

TOP NEWS OF J&K

JAMMU, SUNDAY, JULY 30, 2023

Daily Evening Newspaper



ENTERTAINMENT | 6

Sana Makbul opens up on battling hepatitis when her career was taking off, says she



NATIONAL | 7

All bills passed after admission of no-trust motion constitutionally suspect: Cong's Manish Tewari

INTERNATIONAL | 8

"Certain Attitude Towards...": Putin Defends Arrest Of Critics During War



e-paper: www.topnewsjk.in

RNI No. JKENG/2010/39369

Regd. No. JK-435

Vol.-14 Issue-207 Pages-12 Rs.-2/-

BRIEFLY

Shri Machail Mata Yatra arrivals cross 9,000 Mark in 5 days

JAMMU, Jul 30 (Agencies): The influx of yatis to Shri Machail Mata Yatra is picking up at a fast pace as the number of devotees visiting the revered temple shrine has crossed 9,000 in just 5 days, since its official commencement on July 25, 2023.

The arrival of holy Charri Yatra from Jammu to Machail is scheduled on August 18, while the yatra is scheduled to conclude on September 5, 2023.

The pilgrims who have accomplished the spiritual Journey, as per official data, include 4672 males, 3059 females and 1662 children coming from different parts of the country.

DC Kishtwar Dr. Devansh Yadav has expressed his delight at the overwhelming response to the yatra, emphasizing the unwavering faith people of the country have in the deity of Mata Chandi Machail.

He acknowledged the positive impact of the yatra on the socio-economic conditions of the Padder area and hoped that the pilgrims will maintain the sanctity of the place by being mindful of cleanliness and hygiene.

This year, the district administration of Kishtwar has taken far reaching measures to facilitate the devotees make their yatra a life time memorable experience. These include the installation of a first-of-its-kind 30 KW hybrid Solar Power Plant, a 4G Airtel tower, and electricity to Machail Village, easing the arduous spiritual journey of the devotees.

Additionally, facilities such as Tent City at Machail, Yatri Bhawan, Sapphire guest house, and Luxury mushroom tents at Gulabgarh have been arranged to accommodate and host the devotees during their pilgrimage.

Devotees are encouraged to visit the official website, www.shrimachailmatayatra.com to access comprehensive information related to the Shri Machail Mata Yatra.

The Machail Mata Yatra holds immense spiritual and cultural significance and remains a cherished place of pilgrimage for

Mann Ki Baat | PM Modi remembered Two American Tourists who came to visit Amarnath

NEW DELHI, Jul 30 (Agencies): Amid the ongoing annual Amarnath Yatra in Kashmir, a remarkable testament to the boundless nature of spirituality had unfolded recently, with the participation of two foreign nationals from California, United States. In a pilgrimage inspired by the teachings of Swami Vivekananda, these individuals have embarked on a journey to the holy cave, fulfilling a long-held dream they have nurtured for over four



decades. Now, their sacred journey found mention on

Prime Minister Narendra Modi's monthly Mann ki Baat show on Sunday.

Now, for 'darshan', people from all over the

Turn to page 9

9765 females go missing in J&K from 2019-2021: MHA

SRINAGAR, Jul 29 (Agencies): The Ministry of Home Affairs has stated that 9765 girls (below the age of 18 years) and women (above the age of 18 years) have gone missing in Jammu and Kashmir from 2019 to 2021.

This was stated by the Minister of State (MoS) Home Affairs Ajay Kumar Mishra in a written reply to a query raised by Member Parliament (Rajya Sabha) Dr Fauzia Khan regarding the reports of missing women in the Country. Dr Fauzia had asked whether the government was taking cognizance

of reports of all missing girls and women.

As per the details shared by the MoS Home, around 375058 girls and women including 9765 from Jammu and Kashmir UT have gone missing from 2019 to 2021.

As per the figures, 82084 girls and 342168 women have gone missing in 2019 across India, while 79233 (girls) and 344422 (women) went missing in 2020 and 90113 (girls) and 375058 (women) had gone missing in 2021.

These include 355 girls and 2738 women from Jammu and Kashmir

who went missing in 2019 and 350 girls and 2701 women who went missing in 2020 and 443 girls and 3178 women who were missing in 2021.

The MoS Home further stated that data was compiled and published by the National Crime Records Bureau (NCRB).

The Director General of Police (DGP) J&K, Dilbagh Singh however told Greater Kashmir that they verify the figures regarding missing women produced before the Parliament.

"We have to

Turn to page 9

Amarnath batch strength heading for Kashmir dropped below 2000

AMMU, Jul 30 (Agencies): A fresh batch of 1,974 pilgrims, including 363 women, left Jammu city in a convoy of 85 vehicles early Sunday for the twin base camps in Kashmir to perform the annual Amarnath pilgrimage, officials said. The drop in the pilgrim footfall was attributed to the complete melting of the naturally formed ice-shivlingam at the 3,880-metre-high holy cave shrine in the south Kashmir Himalayas. Over 3.85 lakh pilgrims have so far paid their obeisance at the shrine since the beginning of the 62-day-long yatra

on July 1. The yatra is scheduled to end on 'Shravan Purnima' coinciding with Raksha Bandhan festival on August 31 with the holy mace of lord Shiva reaching the shrine.

The 28th batch of pilgrims comprising 1,974 pilgrims, who also included 45 Sadhus and 16 Sadhvis, left Bhagwati Nagar base camp in Jammu for Kashmir in a convoy of 85 vehicles escorted by security personnel between 3.30 am and 3.45 am, an official said.

While 1,410 pilgrims are performing the yatra through the traditional

48-km Pahalgam track in Anantnag district, 564 others are heading for the 14-km Baltal route in Ganderbal district, they said.

This was the lowest-strength batch of Lord Shiva devotees leaving the Bhagwati Nagar base camp in Jammu since the first batch was flagged off by Lt Governor Manoj Sinha on June 30.

A total of 42 persons, mostly pilgrims, had died during this year's yatra till date. Among the victims are an Indo-Tibetan Border Police (ITBP) officer posted on yatra

Turn to page 9

MES Worker found hanging inside Army Camp in Samba

SAMBA/JAMMU, Jul 30 (Agencies): A 22-year-old civilian worker allegedly committed suicide by hanging himself with a rope inside an army camp in Jammu and Kashmir's Samba district on Sunday, officials said.

Sunil Kumar, a resident of Batala area in Punjab's Gurdaspur, was found hanging with a ceiling fan inside his room in the camp at Bari Brahmana, the officials said.

They said Kumar, who was posted at

Turn to page 9

Man dies after complaining chest pain in police lockup in Udhampur; Inquiry ordered

UDHAMPUR/JAMMU, Jul 30 (Agencies): A 35-year-old man was declared dead at a hospital shortly after complaining of chest pain inside a police lockup in Jammu and Kashmir's Udhampur district early Sunday, officials said.

The relatives of the victim Daleep Singh, a resident of Rathian village, blocked the main Dhar road for over three hours, demanding an impartial inquiry into the circumstances leading to his death.

Singh was overpowered by security guards

posted at Udhampur district hospital after he along with two others created a scene and allegedly assaulted an admitted patient Sharda Devi who was purportedly having a dispute with her husband, the officials said. They said while the husband of the patient and another person fled the hospital, Singh was caught and handed over to police personnel who shifted him to the women police station shortly after midnight. Singh complained of

Turn to page 9

Man arrested for allegedly 'Provoking' wife to commit suicide

SRINAGAR, Jul 30 (Agencies): Police in North Kashmir's Sopore reported the arrest of a man on Saturday, accusing him of provoking his wife to commit suicide.

According to a police official, the model town of Sopore witnessed a recent suicide case of a woman. Subsequently, a case was registered, and an investigation was initiated.

The officer revealed that during the investigation, they discovered evidence indicating that

Turn to page 9

SLA raids in connection with Narco case in Poonch

POONCH, Jul 30 (Agencies): The State Investigation Agency (SIA) on Sunday morning carried out raids at several locations in Jammu and Kashmir's Poonch district in connection with a narco case.

As per official sources, the raids were conducted at multiple locations including at the house of a drug peddler.

"The SIA team conducted raids at multiple locations in Poonch in connection with drug peddler Rafiq Lala

who was arrested four months back," they said.

The accused was arrested four months back and a case was filed under the relevant sections of the Narcotic Drugs and Psychotropic (NDPS) Act, they added.

Turn to page 9

Army Jawan on leave goes missing from Kulgam, massive search operation launched



SRINAGAR, Jul 30: An army soldier on leave has gone missing from his native Kulgam district of Jammu and Kashmir leading to security forces launching a massive search and rescue operation,

officials said on Sunday.

The father of the soldier, posted in the Ladakh region, said he was supposed to join work on Sunday.

Javid Ahmad Wani, a resident of Achathal area of Kulgam district,

went missing on Saturday evening. His car was found at Paranhall, they said.

His father has appealed to those who might have abducted the soldier to release him alive since he was

Turn to page 9

40% work on Zojila Tunnel over; Terrain, weather challenges push completion deadline to 2030



DRAS (Ladakh), Jul 30 (Agencies): Difficult terrain and weather challenges have pushed the deadline for completion of the Zojila tunnel,

which will provide all-weather connectivity between the Kashmir valley and the Ladakh region, to December 2030, according to offi-

cial. The tunnel, said to be the longest of its kind in Asia and at the highest altitude, will significantly cut down the time to cross the Zojila pass from four hours to just 15 minutes, they said.

Officials said that while 40 per cent of work on the 13-km-long tunnel is already over, the challenges posed by the terrain and weather are such that the rest of the work is taking so much time.

Turn to page 9

Deodorants!

Body Washes!

Body Mists!

SPRAY.
REFRESH.
REPEAT.

Your Ultimate Fragrance Destination!

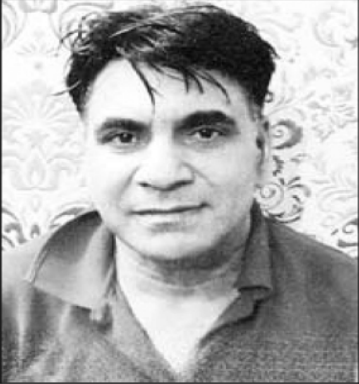
[pahachaanmedics](https://pahachaanmedics.org)

<https://pahachaanmedics.org>

SCAN ME!

OBITUARY

With profound grief and sorrow, we inform the sad and untimely demise of **Raj Nath Bhat (Dadroo)** S/o Lt. Radha Krishan Dadroo permanent resident of Nazuk Mohalla Anantnag Kashmir at present Bhagwati Nagar, Jammu on 23rd of July 2023.



RAJ NATH BHAT (DADROO)

The **10th Day Kriya** will be held on 01-08-2023 (Tuesday) at Muthi Ghat near Directorate School of Education.

The **ASSEMBLY** will also be held there at 8:30 AM. The **MOURNING** will be held at Flat No. 08 Block No. 29 Lane No. 06 Jagti Township Nagrota Jammu.

GRIEF STRICKEN
Smt. Muni- Wife
Sh. T.N. Bhat - Brother
Sisters-in-law & Brothers
Smt. Soniya & Sh. Roshan Lal
Smt Pooja & Sh. Pran Nath
Sisters & Brother-in-laws
Smt. Phoola Ji & Sh J.N. Koul
Smt. Chandra Ji & Sh Moti Lal Zutshi
Smt. Bitu Koul & Lt. Rajinder Koul
Smt. Jeeta Drabu & Lt. Utesh Drabu

(Mamy & Mama)
Smt. Tathi Koul & Sh. Bal Krishan
Contact No's: 97962-61986,
78893-63681, 7006985291

TENTH DAY KRIYA

With profound grief & sorrow, we inform the sad & untimely demise of our beloved **Manooj Kumar Koul** S/o Late Gopi Nath Koul R/o Vessu presently at H.No. 14, Lane No. 8, Shiv Dass Colony Tomal Anand Nagar Bhoi Near Laxmi Palace.



Manooj Kumar Koul

Tenth Day Kriya will be held on 2nd August 2023 (Wednesday) at Muthi, Ghat at 8:30 AM.

GRIEF STRICKEN
Kouls, Panditas, Thaploos, Rainas, Tickoos
Mob. No.: 9419106652, 7006793102

In Loving Memory of
Sh. Brij Nath Kher

(18 November 1936 - 27 July 2023)
With heavy hearts, we inform that our beloved **Sh. Brij Nath Kher**, left for his heavenly abode on July 27, 2023.



Sh. Brij Nath Kher
(18 November 1936 - 27 July 2023)

He enriched the lives of everyone around him and lived a remarkable life filled with love, joy, and cherished memories. His legacy is etched in our hearts forever.

The **Tenth Day Kriya** is planned at Murad Nagar, Ghaziabad on August 5, 2023 at 5:30 AM followed by gathering at residence (C-34, Sector 52, Noida, UP) at 11 AM.

Left to mourn his loss, his grief-stricken family members:

Grief Stricken :
Asha & Banshi Lal Kher (9419642651) (Bhabhi & Brother)
Renu (9811123977) & Ramesh Kher (9811120307) (Daughter-in-Law and Son)
Swati & Hemanshu Kher (Granddaughter-in-law & Grandson)
Zoya & Sahil Kher (Granddaughter-in-law & Grandson)
Shobha & K.K. Zutshi (Brother-in-law & Sister)
Veena & Ramesh Dhar (Sister-in-law & Brother-in-law)
The Kher, Dhar, Bali, and Zutshi families are united in their sorrow.

BHOG & ANTIM ARDAS

With profound grief & sorrow, we inform the sad demise of our beloved **S. Tajinder Singh** S/o Late S. Amir Singh (Bakshi Nagar Wale) at present R/o H No. 242 Baba Farid Nagar Seohra Kunjwani Jammu who left for heavenly abode on 25.07.2023.



S. Tajinder Singh

Bhog & Antim Ardas
29.07.2023 (Saturday) **Arambh Shri Akhand Path Sahib** at 9:00 AM at our residence.

31.07.2023 (Monday) **Bhog Shri Akand Path Sahib** at 9:30 AM at our residence.

Kirtan & Antim Ardas : 10:30 AM to 12:00 Noon at Gurudwara Fateh Singh Gandhi Nagar, Jammu

GRIEF STRICKEN :
Late S Amir Singh (Father)
Late Sdn Harbans Kour (Mother)
Sdn Manjeet Kour (Wife)
Harjeet Singh (Son)
Harmeet Singh (Son)
Daughter & Son-in-law
S. Fateh Singh (Son in law)
Gurpreet Kour (Daughter)
Brother & Bhabhi's
S. Harjinder Singh (Brother)
Sdn Mohinder Kour (Bhabhi)

S. Ravinder Singh (Brother)
Sdn Sumandeep Kour (Bhabhi)
Sister & Brother-in-law
S. Charanjeet Singh (Brother-in-law)
Sdn Parveen Kour (Sister)
Grand Children
Kanwar Pal Singh
Rajveer Singh
Tajveer Singh
Mob No. 9419833629, 8825011428
9797154491

TENTH DAY KRIYA

"Our Hearts still ache with sadness, and many tears still flow. What it meant to lose you, no one will ever know."

With deep grief and sorrow, we inform the sad demise of our beloved angel **Smt. Lalita Wangnoo (Raina)** W/o Sh. Ram Krishen Wangnoo, originally R/o Kheer Bhawani, Tulla Mulla, Ganderbal, presently at H.No. 175, Sector 4, Pamposh Colony, Janipur, Jammu, who merged with eternity on 24 July, 2023.



Smt. Lalita Wangnoo (Raina)

10th Day Kriya will be performed at Muthi Ghat, Jammu on 2 August, 2023. **Prayer meeting** will be held at 08:30 a.m. at Muthi Ghat, Jammu.

GRIEF STRICKEN
Ram Krishen Wangnoo - Husband
Son & Daughter-in-law
Lalit Kumar Wangnoo & Usha Ji Pandita
Anita Raina & Uday Raina - Daughter & Son-in-law
Granddaughter & Grandson-in-law
Embluca Wangnoo & Leshan Chandra
Dr. Areca Wangnoo - Grand Daughter
Sativa Wangnoo - Grand Son
Wangnoo, Raina, Handoo, Ganjoo, Bhat, Jatoo, Pandita and Chandra Families
Contact Number - 9796604340, 9796604345, 9419822125

Nikhil Raina - Grand Son
Nikita Raina - Grand Daughter

REMEMBRANCE
6TH DEATH ANNIVERSARY

In loving and everlasting memories of our beloved **Late Dr. Miss Minakshi Saini (JKAS)** who left us in sorrow on 30-07-2017. We always miss each and every wonderful moment spent with you. Your noble qualities, moral values and smiling face shall remain in our heart till our last breath. May Almighty grant peace to your noble soul.



Dr Miss Minakshi Saini (JKAS)
29-11-1984 - 30-07-2017

DEEPLY MISSED AND REMEMBERED BY
Smt. Parkasho Devi- Nani
Smt. Neelam Saini & Er. M.L. Saini- Parents
Smt. Monika & Rahul Kotwal- Sister & Brother-in-Law
Smt. Ila & Arjun Saini- Sister-in-Law & Brother
Smt. Anshul & Gourav Saini- Sister-in-law & Brother
Smt. Dr. Deep Noval Kour (JKAS) - Best Friend
ALL NEARS, DEARS & RELATIVES
MOB.: 9419125525, 9419202463

OBITUARY/TENTH DAY KRIYA

With profound grief and sorrow, we inform the sad and untimely demise of our beloved **Smt. Shanti Dhar** W/o Lt. Sh. Keshav Nath Dhar R/o Pinglina, Pulwama, Kashmir A/p Community Hall Muthi Camp, Phase 2nd Near Govt. Higher Secondary School



Smt. Shanti Dhar

The **TENTH DAY KRIYA** will be performed at Muthi Ghat on 31-07-2023 at 8 AM.

GRIEF STRICKEN - (Sisters-in-law & Brothers-in-law)
Smt. Pyari & Sh Pyare Lal Dhar
Smt. Girja & Sh Arjan Nath Dhar
Ankush Dhar (Son)
Smt. Sunaina & Sh. Manoj Sharma (Daughter & Son-in-law)
Megha & Mohit (Grand children)
Contact Nos. - 7006620069, 9149513008, 9596910236

OBITUARY/TENTH DAY/KRIYA

With profound grief and sorrow, we regret to inform that our beloved **Smt. Vijay Bhan Kaul (Tathi)** w/o Puran Prakash Kaul, originally resident of Karan Nagar, Srinagar/ presently residing at 301, Paloura Top, Lane No. 1, Suraksha Vihar, Jammu, left us for heavenly abode suddenly and untimely on 24-Jul-23 at 07:20 am. Entire family mourns her sad and untimely demise. While grieving the loss, we pray for Sadgatti of the divine departed soul.



SMT. VIJAY BHAN KAUL (TATHI)

The **Tenth Day Kriya** will be performed at Muthi Ghat (Near Directorate of School Education) on 02-Aug-23 at 08:30 AM.

GRIEF STRICKEN:
Puran Prakash Kaul (Husband) - 9419105235
Sunil Kaul / Girja Kaul (Dewar/Bhabhi) - 8717055082
Akhil Sharma / Monika Sharma (Son-in-law and Daughter) - 9599918737
Rohit Kaul (Son) - 8056268474
Deeply Remembered By:
Kauls, Tickus, Bhans, Sharmas and All Relatives and Friends

10TH DAY/KRIYA

With profound grief & sorrow, we inform the sad demise of our beloved **Smt Jyoti Chib** W/o Sh Surjeet Singh Chib R/o Village Jourian Indri Pattan at present Akhnoor Mawa Karora near Radha Swami Ashram.



Smt Jyoti Chib

10th Day will be performed on 30-07-2023 (Sunday) at our residence at 11:00 AM.

Kriya will be performed on 2-08-2023 at our residence at 11:00 AM onwards

GRIEF STRICKEN
Surjeet Singh Chib (Husband) (9596124113)
Aman Chib (Son) (7986737989)
Anshu Chib (Daughter) (9086841482)
(9419110675) (9796441064) Jamwal, Bandral & Sambyal family

TENTH DAY / KRIYA / RASAM PAGRI

With profound grief and sorrow we inform you the sad demise of our beloved **Dr. Ritu Bali** W/o Col. Dushyant Bali R/o 513- Subash Nagar, Jammu on 22-7-2023.



Dr. Ritu Bali

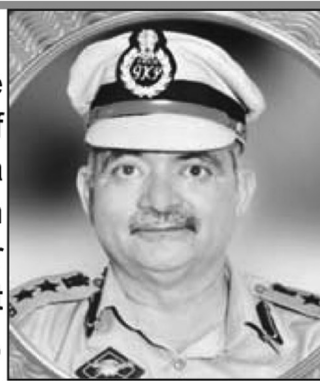
Tenth Day will be performed on Monday 31st July 2023 at our present Address T-275, Sector 112, New Palam Vihar Gurugram at 11 am.

Uthala & Rasam Pagri will be performed on Monday 31st July at our present address from 3 pm to 4 pm.

Grief Stricken
Mother & Father-in-law
Smt. Prem Bali W/o Lt. Dr. N.P. Bali
Son & Daughter-in-law
Capt. Shaurya Bali & Radhika Bali
Brother-in-law & Sister-in-law
Sh. Amit Bali & Shweta Bali (Drug Control Officer)

TENTH DAY

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Sh. Sanjeev Khajuria (S.S.P)** S/o Late Sh. Hari Krishan Khajuria R/o H.No. 152, Wazir Lane, Talab Tillo, Jammu, who left for heavenly abode on 23rd July, 2023.



Sh. Sanjeev Khajuria (S.S.P)

Tenth Day will be performed on 31st July, 2023 at our residence Wazir Lane, Talab Tillo, Jammu from 10.00 am to 11.00 am.

GRIEF STRICKEN
Monica Khajuria (Wife)
Aditaya Khajuria (Son)
Samast Khajuria Pariwar

FIFTH DAY

WITH PROFOUND GRIEF & SORROW WE REGRET TO INFORM THE SAD DEMISE OF OUR BELOVED SISTER **BANDHANA VERMA (BANDU)** W/O RAKESH VERMA R/O MANGOTRA PATOLI JAMMU J&K, WHO EXPIRED ON 27-07-2023 (THURSDAY) AT 10:00 PM



Bandhana Verma (Bandu)

FIFTH DAY WILL BE PERFORMED AT MAHAJAN HALL SAMBA ON 31-07-2023 (MONDAY) AT 10 TO 12 NOON.
GRIEF STRICKEN:
PARENTS
ASHOK KUMAR TAGGAR & SUDESH KUMARI
ROMESH TAGGAR & KIRAN DEVI (TAYA & TAYI JI)
RAJ KUMAR & ANU RADHA (CHACHA & CHACHI JI)
ASHEESH & SUNEHA (BHAIYA & BHABHI)
RAKESH VERMA (HUSBAND)
SAMARTH & AAGASTH (SONS)
DHEERAJ, NEERAJ, RAGHU, DEEPAK & ANURAG (BROTHERS)
MONIKA, SHAVI, SHELLY, SHWETA & CHEENA (SISTERS)
CONTACT NO: 9906257240, 9596750424

TENTH DAY KRIYA

With Profound grief and sorrow, we regret to inform the sad demise of our beloved **Sh. Tej Kumar Kaul** on 23rd July 2023 at E106, Satsar Apartments, Dwarka, Sector 7, New Delhi.

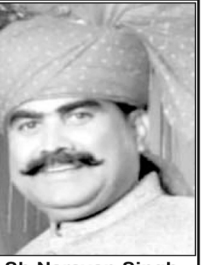


Sh. Tej Kumar Kaul

10th Day Kriya will be performed at Rohini, Sector 18, next to Kali Mandir Bawana Road on 01st Aug 2023 at 9AM.
Grief Stricken:
Phoola Kaul - Wife
Rohit & Megha Kaul - Son & Daughter-in-law
Kamla Kaul W/o Lt. Sh. B.N Kaul - Sister-in-law
Lalita Pattoo W/o Lt. Sh. C.L. Pattoo - Sister
Durga Kaul W/o Lt. Sh. P.K Kaul - Sister
Ashok Kumar Kaul & Sushela Kaul - Brother-in-law & Sister-in-law
Surinder & Rajni Kaul - Brother & Sister-in-law
Shivani & Sakshi - Niece
Ananya & Kiara - Grand Daughters
Extended Kaul Parivar, Dhar's, Badshah's, Fotedar's, Trakroo's, Duda's
Contact No.: 8448894662 / 9419120004 / 9810029418

TENTH DAY/KRIYA

With profound grief & sorrow, we inform the sad demise of beloved **Sh Narayan Singh** S/o Lt. Sh. Balak Ram & Lt. Smt. Koushalya Devi R/o Village Urkhal, ward no.1, Sunnagar, who expired on 19th-July-2023.



Sh Narayan Singh

10th Day will be performed on 28th-July - 2023 Friday at our residence on 31st - July-2023 Monday at 11:30 PM onwards

GRIEF STRICKEN
Polly Devi - Wife
Riya - Daughter
Rudra Pratap Singh - Son
Brother & Bhabhi
Rekhi Singh & Kamla Devi
Shamsher Singh & Sushma Devi
Rishpal Singh & Meena Kumari
Sister & Brother-in-law
Smt. Sudesh Kumari & Sh. Iqbal Singh
DEEPLY STRICKEN :-
SAMAST DEODIALLA PARIWAAR
Mobile Numbers: 9622750795, 9906346384, 9906001566

MOURNING

With deepest grief and sorrow we inform about the sad demise of our beloved **Shri Shiban Lal Shishoo** S/o Late O. N. Shishoo R/o Sheshyar Habba Kadal Sgr at Pune yesterday. The rest days of **MOURNING** will be held at our residence H No 176 Lane 14 Lower Shiv Nagar Jammu wef 1st August.



Shri Shiban Lal Shishoo

GRIEF STRICKEN
Shishoo's
9886520287 6366077676 & +91 99230 89188

TENTH DAY / KRIYA

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Sh. Ajay Kumar Sharma (Munna)** Resident of 577/A, Gandhi Nagar, Jammu S/o Late Sh. Om Parkash and Late Smt. Pushpa Devi Ji.



Sh. Ajay Kumar Sharma (Munna)

10th Day will be performed on (30th July, 2023) at 10.30 am (Sunday) at Laxmi Narayan Temple.

Kriya will be performed at our residence 577/A, Gandhi Nagar, Jammu at 12.00 Noon on 31st July.

Rasam Pagri / Uthala will take place at Laxmi Narayan Temple on 31st July (Monday) at 4.30 p.m.

GRIEF STRICKEN
All Sharma Family (Isher)
Mobile No.: 9086177033, 7889366261

TENTH DAY/KRIYA

With heavy heart we announce the passing away of our beloved **(Babloo Ji) Rakesh Sultan** S/o Late M L Sultan R/o 40-B Karan Nagar Extension, Jammu who left us for the heavenly abode on 24/07/2023 (Monday).



Rakesh Sultan (Babloo Ji)

10th Day Kriya will be performed at Muthi Ghat on 02/08/2023 (Wednesday) at 9:30 AM.

GRIEF STRICKEN:
Asha Sultan - Wife
Chandira and Ashok Sultan - Bhabhi and Brother
Neelam Kat - Sister
Anita and Dinesh Sultan - Bhabhi and Brother
Tania and Girish Sharma - Daughter and Son-in-law
Aahana Sultan and Biswajit Maity - Daughter and Son-in-law
Amrta Sharma - Granddaughter

Nephew and Nieces:
Tipu, Kattie, Priyanka, Siddharth, Iiti, Shewata, Kuldeep, Heemal, Vikas.
Grand Nephew and Nieces - Sean, Zachary, Alexander, Benjamin, Sheen, Sia, Jayvick and Riaan
Mobile Nos: 9419199435, 8448863180

10TH DAY KRIYA

With profound grief & sorrow we inform the sad demise of **Smt Shanta Wali** W/o Late Brij Lal Wali R/o Chinchal Mohalla Habba Kadal, Srinagar at present 51-Subash Nagar, Ext-I, Jammu on 23-07-2023.



Smt Shanta Wali

10th Day, 11th Day & 12th Day will be performed on 1st, 2nd & 3rd August 2023 at Haridwar.

Grief Stricken :
Daughter-in-law & Son
Sarjone Wali & Satish Kumar Wali
Grand Daughters & Grand Son-in-laws
Apsa & Abhishek
Ananta & Rohit
Aarav - Great Grand Son
& SAMAST SAS, PARTAZI, WAGUNE, FOTEDAR, RAINA, KAUL & KAK PARIWARS
9419113313, 8825079839

10TH DAY/KRIYA/UTHALA

With profound grief and sorrow, we regret to inform the sad demise of our beloved and respected **Smt Tara Rani Dubey** W/o Late Sh Om Parkash Dubey (Pouni Wale) R/o 73A/D, Green Belt, Gandhi Nagar Jammu on 21/07/2023 (Friday).



Smt Tara Rani Dubey

10TH DAY will be performed at Panch Mandir Sector - 2, Channi Himmat, Jammu on 30/7/2023 (Sunday) at 10:00 AM to 11:00 AM.

Kriya will be performed at our residence 73 A/D Green Belt Gandhi Nagar Jammu on 31/7/2023 (Monday) at 12:00 Noon.

Uthala will be performed at Panch Mandir B/D Block Gandhi Nagar at 31/7/2023 (Monday) at 4:00 PM to 5:00 P.M.

GRIEF STRICKEN:
Son and Daughter-in-Law
Sh Chandar Shekhar Dubey & Smt Reeta Sharma
Sh Naresh Dubey & Smt Vibhuti Dubey
Sh Rakesh Dubey & Smt Nidhi Dubey
Daughter and Son-in-Law
Smt Sushma Magotra W/o Late Sh Mahesh Magotra
Smt Usha Sharma & Sh Ashwani Dogra
Grand Children: Rohit & Sheetal, Abhishek & Garima, Hiten & Sanya, Madhav & Preeti, Aastha & Suhel, Pallav, Shivani, Aashna, Raghav, Yasha, Ridansh, Yagya
ENTIRE DUBEY AND LAKHPAL FAMILY
9419193857, 9419187073, 9419186056

REMEMBRANCE

"You are always in our hearts & minds to comfort, hold and guide us. We forever have & always will love you dear Mohit & Advitiya"



Wg Cdr Mohit Rana Flt Lt Advitiya Bal
(13.02.1984 - 28.07.2022) (16.07.1996 - 28.07.2022)

"Great Soldiers never die...they live on forever for your tomorrow.... they gave their today"

मौ भारती के सपूतों की प्रथम पुण्यतिथि पर शत्रु शत्रु नमन

Deeply missed & remembered by:
Shaheed Flt Lt Advitiya Bal Helpline Foundation, Jammu
Ph-788570840

DISCLAIMER

"Top News of J&K" does not take responsibility for the contents of the advertisements (Display/ Classified) carried in this newspaper. The paper does not endorse the same. Readers are requested to verify the contents on their own before acting there upon."

Smart City Project: Jammu to get fleet of 100 e-buses in Aug

JAMMU, Jul 30 (Agencies): The winter capital of Jammu and Kashmir is all set to get a fleet of 100 e-buses from the month of August under Smart City Project Limited.

The busses will be supplied by TATA and expected to make a major contribution to cutting carbon emissions and fostering a cleaner environment.

"In total 100 e-buses are being procured," Rahul Yadav, Commissioner, Jammu Municipal Corporation told UNI.

Yadav, who is also Chief Executive Officer (CEO) of Jammu Smart City Limited (JSCL) further said, "for Jammu city 75 (9-meter model) e-buses are arriving in August and 25 (12-meter) vehicles will be ply outside Jammu district."



"The complete fleet is expected to reach in the next few days and operation of these eco-friendly buses will commence after successful trials in August," said the CEO.

The e-Buses will improve Reliable Comfortable and Affordable Public Transport with state of art safety features like panic button, location tracking system,

CCTV, stop request system.

"Online metros, mobility cards and digital payment systems would be introduced for e-buses to do away with the practice of paper tickets," said the Official.

He however, stated that a full-fledged busstand cum charging station and parking bay has been set up at Bhagwati Nagar area.

Congress Seva Dal Opposes Installation of Smart Meters in J&K

TOP NEWS REPORT

JAMMU, Jul 30: Congress Seva Dal President, Vijay Sharma Babbi, expressed opposition to the Jammu and Kashmir government's decision to install smart meters in the region. According to Babbi, this move will further burden the people of Jammu and Kashmir, who are already facing financial challenges due to various factors, such as the government's policies, the impact of the Corona epidemic, economic recession, inflation, and unemployment. He believes that the installation of smart meters will lead to significantly higher electricity bills for consumers.

In the past, the Jammu and Kashmir government had promised that areas with smart meters would not experience power cuts. However,



despite the installation of meters, power cuts have not decreased, and instead, people's electricity bills have increased. Now, with the introduction of smart meters, Babbi predicts that consumers who were previously receiving bills amounting to Rs 400 to 500 will now be charged thousands of rupees.

Babbi also pointed out that Jammu and Kashmir are home to more than two dozen hydroelectric projects. The electricity generated from these projects is sold to other states. He argues that the

local people of Jammu and Kashmir should have the primary right to benefit from the resources of the state.

Furthermore, Babbi compared the policies of the Congress party with those of the BJP government. He claimed that during its rule, the Congress party did not burden the poor and the common man and implemented various schemes to uplift them. Additionally, subsidies were provided to people to help them overcome poverty. On the other hand, he accused the BJP government of favoring the rich at the expense of the poor. Babbi asserted that the people of the country are now aware of the reality of the BJP government and have decided to support the Congress party in the upcoming elections to lead the country.

Big 'football-size' tumor removed from woman's abdomen

TOP NEWS REPORT

CHANDIGARH, Jul 30: Doctors at Max Super Speciality Hospital, Mohali removed a big 'football-sized' weighing 7.50 kg fibroid tumor from the abdomen of a 40 years old woman.

The tumor was so huge that it made the patient's abdomen increase to an abnormal size. The tumor measuring 30x30x17cm in size was occupying the entire abdomen making it a very critical case for surgery.

After her admission at Max the woman was taken for a scan and x-ray. The findings revealed the development of a big-sized fibroid tumor inside the abdomen.

Talking about the challenges of removing such a big-sized tumor, Dr. Kamna Nagpal, director, obstetrics & gynaecology at Max Super Speciality

Hospital, Mohali said that the big tumor was occupying the entire abdomen thus leaving no space to perform laparoscopy.

Hence on the surgery table, a decision was taken to do an open myomectomy, post counseling the patient's family about the complexity of the situation, she informed. The main challenge we face while removing such big-sized tumors like this one is to control bleeding that can lead to hysterectomy, said Dr. Nagpal.

Further explaining the case, Dr. Nagpal, said, "The symptoms of such fibroids can manifest in heavy menstrual bleeding, painful menstruation, irregular bleedings, etc. if not treated properly, fibroids can get enlarged and lead to pressure on surrounding structures, causing a host of other problems."

Sawhney inaugurates langar of Amarnath Yatra

TOP NEWS REPORT

JAMMU, Jul 30: Former Minister J&K and senior Congress leader Yogesh Sawhney inaugurated the langar of Amarnath Yatra organised by the Shri Amarnath Ji Yatra Welfare Society held at Baba Puran Nath Mandir at Bhagwati Nagar in Jammu. Sawhney took stock of the preparations and arrangement of langar for providing food and necessary facilities to the devotees of Shiva going on Amarnath Yatra. The organizers of the langar were National Executive President Shri Rajkumar Goyal and General Secretary Shri Raju Chandel.

The Former Minister personally came and distributed food and langar among Shiva devotees. He said that in this langar of Baba Barfani Amarnath ji, I saw with what devotion the langar operators are serving day and night with body, mind and wealth. The langar has been run here for 26 years by Shri Amarnath Ji Yatra Welfare Society. He appreciated the organisation



for doing good work for the yatris at the time of the pilgrimage and being committed to their welfare. Calling it the one of best organised in Jammu and Kashmir, he also appreciated the organisers Mr. Goyal. Sawhney was accompanied by Varinder Singh Manhas, Vijay Malhotra, Ravi Panotra, Surinder Dogra and others.

He emphasized the importance of Lord Shiva and the eternal bond of humanity that exists in Jammu and Kashmir. He expressed happiness to be a part of this holy gathering and appreciated the efforts of Shri Amarnath Ji Yatra Kalyan Society Executive National President

Rajkumar Goyal and National General Secretary Shri Raju Chandel and all volunteers in providing 24x7 langar services to the devotees of Baba Barfani. He assured his unwavering support for such noble initiatives and appealed to the people to come forward and contribute wholeheartedly to the langar organizations serving the pilgrims of Amarnath Yatra.

Sawhney while addressing the media said that ever since the journey of Baba Barfani Amarnath ji is going on in our Jammu-Kashmir, since then the local residents and displaced and businessmen living from outside in our Jammu-

Kashmir Every year the people are engaged in the service of Bhole Baba with body, mind and wealth and in the same way our Shri Rajkumar Goyal ji and Guruji Raju Chandel are also continuously engaged day and night in the service of the devotees of Bhole Shiv Shankar for so many years. I am very happy and appreciate their sentiments and devotion to Shiva and appeal to all people to cooperate and serve the devotees of Shiva.

Further, Mr. Rajkumar Goyal, in his address, highlighted the divine essence of Lord Shiva and the blessings his devotees get by

worshiping him. He expressed his gratitude for the privilege of attending the langar and serving the devotees on the auspicious Amarnath Yatra.

The members associated with the Langar included Langar Director Sardar Sucha Singh (Councillor) Bhagwati Nagar. "Mothershakti Meena Kal, TK Kak, Paramjit Singh Happy Manthan Goyal Youth leader Sardar Charan Singh, District President Jammu G. Shri Akshit Mahajan, State Vice President, Vikram Shridhar Society, Pt. Pirtambar Sharma"(District Vice President), Chhota Yogi, and Majid Bhai who were present.

SSH protests against installing Smart Meters

TOP NEWS REPORT

BARI BRAHMANA, Jul 30: Shiv Sena Hindustan J&K Youth President Ganesh Choudhary today led strong protest against installing Smart Meters on National Highway at Bari Brahma-

mana. Speaking on the occasion, Choudhary said, "We don't understand why the government is not listening to our grievances. Despite all resentment, the government is going ahead with the move," he said. He said that they want flat rates and not the smart meter-generated power bills. He said that given their economic condition, they won't be able to afford exorbitant bills. He said that most of the locals are either roadside vendors or labourers. He said the government should consider the poor people of the society before installation of Smart Meters.

Choudhary further said that most of the people in the area barely earn enough to feed the family. How are they



supposed to pay thousands as electricity bills when their salary is meager" he said.

"Despite abundant power resources, people are made to suffer. This is our electricity and we have first right over it," he said. He demanded that the installation of Smart Meters should be halted. He said that the hike in cooking gas and other commodities has already made life difficult for them.

Prominent among those present on the occasion include District President Samba Nek Ram, Bari Brahman President Sanjeev Kumar, Jammu District Raj Kumar Gupta, Pushan Kumar, Shankar Singh, Vikas,

Ajay Kumar, Bharat Bushan, Sanjay Kumar, Pritam Chand, Balbir Kumar, Sukdev Singh, Surinder Choudhary, Lucky Kumar Mohd Hanif, Sonia Choudhary, Sunita Devi, Reena Kumari, Suman Kumari, Santosh Devi, Santosh Devi besides others. The aggrieved residents said that they cannot afford inflated bills generated by Smart Meters. Earlier scores of locals, mostly women, assembled on National Highway against the move to install smart meters in the area. The protesters said that they belong to poor families and cannot afford smart meters, which they said generate exorbitant bills.

BJP leaders, public listens to 103rd Episode of 'Mann Ki Baat' Program with PM Modi

TOP NEWS REPORT

JAMMU, Jul 30: On July 30, 2023, the 103rd episode of "Mann Ki Baat" program by Prime Minister Narendra Modi was listened to by BJP leaders and the public in Jammu. Braham Jyot Satti, the Senior leader and Incharge BJP OBC Morcha Jammu Kashmir, along with other BJP leaders and prominent citizens, attended the event.

The program was organized by Sanjay Verma, the Mandal President. During the episode, Prime Minister Narendra Modi expressed gratitude to the United States for returning "over 100 rare and ancient artifacts" belonging to India. These artifacts included statues from the Chola dynasty, busts of Lord Murugan representing Tamil Nadu's culture, and a 1000-year-old Lord Ganesha's statue. PM Modi urged people to hoist the tricolor



at home to celebrate Independence Day and encouraged the continuation of the 'Har Ghar Tiranga' tradition. He also mentioned a forthcoming campaign to honor the valor of India's armed forces and martyrs.

Regarding drug abuse in the country, PM Modi highlighted India's achievement of destroying over 10 lakh kg of drugs worth over Rs 12,000 crore. He

commended the youth for their collective efforts in fighting against drug abuse.

The Prime Minister also mentioned the record plantation of 30 crore saplings in a day in Uttar Pradesh, which showcased public participation and awareness.

Braham Jyot Satti summarized the entire episode for the public and praised the dynamic leadership of Prime

Minister Narendra Modi, stating that India is experiencing rapid growth under his guidance. He appreciated the various employment schemes that have led to a rise in the number of entrepreneurs in the state.

Satti emphasized that the ideology of BJP is "Nation First" and every BJP worker is actively working at the grassroots level to serve humanity.

Shri Kailakh Trust to confer Shri Kailakh Sanskrit Ratna Award 2023 on Vishweshwaranand Giri Ji Maharaj

TOP NEWS REPORT

JAMMU, Jul 30: The Shri Kailakh Jyotish Avim Vedic Sanathan Trust President, Mahant, addressed a press conference today, announcing a grand program to be held on Tuesday, August 01, 2023, at 5:50 pm in Majestic Grand Banquet Hall, Mishri Wala, Akhnoor Road, Jammu. The esteemed occasion aims to present this year's Shri Kailakh Sanskrit Ratna Puraskar to Shri Mahamandaleshwar Swami Shri Vishweshwaranand Giri Ji Maharaj in recognition of his exceptional efforts in promoting Devvani Sanskrit.

The Trust has been awarding the Kailakh Sanskrit Ratna Award annually since 2017 to honor Sanskrit scholars who have made significant contributions to Devvani Sanskrit. This year, the award will be bestowed upon Swami Shri Vishweshwaranand Giri Ji Maharaj, who is currently a member of



the Shri Mata Vaishno Devi Shrine Board and the President of the Governing Council of Shri Mata Vaishno Devi Sanskrit Gurukul Katra Gurukul. He also holds the position of the eleventh President of Surat-giri Bangla, Haridwar, and is the President of Sanyas Ashram Vile Parle Mumbai.

Swamiji's journey began at the age of 18 when he entered the Sanyas Ashram as a celibate. He completed his Vedantacharya from Sampurnanand San-

skrit University in Varanasi and M.A. from the University of Mumbai. In 1995, he was honored with the title of Mahamandaleshwar by his Guru Ji Brahmalin Mahamandaleshwar Shri Swami Brahmanand Giri Ji Maharaj in the presence of revered saints and Mahatmas.

Swamiji has been actively engaged in organizing spiritual lectures and cultural programs to raise awareness of Vedic religion both in India and abroad. His dedication to promoting Sanskrit

language and cultural heritage values through Shri Mata Vaishno Devi Gurukul Katra has been highly commendable.

The program's chief guest will be His Excellency Lieutenant Governor of Jammu and Kashmir, Manoj Sinha ji. Former minister Sham Lal Sharma will grace the occasion as a special guest, along with the President of Vishwa Hindu Parishad Delhi, Kapil Khanna ji Saraswat. Following the program, there will be a dinner for all attendees.

EDITORIAL

CHALLENGES TO
PEACE

The leaders of the Colombian rebel group FARC (Revolutionary Armed Forces of Colombia) responded positively and we had a very fruitful meeting in Cuba. The armed conflict between the Colombian government and FARC has been going on for five decades, claiming more than 220,000 lives and displacing over 7 million people. Though they engage in violent acts on the outside, yet inside every culprit, there is a victim crying for help. When the victim is healed, the culprit disappears. I told them that I understood their plight but non-violence was the only way towards social justice. They adopted the Gandhian way immediately and soon declared a unilateral ceasefire. The government also reciprocated with a ceasefire a few days later.

People who take to violent means due to a sense of injustice, can be engaged in dialogue if approached the right way. From their perspective, they are fighting for a cause out of righteousness. In a way, their passion, commitment and the spirit of sacrifice is commendable. When outer dynamism, which they have in abundance, is complemented with inner peace, they can prove to be a boon to the society. Many of our free tribal schools in terrorist-affected regions are being run by former extremists. In fact, in the beginning, they threatened our volunteers to close them down. But when they saw that these efforts were benefiting their own communities, they became volunteers themselves.

Yet terrorism arising out of religious fanaticism is very different. It is blinded by a doctrine that is not open to any discussion or dialogue. For them, people who disagree with their scripture or think differently have no right to even exist. On my visit to Iraq in November, 2014, I offered to have a dialogue with the Islamic State group; they responded with a death threat! If even a small part of the world lives in such darkness, the world cannot be a safe place. So far, the horrible atrocities that they were committing were limited to the region under their influence but the mass exodus of millions of refugees that they have now caused affects the whole world. If the neighbour's house is on fire, it is only a matter of time before the fire reaches your own doorstep. To prevent the spread of this fanatical mindset, religious leaders can play a big role in imparting a multi-religious education and an education in peace. There is a need to bring a shift from the idea of "sole ownership of heaven" to an ideology of "many paths to One Goal". Honouring diversity as an essential characteristic of our planet can help us move from merely being tolerant of our differences to celebrating them.

Turbulence is a part of this world whereas making peace is the nature of our spirit. If with a strong resolve and skill, we are able to remain centered in peace, it does not remain limited to just us, it begins to calm down the turbulence around us as well. On this International Day of Peace, let us resolve to be established in peace inside and be dynamic in action to bring it to the world outside.

Build legal framework for intel to safeguard privacy

By: Manish Tewari

The perpetual clash between the idea of security and the idea of privacy is a battle that animates the soul of all democratic institutions. Advocates for security propagate for an independent intelligence organisation that can monitor and prevent internal, and external, threats. On the other hand, advocates for privacy propagate for an intelligence organisation that operates within the realm of the law and is accountable to the citizen. For a democracy to function efficiently, it is imperative upon the "permanent establishment" to find the right balance between the two opposing perspectives.

It is unfortunate that over the recent years the "permanent establishment" has failed to maintain this delicate balance. On the contrary, the weaponisation of law enforcement and intelligence organisations in pursuit of its political machinations has become the norm rather than the exception with the situation becoming progressively worse with each passing day. The snooping saga using the Pegasus spyware is still pending adjudication in the Supreme Court. The decision would have profound implications either way on the Right to Privacy of both those resident in India and its citizens.

In the current Monsoon Session of Parliament, the government aims to pass the fundamentally flawed Digital Personal Data Protection Bill. A bill that claims to protect "personal data". It is, therefore, imperative to return to the basics, and address the elephant in the room; i.e., the absence of any laws, rules or regulations governing the

functioning of and oversight on intelligence agencies.

The Intelligence Bureau (IB) was created in 1887 via an administrative order of the British. It was in response to the rising challenge of Indian revolutionary activities. The IB was created with an objective to monitor, and control any political movements that promoted the idea of Indian independence. It is pertinent to note that the bureau had its allegiance to the then 'establishment', and not to the people. Seventy-six years post-independence, it is unfortunate the essential nature of the IB has not changed. It has no formal character, is devoid of any constitutional or statutory backing, and continues to remain in the shadows. Thus, the bureau, which should have morphed into an instrumentality to protect the sovereign has no accountability to it.

It is, therefore, imperative that there are proper checks and balances that must underpin the functioning of any institution. One of the biggest problems in India is that both law enforcement agencies and intelligence organisations have no sound legal basis. In 2009, I raised a question with regards to the legal basis of the IB, and the Research and Analysis Wing (RA&W). The government replied that the RA&W had no basis in law, while the IB derived its powers from being under Item No. 8 of the Union List under Schedule VII of the Constitution of India. However, this is can hardly be characterised as a legal basis of the IB.

It is unfortunate, yet gospel truth, that India still follows its colonial legacy of having an unnecessary and manufactured culture of secrecy regarding its intelligence

apparatus. Other democratic institutions are transparent about the functioning of their intelligence regimes, and have an accountability to their respective legislative organs. For example, the United Kingdom has created the Intelligence Services Act, 1994. This sets up a mechanism for legislative oversight. The Act mandates for a committee which is appointed by the Prime Minister and includes the Leader of Opposition. This committee is directly responsible to the Parliament and is required to present a report before the Parliament periodically. Similarly, in the United States, the House of Representatives, and the Senate have their own Permanent Select Committee on Intelligence. This scrutinises the intelligence apparatus of the United States, and has extensive powers over the policy issues, and budgetary appropriations.

It is also pertinent to note that the absence of any legislative oversight on intelligence organisations results in providing them with untrammelled power; and this constitutes a potent and visible challenge to the very concept of the right to privacy.

In the judgment of K.S. Puttuswamy v Union of India, the Hon'ble Supreme Court recognised that the right to privacy is a fundamental right enshrined under Part III of the Indian Constitution. Similarly, the American judgment of Meyer v Nebraska, and the European judgment of Douglas v Hello recognised privacy as a right. Moreover, countries such as Japan and Singapore have enacted the Personal Information Protection Act, 2003, and the Personal Data Protection Act (PDPA) which codifies the protection of personal privacy. Thus,

owing to its universal acceptability (state practice), and a belief carried out from a legal obligation necessary to protect the rights of the citizens (opinion juris), the right to privacy is a customary international law. Hence, the absence of any legislative oversight on intelligence organisations violates both municipal law as well as international law.

With an objective to provide a proper legal regime and ensure adherence with international law, in 2011, I moved a Private Members Bill entitled "The Intelligence Services (Powers and Regulation) Bill, 2011". This bill aimed to: (1) regulate the manner of the functioning, and exercise of powers of Indian Intelligence Agencies within, and beyond the territory of India; (2) provide for the coordination, control, and oversight of such agencies. This bill attempted to ensure equilibrium between the idea of security, and privacy to ensure effective functioning of democracy. Unfortunately, this bill lapsed in October 2012 when I moved to government. I have introduced a similar bill with minor modification which has been re-tabled in the Parliament. It is a must that the Parliament take the bill qua intelligence agencies into immediate consideration and pass it without any further let or demur.

In conclusion, it is a must that transparent oversight and sound legal foundations are present to guide, and put a leash on the powers of institutions that have the means and ability to transgress upon the privacy of citizens. This is imperative to strike a delicate balance that upholds both the security of the state and privacy of the sovereign. It is the need of the hour for India to abandon its colonial legacy and embrace an accountable future.

BOI's name is now a household and synonymous with growth, development and efficiency

By: Vinod Chandrashekhar
Dixit

Bank of India one of most trusted Brand in India is built on strong foundation, thus, staying resilient to ups and down for over 117 years. BOI deserves praise for three-fold jump in net profit to Rs 1,551 crore in the June quarter due to a decline in bad loans. BOI is a bank that believes in nation building, ethics & integrity, value for customers, pride for its employees, profitable growth and contributing to society. The bank's net interest income increased by 45 percent on a year-on-year basis (YoY) to Rs.5,915 crore. The gross non-performing assets of the bank declined to 6.67 percent from 9.30 percent in the same quarter of the previous year. The net NPA too declined to 1.65 per cent against 2.21 per cent in the same period of the previous year. Domestic deposits of the bank increased by 7.98 percent YoY to Rs.5.89 lakh

crore in the quarter. Current account and savings account (CASA) went up by 7.56 percent YoY to Rs. 2.6 lakh crore in the April-June FY24 quarter and CASA ratio stood at 44.52 percent. Domestic advances increased by 7.98 percent YOY to Rs. 4.33 lakh crore.

The bank is seeing the acceleration in growth in key loan products particularly both on the corporate side and home loan, which is the mainstay for retail loans. Sanctions and disbursements for BOI during the second quarter were significantly higher than last year across most retail products. Bank has strong incremental profitability of retail lending as well as corporate lending business. It is a constant endeavor at BOI to offer the best financing solutions to all our valued customers and help them fulfill their needs and requirements.

The bank has the best of technology and best of capabilities. It has several

firsts to its name and has always been in the forefront for bring about new concepts and changes in the Indian banking scenario. There is no doubt that BOI continues to have a commanding presence in the nation's corporate-industrial realm. It is observed that amongst all banks BOI remains one of the front runners in the commitment and implementation of Financial inclusion initiatives. BOI is poised for a great leap in future. It is today stronger, bigger, more vibrant and confident bank. Several structural changes were introduced in Bank of India to strengthen the recovery mechanism and to strengthen the credit mechanism. I would like to quote the words of Edwin C. Bliss "Success doesn't mean the absence of failures, it means the attainment of ultimate objectives. It means winning the war, not every battle."

Bank has built "Relationship Beyond Bank-

ing" with its millions of its customers across the globe who are ambassadors of goodwill. BOI is today the preferred choice of customer. Why? This happens due to delivery of superior products and efficient services and it has acted as good professionals with courtesy and dignity. With the inspiring leadership of Top Executives, enthusiastic efforts of experience staff members and an outstanding team of new professionals, BOI is striving hard to achieve its corporate goals and to take the bank to greater heights.

(Vinod Chandrashekhar
Dixit)dixitpatrakar@yahoo.
inB-15 Jyoti-Kalash
Society,
Jodhpur Tekra
Satellite

Ahmedabad - 380 015

Show BJP its place in forthcoming local body polls: Vikas to youth

TOP NEWS REPORT

JAMMU, Jul 30: Following recent announcement of holding Panchayat and Urban Local Bodies elections, Zonal Secretary and Coordinator Jammu District (Urban) JKNC, Dr. Vikas Sharma held a meeting with a large group of youth and sounded them to be in readiness for ensuing Panchayat / ULBs elections.

Flaying the anti-public as well as anti-youth policies adopted by BJP party, Dr. Vikas said that all the promises made by the BJP party have fallen flat with educated pushed into deep unemployment crisis due to policy paralysis of BJP Govt.

He lamented that BJP has totally destroyed the Jammu region after abrogation of Art 370 and people of Jammu are being harassed and hoodwinked on



the name of developing Jammu as a smart city. He alleged that the smart city project with crores of rupees is a big scandal as all is based on paperwork, but on ground nothing much visible has been done vis-a-vis huge allocation of funds.

Snubbing present LG govt functioning under the direct control of BJP Govt at the Centre, he said that govt has adopted new modus operandi

to mentally torture the people of Jammu by imposing property tax, installation of power smart meters, now pre-paid meters, he alleged, adding that in fact, a mechanism is being put in place to embarrass public by resorting to unwarranted means.

Zonal Secretary alleged that the political party in power has totally spoiled the earning pattern of locals of Jammu as all the Govt

works including contracts of sand, bajri, wine shops, parking spots have been allotted to the people from outside JK UT jeopardizing the living standard of general public Jammu and Kashmir and drastically dwindling their livelihood.

He further said that all the important positions in the UT Govt sector and universities have deliberately been given and occupied by offi-

cers from outside JKUT under a well knit conspiracy to make the lives of people here quite miserable with none to listen to their genuine grievances, he added.

He appealed that in the coming elections including parliamentary, assembly or local bodies, all have to join hands together to defeat the evil designs of BJP party to gain power by hook or crook given the bad to worse experience of its miss governance since last nine years, he alleged.

Dr Vikas Sharma urged them to strengthen the hands of Jammu and Kashmir National Conference led by Dr. Farooq Abdhulla and Jenab Omar Abdullah, who are the only hope obviously left over for people here to heave a sigh of relief during NC Government in Jammu and Kashmir.

'Mann Ki Baat': Motivational tales to reach students in comic format across J&K schools

JAMMU, Jul 30 (Agencies): Jammu and Kashmir Board of School Education (JKBOSE) with an aim to motivate young minds, will teach selected stories of 'Mann Ki Baat' episodes of Prime Minister Narendra Modi in the comic book format in the government schools across the Union Territory.

Sources in the J&K Board of School Education told UNI that the Ministry of Culture in collaboration with 'Amar Chitra Katha' has planned to bring out 12 volumes of Comic Book on selected stories of 'Mann Ki Baat' of the Prime Minister of India.

"The first book of the series was published on the eve of completion of 100 episodes of 'Mann Ki Baat' and also a digital copy of the book is available in 13 languages on the Amrit Mahotsav Portal in a download format," sources added and said that the second volume of the series (English) is also available.

"The Comic Book comprises of inspiring stories of individuals and organizations that overcame disability, poverty, discouragement and contributed for the benefit of the society," sources said adding that as there are learning outcomes for school children in the book, digital copy has been made available in most of Government of India run schools and efforts are being made for easy availability of printed copies in these schools.

"The J&K Education Department has been instructed to either place bulk orders to the publisher directly or autho-

size schools to procure printed copies of the book from the local distributor," they added.

Sources said that the book is also available in Amazon and Flipkart platforms and the digital copy of the book should also be uploaded on the portals of State School Boards as portals of schools, adding, "the Heads of the Institutions (HOIs) across the UT of Jammu and Kashmir have also been instructed to have one period every week for story telling from 'Mann Ki Baat' Comic Book."

"One of the most communicative teachers will be tasked to tell at least two stories every week from the book and in addition, schools may be instructed to narrate selected inspirational stories during school assembly which will surely create a positive impact among the young minds," they said.

"The motivational tales will surely inspire our children about the hardwork and commitment of our people contributing to nation building," an official told UNI. He said that the selected stories from different 'Mann Ki Baat' episodes will have tales of people from Jammu and Kashmir, whose names were mentioned by the Prime Minister Narendra Modi in different episodes with regard to their working and role in various ways of contributing to the development of the country. "This is the best way of reaching out young minds with motivational and inspirational thoughts that can channelize them in a positive direction," he added.

Public grievances mounting, BJP still unmoved: Malik

TOP NEWS REPORT

SAMBA, Jul 30: LJP (R) J&K President Rafiq Malik today inaugurated party office at Kotli Ratnu Chak, Samba. On this occasion several prominent persons joined LJP (R). Those who joined include Rajinder Kumar District President Samba Labour Cell, Rohit Kumar General Secretary Labour Cell Dist Samba, Rampal SC/ST President Dist Samba, Gafoor Hussain Sports and Culture Jammu Province President.

Speaking on the occasion, Malik said that public grievances are mounting every day but the Government has remained unmoved. He said that public issues and grievances are piling up with the passage of every day but the Administration has failed to solve the basic issues. He expressed serious con-



cern over hefty power tariff bills highlighting poor people inability to pay such bills and that too when there is unscheduled power cuts in the area. He lashed out at the Central Govt for the unprecedented price hike and record unemployment besides failing to address the grievances of people of J&K on every count after promising massive development in garb of their wrong policies in

J&K. Malik said people of JK UT have realized the politics gimmicks of various groups and parties which were trying to make inroads in JK to create confusion among the voters. He stressed upon the people to remain vigilant against the political exploitation by these political parties. He also highlighted fate of daily wagers, need-based and casual workers. He said that Govt is totally indifferent to the genuine demand which will affect all section of people from various parts of the country,

being tourist and pilgrims' state.

Prominent among those present on the occasion include Mulkh Raj State President SC Cell, Rajiv Gorka State President Legal Cell and Chief Advisor JKUT, Mahraj Krishan Bhat State President Migrant Cell JKUT, RP Singh State General Secretary JKUT, Neha Bhagat State President Mahilla Wing, Nirmal State Gen Secretary Mahila Wing, Anjali Tehsil Youth General Secretary Mahilla Wing, Rekha Devi Rural Dist President.

Dimple leads protest for restoration of Statehood in J&K

TOP NEWS REPORT

JAMMU, Jul 30: Sunil Dimple, the president of Mission Statehood, led a protest advocating for the restoration of statehood and against the irrational reservation of assembly seats without proper representation for deserving communities. He accused the BJP of taking unconstitutional steps, such as the abrogation of Article 370 and 35-A, and the conversion of J&K state into UTs.

Addressing the protesters, Dimple stated that the decisions made by the BJP on August 5, 2019, were unconstitutional. However, he later retreated from the demand to restore J&K's statehood, special status, Article 370, 35-A, PRC, and postponement of elections after the Supreme Court's verdict on Article 370 was announced.

Dimple expressed dissatisfaction with the nominations of assembly constituencies, claiming that various



communities, including Sikhs, POJK refugees, Christians, Gujjars, and Pahari communities, were not adequately represented. He accused the BJP of dividing and complicating the situation in J&K through the irrational distribution of nominations, polarizing the voters.

Dimple also criticized the nomination of two assembly seats for the Kashmiri Pandits, as they had filed a case in the Supreme Court against the laws of J&K's Maharaja Harisingh's Law of PRC and state subject for the dismissal of Article 370 and 35-A, along with the terms and conditions of

the instrument of accession signed by Dogra Maharaja Hari Singh Ji during the accession with India. He appealed to the Chief Justice of India of the Supreme Court to direct the BJP to halt the nomination of assembly seats with divisive intentions until the verdict on Article 370 is announced in the SC.

Among the other leaders present at the protest were Vijay Viridi, Swarn Singh, S Kala Singh, Lohori Shaha, Arun Verma, Sham Sharma, Vikas, Deepak, Mohan Lal, and many others.

Nazakat represents J&K at NEP 3rd Anniversary in New Delhi

TOP NEWS REPORT

JAMMU, Jul 30: Nazakat Choudhary, an Ambassador of Yuva Sangam Phase 1, had the prestigious honor of representing Jammu and Kashmir in the grand celebration of the 3rd anniversary of the National Education Policy (NEP) 2020, known as "Akhil Bharatiya Shiksha Samagam" (ABSS). This esteemed event took place on July 29th and 30th at Pragati Maidan in New Delhi.

The event was jointly organized by the Ministry of Education and the Ministry of Skill Development & Entrepreneurship, and it was inaugurated by the Prime Minister, Shri Narendra Modi.

Nazakat Choudhary was nominated by the Ministry of Education to represent the region at this significant national event, which speaks volumes about their dedication to education and cultural exchange.

During the NEP 3rd anniversary event,

Nazakat Choudhary had the privilege of interacting with the Hon'ble Prime Minister and engaged in meaningful discussions about education policy and the progress of the nation's educational landscape.

Additionally, Nazakat Choudhary took the opportunity to showcase the rich cultural heritage of Jammu and Kashmir at the "Ek Bharat Shreshtha Bharat" stall, an initiative aimed at fostering unity and mutual understanding through cultural diversity.

It is worth mentioning that Nazakat Choudhary's remarkable contributions have already been recognized by the Hon'ble Prime Minister, who personally conveyed appreciation through a letter.

Expressing delight at the nomination, Nazakat Choudhary said, "Being selected to represent J&K at the NEP 3rd-anniversary event is an incredible honor. I am grateful for the opportunity."

Baig luads Govt for acknowledging justified demand of Pahari tribe

TOP NEWS REPORT

JAMMU, Jul 30: Jammu and Kashmir Pahari Culture and Welfare Forum (JKPCWF) a premier representative organization of the Pahari Community of J&K convened a meeting on Saturday under the chairmanship of Forum Patron-in-Chief Muzaffar Hussain Baig through video conference. Forum expressed its sincere gratitude to the Government of India for introducing the Constitutional Schedule Tribe Amendment Bill in the Parliament which was a long-pending justified demand of the Pahari Tribe. Terming it as a milestone in the ongoing struggle of the Pahari community for four decades, the forum thanked Prime Minister of India Sh. Narendra Modi, Home Minister Amit Shah for their personal efforts.

Pahari veteran leader Syd Mushtaq Ahmad Bukhari presided over



the meeting personally. On this occasion, the participants reiterated the commitment made during the important meeting with Union Home Minister Amit Shah in New Delhi on 25 December 2019, in which the delegation assured the Home Minister that if the long pending demand of the Pahari community is fulfilled, Jammu and Kashmir will repay kindness with kindness.

They articulated that whole Pahari tribe will remain thankful to the GOI in all the times to come and whole of the

tribe will remember the landmark decision taken by Prime Minister Narendra Modi and Home Minister Amit Shah

In today's important meeting, the participants gave some important suggestions to make the forum active. In this regard some important decisions were also taken. The participants of the meeting congratulated and expressed their gratitude to Muzaffar Hussain Baig, the patron of the forum, for his active and constructive role in representing the Pahari community.

In his speech Sh. Muzaffar Hussain Baig while welcoming the decision of Government of said "A long standing justified demand of Paharis' is acknowledged by the Govt. of India lead by Prime Minister Narendra Modi government"

He appreciated all individual and collective efforts for achieving this goal. He urged the participants to ensure that promises made to the central leadership be achieved in letter and spirit, make the forum more active and frame a strategy for facing forthcoming challenges

after getting ST. He also urged for discipline in organization setup and to make everyone accountable.

While underlining the importance of the non-political role of the forum speakers and said that 'Jammu Kashmir Pahari Culture and Welfare Forum' is a representative organization of the Pahari community irrespective of political affiliation, which has been working for the last four decades.

In today's meeting, a detailed discussion was held regarding the restructuring of the

forum and it was decided that this process will be completed during the next few sessions after taking into account all the factors. Initially Muhammad Naseem Malik was appointed its organizing secretary after the approval of Patron-in-Chief Muzaffar Hussain Baig to mobilize the Forum.

In this meeting, Ex-Deputy Chairman Legislative Council Jahangir Hussain Mir, Ex-MLC and senior forum leader Murtaza Khan, Senior forum leader and Ex-MLA M. R. Qureshi, Ex-MLA Ashok Kumar Sharma, former judge and Advocate Muzaffar Iqbal Khan, Syed Iqbal Kazmi, Advocate Zahid Sarfaraz Malik, Advocate Altaf Hussain Janjua and former bureaucrat Muhammad Naseem Malik were present. Earlier tributes were paid to those forum senior members who left for heavenly abode.

Ayushmann Khurrana feels quite lucky to have so many hit songs

Ayushmann Khurrana opens up on his music career

Actor Ayushmann Khurrana, who has made a mark for himself as a singer with big hits such as 'Paani Da Rang', 'Saadi Gali', 'Haareya', 'Nazm Nazm', 'Mitti Di Khushboo', to name a few, is grateful that his new single 'Raatan Kaaliyan' is also a hit.

The melodious song is being celebrated globally by the Indian and South Asian diaspora! Ayushmann collaborated with Rochak Kohli for his new track 'Raatan Kaaliyan'.

Taking to Instagram, the actor shared a glimpse of the song which he captioned, "This little piece of my heart is yours from today! The brand new track #RaatanKaaliyan is now out. Tune in now. Link in bio. Ayushmann X Rochak."

Gurpreet Saini and Gautam Sharma wrote the lyrics for the song 'Raatan Kaaliyan,' which features Rochak and Ayushmann's soulful vocals. In the music video, which was shot by Dar Gai, Ayushmann Khurrana also demonstrates his extraordinary talent as a performer.

Sharing his feelings, Ayushmann said in a statement, "I'm glad that Raatan Kaaliyan is being called a hit song now and that it is getting so much love



from Indians and South Asians across so many countries. The feedback and the love that I'm getting from people across the world is simply overwhelming. This reminds me that I should give more time to my music and give the audience more music and hopefully they enjoy it in the years to come!"

The "Dream Girl" actor said he is lucky to have a chartbuster-filled music career. Ayushmann said, "My music is a reflection of my soul and my state of mind. I believe I bare my deepest thoughts through my music and I'm fortunate that people have loved my music since Paani Da Rang and the emotions that I

have tried to convey through my songs."

The actor added, "It is the audience who make music into chartbusters. It has to appeal to their heart and speak to their mind. No amount of publicity or marketing can make a song into a hit. There is no formula for it because delivering a hit completely depends on how your song connects with the audience."

"I would like to believe I have been quite lucky to have many such songs. It feels amazing to have hits to my credit - be it my films or my music. I like to entertain people with my craft, as an actor and as a singer. So,

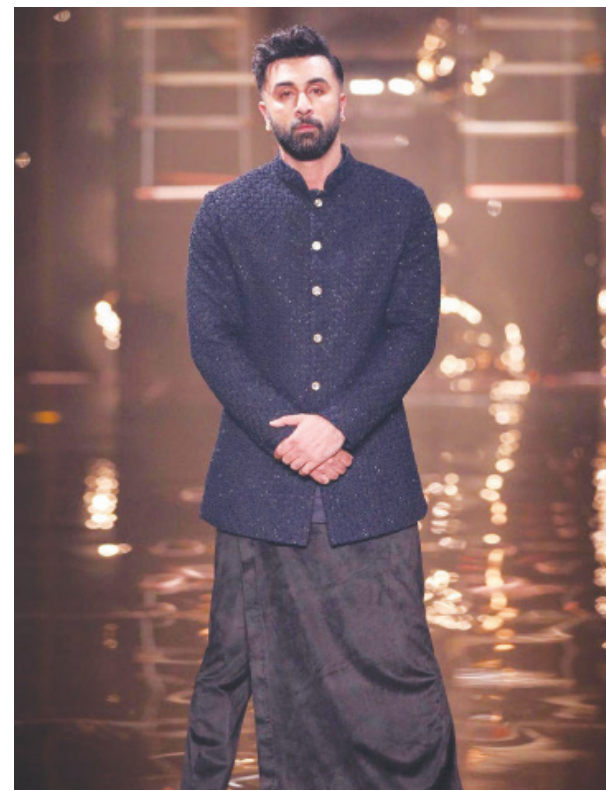
I feel genuinely happy when they appeal to the widest possible audience," Ayushmann continued.

Meanwhile, on the acting front, Ayushmann is all set to come up with the sequel to his hit film 'Dream Girl 2'. Recently, he shared the glimpse of his character 'Pooja' on his Instagram. The poster depicts Ayushmann in a peculiar persona. Only his face is visible to the audience as he emerges from behind a bright curtain. What actually captivates everyone's attention is Ayushmann's character Pooja's extraordinary makeover, who looks to have adopted a lovely and feminine style.

The change of Ayushmann into Pooja is nothing short of magical. Fans have been left in amazement and surprise by his smooth shift between these different identities. It's a joy to watch the wonderful Ayushmann play Pooja with such aplomb. The film will be out on August 25. Earlier it was supposed to be released in July.

The delay is due to the extensive VFX work required for the film. In the film, Ayushmann will be seen sharing screen space with Ananya Panday.

Ranbir Kapoor exudes Punjabi munda vibes at Kunal Rawal's show



Actor Ranbir Kapoor won everyone's hearts with his ramp walk on Day 4 of India Couture Week.

After a long time, Ranbir hit the runway and that too for ace designer Kunal Rawal. The 'Barfi' star donned

a deep blue-coloured bandhgala embellished jacket that he paired with black pants. His pants caught everyone's attention as it features lungi detail on one side.

To make his showstopper look more captivating, he opted for a cool

haired and trimmed beard.

Ranbir presented Kunal's collection 'Dhup Chao' at Taj Palace here. He undoubtedly served Punjabi Munda vibes at the gala.

The pieces in the collection were subtle, yet statements in their own right. They were urban, nostalgic and relevant, while being consistently rooted in luxury. Each signature silhouette was reimagined in innovative architectural shapes, and textures played a significant role throughout.

Cherry on the cake was the Punjabi music played during Ranbir's ramp walk.

Meanwhile, on the film front, Ranbir is all set to unleash his action-packed avatar in 'Animal', which is set to release on December 1 this year. Actors Anil Kapoor, Bobby Deol and Rashmika Mandanna are also a part of Sandeep Reddy Vanga's directorial.

Salman Khan comes back on 'weekend ka vaar' only for his fans, says 'my fans are my biggest achievement and pride'

Salman Khan, who is currently seen hosting the reality show 'Bigg Boss OTT 2' said that his fans are his biggest strength and they keep motivating him to come back on Weekend Ka Vaar.

He said, "My fans are my biggest achievement and pride! I am what I am because of them. Yes, I lose my cool on the show and sometimes even walk out but I always come back only and only for my fans who patiently wait for my Weekend ka Vaar".

During this Weekend ka Vaar, 'Kaalkoot' stars Vijay Varma and Shweta Tripathi will be coming as celebrity guests on the show.

The show also witnessed heated conversations among the contestants.



Bebika Dhurve expressed his unhappiness towards Aashika Bhatia for not cleaning the house well and not doing her duty properly. "I am unwell, yet working. You still haven't cleaned the washroom well, nor have you cleaned the dustbin," she said.

On the other hand, Abhishek Malhan shared his thoughts with Elvish Yadav and

Manisha Rani. He feels that as a team they should take care of each other in every term.

He goes on to talk about cleanliness, but also feels that the Manisha has not been backing the team in this. He said, "Humari aadat nahi hai dikha kar kaam karne ki ya ek dusre ko help kar sunane ki. Safai rakho, kisi ko bolne ka mauka mat do.

Farhan Akhtar posts pictures from the screening of 'Bhaag Milkha Bhaag'

Actor Farhan Akhtar treated his fans with a glimpse of the special screening of his film 'Bhaag Milkha Bhaag' as the movie completes 10 years recently. The actor posted pictures on Instagram and announced that the movie will re-release with sign language for the people with hearing loss.

The pictures features co-stars Divya Dutta, director Rakeysh Omprakash Mehra and Milkha Singh's daughter Sonia Milkha Singh among others.

He wrote, "To celebrate a decade of Milkha ji's story on film, a screening was held in Mumbai for people with hearing loss. The Indian Sign Language Organisation (ISL), Viacom 18 and Bharathi Mehra have worked for months and created a theatrical version of Bhaag Milkha Bhaag with sign language. Their effort is beyond exemplary. It was truly an overwhelming experience to be there and be part of this historic moment. Thank you to @pvrinemas_official for support-



ing this and re-releasing the film with sign language in over 30 screens across the country. @rakeyshommehra @viacom18 @sonam Kapoor @divyadutta25 @sonia_milkha_singh @prashoonjoshilive @shankarehsaaniy @pavanrajmalhotra @yograjofficial @binodkpradhan @nawwabshah @actordevgill." Farhan, on July 21, took a

stroll down memory lane and celebrated 10 years of 'Bhaag Milkha Bhaag'.

"His warmth, his accolades and his will continue to inspire millions. Remembering the legendary Milkha ji. #10YearsOfBMB #10YearsOfBhaag-MilkhaBhaag," Farhan wrote on Instagram.

Milkha Singh was one of

India's most renowned athletes and a former national champion in the 400 meters race. The film depicts his inspiring journey, starting from his traumatic childhood during the partition of India and Pakistan in 1947, where he lost most of his family members, to becoming a successful athlete and a national hero. The film received critical acclaim and was a commercial success.

Farhan Akhtar's portrayal of Milkha Singh was highly praised for his dedication and transformation into the character.

Sonam Kapoor also starred in the film.

Meanwhile, on the work front, Farhan will be getting back to the director's chair after almost 11 years with a female-oriented road trip film 'Jee Le Zara', which will feature Alia Bhatt, Priyanka Chopra and Katrina Kaif in the lead roles.

He announced the film in 2021. The film promises to be another tale of friendship following the lineage of 'Dil Chahta Hai' and 'Zindagi Na Milegi Dobara'.

Sana Makbul opens up on battling hepatitis when her career was taking off, says she lost work

Actor Sana Makbul has opened up about battling hepatitis and how it took a toll on her mental, physical and emotional health. Taking to Instagram on Friday, Sana posted a video and shared that she was an F3-F4 patient but now she reversed it to F1-F2. She recalled waking up with a puffy face and swollen feet.

Sana talks about battling hepatitis

In the clip, Sana said, "Hi guys! Well, it's 28th of July, it's World Hepatitis Day and on this day I want to share something which is very personal. Yes, I'm an autoimmune hepatitis patient. I discovered this in 2020. Till date, the journey has been tough mentally, emotionally, physically. The best part is in 2021 when I went for Khatron Ke Khiladi I was on medication and I battled it well, even the show, even my health. When I came back from there I was stronger, I felt I could do this and I got this."

Sana shares how her health deteriorated. She continued, "It's said that when everything is going well then something happens. I think with me also that happened when my career was taking off and I had to take a pause. I was working non stop but I had to take a seat back and focus on my health. I was deteriorating not physically but internally I was. And I think for the last one and a half years I have been doing that. I have been just focusing on me, myself and my health mentally, emotionally, physically drained."

Sana opens up about losing work

Sana also said, "Lot of sacrifices, loss on work, I mean you wake up with puffy face,



swollen feet, swollen hands, you have water retention on your body, you gain weight. Especially when you are an actor, you have to look a certain way, you have to maintain a certain weight. So, I think I was battling with it and I came back stronger. Today on world hepatitis day, I wanted to share with you all

that I have reversed my stage. I have been F3-F4 patient and now I've reversed it to F1-F2 which is a very good improvement."

Sana says she is healthy now

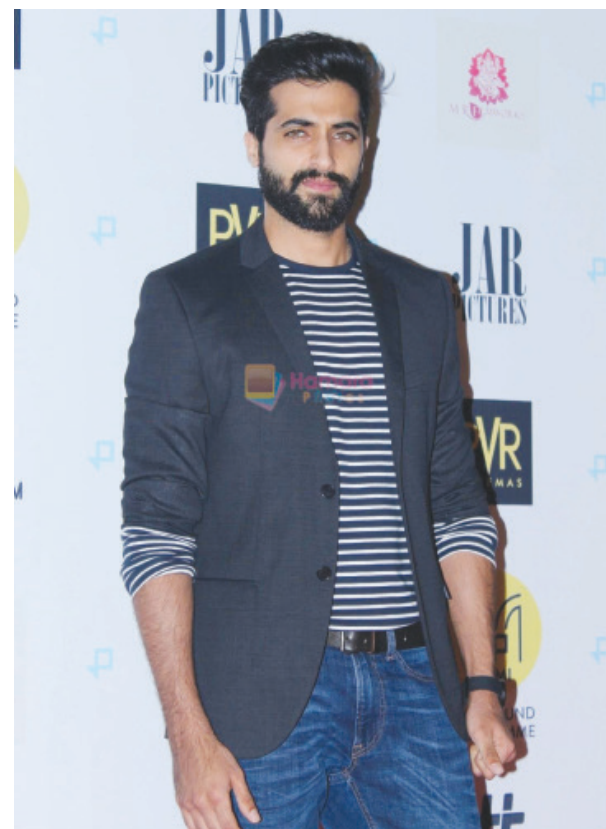
She concluded, "People talk when they detect their disease. I detected it, I was fighting with it. As I said, I'm all set to resume my work because I am healthy and I'm as normal as you guys are. So, for all you guys out there who are dealing with such a disease whether it's curable it's non-curable, hang in there. Don't lose hope, keep faith, there's always light at the end of the tunnel. Earlier I used to think, 'Why God, why me?' But as it is said, God always gives his hardest battle to his strongest soldier. So you are strong, stay healthy stay fit and Happy World Hepatitis Day."

Sana's friends and fans praise her

Sana captioned the post, "On World Hepatitis Day 'Acceptance is the Key' Let's start hereListen, Understand & know your Body #awareness #autoimmunedisease #hepatitis #autoimmunehepatitis #beathepatitis." Reacting to the post, Srihity Rode commented, "You got it girl, more power to you." Mahekk Chahal wrote, "More power to you girl." A fan said, "The strongest woman I know." A comment read, "I can feel you girl but we have got this."

Sana was one of the contestants in the reality TV show Khatron Ke Khiladi 11 in 2021. She is best known for her role of Dr Aliya Sanyal in Vish. Sana made her film debut in 2014 with the Telugu film Dikkulu Choodaku Ramayya.

Akshay Oberoi wraps up shoot of Illegal 3



Akshay Oberoi shared his shooting experience for Illegal 3 after wrapping up the shoot of the courtroom drama.

While talking about his experience of shooting for Illegal 3, Akshay expressed his gratitude and said, "Work-

ing on Illegal has been an incredible journey for me. I am thankful to the entire team for their unwavering support and belief in my abilities as an actor. The love and appreciation from the audience for the previous seasons have been

overwhelming, and I can't wait for everyone to witness the thrilling narrative of Season 3."

The actor will be seen reprising his role as a lawyer in the series. He has posted glimpses of the shoot on his social media handle also.

He posted a picture of his script and a view of rain outside. Sharing the picture, he wrote, "Shoot Days. #Shootlife. #IllegalSeason3."

The show explores the complexities of the Indian legal system while delving into the personal and professional lives of the characters involved.

Akshay's portrayal of the son of a criminal lawyer in the series has garnered him wide critical acclaim, leaving audiences eagerly anticipating his return for the third installment.

The legal drama series also stars Neha Sharma, Piyush Mishra, and Satyadeep Mishra will return for another season. The show is directed by Sahir Raza.

'Meri Mati Mera Desh' campaign to be launched in run up to Independence Day: PM Modi

Campaign will be launched to honour the martyred bravehearts

NEW DELHI, Jul 30 (Agencies): Prime Minister Narendra Modi on Sunday announced that a 'Meri Mati Mera Desh' campaign will be launched in the run up to Independence Day to honour the martyred bravehearts of the country.

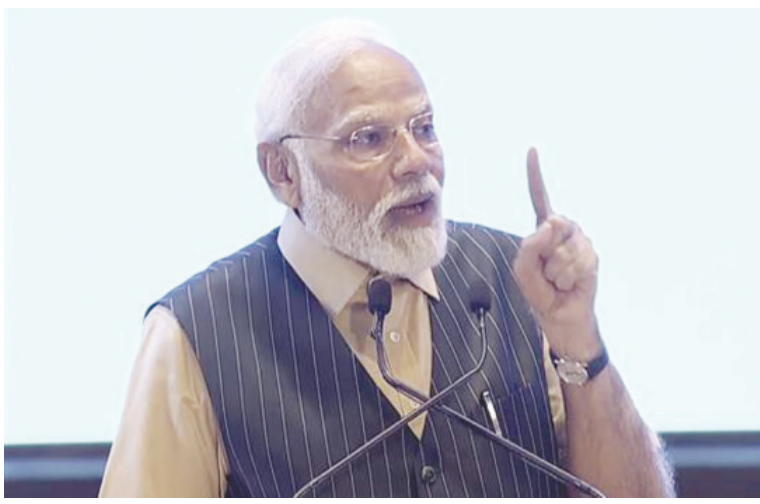
In his monthly Mann Ki Baat radio broadcast, Modi said that with 'Amrit Mohatsav' resonating everywhere and August 15 near, a big campaign is being launched in the country -- 'Meri Mati Mera Desh'.

He said the campaign will be launched to honour the martyred bravehearts and programmes will be organised across India in memory of those who laid down their lives for the country.

"Special inscriptions will be installed in lakhs of village panchayats of the country in memory of these personalities," Modi said.

An 'Amrit Kalash Yatra' will also be taken out during this campaign, he said.

"This 'Amrit Kalash Yatra', carrying the soil in 7,500 'kalash' from villages and various corners of the country, will reach Delhi. This yatra will also carry



plants from various parts of the country. From 7,500 kalash, soil and plants that will come, an 'Amrit Vatika' will be built close to the National War Memorial," the Prime Minister said.

In his radio address, Modi also hailed the changes made by the government in the Haj policy in the past few years and said now more and more people are getting an opportunity to go for the annual pilgrimage.

Over 4,000 women were able to perform Haj without 'Mehram' or a male companion which he

said was a "big change", the prime minister said.

He said Muslim women who recently came back from Haj wrote to him.

"Their Haj was very special as they performed the pilgrimage without 'Mehram'. Their number is not 50 or 100 but over 4,000. This is a big change," Modi said while pointing out that earlier Muslim women were not allowed to perform Haj without 'Mehram'.

"Through Mann Ki Baat, I would also like to thank the Saudi Gov-

ernment," he said.

"The changes made in the Haj policy in the last few years are being appreciated. Our Muslim mothers and sisters have written a lot to me. Now more and more people are getting an opportunity to go for Haj," the prime minister said.

He also talked about several artefacts that have been brought back to India from the US recently.

Modi noted that the past few days have been full of worries and trouble due to natural calamities. "People had to suffer in many places due to many swelled rivers like the Yamuna," he said.

Amid natural calamities, people of the country have once again brought to the fore the power of collective effort, the prime minister said.

Modi also said that it was encouraging to see people make novel efforts for water conservation. He also cited the record plantation of 30 crore saplings in a day in Uttar Pradesh, saying it is an example of public participation and awareness.

Spurt in tie-ups with 'trusted' West as critical tech merges as important matrix of power: Jaishankar



NEW DELHI, Jul 30 (Agencies): Talk of a "chips war" may be overblown but critical and emerging technologies (CET) have become an important matrix of power which is why India is conducting wide range of global interactions on the subject, especially with trusted partners like the US, the Quad, Australia, Japan, the EU and France, External Affairs Minister S Jaishankar said in Gandhinagar while speaking at 'SemiconIndia Conference 2023' on Sunday.

Focusing on India's role in critical and emerging technologies, he said technology trade is not just trade; it is as much about political science because CET transforms the very nature of economic and social activities. India needs to become more deeply embedded in global value chains and also focus on the semi-

conductor domain at a time when there has been a re-emergence of export controls as a response to strategic assertions of economic strength.

"Who invents, who manufactures, what are the market shares, where are the resources, who has the skills, where is the talent pool -- these are increasingly the crucial questions. How to do business needs to be tempered with where and with whom to do it," he said while referring to India-US MoU on Semiconductor Supply Chain, commitments by three US companies in chips manufacturing, membership of the Minerals Security Partnership, pact for co-research between Bharat 6G and the American NextG Alliance, the Artemis Accords and Joint Indo-US Quantum Coordination Mechanism.

The Quad also agreed on Principles on Critical and Emerging Technology Standards to foster common technology standards, and with Japan, there is a Memorandum of Cooperation promoting design, manufacturing, equipment research, talent development and industrial resilience. There is an ongoing Critical Minerals Investment Partnership with Australia; India and the EU held their first meeting of the Technology and Trade Council; and with France, India issued the "Horizon 2047" vision document.

These partnerships were struck after realising the serious over-concentration of production in different domains of CET which generated anxiety about reliable and resilient supply chains. In the technology and manufacturing worlds, there could be an era of re-globalisation with many more centres of production, one which is more collaborative.

"It is essential that those of us who are comfortable working with each other enhance our collaboration," said Jaishankar.

MPs of INDIA urge Manipur Governor to take effective measures for restoring peace

GUWAHATI, Jul 30 (Agencies): 21 MPs from the opposition INDIA bloc, who visited some relief camps in strife-torn Manipur, on Sunday urged Governor Anusuiya Uikhey to restore peace and harmony in the state by taking all effective measures.

In a memorandum, they requested her to apprise the central government of the complete breakdown of law and order in Manipur for the last 89 days "so as to enable them to intervene in the precarious situation in Manipur to restore peace and normalcy."

"We...arrived at Imphal on the 29th July, 2023 on a mission of on-the-spot assessment of the situation prevailing in Manipur in the wake of ethnic violence taking place in the

state since the 3rd May, 2023. We have visited relief camps at Chura-chandpur, Moirang and Imphal, and interacted with the victims/inmates in the relief camps...

"We are, indeed, very shocked and sad to hear the stories of anxieties, uncertainties, pains and sorrows of the individuals affected by the unprecedented violence unleashed by both sides since the beginning of the clashes," the memorandum signed by the 21 MPs reads.

The Opposition delegation said there is anger and a sense of alienation among all communities and it has to be addressed without delay.

The failure of both the Central and state government to protect the lives and properties of the people of the two communities is apparent



from the figures of more than 140 deaths, more than 500 injuries, the burning down of more than 5,000 houses and the internal displacement of more than 60,000 people, they wrote in the memorandum.

"From the reports of incessant firing and arson of houses in the last few days, it is established beyond doubt that the state machinery has completely failed to control the situation for the last almost three

months," they alleged.

Further, the Opposition MPs said the condition in the relief camps is pathetic.

They stressed that special care needs to be taken for the children on a priority basis.

They said students are facing an uncertain future, which has to be the priority of the state and the Union government.

They said the continued internet ban for the last three months is aiding the unsubstanti-

ated rumour and this is adding to the existing mistrust.

"Silence of Honourable Prime Minister shows his brazen indifference to the violence in Manipur. We earnestly request you to restore peace and harmony, taking all effective measures, where justice should be the cornerstone. In order to bring peace and harmony, rehabilitation and resettlement of the affected persons is most urgent," the memorandum reads.

Fire breaks out at multi-storey hospital in Gujarat's Ahmedabad; 125 patients evacuated, no casualty reported

AHMEDABAD, Jul 30 (Agencies): A fire broke out in the basement of a 10-storey hospital in Gujarat's Ahmedabad city on Sunday, following which around 125 patients were evacuated from the facility as a precautionary measure, officials said.

There was so far no report of any casualty, inspector M D Champavat from Sahibaug police station said.

Due to the renovation work under way at the hospital, several items stored in the basement caught fire and caused massive smoke, a fire

official said.

As per preliminary information, the fire broke out around 4.30 am in the basement of Rajasthan Hospital, located in the city's Sahibaug area, Champavat said.

"Fire fighting teams are working to control the blaze. Smoke continues to emanate from the basement of the hospital where the fire broke out," he said.

"Nearly 125 patients have been evacuated and shifted to different hospitals as a precautionary measure," the police inspector said.

The hospital is run by a charitable trust.

The blaze erupted in the second basement of the 10-storey Rajasthan Hospital and a call was received around 4.30 am, deputy chief fire officer Jayesh Khadia said.

Due to the ongoing renovation of the hospital, several items stored in the basement caught fire and caused massive smoke. Around two dozen fire fighting vehicles were rushed to the spot, he said.

The cause of the fire was yet to be ascertained.

All bills passed after admission of no-trust motion constitutionally suspect: Cong's Manish Tewari

NEW DELHI, Jul 30 (Agencies): Congress MP Manish Tewari on Sunday claimed that all bills passed after the no-confidence motion was admitted in the Lok Sabha are "constitutionally suspect" and asserted that any substantive legislative business must succeed the outcome of the motion, not precede it.

The former Union minister also said the 10-day period for scheduling a discussion on the no-confidence motion tabled in the Lok Sabha cannot be used to "steamroll" bills.

The Lok Sabha MP's assertion comes as the bill to replace the Delhi services ordinance is set to come up in the House this week.

In an interview with agency, Tewari said once the no-confidence motion has been tabled in the Lok Sabha, any legislation or material business brought before the House is "completely in violation of morality, propriety and parliamentary conventions".

He claimed the very legality of all the legislations which have been passed in the Lok Sabha or the Rajya Sabha after the no-confidence motion was admitted would have to be examined by a court of law as to whether they were legally passed or not.

All legislative business transacted after the no-confidence motion was tabled is "constitutionally suspect", he claimed.

On the BJP comparing the 2018

no-confidence motion against the Narendra Modi government and the massive mandate it got in the 2019 elections with the current scenario, Tewari said, "If history repeats itself once, it is a tragedy and if it does so twice, it is a farce." A no-confidence motion by the Congress on behalf of the opposition alliance INDIA against the government was admitted in the Lok Sabha on Wednesday amid concerted efforts by the anti-BJP bloc to force Prime Minister Narendra Modi to speak on the contentious Manipur issue in Parliament.

Asked about the numbers not adding up for the Indian National Developmental Inclusive Alliance (INDIA) bloc for the no-confidence motion, Tewari said it was not a question of numbers but of morality.

"What has happened in Manipur and what is continuing to happen there is absolutely reprehensible. There is a BJP government in the state, there is a BJP government at the Centre. Therefore, somebody needs to take responsibility," Tewari told agency.

He said the opposition expected the prime minister to make a suo motu statement in both Houses of Parliament on the "extremely critical situation" in Manipur and that statement would have been succeeded by a discussion.

But, unfortunately, the prime minister chose to make a very "cursory remark" just before the



commencement of the Monsoon session. After that, adjournment motions tabled in both Houses of Parliament repeatedly were not admitted by the presiding officers, the Congress leader said.

"Thus the joint opposition was left with no option but to bring this no-confidence motion to enforce the principle of morality, probity and accountability in public life which must be the sine qua non of any governance," he asserted.

Asked about the expectations from Prime Minister Modi's response to the no-confidence motion, Tewari said the motion states that "this house expresses want of confidence in the council of ministers" and the reason for that want of confidence has publicly been articulated "ad nauseum" for the past one week.

the developments in Manipur have made our heads hang in collective shame then what was the hesitation and diffidence in coming and addressing Parliament on the same issue," Tewari argued.

Asked whether the bill to replace the Delhi services ordinance should be brought after the no-confidence motion is deliberated and voted upon, Tewari said, "Even (the book by) MN Kaul and SL Shakhder, which I had quoted, is explicit that once the no-confidence motion is accepted by the Speaker, no other business should be given precedence." Tewari recalled that in July 1966 when a no-confidence motion was brought against the government, the then minister for parliamentary affairs, Satyendra Narayan Sinha, had accepted the fact that once such a motion is before the House, no other material business should be transacted.

Asked about the opposition's insistence on discussing the no-confidence motion immediately despite the rules talking of a 10-day period for scheduling, Tewari said it was for the simple reason that when there is want of confidence in the council of ministers, what is the locus that the government to bring legislations and get them passed in the House.

"Those 10 days are there because if the presiding officer in his wisdom wants to adjourn the House and take it up at a later point

in time within 10 days, that flexibility has been given to the presiding officer to schedule the vote of confidence," he said.

It is not a period that can be utilised to "steamroll" legislations or substantive policy matters through the House without any discussion, the Congress leader asserted.

Asked whether the constituents of the INDIA alliance would take part in the debate if the bill to replace Delhi ordinance is taken up for consideration before the no-confidence motion or will they oppose its introduction and boycott it till the motion is taken up, Tewari said that would be a call which the INDIA alliance has to take.

There is a general sense that the ordinance is a "serious assault on federalism", he said.

"According to me, every legislation, important or unimportant, should succeed the outcome of a no-confidence motion and not precede it," the Congress MP said.

On disruption rather than debate becoming the norm, Tewari said while disruption is a legitimate parliamentary tactic, the responsibility of running Parliament rests squarely on the shoulders of the government.

The doctrine of disruption being a legitimate parliamentary tactic was not coined by the Congress but by the BJP's Arun Jaitley when he was the leader of the opposition in the Lok Sabha, he said

Moscow Airport Closed Briefly As Ukraine Drone Attack Damages 2 Buildings

Moscow and its environs had been rarely targeted during the conflict in Ukraine until several drone attacks this year.

MOSCOW, Jul 30 (Agencies): Three Ukrainian drones were downed over Moscow early Sunday, Russia's defence ministry said, in an attack that briefly shut an international airport.

While one of the drones was shot down on the city's outskirts, two others were "suppressed by electronic warfare" and smashed into an office complex. No one was injured.

Moscow and its environs, lying about 500 km (310 miles) from the Ukrainian border, had been rarely targeted during the conflict in Ukraine until several drone attacks this year.

The attack reported Sunday is the latest in a series of recent drone assaults -- including on the Kremlin and Russian towns near the border with Ukraine -- that Moscow has blamed on Kyiv.

The defence ministry called it an "attempted terrorist attack".

"On the morning of July 30, the Kyiv regime's



attempted terrorist attack with unmanned aerial vehicles on objects in the city of Moscow was thwarted," it said on Telegram.

"One Ukrainian UAV was destroyed in the air by air defence systems over the territory of the Odintsovo district of Moscow region.

"Two more drones were suppressed by electronic warfare and, having lost control, crashed on the territory of Moscow-City's non-residential building complex."

Moscow-City is a commercial development to

the city's west.

City Mayor Sergei Sobyenin posted on Telegram that the "facades of two city office towers were slightly damaged".

He added that there were "no victims or injured".

Airport briefly closed. The TASS state news agency reported that the capital's Vnukovo airport was "closed for departures and arrivals, flights are redirected to other airports".

Within less than an hour, operations appeared to have returned to normal.

Earlier this month, a volley of drone attacks briefly disrupted air traffic at the same airport, to the city's southwest.

The attacks on Moscow come several weeks into a Ukrainian counter-offensive to claw back territory captured by Russia since large-scale hostilities erupted in February 2022.

Russia's foreign ministry has said such attacks "would not be possible without the help provided to the Kyiv regime by the US and its NATO allies".

On Friday Russia said

it had intercepted two missiles over its southern Rostov region bordering Ukraine, with at least 16 people wounded by debris falling on the city of Taganrog.

Shortly after, it said it downed a second S-200 missile near the city of Azov, with debris falling in an unpopulated area.

On the other side of the border, a Russian strike killed two people in the southern city of Zaporizhzhia on Saturday, authorities there said.

And at least one civilian was killed in a missile attack on the north-eastern city of Sumy, according to Ukrainian national police, who added that there were five injured.

According to public broadcaster Suspilne, the building was destroyed in an explosion at about 8:00 pm (1700 GMT).

In early July, a Russian drone attack hit an apartment building in the same city, killing three and wounding 21.

"Certain Attitude Towards...": Putin Defends Arrest Of Critics During War

Putin was responding to a question from a reporter who asked him to comment on the recent jailing of a theatre director and a sociologist.



MOSCOW, Jul 30 (Agencies): President Vladimir Putin defended an unprecedented crackdown on dissenting voices in Russia at a time of "armed conflict" with Ukraine, urging everyone to follow "certain rules."

"It's the year 2023, and Russia is engaged in an armed conflict with a neighbour. And I think that there should be a certain attitude towards people who harm us inside the country," Putin told reporters in Saint Petersburg.

"We must keep in mind that in order for us to achieve success,

including in a conflict zone, everyone needs to follow certain rules," Putin added.

The Russian president was responding to a question from a reporter who asked him to comment on the recent jailing of a theatre director and a sociologist.

"The people were arrested for the words they said or wrote. Is this normal?" Andrei Kolesnikov, a veteran reporter for Kommersant daily, asked Putin.

This week Russian authorities detained prominent sociologist Boris Kagarlitsky, 64, and accused him of call-

ing for terrorism online.

In May, a Moscow court ordered the arrest of theatre director Yevgeniya Berkovich, 38, on charges of "justifying terrorism" over an award-winning play about Russian women recruited online to marry radical Islamists in Syria.

Putin said he did not know who Kagarlitsky and Berkovich were.

"I hear these names for the first time and do not really understand what they did or what was done to them," Putin said. "I'm just telling you about my overall attitude towards the problem."

Criticism of Moscow's offensive in Ukraine has been outlawed and most prominent members of the liberal opposition are either in jail or in exile.

Last week, authorities detained former separatist commander and nationalist blogger Igor Girkin on accusations of "extremism" after he criticised Putin.

UK Doctor Claiming To Be Trained In 'Indian Massage' Jailed For Sex Assault

LONDON, Jul 30 (Agencies): A doctor who claimed to have been trained in specialist massage in India for two years has been handed an 18-month prison sentence by a UK court after being found guilty of the sexual assault of a female patient.

Simon Abraham, 34, worked at Eastbourne District General Hospital in south-east England when he contacted the woman in October 2020 after she had been treated there for severe headaches.

He was convicted of sexual assault at Chichester Crown Court after a four-day trial in May and sentenced last week to 18 months in prison - nine of which will be custodial behind bars and the remaining under licence parole conditions.

"He claimed that he had had a call from a colleague who was concerned about her condition and that he had been trained in specialist massage in India for two years," the Sussex Police said in a statement.



"The woman agreed to his visit, but during the massage he sexually assaulted her. He left when a visitor came to the house, but continued to phone her. She contacted the hospital who advised her that they would investigate, but she should also contact police," the statement noted.

Abraham will also be placed on the sex offenders' register for 10 years and is subject to a five-year restraining order to protect the patient from contact by him.

"Abraham took advantage of the victim's pain, fraudulently accessing her patient details

even though he wasn't officially treating her, and then visiting her when he finished work, claiming that he could massage her headache away," said Sussex Police Detective Constable Jo Gledhill.

"When he was arrested, he denied that it happened at all, but then asked for a further interview where he admitted going to her house, but did not sexually touch her. We will always take reports of this nature very seriously and specially trained officers will deal with your call.

If you have been sexually assaulted, please contact us and we will investigate," she said.

Coups in Africa's Sahel hampering anti-jihadist efforts

PARIS, Jul 30 (Agencies): The coup in Niger, the third in as many years to topple an elected leader in Africa's troubled Sahel, threatens to further hamper efforts against jihadist groups in the region, analysts say.

Niger's neighbours Mali and Burkina Faso have each undergone a military coup since 2020, fuelled by anger at the failure to quash long-running insurgencies by jihadists linked to the Islamic State group and Al-Qaeda.

In Niger, which faces a two-pronged jihadist insurgency, President Mohamed Bazoum was this week confined to his residence by his own presidential guard, with the head of the elite force, General Abdourahmane Tiani, declaring himself the new leader.

Like Niger, Mali and Burkina Faso are impoverished former French colonies that gained independence in 1960.

Following their coups, the juntas there forced out French troops, with Mali cooperating with forces from Russia, which has for years strived to increase its influence in Africa.

While it was not immediately clear if Niger's new masters would follow suit, Tiani made clear there would be a change of strategy.

"The security approach today has not brought security to the country despite heavy sacrifices," he said after declaring himself leader.

Specifically, he questioned "the sense and scope of a security approach to the fight against terrorism which excludes any real



collaboration with Burkina Faso and Mali", a strategy taken after the coups in those countries.

Western aid at risk

Analysts say that while increasing cooperation with Mali and Burkina Faso may bring benefits, the putschists risked losing financial and military support from the West, which has stood behind Bazoum.

Because of diplomatic tensions following the coup in Mali, Niger and French troops could no longer operate freely against IS bases in the country, where attacks on Niger are thought to be organised.

"This crisis cannot be resolved without cooperation from Mali in one form or another," said Tatyana Smirnova, a researcher at the FrancoPaix Centre for conflict resolution.

Ibrahim Yahaya Ibrahim, a researcher with the International Crisis Group, said that "we can expect better relations and cooperation between the neighbouring countries".

But Niger's new rulers risked losing support from the West.

Bazoum was one of a dwind-

ling group of pro-Western leaders in the Sahel, allowing 1,500 French troops and 1,000 US soldiers to be stationed in Niger.

The European Union has announced that it was suspending financial and security cooperation with the country, while the United States has warned that "hundreds of millions of dollars of assistance" was at risk.

If France and Washington withdraw their forces, it could leave a dangerous security void in a troubled region, analysts said.

Nearly all of landlocked Niger's neighbours have jihadist rebels that could take advantage of the void -- in addition to Mali and Burkina Faso, there are insurgencies in Benin, Libya and Nigeria.

'Civilians pay heaviest price' Impoverished populations often make for fertile breeding grounds for extremists and Niger is one of the world's poorest nations -- two-thirds desert, it often ranks last in the UN's Human Development Index.

It already faces two insurgent campaigns -- one which swept in from Mali in 2015 and the

other involving jihadists from Nigeria.

In addition, in 2022 it was hosting more than 250,000 refugees fleeing violence in Nigeria and Mali, according to the United Nations.

But despite all of its challenges, Niger under Bazoum was a model of cooperation for the West.

"Despite its security problems, it was a pole of stability in the region," said Alain Antil, director of the sub-Saharan Africa division at the French Institute of International Relations (IFRI).

Under Bazoum, Niger undertook programmes financed by international donors like stabilising communities that were targeted by jihadist recruitment and re-integrating former fighters into society. The future of these initiatives is now uncertain.

Although it was not yet clear the direction that Niger's new leaders would take in the fight against the jihadists, Tiani denounced the "extrajudicial freeing" of "terrorist chiefs" by the government.

The juntas running Burkina Faso and Mali have opted for an offensive-heavy strategy against the jihadists that has been marred by recurrent accusations of abuse of local civilian populations suspected of cooperating with the fighters.

"It is civilians who pay the heaviest price of such a strategy, which contributed to destabilisation and can feed tensions within and between communities," Smirnova said.

12 killed, more than 100 injured as firecrackers explode at warehouse in Thailand

Firecrackers explode and set off fire at unauthorised warehouse at Muno market in Su-ngai Kolok district

BANGKOK, Jul 30 (Agencies): Twelve people were killed and more than 100 injured when firecrackers kept in a warehouse exploded in southern Thailand, an official said on Sunday.

The firecrackers set off a fire on Saturday at the unauthorised warehouse at the Muno market in Su-ngai Kolok district in the southern province of Narathiwat

bordering Malaysia, Narathiwat's Governor Sanan Phongaksorn said.

"There are 10 deaths plus the remains of two unidentified persons, which were sent for DNA checks," Sanan said.

He said 121 people were injured, two severely, while 111 had been discharged from hospital, he said. "But there should be no more deaths."

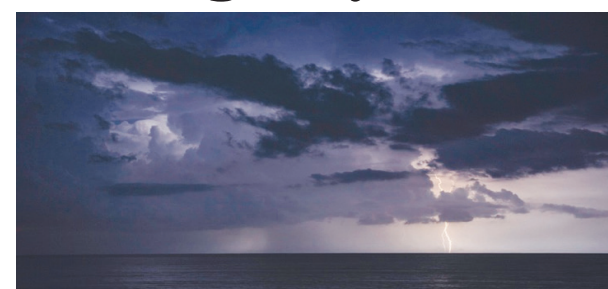


More than 200 houses surrounding the warehouse were damaged by the explosion, affecting 365 people.

Some 19 people were still staying at a shelter as several families have moved to their relatives' houses, Sanan said.

Police were investigating the cause of the incident, he said, with initial reports suggesting a welding error at the warehouse.

Nine people killed in fierce storms in central Russia: Emergency service officials



MOSCOW, Jul 30 (Agencies): Nine people were killed in central Russia after strong winds toppled trees and heavy rains disrupted the electricity supply in hundreds of settle-

ments, Russia's Emergency Ministry said on Sunday.

Seven of the nine were killed and 27 more injured at a camping location near Lake Yalchik in the Mari-El

region, the ministry said.

Pictures posted by the ministry on the Telegram app showed cars and tents badly damaged and crushed by fallen trees.

Storms disrupted the power supply in 520 settlements, damaged the roofs of 41 residential buildings and seven buildings that provide social services in eight different Russian regions, officials said.

BJP Govt has forgotten poor, middle class families: Bhalla

TOP NEWS REPORT

JAMMU, Jul 30: JKPC Working President Raman Bhalla Sunday attacked the government on issues of employment and prices of essentials, saying it has "forgotten" the poor and middle class, and is "busy" in increasing the wealth of capitalists. He also said that the BJP will not be allowed to divert the attention of people from issues concerning them. This was stated by former Minister while addressing aggrieved people of Bahu Fort Masha Mohlla Bahu constituency. Prominent among those present on the occasion include Dewan Chand, Latish Sharma, Panch Gagan Bral, Sahil Shavotra, Gopal Sharma, Mulkh Raj, Parmjeet, Amit Dalotra, Darshan Devi, Kundan Dalotra, Balvinder Singh, Sonu Kumar, Sunny Kumar, Mohan Lal, Sanjeev Kumar, Garu Kumar besides



others. Speaking on the occasion, Bhalla denounced the Government for installation of smart meters and launch of prepaid system for electricity in Jammu and Kashmir. He vehemently objected to the installation of smart meters and the implementation of a prepaid system for electricity, while saying that the present Government led by LG Manoj Sinha is leaving no stone unturned to tormenting people of the Union Territory, particularly the poor masses. Bhalla

claimed that people are dejected over the power bills, which are contrary to their monthly consumption. He said that people are getting hefty bills after installation of the smart meters and they don't know whom to complain as toll free numbers given by the PDD are not picked up by anyone. Bhalla severely reprimanded the administration and demanded that installation of smart meters and implementation of prepaid system for electricity be stopped immediately in the interest of

the poor masses. Bhalla said that today Tomato is at Rs 200 per kg, Cauliflower: ₹ 80 per kg, Toor Dal: ₹ 160 per kg, Arhar Dal: ₹ 219 per kg and cooking gas cylinder above ₹ 1,100. The BJP government, which is busy in increasing the wealth of capitalists and collecting taxes from public, has forgotten the poor and middle class families," he said. Bhalla said the youth are unemployed and if there is any employment, then the income is low and there are no savings due to inflation. "The

poor are yearning to eat and the middle class is yearning to save," the former Minister said. "The Bharat Jodo Yatra was a pledge to remove hatred, remove inflation, unemployment and bring equality - and to stop BJP to divert attention from public issues," Bhalla said and added that for "nine years it is the same question - after all, for whom is this 'amrit-kaal'?" The Congress has been attacking the government on issues of unemployment and prices of essentials, and accusing the BJP of polarising society for its politics of hate. Bhalla said every section of society was fed up with the anti-people policies of the BJP-LG government in J&K. He said farmers, youths, employees, businessman, Sarpanches/Panches and all other sections of society were feeling cheated as the government made false promises with them in

the name of giving MSP of crops to the farmers, giving government jobs to the youths and giving facilities and good atmosphere to undertake business. "The government made a number of promises with the people of J&K, including giving pension per month to senior citizens, but failed to keep them. Instead of redressing grievances of the people, this government is forcing every resident to hit the streets to get justice," said Bhalla. Bhalla said that there is uncertainty prevailing in J&K and the youth is feeling cheated and betrayed by the policies of Bharatiya Janata Party. He pointed out that despite the fact that thousands of youths in J&K are getting professional degrees and diplomas every year there is no concrete policy from the government for their absorption in the government sector.

JKMEF & JKGPA nominate District, Provincial bodies

TOP NEWS REPORT

JAMMU, Jul 30: The core committee of Jammu and Kashmir Medical Employees Federation (JKMEF) and Jammu and Kashmir Government Pharmacists Association (JKGPA) jointly convened a meeting under the presidentship of Sushil Sudan. In the meeting, new leadership was nominated for the District body of JKMEF, the Provincial body of JKGPA, and the District body of JKGPA.

JKMEF nominated Madan Lal Sharma as President, Tufail Husain as Sr. Vice President, Ajay Phool - General Secretary, Sanjay Chaudhary, Aashih Bhati and Swarno Devi as Vice Presidents, Kulwant Singh, Arti Bhagat and Ajay Sharma as Secretaries; Lawrance Massih

as Public Secretary, Ram Lal, Ramneek Singh, Harjeet Singh and Sandeep Kumar as Office Secretaries, Anil Raina as Organizer, Rajesh Kumar, Ch. Ashiq Hussain and Khatana as Advisors. All Block Presidents and Secretaries will be members of the District body of JKMEF. All Presidents and General Secretaries of Jammu Province will be members of the Provincial body of JKGPA. The following members attended the core committee meeting Pawan Singh Jamwal, Parfult Singh, Mohd Nadeem, Jaswinder Singh, Ch. Aslam, R.P Singh, Deeraj Sharma, Yougal Bakshi, Daleep Chowdhary, Onkar Singh, Sanjay Khajuria, Sunil Chauhan, Anita Bhagat, Purmila Dubey, Suriya Akhtar, Kuldeep Dabgotra, Ram Lal.

Dr Andrabi inaugurates new works, lays foundation at Waqf Campuses

TOP NEWS REPORT

RAJOURI, Jul 30: Minister of State and Chairperson J&K Waqf Board Dr Darakhshan Andrabi today laid foundation stone for the new Masjid to be constructed by J&K Waqf Board at Panj Peer in Rajouri on third day of her visit to Peer Panchal region. Later she inspected the newly furnished Eidgah Jamia Masjid at Rajouri and also dedicated the newly upgraded and renovated sanitary complex to the public at the campus. Dr Andrabi also inaugurated the Sanitary Complex at Bhatian Sharief in Rajouri. Reiterating her commitment to create basic requirements at



all shrines under the ongoing phase two of her Waqf Board redevelopment plan in whole of Jammu & Kashmir. Speaking on the occasion Dr Andrabi said that she was happy to visit the district of Rajouri this time to fulfill the promises made during her visit a few months back. "J&K Waqf Board is

now a new vibrant body which has transformed a lot after coming out of the clutches of the dynasties who looted its assets beyond any measure", said Andrabi. She convened a meeting of District Administration at Rajouri for resolution of public issues on the spot. Dr Andrabi hailed the administra-

tion for responding to the public grievances without delays. The delegation of Pahari Community accorded warm welcome to Dr Andrabi for her efforts and the decision if the BJP government to include the community in ST list after seventy five years of the struggle. Speaking to the delegation Andrabi said that Modji is the champion of inclusive growth of India. A delegation of BJP leaders also met Dr Darakhshan and thanked for her regular and continuous reach out in Pir Panchal region. Interactive session was held to further strengthen BJP cadre

base in Rajouri. A delegation of Ulema of the district also met Andrabi and hailed her efforts for giving a new life to Waqf Board. Discussion on holding of mega Sufi Conferences in Pir Panchal Range was held. Andrabi also praised the efforts of the religiously scholars for their immense contribution in keeping alive the spiritual inclusive tradition during very tough times of radicalization and violence in the name of the faith. Waqf Chairperson was accompanied by CEO of Waqf Board Dr Syed Majid Jahangir & Administrator Rafiq Anjum Malik among other.

UGC appreciate University of Jammu's Innovative Initiatives

TOP NEWS REPORT

JAMMU, Jul 30: UGC Chairman, Prof Mamidala Jagadesh Kumar and UGC Secretary, Prof Manish R Joshi visited the exhibition stall of University of Jammu during Akhil Bhartiya Siksha Samagam 2023 at IECC Pragati Maidan, New Delhi and appreciated the innovative initiative, - Design Your Degree Program, recently launched by University of Jammu. Many eminent academicians, administrators, including Sh Alok Kumar, IRS, Principal Secretary to the Government of Jammu and Kashmir, Prof Alok Kumar

Rai, Vice Chancellor, University of Lucknow, Prof Chakradhar Tripathi, Central University of Orissa, Prof Parikshit Singh Manhas, Chairman, JK BOSE, Sh Ashok Sharma, Director, School ; members of various states' higher education departments; faculty members, industry officials; and students also appreciated the novel initiative of the university. Prof Umesh Rai, Vice Chancellor, University of Jammu while explaining to UGC Secretary said that the program is designed in the true spirit of NEP 2020 which will provide a perfect learning

environment for self discovery and exploration. He further informed that students will get personalized experiential learning by solving problems in collaborative team work. The University of Jammu's stall witnessed an overwhelming response, with a large gathering of visitors showing keen interest in enquiring about the university's recent initiatives. The enthusiastic response from learners and other education enthusiasts highlighted the growing reputation and popularity of Jammu University in the higher education landscape.

FROM PAGE 1

Mann Ki Baat | PM Modi remembered Two American Tourists who came to visit Amarnath

world are coming to our pilgrimage sites. I have come to know about two such American friends who had come here from California to perform the Amarnath Yatra. These foreign guests had heard somewhere about the experiences of Swami Vivekananda related to the Amarnath Yatra. They got so inspired that they themselves came for the Amarnath Yatra. They consider it as the blessings of Lord Bholenath, says PM Narendra Modi in 103rd episode of #MannKiBaat.

9765 females go missing in J&K from 2019-2021: MHA

understand the context of the question and in what context the figures were shared. We can only speak on the matter after doing proper verification of the figures," DGP told agency. Meanwhile the MoS Home has stated that the responsibilities to maintain law and order, protection of life and property of the citizens including investigation and prosecution of crime against women rest with the respective State Governments. "The State Governments are competent to deal with such offences under the extant provisions of laws," the MoS Home in his reply said. The MoS Home however said that the Government of India (GoI) has taken a number of initiatives for safety of women across the country noting that Emergency Response Support System provides a pan-India, single internationally recognized number (112) based system for all emergencies, with computer aided dispatch of field resources to the location of distress. "The MHA has launched a cyber-crime reporting portal in September, 2018 for citizens to report obscene content while a National Database on Sexual Offenders was launched to facilitate investigation

and tracking of sexual offenders across the country by law enforcement agencies," the MHA said.

The Minister said that MHA has launched an online analytic tool "Investigation Tracking System for Sexual Offences" for Police in February 2019 to facilitate them to monitor and track time-bound investigation in sexual assault cases in accordance with Criminal Law (Amendment) Act 2018.

Amarnath batch strength heading for Kashmir dropped below 2000

duty. Cardiac arrest triggered by low oxygen concentration at high altitudes is one of the most common causes of fatalities among the pilgrims and security forces posted there.

MES Worker found hanging inside Army Camp in Samba

Military Engineer Services (MES) power station, had apparently committed suicide during the intervening night of Saturday and Sunday. However, the motive behind Kumar taking such an extreme step was not known immediately, the officials said, adding that police have shifted the body to a hospital for post-mortem and also started inquest proceedings.

Man dies after complaining chest pain in police lockup in Udhampur; Inquiry ordered

chest pain inside the lockup over two hours later and was immediately shifted to hospital where he was declared brought dead by doctors, the officials said, adding that the news of his death triggered pro-

tests by his relatives who blocked the main road outside the hospital.

A senior police officer said a magisterial inquiry headed by Additional Deputy Commissioner, Udhampur Joginder Singh Jasrotia was underway to ascertain the facts. "Singh was taken into preventive custody and later complained of chest pain before being declared dead on arrival at the hospital. He was not subjected to torture inside the lockup," the officer said.

He said a post-mortem of the deceased would be conducted to ascertain the cause of his death.

Jasrotia, who visited the protesters and persuaded them to disperse, said the high-level magisterial inquiry has already been ordered and strict action would be taken in case anyone was found guilty of negligence.

He requested people knowing about the incident to share their information or material evidence with him so that the inquiry is taken to its logical conclusion.

Man arrested for allegedly 'Provoking' wife to commit suicide

the deceased lady's husband had encouraged her to commit suicide. Consequently, the husband has been taken into custody under section 306 IPC and is presently behind bars.

SIA raids in connection with Narco case in Poonch

More details awaited. Earlier in June, Poonch Police arrested a narcotic peddler and recovered a heroin-like substance and a sharp-edged weapon from his possession. The arrested accused was identified as Mohd Zahir aka Urf Pitti, a resident of Gohlad, Mendhar. Earlier, in a statement, Poonch Police, appealed to all citizens of the area to be wary of the drug menace and report any incident to the police, adding that their

identity will be kept confidential.

Army Jawan on leave goes missing from Kulgam, massive search operation launched

the only breadwinner of the family. "I appeal to all the brothers to let him go alive. If he has troubled anyone, I apologise for that. If they want I will get him to quit his job as well," Mohammad Ayoub Wani told reporters.

Wani said his son had gone out to buy meat on Saturday evening as he was to go back to his place of posting on Sunday. "He told his brother to drop him at the airport tomorrow (Sunday). Sometime later, we got a call that his car was found abandoned with its doors ajar," the father said.

Eyewitnesses claim that there were blood marks in the car but officials did not confirm it. Police have conducted raids across Kulgam district and adjoining areas to rescue the soldier.

40% work on Zojila Tunnel over; Terrain, weather challenges push completion deadline to 2030

"The area is severely avalanche-prone. The work had to be stopped multiple times due to the difficulties posed by the weather and the terrain. The tunnel was to be completed by December 2026. But now, keeping the challenges in mind, the deadline has been revised to December 2030," Captain IK Singh of the Border Roads Organisation said.

The tunnel project through the Zojila Pass at an altitude of 11,578 feet on the Srinagar-Kargil-Leh National Highway is of strategic importance.

The highway remains closed during winter due to heavy snowfall, cutting off

the Ladakh region from Kashmir. The tunnel will help overcome this hindrance and prove all-weather connectivity to the Ladakh region.

The single-tube Zojila tunnel, from Baltal in the Ganderbal district of central Kashmir to Minimarg in Drass town of Ladakh's Kargil district, has an approach road of 18 km.

"The total length of the project from Sonamarg to Minimarg is 31 km. From Sonamarg to Baltal it is 18 km. Then the main tunnel starts from Baltal and goes to Minimarg. It is 13 km long. The work is going on at a rapid pace on both the projects," Imtiaz Ahmed, the construction manager of Megha Engineering and Infrastructure Limited told PTI here.

MEIL is constructing the tunnel using the new Austrian tunnelling method. "By using this method, the chances of accidents are very low while the quality and the speed are very high. This technology is applied in Europe and North America," he explained.

Ahmed said out of the 13-km stretch, cutting has been done on 6 km — three km from each end. The stretch remains closed for over four months during winter due to excessive snowfall. "It not only causes problems for the locals and tourists, but military movement also becomes a challenge during those four months. It is easier to clear snow on the stretch from Dras to Minamarg. However, from Minamarg to Baltal it is very difficult to even clear snow during those months... All these challenges will be addressed once the tunnel is operational," he said. Prime Minister Narendra Modi laid the foundation stone for the Zojila tunnel in 2018. The Cabinet Committee on Economic Affairs, chaired by the prime minister, had approved the construction, operation and maintenance of this tunnel at a total cost of Rs 6,800 crore.

Shri Machail Mata Yatra arrivals cross 9,000 Mark in 5 days

devotees nationwide.

The 19-million plus question: Has finding a job in India gotten harder or easier?

A salad of statistics exist on the country's working population, labour force and unemployment rate, but none produce identical numbers

NEW DELHI, Jul 30 (Agencies): India's working population, or those between ages 15 and 64, surged to 971 million, according to the UN.

But there's little to cheer, as a rapidly growing workforce only implies swelling unemployment worry glands for the government.

Right now, there's no surest way to know if more Indians are getting paid or getting laid-off. A salad of statistics exist on the country's working population, labour force and unemployment rate, but none produce identical numbers as the survey methodologies aren't uniform and most estimates wind up in a public debate.

For instance, if the UN estimated India's working population (15-64) at 960 million in 2022, the International Labour Organization (ILO) pegged it at 788 million. In contrast, the government's own Periodic Labour Force Survey (PLFS) estimated the number of people between 15-59 (not 15-64) at 740 million in July 2022.

Not all 15-64-year-olds are part of the labour force, defined as those who are either working or looking for work. Some abstain from seeking employment for various reasons like pursuing higher studies and excluding this lot gives us the Labour Force Participation Rate (LFPR) or the total labour force of a country.

India's labour force according to official estimates stood at 477 million in July 2022, the World Bank pegged it at 524 million, while private forecaster CMIE believes it sunk lower at 439 million in FY23, below the pre-pandemic level of 442 million in FY20.

Regardless of the variance in estimates, what's certain is that the country's working age population, be it 15-59 or 15-64, or the available labour pool has bulged significantly. That brings us to the question about employment, or rather, unemployment, which can even bring



down governments.

As it is, there's a constant chorus of youth unemployment rate, which has become a nightmare for policymakers globally and particularly in neighbouring China and even in India. Let's consider domestic data.

The government releases two types of PLFS reports, an annual estimate of the total labour force, employment and unemployment rate for the period June-July, and quarterly estimates. All reports include two types of survey results -- one with usual status that has a long reference period of one year, and another current weekly status with a reference period of one week. The latter is considered a stricter benchmark capturing the loss in duration of employment.

As per the latest PLFS quarterly dispatch, unemployment rate fell to 6.8% in March 2023, from 8.2% in March 2022, while the labour force increased to 48.5% from 47.3% a year ago. CMIE, on the other hand, estimated the unemployment rate to be 7.8% for the same period, while it pegged the labour force at just 40.5%.

As for annual estimates for June 2021 - July 2022, the total labour force increased from 455 million in 2021 to 477 million in 2022, or an increase of 22 million. However, the number of

unemployed remained flat at 35 million during both years.

India's estimated youth unemployment rate in 2022 was at 23.22%, according to the ILO. In fact, for the past decade, the unemployment rate of India's youth -- those aged between 15 and 24 -- has been hovering around the 22% mark. Likewise, the World Bank pegged the youth unemployment rate at 23.2%, mercifully down from 30.9% in 2020.

On the other hand, the PLFS estimated the youth unemployment rate to be 12.4% in July 2022. Of the total 300 million under 15-29 years, the available labour pool stood at 129 million, of which 16 million or so were jobless. But the catch was that the estimates were based on the long period average of one year and there was an estimate based on the weekly average data, which would have given an accurate picture of youth unemployment.

UN projections show that the largest segment of the population is between the 15 and 19 age group at about 120 million. In contrast, China's bulge comes in the 30-34 age group. This large cohort that's entering the job market may not find adequate opportunities in the medium-term potential is 7-8%. It begs the question if India's economic growth ambitions are

in sync with its demographic transition.

India's labour force is one of the lowest compared to the global estimate of 60%. Other Asian or BRICS countries fare better with Indonesia's labour pool at 67%, followed by South Korea at 63% and Brazil at 64%.

One of the reasons holding back India's total workforce is the low female labour force participation rate, which the ILO estimates at 24% for 2022. India's own PLFS pegged it at 32.5% for 2022, which officials believe is a 'gross underestimate'. In fact, the Economic Survey 2023 elaborated on the various issues plaguing the female labour force estimate, foremost being the exclusion of productive work such as cattle rearing, poultry farming, etc, effectively pushing several women outside of the working pool. If the anomaly gets corrected, the Economy Survey concluded that the female labour force participation rate would increase to a respectable 46.2%.

Meanwhile, recent data compiled by economist Surjit Bhalla and others using PLFS estimates found that there was an increase of 58 million jobs between calendar year 2019 and 2022 -- the highest pace of job creation in Indian history over a minimum of three years. Within this, jobs for women increased by 28 million or by 25% over the 2019 level, while for men, they increased by 30 million or at only one-third the pace of female jobs -- 8.4%.

That said, going by the official unemployment rate of 4.1% (long period average) and 6.6% (weekly average) in July 2022 implies that the number of jobless Indians stood anywhere between 19 million and 31 million. As more number of people join the workforce, the Indian economy may have to grow more than the projected 6-6.5% per annum to ensure adequate job creation.

ITR filing due date: Will the tax department give an extension?



NEW DELHI, Jul 30 (Agencies): Over 5 crore people have filed their income tax returns (ITR) for the assessment year 2023-24, according to the Income Tax Department.

Of these ITRs, nearly 4.5 crore have already been e-verified, signalling a much smoother tax return filing process this year. This is why most tax experts and chartered accountants believe that the government is unlikely to announce an extension.

In fact, revenue secretary Sanjay Malhotra recently said that there have been no considerations for a deadline extension beyond July 31, 2023. The tax department has urged people who have not filed their ITR to get it done before the deadline.

Therefore, the possibility of a deadline extension looks bleak but cannot be completely ruled out.

Heavy rainfall and flooding in several parts of the country have impacted many taxpayers, who may not be in a position to file their ITRs on time. There are chances that the government will consider the situation and offer an extension.

Moreover, a survey conducted by Local-Circles suggests that a small number of taxpayers could miss the July 31 ITR filing deadline. Over 14 per cent of the 12,000 people surveyed won't be able to file their ITRs within the due date.

The survey also found out that 27 per cent of the surveyed people are yet to file their income

tax returns.

On the other hand, the survey suggested that 7 out of 10 have already filed their income tax returns.

It added that 5 per cent of the respondents have tried to file their ITR but faced difficulties. They said it will take a great effort for them to file their tax return before the deadline. And 9 per cent suggested that it will be impossible for them to file their ITR by July 31.

Importance of filing ITR within the deadline
Filing ITR within the July 31 deadline is important as it not only allows taxpayers to avoid and rectify critical mistakes but also dodge late fees and high penalties.

Those who miss the ITR filing deadline have to file a belated return, which accompanies a late fee of Rs 5,000 for those earning above Rs 5 lakh per annum. The fee is Rs 1,000 for those earning below Rs 5 lakh. In some cases, taxpayers could also face prosecution, heavy penalties, and even imprisonment.

BYD may pull out of proposed USD 1 billion investment in India as it faces government scrutiny

NEW DELHI, Jul 30 (Agencies): China's automobile giant BYD has reportedly told its India joint venture partner, Hyderabad-based Megha Engineering and Infrastructures, that it would shelve plans for a new USD 1 billion investment to build electric cars after its investment proposal faced scrutiny from Indian government officials.

As per a agency report, in the initial review of the proposal submitted by BYD, officials from three Indian ministries, including finance and external affairs, raised what two Indian officials described as security concerns about investment from the Chinese company and signalled

opposition.

It was not immediately known whether BYD will have second thoughts, and as of Thursday BYD had not formally withdrawn the investment proposal from government review. BYD, China's largest EV maker, declined to comment on the development.

If BYD pulls out from its proposed investment, it would be the second Chinese automaker to do so. China's largest sport utility vehicle (SUV) manufacturer Great Wall Motor Company, which had announced its entry into the market in 2020 with USD 1 billion investment, pulled out after failing to obtain a foreign direct investment (FDI)

licence.

Earlier this month, BYD was said to have proposed a USD 1 billion investment in India to establish manufacturing facilities for EVs and batteries. BYD, which competes with Tesla in the global electric car market, already has a presence in India, where it sells Atto 3 electric SUV and e6 electric sedan.

Currently, BYD has a facility in Tamil Nadu. BYD's raised interest in the Indian market as Tesla is again gearing up to enter the local market. After Prime Minister Narendra Modi's recent visit to the USA, Tesla officials have resumed talks with the Indian government.

These two types of exercises could help you keep blood pressure in check

NEW DELHI, Jul 30 (Agencies): Hypertension, or high blood pressure, is a global health concern affecting over 40 per cent of adults worldwide. It's associated with severe cardiovascular diseases such as stroke, heart failure, and myocardial infarction.

Moreover, hypertension can cause significant functional and structural damage to the brain, leading to cognitive impairment and dementia.

Therefore, effective strategies for managing hypertension are crucial.

While physical exercise like walking, jogging, jumping rope, swimming and water aerobics, has been recognised as an efficient tool for managing hypertension, recent research suggests that isometric exercises can manage blood pressure as well.

Isometric exercises, which involve muscle contractions without any movement in the surrounding joints, are particularly effective in reducing both systolic and diastolic blood pressure, according to a study published in the British Journal of Sports Medicine.

Examples of isometric exercises include wall squats and planks. These exercises improve physical endurance and posture by strengthening and stabilising the muscles.

"These findings provide a comprehensive data driven framework to support the development of new exercise guideline recommendations for the prevention and treatment of arterial hypertension," said Dr Jamie O'Driscoll, Reader in Cardiovascular Physiology, School of Psychology and Life Sciences, co-author of the study.

The American College of Sports Medicine (ACSM) recommends that individuals with hypertension engage in moderate-intensity aerobic exercise



5-7 days per week, supplemented by resistance exercise 2-3 days per week and flexibility exercise at least 2-3 days per week.

Adults should aim for 150 to 300 minutes per week of moderate-intensity or 75 to 150 minutes per week of vigorous-intensity aerobic exercise.

Additionally, they should perform muscle-strengthening activities at least two days per week.

Regular exercise strengthens the heart, enabling it to pump more blood with less effort, thereby reducing the force on the arteries and lowering blood pressure.

Different types of exercises have varying effects on blood pressure. For instance, systolic blood pressure increases linearly with exercise intensity, while diastolic pressure remains stable or decreases slightly at higher exercise levels.

However, it's essential for healthcare professionals to strongly encourage patients with hypertension to adhere to exercise programs.

Physical exercise, particularly isometric exercises, plays a critical role in preventing and treating hypertension. However, more research is needed to fully understand why isometric exercises might be more effective than other types of training in lowering blood pressure.

Why you should wear dark sunglasses if you have conjunctivitis

Heavy rainfall in several regions of the country has caused an epidemic of conjunctivitis, leading to discomfort and light sensitivity in the eyes.

NEW DELHI, Jul 30 (Agencies): Over the last week, with heavy rainfall pouring in several regions of the country, there has been a severe outbreak of conjunctivitis. Conjunctivitis, commonly known as pink eye, is an inflammation or infection of the transparent membrane lining the eyelid and eyeball.

Symptoms include redness, swelling, increased tear production, and a gritty sensation in the eye. It can be caused by infection, allergic reaction, or irritants like a loose eyelash.

Dr Manoj Prathapan, Clinical Professor, Ophthalmology at Amrita Hospital said that when someone has conjunctivitis their eyes become sensitive to light.

Wearing dark glasses when suffering from conjunctivitis is recommended to protect sensitive eyes from light and dust, preventing further irritation. "It is not uncommon to see people with conjunctivitis wearing dark sunglasses, assuming it is to prevent the spread of the infection when looking at others. However, it's important to know that conjunctivitis cannot spread just by looking at someone who has it. The primary reason for wearing these glasses is to alleviate discomfort caused by light sensitivity," said Dr Manoj Prathapan.

Conjunctivitis makes the eyes sensitive to light, leading to discomfort in bright environments. Dark sunglasses help reduce this sensitivity, making it easier for the person to go outside or be in bright environments without feeling too much discomfort. "This protective measure also aids in avoiding the temptation to touch or rub the infected eye, which could lead to the transmission of the infection to other people," added Dr Prathapan.

Moreover, wearing glasses naturally helps protect the eyes against dust and particles in the environment, shielding the already irritated and infected eye, which can prevent the condition from worsening.

Conjunctivitis spreads through fomites (objects that can carry the virus) when contaminated hands touch other people or objects, leading to transmission.

As per Dr Prathapan, the way to stop the spread is by following basic hygiene practices, such as "frequent hand washing and avoiding touching the eyes."

Treatment options often involve topical antibiotic therapy for bacterial conjunctivitis, while viral conjunctivitis usually resolves on its own within 2-3 weeks. Always consult a healthcare provider for appropriate treatment.

More napping in infants linked with smaller vocabularies, poorer cognition

NEW DELHI, Jul 30 (Agencies): Infants who nap a lot may have smaller vocabularies and poorer cognitive skills, new research has found.

Some children consolidate information during sleep more efficiently and thus, nap less frequently, the research from the University of East Anglia, UK, said.

Others, usually with fewer words and poorer cognitive skills, need to nap more often, the researchers said, adding that reducing their naps would not improve brain development.

"There is a lot of parental anxiety around sleep. Parents worry that their kids don't nap as much as expected for their age -- or nap too frequently and for too long.

"Young children will naturally nap for as long as they need and they should be allowed to do just that," said Teodora

Gliga, lead researcher of the study published in the Journal of Child Psychology and Psychiatry (JCPP) Advances.

The researchers studied 463 infants aged between eight months and three years during lockdown in 2020.

Parents were surveyed about their children's sleep patterns, their ability to focus on a task, to retain information, and the number of words they understood and could say. They were also asked about their socio-economic status and education, the neighbourhood they lived in, and the amount of screen time and outdoors activities their child engaged in.

None of the children they studied went to daycare during lockdown, which meant fewer disturbances to the children's natural sleep patterns, the researchers said.

"What we found is that the structure of daytime sleep is an indicator of cognitive development," said Gliga.

The negative association between naps frequency and vocabulary was found to be stronger in older children, she said.

"While the majority of parents told us that their child's sleep was unaffected by lockdown, parents from lower socio-economic backgrounds were more likely to report a worsening in sleep.

"Our findings suggest that children have different sleep needs - some children may drop naps earlier because they don't need them anymore. Others may still need to nap past three years of age.

"Caregivers should use a child's mental age and not chronological age to ascertain a child's sleep needs," said Gliga.

ICC Inspects Venues At Bengaluru, Chennai, Thiruvananthapuram Ahead Of World Cup

NEW DELHI, Jul 30 (Agencies): Ahead of the ODI World Cup, an inspection team from the International Cricket Council is checking the readiness of venues that will host the quadrennial extravaganza in October-November this year. The ICC team, which is currently at the Narendra Modi Stadium in Ahmedabad, has paid a visit to three venues in South - Bengaluru, Chennai and Thiruvananthapuram, where practice matches will be held -- and the Wankhede Stadium in Mumbai. The reconnaissance unit dropped in at the M Chinnaswamy Stadium here, and expressed their satisfaction over the facilities.

"They were here, and were satisfied by our preparations. We have been hosting matches from the Duleep Trophy at the venue, and we are ready for the (World Cup) games," a KSCA official told agency.

Bengaluru is scheduled to host five matches, including India's fixture against Netherlands and



two games of Pakistan against Australia and New Zealand.

India is set to begin their World Cup campaign on October 8 against five-time champions Australia at the MA Chidambaram Stadium in Chennai.

The Chepauk will also host two other high-profile matches

of Pakistan against South Africa and Afghanistan.

The ICC team inspected the facilities at the stadium.

"Yes, they were here and it was the routine pre-tournament visit checking on the venue preparation. They have given an all-clear for us, and we will be in

touch with the ICC in the coming days as well," said a Tamil Nadu Cricket Association official.

The Greenfield Stadium will not host any main draw matches but the Kerala capital will see a few preparation games ahead of the World Cup.

"We have recently hosted an ODI and a T20I match here. So, the experience will help us and we are also working on the recommendations of the ICC team to make further improvements," said a Kerala Cricket Association official.

The Greenfield Stadium had hosted India's one-dayer against Sri Lanka earlier this year and a T20I match against South Africa in September last year.

In the days to come, the ICC team will visit all the other venues that will host matches, including the practice games.

The ICC team's main focus will be assisting the host venues on matters like security inside the stadium, necessities of broadcast teams among others.

2024 T20 World Cup set to be held from June 4-30, ICC inspects venues in multiple US cities

NEW YORK, Jul 30 (Agencies): The International Cricket Council (ICC) has tentatively identified the June 4-30 window for the T20 World Cup 2024 to be jointly hosted by the West Indies and the USA, and it has started inspecting the venues in the latter nation.

There was speculation about USA's readiness to host the big-ticket event but the ICC team this week visited the venues marked to host the matches, quashing such doubts.

The inspection team checked on stadiums at Lauderhill, Florida, New York, Dallas and Morrisville.

Among them, Lauderhill has already hosted international matches and will play host to fourth and fifth T20Is between India and the West Indies on August 12 and 13.

The venues at Dallas (Grand Prairie Stadium) and Morrisville (Church Street Park) are currently hosting the Major League Cricket matches.

However, those two grounds and the Van Cortlandt Park in New York are yet to receive international venue status from the ICC, mandatory to stage top-flight cricket matches.

The venue at New York, which has

a capacity of nearly 35000, has been earmarked as the host to the highly-anticipated match between India and Pakistan.

The reason being considerable presence of the people from the diaspora in that region.

However, it has not been finalised as yet because the stadium is still getting readied. But the ICC felt that it can be worked around with at the earliest.

"The ICC has support from New York City Hall and the Mayor. So, we expect the work to be completed on time. Everything is on course as most of India's matches will be played in the US," an ICC board member told PTI.

Twenty teams will be participating in the T20 World Cup 2024.

The ICC is very keen to have USA as the co-host of the T20 World Cup because the global governing body feels that it will increase cricket's chance to be included in the Los Angeles Olympics 2028.

The ICC has already made a presentation to the Los Angeles organising committee and the International Olympic Committee (IOA) will take a call on this later this year.

LGBTQ+ community proud and visible at Women's World Cup

AUCKLAND, Jul 30 (Agencies): New Zealand striker Hannah Wilkinson has helped create two milestones at the Women's World Cup.

With her 48th-minute goal in the tournament opener against Norway, she led the co-host Football Ferns to their first win in six trips to the Women's World Cup. She's also one of at least 95 out members of the LGBTQ+ community competing in this year's tournament, according to a count being kept by Outsports, a website that covers the LGBTQ+ sports.

The Ferns were greeted with a fan-made sign at their next match in Wellington: "Gay for soccer, gay for Wilkie," it read.

The 95 out participants make up roughly 13% of the 736 total players at the Women's World Cup, more than doubling the 40 players and coaches Outsports counted in 2019.

The 2023 tournament also is hosting the first openly trans and non-binary player in either a men's or Women's World Cup, Quinn of Canada.

"Last World Cup was so big, especially with the visibility of the U.S. women's national team winning and (Megan Rapinoe) fighting with (Donald) Trump. So I think that was a huge year for LGBTQ+ visibility," said Lindsey Freeman, a professor of sociology and anthropology at Simon Fraser University in British Columbia.

"It's just the ad hoc, fun culture of women's soccer that you're seeing in this World Cup," said Freeman, who is in New Zealand conducting research on the topic.

Jim Buzinski, co-founder of Outsports, agreed. "In the Western world, it's such a non-issue that it really just doesn't get talked about," he said. "And I think that's in a good way."

VISIBILITY

Prior to the start of the tournament, FIFA designated eight socially-conscious armbands team captains could wear throughout the Women's World Cup. The decision came after "One Love" armbands were denied to men's teams in Qatar in 2022.

The armbands being used this year include anti-discriminatory sayings and multiple colours, but the rainbow version Germany wanted to use is not allowed. None of the available options explicitly mention LGBTQ+ rights.

The decision has led many players to express their support in more creative ways across Australia and New Zealand.

New Zealand midfielder Ali Riley was interviewed on the official Women's World Cup broadcast after her team's upset of Norway. Her painted fingernails, left hand in the colours of the pride flag and right hand as the trans flag, were clearly visible as she held her head and fought back tears.

"She's such an advocate and she's definitely someone who uses her platform in such a positive way. We are all so proud of her and the way she represents the LGBTQ+ community," teammate CJ Bott said. "Good on her. We're all backing her, and we all back the community as well."

The Philippines, making its Women's World Cup debut, took home its own historic win over New Zealand 1-0 thanks to the foot of Sarina Bolden. Bolden's Instagram bio reads, "i just wanna have fun n b gay."

Irish star Katie McCabe wowed fans with a goal directly from a corner kick. She's also made tabloid news for her relationships with other players.

Thembi Kgatlana, who has scored in the tournament for South Africa, has a patch of her hair dyed rainbow colors.

"My personality is very big for me, and my hair has become a part of my personality," Kgatlana said. "And I did this rainbow because I want to represent all the people that are part of the LGBTQ+ and cannot talk while in countries where they're oppressed."

FAN EXPERIENCE
Kristen Pariseau and her wife started a U.S. women's national team supporters group on Facebook ahead of traveling to this year's Women's World Cup. Aside from some hateful users she blocked, it's been "super LGBT friendly."

She and her wife did not go to Qatar for the 2022 men's World Cup to avoid referencing each other as friends and receiving questions on their sexuality. In New Zealand, she said she's met many same-sex couples at games and while traveling around the country.

"Everywhere you turn, it's like, 'Oh, my wife, my girlfriend.' It's been so welcoming and open," Pariseau said. "In a way, it is kind of cool to be where there's a lot of other people like you."

Kelsie Bozart took her own pride flag armband to the United States' second match in Wellington, along with a pride scarf.

"If you look back a couple years, I feel like it just wasn't really talked about or there just wasn't much of a presence," Bozart said. "But moving forward I feel like, especially for the U.S., they've done an amazing job of just incorporating pride and LGBTQ+."

NOT UNIVERSAL

Though this year's tournament has highlighted vast gains for the LGBTQ+ community in women's soccer, advocates feel there is still work to be done.

According to Buzinski and Outsports, there were at least 186 LGBTQ+ athletes at the Tokyo Olympics. Women outnumbered men by a 9:1 ratio.

There also were no confirmed out players at the 2022 men's World Cup.

"I think women's sports have always been open," Denmark striker Pernille Harder said, adding that there are many role models for women who want to come out.

Freeman said it would be good to see men feel the same level of comfort.

"What can happen in the women's game, I would love to spill over to the men's game," she said. "Because obviously, there's way more queer players in the men's game and it's just not safe for them to come out."

"If you want to say that you're in an inclusive space, you really have to be an inclusive space," Freeman added. "And I think that that includes also holding the World Cup in places where it's fine to be a queer person."

Ashes 2023, 5th Test: Joe Root, Jonny Bairstow star on Day 3 as England take mammoth 377-run lead vs Australia

LONDON, Jul 30 (Agencies): On the third day of the final Test match of the Ashes 2023 series, England took control of the game, amassing a lead of 377 runs against Australia. The day was marked by some exceptional performances from the English batsmen, particularly Zak Crawley, Ben Stokes, Joe Root, and Jonny Bairstow.

The morning session saw a display of aggressive batting from Zak Crawley, who scored a quickfire 73 off just 76 balls. His innings was studded with nine boundaries, showcasing his dominance over the Australian bowlers. Crawley's innings meant that he became the leading runscore for England with series with 480 runs to his name in



5 matches. Crawley's departure in the 27th over saw Ben Stokes rising up to the occasion and coming out to bat at No. 3. In the absence of a fit Moeen Ali, this allowed England to shield Harry Brook for favourable conditions.

Stokes, known for his hard-hitting style, did not disappoint. He played a crucial knock of 42 off 67 balls, providing stability to the English innings. However, his attempt to accelerate the scoring

rate led to his dismissal by Todd Murphy, as he tried to clear the boundary but was caught in the deep.

Following Stokes' dismissal and Brook's failure (7 off 6) in the second innings, England's captain Joe Root and wicketkeeper-batsman Jonny Bairstow took charge. The duo dominated the Australian bowlers, adding 110 runs between them. Root, displaying his usual calm and

composed style of play, scored a rapid 91 runs off 106, falling just short of a well-deserved century. Bairstow, on the other hand, hit 78 runs at a brisk pace.

Despite suffering from a groin injury, Moeen Ali came out to bat, contributing a valuable 29 runs to England's total. His contribution was crucial in pushing England's score to 389/9 at the close of the day's play, giving them a commanding lead of 377 runs.

On the bowling front, Australia's Mitchell Starc emerged as the pick of the bowlers, claiming four wickets. Starc, known for his lethal left-arm pace, troubled the English batsmen with his swing and bounce. Todd Murphy, who had been benched in the Manchester Test match,

made a strong comeback, picking up three crucial wickets.

Despite the commendable efforts of Starc and Murphy, the Australian bowlers struggled to contain the English batsmen, who seemed determined to dominate the day's play. The Australian team now faces a daunting task of chasing a mammoth total which will be set by England.

England were batting at 389/9 with Stuart Broad and James Anderson in the crease. Broad, while speaking on Sky Sports right after the day's play announced that this would be his final match in Test cricket. Broad explained that he wanted to retire at the top of his mark and Ashes 2023 seemed like the perfect place to do the same.

West Indies level ODI series with 6-wicket win over India

BARBADOS, Jul 30 (Agencies): West Indies beat India by six wickets in the second one-day international at Barbados on Saturday, claiming their first victory over the Asian side in nearly four years to level the series at 1-1 and force a decider.

In the absence of Rohit Sharma and Virat Kohli, India were put into bat after the hosts won the toss and it was initially smooth sailing as Ishan Kishan (55) and Shubman Gill (34) stitched together an opening

partnership of 90.

But the top order suffered a collapse and India soon found themselves at 113-5 before Suryakumar Yadav (24) attempted to rescue the innings.

However, a second collapse in the lower order saw India bowled out for 181, with Gudakesh Motie and all-rounder Romario Shepherd picking up three wickets each on a track that aided the bowlers.

In response, Shardul Thakur cleaned up the top order with



three wickets after Kyle Mayers gave them a quick start with 36 off 28 deliveries, which included two sixes.

But West Indies skipper Shai Hope (63 not out) and Keacy Carty (48 not out) played patient knocks to chase

down the target, wrapping up the match in the 37th over.

"When things are difficult, you've got to find ways to score quickly on that wicket, especially against a quality bowling attack like India," said Hope, who was named player of the match.

"Very satisfied, the aim was to get back into the series. We've got to win one more and need to come back strongly." The final ODI will be played on Tuesday before a five-match Twenty20 series.

Morocco's Benzina becomes the first senior-level Women's World Cup player to compete in hijab

ADELAIDE, Jul 30 (Agencies): Stepping onto the field against South Korea in Morocco's second Women's World Cup match, defender Nouhaila Benzina made history as the first player to wear a hijab while competing at a senior-level global tournament.

A FIFA ban on playing in religious head coverings in its sanctioned games for "health and safety reasons" was overturned in 2014 after advocacy from activists, athletes and government and soccer officials.

Benzina shared social media posts in the lead-up to the World Cup about wearing a hijab, but has not spoken to the media

in Australia and New Zealand about it.

She told broadcaster Al Jazeera recently it would be a proud moment.

"Lots of work was done over many years, and thank God it had a positive result," she said. "We hope to play at a high level and honour Moroccans."

Several other sports have lifted hijab bans in recent years including basketball, but it is still not allowed during official football matches in France.

"I have no doubt that more and more women and Muslim girls will look at Benzina and just really be inspired -- not just the players, but I think decision-

makers, coaches, other sports as well," said Assmaah Helal, a co-founder of the Muslim Women in Sports Network.

Benzina plays professional club soccer for the Association's Sports of Forces Armed Royal -- the eight-time defending champion in Morocco's top women's league. She did not play in Morocco's opening 6-0 loss to Germany in Melbourne, and had to wait six days to finally get her start in the Group H game in Adelaide.

Morocco is the first Arab or North African nation to qualify for the Women's World Cup.

The Atlas Lionesses were

ranked No. 72 in the world ahead of the tournament and were overwhelmed by two-time champion Germany, which is ranked second. But the Morocco team played with more freedom in an afternoon game against South Korea, and scored the opening goal.

"We are honored to be the first Arab country to take part in the Women's World Cup," Morocco captain Ghizlane Chebbak told reporters before tournament, "and we feel that we have to shoulder a big responsibility to give a good image, to show the achievements the Moroccan team has made."

Kavinder unveils Surinder Safal's Dogri Bhaint album "Machail Aali Maa"

TOP NEWS REPORT

JAMMU, Jul 30: Nami Dogri Sanstha, in collaboration with Safal Musical Productions, released the Dogri Bhaint album "Machail Aali Maa" written, composed, and sung by Surinder Safal, here today. The music director of this Bhaint is Sahil Nath, and the video director is Sh Sonu Taneja.

The function was presided over by Padma Shri Mohan Singh, Convener of Dogri Sahitya Academy. Former Deputy Chief Minister Kavinder Gupta was the Chief Guest, while Chairman of Team Jammu and BJP Leader Zorawar Singh Jamwal and O P Vidayarthi (PCCF, Retd) were



Guests of Honour on the occasion.

Safal is a multifaceted literary and artistic personality, who has written more than nine hundred songs in Dogri, Punjabi, and Hindi, which will be released one by one. Six of his songs, including two in Dogri, have already been released

and are receiving lauding responses from the public.

Mohan Singh, in his presidential address, appreciated the talented and innovative potentialities of Surinder Safal as a singer, composer, writer, and actor. He also stressed the importance of speaking the local

language Dogri.

Kavinder Gupta expressed that artists and writers always strengthen and reflect society and bring in positive energy. He urged the Academy of Art, Culture, and Languages to play a larger role in channelizing youth towards art and culture

for a strong and positive society.

Chairman of Team Jammu and BJP leader Zorawar Singh Jamwal stated that progressive and civilized societies always hold their writers and artists in high esteem.

Special invitee Sh Om Prakash Vidarathi highlighted that music is connected with peace, solace, divinity, and unites humanity because the language of music is understood by everyone.

The proceedings of the program were conducted by Sh Yash Pal Yash. Advocate Harish Kaila, president of Nami Dogri Sanstha, shared the dias with Dr Shushil Bhola to extend vote of thanks.

Khatana urges LG for protection work in Khandwal area



TOP NEWS REPORT

JAMMU, Jul 30: BJP MP Rajya Sabha Er. Gulam Ali Khatana today urged LG Sh. Manoj Sinha to immediately intervene and save the people of villages Khandwal, Barjala, Nandwal, Lalyal and adjoining village from fury of floods.

After listening to the woes of a delegation of people of village Khandwal, Barjala, Nandwal, Lalyal and adjoining villages MP Gulam Ali wrote to LG Manoj Sinha for immediate measures and long term plan for protection of the people and their assets. He said that people have approached me and narrated their tale of woes of damage to their properties, agriculture land, cattle etc. due to flash

floods and impending danger of floods.

The delegation comprised of Smt. Geetu Aulakh, member DDC, Mandal Phallain, Jammu and prominent citizens and religious leaders of the area.

The delegation informed that due to shifting of flow of water from main Tawi river to Nikki Tawi, the flood situation has further aggravated for last couple of years.

MP Gulam Ali requested LG Manoj Sinha for immediate measures to be taken for the protection of the areas mentioned and concerned officials may also be directed for long term project to save the inhabitants, agricultural lands and houses in the villages.

Hundreds of KPs Visit Martand Sun Temple in Anantnag to perform 'Pind Daan'

TOP NEWS REPORT

MATTAN, Jul 30: Hundreds of Kashmiri Pandits visited the Martand Sun temple here in Jammu and Kashmir on Sunday to perform "pind daan" as part of the Banmass Mela and prayed for peace for the souls of their departed ancestors.

Ashok Siddha, the president of the mela management committee, said he is thankful to the local Muslims and the Anantnag district administration for extending full support for the conduct of the event.

"I am thankful to the locals. The Muslim brethren has supported us. I have been engaged in this for the last four years and I am thankful to the Muslim commu-

nity. I am also thankful to the district administration," Siddha said.

He said the Kashmiri Hindu community also celebrates Krishna Jhoola at the temple every year, during which the Muslim community extends wholehearted support.

"We also celebrate Krishna Jhoola and the Muslim community actively supports that festival as well. They distribute fruits here. This is an example of communal harmony and peace," Siddha said.

He said while the festival is observed every three years, he has not seen such a rush since 1990.

"We celebrate this every three years, but I have never seen so many people coming

here since 1990. We have established a ghat (for pooja) and also constructed toilet facilities for the devotees," Siddha added.

Meenakshi, one of the devotees who performed "pind daan", was all praise for the locals.

"We do pind daan for our ancestors so that their souls are blessed. The locals are good, we have good relations with them," she said.

Jawahar Lal Pandita, an elderly Kashmiri Pandit, said "the locals have extended cooperation" to the minority community.

A local Muslim man from Mattan said the south Kashmir town has been "an abode of peace and communal harmony and will continue to remain so".

Nourishing souls, fostering unity, spreading hope in Muharram: LFO

TOP NEWS REPORT

SRINAGAR, Jul 30: Live For Others - Being Helpful Foundation (LFO-BHF), a non-governmental and non-profit organization, organized a Distribution Camp on the theme "Quench the thirst and remember the thirst of Imam Hussain A.S" at Alamgari Bazar Srinagar. The event took place during the Muharram procession on the eve of Youm-E-Ashoorah, and it aimed to provide support and assistance to the mourners. LFO-BHF distributed fruits, Rooth-Afaza water, mini water bottles, and biscuits among the attendees. The event was made possible through the generous sponsorship



of PARSAS, ADOPTION HOLIDAYS, TABISH COLLECTION, and the support of AL BAIK and THE SEEKH NATION.

LFO-BHF has always been at the forefront of serving humanity, and its efforts have a positive impact on the world. The organization believes in

the significance of unity and spreading love and affection.

Shah Aamir Muzaffar, Project Coordinator (Kashmir Province), emphasized the importance of strengthening brotherhood within the Muslim Ummah and distancing oneself from sectarian and

communal violence during an interaction with the media. Ms. Afreen Barkat, President (Kashmir Province) of LFO-BHF, also highlighted the need for unity and shed light on the life and sacrifice of Imam Hussain (as).

Following the successful distribution drive, the

LFO-BHF Kashmir team conducted a cleanliness drive at Alamgari Bazar Srinagar. The team collected all the trash left during the processions and cleaned the entire procession area. The locals and the administration expressed their gratitude to the LFO-BHF Kashmir team for their excellent work and praised the organization for its continuous dedication to benefiting humanity.

The members of the organization present during the distribution camp included Urfee Yousuf, Maroofa Shah, Quyima Aslam, Rizwana Gulzar, Hafsa Arshid, Sahil Hassan, Sheikh Shahid, Haadi Hameed, Saqib Rehman, and many others.

SSH new unit framed at Village Nandpur Khor, Ramgarh

TOP NEWS REPORT

SAMBA, Jul 30: Shiv Sena Hindustan J&K President Pt Rajesh Kesri today framed Party's new unit at Village Nandpur Khor in Block Ramgarh, District Samba. On this occasion dozens of people associated with Shiv Sena Hindustan. The newly framed unit comprises of Parveen Kumar as President, Manoj Kumar as Vice President, Vinod Kumar as Secretary, Kamaljeet as Chairman and Prem Paul as Treasurer. Similarly newly framed women wing comprises of Kanta Devi as President, Neha Devi, Vice President, Sunita Devi, Secretary, Amarjeet Kour, Chairman, Asha Devi, Treasurer.

Speaking on the occasion, Kesri said that many drug smugglers have been arrested and their chain linkage destroyed. The J&K Police have been relentless in their pursuit of the drug smugglers. They are filing strong cases in the court, so that smugglers are strongly punished for their heinous crimes. He said people of J&K also



should extend all possible help to the police by reporting drug smugglers operating in their areas. Today drug abuse is the biggest threat to the state. The lives of many youths are getting destroyed due to it. The easy availability of drugs in the open market has made them drug addicts. The J&K police are doing a commendable job by trying to disrupt the drug supply chain by arresting the smugglers. The government should extend all possible support to the police.

Kesri appreciated Samba SSP Benam Tosh for directing police officers to take stringent legal action against narco-suppliers/operatives in the district. She has

directed all the supervisory officers, SDPOs and SHOs, to immediately arrest all the accused booked under the NDPS Act and complete all NDPS investigations without delay. SSP Tosh also ordered the opening of history sheets and personal files of narco-suppliers/smugglers under relevant rules to prepare dossiers against the accused, besides obtaining information about illegal assets accumulated by them through the sale of narcotics, added Kesri.

Kesri hailed Samba SSP Benam Tosh for strategically deploying well-trained dynamic women officials in District Anti NDPS Team, District Special Branch (DSB) and strategic Police

Station duties to play pivotal role in anti-drug drive. Lady officials are having undergone commando courses besides tough basic training and some of them are highly educated: post graduates, graduates, tech-savvy professional officials having possessed all professional acumen required for policing under challengeable circumstances, added Kesri. Prominent among those present on the occasion include Balveer Kumar, Vijay Luthra Balwant Fauji, Rajesh Kumar, Om Prakash, Gara Ram, Sanjeev Sharma, Labba Baba, Desraj Ritesh Kumar, Darshana Devi, Anju Devi, Jyoti Devi, and dozens of other Shiv Sainiks.

Baba Barfani devotees disheartened, Shiv Sena's concerns proven right

TOP NEWS REPORT

JAMMU, Jul 30: The annual Shri Amarnath Ji Yatra, a sacred pilgrimage for Hindus, which was kept for a record period of 62 days this year, witnessed the culmination of the Holy Shivaling in just 27 days. This has left the devotees of Bhole Baba deeply disappointed and filled with immense resentment. The lack of proper arrangements for ensuring the safe viewing of the sacred Him Shivaling during the entire duration of the yatra has hurt the faith of Bhole's devotees, as claimed by Manish Sahni, President of Shiv Sena (UBT) Jammu and Kashmir unit.

In a press conference held today at the party regional office, Manish Sahni stated that despite the record duration of 62 days for the yatra, there were no adequate arrangements made to secure the sacred Him Shivaling for darshan.

He said around 15 to 18 thousand devotees were sent daily for darshan during the yatra, while



a significant number of security personnel and officials were deployed in and around the holy cave premises, including horse and palanquin bearers. Unfortunately, it is the devotees who are now bearing the brunt of this mismanagement, as many of them have been unable to receive the auspicious darshan of the Holy Shivaling.

Sahni highlighted that Shiv Sena had repeatedly urged for special measures to ensure the safe viewing of the sacred Him Shivaling throughout the yatra, and even submitted a memorandum to the Lieutenant Governor of

Jammu and Kashmir, who is also the Chairman of Shri Amarnath Shrine Board. However, their appeals for free registration and the safety of the Him Shivaling were overlooked.

He further pointed out that similar incidents of the Shivaling melting before the completion of the yatra have occurred in the past, and the glacial nature of the Amarnath caves demands extra precautions, especially as the number of visitors increases, and the temperatures rise.

It seems that the priority of the Shrine Board has shifted towards generating revenue and set-

ting records, overshadowing any responsible measures for the yatra's success and the well-being of the pilgrims, he added.

Sahni expressed empathy for the thousands of devotees who traveled from other states, spending substantial amounts, only to face disappointment and disillusionment due to the laxity of the government machinery. He called upon the Shri Amarnath Shrine Board to refund the incurred expenses, including the registration fees of ₹220 and apologize for the inconvenience caused to the devotees.