# TOP NEWS OF J&K

JAMMU, SATURDAY, SEPTEMBER 30, 2023

Daily Evening Newspaper

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Feather in the cap: Shefali Shah nominated for the Asian **Academy Creative Awards 2023** 



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**Trump animates California** Republicans with calls to shoot people who rob stores



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### BRIEFLY

#### **Two** infiltrators killed in **Kupwara: Police**

SRINAGAR, Sep 30 (Agencies): Two infiltrators were killed in an ongoing operation in Machil sector of Kupwara in northern Kashmir, police said today.

"Based on an intelligence input provided by Kupwara Police,in a joint operation carried by Army and Police in kumkadi area of Machal sector,2 infiltrating terrorists have been killed so far. The operation is still in progress," said a spokesman on X.

#### Two militant hideouts busted in South **Kashmir**

SRINAGAR, Sep 30 (Agencies): Security forces on Saturday claimed to have busted two militant hideouts in the southern region of Kashmir.

Quoting an official. Kashmir Scroll reported that two militant hideouts were busted by security forces in the Gujar Basti area of Gulshanpora

The officer said on a specific tip-off, J&K Police and Army's 42 RR laid a cordon in the forest area of Nagbal Forest, Gulshanpora Tral. During searches, two militant hideouts were busted.

#### **DSEK orders** change in school timing for institutions falling within Srinagar municipal limits

SRINAGAR, Sep 30 (Agencies): Directorate of School Education Kashmir Saturday ordered change in timing for both private and government schools falling in Srinagar Municipal limits.

It said that from 1st October, the schools shall operate between 9:00am to 3:00pm.

#### **Shanti Yatra-**2023 to promote peace in Kashmir Valley

SRINAGAR, Sep 30 (Agencies): With the vision to promote peace and Gandhian philosophy across the state of Jammu and Kashmir, a Shanti Yatra-2023, has been

■Turn to page 9

# Lt Governor addresses Public Grievances at LG's Mulaqaat $All\ of\ J\&K's\ 6650\ villages$

Accessible and quality public services for every citizen is our priority: LG Sinha



#### **Top News Report**

SRINAGAR, Sep 30: Lieutenant Governor Shri Manoj Sinha today interacted with citizens during "LG's Mulaqaat-Live Public Grievance Hearing" through virtual mode. Citizens are selected on the basis of grievances submitted on J&K Integrated Grievance Redress and Monitoring System.

During the interaction, several grievances of the applicants were

redressed on the spot by the Lt Governor.

Addressing the public grievances, the Lt Governor directed the Departments and District Administration to break the tendency of working in silos and must adopt a proactive approach to resolve the Citizen's grievance through coordination.

"Accessible and quality public services for every citizen is our priority. Overall disposal rate on JKIGRAMS has gone up to 97 percent, which underlines enhanced people's institutional trust," the Lt Governor

We should not just reflect present achievements but make efforts to create a robust system to shape future, the Lt Governor told the officers.

Responding to a complaint of Sh Sajad Ahmad Sheikh from Ganderbal pertaining to damage occurred to the Government Primary School building at Pethpora Khanan, the Lt Governor directed the Principal Secretary School Education and Director School Education to ensure that no school shall be functional in any dilapidated structural condition.

Addressing the issue of non-availability of adequate health staff at a dispensary in Dugga Arnas area of Reasi, the Lt Governor directed the **Director Health Services** to conduct a comprehensive exercise on rationalization of the health staff in the region and submit a report within a week's time.

Bilal Dar from Anantnag drew the attention of the Lt Governor on the issue of non-functional Filtration Plant at

■Turn to page 9

#### **Election Commission** acting under the tutelage of BJP: Harsh **Dev**



#### **Top News Report** JAMMU, Sep 30:

Former minister and State President JKNPP, Harsh Dev Singh has accused the ECI and its state units of working under tutelage of BJP and denying elections in J&K so as to allow the saffron party to continue its proxy rule in the troubled UT of J&K. He said that not only were the assembly elections in J&K denied for the last five years since the dissolution of the then legislative assembly in 2018, but the local bodies' elections too were being postponed so as to allow BJP much needed time to redeem its lost ground. He said

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## **Dhangri Terror Attack: NIA raids** multiple locations in Poonch



NEW DELHI, Sep 30 (Agencies): The National Investigation Agency (NIA) on Saturday conducted raids at the premises of several suspects in Poonch district of Jammu & Kashmir in connection with the

Lashkar-e- Taiba (LeT) attack in Dhangri village of Rajouri district, in which five civilians were killed and several seriously injured in January this year.

Raids were conducted today at five locations across Gursai village of Mendhar Tehsil of Poonch district. NIA teams made extensive searches at the locations, which were the residential premises of Overground Workers (OGWs) linked with ist outfit. Several digital devices and documents containing incriminating data and content have been seized and are being scrutinised for unravelling the conspiracy.

Two accused, Nisar Ahmed @Haji Nisar and Mushtag Hussain, were arrested by the

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### ECI has mandate to announce election schedule in JK: Tarun Chugh

SRINAGAR, Sep 30 (Agencies): BJP National General Secretary and In-Charge JK Tarun Chugh Friday criticised opposition parties for making hue and cry over polls, saying it is the Election Commission of India (ECI) who has to announce the poll schedule for J&K.

The announcement



of elections is the job of ECI and BJP is fully

prepared for all types of elections in J&K. Abdullah's. Mufti's and Nehru families should come clean about why they failed in revising voter lists in the last several decades," Chugh said. "Voter lists have been revised and objections have been sought. Surely ECI will take a Turn to page 9

# **Farmers in Amritsar continue Rail** Roko agitation on day 3

AMRITSAR, Sep 30 (Agencies): Farmers in Amritsar, under the aegis of Kisan Mazdoor Sangharsh Committee, continued to sit on railway tracks as they staged a 'Rail Roko Andolan' on Saturday over their demands, including a Committee for MSP (Minimum Support Price), withdrawal



of cases regarding agitation in Delhi, and com-

pensation and jobs for families of farmers who died during the agitation. The farmers sat on railway tracks, disrupt-

ing rail traffic in Punjab. DRM Moradabad rail division Raj Kumar Singh said several trains had been cancelled or delayed due to the pro-

test The farmers said the government had

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# declared ODF Plus Model



JAMMU, Sep 30 (Agencies): In a significant milestone for Jammu and Kashmir under the Swachh Bharat Mission, all of its 6,650 villages have been declared open defecation-free plus model, officials said here on Saturday. This achievement is a significant milestone as it goes beyond constructing and use of toilets towards cleanliness by managing greywa-

ter and solid waste in each village, they said. The union territory has declared all its 6,650 villages across 285 blocks in 20 districts as open defecation-free (ODF) Plus Model, they said. J-K Lieutenant Governor Manoj Sinha said the achievement underlines coordinated efforts of all to improve the quality of life for citizens. "Under the guidance of Prime Minister Narendra

Modi, 100 per cent J-K villages have achieved the ODF Plus status in 'Model' category under Swachh Bharat Mission (Grameen) phase-II. This achievement underlines coordinated efforts of all to improve the quality of life for citizens," Sinha said in a post on X. For a village to achieve the ODF Plus Model status, it has to go through three stages of ODF Plus -- Aspiring, Rising and Model. When a village has achieved visual cleanliness with minimal litter and stagnant water, apart from the solid and liquid waste management and adequate information, education and communication (IEC) activities, it is declared as an ODF Plus Model. The officials said the rural **Turn to page 9** 

### 18 Kashmiri students in UP sent home amidst campus uproar

SRINAGAR, ep 30 (Agencies): Eighteen male students of Navodaya Vidyalaya (NV) from Jammu and Kashmir, who had arrived at the school's branch in Uttar Pradesh's Jhansi about two months ago as part of an integration scheme, were sent back home early on Friday following a protest by local students, The Indian

Express reported. The Kashmiri students were residing at the NV

hostel in Jhansi. Under the same scheme, 20 students from NV Jhansi had been sent to Kashmir in August and were accommodated at the NV hostel in Rajouri, Kashmir. On Thursday evening, the Jhansi students staged a protest

on campus, claiming that their schoolmates in Rajouri had been assaulted after a dispute, according to the police.

As per school authorities, Local students surrounded the hostel where the Kashmiri students were staying and demanded their transfer. However, school staff intervened before they could gain access, safely relocating the Kashmiri students to the staff room.

Meanwhile, the police were alerted and quickly arrived on the scene. escorting the students back to their hostel.

On Friday morning. NV Jhansi students protested, alleging that the police had used force Turn to page 9

#### Man kills brother over land dispute in Doda

DODA, Sep 30 (Agencies): A younger brother killed his elder sibling in Doda district of Jammu division, due to a land dispute.

An official told News Agency KS that Imtiyaz Ahmad, son of Nazir Ahmad, on Saturday attacked his elder brother Ishtiyaq Ahmad in the altercation. Ishtiyaq sustained injuries and was initially transported to SDH Gundwah, later being referred to GMC Doda, where he succumbed to his injuries.

Ishtiyaq worked as a teacher, while Imtiyaz was a Special Police Officer of J&K Police. The police have already arrested two individuals in connection with the incident, and further

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CADNICA ELECTRONIC SOLUTIONS

Contact Person Mr. Sanjeev Kumar

9419143503

#### **BHOG & ANTIM ARDAS**

With profound grief and sorrow,

#### we inform that our beloved SARDARNI RAJINDER KOUR

W/o S. Harbajan Singh Risam Resident of H.No 35, Ward 7 Indra Nagar Srinagar, left for heavenly abode on 26th of Sep, 2023.



Mrs Usha Raina

Programme:

Aramb Sri Akhand Path Sahib Friday 29-09-2023 at 09:00am Bhog Sri Akhand Path Sahib Sunday 01-10-2023 at 09:00am At our residence at H. No 35 Ward 7 Indra Nagar Srinagar. Kirtan & Antim Ardas at Gurudwara Sheed Bunga Baghat Barzulla Sgr. from 10:30 am to 12:30 pm, Followed by Guru Ka Langar.

Grief Stricken: Sdr. Harbajan Singh Risam (Husband) Son in Law Sdr. Bikramjeet Singh Kala (SBI) & Sunita Kour & Daughters Mr. Prashant Kukreja & Manmeet Kour Sons & Daughter in law Dr. Sanjeet Singh Risam & Harpriya Kour

Grand Children Mr. Hunardeep Singh, Miss, Jovita Kour Mr. Preetveer Kukreja & Jasmirah Kour Cell: 9419134675, 94198888976

We inform the sad and untimely demise of our mother **Mrs Usha Raina** wife of Dr Bal Krishan Raina S/o Late Smt Parmashevar Raina and Shree Dina Nath Raina of Seer Jagir Sopore Kashmir presently at 1827 Gali No 4, Kashmiri Block, Jain Nagar Karala, New Delhi 110081.

10TH DAY will be held on 4th October 2023 Wednesday at Sect 16 Canal Ghat, Rohini New Delhi

SHOK SANTABT PARIVAR: Dr Bal Krishan Raina - Husband

Son and Daughter-in-law Ishan Raina and Smt Portia Raina

Aditya Raina and Mrs Khushboo Raina - Son and Daughter-in-law Dr K. K. Sharma and Dr Sharika Sharma - Nandoie and Nanad Dr Subash Raina and Dr Sheela Raina - Nandoie and Nanad Dr Kuldeep Pandita and Mrs Khema Pandita - Nandoie and Nanad Master Ivaan and Angad Raina - Grand Children

With Samast Raina and Kachroo Parivar. 9818185157, 9650699995, 9891234067

#### MOURNING FROM MALIYUN SIDE

With profound grief and sorrow, we inform the sad demise of our beloved Bentathi (Smt Indrani Kaul W/o Late Prithvi Nath Kaul of Karfalli Mohalla Sgr) D/o Late Smt. Dhanwati and Late Sh Madav Lal Nehru of 61- Karan Nagar Sgr Kmr.

MOURNING is being observed at D-404 SPS Residency, Indrapuram Ghaziabad UP.

10th Day Kriya will be performed on 4th October 2023 Wednesday at 9:00 AM at Muradnagar Nehar Ghat U.P.

**GRIEF STRICKEN** Brothers and Sisters-in-law

Smt. Raj Dulari W/o Late Sh. M.L. Nehru Ph: 9419211055 Smt. Girja & Sh Roshan Lal Nehru - Ph 09312883053 Smt. Sheela & Sh Maharaj Krishen Nehru - Ph 09900173978

Sister Smt. Shanta Kaul Sultan W/o Lt. Sh. M.L. Kaul Sultan

SAMAST NEHRU, KACHROO, DHAR & SULTAN PARIVAARS

#### TENTH DAY KRIYA

With profound grief and sorrow, we inform the sad demise of our beloved Sh Radha Krishan Pandita (Baya) S/o Late Sh Kailash Ram R/o Sogam District Kupwara A/p H.No.101 Sector No.03 Durga Nagar Bantalab, Jammu who left for his heavenly abode on 24-09-2023 (Sunday).

Tenth Day Kriya will be performed on 02-10-2023 (Monday) Timing: 08:30 AM at Muthi Ghat near Director Education Department Muthi Jammu.

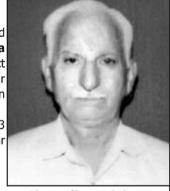
#### **Grief Stricken** Nephews and Niece-in-law

Sh Mohan Lal and Smt Sheela Reshi

Sh Shuban Lal and Smt Teja Reshi

Sh Rattan Lal and Smt Girja Pandita

Sh Anoop Pandita and Smt Sunanda Pandita Mobile No. 9906386893, 9596086893



Smt Indrani Kaul

(Bentathi)

**Sh Radha Krishan** Pandita (Baya)

### TENTH DAY & KRIYA

With profound grief and sorrow, we regret to inform the sad demise of our mother Smt. Narani Devi W/o Late Sh. Raj Kumar Dubey R/o 52 Fattu Chogan Jmu on 22nd Sept (Friday) 2023. Tenth Day shall be performed at Rani Talab (Tootian) on 1/10/2023 Sunday at 11.00 AM & Kriya on 2nd Oct 2023 (Monday) at our residence.

**GRIEF STRICKEN** 

Son & Daughter in law Sh Vinay Kumar Dubey & Smt Sunita Dubey

Late Sh Anil Kumar Dubey & Smt Anita Dubey Brother & Sister in law

Sh Kuldeep Sharma & Late Smt Sushma Sharma Brother in law & Sister

Sh Ramesh Kumar Sharma & Smt Maya Sharma

**Grand Sons** Sh Nitin Dubey

Sh Abhijeet Dubey

Mb . 9419197638



Smt. Narani Devi

**SMT. SHAKTI DEVI** 

### **TENTH DAY**

With profound grief and sorrow, we inform the sad demise of our beloved Shakti Devi W/o Late Jia Lal Verma (Ramsu Wale) R/o Near Chakki Wali Gali, Kharbuja Mohalla, Raper, Jammu.

Tenth Day will be performed on 1-10-2023 (Sunday) at 10.30 AM at our residence. **GRIEF STRICKEN** 

Sons & Daughters-in-law

Sh. Sudarshan Verma & Anita Verma

Sh. Surinder Verma & Meena Verma Sh. Narinder Verma & Hema Verma

Sh. Ramesh Verma & Pooja Verma

Mob.No: 7889420067, 9682622412, 9906249148

#### TENTH DAY KRIYA

With profound grief and sorrow, we inform the sad demise of our beloved Sh Radha Krishan Pandita (Baya) S/o Late Sh Kailash Ram R/o Sogam District Kupwara A/p H.No.101 Sector No.03 Durga Nagar Bantalab, Jammu who left for his heavenly abode on 24-09-2023 (Sunday).

Tenth Day Kriya will be performed on 02-10-2023 (Monday) Timing: 08:30 AM at Muthi Ghat near Director Education Department Muthi Jammu.

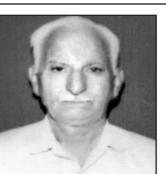
#### **Grief Stricken** Nephews and Niece-in-law

Sh Mohan Lal and Smt Sheela Reshi

Sh Shuban Lal and Smt Teja Reshi

Sh Anoop Pandita and Smt Sunanda Pandita Mobile No. 9906386893, 9596086893

Sh Rattan Lal and Smt Girja Pandita



Sh Radha Krishan Pandita (Baya)

DR ASHOK GUPTA

(RETIRED DEPUTY DIRECTOR HEALTH AYURVEDIC)

Sh. Ravinder Kumar

Pandita (Pupu Ji)

### TENTH DAY/KRIYA

WITH PROFOUND GRIEF & SORROW WE REGRET TO INFORM THE SAD DEMISE OF OUR BELOVED DR ASHOK **GUPTA (RETIRED DEPUTY DIRECTOR HEALTH AYURVEDIC)** S/O LT. SH DURGA DASS JI & LT SMT PRITMA DEVI R/O HNO 208 UPPER LAKSHMI NAGAR SARWAL JAMMU ON 19TH SEPTEMBER (TUESDAY)

10TH DAY WILL BE PERFORMED AT OUR RESIDENCE ON 28TH SEPTEMBER (THURSDAY) AT 11:00AM TO 12:00 NOON. KRIYA WILL BE PERFORMED ON 1ST SEPTEMBER (SUNDAY) 12:00PM AT OUR RESIDENCE HNO 208 UPPER LAKSHMI NAGAR SARWAL

**GRIEF STRICKEN** SMT MOHINI GUPTA -(WIFE)

**SON & DAUGHTER IN LAW** 

MR ASHUTOSH GUPTA (SR MANAGER AOI JAMMU ) & MRS NIDHI GUPTA DAUGHTER & SON IN LAW

MRS PREETI GUPTA & MR UMESH GUPTA(REGIONAL MANAGER NIVA BUPA HEALTH INSURANCE) BROTHERS AND SISTER'S IN LAW

SH VIJAY GUPTA & SMT VINOD GUPTA LT SH RAMESH GUPTA & LT SMT JIVAN ASHA

LT SH. SUDESH KUMAR

SISTER & BROTHER IN LAW SMT NIRMALA GUPTA & SH ASHOK GUPTA

GRAND CHILDREN'S: SHAMBHAVI GUPTA, SAMARTH GUPTA, SATYAM GUPTA & SHREYA GUPTA MOB NO 9796288258, 8899002306, 9419131358, 9697007471, 9697512681

### TENTH DAY KRIYA

With profound grief and sorrow, we inform the sad and untimely demise of our beloved Sh. Ravinder Kumar Pandita (PUPU JI) S/o Late Sh. Prathvi Nath Pandita resident of Sangrampura Sopore (KMR) at present H.No. 65-A, Gobind Nagar, Sector-1, Camp Road, TalabTillo, Jammu on 23-09-2023.

TENTH DAY KRIYA will be performed at Muthi Ghat on 2nd Oct 2023 (Monday) at 9.00 AM.

**GRIEF STRICKEN:** 

Smt. Babeeta Pandita -Wife Navdeep Pandita - Son Apurva Pandita- Daughter Smt. Sheela Ji Pandita - Auntie

Smt. Sarla Ji Pandita - Auntie **Brother and Bhabhi** Sh. Mohan Krishan Pandita and Smt. Lalita Pandita

Sister and Brother-in-law Smt. Rajni Kumari and Sh. Autar KrishanTrakroo

Samast Pandita and Trakroo Parivar Contact: 7889746699, 9419201007, 8053575411, 7006760988

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

the sudden & sad demise of our beloved Sh. Mahesh Sharma S/o Lt. Sh. Madho Ram Sharma who expired on 20th Sept. 2023.

TENTH DAY shall be performed on 29th Sept. 2023 (Friday) at 103 Madhav Krishna Cottage at 11.00 am at our residence. KRIYA shall be performed on 30th Sept.

2023 (Saturday) at our residence fron 12.00 Noon onwards. UTHALA at Shree Gita Mandir Simritti

Bhawan Complex (Bakshi Nagar) from 4.00 Sh. Mahesh Sharma pm to 5.00 pm on 02-10-2023 (Monday). **GRIEF STRICKEN** 

Smt. Kamlesh Sharma- Wife Daughters & Son-in-Law

Mrs. Shivalika and Abhishek Magotra Mrs. Anshu and Siddharth Sharma Hitarth Sharma- Son

Grand Children: Nirvaan& Dhairavi

All Family Members

Mob. Nos.: 9419131912, 9622588360

#### TENTH DAY KRIYA

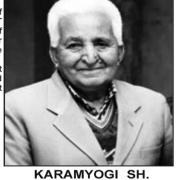
With profound grief and sorrow we inform the sad demise of our beloved father Karamyogi SH. MAKHAN LAL BHAT Gulgami (Papa Ji ) S/o Late Sh. Govind Ram resident of Gulgam, Kupwara Kashmir presently at Garhi Udhampur near Govt. Hr. Sec School who left for his heavenly abode

TENTH DAY KRIYA will be performed at Devika Gha Udhampur at 8 AM on 2 Oct 2023 and assembly will be held at residence near Govt Hr. Sec. School Garhi, Udhampur at 10 AM.

GRIEF STRICKEN: GRIEF STRICKEN: Smt. Omashori Bhat -Wife Son & Daughter-in-law Sh. M K Bhat & Smt. Veena ji Bhat Sh. A K Bhat & Smt. Anju ji Bhat Daughter & Son-in-law Sh. S. L Saproo & Smt. Kiran ji Sh. Vinod Koul & Smt. Vineeta ji Sh Ashwini Bhat & Sheetal ji Brother & Bhabhi Sh. N L Bhat & Smt. Pyari i Sh. C L Bhat & Smt. Anju Ji Smt. Nancy ji W/o Lt. Roshan Lal ji Sh. A K Bhat & Smt. Nimi ji

Sh. P. L Bhat & Smt. Girja Ji

Sister & Brother-in-law Smt. Tosha ji & Sh. S N Koul Pandita Family R/o Swaran Colony, Trilokpur Grand-Daughter & Grand Son-in-law
Dr Meghna Koul W/o Shivake Koul



**MAKHAN LAL BHAT GULGAMI (PAPA JI)** 

Dr Shafali Saproo, Sukshi Saproo, Dr Vanshika Bhat, Riya Koul, Mohit Bhat,

#### BHOG & ANTIM ARDAS

With profound grief and sorrow, it is informed that S. Lachhman Singh S/o Late Gyani Suchha Singh Alam R/o 606/F, Nanak Nagar, Jammu has left for heavenly abode on 29/9/2023. PROGRAM
Katha/Kirtan - 30/9/2023 to 05/10/2023 from 6.00 to 7.00 pm

Kirtan upto 11.00 am. Antim Ardas - 8/10/2023 (Sunday) from 4.00 to 5.30 pm at Gurudwa Nanak Nagar, Jammu GRIEF STRICKEN

Brother & Sister-in-law Retd. Col. G.S. Babbar & Sdn. Harbans Kaur S. Lakhbir Singh Bawa & Sdn. Harvinder Kaur

Son & Daughter-in-law S. Inderpreet Singh, Er. Nagbani School & Sdn. Gurpreet Kaur Mr. Gursimran Singh (Er.) Miss Harshleen Kaur & Mr. Divjot Singh



# **Grand-Children**

Tanush Bhat, Tanshika Bhat, Oeishi Bhat & CONTACT NO: 7006894261, 9797661951

Aramb Shri Akhand Path - 6/10/2023 (Friday) at 10.00 am (at residence) Bhog Shri Akhand Path - 8/10/2023 (Sunday) at 10.00 am followed by

Daughter & Son-in-law Sdn. Irvinder Kaur, Principal (10+2) & S. Arvindr Singh Jt. Dir. Agriculture

Grand Children: Dr. Amanpreet Kaur (Registrar (Anesth) GMC)



#### TENTH DAY

With profound grief and sorrow we inform the sad demise of our beloved Sh. M L Kaul S/o Late Sh Damodai Kaul, R/o 23, Nitco Lane, Jammu, originally of Sriniwas, Karan Nagar Srinagar who expired on 23rd September 2023, in New Delhi. The **TENTH DAY** shall be performed

on Monday, 2nd of October, 2023 at Kashmiri Ghat, Nigam Bodh, New Delhi GRIEF STRICKEN

Dulari Kaul - Wife Daughter and Son in Law Drs Nymphia and Anil Ganjoo Son and Daughter in Law Shivani and Anmol Kaul (Grandchildren) Anoushka, Himanish and Bharvi

**Kauls and Shishoos** 



Ph: 9811066584- Anil 8447734430- Pinu 6005675449- Dida

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

With profound grief and sorrow, we regret to inform the sad demise of our beloved Sh Veer Ji Zadoo S/o Lt. Sh Ram Ji Zadoo originally resident of Purshayar Habba Kadal Srinagar at present H.No. 149 (H) Durga Naga Sector-1, near JK Bank ATM.

Tenth Day Kriya shall be performed on Thursday 05th of October at Muthi Ghat near Directorate of School Education at 8.30 am.



**GRIEF STRICKEN** Usha Ji Zadoo -Wife

Son & Daughter-in-law Vishal Zadoo and Sheetu Zadoo Arvind Zadoo and Monika Zadoo

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

With profound grief and sorrow, we regret to inform the sad demise of our beloved Smt. Chanchal Gupta Wo Sh. Mohan Lal Gupta R/o H.No. 214, Sec. No.2, Shivalik Puram, Janipur Colony, Jammu. 10TH DAY shall be performed on 30th Sept 2023 Saturday at 11.00 to 12.00 Noon at our residence. KRIYA shall be performed on 3rd Oct 2023 (Tuesday) at our residence from 8.30 AM Onwards GRIEF STRICKEN

(Tuesday) at our residence from 8.30 AM Or GRIEF STRICKEN
Sh. Mohan Lal Gupta - Husband
Devar & Devrani
Sh. Raj Kumar Gupta & Smt. Sushma Gupta
Daughter & Son-In-law
Mrs. Savita Gupta & Mr. Deepak Agganwal
Son & Daughter-in-law
Son & Daughter-in-law
Indu Gupta & Smt. Rani Gupta
Mr. Tarun Gupta - Son
Brothers & Sistera-In-law
Sh. Sat Paul Gupta & Smt. Rani Gupta
Sh. Yash Paul Gupta & Smt. Rani Gupta
Sh. Yash Paul Gupta & Smt. Rani Gupta
Sh. Subash Gupta & Smt. Neelam Gupta
Sister & Brothers in Law
Smt Janak Gupta & Sh. Bh. Kasturi Lal Gupta
Smt Vijay Gupta & Sh. Bh. Krishan Gupta
Smt Vijay Gupta & Sh. Bharat Bhushan Gupta
Smt Vijay Gupta & Sh. Bharat Bhushan Gupta
Smt Sters in Law & Brothers in Law
Smt Leela Gupta Wo Lt Sh. Subash Chander Gupt



CHANCHAL GUPTA (REASI WALE)

SH. KASTUR SINGH

#### 10TH DAY/ KRIYA/ UTHALA

With profound grief and sorrow, we inform the sad demise of our beloved Sh. Kastur Singl Jamwal S/o Lt Maan Singh R/o 421/1, Secto C, Sainik Colony, Opp Army Gate (originall) from Raipur) on 22-09-2023.

10TH DAY will be performed at Ram Mandi Sec D Sainik Colony Jammu on 01-10-2023 (Gunday) at 10.00 AM KRIYA will be performed on 04-10-2023 a our residence at 12.00 Noon (Wednesday) UTHALA shall be performed on 04-10-2023 at Ram Mandir Sec D Sainik Colony, Jammu from 4.00 PM to 5.00 PM

at Ram Mandir Sec D Sainik Colony, Ja from 4.00 PM to 5.00 PM GRIEF STRICKEN Smt Suraj Kanta- Wife Daughter in Law and Son Smt Anita & Ajay Singh Jamwal (JKAS Retd) Daughter & Son In Law Smt Rita & Ashok Singh Manhas Grand Children Dr Vishaik & Aditya Partap Singh Er. Anandita & Er. Amit Bandral Aprajita & Naval Commander Pankaj

#### UTHALA

With deep sorrow, we regret to inform the sad demise of **Smt. Madhu Gupta** on 28/9/2023 W/o Sh. Joginder Paul Gupta.

Uthala will be held on Sunday, 1st October, 2023 from 3.00 to 4.00 pm at Sanatan Dharam Sabha, Rajouri. IN GRIEF:

Smt. Janak Dulari (Mother) Smt. Madhu Gupta Sh. Joginder Paul Gupta (Husband) Son & Daughter-in-law

Sh. Adishvar Mahajan & Smt. Bhavana Mahajan Sh. Ankur Mahajan & Smt. Madhuri Mahajan Sh. Ashish Mahajan & Smt. Mehak Mahajan Sh. Anshul Mahajan & Smt. Aakshi Gupta Mob.: 9419172456, 9419117861

#### SHADMOS/MASVAR

Six months have passed when you left us in pool of tears but still feels like you are amongst us. SHADMOS and MASVAR of our respected fathe Sh Bhushan Lal Thusu will be held on 30th September 2023 and 1st October 2023 at Kashyar Rishi Bhawan, Sector-34, Noida. Grief Stricken :-

Aasha Jee- **Wife 9958353322** 

Renu Kaul/Vikas Kaul **9818509108** Rekha Raina/Virender Raina 9667233922

Archana Kaul/Surinder Kaul 9654536961



TENTH DAY KRIYA With profound grief and sorrow, we inform the sad demise of our beloved father **Sh Shyam Lal Raina** S/o Lt Sh Bal Ji Raina erstwhile Malik Bagh Zaindar Mohalla at present 2/52-A, Pamposh Colony

Vishesh, Sarthak, Vaibhav, Samarth, Nishtha, Nimit

160-B. Pocket-A3. Mayur Vihar, Phase 3. Delhi-110096

Janipur, Jammu who expired on 22 Sep 2023. The Tenth Day Kriya shall be performed on Sunday 1st Oct 2023 at Muthi Ghat nea Directorate of School Education at 9 AM. GRIEF STRICKEN Smt Rajni & Sh K K Raina (Son & Daughter in law)

Sh Shvam Lal Raina Smt Rita & Sh Rajinder Raina (Son & Daughter in law) Smt Rajni & Sh Deepak Punjabi (Daughter & Son in law) Grand Children: Karan, Karuna, Kunal, Suruchi, Abhinav,

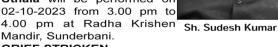
Taneesha, Nupur, Kunal, Danish, Aditya, Yana

#### SAMAST PESHIN, KOUL, RAZDAN, RAINA PARIVARS **UTHALA**

With profound grief and sorrow, we inform the sad and untimely demise of our beloved Sh. Sudesh Kumar R/o H.No. 19, Ward No. 5, Sunderbani Uthala will be performed on 02-10-2023 from 3.00 pm to

Mandir, Sunderbani.

**GRIEF STRICKEN** 



Rajinder Sharma (Brother) Ashwani Sharma (Brother) Manoj Sharma (Brother) Contact :9419170416, 9419170419

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# India takes a lead in addressing global concerns under PM Narendra Modi: Dr. Jitendra



#### **TOP NEWS REPORT**

BILLAWAR, Sep 30: Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr. Jitendra Singh today said. India's education system offers a unique fusion of traditional knowledge and latest world-class technology, thus giving an exclusive advantage to

India to lead the world. Chandrayan-3, Aditya-L1, World's First Made in India DNA vaccine

etc. endorse this exclu-

sive advantage of Indian grooming, he said. Dr. Jitendra Singh was addressing an education program at Bharatiya Vidya Mandir Senior Secondary School, Dadwara (Phinter), near

here, in district Kathua. During the program, Dr. Jitendra Singh said, India is now ahead of the best developed economies of the world under PM Narendra Modi that was

unimagined a decade before. The world now wants India to lead them in almost every sphere, the success of G20, accepting the proposal of declaring 2023 as the International Year of Millets, International Yoga Day becoming a global phenomenon etc.

Singh added.

By way of Research and Innovation through international collaboration and partnership, India is also committed to achieve the Net Zero emissions target which shows that India is also taking the lead in addressing the global concerns and leading the global climate movement under PM Narendra Modi.

While addressing the students, Dr. Jitendra

Singh said, National Education Policy-2020 has opened up new vistas for the youth of this country which is no longer the prisoner of aspiration but has aspirations in abundance and avenues in tons, with numerous opportunities knocking at their doors.

Appreciating the contribution of Bharatiya Vidya Mandir Schools across India, Dr. Jitendra Singh said, these schools have not only instilled the cultural ethos among its students but have made them capable to be the part of India's development journey which has been showcased when it's alumni has been the part of G20, Chandrayan Mission etc.

Director CSIR-IIIM Jammu, Dr. Zabeer Ahmad and Vinay Khosla, ADC Billawar were present during the

# Modi Govt bridged urban rural gap: Ashwani



**TOP NEWS REPORT** 

JAMMU, Sep 30: BJP senior leader and former MLA, Ashwani Sharma, said that during the past nine years, various development projects and schemes have been launched for bridging the gap between urban and rural areas and the farming community too has benefitted to great extent.

Ashwani Sharma was talking to media person during his weekly public darbar at BJP headquarter, Trikuta Nagar, Jammu, to listen to the grievances of the people and help them to get

Former VC Balbir Ram Rattan was also present on the occasion.

Ashwani Sharma said

that the Modi government has taken care of the need to provide good quality road connectivity to the rural areas. As the rural areas houses maximum population of the farmers and they are dependent on their agricultural crops for livelihood, every effort has been made to help them in reducing financial burden. The farmer MLA said that the government is providing subsidy to the farmers on fertilizers, seeds, insecticides and various farming equipments. An annual financial assistance of rupees six thousand under 'PM Kissan Sammaan Nidhi'

by Modi government, he Ashwani Sharma fur-

is given to the farmers

ther said that the crops needs timely water for irrigation and the government should take effective steps for proper disilting and improvement of Ranbir Canal and its distributaries so that the agriculture fields get adequately irrigation during the crops seasons.

In the public darbar, the BJP leader was apprised of the grievances related to departments like Fisheries, Housing Board PDD, GREF besides construction of roads, lane and drains, regularization of SPOs etc.

All the issues were taken up with the concerned departments for early and proper disposal

# Vibodh inaugurate free medical camp under Sewa Pakhwada

shows the prowess of

India under the present

government, Dr. Jitendra

#### **TOP NEWS REPORT**

JAMMU, Sep 30: The free medical camp was organized as a part of "Sewa Pakhwada" which commenced on the 73rd birthday of Prime Minister Narendra Modi on September 17, espousing his vision of 'self-service' for the welfare of inhabitants particularly the impoverished section of the society.

The camp was inaugurated in esteem presence of former MLC and BJP State General Secretary Vibodh Gupta, BJP District President Jammu South Rekha Mahajan, Seh Prabhari Jamm North Vinay Gupta, Prabhari District Jammu Rajeev Charak, Councillor Pawan Singh, District Vice President Narinder Koki, District Secretary Robiin Chandan, Rajesh Gupta, Gandhi Nagar Mandal General Secretary Rachit Khosla, Vinay Gupta, Nalin Gupta, Abhinandan Bhardwaj, Pehu and other prominent persons were present on the occasion.

During the mega free health and medical camp, distributed Ayurvedic medicines here at ward no 21 near Laxmi Narayan Mandir, Gandhi Nagar of Bahu Constituency of District Jammu South. The event, organized by ward president Lovisha Gupta and her team. aspired to deliver essential free medical services to the community and promote well-being. The camp saw hundreds of people visiting doctors and was organized

under the Sewa Pakhwada.

Vibodh Gupta promsupport for future endeavors and free medical camps, expressing his commitment to the welfare of the people of Jammu and Kashmir. While distributing free medicines, Vibodh Gupta remarked on the importance of preventive measures and the consumption of immunity-boosting items to safeguard against infections. Vibodh said that recently in the Mann ki Baat program, PM has drawn the atten-

tion of every citizen towards the deadly disease Diabetes which is fast engulfing the whole country, and keeping in view this alarming scenario, mega free camps have been organized throughout J&K so that people who are prone to this disease be provided relief by conducting free test whose cost is too much in the open

Rekha Mahajan expressed her gratitude to the doctors including the medical staff, the Director of the Indian System of Medicine,

market.

and their team for their efforts in organizing the free medical camp. Rekha also praises the efforts of ward president Lovisha Gupta for organizing the camp effectively.

Vinay Gupta underscored that the medicines delivered are free from side effects and should be considered as an alternative to allopathic medicines.

Rajeev Charak also applauded the doctors for providing respite to the common man by conducting various tests free of cost.

# **Army initiates women empowerment** training program in Mendhar sector



#### **TOP NEWS REPORT**

MENDHAR, Sep 30: In a significant stride towards women's empowerment, the Indian Army has launched a skill training

program in Tain Village, Mendhar Sector. This program, encompassing tailoring, knitting, and embroidery classes, is designed to empower local women by equipping them with valuable skills that can lead to financial independence.

Ten women from Tain Village have been chosen to participate in this training program, receiving strong support from the community. The presence of the village Sarpanch at the event underscores the significance of this initiative.

The Indian Army's efforts have received heartfelt appreciation from the local residents. This initiative is celebrated as a testament to "Nari Shakti" (women's power) and is poised to positively transform the lives of these women, providing them with marketable skills.

This skill training program exemplifies the Indian Army's commitment to community development and recognizes the pivotal role women play in society. By empowering local women, this initiative not only enhances their economic prospects but also fosters self-reliance and community cohe-

#### **IMPORTANT NOTICE**

This is notified for the information of Rail Passengers that Railways have decided to provide stoppage to train no. 19027/19028 Bandra Terminus -Jammu Tawi - Bandra Terminus (Weekly) Express at Gotan station on experimental basis w.e.f. dates mentioned below and will continue till further advice, as per details given below:

Train No. 19027 Bandra Terminus - Jammu Tawi Exp. From 30.09.2023		STATIONS Train No  Jammu Bandra ( From 02.		Tawi - (T) Exp.
Arr.	Dep.		Arr.	Dep.
03:20	03:30	Jodhpur Jn.	23:00	23:15
04:46	04:48	Gotan	22:06	22:08
05:08	05:13	Merta Road Jn.	21:35	21:40

of above trains, please call RailMadad Helpline No. 139 or visit enquiry website https://enquiry.indianrail.gov.in or NTES App.

Helpline No.

Visit RailMadad website: www.railmadad.indianrailways.gov.in Download RailMadad App

SERVING CUSTOMERS WITH A SMILE

# Army leads awareness drive against plastic use in Kishtwar

#### **TOP NEWS REPORT**

KISHTWAR, Sep 30: In a dedicated effort to combat plastic pollution and champion environmental sustainability, the Indian Army organized an awareness drive against plastic use in Mughal Maidan Village of Kishtwar District, Jammu and Kashmir, on September 29th, 2023.

This initiative seeks to educate the local community about the detrimental effects of

plastic waste on our environment and to inspire individuals and communities to reduce their plastic consumption. Plastic pollution is a global crisis, with devastating consequences for oceans, wildlife, and ecosystems. Studies have shown that around eight million metric tons of plastic enter the oceans annually, posing a severe threat to marine life and human well-being. The No Plastic Use awareness drive aimed to address this crisis by promoting responsible plastic usage and advocating for eco-friendly alternatives. Thirty young individuals from Mughal Maidan Village and neighboring areas actively participated in the drive. The initiative received an overwhelming response from the local community, underscoring the collective commitment to combat plastic pol-



### **Army, Tourism Directorate, & Leaf Monkey Hiking Club successfully conclude three-day** trekking expedition in Ramban



**TOP NEWS REPORT** 

RAMBAN, Sep 30: Indian Army, in collaboration with the State Tourism Directorate and the Leaf Monkey Hiking Club, concluded a threeday trekking expedition on the Pir Panjal Range of Ramban district on September 30, 2023. Sixteen trekkers from diverse backgrounds participated in this memorable journey. Government representatives, schoolchildren, and local residents gathered at Government Degree College Ukhral to extend a warm welcome to the successful

team and enhance the event's charm.

During this expedition, trekkers covered a distance of 19 kilometers, encountering elevations ranging from 2300 meters to 4000 meters. The team successfully reached the secondhighest peak, Hansraj Top, on the Pir Panjal Range in Ramban District. The local populace in the mountainous region of Pogal wholeheartedly supported and encouraged the trek. The expedition showcased the scenic beauty of the Pogal Valley and explored uncharted meadows, lakes, waterfalls, and the rugged peaks of the majestic Pir Panjal Ranges.

Participants took the opportunity to interact with local youth, emphasizing themes of patriotism, women's empowerment, and selfemployment. The concluding ceremony was graced by Mr. Ghanshyam Basotra, SDM Ramsoo, who felicitated the participants and media representatives.

This event aims to promote adventure tourism, benefiting from the return of normalcy in the region and various developmental initia-

# **EDITORIAL**

# CONSUMER PROTECTION

nder the modern concept of marketing consumer is treated as the king as all the activities of business circulates around one of the major aim i.e. to provide maximum satisfaction to consumers. But in reality consumes are often exploited and ignored.

Misleading advertisements, adulterated products, under-weighing, overcharging, are some of the examples of exploitation of consumers. As a result consumers are deprived to their rights.

Protection of consumer is important due to the reasons which include Business exists to satisfy the needs and desires of consumers being the source of income for business. The aim of every business is to earn maximum profits which can be attained only by providing maximum satisfaction to consumers. According to Peter F. Drucker, "There is only one valid definition of business purpose: to create a customer. It is the customer who determines what a business is. The customer is the foundation of business and keeps it in existence and it is to satisfy the customer that society entrusts wealth producing resources to a business enterprise."

Businessmen are trustees of the society's wealth for the benefit of people. It is thus the moral responsibility of business to protect and promote the interests of consumers.

Consumers have been granted some rights under law. Government of India is committed to consumer welfare.

Consumers are becoming increasingly aware of their rights. Print and electronic media is increasingly highlighting unethical business practices. For the purpose the consumer forum is also been established. It is ultimately in the interest of business community to protect and serve consumers. In India business firms should adopt the strategy of consumer oriented so as to survive in the competition from multinationals.

In order to protect the rights of consumers a movement is started. This movement is known as consumerism. It is a social force designed to protect consumer interests in the market place. Consumerism is a try to rectify the imbalance created between sellers and buyers, to protect consumers against unfair practices on the part of manufacturer. It has the ability to make! marketing practices more informative more transparent, more truthful and] more responsive to consumers.

In order to maximise profits, many businessmen exploit consumers by supplying poor quality goods at higher prices. They adopt unfair trade practices such as adulteration, boarding, black-marketing, etc.

As a result consumers do not get value for their money. Big business houses use their power for private gain and to the detriment of consumers. Consumers are exposed to physical, environmental and other hazards.

They need to be protected from spurious, duplicate and adulterated products, pollution of air, water and noise, and misleading advertising.

Consumers in India are mostly illiterate and ignorant. They do not understand their rights. A system is required to protect them from unscrupulous businessmen.

In India consumers are widely dispersed and are not united. They are at the mercy of businessmen. On the other hand, producers and traders are organised and powerful.

There is increasing supply of duplicate products. It is very difficult for an ordinary consumer to distinguish between a genuine product and its imitation. He pays the price for the original but gets a substandard product. It is necessary to protect consumers from such

Some businessmen give misleading information about quality, safety and utility of products. Consumers are misled by false advertisement and do not know the real quality of advertised goods. A mechanism is needed to prevent misleading advertisements.

Fraudulent, unethical and monopolistic trade practices on the part of businessmen lead to exploitation of consumers. Consumers often get defective, inferior and substandard goods and poor service.

Certain measures are required to protect the consumers against such malpractices. Greedy businessmen indulge in adulteration, boarding, black-marketing and other illegal practices.

## Ways to Make a DIY Toner to Fit Your Skin Care Needs



By: Shahnaz Hussain

toner is probably one of the most underrated products in the world of beauty. While some skin care products like moisturizers are self-explanatory, toning is something that not many women understand. However, it is an essential part of your skincare routine. Using a facial toner can be an excellent addition to your skincare routine. They not only unclog and tighten your pores but give it a natural glow.

Your skincare regime is called CTM which means; to cleanse, tone, and then moisturize. Toner is sort of like a second cleansing — a few swipes can break down leftover soap residue and grime, balance your skin's pH levels, and prime your face to absorb the rest of your routine.

The preparation of skin toners without putting a hole in your pocket is not tough anymore!

There are a plethora of natural ingredients in your kitchen that can be used to prepare a natural toner at home.

They do not contain the harsh chemicals that store-bought toners do. The best homemade ones contain exfoliating, antiaging, and moisturizing that provide dramatic benefits.
1---Cucumber

Due to its moisturizing and toning qualities, Cucumber water is cooling, hydrating, and soothing to red, overheated, or irritated skin. It will bring back the glow and protect your skin from UV rays.

It is rich in minerals and vitamins, removes dark spots, and tackles those undesirable bags under your eyes. Grated cucumber is an excellent natural toner for dry skin. Apply it gently on your face and skin for nourishment and hydration.

Take one teaspoon of cucumber water and 1 tbsp. alcohol-free witch hazel Combine all ingredients and mist over your entire face.

Alternatively, Take 2/3rds of a fresh cucumber and chop it up into small pieces. Pour a cup of water into a pan until the water starts to boil. Blend the cucumber and water. Let it cool and then filter the juice out using a sieve. Apply this toner onto your face using a cotton pad.

Alternatively, Again take 1/2 a cucumber, peeled & sliced, and 1 teaspoon aloe vera gel. . Blend the cucumber with a food processor or blender until liquified. Add aloe vera. Strain the mixture, then add 2 tablespoons of water. Store in the fridge. Apply on your skin and neck using a cotton dab to wipe off dirt. Wash with cold water.

. Grate one fresh cucumber, extract its water, and add 3-4 tablespoons of fresh aloe gel to it. Mix well and transfer to an airtight bottle, store in the fridge for best results, and use twice daily.

2---GREEN TEA

Green tea is safe, natural and rejuvenates the skin while reducing sun damage, eye wrinkles, and skin redness and inflammation.

Green tea is packed with antioxidants and is a natural way to reduce inflammation and redness in your face.

Brew a cup of green tea and let it cool. Keep in the fridge in a water-tight compartment. Use the tea as a toner after every wash.

Alternatively, take half a cup of boiling water and add two green tea bags, and 6 drops of jojoba oil. Put the tea in boiling water and let it cool for a few minutes. Keep it in the fridge. Apply the toner with a cotton ball.

You can also take 1/3 cup of green tea and 3 to 4 drops of tea tree essential oil. Mix both and place the ingredients into a spray bottle. You can use it twice a week.

3-Rose toner

This facial toner has been used as a cure for skin problems. It has anti-inflammatory properties that will both soothe your skin and make it less susceptible to acne. Rose water will hydrate your skin to keep it looking its best and naturally, balance your skin's pH,

Add a tablespoon each of rose water and alcohol-free witch hazel extract in a bowl. Add a teaspoon of fresh lemon juice. Mix well and apply on the face using a cotton pad

: Add a few rose water petals to one cup of boiling water and allow it to boil it by covering the pot. Once the water cools down, you can pour the rose water into a spray bottle. Put in a refrigerator and use when chilled

Take 2 cups of rose petals, 3 cups filtered water or distilled water, 1/4 cup of witch hazel, 5 drops of essential oil

Place the rose petals and water in a saucepan and bring to the boil. Allow it to cool for 45 minutes. Use a cotton cloth to strain the petals from the water. Once the water is cooled than add 1/4 cup of witch hazel and 5 drops of rose essential oil. Add toner to bottle and keep it in the refrigerator

4--Homemade Rice Water Toner

Rice water is a simple ingredient found in many beauty products because it has a lot of nutrients and antioxidants that the skin can absorb.

Rice water toner promotes collagen production and helps to calm your skin and reduce inflammation. It's also suitable for all skin types.

Take 1/2 cup of rice and 1 and 1/2 cups of water. Rinse the rice until the water runs clear. Put the rice into a bowl and pour the water on top so the rice is covered. Leave for 12-24 hours. Strain the rice from the water and pour the water into a jar or bottle.

In a bowl, add 1 cup of rice. Stir well and don't stop until the water becomes cloudy. Strain the water out and transfer it into a bottle. Soak a cotton pad into it and use it to remove dirt and makeup residue!

Take 1/4 cup water and 3 tbsp. Jasmine rice. Soak the rice in water for two hours, then strain it. Bottle the liquid and use it as a mist to refresh your face

Storing any of these toners in the fridge will help them last longer, but it's not necessary.

# Match 'em Young

#### By: VIJAY GARG

ntering the job market as a fresh graduate can be exciting but nerve wracking. The knowledge of what organisations look for in their hires may help to tailor resumes. Preetha Wali, cofounder of Pay It Forward,

a financial literacy firm in Bangalore, individuals seeking to join a start-up "should possess qualities similar to those of an entrepreneur, such as commitment, initiative, and resilience in the face of challenges". While different organisations may prioritise different skills, there are certain universal traits that employers look for in their hires. Knowing and honing these skills can significantly increase one's chances of se-curing a fulfilling job.

Technical proficiency

Technical skills remain a crucial aspect of what employers look for in fresh graduates. They don't expect them to be experts in the field, just have a solid understanding of the basics. Suman Bhadhuri, a senior software engineer at IQ Systems, an IT firm, explains, "While proficiency in relevant technical skills is important, what stands out is a strong foundation. We look for candidates who have a grasp of the fundamental concepts. This foundation can be built upon, but having that starting point is essential."

Agility and adaptability

In the current fast-paced work environment, employees need to be flexible enough to adapt to new situations. For newcomers to the workforce, demonstrating adapt- ability and a willingness to learn will improve their chances of se-curing a job and also develop crucial skills like communication, organisation and strategic thinking., data and analytics leader at EY Global Delivery Services India, states, "The most crucial aspect for a fresher or someone in an entry-level role is to have the right mind-set. They must be open-minded, eager and willing to learn about all the facets of the business. Additionally, they must be willing to get in sync with the new environment quickly."

Problem-solving abilities

Employers actively seek individuals who can think critically and solve problems independently. Demon-strating that you have this skill-set can make you a highly sought after candidate. Additionally, problem solving skills are transferable to all areas of life. They can help you make better decisions, navigate personal relationships and achieve goals., "Analysing situations, thinking critically and pro- posing creative solutions demon-strates a candidate's potential to contribute effectively to an organisation's growth."

Communication skills

Effective communication skills are highly valued in every industry. Right from the

interview stage, communication skills are vital in securing a job. Freshers must articulate their qualifications, experiences and enthusiasm for the job to make a positive impression on potential employers. Good communication enables individuals to interact effectively with colleagues and supervisors, ensuring tasks are carried out correctly and efficiently. Raghavendra affirms that "excel- lent and effective communication skills are essential for teamwork and client interactions. Team members must actively participate in meaningful discussions, confidently express their ideas and thoughts, and make themselves visible in the team structure."

Teamwork and collabs

In today's interconnected work environment, working harmoniously with others is paramount. Employers believe that freshers who can collaborate with others, respect diverse opinions and contribute to a positive team spirit are most likely to excel in their roles. Freshers may need to give examples of past experiences that showcase their ability to work well within a team. They can draw from extracurricular activities, volunteer experiences or school projects if they lack prior work experience.

Passion

A genuine passion for the field you're entering can make a significant difference. Employers are impressed by individuals who take the time

to research and learn about the company's products, services, mission and culture. This knowledge demonstrates genuine interest and enthusiasm to work for the organisation. Staying informed about current trends and developments in the industry can help you discuss relevant topics during the interview., creative director at an advertising agency, says, "When a fresher displays genuine excitement for the industry and the role they're applying for, it demonstrates dedication and a proactive attitude. It also suggests that the candidate is likely to stay engaged and committed over time."

Projects and internships

Showcasing practical experience through internships, projects or freelance work can leave a strong impression. Even if you're new to the job market, having tangible projects to discuss can provide insight into your capabilities. It could be a personal project, an internship or a volunteer opportunity that correlates with the position. "Even if the experience is not directly applicable, every professional and volunteering experience is valuable as these aid in an individual's learning and growth,"

(Vijay GarG Retired Principal PES-1 Educational columnist Malout Punjab)

# CDPO organizes Swasth Balak Balika Saprdha Program under Poshan Abhiyaan

**TOP NEWS REPORT** 

JAMMU, Sep 30: Child Development Project Officer (CDPO) Jammu, Kailash Devi, successfully organized the Swasth Balak Balika Saprdha Program under the POSHAN Abhiyaan at Residency Road, Jammu today.

The event, aimed at promoting the health and well-being of children, saw the presence of esteemed guests, including D. S Katoch, Joint Director Mission POSHAN J&k, and Ms. Renu Bhasin, District Program Officer, Jammu.

The highlight of the event was the Healthy Baby Competition, where healthy babies from various POSHAN projects in Jammu district participated. Udhay, son of Rahul from POSHAN Project Dansal, emerged as the winner of the first position. Shreyansh, son of Madhu from POSHAN Project Akhnoor secured the second position, while Priyansh Bhardwaj, son of Mukesh Bhardwaj, clinched the

furthermore, the



event showcased a skit on Swacchta (cleanliness) and a song on POSHAN performed by the Anganwadi Workers (AWWs) of POSHAN Project Jammu. The AWWs also displayed various nutritious food items prepared at the Anganwadi Centers as well as recipes using millets.

Attendees had the opportunity to learn from lectures delivered by R.S Jamwal, CDPO Dansal, Sachin Sharma, CDPO Satwari, and Dr. Shahzia Choudhary. They discussed the importance of nutrition and the ongoing POSHAN Maah, while also expressing their appreciation for the

hard work and dedication of the Supervisors and AWWs of POSHAN Project Jammu.

In addition to these activities, rallies promoting awareness on POSHAN, Swacchta, and Nasha Mukth (drug addiction free) were organized, further highlighting the significance of these issues in the community.

Kailash Devi, CDPO Jammu, concluded the program with a Vote of Thanks, expressing gratitude to all the participants, guests, and organizers. The event also provided a platform for networking and refreshments were served, facilitating meaningful conversa-

tions and collaborations.

The success of the Swasth Balak Balika Saprdha Program underscoresthe commitment and efforts of the CDPO Jammu, Ms. Kailash Devi. towards advancing the goals of the POSHAN Abhiyaan. The program not only celebrated the achievements of healthy babies but also raised awareness about the importance of proper nutrition and hygiene practices. The participation of esteemed guests and the enthusiastic engagement of the Anganwadi Workers and beneficiaries of the POSHAN Project Jammu added to the success and impact

# Shanti Yatra, a peace march spreading love & non-violence, arrives in Jammu

TOP NEWS REPORT

JAMMU, Sep 30: Shanti Yatra, a Peace March initiated by students, teachers, and community members, was warmly received today in Jammu at Kalu Chack near Purmandal Morh. The Chief Education Officer of Jammu, Sh. Suraj Singh Rathore, expressed his joy at the arrival of the Yatra and spoke about its significance during a press conference held

on this occasion. Shanti Yatra, a journey that aims to inspire love, peace, universal brotherhood, truth, and nonviolence, was kicked off on 9 September, 2023, from Poonch district. It has since traveled through various districts of Jammu province, carrying its message across communities. The Yatra will proceed to GCW, Gandhi Nagar, Jammu, where it will be officially received by the esteemed Divisional Commissioner, Jammu, on 2 October, 2023. The culminating event of the Yatra will be a commemoration ceremony paying floral



tributes to the Father of the Nation, Mahatma Gandhi.

Speaking at the press conference, Suraj Singh Rathore emphasized the power of Gandhian Philosophy, particularly the principles of truth and non-violence, which played a critical role in India's struggle for independence. He highlighted the need for all individuals to follow this path in their own lives and encouraged the participants of the Shanti Yatra to continue spreading these values.

The Peace March was greeted by Zonal Education Officer Purmandal, Sh. Rajinder Momalia, as well as principals, headmasters, and in-charges of various schools in the area. Members of the Cultural and Education Cell, Jammu, also actively participated in the Peace March, showcasing their sup-

port for the cause. In addition, the Chief Education Officer shared information about a special event planned for 1 October, 2023, to celebrate the 154th Birth Anniversary of Mahatma Gandhi. A Shramdan activity and Swachhata Shapath Samaroh (pledge ceremony for cleanliness) will be organized in all schools across the district of Jammu. This initiative aims to promote cleanliness and contribute to the vision of a Garbage Free India.

Shanti Yatra contin-

ues to inspire individuals from all walks of life to embrace peace, love, and non-violence. Its arrival in Jammu marks an important milestone inpromoting these values and spreading the message of unity and harmony. The organizing committee expresses their gratitude to all the participants and supporters of the Shanti Yatra and looks forward to the upcoming events as part of the Mahatma Gandhi Birth Anniversary celebrations.

# CBC, its field offices spearhead Swachta Hi Seva activities

TOP NEWS NEWS

JAMMU, Sep 30: The Central Bureau of Communication (CBC) Jammu & Kashmir, Ladakh, along with its field offices throughout the Union Territories, orchestrated a series of impactful activities in observance of Swachta Hi Seva.

As part of this cam-

paign, CBC Udhampur organized a one-day Integrated Outreach and Communication Programme on Swachta Hi Seva at Government Higher Secondary School, Sewna Udhampur. Simultaneously, CBC Kathua conducted a similar initiative at Government Higher Secondary School, Bhudi,



Kathua, while CBC Anantnag hosted the event at Government Girls Model Higher Secondary School, Kulgam in Kashmir. CBC Srinagar also actively participated by organizing activities at Govt. Higher Secondary School, Rawalpora, Srinagar, Kashmir

The primary objective of these programs is to bolster the awareness drive regarding the significance of the Swach Bharat Mission.

This mission aims to transform India into an Open Defecation Free (ODF) nation and foster an environment that is green and clean.

Throughout the day, the field offices of CBC orchestrated a series of

activities that included seminars and expert lectures on Swachta Hi Seva, as well as engaging in Shramdaan (voluntary labor) activities. Rallies featuring students and NCC Cadets prominently displaying placards with messages on Swachta were also organized. These rallies traversed different areas, effectively disseminating awareness among the masses about the importance of cleanliness and sanitation.

By actively participating in Swachta Hi Seva, CBC J&K, Ladakh, and their field offices are contributing to the broader national mission of a cleaner, healthier, and greener India.

# J&K NGO SUPPORT takes action to reduce food waste on International Day of Awareness on Food Loss & Waste Reduction

TOP NEWS REPORT

JAMMU, Sep 30: Jammu & Kashmir, September 29, 2022 - In honor of the International Day of Awareness on Food Loss and Waste Reduction, NGO SUP-PORT is taking steps to tackle the food waste challenge in Jammu & Kashmir. Founded by Dr. Navneet Kour, a Social & Human Rights Activist. NGO SUPPORT aims to feed hungry and underprivileged children, men, and women

in the region. To combat food waste, NGO SUPPORT has established partnerships with hotels, restaurants, and individuals to collect leftover food from weddings, parties, and other events. Instead of throwing this food away, it is distributed to urban slums in Jammu city, where the estimated food waste is around 25%. By redirecting this surplus food, thousands of laborers and underprivileged individuals, especially children, can be provided with muchneeded meals.

Since its inception. NGO SUPPORT's initiative to collect and distribute food waste has been highly successful. Through collaboration with event managers, caterers, restaurant and hotel owners, the organization has been able to bridge the gap between food donors and those in need. Hunger hotspots, such as urban slums, industrial areas, and construction sites, have been identified, and dedicated volunteers work tirelessly to collect and distribute the food to these communities.

The importance of reducing food waste cannot be overstated. According to the United Nations' Sustainable Development Goals, 45 million children under the age of five globally



have been affected by food wastage. Additionally, one in three people struggle with moderate to severe food inequality, and it is projected that over 600 million people will experience hunger by 2020. Nonaffordability of nutritious food and high food prices contribute significantly to hunger in developing and underdeveloped countries.

While government provisions exist for providing low-priced rations to below poverty line (BPL) individuals, migrant laborers often cannot avail themselves of this benefit in states or union territories other than their own. Black market prices for rationed food are often higher than government-subsidized costs. As a result, hunger and malnutrition persist, particularly among women and girls aged 13 to 49 who suffer from anemia.

The International Day of Awareness on Food Loss and Waste Reduction, celebrated annually on September 29, serves as a call to action for both public and private sectors to prioritize efforts to reduce food loss and waste worldwide. The staggering amount of edible food being lost and wasted every day demands immediate attention. "Keep in mind when eating or throwing out food, that someone, somewhere doesn't have a meal today." NGO SUPPORT, with

its team of 27 dedicated

volunteers, is working tirelessly in and around Jammu city to collect and deliver meals to underprivileged children in slums and government schools. The organization's vision extends beyond Jammu and Kashmir, as they believe that similar initiatives by other NGOs can help achieve zero hunger in the region. Local grassroots efforts, with the support of likeminded individuals and stakeholders, are crucial in creating a hunger-free J&K. NGO SUPPORT is committed to expanding its reach and creating a sustainable model through outreach and awareness campaigns. Dr. Navneet Kour, the founder chairperson of NGO SUPPORT, envisions a nationwide movement that optimizes the usage of food waste. Mapping efforts will be conducted to facilitate the sharing of food to the nearest locations where hungry individuals can be fed. The primary focus remains on serving the underprivileged in urban slums and migrant laborers.

# 'Kalash Yatras in J&K, Ladakh display profound respect for Martyrs in 'Meri Maati Mera Desh' Phase 2'

GMS Kohag and coor-

dinated by NYV Ana-

TOP NEWS REPORT

JAMMU, Sep 30: "Meri Maati Mera Desh" pays homage to the supreme sacrifices of our National Heroes, who laid down their lives for the motherland. In the second phase of this initiative, the Union Territories of Jammu and Kashmir (J&K) and Ladakh are experiencing a multitude of activities. NYKS J&K and Ladakh, under the Ministry of Youth Affairs and Sports, Government of India, are orchestrating various Kalash Yatras (processions with ceremonial pots) spanning the entire expanse of these Union Territories. People are contributing soil and rice as symbolic tokens, which will be transported to the National Capital in late October to lay the foundation of Amrit Vatika at Kartavyapath.

A series of programs were organized in Jammu Division as part of the second phase of "Meri Maati Mera Desh." In Kathua district, Kalash Yatras were held in Kohag, led by

dika Mahaian, Another Amrit Kalash Yatra took place in the vicinity of E&Y Coy and nearby villages, graced by the presence of Sh. A. K. Rai, Deputy Commandant BSF, along with 60 BSF personnel and over 500 local residents. The event also saw participation from former principals, teachers, PRI members, and others. In Jammu, a similar Kalash Yatra was organized by BSF in collaboration with NYK Jammu. A procession made its way through the Nandpur market area, passing in front of the statue of Late Ratan Chand, led by A Coy in the presence of Sh. N. K. Gupta, Asst. Commandant BSF, along with other personnel, PRI members, and hundreds of local resi-

Various events were held in Poonch District as well, featuring Kalash Yatras in blocks Loran, Buffliaz, and Surankote, where citizens actively contributed soil and rice

dents.

from their homes. In Udhampur district, door-to-door soil collection drives were conducted in blocks Parlidhar and Chanuntha, with enthusiastic local participation in contributing soil and rice to this national endeavor.

The second phase of

"Meri Maati Mera Desh" also witnessed Kalash Yatras in the Kashmir Division. In Pulwama, youth volunteers joined CRPF personnel in a Kalash Yatra, with people contributing rice and soil. Similar events unfolded in Srinagar and Baramulla districts, where residents contributed rice and soil from their households. In the UTs of Ladakh, specifically Leh and Kargil districts, Kalash Yatras were organized in various blocks, witnessing active participation and contributions of rice and soil in memory of our National Heroes. Soil collection drives were also conducted in block Turtuk, engaging youth club members and

youth volunteers.

# Max Hospital launches dedicated suite for gastro & Hepatobiliary sciences

TOP NEWS REPORT

MOHALI, Sep 30: Punjab's leading healthcare provider Max Super Speciality Hospital, Mohali today announced the launch of its dedicated suite for Gastroenterology & Hepatobiliary Sciences, a significant milestone in improving gastroenterology and liver care.

This specialised facility consolidates various procedures into one convenient location, offering enhanced patient care.

Max Hospital, Mohali's dedicated suite for Gastroenterology & Hepatobiliary Sciences, under the guidance of experienced Gastroenterologists, is committed to providing the latest treatment modalities for diseases affecting the intestine, liver, stomach, pancreas, and biliary system.

Elaborating, Dr Atul Sachdeva Senior Director – Gastroenterology, Max Hospital, Mohali said: "The introduction of our Dedicated Suite for Gastroenterology & Hepatobiliary Sciences will greatly benefit patients by providing a centralised, state-of-theart facility where they can receive comprehensive care, ensuring convenience, efficiency, and access to high-quality treatment for their digestive and liver-related conditions."

The suite is equipped with latest equipment, offering a comprehensive range of services including gastroenterology, bariatric procedures, minimal access surgery, and a round-the-clock intensive care robotic surgical program.

Dr. Pinak Moudgil, Senior Vice President and Head, Max Super Speciality Hospital, Mohali, said: "The launch of this Dedicated Suite underscores our commitment to delivering top-notch medical care in the region. We are dedicated to offering patients access to high-standard care for their digestive and liver-related issues."

This initiative reflects Max Super Speciality Hospital, Mohali's dedication to advancing medical care and prioritising patient convenience.

# Last living suspect in 1996 drive-by shooting of rapper Tupac Shakur indicted in Las Vegas on murder charge

A man who prosecutors say ordered the 1996 killing of rapper Tupac Shakur was arrested and charged with murder on Friday in a long-awaited breakthrough in one of hip-hop's most enduring mysteries.

Duane "Keffe D" Davis has long been known to investigators as one of four suspects identified early in the investigation. He isn't the accused gunman but was described as the group's ringleader by authorities on Friday at a news conference and in court.

"Duane Davis was the shot caller for this group of individuals that committed this crime," said police homicide Lt Jason Johansson, "and he orchestrated the plan that was carried out".

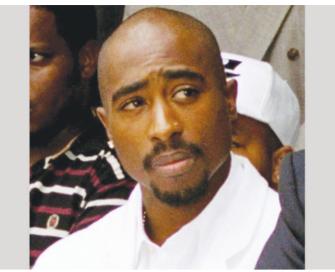
Davis himself has admitted in interviews and in his 2019 tellall memoir, 'Compton Street Legend', that he provided the gun used in the drive-by shooting.

Authorities said on Friday that Davis' own public comments revived the investigation.

Davis, now 60, was arrested early on Friday while on a walk near his home on the outskirts of Las Vegas, hours before prosecutors announced in court that a Nevada grand jury had indicted the self-described "gangster" on one count of murder with a deadly weapon. He is due in court next week.

The grand jury also voted to add a sentencing enhancement to the murder charge for gang activity that could add up to 20 additional years if he's convicted.

The first-ever arrest in the case came after Las Vegas police



On the night of September 7,

1996, Shakur was in a BMW

driven by Death Row Records

founder Marion "Suge" Knight.

They were waiting at a red light

near the Las Vegas Strip when

a white Cadillac pulled up next

Shakur was shot multiple

times and died a week later at

Davis, in his memoir, said he

was in the front passenger seat

of the Cadillac and had slipped

a gun into the back seat, from

where he said the shots were

He implicated his nephew,

Orlando "Baby Lane" Ander-

son, saying he was one of two

people in the backseat. Ander-

son, a known rival of Shakur,

had been involved in a casino

brawl with the rapper shortly

"Little did anyone know that

this incident right here would

ultimately lead to the retaliato-

ry shooting and death of Tupac

Shakur," said Johansson, the

Anderson died two years later.

before the shooting.

police lieutenant.

to them and gunfire erupted.

the age of 25.

raided Davis' home in mid-July in the nearby city of Henderson for items they described at the time as "concerning the murder of Tupac Shakur".

It wasn't immediately clear if Davis has an attorney who can comment on his behalf. Prosecutors said they did not know if he had a lawyer and several local attorneys said they did not know who from Las Vegas would represent him. Phone and text messages to Davis and his wife on Friday and in the months since the July 17 search weren't returned.

"For 27 years, the family of Tupac Shakur has been waiting for justice," Clark County Sheriff Kevin McMahill said at a news conference on Friday. "While I know there's been many people who did not believe that the murder of Tupac Shakur was important to this police department, I'm here to tell you that is simply not the case."

Prosecutors said they had been in contact with the rapper's family, who were "pleased with this news".

He denied any involvement in Shakur's death.
Emails seeking comment from

Emails seeking comment from two lawyers who have previously represented Knight were not immediately returned. Knight was grazed by a bullet fragment in the shooting but had only minor injuries. He is serving a 28-year prison sentence in California for an unrelated voluntary manslaughter charge.

On the night of July 17, Las Vegas police quietly surrounded the home where Davis lives with his wife, Paula Clemons. Police lapel video obtained by AP showed SWAT officers detaining a man and his wife outside the home lit up by a swirl of red and blue lights after announcing their presence on a bullhorn. The couple's faces are blurred in the videos.

Police reported collecting multiple computers, a cell-phone and hard drive, a Vibe magazine that featured Shakur, several .40-calibre bullets, two "tubs containing photographs" and a copy of Davis' memoir.

Greg Kading, a retired Los Angeles police detective who spent years investigating the Shakur killing and wrote a book about it, said he's not surprised by Davis' arrest.

"All other direct conspirators or participants are dead," Kading said. "Keffe D is the last man standing among the individuals that conspired to kill Tupac."

The rapper's death came as his fourth solo album, 'All Eyez on Me', remained on the charts, with some 5 million copies sold. Nominated six times for a Grammy Award, Shakur is still largely considered one of the most influential and versatile rappers of all time.

#### Feather in the cap: Shefali Shah nominated for the Asian Academy Creative Awards 2023



Close on the heels of two nominations at the coveted International Emmys, Netflix India received another set of nominations at the prestigious Asian Academy Creative Awards 2023. The nominations include Best Actress in a Leading Role for Rajshri Deshpande, who delivered a widely acclaimed performance as the formidable Neelam Krishnamoorthy in the series, Trial By Fire which also received a Best Drama Series nod.

The International Emmy nominee Shefali Shah was chosen as the Indian selection for Best Actress in a Supporting Role, for her captivating performance of Shamshunissa in the dark-comedy Darlings. The docu-series The Romantics and the Netflix original anthology Lust Stories 2 were also nominated for Best Non-Scripted Entertainment and Best Feature Film, respectively.

Konkona Sen Sharma, director of Lust Stories 2 — Mirror, shared, "I'm thrilled that Lust Stories 2 — Mirror has received this nomination. The anthology explores the complexities of modern relationships."

Rajshri Deshpande was elated too, "Being nominated at the Asian Academy Creative Awards is humbling."

# Ecological thought: Saiyami Kher undertakes clean-up drive at Juhu beach

In a significant initiative aimed at preserving Mumbai's natural beauty and environment, renowned actress Saiyami Kher has taken the lead in organising a post-visarjan clean-up drive at Juhu beach. This endeavour is in partnership with dedicated volunteers from the Bhamla Foundation. Saiyami Kher, who recently teamed up with the United Nations for disability welfare, has consistently demonstrated her commitment to social causes

She shared a powerful message for all Mumbaikars: "Bappa will certainly not like seeing our beaches filled with litter post the festivities. I have worked with Afroz Shah, who has been



doing incredible work for the last seven years. Very happy to join the Bhamla foundation this time. Our devotion should extend to pre-

serving the beauty of our city and its beaches. Let us join hands in this noble cause to keep our shores clean and thriving."

# Embarking on a new journey: Jaideep Ahlawat calls Marvel's Wastelanders: Hawkeye, an 'ode to indomitable human spirit'

Jaideep Ahlawat, who is now making inroads into the world of audiobooks and comics as he gives the Hindi voice for the Marvel archersuperhero Hawkeye, in the audio-series Marvel's Wastelanders: Hawkeye, described it "an ode to the indomitable human spirit". The audio series dropped on streaming medium on Friday.

Talking about the series, the Paatal Lok actor says, "Marvel's Wastelanders: Hawkeye is an inspiring story that humanises the superhero. The series is an ode to the indomitable human spirit and I am confident that it will inspire listeners to confront their challenges



fearlessly."

Detailing his experience, Jaideep adds, "Portraying Hawkeye has been a rewarding journey for me because of the remarkable strength and resilience

he showcases in the

face of adversity. You will witness him on a journey to honour the memory of his loved ones, amidst the shifting sands of time."

Presenting an alternate scenario, similar to MCU's 'What if...' ani-

mated series, the audiobook series explores different angles of various Marvel characters with entirely new storylines. As such, the audioseries gives an entirely new original story and all see the heroes at their worst, fighting the worst threats in the face of horrible odds.

The Hawkeye is part of the Wastelanders series and is the second installment after Marvel's Wastelanders: Star-Lord. Hawkeye sees Clint Barton from 30 years ago in the franchise embarking on a bloody pursuit for vengeance as all the villains of the world rose up and killed almost every superhero. This ranges from his friends in the

Avengers to his associates in the X-Men, The Fantastic Four and various other heroes.

The Hindi version of Marvel's Wastelanders: Hawkeye features a strong cast featuring the voices of — Jaideep Ahlawat, Prajakta Koli, and Jennifer Winget, among others, and has been released on Audible.

It is a six-season series and is the first collaboration between Audible and Marvel Entertainment. The series is also being released in French, German, Hindi, Italian, and Japanese. The English-language version of Marvel's Wastelanders: Hawkeye was written by J. Holtham and is directed by Rachel Chavkin.

# Spooky stuff!: Singer Cardi B says she's tormented by a ghost



Rapper Cardi B doesn't feel at peace despite living in a luxurious mansion. She claims to have been tormented by a 'pervert

ghost' in the house. On September 26, the Grammy winner ended her social media break and went on Instagram Live to detail her scary encounter with the spirit. "I go and take a shower, and I get out the shower and go lay on my bed. I start hearing like a fly sound. I haven't been able to find the... fly," she shared.

Cardi said: "I told my driver to get one of those things you kill the fly with, the spatula to kill the fly. I don't see the... fly. Then I start hearing this sound in the hallway. It sounds like somebody's on the phone. I call the security guard to tell the other security guard that's guarding the house outside to come in the house to hear the sound. Tell me how the sound is gone. It's gone out of nowhere. All I'm saying is that there's a ghost or spirit in this house...'

### **Dream come true**



Nothing can stop you if you have a will to achieve your dreams. Manoj Sharma, who started his career as cameraperson in the Punjabi entertainment industry, believes in it.

Manoj, who has now directed a couple of music videos, wanted to become an actor, but his height (Manoj stands at four feet four inches) got in the way. He says, "My height was a hurdle, but I didn't let it come in the way of my dreams."

So, he picked up the camera instead. "Once I visited the sets of a movie and the camera fascinated me. The team members taught me how to operate it. From there, my journey as a cameraperson started."

In his 22-year-long career, both as a cameraperson and music video director, Manoj has worked with many artistes, including Garry Sandhu and Diljit Dosanjh.

# She's Lola!: Jennifer Aniston reveals her old nickname

Hollywood star Jennifer Aniston, who is best known for her iconic role as Rachel on hit sitcom Friends, has revealed the nickname she acquired when she first moved to California. The Hollywood star,

The Hollywood star, 54, is currently promoting her latest haircare line. She opened up on the reason behind the branding.

Aniston said it was simply to do with an old-school nickname she acquired when she moved to California. She said: "I wish there was a story with some profound meaning behind it, but Lola was actually the name of my first car when I moved to

California.

Lola became a nickname for me and when
the time to find a name



for my company arrived, it felt like the perfect

name for my haircare

'Sankalp Saptaah' is linked to the effective implementation of the Aspirational Blocks Programme (ABP).

NEW DELHI, Sep 30 (Agencies): Prime Minister Narendra Modi on Saturday launched a unique week-long programme for Aspirational Blocks in the country called 'Sankalp Saptaah' at Bharat Mandapam, in the national capital

'Sankalp Saptaah' is linked to the effective implementation of the Aspirational Blocks Programme (ABP).

The nationwide programme was launched by the PM on January 7, 2023. It aims to improve governance at the block level in order to enhance the quality of life of citizens.

It is being implemented in 500 Aspirational Blocks across 329 districts in the country. To implement the Aspirational Blocks Programme and to prepare an effective block development



strategy, chintan shivirs were organised at village and block levels across the country. The 'Sankalp Saptaah' is a culmination of these chintan shivirs.

'Sankalp Saptaah' will be observed in all of the 500 Aspirational Blocks. Each day in 'Sankalp Saptaah', starting from October 3 till October 9, 2023, is dedicated to a specific development theme on which all Aspirational Blocks will work. The themes for the first six

days include 'Sampoorna Swasthya', 'Suposhit Pariwaar', 'Swachhta', 'Krishi', 'Shiksha', and 'Samridhi Diwas'.

The last day of the week which is October 9, 2023, will be a celebration of the work conducted during the entire week, as 'Sankalp Saptaah - Samavesh Samaroh'.

The inaugural programme will witness the participation of about 3,000 panchayat and block-level people's representatives and functionaries from across the country in Bharat Mandapam.

In addition, about two lakh people including block and panchayat level functionaries, farmers, and persons from other walks of life, will join the programme virtually.

### Bengaluru police bust Rs 854 crore cyber investment fraud, arrest 6 people



BENGALURU, Sep 30 (Agencies): The Bengaluru police have busted a Rs 854 crore cyber fraud scam and arrested six people who allegedly cheated thousands of victims across India on the pretext of an investment scheme, officials said on Saturday.

Out of the total cheated amount, Rs 5

crore had been frozen, they said.

The accused gang lured the victims through Whatsapp and Telegram. Initially, they were asked to invest smaller amounts ranging from Rs 1,000 to 10,000 on the pretext that they would earn Rs 1,000 to 5,000 per day as a profit, a senior police officer said.

Thousands of victims invested money ranging from Rs 1 lakh to 10 lakh, he

The money invested by the victims was dumped into different bank accounts through online payments. However, after completing the investment process, when the victims tried to withdraw the amount, they never got any refund, he added.

Once the amount was collected, the accused diverted the consolidated money to mule accounts (related to money laundering), the officer said.

The total amount of Rs 854 crore was dumped into various online payment modes through crypto (Binance), payment gateway, gaming apps among

# Class-11 student strangled to death after dispute over transaction of Rs 30 escalated in UP's Baghpat

BAGHPAT, Sep 30 (Agencies): A 17-yearold was allegedly strangled to death at a village here after a dispute over Rs 30 with three men escalated, police said on Saturday.

The class 11 student was allegedly killed by the accused on Friday night in Baraut police station area, they said.

Hrithik was a student of KHR Inter College at the village, police said. Baraut SHO Devesh Kumar Singh told PTI that preliminary investigation into the alleged murder revealed a dis-

pute over Rs 30. According to the com-



plaint filed by the family, Hrithik had a dispute with three men of the same village regarding a transaction of Rs 30 and the dispute escalated to a point where the accused strangled Hrithik to death. The incident happened around 9pm on Friday,

police said. The SHO said the family said all the three accused knew Hrithik and that there were no injury marks on his body. Police said the body had been sent for postmortem. An FIR has been registered, they

### BJP's 'fake nationalism' visible yet again: Kharge on new disability pension rules for armed forces

NEW DELHI, Sep 30 (Agencies): Congress chief Mallikarjun Kharge on Saturday slammed the BJP over the new disability pension rules for armed forces personnel, alleging that its "fake nationalism" is yet again visible through the move.

The Narendra Modi Government is a "habitual offender" in working against the welfare of jawans, ex-service personnel and veterans, he alleged in a post on X.

According to media reports, the All India Ex-Servicemen Welfare Association has strongly protested against the new policy on disability and death benefits of defence personnel and their widows. The policy



was made public on Wednesday by the Ministry of Defence.

In his post on X, Kharge said, "BJP's fake nationalism is yet again visible in the new disability pension rules for our brave Armed Forces!"

Around 40 per cent of Army officers retire with disability pension and the change in the

present policy will flout multiple past judgments, rules and acceptable

global norms, he said.

"The All India Ex-Servicemen Welfare Association has strongly protested this new policy by the Modi government, which places soldiers at a disadvantage when compared to civilian employees," the Congress chief claimed.

In June 2019, the Modi Government had come out with a "similar betrayal" when it announced that it would be taxing disability pensions, Kharge said.

"(The) Modi Government is a habitual offender in working against the welfare of our jawans, ex-servicemen and veterans," he said.

Kharge claimed that the Agnipath scheme was an explicit admission that the Modi Government does not have the funds for soldiers. He also alleged that

there were large-scale anomalies in OROP-2 (One Rank, One Pension).

Attacking the government, Kharge also cited the withdrawal of the "much deserved" 'Non-Functional Utility' to ensure automatic timebound pay promotion and "snatching away of medical benefits/pensions to jawans who have valiantly served the nation under short service commission".

He also said "privatisation of (the) Ordnance Factory Board and rationing in CSD outlets" are against the welfare of armed forces personnel.

"In this context, the Congress party reiterates its demand to set up an Ex-servicemen Commission at the earliest to address the grievances of military veterans," Kharge said.

### "Resentment Towards Name": BJP MP On Action **Against Sanjay Gandhi Hospital**

(Agencies): BJP MP Varun Gandhi today wrote to Uttar Pradesh Deputy Chief Minister Brajesh Pathak saying the "swift suspension" of the Sanjay Gandhi Hospital's licence in Amethi, without a thorough investigation, is "an injustice" to all individuals who depend on the institution not only for primary healthcare services but also for their livelihoods.

"While accountability is crucial, it is imperative that principles of fairness and impartiality be upheld," he wrote in a letter posted on X.

Urging the minister to reconsider his decision, taken after the death of a 22-year-old woman due to alleged medical negligence, Mr Gandhi said he hoped citizens' access to medical services remains uninterrupted, while the government ensures a transparent inquiry that addresses immediate concerns, and identifies and rectifies any systemic issues that may have contributed to the incident.

"The hospital, whose foundation stone was laid by former Prime Minister Smt. Indira Gandhi in 1982, has stood as a steadfast pillar of healthcare support for the people in Amethi and its neighbouring districts for several decades," Varun Gandhi's letter said, warning that suspending its licence has "farreaching implications" for the region's health-



care access, employment, and education.

In addition to its healthcare services, the hospital, named after his father, serves as a significant employer, with approximately 450 dedicated staff members and thousands of others whose livelihoods depend on the continuous operation of this institution, Mr Gandhi pointed out, adding that

it also plays a role in healthcare education by training 600 nursing and 200 paramedic students

"Suspending the hospital's licence unilaterally, without affording it any opportunity to explain, raises concerns, as this decision impacts healthcare access, livelihood, and educational continuity," he said, and suggested the matter should be approached with "a sense of proportionality and fairness".

In another post on X with a video report of a protest demonstration by the hospital staff, Varun Gandhi said only the 'vision of humanity' can do justice to their suffering, not the 'arrogance of the system'.

Suggesting the action had to do with the 'Gandhi' name in the hospital's name, the BJP MP said resentment towards 'name' could spoil the 'work' of lakhs.

Sanjay Gandhi Hospital is run by Sanjay Gandhi Memorial Trust New Delhi and Sonia Gandhi is its chairperson while Rahul Gandhi and Priyanka Gandhi are the members of the trust.

# Electoral bonds are 'legalised bribery', says Chidambaram



NEW DELHI, Sep 30 (Agencies): Senior Congress leader P Chidambaram on Saturday described electoral bonds as "legalised bribery" and claimed that, as their fresh tranche opens on October 4, it will be a "golden harvest" for the BJP.

The government on Friday approved the issuance of the 28th tranche of electoral bonds that will open for

We will conduct caste-based census to know

exact number of OBCs in country if voted to

sale for 10 days beginning October 4.

The decision comes ahead of assembly elections in Rajasthan, Madhya Pradesh, Chhattisgarh, Telangana and Mizoram. The poll dates in these states are likely to be announced soon.

In a post on X, Chidambaram noted that the 28th tranche of the electoral bonds will open on October 4 and said, "It will be a golden harvest for the BJP. Going by the past records, 90 per cent of the so-called anonymous donations will go to the BJP."

Electoral bonds are "legalised bribery", Chidambaram said.

Electoral bonds have been pitched as an alternative to cash donations made to political parties as part of efforts to bring transparency to political funding.

The sale of the first batch of electoral bonds took place in March 2018. The State Bank of India is the only bank authorised to issue electoral bonds.

Electoral bonds can be purchased by Indian citizens or entities incorporated or established in the country.

#### Man arrested for writing threat letters to litterateurs, intellectuals in Karnataka

BENGALURU, Sep 30 (Agencies): The Central Crime Branch sleuths have arrested a man from Davangere who had allegedly written threat letters to litterateurs and intellectuals, police sources said on Saturday.

The CCB has obtained 10 days' police custody to dig out more information

from him, the sources added. According to the information received, over 15 writers and intellectuals from the state had met Karnataka Home Minister G Parameshwara, stating that they had been receiving threatening

letters for the past year. They also said they received letters saying that they would meet the fate of late activists MM Kalburgi and Gauri



The activists were shot dead by a fringe right-wing group in the past.

The Home Minister has issued directions to Director General of Police Alok Mohan and Bengaluru Police Commissioner B Dayananda to provide security for the writers and intellectuals

#### power: Rahul Gandhi NEW DELHI, Sep 30 (Agencies): Congress leader Rahul Gandhi on Saturday said if his party comes to power at the Centre, it would

conduct a caste-based census to know the exact number of Other Backward Classes (OBCs) people in the country.

He was addressing a public meeting in Kalapipal assembly constituency in Shajapur district of Madhya Pradesh.



"Soon after coming to power, the first thing we will do is to go for a caste-based census to know the exact number of OBCs in the country

as no one knows their exact number," Gandhi

He claimed that the country was being run by only 90 officers,

secretary and secretaries, while the BJP MPs and MLAs had no role in framing policies and laws in the country.

including the cabinet

The Rashtriya Swayamsevak Sangh (RSS) and bureaucrats are framing laws instead of elected BJP members, Gandhi alleged.

Terming Madhya Pradesh as the "epicentre" of corruption in the country, Gandhi said, "Scams like Vyapam have rocked the state. MBBS degrees are being sold, exam papers are being leaked and sold, and (there is corruption) in the construction of Mahakal Lok corridor, among others." He claimed that 18,000 farmers have committed suicide in the last 18 years.

"It means that three farmers end their lives every day in the state," he alleged.

# US government hours from shutdown, funding chaos

The two chambers of Congress are deadlocked, with a small group of Republicans in the House of Representatives pushing back against stopgap measures that would at least keep the lights on.

WASHINGTON, Sep 30 (Agencies): The US government on Saturday was hours from shutting down after the far right of the Republican Party scuppered final attempts at a temporary budget agreement, throwing into doubt everything from access to national parks to Washington's massive support for Ukraine.

The closure of all but critical government services, set to start after midnight Saturday (0400 GMT Sunday) if lawmakers fail to reach a deal, would be the first since 2019 -- immediately delaying salaries for millions of federal employees and military personnel.

The two chambers of Congress are deadlocked, with a small group of Republicans in the House of Representatives pushing back against stopgap measures that would at least keep the lights on.

On Friday, House Republicans defeated a plan proposed by their own leader, Speaker Kevin McCarthy, to keep funds flowing, deepening the sense of growing chaos within the party ahead of 2024 elections where hard-right former president Donald Trump hopes to return to the White House.

The White House Office of Management and Budget's



All critical government ser-

vices will remain functioning.

However, a shutdown would

mean the majority of national

parks, for example -- from the

iconic Yosemite and Yellow-

stone in the west to Florida's

Everglades swamp -- would be

closed to public access begin-

With student loan payments

resuming in October, officials

also said Friday that key activi-

ties at the Federal Student

Aid office would continue for a

But a prolonged shutdown

could cause bigger disruptions.

A shutdown "unnecessar-

ily" places the world's largest

economy at risk, White House

National Economic Council

Director Lael Brainard told

Risks that could percolate

ning Sunday.

couple of weeks.

CNBC.

director Shalanda Young said there was "still a chance" of avoiding a shutdown if Republicans could end internal divisions

And White House Press Secretary Karine Jean-Pierre made clear that President Joe Biden, who is seeking a second term in 2024, did not intend to wade in.

"The conversation needs to happen between Speaker McCarthy and his caucus. That's the fix, that's the chaos that we're seeing," she said.

Speaking to the news outlet ProPublica on Friday, Biden said McCarthy has made "a terrible bargain. In order to keep the speakership, he's willing to do things that he, I think, he knows are inconsistent with the constitutional processes."

McCarthy, however, blamed Democrats, saying they are the ones blocking a solution.

include air travel delays, with air traffic controllers asked to work without pay.

through the wider economy

Treasury Secretary Janet Yellen warned a closure could also delay infrastructure improvements.

"In the immediate term, a government shutdown will only reduce GDP by 0.2 percentage points each week it lasts," said a report released Friday by the Center for Strategic and International Studies, a think tank.

"However, halting critical trade functions of the United States will also undermine the United States' overall credibility as a commercial partner, impede ongoing negotiations and hinder export control enforcement capabilities," the report added.

The mess casts a growing shadow over Biden's policy of arming and funding Ukraine in its desperate war against the Russian invasion. For Republican hardliners behind the derailment of a new budget, stopping aid to Ukraine is a key goal.

Most Republican members of Congress continue to support US backing for Ukraine, but the shutdown will at minimum raise questions over the political viability of renewing the multibilliondollar flow of assistance.

# Trump animates California Republicans with calls to shoot people who rob stores



ANAHEIM, Sep 30 (Agencies): In an occasionally dark and profane speech, Donald Trump sought to win over Republicans in California by complaining that rich people in Beverly Hills smell bad because they're denied water, reiterating lies about widespread election fraud and calling on police to shoot people robbing stores.

While many of his remarks at the California Republican Party convention in Anaheim were familiar retreads of Trump's attacks and grievances, his encouragement of violent retribution against criminals marked an escalation of his longstanding tough-oncrime message.

"We will immediately stop all of the pillaging and theft. Very simply: If you rob a store, you can fully expect to be shot as you are leaving that store," he said, drawing loud applause. "Shot!" he added for emphasis.

Trump was one of several Republican presidential contenders appearing at

the event in this Democratic stronghold. While there's little hope for any of them to defeat President Joe Biden here in a general election, California will play a critical role in the slate of states voting on March 5 in the so-called Super Tuesday primaries.

With 169 delegates at stake, a win in California would move a Republican presidential candidate much closer to the nomination. And a recent rule change could give Trump, who is so far dominating the primary, an advantage. If he wins more than 50 per cent of the vote, he would be awarded each of the state's delegates.

A Public Policy Institute of California voter survey released Wednesday, but conducted in late August and early September, found Trump with support from nearly half of the likely Republican primary voters. DeSantis was far back, at 14 per cent, with the rest of the field lagging in single digits.

Trump's comments on Friday underscored a central question surrounding Trump's effort to return to the presidency. While his focus on red meat issues plays well with the GOP base, it's unclear that it will hold much appeal with the broader set of voters needed to win a general election.

His remarks about crime, for instance, were especially pointed. In the past, Trump has proposed shooting migrants to prevent them from crossing the border. In his book and in interviews, former Defense Secretary Mark Esper alleged Trump inquired about shooting protesters during the George Floyd demonstrations. He has also proposed the death penalty for drug dealers, human traffickers and anyone convicted of killing a police officer.

# New York city declares state of emergency over flash flooding

NEW YORK, Sep 30 (Agencies): New York Governor Kathy Hochul has declared a state of emergency across New York City, Long Island, and surrounding areas after torrential storms flooded subways and streets and delayed flights.

Ophelia's remnants soaked New York City with heavy rain early on Friday, and caused flash flooding in parts of the city, Xinhua news agency reported.

A flood watch is in effect through 6 am on Saturday for the entire tri-state - New York, New Jersey and Connecticut, with rainfall rates of one to two inches per hour expected at times.

Strong storms have shut down swaths of the Big Apple's subway system, flooded some streets and highways, and cut off access to at least one terminal at the LaGuardia Airport.

A number of subway lines were suspended



on Friday morning with other lines suspending service through flooded stations, especially in Brooklyn.

"There is only extremely limited subway service available because of heavy flooding. Service is suspended at many stations," the Metropolitan Transportation Authority (MTA)'s subway account posted on X.

Hochul's announcement on Friday was followed by a similar order from New York City Mayor Eric Adams, who asked residents to shelter in place during the worst of the storm.

the worst of the storm.
"I want to say to all

New Yorkers, this is time for heightened alertness and extreme caution. If you are home, stay home. If you are at work or school, shelter in place for now," Adams

Parts of New York City saw five inches of rain as of 11 am on Friday. In Central Park, it was the most rainfall seen since the remnants of Ida swept through two years ago.

Video footage showed cars stuck in the flooded streets at the Red Hook neighbourhood in the Brooklyn borough. Some people were working to clear a drain in flood water.

# Man charged over leaking Donald Trump's tax returns

WASHINGTON, Sep 30 (Agencies): US federal prosectors have charged a man for allegedly leaking the tax returns of a "high-ranking government official" who is understood to be former President Donald Trump, media reports said.

The prosecutors on Friday charged Charles Edward Littlejohn, the 38-year-old man worked with the Internal Revenue Service (IRS) from 2018 to 2020, who allegedly stole "tax returns and return information associated with Public Official A" and disclosed that information to a news organisation, CNN reported citing court documents.

Although the official is not

named in court documents, a source told CNN the tax returns in question were Trump's.

In addition to the former President's tax documents, Littlejohn is also accused of stealing IRS information on "thousands of the nation's wealthiest people, including returns and return information dating back more than 15 years", the documents said.

The accuse then sent that tax information to a second unnamed news organisation.

"Both news organisations published numerous articles describing the tax information they obtained from the Defendant," the court documents said without naming the outlets.

The organisations have not been accused of any wrongdoing, CNN reported. The New York Times and Pro-

Publica both published articles based on tax records of the former President and other wealthy Americans around the same timeframe – in 2020 and 2021, respectively.

While the New York Times has declined to comment about the claims, ProPublica told CBS News on Friday: "We have no comment on today's announcement from the Department of Justice. As we've said previously, ProPublica doesn't know the identity of the source who provided this trove of informa-

tion on the taxes paid by the wealthiest Americans."

Trump has also not commented on the development.

A 2020 article in The New York Times, which is thought to have been based on the leaked information, claimed that the former President paid just \$750 in federal income tax both in 2016, the year he ran for the US presidency, and in his first year in the White House, reports the BBC.

The newspaper also said that he paid no income taxes at all in 10 of the previous 15 years and that the records reveal "chronic losses and years of tax avoidance".

### 1 Killed, 1 Injured After Whale Strikes Boat Off Australia

SYDNEY, Sep 30 (Agencies): A whale struck a boat off the coast of eastern Australia on Saturday morning, killing one man and injuring another.

The two men were on the boat when it was hit and flipped at about 6 am local time (2000 GMT) in the waters off La Perouse, 14 kilometres (nine miles) southeast of Sydney,



police said.

The first man was pulled from

the water unconscious and died at the scene. The second was treated by paramedics and is in

stable condition in hospital.

The collision was "a tragic accident", Water Police acting superintendent Siobhan Munro said in comments reported by public broadcaster ABC.

She said the whale had breached near or possibly onto

the small "run-about" boat.

"Right now there are lots of whales out there and there are lots of examples of whales breaching next to boats," she added.

It comes less than two weeks after a four-metre humpback whale was struck in the head by a boat propeller off the coast of Western Australia.

#### United Auto Workers strikes spread as 7,000 more workers at two plants join the picket line

DETROIT, Sep 30 (Agencies): The United Auto Workers union expanded strikes against Detroit automakers, ordering 7,000 more workers to walk off the job in Illinois and Michigan to put more pressure on the companies to improve their offers. It was the second time the union has widened the walkouts, which started two weeks ago at three assembly plants before the most recent addition of a Ford plant in Chicago and a General Motors factory near Lansing.

Union President Shawn Fain told workers in a video appearance that the strikes were escalated because Ford and GM refused "to make meaningful progress" in contract talks. Jeep maker Stellantis was spared from the third round of strikes. Ford and GM shot back as a war of words with the union also intensified. Ford accused the UAW of holding up a deal mainly over union representation at electric vehicle battery plants, most of which are joint ventures with a Korean manufacturer. "We still have time to reach an agreement and avert a real disaster," Ford CEO Jim Farley said. The company said the work stoppages are starting to affect fragile companies that make parts for the factories on strike. General Motors CEO Mary Barra blamed union leaders for the impasse.

"UAW leadership continues to expand

the strike while upping the rhetoric and the theatrics. It's clear that there is no real intent to get to an agreement," Barra said in a statement. The GM plant in Delta Township, near Lansing, makes large crossover SUVs such as the Chevrolet Traverse and Buick Enclave. A nearby metal parts stamping plant will remain open, Fain said.

The Chicago Ford plant makes the Ford Explorer and Explorer Police Interceptors, as well as the Lincoln Aviator SUV.

Fain said union bargainers are still talking to the companies, and he was hopeful they could reach deals. Stellantis, he said, made significant progress Friday by agreeing to unspecified cost-of-living raises, the right not to cross a picket line and the right to strike over plant closures. Raneal Edwards, a longtime GM employee who works at the Lansing-area factory, said she was "shocked but happy" to hear that her plant would join the strike. "I feel like they don't understand that this is about more than wages," Edwards said. "It's about having security at our jobs." Edwards said the UAW's strategy of slowly adding more plants will work. "I love it because it keeps us on our toes. No one knows what's next," she said. But in a note to workers Friday, Edwards' boss, GM manufacturing chief Gerald Johnson, said the company has yet to receive a counteroffer from union

leaders to a Sept. 21 economic proposal.

Automakers have long said they are willing to give raises, but they fear that a costly contract will make their vehicles more expensive than those built at nonunion U.S. plants run by foreign corporations.

Ford's Farley accused the union of holding an agreement hostage over union representation of battery plant workers. On a conference call with industry analysts, he said high wages at battery plants would raise the price of Ford's electric vehicles above those from Tesla and other competitors. "Record contract? No problem. Mortgaging our future? That's a big problem. We will never do it," Farley said.

Fain later accused Farley of lying and said the union gave Ford a counteroffer Monday but has not heard back. He stressed that there is no impasse, although they're far apart on economic issues such as defined-benefit pensions for all workers and health insurance for retirees. "We've had good discussions. There's times we think we're getting somewhere, and then things just stop," he said. Fain also said "job security in the EV transition" remains an issue.

The union insists that labor expenses are only 4% to 5% of the cost of a vehicle, and that the companies are making billions in profits and can afford big raises.

Wedbush analyst Dan Ives said the expanded strikes show both sides are digging in for a potentially long battle.

Ives wrote in a note to investors that President Joe Biden's administration is watching union demands collide with his push for cleaner electric vehicles. Biden, who has billed himself as the most union-friendly president in history, traveled Tuesday to the Detroit area to walk picket lines with workers at a GM parts warehouse.

Republican front-runner Donald Trump also traveled to the Detroit area this week for a rally at a nonunion parts maker.

Offers on the table from the companies will add \$3,000 to \$5,000 to the cost of an average electric vehicle that would be passed on to consumers, Ives wrote.

The electric vehicle battery plants are a huge issue for the union's future. Some industry executives, including Farley, say building EVs will take up to 40% fewer workers because they have fewer parts. So the union is looking to organize battery plants and win top wages so displaced workers have somewhere to go, especially those making combustion engines.

The automakers' last known wage offers were around 20% over the life of a four-year contract, a little more than half of what the union has demanded. Other con-

increases, restoration of defined-benefit pensions for newly hired workers and an end to wage tiers within the union are also on the table. The union went on strike Sept. 15, initially targeting one assembly plant from each company. Then last week it added 38 parts-distribution centers run by GM and Stellantis. Ford was spared from that expansion because talks with the union were progressing then.

The union has structured its walkouts so

tract improvements, such as cost of living

the companies can keep making big pickup trucks and SUVs, their top-selling and most profitable vehicles. Previously it shut down assembly plants in Missouri, Ohio and Michigan that make midsize pickup, commercial vans and midsize SUVs, which aren't as profitable as larger vehicles.

The new strikes against GM and Ford target crossover SUVs that are big money makers for both companies. In the past, the union picked one company as a potential strike target and reached a contract agreement with that company to be the pattern for the others. But this year, Fain introduced a novel strategy of targeting a limited number of facilities at all three automakers. About 25,000, or about 17%, of the union's 146,000 workers at the three automakers are now on strike.

# Medical colleges could be fined Rs 1 crore for violation of new NMC rules

The Commission will issue warnings or impose penalties for failing to comply with the set provisions

NEW DELHI, Sep 30 (Agencies): Medical colleges that fail to comply with statutory provisions and National Medical Commission's regulations can be fined Rs 1 crore per violation, according to the new set of rules notified by the apex regulator on medical education and profession.

A penalty of Rs 5 lakh can be imposed on the faculty/head of department/dean/director/doctor submitting false declaration/documents/records, including patients' records.

Further, they can also be charged or penalised for misconduct under the Registered Medical Practitioner (Professional Conduct) Regulations and the 'Maintenance of Standards of Medical Education Regulations, 2023, the new rules notified on September 27 stated.

If a medical college fails to comply with the statutory provisions and regulations as prescribed by the respective boards of the NMC, the Commission may also withhold and withdraw accreditation for a period up to five academic years, the regulations said.

The regulations stated that any attempt to pressurise Under-Graduate Medical Examination Board (UGMEB), Post-Graduate Medical Education Board (PGMEB) or NMC through individuals or agencies will lead to immediate halt of the processing of all applications/requests by the medical institution.

"Where the respective board has reason to believe that a medical institution has failed to comply with any statutory provision, regulations framed thereunder or has not complied with the Minimum Standards of Requirements (MSR) as prescribed by their respective Boards, or has conducted themselves in any manner which is not in accordance with the goals of medical education and practice, the board shall either penalise the medical college or medical institution and/ or conduct further enquiry into such act and wherever needed provide an opportunity to rectify the same," the regulation said. As per the regulations, medi-

cal colleges will have to furnish

an "Annual Disclosure Report" to the corresponding board clearly demonstrating that they fulfil the required MSRs notified by UGMEB or PGMEB and regulations of NMC, as the case may be.

"Keeping in mind the overall objectives of the National Medical Commission Act, the respective Board (PGMEB or UGMEB) may undertake the evaluation of the Annual Disclosure Report for verifying whether the medical college or medical institution fulfils the required conditions prescribed by way of MSRs or NMC Regulations as the case may be," the document said.

These include verification of physical infrastructure, availability of required number of qualified faculty for actual teaching and research and to undertake necessary student learning activities on a regular and continued basis, availability of adequate clinical material in terms of number of patients of different specialties.

They also include the variety of patients to fulfil all-round

training of students, number of variety of procedures, surgeries, laboratory investigations, radiological investigations and other relevant investigations, assessment of the teaching methodology adopted and other parameters related to standards of medical education that may be added from time to time by the respective boards or NMC.

The Commission will issue warnings or impose penalties for failing to comply with the set provisions.

It can also recommend to Medical Assessment and Rating Board (MARB) to withhold processing of application(s) for any new course, including increase of seats, reducing the number of students in the next or subsequent academic years to be admitted by the medical institution, stoppage of admission to one or more of the courses in the next or subsequent academic years, withholding and withdrawal of accreditation for a period up to five academic years, and withhold applications/requests by the medical institution.

# Manipur BJP flags 'people's anger' in letter to JP Nadda



IMPHAL, Sep 30 (Agencies): BJP's Manipur unit has told its national president JP Nadda that people are angry as the state government has so far failed to contain the ethnic strife.

A letter signed by party's state unit president Sharda Devi, vice-president Ch Chidananda Singh and six others told Nadda that "public anger and protest is now slowly turning the tide, putting the sole onus of this prolonged disturbance into the failure of the government in dealing with the situation."

In their letter, the BJP leaders asked Nadda

to push for the revocation of Article 355 and restore the unified command to the chief minister to restore people's confidence.

Demanding immedi-

ate resettlement of the displaced people in their "original places of residence", the leaders said, "We know our government is working day and night so as to bring back normalcy in the state" and that "our party in the state-level is also playing a major crucial role in coping with the new development."

The party also highlighted the demands of the people including immediate restoration of "free flow of traffic along the national highways".

The state unit also called for providing promised compensation to people whose houses were destroyed and ex gratia to families of those killed in the ethnic strife.

It also urged for the effective implementation of ground rules for Suspension of Operations and to treat any violation as an "act of terrorism".

State party chief A Sharda Devi said that she has never witnessed 'this kind of aggression and hostility' towards a ruling party in her career.

The state unit also urged Nadda to apprise the "Union home ministry for early completion of the drive to record the biometric data of illegal immigrants to facilitate the early implementation of the NRC" and "to completely destroy all poppy cultivation" and "establish a joint monitoring committee for constant vigilance.

# Communal tension erupts in some areas of Jaipur after death of biker due to thrashing

JAIPUR, Sep 30 (Agencies): Communal tension erupted in Ramganj and nearby areas here on Saturday after a man died allegedly due to thrashing by a group of men over an accident between two motorcycles, police said.

Two motorbikes collided in Subhash Chowk after which a group of men with one of the two riders thrashed the other rider, Iqbal, late Friday night, police said.

He was rushed to SMS hospital where

he succumbed to his injuries, they said. Several shops in the Muslim-dominated areas were shut down, and family members of the deceased and locals gathered there are demand action

against the other side.

Additional forces have been deployed around the area and efforts were being made to diffuse the tension, police said. Shops in Ramganj, Subhash Chowk and nearby areas have been closed in view of the tension.

# NIA court denies PDP leader Waheed Para permission to travel outside J&K for father's treatment

**Top News Report** 

SRINAGAR, Sep 30: Peoples Democratic Party (PDP) Leader Waheed ur Rehman Para was denied permission by a Srinagar court to travel outside the Union Territory for his father's treatment for a year.

Para had filed an application before the Special Judge Sandeep Gandotra of the NIA court, seeking permission to travel outside J&K for his father's medical treatment who is suffering from Cancer.

Para is facing charges in a case under the Unlawful Activities (Prevention) Act for allegedly supporting "terrorist activities," and the

High Court has prohibited him from leaving J&K as part of his bail conditions.

Special Judge Sandeep Gandotra denied Parra's request for "blanket permission" to travel to Delhi and Mumbai, saying it would hinder the trial, and there was a genuine concern that Para might attempt to flee the country, reported Bar and Bench.

The court said, "One cannot lose sight of the fact that the applicant has filed this application seeking blanket permission for one year to go to Mumbai and Delhi for his father's treatment without informing this court..."

The court added that Para had a history

of filing applications to travel outside J&K and abroad for various reasons, including a previous application to travel to the United States and to take his ailing father to Mumbai for treatment.

The NIA Court observed a dichotomy in Para's applications for travel, as earlier, Para had filed an application seeking permission to travel to the USA for three months to attend the YALE fellowship, knowing well that his father was suffering from a serious medical condition. Now, he has filed the application seeking blanket permission for one year to travel to Mumbai for his father's treatment.

# Lt Governor addresses Public Grievances at LG's

Logripora Pahalgam. The Lt Governor directed the Deputy Commissioner to submit a report in this regard. It must be ensured that the government assets should not lay defunct and it must be utilized for the welfare of people, he added.

Mulaqaat

On the grievance regarding overflow of sewage water during rainfall at old town Kishtwar, the ADDC briefed the chair that the matter has already been taken up with the Municipal Council and other concerned agencies, on which the Lt Governor directed the officials to adopt a preemptive approach to address such issues first hand.

The Lt Governor sought the action taken by the District Administration and the departments on the directions passed during the previous LG's Mulaqaat.

He also appraised the District-wise status of the pendency in sanctioning of Old age & widow pension and other social welfare schemes.

Later, the Lt Governor reviewed the arrangements made by Departments and District Administrations for Gandhi Jayanti and the preparations ahead of the major events on 1st and 2nd October.

Ms Rehana Batul, Secretary, Public Grievances conducted the proceedings of the LG's Mulaqaat.

Till now, 3,53,008 applications were received on JKIGRAMS and out of these, 3,43,484 have been resolved with the overall Disposal Rate of 97 percent, it was

Dr Arun Kumar Mehta, Chief Secretary; Sh R K Goyal, Additional Chief Secretary, Home Department; Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Administrative Secretaries; Divisional Commissioners, Deputy Commissioners, SSPs, HoDs and other senior officers were present during the interaction, in person and through virtual mode.

# All of J&K's 6650 villages declared ODF Plus Model

sanitation department made a comprehensive plan, which was meticulously knitted in bringing all the stakeholders on board before execution of the same to achieve the milestone. The department made Village Sanitation Saturation Plans (VSSP) for each village to ensure it has assets

available for solid and liquid waste management, they said. Based on the plans, for greywater management i.e. water generated from the kitchen, bathing etc., soak pits, magic and leach pits have been developed by the departments at household and community-level. They said 3.53,631 individual soak pits and 23,781 community soak pits have been constructed by the department. Wherever kitchen gardens are available, people have been motivated to dispose of greywater through the kitchen gardens. For biodegradable waste management, individual and community compost pits have been constructed, the official said, adding that 1,37,824 individual compost pits and 12,118 community compost pits have been constructed either by the department or by people themselves in their households. People are being encouraged to segregate the waste and process wet waste in compost pits. Also, 1,850 waste collection and segregation sheds have been constructed for the proper disposal of waste. Besides, 536 community sanitary complexes have also been constructed in J-K, they said. Plastic Waste Management Units (PWMU) are being established in each block, some of which are in the final stage of completion. The plastic in these centres would be cleaned, shredded and bailed for its final disposal. The complete life cycle of the waste is properly managed, they said. Throughout Phase 2 of the Swachh Bharat Mission (Grameen) campaign, J-K has carried out many innovative campaigns and initiatives such as "Pink Toilets" to improve school attendance, zero-landfill Amarnath Yatra, 'Give Polythene Get Gold' campaign, 'pink societies' to promote holistic development, Sarpanch Samvads, Swachhata internship, Swachhata guiz and Swachh Yodha Pratiyogita, the officials said.

# Dhangri Terror Attack: NIA raids multiple locations in Poonch

NIA in the case (RC-01/2023/NIA/JMU) on 31st August 2023 and are currently lodged in Central Jail, Kot Bhalwal, Jammu. Disclosures made by these two men, along with inputs gathered by the NIA, led to today's raids.

NIA investigations have revealed that both the arrested accused had harboured the terrorists who had carried out the deadly attack. They had provided logistics support to the terrorists for more than two months and had sheltered them in a hideout that they had built. The duo, as per the

investigations, had been operating on the directions of Pakistan-based LeT handlers, namely Saifullah @ Sajid Jutt, Abu Qatal @

Qatal Sindhi and Mohd. Qasim.
The attack case was initially registered as FIR no. 01/2023 at PS Rajouri under sections 302/ 307 /120-B/452/323 of IPC; sections 13/16/18 of UA (P) Act 1967, and sections 7/27 of Arms Act. NIA, which had taken over and re-registered the case on 13th January, is carrying out further investigations

# Election Commission acting under the tutelage of BJP: Harsh Dev

that it was shocking that ULB elections were being put on hold by the election authorities acting at the behest of BJP which did not want elections to be held in the current scenario wherein defeat stared it in the face. Facing public ire for its multiple betrayals, the BJP was pressuring EC to postpone the said ULB elections as well and the latter succumbing to dictates of saffron party had given a severe blow to the reputation of the election body already suffering a credibility crisis.

Harsh Dev Singh said that not only were the democratic rights of people of J&K subverted under the present 'rule of whim' pursued by BJP but the rulings of supreme court regarding periodic elections were also being defied with impunity. And not only that the authorities concerned did not hesitate to even mislead the Apex court of the country over the issue of conduct of elections in J&K. It is only last month during the hearing on Art 370 that the Apex court had questioned the govt over non restoration of electoral democracy in J&K. And the govt had made a categorical statement before the court that process for ULB polls had already been initiated and that the assembly elections were also round the corner with Election Commission taking a final call over the issue.

Singh deplored that not only were the Assembly Elections denied in view of political inexpediencies of BJP but the ULB election process too had come to a standstill after media reports that BJP was averse to the conduct of such elections at the present juncture. With the BJP dictating terms to EC even with regard to timing of elections, the credibility of the top poll body had declined to an all time low, asserted Singh

**18 Kashmiri students** 

#### in UP sent home amidst campus uproar

against them during their Thursday night protest. They also called for action against the officers. When contacted, Circle Officer (Jhansi) Sneha Tiwari denied that the police had used force to disperse the students.

R P Tiwari, the principal of Jhansi's Navodaya Vidyalaya, stated, "Taking a serious view of the situation, we sent the Kashmiri students back to their home region early on Friday. We have also requested our counterparts at NV Rajouri to return our students."

The Kashmiri students were transported back to Rajouri in private vehicles under the supervision of NV Jhansi staff. A police officer noted, "The principals of the Jhansi and Rajouri schools are in contact with them and coordinating the safe return of the children."

Tiwari further added, "Under the scheme, students are sent for a year. However, due to the current situation, we have terminated the scheme prematurely. The principal of NV Rajouri has also repatriated our students."

A senior school official mentioned that they had received information about a Navodaya Vidyalaya student getting injured in the Rajouri incident. "The complete picture will only become clear after all 20 students, all of them in Class 9, return to Jhansi," he added.

"We are also making efforts to persuade the protesting students to end their protest," the principal concluded.

The Kashmiri students, also in Class 9, had arrived in Jhansi in the first week of August as part of Navodaya Vidyalaya Samiti's Migration of Students for National Integration scheme. This initiative facilitates student migration from one Navodaya Vidyalaya (NV) to another located in a different linguistic region, promoting a better understanding of India's diverse cultures.

# Man kills brother over land dispute in Doda

investigations are underway.

ECI has mandate to announce election schedule in JK: Tarun Chugh call and announce schedule for elections.
ECI will announce poll schedule soon,"

He lashed on opposition parties saying, "Those boycotted Panchayat and BDC polls and grabbed corridors of power through boycott policy shouldn't give sermons on holding elections".

#### Farmers in Amritsar continue Rail Roko agitation on day 3

promised to implement the MSP Act, compensation for drug-related issues, and many more issues, but it had gone back on its promises.

"Today we have protested while being half nude. The reason for the clothless protest was that the Modi government had promised to implement the MSP Act, compensation issue and many more, which have not been implemented yet. The government seems to forget their promises," said a farmer.

The three-day protest called by farmers in Amritsar led by the Kisan Mazdoor Sangharsh Committee began on Thursday and will continue on Saturday.

Sarwan Singh Pandher of Kisan Mazdoor Sangharsh Committee, who was present at the protest, said, "If anyone tries to be unfair with the farmers of Punjab, then farmers from Haryana will also join Punjab farmers. Farmers are united throughout the country"

"The agitation has been called by 18 unions in north India. Union Home Minister Amit Shah came to Amritsar and promised to bring MSP guarantee law but the committee has not been formed yet.

The cases registered during the Delhi agitation have not been withdrawn," Pand-

Police official Balvir S Ghuman said ample security had been deployed to deal with the situation.

# Shanti Yatra-2023 to promote peace in Kashmir Valley

initiated from September 8 by the Jammu and Kashmir School Education Department (SED).

Chief Education Officer Srinagar Mohammad Shabir said, "The Yatra to commemorate of 154th birth anniversary of Mahatma Gandhi has gained remarkable momentum as it traverses through various districts of Jammu and Kashmir."

# Vedanta splits into six firms; entities to be listed on bourses

After the demerger, the semiconductor business and HZL will be housed under Vedanta Ltd, Balco will be housed under Vedanta Aluminium.

NEW DELHI, Sep 30 (Agencies): Metals-to-oils conglomerate Vedanta Ltd announced the demerger of its commodities businesses into five separate companies to unlock value and attract investment. The company plans to list all the five demerged entities on the bourses. The six firms after the demerger will be -- Vedanta Aluminium, Vedanta Oil and Gas, Vedanta Power, Vedanta Steel and Ferrous Materials, Vedanta Base Metals and Vedanta Limited. Currently, only Vedanata Ltd and Hindustan Zinc Ltd are listed firms.

After the demerger, the semiconductor business and HZL will be housed under Vedanta Ltd, Balco will be housed under Vedanta Aluminium. Cairn Energy will be under Vedanta Oil and Gas. The company said the move will provide opportunities to global investors, including sovereign wealth funds, retail investors and strategic investors, with direct investment opportunities in dedicated companies

"By demerging our business units, we believe that will unlock value and potential for faster growth in each vertical. While



they all come under the larger umbrella of natural resources, each has their own market, demand and supply trends, and potential to deploy technology to raise productivity," said Anil Agarwal, Chairman of Vedanta

It said the de-merger is planned to be a simple vertical split, for every one share of Vedanta Limited, shareholders will receive one share of each of the five newly listed firms. Vedanta is into diverse businesses that include metals and minerals, oil and gas and power. Now the company has plans to foray into manufacturing semiconductors and display glass. Vedanta is of the view that once

Six demerged entities of Vedanta Group and the businesses to be housed under Vedanta Limited Hindustan Zinc Limited

demerged, each independent

entity will have greater freedom

to grow to its potential and true

value via independent man-

agement, capital allocation and

Vedanta Ltd has been battling

high debt with its parent com-

pany – Vedanta Resources Ltd

- facing \$3.6 billion debt repay-

ments in the next two years.

As of March 2023, Vedanta's

debt/EBITDA stood at 3.7

times. Moreover, rating agen-

cies Moody's InvestorsService

and S&P recently downgraded

Vedanta Resources to specula-

tive grade, meaning the com-

pany needs favourable business

conditions to be able to make

repayment of debts. In August

niche strategies for growth.

Semiconductors Display Vedanta Stainless (FACOR & Nicomet)

2023, Vedanta Resources sold

a 4.3% stake in key subsidiary

Vedanta Limited for around

\$500 million to stave off some

of the pressure arising from the

holdco's imminent cash needs.

Reshaping Future

Vedanta Aluminium Including 51% stake in BALCO Vedanta Oil & Gas Cairn India Limited Vedanta Base Metals **Downstream Copper business** 

Vedanta Steel and Ferrous Materials Iron Ore Business (IOB)

Zinc International

Western Cluster Limited (WCL) **ESL Steel Limited** Vedanta Power Contains all Vedanta Limited

**IPPs** Including Athena and Meen-

# Online sellers expect 15 per cent jump in sales during upcoming festive season



BENGALURU, Sep 30 (Agencies): In the upcoming festive sales, sellers expect at least 15% online sales growth compared to last year's sale event, said Redseer Strategy Consultants in its latest report. It surveyed sellers, primarily smaller sellers prior to the festive sales, and found that despite modest sales growth on e-commerce platforms recently, anticipation for a sales boost among the sellers is high across categories.

Only 40% of sellers it surveyed reported more than 10% increase in current quarter sales. Also, sellers across categories are bullish about growth trajectory.

E-commerce platforms are tailoring solutions to meet the optimism of sellers and as a consequence of which seller perceptions around support provided by etailing platforms have seen an uptick, with 62% of sellers agreeing to the sentiment that the platforms have been supportive in their festive planning compared to 53% sellers who observed this in the lead-up to the last year's festive season, the report added.

Sellers have also highlighted the strong support received from platforms in terms of data analytics, trends predictions, and consumer visibility, among others.

"Our interactions with sellers prior to this 10th e-commerce festive season reaffirms the transformative impact e-commerce has on these MSMEs. The festive period is expected to enable sellers, especially the smaller ones, to come out of the challenging sales environment and sellers are optimistic of strong sales growth," said Mrigank Gutgutia, Partner at Redseer Strategy Consultants.

Sellers are willing to ramp up their advertising spending on the e-commerce platforms during this festive period. Smaller sellers anticipate a 22% ad spend growth compared to the last festive season. Overall, across the surveyed sellers, they anticipate a 15% spending growth compared to last year's festive season and 50% ad spending growth compared to business as usual (BAU) periods of this year, the report

### **Government increases 5-Year Recurring Deposit interest rate to 6.7%**

NEW DELHI, Sep 30 (Agencies): The Centre increased the interest rate on a five-year recurring deposit scheme to 6.7 per cent from 6.5 per cent for the December quarter. However, it retained the rates for all other small savings schemes.

The interest rate on savings deposit has been retained at 4 per cent and on the one-year term deposit at 6.9 per cent, as per a circular released by the Department of Economic Affairs.

According to the circular, the interest rate on savings deposits has been retained at 4 per cent, and on one-year term deposit at 6.9 per cent.

The interest rate on both the two-year and three-year term deposits is 7 per cent, while on the five-year term deposit, the rate is 7.5 per cent.

The rates were the same during the

September quarter. As per the circular, the rest of the schemes remain unchanged. The senior citizens savings scheme will fetch 8.2 per cent interest rate, the



monthly income account scheme will have an interest rate of 7.4 per cent and the national savings certificate will have an interest rate of 7.7 per cent.

The public provident fund (PPF) scheme will have an interest rate of

The circular also stated that the interest rate on kisan vikas patra is 7.5 per cent with investments maturing in 115 months. Meanwhile, the interest rate on the popular girl child scheme sukanya samriddhi account is retained at 8 per

# TCS asks its employees to work from office 5 days a week from next month

Earlier, the company had asked its workforce to attend office for three days a week. When asked about it, TCS said it would not be able to comment as it is in the silent period.

BENGALURU, Sep 30 (Agencies): The country's largest IT services company Tata Consultancy Services has mandated many of its employees who are working on certain projects to work from the office for five days a week starting next month.

Earlier, the company had asked its workforce to attend office for three days a week. When asked about it, TCS said it would not be able to comment as it is in the silent period. The company will announce its second quarter of FY 24 results on October 11. The company has been stressing the work-from-office model, as in its FY23 annual report, the company said it was gradually bringing back people to offices during the year.

"Work from home is definitely



more convenient for everybody, but there were drawbacks... Workplace essentials like collaboration, mentorship, and team building suffered a lot in these two years," Milind Lakkad, chief human resources officer, said in the annual report. He also termed higher attrition

among women as "unusual". "I would think WFH during the pandemic reset the domestic arrangements for some women, keeping them from returning to office even after everything normalised," he said. Kamal Karanth, the co-founder of staffing firm Xpheno, said permanent hybrid or extended work from home on a large scale has an inherent inefficiency that will hit an organisation, irrespective of size and maturity.

"These are arrangements designed for exceptions and short-term flexibility. Return to the office is inevitable and non-negotiable for enterprises seeking higher efficiency and tighter organisation-building processes. Employees who have redrawn their lifestyle and personal ecosystem to a hybrid will find it dysfunctional to be back at the office," he said.

However, back to office is the new norm and employees have to recalibrate themselves. With respect to TCS, it is an interesting and intriguing development in the backdrop of their 25 by 2025 model, he added.

# **Study shows link** between contraceptive pills and depression

NEW DELHI, Sep 30 (Agencies): Not only did "The Pill" revolutionise the world of contraception, but it also brought about transformative changes in the lives of millions across the globe.

With the right combination of progesterone and estrogen, this remarkable drug not only proved highly effective in preventing pregnancy but also emerged as a powerful tool in combating acne, menstrual pain, migraines and symptoms of endometriosis.

However, as with any medication, oral contraceptives come with their own set of risks and side effects, with depression being one of them.

A new study conducted by a team of scientists from Uppsala University, the University of Melbourne, and the University of Copenhagen has shed further light on the association between combined oral contraceptives and an increased risk of depression.

While the study, published in the journal Epidemiology and Psychiatric Sciences, does not establish a causal link, the findings urge both physicians and patients to be aware of potential side effects and monitor changes in mood and mental well-being during contraceptive use.

Although the study highlights the increased risk of depression in the initial years of contraceptive use, it also suggests that the risk diminishes over time. For individuals under the age of 20, the susceptibility to depression during the first two years of oral contraceptive use



is even more pronounced.

The study emphasises the need for ongoing research and open dialogue in this area, with the aim of providing comprehensive care and support to women in managing their reproductive health while safeguarding their mental

While negative mood and depression are commonly reported side effects of hormonal contraceptives, the link between the Pill and mood disorders has historically been inadequately addressed.

The researchers analysed mental health data from the UK Biobank and found a significant increase in the risk of depression in the first two years of contraceptive use.

Younger women appeared to be particularly vulnerable to depressive symptoms during this period.

However, it remains uncertain whether hormonal contraception directly influences mood and how this impact might vary before and after puberty.

#### Food safety authority urges vendors to stop using newspapers, cites health risks

NEW DELHI, Sep 30 (Agencies): In a bid to safeguard public health, the Food Safety and Standards Authority of India (FSSAI) has issued a warning to both food vendors and consumers, urging them to cease using newspapers for packing, serving, and storing food items. This directive comes in response to the substantial health risks associated with the

FSSAI's CEO, G Kamala Vardhana Rao, emphasised the critical need to discontinue the use of newspapers in the food industry. The ink used in newspapers contains bioactive materials that can contaminate food and potentially lead to health issues when ingested. Furthermore, printing inks may contain harmful chemicals, such as lead and heavy metals, which can leach into the food, posing serious long-term health risks.

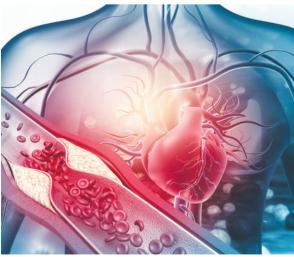
"Newspapers are often subjected to various environmental conditions during distribution, making them susceptible to contamination by bacteria, viruses or other pathogens that may transfer to the food, potentially causing foodborne illnesses," FSSAI said.

To address these concerns, FSSAI has implemented the Food Safety and Standards (Packaging) Regulations, 2018, strictly prohibiting the use of newspapers or similar materials for food storage and wrapping. Rao urged food vendors to prioritise responsible packaging practices that prioritize consumer well-being



# Climbing stairs can cut heart disease risk by 20 per cent

'Short bursts of high-intensity stair climbing are a time-efficient way to improve cardiorespiratory fitness and lipid profile'



NEW DELHI, Sep 30 (Agencies): Forget walking 10,000 or 7,000 steps a day. Taking at least 50 steps climbing stairs daily could significantly slash your risk of heart disease, according to a new study.

The study from Tulane University in Louisiana in the US, published in the journal Atherosclerosis, found that climbing more than five flights of stairs daily could reduce risk of cardiovascular disease by 20 per cent.

Atherosclerotic cardiovascular disease (ASCVD) along with coronary artery disease and stroke are the leading causes of morbidity and mortality worldwide.

"Short bursts of highintensity stair climbing are a time-efficient way to improve cardiorespiratory fitness and lipid profile, especially among those unable to achieve the current physical activity recommendations," said Dr Lu Qi, professor at

the Tulane University's School of Public Health

and Tropical Medicine. Using UK Biobank data collected from 450,000 adults, the study calculated participants' susceptibility to cardiovascular disease based on family history, established risk factors and genetic risk factors and surveyed participants about their lifestyle habits and frequency of stair climbing.

It found that climbing more stairs daily especially reduced risk of cardiovascular disease in those who were less susceptible.

However, Qi said the increased risk of heart disease in more susceptible people could be "effectively offset" by daily stair climbing.

"This study provides novel evidence for the protective effects of stair climbing on the risk of ASCVD, particularly for individuals with multiple ASCVD risk factors," Qi said.

# I want to take away thought of injury from the mind: Neeraj Chopra

The Olympic champion is suffering from a groin strain

HANGZHOU, Sep 30 (Agencies): A groin strain has been troubling Neeraj Chopra for some time now but the Olympic champion does not want the thought of injury affect him as he gears up to defend his Asian Games title

Chopra played most part of the season with a groin strain but still won the world championships title in August in Budapest and went on to finish second in the Diamond League finals on September 16.

"I have come back here after training and doing rehab in a relaxed manner in Switzerland. I hope to give my 100 per cent and defend my Asian Games title," Chopra told reporters here. The 25-year-old javelin throw-



er has Olympic qualification in his mind.

"A little bit of groin issue is

still there, it happened last year also. I was feeling better but it happened again. I have to take

care of this very well and then prepare for the Paris Olympics. This kind of thing happens for athletes who compete at the top level."

He said the challenge throughout the season was how to keep his mind away from the injury and focus more on his game.

"I was struggling during the world championships and I was trying to divert my mind from the injury and focus on the throw.

"My strength is on the speed in the run-up but my biggest problem this time was I could not throw with full run-up even during training because of this injury. But still I am very happy with my performance this season. I want to take away this thought of injury from the mind."

#### **Asian Games: Indian athletes** enter finals of long jump, 1500m, women's 100m hurdles events

HANGZHOU, Sep 30 (Agencies): Indian hurdlers Jyothi Yarraji and Nithya Ramraj advanced to the women's 100m hurdles final, while ace long jumpers Murali Sreeshankar and Jeswin Aldrin also sailed through, keeping their medal hopes alive at the Asian Games here on Saturday.

Asian champion Yarraji finished second in her heat with a timing of 13.03 seconds to qualify for the women's 100m hurdles final.

China's Yuwei Lin finished first with a personal best time of 12.79.

India will have a second hurdler in the event as Nithya Ramraj finished fifth in her heat but qualified as second fastest loser with a time of 13.30.

Second-fastest Asian hurdler Yarraji had won gold at the Asian Athletics Championships.

She has broken the national record in the 100m hurdles a staggering seven

In long jump, Commonwealth Games silver medallist Sreeshankar jumped more than the automatic qualification mark of 7.90m to make it to the final.

The 24-year-old from Kerala, who boasts a personal and season's best of 8.41m, produced a first jump of 7.97 to directly make the cut.

Having started off with a foul, Asia's best Jeswin Aldrin's third attempt of 7.67 was not enough for an automatic qualification but he still made the cut after finishing second in his heat and among the top 12.

There will be two Indians in the men's 1500m final as Jinson Johnson and Ajay Kumar qualified from their respective heats.

Johnson finished fifth with a time of 3:56.22 to seal an automatic qualifica-

Ajay Kumar was second to cruise into the final with a timing of 3:51.93, finishing second in his heat.

Finals of all the three events-women's 100m hurdles, men's long jump and men's 1500m—are slated to be held on Sunday.

#### Asian Games 2023, Boxing: Preeti Pawar, Lovlina Borgohain assured of medal after reaching semi-final

HANGZHOU, Sep 30 (Agencies): 19-year-Indian boxer Preeti Pawar defeated Zhaina Shekerbekova of Kazakhstan 4:1 on points to advance to the Women's Boxing 54kg semifinals of the Asian Games and also earned her a quota for the Paris Olympics in 2024.

The 19-year-old put on a fearless performance against Kazakhstan's Zhaina Shekerbekova, a three-time World Championship medalist and reigning Asian champion, to win 4-1 in the quarterfinals. Preeti began the fight on the offensive, but her defense was repeatedly breached by her more experienced opponent. Unfazed, the Indian teen continued to pummel Shekerbekova, taking a 3-2 lead in the first round.

Preeti fought a strategic fight against the experienced 33-yearold, moving off the center of the ring with a

long-range jab in the first round. The two boxers threw a lot of punches at each other in the final three minutes, but both were inaccurate. As the clock ticked down, Shekerbekova's fatigue set in, while Preeti continued to pepper her opponent with shots to

Meanwhile, Tokyo Olympic bronze medalist Lovlina Borgohain put up a dominating show to win the quarterfinal bout 5-0 against South Korea's Suyeon Seong and reach the semifinals of the women's 75kg event, thus assuring herself of a medal in the Asian Games 2023. Lovlina has not yet won the Olympic quota as 66kg and 75kg boxers who win gold and silver medals will qualify in these two categories. Nikhat Zareen became the first Indian boxer to earn an Olympic quota

on Friday.

The semifinalists in the 50kg, 54kg, 57kg, and 60kg events, as well as the finalists in the 66kg and 75kg events, will qualify for the Paris Olympics. Olympic quotas will be awarded to the gold and silver medalists in each of the seven weight divisions in the men's event.

#### Irani Trophy: Focus on Pujara, Vihari, Unadkat as Saurashtra face Rest of India Test against England at

RAJKOT, Sep 30 (Agencies): Sandwiched between the World Cup warm-up matches and the opener, the Irani Trophy, to be played between Ranji Trophy champions Saurashtra and Rest of India here from Sunday, might appear a rather meaningless sideshow.

But a clutch of stars, including veteran Cheteshwar Pujara and Hanuma Vihari, will be eager to remain in the range of selectors' radar with big performances ahead of a slew of important assignments scheduled for India.

None will be keener than Pujara to construct an edifice of runs in one his favourite venues, the SCA Stadium. Pujara's Test career seemed to have hit a roadblock after his omission from the tour to the West Indies in July.

The 35-year-old was in fine fettle for Sussex in English county cricket, but he failed to replicate that form in the World



Test Championships Final against Australia.

India are set to tour South Africa later this year, and they will host England early next year, and Pujara will certainly not want to miss out on those chances.

But the Saurashtra man perforce has to conjure his best in the Irani Trophy against a capable Rol attack comprising pacers Vidwath Kaverappa, Navdeep Saini along with spinners B. Sai Sudarshan and Shams Mulani.

Saurashtra captain Jaydev Unadkat too will be eyeing a meaty outing to boost his chances of maintaining a place in the Test side.

The left-arm pacer was recalled to India's squad for the trip to the Windies on the back of his brilliant form in the 2022-23 domestic circuit, but he went wicketless in 26 overs across three innings against the Caribbeans.

So, it is imperative for Unadkat to come up with a wicket-rich effort here to keep himself away from the jostle of younger pacers like Kaverappa.

Vihari, who will lead Irani title holders Rest of India, is also in need of some big runs to remind the bigwigs of his presence. Vihari was unable to break into the India side after the one-off

Birmingham last year.

However, the 29-yearold had successfully led South Zone to Duleep Trophy title in Bengaluru this July, and he had also made crucial knocks of 63 and 42 in the final.

Vihari would like to build on that effort in the Irani Trophy to place himself in a position from where he can look to regain his middleorder slot in the Indian team, which is currently occupied by Ajinkya Rahane.

Rahane's return to Test cricket against the West Indies was not exactly a blazing one, and Vihari has reasons to believe that there is a creek for him to widen.

Then there are usual suspects like Mumbai man Sarfaraz Khan and Karnataka opener Mayank Agarwal searching for an opening.

They have scored heavy runs in the last domestic season, and in fact, Agarwal was the highest run-getter with 990 runs.

However, it will be tough especially for Agarwal because Shubman Gill and Yashasvi Jaiswal have firmly entrenched themselves in the India scheme of things.

Squads:

Rest of India: Hanuma Vihari (captain), K S Bharat, Mayank Agarwal, Yash Dhull, Shams Mulani, Sai Sudarshan, Sarfaraz Khan, Pulkit Narang, Saurabh Kumar, Yash Dayal, Navdeep Saini, Vidwath Kaverappa, Akash Deep, Rohan Kunnummal, Dhruv Jurel.

Saurashtra: Jaydev Unadkat (captain), Cheteshwar Pujara, Sheldon Jackson, Arpit Vasavada, Harvik Desai, Dharmendrasinh Jadeja, Prerak Mankad, Chirag Jani, Jay Gohil, Parth Bhut, Vishvarajsinh Jadeja, Samarth Vyas, Yuvrajsinh Dodiya, Kushang Patel, Snell Patel, Devang Karamta.

# Asian Games 2023, Table Tennis: Manika Batra loses in quarterfinals, Manav-Manush crash out

HANGZHOU, Sep 30 (Agencies): It was a rough day for India in Table Tennis on September 30 as Manika Batra and the duo of Manav Thakkar and Manush Shah crashed out in the quarterfinals of their respective events at the Asian Games.

Batra had created history earlier by becoming the first Indian star to make it to the last eight stages in individual events at the Asian Games and was hoping to assure herself of a medal.

In the Women's Sin-

gles Quarterfinals, she faced off against Yidi Wang from China. Batra put up a valiant fight but ultimately lost the match.

The game was a six-

set thriller, with Batra

winning two sets and Wang taking four. The first game saw Batra push Wang all the way before conceding the game to the Chinese

The second set saw the Indian comeback strongly and levelling things up. Wang would then turn up the intensity and take home game three and four before Batra saved herself and



remained in the contest with a win in the fifth

However, Wang was too strong on the day and wrapped things up with the finals scores reading 8-11, 12-10, 6-11, 4-11, 14-12, and 5-11 in favor of the Chinese star

Meanwhile, in the Men's Doubles Quarterfinals, India's Manav Thakkar and Manush Shah took on South Korea's Woojin Jang and Jonghoon Lim.

The Indian duo started strong, winning the first

However, the South Koreans staged a comeback in the second one before the Indian duo claimed the third game.

The fourth game went in favour of Jang and Lim as the match moved into the decider. Manav and Manush raced into a 7-1 lead in the final game but the Korean duo staged an impressive comeback to extinguish the hopes of India of an assured medal.

The final scores were 8-11, 11-7, 10-12, 11-6, and 9-11 in favor of the Korean team.

#### Asian Games 2023, Shooting: India gets silver after valiant effort in 10m Air Pistol Mixed team final

The Indian duo of Sarabjot Singh and Divya Thadigol put up a valiant effort against China in the 10m Air Pistol Mixed team final as they bagged silver on Saturday. This was



HANGZHOU, Sep 30 (Agencies): The Indian duo of Sarabjot Singh and Divya Thadigol put up a valiant effort but were forced to settle for silver in the 10m Air Pistol Mixed team final on Saturday, September

China's Bowen Zhang and Ranxin Jiang won the gold medal, eventually, after staging a remarkable comeback after trailing India in the early goings of the contest. The Indian duo had taken a four-point lead before the Chinese pair decided to take time

This would change the complexion of the game and China would take the lead in serie 12. The match went to the final round where Sarbajot's

shot fell off the mark compared to others and China secured the win. In the 2023 Asian

Games held in Hangzhou, China, India's shooting contingent made a remarkable comeback after a disappointing performance at the Tokyo Olympics. The team secured a total of 19 medals, including six golds, eight silvers, and five bronzes, marking their best performance to date and surpassing their previous record set at the 2006 Asian Games in Doha.

Among the standout performers were Palak Gulia and Esha Singh, both teenagers who showcased exceptional talent. Seventeen-yearold Palak Gulia secured a gold medal in the 10m

air pistol women's individual final, breaking the Asian Games record with a score of 242.1. Eighteen-year-old Esha Singh followed closely behind, securing a silver medal with a score of 239.7.

Other notable performances came from Sarabjot Singh, Arjun Singh Cheema, and Shiva Narwal, who displayed exceptional marksmanship to edge out the Chinese team and secure gold in the men's 10m air pistol team event. Aishwary Pratap Singh Tomar, a former world champion, and Youth Olympic Games medallists Manu Bhaker and Mehuli Ghosh also contributed significantly to India's medal tally.

contingent's performance was not limited to individual events. The team events also saw India bagging several medals, including a gold in the men's 50m air rifle 3P team event and a silver in the 10m air pistol women's team event.

The Indian shooting

# Asian Games 2023, Kurash: Pincky Balhara knocked out in the quarterfinals; Keshav, Suchika exit

HANGZHOU, Sep 30 (Agencies): India's Pincky Balhara was ousted in the women's 52kg quarterfinals of the Kurash competition. Known for her resilience and agility, Pincky, a silver medallist in the previous edition of the Games held in 2018 at Jakarta, could not surpass Sitora Elmurodova of Uzbekistan, leading to her exit from the

games. The nail-biting match held on Saturday was ultimately decided by



the referee, who tilted the scales in favor of the Uzbek competitor. The 24-year-old Balhara had previously demonstrated a stellar performance in the pre-quarterfinals bout

against Joo Ye Lee from South Korea, which saw her charge ahead with a victory of 5-3, held at the Linpu Gymnasium. In the round of 32, she clinched another win over Ayshirin Haydarova, finishing with a score of 5-0. However, it was not

just Balhara who tasted defeat. Suchika Tariyal, competing in the same weight category, had to bow out in the round of 32, falling short against the Philippines' Charmea Quelino with a score of 3-8. The men's category too bore witness to a similar disappointment as India's Keshav, competing in the 66kg group, lost to South Korea's Jaedeog Kwon by a whopping

India's hopes for gaining a formidable position in the Kurash competition are now pinned on competitors Vishal Ruhil (81kg), Yash Kumar Chauhan (90kg), and Jyoti Tokas (87kg), who will be stepping onto the turf on Sunday. The nation will be

eagerly awaiting their performances and hoping for an improved showing to lift the spirits of the Indian contingent at the Asian Games 2023.

# **Neena emphasizes PM Modi's vision to serve** poor, honor margnialised ones

#### **TOP NEWS REPORT**

JAMMU, Sep 30: As a part of the Sewa Pakhwada initiative, the Bharatiya Janata Party (BJP) launched its ongoing "Basti Sampark Abhiyan" campaign in the Satwari Panchayat of Raipur Satwari. Neena Gupta, the Corporator of Ward No. 50 Channi Himmat, led this significant event.

She was accompanied by Advocate Ishant Gupta, State IT Head of BJP Jammu and Kashmir, and Satvir Singh, the Mandal Vice President of BJP.

The campaign included awareness public meet and door-to-door visit aimed at raising awareness among local residents about the numerous beneficial schemes introduced by the Modi Government.

During her address, Neena Gupta passionately conveyed the importance of the Modi



Government's schemes and their positive impact on individuals and their families. She highlighted schemes such as Ayushman Bharat, Stand Up India, Skill India, Ujjwala Yojana, Gareeb Kalyan Yojana and much more, emphasizing how these initiatives have improved the lives of countless people. She appreciates Prime Min-

ister Modi's dedication to serving the nation as the "Pradhan Sewak" and stressed that his vision and policies have benefitted millions. She reiterated the Prime Minister's mantra of "Sab ka Saath, Sab ka Vikas, Sab ka Vishwas, Sab ka Prayas," underlining the relentless efforts of BJP karvakartas to implement this vision effec-

tively on the ground. As part of the Sewa Pakhwada activities earlier in the morning, a Free Eye Checkup Camp was organized in collaboration with the Bharat Vikas Parishad Shivalik Branch and Goel Eye Clinic and Retina Centre.

Both the event saw the active participation of prominent dignitaries including H.C. Vaid, President of Bharat Vikas Parishad Shivalik Branch, Trishula Gupta, Ashok Gupta, Ashok Gayatri in eve camp and the Panchayat President Bhushan. Surjeet Singh (Retd. SI) along with scored of locals were present and showed their support for the awareness-focused Basti Sampark Abhiyan.

# Farooq, Omar conveyed condolences

#### **TOP NEWS REPORT**

JAMMU, Sep 30: National Conference President Dr Faroog Abdullah and Vice President Mr Omar Abdullah expressed grief over the passing away of Late Mrs Santosh Waris Gill Wife of Waris Gill Advocate and President of Christian Cell JKNC and conveyed condolences to the bereaved family

In their messages, Dr Farooq Abdullah and Mr Omar Abdullah prayed for peace to the departed soul and expressed solidarity with other members of the family.

In the condolence message, General Secretary Haji Ali Mohammed Sagar, Dr Sheikh Mustafa Kamaal, Ajay Kumar Sadhotra Addi-

tional General Secretaries and Rattan Lal Gupta Provincial President Jammu Province have also expressed grief and prayed for peace to the departed soul.

Senior leaders of the National Conference have also conveved their condolences to the bereaved family. Those who prayed for peace to the departed soul, include Sheikh Bashir Ahmed Provincial Secretary Jammu, Babu Rampaul former minister and Central Zone President, Javed Ahmed Rana Zone President Pir Panjal, Abdul Gani Malik Zone President Udhampur Reasi, Sajjad Ahmed Kichloo Zone President Chenab Valley, Ajaz Jan P.P Jammu, YNC Bimla

inder Kour Ex-MLC, Vijay Lochan Chairman SC Cell, Abdul Gani Teli Chairman OBC Cell, Satwant Kour Dogra P.P Women Wing, Vijay Lakhshmi Datta, Jugal Mahajan Treasurer, Pardeeep Bali, Ayub Malik Provincial Secretaries, Ankush Abrol Joint Secretary, Zeeshan Rana, Th. Yashvardhan Additional Spokespersons, Chander Mohan Sharma District President Jammu Urban, Raghvir Singh Manhas District President Jammu Rural A, Naresh Bittu District President Jammu Rural B, Nar Sngh President Labour Wing, Harshvardhan Singh President NCSU, D.S Chouhan President Legal Cell, Ashok Dogra and Rashida Begum.

# **Traditional Holy Charri Yatra of Shri Mata Vaishno** Devi to Commence on October 14: Shiv Sena

**TOP NEWS REPORT** 

JAMMU, Sep 30: Continuing a decadelong tradition, the Shiv Sena (UBT) Jammu and Kashmir unit is set to organize the 41st Holy Charri Yatra in a traditional manner. The Yatra will commence from the Raghunath Ji Temple in Jammu on October 14th and culminate with darshan and Charri poojan at the Holy Cave of Shri Mata Vaishno Devi Ji on October 15th, coinciding with the eve of 1st Navra-

Addressing a press conference at the Press Club Jammu, Manish Sahni, President of Shiv Sena J&K, announced that this year's 41st Charri Yatra would



adhere to age-old customs, embarking on a spiritual journey from Raghunath Ji Temple in Jammu. Along the way, devotees will witness the initial Darshan at Kol Kandoli, Deva Mai, the sacred town of Katra, Ban Ganga, and Ardhkuwari before reaching the Holy Cave of Mata Vaishno Devi on October 15th. The Charri poojan will be conducted at the cave, accompanied by prayers for the restoration of peace, development, happiness, and prosperity in the region

comes at no cost to participants. A Bhandara (community feast) will be organized at Kol Kandoli Temple in Nagrota. Sahni highlighted that devotees and Shiv Sainiks from various regions, including Jammu and Kashmir, Maharashtra, Punjab, Haryana, Himachal Pradesh, and Gujarat, will converge in Jammu to seek blessings from Shri Mata Vaishno Devi. The event saw the presence of Meenakshi Chibber, President of the Mehila Wing, Rakesh Charman Gupta, Vice President, Balwant Singh, President of the Kamghar Wing, Raj Singh, and Shashipal.

## **Eutelsat & Oneweb merges to create** world's first Geo-Leo Satellite Space connectivity company

Luthra Ex-MLA, Deep-

#### **TOP NEWS REPORT**

JAMMU, Sep 30: Eutelsat Communications SA (Euronext Paris: ETL) (the "Company"), one of the world's leading satellite operators, today announced the completion of its allshare combination with OneWeb, the global low Earth orbit (LEO) satellite communications network, following the approval of the Ordinary and Extraordinary General Meeting of Eutelsat shareholders.

Headquartered out of Paris, the merged entity will have Bharti Enterprises as its largest shareholder with 21.2% share. Bharti Group is committed to be a longterm strategic investor in the Eutelsat Group. Mr. Sunil Bharti Mittal will be the Vice-Prési-

dent (Co-Chair) and Mr. Shravin Bharti Mittal, who spearheaded the OneWeb investment, taking it out of Chapter 11, will be Bharti's lead as a Director on the Board of Eutelsat. Mr. Akhil Gupta will continue to serve as a Director on the Board of OneWeb, now a 100% subsidiary of Eutelsat.

OneWeb will be a subsidiary operating commercially as Eutelsat OneWeb with its centre of operations remaining in London. The Company remains listed on the Euronext Paris Stock Exchange and has applied for standard listing on the London Stock Exchange.

Christened as the Eutelsat Group, the new entity will be the first GEO-LEO integrated satellite group,

transforming space communications and addressing the fastgrowing connectivity market.

Sunil Bharti Mittal, Founder & Chairman of Bharti Enterprises, Vice-Président (Co- Chair) of the Board of Directors, Eutelsat Group, commented: "Closing the digital divide is a critical mission for achieving the UN Sustainable Development Goals and this combination will synergize the efforts of both the businesses and will accelerate our progress. I want to thank everyone who has made this possible. Today we have created a company, which will bring connectivity to all people around the world and will help us achieve our mission of last-mile connectivity.

# BVP organizes eye check-up camp in collaboration with Goel Eye Centre



#### **TOP NEWS REPORT**

JAMMU, Sep 30: Bharat Vikas Parishad Shivalik branch, in partnership with Goel Eye Centre, conducted a free Eye Check-up camp on September 30th, 2023, at Channi Himat. The camp was inaugurated by Corporator Neena Gupta, with the presence of esteemed dignitaries including Prant President BB Sharma, Regional Joint Secretary Arun Sharma, H. C. Vaid (President Shivalik Branch), Ashok Khajuria (Secretary), Rakesh Sharma (Treasurer), Ashok Gupta (Vice

President), Sanskar Parmukh (JK Prant), Trishula Gupta, Member Chief Organizer Vijay Sharma, Advocate Ishant Gupta, Shreyans Jain, Anju Bansal, Abhinandan Jain, and other distinguished guests.

The free eye medical check-up camp aimed to provide essential eye care services to the community, promoting better eye health and vision. Over 50 individuals took advantage of this opportunity to undergo comprehensive eye examinations.

Dr. Goel, from Goel Eye Centre, offered specialized medical services and consulta-

tions during the camp. In addition to medical advice, Dr. Goel extended a special discount on medicines and eyeglasses, ensuring that those in need received the necessary support for their eye health.

Bharat Vikas Parishad Shivalik branch remains committed to serving the community and promoting the wellbeing of its members. This collaborative effort with Goel Eye Centre reflects their dedication to providing essential healthcare services and making a positive impact on the lives of individuals in the region.

#### of Jammu and Kashmir. Sahni extended a warm invitation to devotees to join this sacred journey, urging them to register by contacting 9419182952, 7006445646, or 9858519494. The journey is open to all and

# **BLSKS Presents 382nd Musical Play** "Swachhta Hi Seva"

#### **TOP NEWS REPORT**

JAMMU, Sep 30: In an effort to promote the rich folk culture of Jammu and Kashmir, Bhartiya Lok Sangeet Kala Sansthan (BLSKS) organized a three-day special Swachhta awareness campaign and presented its 382nd series of the Musical Play "SWACHHTA HI SEVA." The event took place at Government Higher Secondary School, Bhour Camp, Jammu, in collaboration with Sangam Tru Art Production, with a focus on the theme of "Swachh Bharat Mission."

The function was inaugurated by Chief Guest Sh. Rakesh Kumar, Principal of Government Higher Secondary School, Bhour Camp, Zone Satwari, Jammu. Among the honored guests were Rajesh Kumar, Jasbir Singh, Vikram Singh, Sahoil Khan, and senior teachers who graced the

occasion. The program com-



songs, dances, nukkad (street plays), skits, and more.

The Musical Play, "Swachhta Hi Seva," was written, produced, and directed by Dr. M.L. Dogra, Chairman of BLSKS, with musical assistance from Raju Bajgal, the music instructor at BLSKS.

The chief guest praised the "Swachhta Hi Seva" campaign's aim to fulfill Mahatma Gandhi's dream of a clean India by mobilizing the masses and reinforcing the "Jan Andolan" for sanitation. The campaign aims to encourage people from all walks of life to volunteer for the construction and maintenance of toilets, making the country

open defecation free. Dr. M.L. Dogra, Chairman of Bhartiya Lok Sangeet Kala Sansthan, emphasized the significance of the day and urged people to actively participate in making India a proud nation. He highlighted BLSKS's commitment to presenting various programs, including tableaux, dance dramas, nukkad performances, songs, and initiatives related to cleanliness, with a focus on Swachhata Hi Seva.

Swachhata Hi Seva (SHS) is celebrated from September 30th

to October 2nd each year by BLSKS to promote the importance of a clean and healthy village, reinforce the concept of sanitation as a collective responsibility, and prepare for Swachh Bharat Diwas on October 2nd. The theme for 2023 is 'Garbage Free India,' with a focus on visual cleanliness and the welfare of SafaiMitras (sanitation workers). The campaign involves voluntary participation and shramdaan (volunteering).

The event featured performances by various artists, singers, musicians, and students of music and computer institutes, including K.K. Joshi, Raju Bajgal, Vandana Gupta, Rahul Kumar, Sant Dass, Bindia Okheda, Chahat Chadha, Sanjeev Kumar Sodhi, and many others. Master Deepak Kumar delivered the vote of thanks, expressing gratitude for the successful execution of the program.

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