

# TOP NEWS OF J&K

JAMMU, FRIDAY, OCTOBER 13, 2023

Daily Evening Newspaper



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## BRIEFLY

### "Mentally Unsound" Pak National held on LoC in Poonch

JAMMU, Oct 13 (Agencies): The Army detained one "mentally unsound" Pakistani national on Friday along the Line of Control in Poonch district of Jammu and Kashmir. "Alert army troops this morning detained one Pakistani national along the LoC," official sources said.

They stated that he seems to be "mentally unsound" but all aspects are being looked into.

"We are investigating the matter," he added.

### Man, Son injured in attack by wild bear in Poonch

JAMMU, Oct 13 (Agencies): A man and his son were injured in an attack by a wild bear in Jammu and Kashmir's Poonch district on Friday, officials said.

The incident took place at Hardi area in Surankote when the duo, engaged in cutting grass, were attacked by a bear, they said.

The locals rushed to the spot and saved them, officials said, adding that they were shifted to a hospital for treatment.

### NC Greets People on Urs of Hazrat Sheikh-ul-Alam (RA)

SRINAGAR, Oct 13 (Agencies): The Jammu and Kashmir National Conference President Dr Farooq Abdullah and Vice President NC Omar Abdullah on Thursday greeted people on the annual Urs observance of the patron saint of Kashmir, Hazrat Sheikh Nur-Ud-Din Noorani (RA).

In a statement issued to the press, Party President while greeting the people said Sufism has been the mainstay of Kashmiri cultural tradition. "The Reshis brought the essence of Islamic teachings to every household by localizing it. Their teachings touch a spectrum of issues encompassing both individuals as well as the society in their fold. They talked of compassion,

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## IT raids in B'luru: Rs 42 crore found in a flat, money was meant to be transported to poll-bound Rajasthan

BENGALURU, Oct 13 (Agencies): Sleuths of the Income Tax Department found cash amounting to crores beneath the bed at a flat in Bengaluru, sources stated on Friday. The IT officers are questioning a former woman corporator and her husband in connection with the case.

Sources said that vast amount of money is being collected from gold jewellers and other sources in Bengaluru to fund Assembly elections in five states, especially in Rajasthan. On getting



tip offs in this regard, the IT Department is conducting raids in the city. The cash, amounting to Rs 42 crore, was found during a raid conducted late on Thursday night at a flat located in Atmananda Colony near

RT Nagar. Sources said that Rs 500 denomination notes to the tune of Rs 42 crore were kept in 23 boxes under the bed. After getting a tip-off the IT officers had conducted raids at two locations in RT Nagar and they

found the cash in one of the locations.

Sources stated that the flat was empty and no one lived there, however, the IT sleuths are tight-lipped about the details of the flat owner. Following the development, the IT officers are questioning the former corporator and her husband at their residence. According to sources, the husband of the corporator is a contractor and he is part of the Contractor's Association which accused the previous BJP government of

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## Govt invites bids for city gas distribution licenses in J&K



SRINAGAR, Oct 13 (Agencies): To expand the reach of natural gas in the country, Government has invited bids for licenses to supply natural gas to households, automobiles and small

industries in five north-eastern states and UTs of J&K and Ladakh.

Petroleum and Natural Gas Regulatory Board (PNGRB) offered eight geographical areas (GAs) under the 12th

city gas distribution (CGD) bidding round for retailing of CNG to automobiles and piping the fuel to household kitchens and industries.

Launching the bid round, Oil Minister Hardeep Singh Puri said after this round, gas will be taken to islands which are the only uncovered areas.

Calling the Natural Gas, an environment friendly clean fossil fuel, Hardeep Singh Puri, Minister of Petroleum & Natural Gas and

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## IAF Chief emphasises on high operational preparedness

GUWAHATI, Oct 13 (Agencies): Chief of the Air Staff Air Chief Marshal VR Chaudhuri has emphasised on the importance of maintaining high operational preparedness at all times, a defence release said on Friday.

Attending a two-day annual Eastern Air Command (EAC) Commanders Conference



in Tezpur from October 12, the Air Marshal said

operational readiness of all platforms, weapon

systems and assets must be ensured.

He also stressed on the need for the root cause analysis of all accidents and incidents, improve maintenance practices to boost mission effectiveness, and focus on physical and cyber security at all times.

The Air Chief Marshal urged all

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## Paddy production surges by 5-10% in Kashmir due to favorable conditions

SRINAGAR, Oct 13 (Agencies): Director of Agriculture, Kashmir, Choudhary Iqbal on Friday said that paddy production has increased by 5 to 10% this year due to timely rains and favorable temperatures in Kashmir.

Speaking to Greater Kashmir, the Director of Agriculture said, "We had completed seeding earlier, and although

incessant rains initially raised concerns about paddy saplings this year, later climate conditions improved. We began paddy transplanting on time. When paddy saplings are planted before June 21st, the crop has ample time for growth. Favorable rainfall and temperatures resulted in a production increase of 5 to 10% compared to previous years."

He also said that the Agriculture department is raising awareness about the benefits of agriculture and advocating for the preservation of agricultural land by adopting horizontal housing.

However, a local farmer expressed concerns, saying that agriculture is not financially lucrative in Kashmir due to high production costs and low revenue.

## Security forces detonate three suspicious gas cylinders in Handwara



SRINAGAR, Oct 13 (Agencies): Security Forces on Friday detonated three suspicious gas cylinders filled with urea in Handwara area

of north Kashmir's Kupwara district, officials said.

In a statement, army said: "In a swift response to a potential security

threat, the ROP of 25 ADP in collaboration with the 30 Rashtriya Rifles (30RR) and Handwara Police, successfully detonated three suspicious small gas cylinders found along the roadside in Ganapora, area of Kralgund Handwara in Kupwara district."

It said three suspicious small gas cylinders were concealed under bushes near Ganapora crossing in Kralgund area in

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## Excise policy: AAP leader Sanjay Singh moves Delhi HC

NEW DELHI, Oct 13 (Agencies): The Delhi High Court on Friday agreed to list during the day a plea by AAP leader Sanjay Singh against his arrest in a money laundering case related to alleged irregularities in the scrapped Delhi excise policy.

The matter was mentioned for urgent hearing by a lawyer for the Rajya Sabha MP before a

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## J&K bracing for widespread moderate rain, snow from Saturday

SRINAGAR, Oct 13 (Agencies): Jammu and Kashmir is bracing for widespread intermittent light to moderate rain or snow, very likely over higher reaches, during the next four days from Saturday, the MeT office predicted.

The possibility of heavy snowfall at some places over higher reaches can't be ruled out with a chance of 75 per cent during the period, the MeT office said.

It said the weather fluctuations can cause a significant drop in temperature across Jammu and Kashmir.

Currently, the weather

is mainly clear; it may become cloudy towards evening, and there is a possibility of rain or snow over higher reaches towards night at scattered places in Jammu and Kashmir, the MET said.

The inclement weather may also cause temporary disruption of transportation, especially at vulnerable places like Zojila Pass, Mughal Road, Sinthan Top,

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## Land measuring 1954 Kanal for AIIMS Jammu not "Gair Mumkin Khad"?: Which law allows construction?



JAMMU, Oct 13 (Agencies): It is well aware of the fact that thousand of innocents of J&K are being harassed by JKUT administration as a whole on undesired issue of "Gair Mumkin Khad Lands" for not allowing constructions/

sale/purchase but there is no Govt Order issued by any authority till day, speaks of super power of bosses over innocents & proved case of harassment in J&K?

It is to mention here that there was ban during the year 2014

to 31st October, 2017 due to DB's orders in a WPPIL & CWPPIL, but chapter of confusions closed on 31st Oct 2017 after issuance of SRO-456 of 2017 dtd 25th October 2017.

Strange to mention here that Div Com/DCs

were designated as adjudicating Officers to decide the confusions on Khad Lands but they did nothing causing harassment to innocents & otherside loss to Govt to crores per month by way of STAMP DUTY FEE.

Thereafter, once upon a time Administrative Council headed by LG Manoj Sinha passed a time bound Decision vide No 171/200 dtd 29th Jan 2022, which was followed by G.O.No 18-JK(Rev) of 2022 dtd 4th Feb 2022, directed DCs to complete the exercise on Khad Lands in 03 months but started the said order by quoting SRO-456 of 2017 dtd 25th

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Contact Person Mr. Sanjeev Kumar 9419143503

**TENTH DAY KRIYA**

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Smt. Phoola Koul** W/o Late Sh. Pushkar Nath Koul (Lane No. 15, Flat No. 15, Block No. 69, Jagti Township, Nagrota) who left for heavenly abode on 07/10/2023.

**10th Day Kriya** will be performed on 16th October, 2023 at 8:30 am at Muthi Ghat, near the Directorate of School Education.

**GRIEF STRICKEN**

**Son and Daughter in law:**  
Smt Shakuntala and Sh Rajinder Koul  
Smt Sushma and Sh D.P. Koul  
Smt. Sarabjeet and Sh. Ajay Koul  
**Sister in Law**  
Smt. Vijay Koul  
**Son in Law**  
Sh. Raj Nath Raina (H/o Late Smt. Lalita Raina)  
**Bhabhi** - Smt. Rani Bhat  
**Brother** - Sh. J.L Bhat  
**Sister and Brother in law:**  
Smt. Santosh and Sh. Rajinder Koul



Smt. Phoola Koul

**Grandkids:**  
Simran, Shruti, Khushi,  
Saksham, Vansh, Rohit, Anmol  
9910172232, 7006210291,  
7006916449, 6005661161,  
9596946264

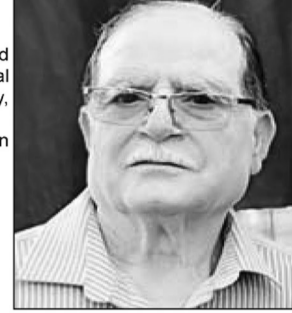
**UTHALA**

With profound grief and sorrow, we regret to announce the sad demise of our beloved **Sh Satish Nayyar** S/o Lt. Sh Yashpal Nayyar R/o HNo 65 Ward No 4 Eidgah road, adarsh colony, Udhampur, who left us for heavenly abode on 11-10-2023.

**Uthala** will take place at Ved Mandir, Adarsh Colony, Udhampur on 14-10-2023 at 3:00 - 4:00 PM

**GRIEF STRICKEN**

**Pushpa Nayyar - Wife**  
**Son and Daughter-in-law**  
Munish Nayyar and Tania Nayyar  
**Daughters and Sons-in-law**  
Monica Chowdhary and Owais Chowdhary  
Soniya Gupta and Rohit Gupta  
**Brother and Bhabhi**  
Sh. Subash Nayyar & Smt. Santosh Nayyar  
**Sisters and Brothers-in-law**  
Smt. Moni Vohra  
Smt. Shashi Gandotra  
Smt. Neelam and Sh. Bhushan Phool  
Sh. Subash Bansi  
Sh. Rajinder Saraf and Smt. Santosh Saraf  
Sh. Ashwani Khullar  
Sh. Sanjeev Malhotra and Smt. Sunita Malhotra



SH SATISH NAYYAR

**Brother-in-law and Bhabhi**  
Dr. Subhash Abrol and Dr. Suman Gupta  
Mob. 9711336808, 9419104761

**OBITUARY**

(25TH OCTOBER 1930 - 05TH OCTOBER 2023)

WITH PROFOUND GRIEF AND SORROW, WE INFORM THE SAD DEMISE OF OUR REVERED FATHER **SH. KANYA LAL WARIKOO** S/O LATE JAGER NATH WARIKOO ON 05TH OCTOBER, 2023. ORIGINALLY R/O DRABYAR HABBAKADAL, PRESENTLY RESIDING IN FARIDABAD.

**CONDOLENCES** TO BE HELD AT 13027 TOWER-5, SPR. IMPERIAL ESTATE, SECTOR 82, FARIDABAD.

**TENTH DAY KRIYA** WILL BE PERFORMED ON 14TH OCTOBER, 2023 (SATURDAY) AT CHOTA HARIDWAR, MURADNAGAR, GANG NEHAR, DISTRICT GHAZIABAD AT 8:00 AM.

**GRIEF STRICKEN**  
SMT. RAJNI KAUL & SH. M.K. KAUL - DAUGHTER & SON-IN-LAW  
SMT. SUDESH RAINA & SH. SURINDER RAINA - DAUGHTER & SON-IN-LAW  
SMT. GIRJA BHAT & SH. SATISH BHAT - DAUGHTER & SON-IN-LAW  
SMT. SUNI. BHAN & DR. SURINDER BHAN - DAUGHTER & SON-IN-LAW  
SMT. SHAMCOON RAINA & SH. SUPREET RAINA - GRAND DAUGHTER-IN-LAW & GRAND SON  
SMT. TANUSHREE KAUL & SH. SUNIL BISHAN - GRAND DAUGHTER & GRAND SON-IN-LAW  
CAPT. NITIKA KAUL & MAJ. K. NANAI - GRAND DAUGHTER & GRAND SON-IN-LAW  
SMT. SHEFALI RAINA & SH. SANCHIT RISHI - GRAND DAUGHTER & GRAND SON-IN-LAW  
SH. RISHAB BHAN & SH. ANUSH BHAT - GRAND SON  
DR. GEETGA BHAN - GRAND DAUGHTER

**MOBILE NO: 9416335777, 9818483528, 9818803000, 9899015014**



Sh. Kanya Lal Warikoo

**PRAYER MEETING & 10TH DAY KRIYA**

With profound grief and sorrow we inform the sad demise of our beloved "**Dr. PREM LAL**" Proprietor Prem ISM Store Prem Nagar (Doda) who left for heavenly abode on 05th October, 2023.

The void left in our hearts and lives will remain unfilled. He lit and blessed our lives and will be loved with eternity.

**10th Day Kriya** will be held on Saturday, 14th October, 2023 at our residence: Bhella (Doda).

**GRIEVED FAMILY:**

**Sons & Daughter-in-law:**

Dr. Bharat Bhushan & Smt. Rama Devi  
Sh. Shashi Bhushan (Central Assistant) & Smt. Sangeeta Devi (Lecturer)

**Daughters & Son-in-law:**

Smt. Babli Devi & Late Dr. Harbars Lal  
Smt. Shakti Bala & Sh. Dev Raj  
Smt. Neelam Devi & Dr. Kul Bhushan (Retd. CMO)

Smt. Kiran Bala (Teacher) & Late Sh. Shashi Bhushan

**Grand Children:**  
Tanishka, Mannat, Nalvik, Neerharka,  
Lovish, Davik, Ayu, Arsh

**Grand Daughter & Spouse:**  
Smt. Neeraj Devi (Teacher) & Er. Nixon Kashyap (JE)

**Grand Sons & Spouses:**  
Manish Bhushan (Teacher) & Raksha Devi  
Er. Danesh Bhushan & Prof. Poonam Kesar

**Phone:** 9906151979, 9906032090, 9596228460  
**R.S.V.P.: BHUSHAN MEDICAL HALL BHELLA**  
(The Suryavanshi Family)



Sh. Vijay Kumar

**10 DAY KRIYA RASAM PAGRI**

With profound grief & sorrow, we regret to inform the sad demise of our beloved **Sh. Nareesh Singh Jammwal** S/o Lt. Sh. Maan Singh Jammwal R/o H.No. 5, Lane No. 1, Dharmatt Colony, Muthi Jammu near Mayank Cricket Ground Academy.

**10th Day** will be performed at our residence on 12th Oct., 2023 at 11:00 am.

**Kriya** will be performed at our residence on 15th Oct., 2023 at 12:00 Noon.

**Rasam Pagri** will be performed at our residence on 16th Oct., 2023 at 12:15 pm.

**DEEPLY MISSED AND REMEMBERED BY :**

Mrs. & Col. S.S. Jammwal (Retd.) - Brother

Late Sh. Verinder Singh Jammwal & Smt. Sandhya Jammwal (Sister & Brother-in-law)

Smt. Rita Chib W/o Sh. Satvir Singh Chib

Mrs. & Mr. Ravinder Singh Jammwal (Son)

Mrs. & Mr. Kulbir Singh Jammwal (Son)

Mrs. & Mr. Kulbushan Singh Jammwal (Nephew)

Mrs. & Mr. Pranay Singh Jammwal (Nephew)

Mrs. & Mr. S.S. Andotra (Daughter & Son-in-law)

Mrs. & Mr. Umesh Singh Jammwal (Daughter & Son-in-law)

Mrs. & Mr. Munish Jammwal (Daughter & Son-in-law)

Mrs. & Mr. Vishal Sharma (Daughter & Son-in-law)

**Grand Sons :** Vikrant, Ivam, Abhey, Ritvik, Aru & Hunny

**MOB. NO.:** 9419130821, 7006657405



Sh. Nareesh Singh Jammwal

**TENTH DAY/KRIYA**

With profound grief and sorrow, we inform the sad demise of our beloved **Rakesh Singh Sambyal** S/o Late Sh. Dilbag Singh R/o 82/1 Suraksha Vihar, Top Paloura, Jammu passed away on 4th Oct 2023 (Wednesday).

**10th Day** shall be performed on 13-10-2023 (Friday) at 11:00AM.

**Kriya** shall be performed on 16-10-2023 (Monday) from 11:00 AM onwards.

**GRIEF STRICKEN**

**Praveen Sambyal - Wife**

**Son & Daughter in law**

Rohit Singh Sambyal & Manvi Pathania Sambyal

**Brother & Bhabhi**

Rajesh Singh Sambyal & Sweetie Sambyal

**Daughter & Son in law**

Meenakshi Salathia & Mohinder Singh Salathia

**Grandson:** Aribant Singh Sambyal

**M.:** 9419146905, 7006129149 & 9419240560

**G-MAX IT Services and G-MAX IT Services Pvt. Ltd.**



Rakesh Singh Sambyal

**TENTH DAY/KRIYA/UTHALA**

With profound grief and sorrow, we inform that **Shrimati Raj Kumari** W/o Lt. Sh. Som Nath Sharma R/o F-24, Resham Ghar Colony Jammu passed away on 5th October 2023 Thursday.

**10th Day** shall be performed on 14-10-2023 (Saturday) at 11 AM at Shiv Durga Mandir Resham Ghar Colony, Jammu.

**Kriya** shall be performed on 15-10-2023 (Sunday) from 12 Noon onwards at home, Resham Ghar Colony, Jammu.

**Uthala** shall be performed on 16-10-2023 (Monday) from 3:00 pm to 4:00 pm at Shiv Durga Mandir Resham Ghar Colony Jammu.

**GRIEF STRICKEN**

**Jethani:** Smt Sushila Devi (W/o Lt. Dwarka Nath)

**Jethani:** Smt Vaishno Devi W/o Sh Ram Rattan

**Sons & Daughters-in-law**

Sanjesh Kumar & Anuradha

Rajesh Sharma & Sushma Devi

**Grand Son & Daughter:** Vansh, Palak, Ashvika



Shrimati Raj Kumari

**SHADMOS AND MASVAR**

It has been six months since you left us for your heavenly abode. Your memories, love and blessings will always stay with us and guide us. The Days will pass but we will always remember you with silent tears.

May Almighty give your soul eternal peace and Moksha.

**Shadmos and Masvar** of our beloved **Lt Rattna Dhar** W/o Lt. Moti Lal Dhar originally Zaindar Mohalla, Srinagar and presently at 26-A, Tirath Nagar, Bohri, Talab Tillo, Jammu will be performed at Kashmiri Sabha, Haridwar on 13th and 14th October 2023.

**DEEPLY MISSED AND REMEMBERED BY:-**

**NEARS & DEARS**

**MOB: 09103136494, 08360205526**



LT RATTNA DHAR

**BARKHI**

One year has passed since you left, but your memories will always be with us.

**Barkhi** of our beloved **Late Smt. Kamla Gupta** W/o Late Sh. Vidya Dhar Bayotra will be performed at our residence H.No. 21, Mohinder Nagar Ext., Canal Road on 14 October 2023 (Saturday) from 10 am to 12 Noon.

**FONDLY REMEMBERED BY:**  
Dr. Dushyant and Dr. Ranjana (Son and Daughter in law)  
Minerva and Yogesh Gupta (Daughter and Son in law)  
Ojas and Kamyia (Grandchildren)

**Contact No. 9419187409, 7006579919**



Late Smt. Kamla Gupta

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**CREMATION/ 10TH DAY KRIYA**

With profound grief and sorrow, we regret to inform you that our beloved father **Karmayogi Shri. Rattan Lal Koul**, S/o Late Shri Shyamal Koul originally R/o Kachwa Muqam Baramullah presently Lower Gadigarh near Raghunath Temple left for his heavenly abode on 05/10/2023.

**Cremination** will be performed at Indira Nagar Mirawahan cremation ground on 06/10/2023 at 11:30 am.

**10th day Kriya** will be performed at Muthi Ghat on 14/10/2023 at 08:30 am.

**GRIEF STRICKEN**

**Smt. Krishana Koul (Wife)**  
**Sons and Daughters-in-law**  
Rohit Koul and Purva Koul  
Rahul Koul and Kratika Koul  
**Daughter and Son-in-law**  
Shri. Mukesh Khajuria and Archana Koul Khajuria  
**Brothers and Bhabhis**  
Moti Lal Koul and Nirmala Koul  
P.K. Koul  
Manoj Koul and Pooja Bhat Koul  
**Grand Children** - Pavani, Ved, Navya, Savni  
**Contact No:- 8860533048, 9619933029, 9906908726, 7006105440**



Shri. Rattan Lal Koul

**OBITUARY/ 10TH DAY/ KRIYA**

With profound grief & sorrow we inform the sad demise of our beloved **Sh. Chaman Lal Pandita** S/o Lt Sh. Prem Nath Pandita on 07-10-2023 (Saturday) originally resident of Deeri (Pulwama) Kashmir at present Muthi Migrant Quarters Phase II (Eakta Bhawan/ Community Hall Jammu

**10TH DAY KRIYA** will be performed on 16-10-2023 Monday at Muthi Ghat Near Directorate of School Education at 9:00 AM.

**GRIEF STRICKEN**

Shanti Devi - **Wife**

Nancy W/o Lt Sh Jager Nath - **Sister**

King Ji & Shakti - **Son & Daughter in Law**

Susheel Pandita - **Son**

Rohit & Pooja - **Son & Daughter in Law**

Pooja & Sunny - **Daughter & Son in Law**

**Grand Children:** Sadhvi, Pranay

Rushika Pandita & Lavanya Raina

**MOBILE NO: 9469231752, 7006530998, 9796421367**



SH. CHAMAN LAL PANDITA

**KRIYA/UTHALA**

Although heaven and earth divide us but you are forever in our hearts

With profound grief & sorrow, we regret to announce the sad demise of our beloved Father, **Sh Satish Chander** S/o Late Mangat Ram R/o Parliwand Kathua who left for his heavenly abode on 05-10-2023 (THU).

**KRIYA and UTHALA** will be performed at our residence House No.10, Ward No.12, Kathua at 10 am and **SATSANG** at Shri Guru Ravi Dass Mandir, near Old Bus Stand, Kathua from 12 to 1pm on 15-10-2023 (Sunday).

**DEEPLY REMEMBERED BY:-**

Smt Parkash Devi (**Wife**)

Smt Sunita Kumari & Sh Nirmal Kishore Karalia (**Daughter-in-law & Son**)

Smt Navriti Priya & Sh Munish Kumar Karalia (**Daughter-in-law and Son**)

Smt Anju Bala & Sh Manohar Lal (**Daughter & Son-in-law**)

Smt Anita Karalia & Sh Ashwani Kumar (**Daughter & Son-in-law**)

**Grand Children:-** Shivani, Kartik, Kanish, Karishta, Atiksh, Aakarsh, Anvay and Atulit.



Sh Satish Chander

**TENTH DAY/KRIYA/UTHALA**

With profound grief, we inform that Mrs **Shub Lata (Shaveta)** W/o Mr. Parvinder Kumar Sharma (Retd A.V.P. JK Bank) R/o B-22, Vasant Vihar, Talab Tillo Jammu passed away on 3rd Oct 2023. Tuesday.

**10TH DAY** shall be performed on 12th Oct 2023, Thursday at Home at 11 AM.

**KRIYA** shall be on 13th Oct 2023 Friday at Home.

**UTHALA** shall be performed on 16th of Oct 2023 at Shiv Temple, Vasant Vihar, Talab Tillo Behind Tripple 'S' farm House banquet Hall, Pillar No 46, Akhnoor Fly Over at 4 PM to 5 PM.

**GRIEF STRICKEN**

**Son & Daughter in Law**

Pratham Sharma & Shivangi

**Grand Son**

Dhairya Pratham

**All Sahajpal Family Members**

**All Sadh Family Members**

**Mobile No 9697026599, 9535279185**



MRS. SHUB LATA (SHAVETA) W/O P.K SHARMA

**UTHALA**

With profound grief & sorrow, we regret to inform the sad demise of our beloved **Sh. Tilak Raj Gupta** S/o Late Sh. Munshi Ram, R/o 212, Patel Nagar, Talab Tillo, Jammu who left for heavenly abode on 11-10-2023.

**Uthala** will be performed on Saturday, 14-10-2023 between 3-4 PM at Gurudwara Tali Sahib, Near Bee Enn Hospital, Talab Tillo, Jammu.

**GRIEF STRICKEN**

**Sons & Daughters-in-law**

Ravi & Meena Gupta

Shravan & Neha Gupta

**Daughters & Sons-in-law**

Anu & Vinay Gupta

Anju & Arun Gupta

**Grandsons & Grand Daughters-in-law**

Sanchit & Sumedha

Laskhay & Simriti

Tanvi, Peehushi, Pariyal, Tavish, Trisha & Taina - **Grand Children**

**& Members of the entire Jandyal Family**

**MOB.: 9419198382, 7006619119**



Sh. Tilak Raj Gupta

**TENTH DAY KRIYA**

With profound grief and sorrow, we inform about the sad demise of our beloved **Sh. Mahender Nath Koul** originally resident of Soibagh Budgam, Kashmir presently at H.No. 375/A Ward No. 4 Manohar Apartments Mehrauli New Delhi.

**10TH DAY KRIYA** will be performed at Murad Nagar Canal Ghat, Murad Nagar Near Ghaziabad-UP at 8:00 AM on 15-10-2023.

**GRIEF STRICKEN**

**Smt. Phoola Koul- Wife**

**Smt. Jaya Koul- Bhabhi**

**Son & Daughter-in-law**

Sh & Smt. Dileep Koul & Veena Koul

**Son & Daughter-in-law**

Sh & Smt. Vinod Koul & Sunit

# Delay in holding Assembly Elections in J&K generates feeling of hopelessness: Manjit

## TOP NEWS REPORT

JAMMU, Oct 13: Apni Party Provincial President Jammu, and Former Minister, S. Manjit Singh has expressed his concern over delay in holding Assembly elections in Jammu and Kashmir as it has generated a feeling of hopelessness among the masses.

"The restoration of democratic system in Jammu and Kashmir has been delayed for one reason or another although the situation is peaceful and conducive to hold Assembly Elections in the erstwhile State," said the Former Minister.

He was speaking at a meeting cum joining program that was organized by Provincial President Women Wing Jammu, Pavneet Kour, and Dalbir Singh, Apni Party leader here.

In this program, BJP's ward president, Ravinder Kour along with dozens of her supporters joined Apni Party in presence of S. Manjit Singh. While welcoming the new entrants into the party, Manjit Singh hoped



that their joining would strengthen the party at the grass root level. He said that the people of Jammu and Kashmir are feeling disappointed regarding authorities' ignorance to their genuine demands. Referring to the issues being confronted in Jammu plains, he said that the shabby condition of Jammu-Pathankot and Jammu-Srinagar highway has affected the business, commuters and transporters.

He said that the compensation cases whose land was acquired by NHAI have accused authorities for discriminating with the land owners/businessmen whose land/shops were acquired but the compensation was not given as per the market value.

"The people have lost their source of earning yet the authorities seem unconcerned. Similarly, the Sarore Toll plaza issue was not addressed despite a team of NHAI being sent to Samba from Delhi and its outcome remained under the carpet. The decision as per the wishes of the people of Jammu plains was not made public," he said.

He said that the issues of recruitment scams, increasing unemployment, power crises and the installation of the smart meters have added more problems in Jammu that should have been addressed. However, it appears the authorities are unconcerned about the public issues.

In these circumstances, he said that it becomes

important to hold Assembly Elections in Jammu and Kashmir as soon as possible in a bid to restore democratic system. "The babus have no connection with the people, and it is important that the present form of Govt should be replaced by an elected Govt in Jammu and Kashmir," he said.

He said that the feeling of alienation has detached them from the Govt and its schemes that could have benefited the people at ground level if implemented in a proper manner with the consultation of public representatives.

However, the public representatives appear to have been ignored and the babus taking decisions from the comfortable office rooms without going into the fields, he

added while complaining about the poor development, and incomplete developmental projects.

He also referred to the smart city project that is being implemented in a half hearted manner by the Jammu Municipal Corporation. "The heaps of garbage can be seen scattered in many wards of Jammu and the dengue cases are increasing in the populated residential areas. But the JMC has yet to intensify the fogging in the dengue affected areas," he said, and criticized authorities for failing to educate about the dengue spread and measures to control its spread. He also expressed concern over delay in scheduled elections of PRI and ULBs in J&K that were announced.

Meanwhile, he said that if the Apni Party forms the next Govt in Jammu and Kashmir, it will enhance pension from Rs 1000 to Rs 5000 and marriage assistance for the girls of economically poor sections of society would also be enhanced from Rs 50000 to Rs 1 lakhs.

# Deceptive, devious undemocratic dynastic NC using falsehood to create impediments

## TOP NEWS REPORT

JAMMU, Oct 13: Former MLC & JK UT spokesperson of BJP Girdhari Lal Raina termed National Conference as deceptive, devious and undemocratic dynast that is using falsehood to create impediments in development of Jammu and Kashmir and India as a whole.

Perturbed by flop shows on 10th of October 2023 when people of Jammu once again rejected and ignored narrow minded, self-centred political parties and leader of Jammu Kashmir, National Conference has fielded provincial President to divert attention of the public, said GL Raina.

He recalled that these parties had announced protest with much fanfare but witnessing a poor response to their call even leaders who announced the protest did not turn up. Instead of realising and amending their faulty, anti-democratic, anti-poor and dynastic politics these out-of-power politicians are deflecting attention by spreading false & fake narratives, added Raina.

Termining statement of National Conference and its leadership as repeating lies that the election to the Ladakh Autonomous Hill Development Council

(LAHDC)-Kargil was the first poll held after Ladakh was carved out as a Union Territory following the abrogation of Article 370 of the Constitution. The fact is that election to the Ladakh Autonomous Hill Development Council (LAHDC)-Leh was held in 2018, Ex-MLC stressed.

The Bharatiya Janata Party won Elections, securing victory in 15 out of 26 seats, while National Conference could not win even a single seat, he reminded. Was not that rejection of the National Conference and its divisive and communal politics, asked the BJP spokesperson?

Further first ever District Development Council elections held in December 2020 long after historic Constitutional changes BJP not only emerged as the single largest party but also received the highest vote share, winning seats in both Jammu province and Kashmir division. That was the people's stamp of approval in the most explicit way in favour of policies of BJP.

Termining LAHDC-Kargil election as the first poll held after Ladakh was carved out as a Union Territory is a complete falsehood, an attribute of National Conference and its allies from very beginning,

# PDP, NC, Congress looted J&K: Kavinder

## TOP NEWS REPORT

JAMMU, Oct 13: Decimating the entire PDP unit in Kathua, PDP Kathua President along with team, including Presidents of SC, ST, Mahila, Youth, and Labour wings and hundreds of their supporters joined Bharatiya Janata Party (BJP) at party headquarters, Trikuta Nagar, Jammu.

Senior BJP leader & former Dy. CM Kavinder Gupta, BJP spokesperson Abhijeet Jasrotia and Minority Morcha President Ranjodh Singh Nalwa welcomed the new entrants in the party fold.

Those who joined on the

occasion included PDP District President S. Jagdip Singh (JD), District General Secretary Vinod Gupta, Vice-President Gurdeep Singh Rishi, Treasurer Hans Raj Sharma, Secretary Jatinder Singh, District President Youth Dinesh Khajuria, District President ST wing Attar Din, District President SC wing Mangal Das, District President Labour wing Mohd. Rouf, District President Mahila wing Jyoti Devi, General Secretary Mahila wing Rani Devi and others.

Kavinder Gupta, while welcoming the new entrants, said that the parties like PDP has nothing except bluff to offer to the masses He said that these

parties looted the resources of J&K and devastated the socio-economic structure of the erstwhile state pushing the youth into the state of total dismay and dark. He said that the BJP has kept progressing with its agenda of nation-building and perfect synchronization between its words and actions. By taking decisive actions to help every person from every region and every community, we have delivered on what we promised.

Abhijeet Jasrotia said that the Modi government has framed its policies with a vision to give the maximum benefits to the underprivileged and the neglected sections of the society, while

making the nation strong on national and international fronts. These developments, he said, have forced the prominent people to join the BJP in large numbers.

Ranjodh Nalwa said that the public is fed up with the misgovernance of the parties like PDP, NC, and Congress and are looking towards the BJP with hopes of a bright future for young generations and development oriented government.

Former PDP leaders accused the party of nepotism and a narrow mindset. They said that PDP entertained zero internal democracy and failed to reach to all the sections of the society.

# Women social activists protest outside Domana Police Station, seek justice for Bhim Singh, Jay Mala

## TOP NEWS REPORT

JAMMU, Oct 13: 2023: Expressing their deep concern and dismay over the lack of action in response to repeated complaints from the relatives of Prof. Bhim Singh to the Police and the Revenue Department of Jammu and Kashmir regarding the mysterious death of Jay Mala, unauthorized withdrawals from her bank accounts, and the unlawful seizure of Bhim Singh's properties and lands, a determined group of women, including relatives, friends, and associates of Jay Mala and Prof. Bhim Singh, led by BDC Chairperson Neelam Devi and esteemed women social activists Sudesh Dogra and Meena Kumari, conducted a substantial demonstration outside the Domana Police Station today. The female activists, armed with placards, marched towards the station, raising slogans such as "Justice for Jay Mala, Justice for All," "Down with the Police-Criminal Nexus," and "Hold the culprits accountable for looting Jay Mala's bank accounts." Furthermore, the protestors held a secondary protest outside the residence of Vilakshan Singh and



demanding his immediate arrest for his involvement in the unlawful appropriation of Prof. Bhim Singh's properties and lands. Chanting "Arrest Vilakshan Singh," the protestors sought to draw attention to the government's inaction in shielding such notorious individuals.

Addressing the gathering, Mrs. Sudesh Dogra highlighted the fact that the post-mortem report of Jay Mala appears to have been neglected by the Domana Police, suggesting collusion with those involved in the alleged murder. She expressed her frustration that, despite compelling evidence implicating the culprits, no action has been taken, and the police department has been uncooperative with the investigations for over


five months. Numerous delegations have submitted memorandums and provided substantial evidence of criminal conspiracies against Jay Mala by certain individuals with criminal intent. Promises of a prompt inquiry have not been honored, and the family members are convinced that the Domana police are complicit in shielding the alleged murderers, failing to take any meaningful action. It is alarming that the Domana police have not even reviewed the CCTV footage from the bank where the criminals withdrew money using Mala's ATM card over the past five months, revealing suspicious motives and a possible cover-up, as remarked by Ms. Neelam, an elected BDC chairperson closely associated with Smt. Jay Mala's family.

Neelam expressed her shock at the usurpation of land belonging to Prof. Bhim Singh in Sidhra by a notorious individual from Sidhra, in collaboration with corrupt revenue officers. She lamented that the encroacher enjoyed impunity due to the patronage of a BJP leader from Udhampur who recently joined the Saffron Party to seek protection for his questionable dealings in the past. The fraudulent entry in land records, affecting one of the region's eminent leaders and former MLC, continues unchecked, with the perpetrators seemingly protected for reasons known only to a few.


Speaking on the occasion, Smt. Meena and Nisha Sharma revealed that Prof. Bhim Singh owned a one-kanal piece of land in Sidhra,

on which he had constructed a hut after obtaining a loan from the Legislative Council in 2003-04. This hut was deliberately set on fire by vested interests, who then proceeded to seize the land upon which the hut stood. Furthermore, the same vested interests forcibly entered Bhim Singh's building at Rajinder Bazaar, vandalized the property, and tampered with important documents before locking the building. Despite reporting these incidents to the police, no action has been taken to apprehend the criminals.

Ankit Love has already written to both the Police and Civil administration, outlining how Prof. Bhim Singh's property was looted by "Vilakshan Singh and his accomplices," and how Jay Mala's bank accounts were pilaged by the same individuals, seemingly with political connections that have prevented a proper investigation. Given the rampant corruption in Jammu and Kashmir and the alleged involvement of the police in shielding criminal elements, there are serious doubts about the possibility of justice being served in the region, as raised by the female activists.



**UNION TERRITORY OF JAMMU AND KASHMIR,**  
OFFICE OF THE CHIEF ENGINEER (PHE) DEPARTMENT JAMMU  
B.C. ROAD, BUS STAND, JAMMU  
TELE: 0191-2544356, 0191-2545862, Mob: 9890100000



**NOTICE INVITING TENDER**  
e-NIT No. PHE/JJM/116of 2023-24 Dated: 10.10.2023

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For and on behalf of Lt. Governor of UT of J&K, Chief Engineer, Jal Shakti (PHE) Department, JAMMU invites tenders on a non-competitive basis from reputed and resourceful Bidders/Firms/Companies/Joint Ventures/Consortium of all classes, required to be registered with Jal Shakti (PHE) Department of UT of J&K apart from registration with JKPWD/CPWD/Railways or any other State / UT Government for "Construction of 250 Dia. Production Wells by any suitable method (reverse/direct/dual rotary) using Mud-Rotary Drilling Rig for 12 Water Supply Schemes (12nos. Tube wells) of District Kathua of JAMMU Province under Jal Jeevan Mission (JJM)". The bidding process shall be completed online on [www.jktenders.gov.in](http://www.jktenders.gov.in) in two covers viz. **Cover 1**, consisting of Pre-Qualification Criteria, General Terms and Conditions and Technical Specifications and **Cover 2**, shall consist of Financial Bid on item rate basis, in the prescribed BOQ.

Sr. No.	Particulars of the work	Tender fee in INR	EMD	Estimated Cost	Bid Validity	Time of Completion of work (days)
1	2	3	4	5	6	7
1	Construction of 250 mm Dia. Production Tube Wells by any suitable method (reverse/direct/dual rotary) using Mud-Rotary Drilling Rig for 12 Water Supply Schemes (12 nos. Tube wells) of District Kathua of JAMMU Province under Jal Jeevan Mission (JJM)*	1000/- (Valid for all Tender Ids under this E-NIT)	Rs. 1.00 lac	As per Appendix 'E'	180 days	As per bid document.

**Position of funds: Available Under Jal Jeevan Mission (JJM)**  
The tender inviting authority is Chief Engineer, Jal Shakti (PHE) Department Jammu.  
The awarding authority is District Jal Jeevan Mission (DJJM) Kathua

**Critical Dates:**

i	Publish Date	10.10.2023
ii	Document Download/sale start Date	10.10.2023
iii	Date of Pre-bid meeting	12.10.2023 (12:00 Noon)
iv	Bid submission start date	13.10.2023 (3:00 PM onwards)
v	Bid submission end date	20.10.2023 (6:00 PM)
vii	Date and time of Bid opening	21.10.2023 (3:00PM)

**1. Bid documents can be accessed and downloaded from the website**

[www.jktenders.gov.in](http://www.jktenders.gov.in)

- The pre-bid meeting shall be held in the office chamber of the Chief Engineer, Jal Shakti (PHE) Department, Jammu through virtual/online mode.
- The whole bidding process shall be completed online on tender portal [www.jktenders.gov.in](http://www.jktenders.gov.in). The intending bidders can download the bid document from the tender portal and can submit their bids by uploading them on the tender portal.
- The valid bids received shall be opened online in the office of the Chief Engineer, Jal Shakti (PHE) Department, Jammu.
- Bids must be accompanied by cost of Tender Document and EMD as specified in column 3 & 4 of the table and shall be payable at Jammu.
- EMD to be pledged in favour of Chief Accounts Officer (CAO), Jal Shakti PHE Department Jammu. EMD will be in the form of CDR/ FDR/BG of any scheduled Bank and shall be valid for a period of 90 days from the last date of submission of bid. No exemption of EMD, of any kind shall be considered.
- The cost of tender documents should be in form of TR /c-challan/ Receipt under Major Head, MH:0215 in favour of Chief Account Officer (CAO), Jal Shakti (PHE) Department Jammu or by online payment via NEFT/RTGS as detailed below:-  
A/c Name: Chief Account Officer, PHE Jammu. Bank : J & K Bank Ltd.  
Account No : 0097010100002093 IFSC : JAKA0TNHALL  
Branch : Town Hall Jammu
- The hard copies of cost of tender document in shape of TR/c-challan/NEFT, Earnest money in shape of CDR/FDR/BG and other relevant documents and other relevant documents shall be obtained from the bidder who is declared as L1.
- The bid shall remain valid for a period of 180 days from the last date of submission of bids. If any bidder/tenderer withdraws his bid/tender before the said period or makes any modifications in the terms and conditions of the bid, the bid shall be declared non-responsive.
- Other details can be seen in the bidding documents from the website [www.jktenders.gov.in](http://www.jktenders.gov.in).
- Queries by email if any, should be made at [ahpecemil@gmail.com](mailto:ahpecemil@gmail.com).

No: PHE/JJM/10153-165  
Date: 10.10.2023
**DIP/J-9454/23**
Sd/-  
Chief Engineer,  
Jal Shakti, (PHE) Department  
Jammu.

## EDITORIAL

## MEAL PLANNING

It is not very easy to provide acceptable meal to each member of the family according to their likings. Even after being familiar with all the principles of meal planning, a housewife is often unable to select foods according to members of the family as the number of factors affect meal planning which are as follows:

The amount and the kind of food for a family depend on its income. With the decrease in income percentage, expenditure on food increases and hence more careful efforts are required to plan meals. Society can be divided into three categories on the basis of income – lower, middle, and high income groups.

With the increase in income, choice in selecting foods can be wider for seasonal or non-seasonal foods and such foods can be procured locally or from far off places. But people belonging to lower income group can't afford costly foods such as milk, meat, fruits, etc. Therefore, it is desirable to adopt such measures that provide nutritious food at a low cost. Use more of less expensive foods like cereals. In place of expensive cereals like rice and wheat, use low cost cereals like ragi, moong, etc. Use jaggery in place of sugar. Use seasonal and locally produced fruits and vegetables. Use methods like sprouting, fermentation, and combination of foods to enhance nutritive value. For example, khichdi made by combination of cereal and pulses is very nutritious food. Use methods like pressure cooking to retain nutritive value of foods. Use cheap nuts like groundnuts and utilise leftovers properly.

Amount of food served in the family is largely determined by the number of its members. More members mean more food for the family. The nature of the family whether nuclear or joint also affects the meal planning to a large extent

Normally women require less food as compared to men because of their less height, weight, body composition, and physical activity, e.g., a 30 years-old woman doing heavy work requires 3000 calories per day but the requirement of a male of the same age and doing the same work requires 3900 calories per day.

Some specific body conditions affect the nutritional requirements, e.g., during pregnancy and lactation the body requires more nutrients. A diabetic patient requires less of carbohydrates. A person with high blood pressure requires less salt.

Meals should be in accordance to the season. With the change in season, availability of foodstuffs and our taste also change. In summers, bottle gourd, ridge gourd, pumpkin, bitter melon, etc., are in abundance whereas carrots, radish, tomato, peas, cauliflower, etc., in winters. Seasonal foods are also more likeable as well as nutritious.

Physical requirements also change with the change in season. Cold drinks like lemon water, soft drinks, ice creams, etc., are liked in summer and hot drinks like tea, coffee and high calorie foods like peanuts or till chikki, pakoras, etc., are preferred in winter. Therefore, a housewife must choose vegetables, fruits, and other foodstuffs according to the season.

Availability of food also affects the meal planning. A housewife should make maximum use of locally produced foodstuffs because they are cheap, tasty and compatible with the climate. For example, sea food is easily available and cheap in coastal areas so it is the staple food of the people living there.

Including mango or watermelon in diet is useless in winter if it is not available. Today with increasing the means of transportation, preservation and storage, the availability of foodstuffs has increased by which at the time of more variety need can be added to the meal.

## 'Big ideas for change': What 2023 Eco Nobel is all about

By: Mohan Guruswamy

When Amartya Sen was awarded the Nobel Prize in Economics in 1998, I was asked by Prime Minister Atal Behari Vajpayee for a briefing on him. I tried to explain about his ethical concerns about prolonged and increasing income inequality, to which Vajpayee tersely said: "Sankshipt mein batao!" He was happy with my next attempt which was "for being a good human being!" Just a few months before that, Lal Krishna Advani inquired from me whether I was familiar with his work? I gave him three books by Sen I had read till then, all of whom related to Inequality, Ethics and Economics. I could make out that Mr Advani, who is a keen reader of books -- all manner of books, was "impressed" enough to ask me if I could arrange for him to meet Prof. Sen. I told him that I did not know him but would try to make a connection.

But Sen's Nobel Prize took care of that. The Vajpayee government welcomed the award and honoured him with receptions and meetings. The finance ministry hosted a grand luncheon meeting at the Taj where he was awarded a "Golden Pass" for unlimited free flights by first-class on Air India. While giving it, the finance minister said it was to encourage him to visit India more frequently and advise the government.

But a few months later the Graham Staines incident took place and Amartya Sen commented critically about it. The government then lost its fascination with him and about his concerns for inequality.

Earlier this week my daughter asked me about why Claudia Goldin was awarded the 2023

Economics Nobel. I said it was as much for pointing out the obvious discriminations against women in all fields as it was for that in economics. Ever since the Sveriges Riksbank (Sweden's central bank) instituted "The Sveriges Riksbank Prize in Economic Sciences in Memory of Alfred Nobel", and it has since been awarded by the Royal Swedish Academy of Sciences according to the same principles as for the other Nobel Prizes, the prize in economic sciences was awarded to 90 men and just three women. Prof. Claudia Goldin was the first woman to get it alone.

The first of the three women Nobel economics laureates was Elinor Ostrom, who won it in 2009 for postulating that "local communities are the best at managing their natural resources as they are the ones that use them and that all regulation on the use of resources should be done at the local level, as opposed to a higher, central authority that does not have direct interaction with the resources". The next woman to win it was Esther Duflo, jointly with her husband Abhijit Banerjee and Michael Kremer for their "experimental approach to alleviating global poverty".

Abhijit Banerjee and Esther Duflo won it ironically enough for their study in eastern Odisha of one of the most spectacular development economic bombs of recent times. It was a scheme to replace open-fire cooking used by three billion of the world's poorest people with more efficient, less polluting stoves. The \$400 million project was backed by the United Nations and launched by former US secretary of state Hillary Clinton in 2010. It set out to reduce indoor air pollution, which kills two million people a year, while empowering women and helping the environment. After

initial success, millions of stoves built in India were largely abandoned within four years. Banerjee and Duflo studied the reasons for it and told the world why such an altruistic and even rational project flopped. The reasons were quite mundane, something which the world's finest development economics and policy-making minds did not anticipate. The new stoves needed more attention, were prone to break down and took longer to cook food. They couldn't be moved because they were tethered to fixed chimneys, sending the smoke outside.

But Duflo did, to my mind, a more remarkable economics research in Russia as a graduate student in 1993 when she wrote a paper on how the Soviet Union "had used the big construction sites, like the Stalingrad tractor factory, for propaganda, and how propaganda requirements changed the actual shape of the projects". This is exactly what Ratan Tata and Narendra Modi did with the Tata Nano car factory in Sanand, Gujarat. One wanted to refashion how the Indian middle class aspired and locally travelled and the other wanted to remake Gujarat as an industrial society, all based on an ill-designed low-cost car. Neither Duflo or Banerjee were accorded any honours by the Narendra Modi government, or even a meeting.

Economics, possibly because of its associations with politics, money and finance has for long been dominated by men. In the United States, only a fourth of the academics considered to be on tenure track are women. Even in economics, women generally tend to be drawn to the areas leaning on social issues like health, education, labour welfare, wage and gender parity. These are not attention-

gathering fields. Claudia Goldin spent her professional lifetime as a labour economist and has been focused for over three decades on the gender pay gap.

The Royal Swedish Academy of Sciences said on Monday: "This year's Laureate in the Economic Sciences, Claudia Goldin, provided the first comprehensive account of women's earnings and labour market participation through the centuries. Her research reveals the causes of change, as well as the main sources of the remaining gender gap." To us in India, this recognition of a gender gap in policy-making is also a tribute to Elinor Ostrom for empowering local communities, to Esther Duflo for empirically analysed development policies decision-making. Our political system has recently endorsed the need for a huge change in political decision-making and power-sharing by agreeing to reserve a third of places in Parliament and the state legislatures for women. This is in keeping with the national mood. Every politician worth his and less often her salt knows that the national mood and perceptions are decisive in determining national outcomes. Speaking to reporters at her home in Cambridge, Massachusetts, Dr Goldin hailed the decision to award her the Nobel Prize as a recognition of "big ideas and for a long-term change".

Claudia Goldin, who in 1990 became the first woman to get tenure at Harvard University's economics department, added: "There are still large differences between women and men in terms of what they do, how they're remunerated and so on. And the question is: why is this the case? And that's what the work is about."

## Marriage: Increasing pretense - decreasing intimacy

By: Vijay Garg

In a time of extreme materialism, every work and relationship is being built on the foundation of money. And that is proving to be a fatal step for the entire human race. The ways in which wealth has started being displayed in marriages is beyond imagination. Today, man sees marriage as an opportunity to prove the abundance of his wealth and he does so. Believed that there is no better occasion than marriage where money can be spent whereas marriage is a sacrament in which human and social it is expected to be completed while following the limits of values. That is why marriage has got a place among the sixteen sanskars. Today, if some youth are showing the way to the society then it should be appreciated. But no matter how much someone protests, it cannot be meaningful unless the majority of the society agrees. Time will tell when this will happen in today's age of show off. We will talk about the huge arrangements made in wedding ceremonies and the misuse of the huge amount of money spent in them. Social buildings are no longer in use. Well, all these have become useless for marriage ceremonies. Till some time ago, the tradition of holding marriages in marriage halls within the city continued, but that era is also coming to an end! Now weddings have started taking place in expensive resorts away from the city. It is also becoming a tradition to book big renowned seven star hotels for organizing weddings. Lakhs of rupees have been spent in setting up wedding sets in these hotels. This resort is booked two days before the wedding and the wedding family shifts there. visitors

and guests directly They come and depart from there. In a ceremony held at such a distance, only those who have their own four-wheelers are able to reach there and believe it, it is the heartfelt wish of the host of the ceremony that only the guests with cars should come to the reception hall and he also gives invitations according to that category. There are two or three types of categories that are being kept these days. Seeing such marriages, even the middle and lower classes are not hesitating to spend money on marriages like water. People even focus on their level, status and false glory in marriage. To perform, they are also organizing expensive weddings by taking loans. There is one more interesting thing. The marriage which was called dream wedding, does not take two moments to break. Where till yesterday divorces were heard of only a few, today they have increased hundreds of times. Who wants to invite only ladies to the sangeet? Who has to be invited only to the reception? Who to invite to the cocktail party? And which VIP family to invite to all these programs. The feeling of belonging has gone away in this invitation. Invite only mean individuals or families is done. In the times of extreme materialism in which every work and relationship has started to be built on the foundation of money and it is proving to be a fatal step for the entire human race, the ways in which money is being displayed in every marriage is beyond imagination. Yes, today a person sees marriage as the only opportunity to prove his abundance of wealth and he believes that there is no better occasion than marriage where money can be spent whereas marriage is a sacrament in which the

limits of human and social values are followed. I doA is expected to be completed. That is why marriage has got a place among the sixteen sanskars. It is considered auspicious to meet relatives in this ritual, but in today's weddings, each family stays in a separate room, due to which the eagerness to meet relatives who have come from far away places after years has almost vanished. Because everyone has become rich and has money. Reconciliation and mutual affection has ended. On performing the rituals, they come out of the rooms when called from mobiles. Everyone considers themselves richer than each other. and this The arrogance of nobility is also reflected in their behaviour. It is said that they have come to a relative's wedding, but their ego does not leave them even here. They spend most of their time in their rooms instead of meeting close ones. Today everything is going against the grain, neither the customs nor the social values are cared for, if it is there then how many types of dishes are there in the menu, how many beverages are there, how is the external decoration, if there is anything missing then the relatives, Friends do not delay in making their adverse comments while Vivalt is a medium to promote social harmony and to avoid the criticism of people who are short of money, wedding ceremonies are becoming more pretentious than ritual. People remain engrossed in worship, chanting mantras and dancing for more than seven rounds. No one thinks about what problem this is causing to anyone. Now the trend of theme wedding has increased. Due to this, wrong and ostentation is starting to happen in the society. Pictures of the pre-wedding embrace of the

new couple at the main reception gate of the wedding ceremony, directly on our distorted culture. She is seen slapping. Inside, on a man-sized screen at the entry gate, songs, music and dance are playing on film lines filmed during the pre-wedding outdoor shooting of the new couple. Blessing ceremonies do not take place anywhere; the entire family is happy with the deeds of their children. There is a stage set up nearby where the newlywed couple is seen performing live galas with intoxicated friends and friends, demonstrating the values they have inherited from their family. Friends, man is a social animal. We become the bridge of each other's life It is a human religion. If we have abundance of money. So, understand your destiny and at the same time put a stop to its indiscriminate wastage, and try to support your religious brothers by connecting them with the main stream of society who are victims of economic poverty today. Your money is there, you have earned it, your home is an occasion for happiness. Celebrate happiness, but do not destroy the honor and respect of yourself and your family by taking a loan against someone else. Spend as per your capacity. 45 hours People invest their lifetime in receptions and no matter how well you do, people will praise you as long as you are in the reception hall. And they will leave after giving you the envelope and paying the price for your hospitality.

(Vijay Garg Retired  
Principal Educational  
Columnist Malout)

## NC holds potential to fulfil aspirations of all sections of society: Babu Ram Paul

### TOP NEWS REPORT

JAMMU, Oct 13: The Coordination Committee Jammu District (Urban), Central Zone of JKNC organized a meeting at Jammu Club. The event was attended by several key figures, with Babu Ram Paul, the Zonal President and Former Minister, as the Chief Guest, and Provincial Joint Secretary Ankush Abrol presiding over the meeting. Dr. Vikas Sharma, Coordinator of Jammu District Urban and Zonal Secretary, was the guest of honor.

Rahul Mahajan, Member of the Coordination Committee Jammu District (Urban) and Vice-President of the Central Zone, organized the meeting, which attracted a considerable number of participants.

Babu Ram Paul addressed the meeting, emphasizing the importance of strengthening the party at the grassroots level. He urged office bearers to effectively communicate the good work and achieve-



ments of the National Conference Party in Jammu and Kashmir to the general public.

During his speech, Babu Ram Paul reaffirmed the National Conference's commitment to fighting for the rights of the people of Jammu and Kashmir. He pointed out that there are forces attempting to divide people along communal and regional lines, and he pledged to counter these efforts. He also expressed concerns about the rising inflation and the soaring prices of essential commodities, despite claims of good governance by the BJP. Babu Ram Paul high-

lighted the critical issue of unemployment, which has led to widespread depression and resentment among the youth, often driving them towards substance abuse. He called upon the people to support Dr. Farooq Abdullah and Mr. Omar Abdullah, enabling the National Conference to form a popular government in J&K and alleviate the suffering of the underprivileged.

The Former Minister also addressed the deteriorating situation since August 5, 2019, mentioning issues such as the imposition of property tax, the instal-

ation of smart meters, and the introduction of prepaid meters with inflated power bills, all of which have added to the hardships faced by the public.

Ankush Abrol alleged that the political party in power has disrupted the local earning patterns in Jammu by awarding contracts for sand, bajri, wine shops, and parking spots to individuals from outside JK UT, adversely affecting the livelihoods of the local population. He also claimed that key positions in the UT Government sector and universities have been filled by officers from outside JKUT, worsen-

ing the lives of the local people.

Dr. Vikas Sharma criticized the Smart City narrative, pointing out that Jammu city is facing severe infrastructure issues, with potholed streets and broken drains causing flooding during rains. He stressed that a Smart City is not merely about signboards but should provide various facilities to the people.

Rahul Mahajan reiterated his commitment to consolidating the party's presence in his area of operation and spreading the party leadership's vision for the development and benefit of the people across Jammu and Kashmir.

Numerous other speakers shared their thoughts during the meeting, expressing their dedication to the party's mission.

The meeting was attended by a wide range of individuals who are committed to the betterment of the region and the welfare of its people.

## JK Police aspirants seek MP Gulam Ali Khatana's support in expediting Exam Results



### TOP NEWS REPORT

JAMMU, Oct 13: A delegation of hopeful aspirants for the positions of Sub Inspectors and Junior Engineers within the JK Police met with Rajya Sabha MP Gulam Ali Khatana on Wednesday to seek his intervention in speeding up the release of their recruitment examination results, which have been significantly delayed by the JKSSSRB.

The delegation, consisting of more than 100 aspiring candidates from various regions of the state, visited MP Gulam Ali's office to discuss their concerns regarding the prolonged delay in the publication of their recruitment exam results. These aspirants have been anxiously awaiting their results for over two years, causing them immense stress and uncertainty about their future careers.

One of the aspirants expressed their situation, "We have dedicated substantial time and effort to prepare for

the Police Sub Inspector examination. The extended delay in announcing the results has caused us undue stress and anxiety. Many of us are the sole providers for our families, and this delay is affecting our financial and emotional well-being. We humbly request MP Gulam Ali to use his influence and connections to help expedite the result announcement."

MP Gulam Ali attentively listened to the concerns raised by the aspiring sub-inspectors. He assured them that he would take their grievances to the relevant authorities and do everything within his power to expedite the release of the examination results. He empathized with their plight, saying, "I understand your situation, and it's disheartening to see the future of so many hardworking youth hanging in the balance due to administrative delays. I will personally reach out to the concerned authorities and do my best to ensure a swift resolution to this matter."

## Dimple leads strong protest for restoration of Darbar Move, Special Status in J&K

### TOP NEWS REPORT

JAMMU, Oct 13: Sunil Dimple, President of Mission Statehood Jammu and Kashmir, led a resolute protest today, joined by traders and people from diverse religious backgrounds, advocating for the restoration of the Darbar Move tradition, the Instrument of Accession conditions signed by Maharaja Hari Singh of the princely J&K state, and the reinstatement of special status under Article 370.

The protest rally witnessed active participation from all quarters of society, including traders, presidents of markets such as Amphalla, Rehari Chungi, Sarwal, Janipur, and Subash Nagar, representing the West Assembly Constituency. Their collective presence and strong protest conveyed a uni-



fied message.

Addressing the protesters, Sunil Dimple criticized the BJP government for halting the Darbar Move, which adversely impacted traders, hoteliers, showrooms, malls, and various businesses, crippling both Jammu and Kashmir.

Dimple, the President of Mission Statehood, strongly demanded the resumption of a full-fledged Darbar Move. He highlighted that the cessation of this tradi-

tion had a catastrophic impact on various sectors, including trade, transport, tourism, and the livelihoods of countless individuals. He emphasized that the future generations, traders, and transporters were bearing the brunt of this decision.

Dimple announced that the next protest would be held at City Chowk, where traders, transporters, and hoteliers from Jammu would unite in a massive protest demonstration.

He further pointed out that the implementation of the Darbar Move in the current era would be cost-effective due to the computerization of work and files. Dimple highlighted that the government's decision to halt the Darbar Move led to substantial losses, affecting trade and commerce in Jammu.

Dimple underscored the emotional and cultural significance of the Darbar Move, describing it as a symbol of unity and communal harmony

between the regions of Jammu and Kashmir.

He reaffirmed that the struggle for the full-fledged restoration of the Darbar Move would persist and intensify in the days to come to protect the livelihoods of the trading community.

Dimple also mentioned that their political and judicial fight for the early restoration of J&K's statehood, special status, Article 370, and the unification of Jammu, Kashmir, Ladakh, along with POK and Gilgit-Baltistan would continue until their objectives were achieved.

Prominent leaders participating in the protest included Swarn Lal Verma, Daleep Kumar, Arun Verma, Lohari Shaha, Babu Singh, Balu Kumar, Deepak Kumar, S. Kala Singh, Ajay Kumar, and many other dedicated traders.

## Devsar residents await completion of New PHC Building for 12 Years

### TOP NEWS REPORT

KULGAM, Oct 13: After more than two decades, the Primary Health Centre (PHC) in Devsar, the Tehsil headquarters of Kulgam district, still operates out of an old, deteriorating wooden structure. Despite government approval for a new and improved building, the construction has yet to begin. This situation persists, even though the government had sanctioned a 'new type primary health centre' for the area.

Over three dozen villages in the region rely on this PHC for their healthcare needs. According to local residents, this health center began operations in 1985, but the construction of its new building has remained incomplete.



Locals have pointed out that the health center lacks modern facilities and infrastructure. "The foundation for a new building was laid in 2008, but it appears that the government will take another two decades to complete it. This delay is clearly due to the absence of a representative who could have advocated for its construction," said Ab Rehman, a local resident.

Residents have expressed their frustra-

tion that around 40 villages depend on this health center, and they feel neglected by successive governments, with the current administration under the lieutenant governor displaying a similar attitude.

They are making an appeal to the lieutenant governor's administration, the Deputy Commissioner of Kulgam, and the higher authorities of the Health Department to prioritize this matter and address it promptly.

## 'Meri Maati Mera Desh Campaign Unites Block Tangdar: A Community Celebration'



### TOP NEWS REPORT

TANGDAR Oct 13: The "Meri Maati Mera Desh" campaign in Block Tangdar was a heartwarming display of unity and community spirit, leaving a lasting impression on all who participated. Guided by the Block Development Officer (BDO) Tangdar, Tawheed Ahmad Mir, the campaign aimed to connect the residents of the region through their shared connection to the land and agriculture.

The event's highlight was the collection of soil and rice from various villages and Panchayats, symbolizing the deep bonds that unite these communities. As the soil and rice

from these diverse locations were brought to the Block Headquarters, it served as a powerful representation of the unity among the people of Tangdar.

Adding significance to the event, Deputy Commanding Officer (Dy CO) Dr. Saif and the 89 Bn BSF team joined in to support the campaign, emphasizing the importance of such community-driven initiatives.

The event saw an impressive turnout, with a diverse crowd in attendance, including the general public, members of the Panchayati Raj Institution (PRI), and enthusiastic school children. Their presence

underscored the active engagement of the community in the "Meri Maati Mera Desh" campaign, highlighting the shared connection to the land.

What truly made the event unforgettable were the captivating cultural performances by local artists and students. These performances not only added charm to the occasion but also showcased the rich cultural heritage of the region. Traditional dances, music, and other expressions of local artistry enthralled the audience and brought the community even closer.

In essence, the "Meri Maati Mera Desh" campaign event in Block Tangdar was a resounding success, strengthening community bonds and promoting the rich local culture that makes this region unique. It served as a reminder of the enduring connections people have with their land and the importance of coming together to celebrate and preserve these bonds.

The event left a lasting impression on all who attended, reinforcing the idea that community unity and cultural celebration are essential for a prosperous and harmonious society.

## Protest against alleged backdoor appointments in J&K

### TOP NEWS REPORT

JAMMU, Oct 13: A protest rally organized by DOGRA FRONT & SHIV SENA, led by its president, Ashok Gupta, was held in Jammu city to voice concerns over alleged backdoor appointments in the state, specifically regarding the appointment of Syed Aroot Madani as the executive officer in the Khadi Village Industries Board (KVIB).

Syed Aroot Madani, a relative of Jammu and Kashmir Chief Minister Mehbooba Mufti, and the son of Sartaj Madani, who holds the position of Vice President of the ruling Jammu and Kashmir Peoples Democratic Party (PDP), was selected for the executive officer role in the KVIB.

The appointment process has raised questions of nepotism, leading to candidates filing



Right to Information (RTI) requests to access details of the selection criteria and the marks obtained by candidates who secured these positions.

It is noteworthy that the KVIB had issued a notification in October 2016, soliciting applications for various posts, including Executive Officer, Assistant Executive Officer, Publicity Officer, and Field Publicity Officer. The final results of the selected candidates were recently made public.

One of the primary concerns raised during the protest was the

involvement of a private agency, LME&S Pvt Ltd, in conducting the written exams for these positions, instead of utilizing established recruitment boards, such as the J&K State Service Selection Board.

The protesters, under the leadership of Mr. Ashok Gupta, expressed their demand for transparency and accountability in the selection process. They questioned how the son of the PDP Vice President and nephew of PDP General Secretary Pezada Mansoor Hussain secured a place on the list of selected Executive

Officers. The demonstration highlighted concerns surrounding alleged backdoor appointments and called for a more merit-based approach to filling government positions. It cited a statement by the Jammu and Kashmir chief secretary, asserting that 2.5 lakh 'undeserving' candidates had obtained jobs in the union territory through backdoor appointments. The protest called for these individuals to be removed from their positions and replaced with deserving candidates chosen based on merit.

The protesters sought public disclosure of the names of individuals involved in these backdoor appointments and urged the government to reevaluate these appointments through a transparent and merit-based application process.

## Jashn-E-Bahaaraa singer Javed Ali has a simple mantra for success — work with passion and give it your best in life

Listening to Ghulam Ali's ghazals inspired Javed Husain to take up singing and so enamoured was Javed with his ustad that with due permission from his father, he changed his surname to 'Ali' as a tribute to his guru!

Now a famous name in playback singing, Javed Ali has to his credit hits like Tum Tak, Kun Faya Kun, Kajra Re, Ishaqzaade and Srivalli, among others. The Jashn-E-Bahaaraa hitmaker opens up on his journey...

Wah ustad!

All I am today is due to my ustad, Ghulam Ali. He only made me realise the beauty of music and helped me take solid steps in this momentous journey. I am forever indebted to him.

Competing with myself

Our industry is full of talented singers and composers. But I don't see them as my competition. My only competition is with myself. All I care for is if I am doing better than yesterday. I enter the studio every time as if it's my first time and give the best possible. God supports my endeavours and here I am. Amongst the many numbers that I have sung, some songs did not get widespread fame. However, all of them are equally close to



my heart because I have sung each one with the same amount of passion and dedication.

Sufi rhythm

Anything that works against the tide is sure to grab attention. My latest song Saaqiya from Sultan Of Delhi is like a qawwali and has a Sufiana touch. It's close to Milan (Luthria) sir's heart and mine too. He has written this one, and music is by Sangeet and Siddharth

Haldirpur. I am really looking forward to the response to the song and the series that drops today (October 13).

Universal language

When I tried singing in different languages, it was tough initially but now I look forward to the challenge. Music is a universal language; notes are the same, only words change. I now sing in Bengali, Kannada, Malayalam, Gujarati, Marathi, Odia, Tamil,

Telugu and, of course, Punjabi. When I get compliments for doing well, it makes my day!

Know the real me

Reality shows have given me a platform to connect with my fans. They get to see what I am like as a person. I am very grateful for this chance. Also, we get such talented singers on music reality shows. I am always learning from each one, as they perform in their unique way.

Carve your own path

Given the scope of our industry, which is huge, playback singing is on the mind of many. But one doesn't have to constrict oneself. Courtesy technology, today one can compose, sing and share on social media platforms. I know thousands of talented singers who moved this way and are very successful. Just work on your passion and give it best of your best, success will follow.

Srivalli shines in Punjab

A friend from Chandigarh called last year and told me that Srivalli was being played all over. I was touched by it. Normally, it is Punjabi music and Bollywood numbers that are popular there, but Srivalli getting this response inspires me to work harder.

## Jada Pinkett Smith reveals how she battled suicidal thoughts



Hollywood actress Jada Pinkett Smith had once considered taking her own life. The 52-year-old actress revealed that on turning 40, she was in 'so much pain' despite living her dream in Hollywood and used to look for places where she could stage her death as an accident, so that she could hide the truth from her family.

"When I turned 40, I was in so much pain. I couldn't figure a way

out besides death. So I made a plan. But, while I was really living the dream, I hit a huge wall — a massive amount of depression. I think that I looked at having outside sources to supplement for the voids that I was feeling inside. I started looking for places, cliffs where I could have an accident, because I didn't want my kids to think that their mother had committed suicide."

In the end, the Nutty Professor star ended

up finding help in the form of South American psychoactive brew ayahuasca, which is usually brewed into tea and is thought to help shift hallucinations. She said: "Ayahuasca helped me, it gave me a new intimate relationship with myself that I had never had before. The suicidal thoughts completely went away."

Meanwhile, the Girls Trip actress hit the headlines in 2020 over her 'entanglement' with August Alsina, but has now admitted she and the King Richard actor, Will, had been leading separate lives for six years before he sprung to her defence and hit Chris Rock at the 2022 Oscars.

She said: "We're still figuring it out. We've been doing some really heavy-duty work together. We just got deep love for each other and we are going to figure out what that looks like for us... I'm going to be by his side. But also allow him to have to figure this out for himself."

## Maninee De roped in for the show 'Udaariyaan'

Popular actress Maninee De will be seen in the role of the cunning Baby bua in Colors' show Udaariyaan. Looking forward to portraying the role, Maninee says, "There is a sense of comfort when one is working with a familiar team; that's what makes you push the limits. I'm thrilled to be part of Udaariyaan, a show that has struck a chord with the audience for three seasons. It will be creatively enriching to embody the shrewd Baby bua, who takes control of the lives of those around her. I've been fortunate to have garnered the love of



the audience in various roles and I hope they

welcome my presence in this show."

## Tamannaah Bhatia's 10th grade video goes viral, fans doubt her age

It was in 2005 when she made her acting debut with the film 'Chand Sa Roshan Chehra', and now after 18 years, a clip featuring actress Tamannaah Bhatia giving an interview for her first film is doing the rounds on social media.

A video shared on a fan account amitha-speaks posted an old video showing a young Tamannaah being interviewed about her debut film 18 years ago.

The actress is seen telling about signing her first ever film when she was only 13. In the clip, Tamannaah is seen in a blue and orange Indian



wear.

She said: "Main abhi school mein hoon. Main abhi 10th standard ke exams dene wali hoon, 2005 mein. Toh abhi uski bhi tayareeyan chahi hai. Hala ki maine jab picture sign ki thi tab main 13-and-a-half years ki thi, aur abhi 10th standard complete karne wali hoon."

Many could not believe what the actress was saying. A user commented: "Itna mature voice 15 age mai."

Another said: "She looks 20-21 years Old... She's doesn't look anything like a Teenager... Even otherwise most

actresses lie about their age."

"She is looking 21 here," commented one more.

Tamannaah began her acting career with the Hindi film 'Chand Sa Roshan Chehra'. She then debuted in Telugu cinema with 'Sri' and Tamil cinema with 'Kedi'.

Over the years, she has worked in films such as 'Tadakha', 'Bahubali' franchise, 'Sye Raa Narasimha Reddy', 'Jailer'. She made her debut in Hindi cinema with 'Himmatwala' in 2013. The film was a remake of the 1983 film of the same name.

## Singer Shreya Ghoshal performs 'Ami Je Tomar' with 'Indian Idol 14' contestant

Ace singer Shreya Ghoshal will be seen giving a mesmerising performance on the track Ami Je Tomar, along with the Indian Idol 14 contestant Subhadeep Das in the upcoming episode of the singing reality show.

The stakes are higher than ever in this season of Indian Idol, as singer par excellence Shreya Ghoshal takes the reins to discover India's finest singing talents, along with the other judges,

Kumar Sanu and Vishal Dadlani.

Meanwhile, as an ode to his Bengali background, Subhadeep Das, who is making a comeback to the show, will be seen performing Ami Je Tomar from the film Bhoor Bhooraiya 2. The song has been originally sung by Shreya and Arijit Singh. The lyrics are by Sameer.

After the performance, Shreya said, "I have heard Ami Je Tomar in various genres and this

song is meant for competitions, and many have attempted it, but the finesse this song needs, has at times, been missed. But you are an incredible singer; your base of classical singing is very strong. Your comeback on this platform today will be remembered by all those who have heard you today. You were fabulous." Shreya will also be seen performing with him. Indian Idol airs on Sony.



## Noted film producer PV Gangadharan dies at 80

Noted film producer and whole-time director of Mathrubhumi, PV Gangadharan, died in Kozhikode on Friday morning, family sources said.

He was 80.

His end came at 6.30 am while he was undergoing treatment for some ailments at a private hospital here.

Gangadharan was the founder of Grihalakshmi Productions, which produced many films.

His cinematic contributions have been distinguished with national accolades, firmly etching his name in the annals of the industry.

Among the movies produced under the banner of Grihalakshmi Productions, the hit films include 'Oru Vadakkan Veeragadha', 'Angaadi', 'Ekalavyan', 'Achuvinte Amma' and 'Kanaakkinavu'.

In addition to his prolific career in film pro-

duction, Gangadharan served as the vice president of FIAF, a prominent global association of film producers.

He also served as chairman of the Kerala State Film Development Corporation.

PV Chandran, the managing editor of Mathrubhumi, is the elder brother of the late PV Gangadharan.

Gangadharan is survived by wife and three children.

## Megha Sharma believes it is important to adopt local dietary patterns

Recently, news of a Russian influencer, Zhanna Samsonova, losing her life went viral. It is claimed that it was because of starvation, as she used to have only exotic fruits.

"While exotic fruits and vegetables might be tempting, a diet rich in local fruits and vegetables is always the healthiest," says Pandya Store actress Megha Sharma.

She adds, "In every region, every state, and every country, there is a unique dietary tradition. In India, for instance, our staple food is diverse and rich because we use a wide range of natural resources and herbs. Our cuisine is

exceptional, but it's important to adapt our diet according to the local cultivation."

About the trend of multiple diets, she says, "Sometimes, we succumb to peer pressure and start incorporating unnecessary and trendy food in our diet. But it's essential to stay true to our regional diets, which are based on our climate and cultivation patterns. For example, in Maharashtra, people consume ragi, but this might not be prevalent in North India due to different agricultural conditions. While it's okay to try new foods occasionally, we should avoid succumbing to extreme diets, like going



vegan or eating only fruits and salads. Personally, I occasionally indulge in outside food because I am a foodie,

but I make sure to balance it by avoiding outside food for a few days afterwards to maintain a healthy lifestyle."

## Anjali Tatrari says her character in 'Vanshaj' is burdened with overwhelming sense of guilt

Anjali Tatrari, who plays Yuvika in the television show Vanshaj, has shared that her character experiences an overwhelming sense of guilt because she is unable to prove the innocence of Vidur (portrayed by Aliraza Namdar). Vidur has been arrested for the killing of a nurse who was involved in Premraj's murder, and has been falsely implicated.

The family drama focuses on the relationships and power dynamics within the Mahajan family. Recent episodes introduced Haseena Malik, portrayed by Gulki Joshi, as a crucial ally in Yuvika's (Anjali Tatrari) life. Yuvika, realising Vidur's innocence,



places her trust in Haseena to uncover the true mastermind behind the crimes.

Despite mounting evi-

dence against Vidur, Yuvika, accompanied by Haseena and Arjun (Buneet Kapoor), races against time to prove his

innocence before the impending court hearing.

Anjali says, "Yuvika is weighed down by an overwhelming sense of guilt, given that her actions have led Vidur to this difficult position. And this has not only affected Vidur but has also strained her relationship with Neil, leaving him upset. She is now fiercely committed to rectifying her mistake and proving that Vidur is actually innocent. It will be compelling to witness how she navigates her way to the truth surrounded by the endless web of lies."

Vanshaj airs Monday to Saturday on Sony SAB.

# “World Now Realising...”: PM Modi Calls For Peace Amid Israel-Hamas War

**PM Modi noted that the world was now realising how big a challenge terrorism is. Terrorism anywhere, in whatever manifestation, is against humanity, he said.**

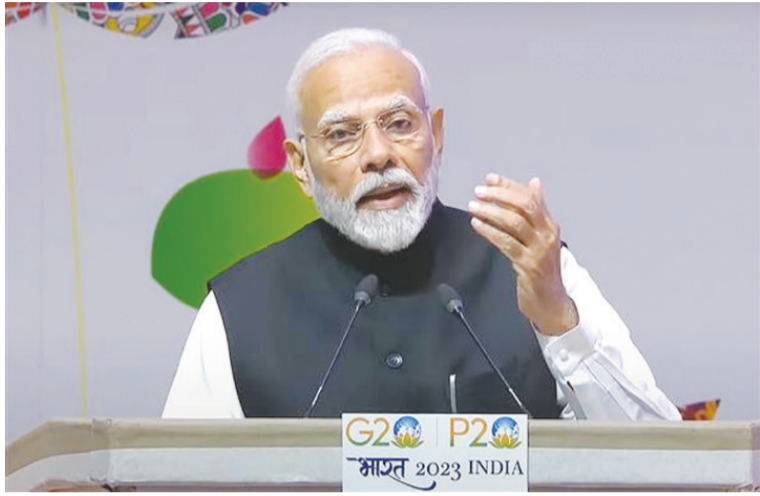
NEW DELHI, Oct 13 (Agencies): Amid the ongoing Israel-Hamas conflict, Prime Minister Narendra Modi today said terrorism anywhere in the world and in any form is against humanity and asserted that it is time for peace and brotherhood and to move forward while walking together.

He also said that conflicts and confrontations in any part of the world impact everyone and do not benefit anyone, as he called for the world to move forward with a human-centric approach.

Addressing the inaugural session of the ninth G20 Parliamentary Speakers' Summit (P20) in New Delhi, he also said that we have to remove obstacles in the way of global trust.

PM Modi said this is the time for peace and brotherhood, and time to move forward together. His remarks came against the backdrop of a series of brazen attacks on Israeli towns by Hamas over the weekend which triggered fresh tensions in the region.

Referring to the attack on Parliament House some 20 years ago, the Prime Minister said



India has been facing cross-border terrorism which has claimed thousands of innocent lives.

He noted that the “World is now realising how big a challenge terrorism is. Terrorism anywhere, in whatever manifestation, is against humanity,” he said.

The Prime Minister said that consensus not being achieved on the definition of terrorism was saddening and the enemies of humanity are taking advantage of this situation.

He said Parliaments across the world would have to think

how we should work together to combat terrorism.

The Prime Minister also said that the G20 presidency ensured festivities in India throughout the year and India landing on the moon added to the celebrations.

He said 100 crore voters will cast their vote next year in general elections in India and invited all P20 delegates to visit again next year to witness the polls.

India has conducted 17 general elections and over 300 state assembly polls so far and the general elections in 2019, where

his party became victorious for the second time in a row, was the world's biggest election, he noted.

PM Modi said use of EVMs has boosted transparency and efficiency in the election process and results are now declared within hours of the start of counting of votes.

He also referred to legacy of thousands of years of debates and deliberations in India and said some of our over 5,000-year-old texts also talked about such systems.

The event is being attended by Speakers of Parliaments of G20 members and invitee countries. The Pan-African Parliament will take part in the P20 Summit for the first time after the African Union became a member of G20 at the New Delhi G20 Leaders' Summit last month.

The thematic sessions during this P20 Summit will focus on four subjects of transformation in people's lives through public digital platforms, women-led development, accelerating SDGs and sustainable energy transition.

# Woke up to sound of sirens, spent time in shelters: Indian evacuees from Israel recount horror



NEW DELHI, Oct 13 (Agencies): Glad to be home and traumatised by what they had seen in the last few days, the first batch of around 200 Indians returned from Israel on Friday with the sound of air raid sirens, rocket fire and screams ringing loud in their ears.

Israel witnessed a surprise and unprecedented attack by Hamas in its southern parts on Saturday morning. At least 700 people have been killed and more than 2,100 injured in Israel — the deadliest day for the country in at least 50 years.

“We woke up to sounds of air raid sirens. We stay in central Israel and I don't know what shape this conflict will take,” said Shashwat Singh soon after landing at Delhi airport along with his wife.

The post-doctoral researcher in agriculture, who has been staying in Israel since 2019, said the sound of those sirens and the nightmarish experience of the past few days still haunt him.

The evacuation of Indians is a “praiseworthy step”, Singh said soon after the flight landed. “We hope peace will be restored and we will return to work... The Indian government got in touch with us via email. We are thankful to Prime Minister Modi and the Indian Embassy in Israel.”

India has launched Operation Ajay to facilitate the return of those

who wish to come back home as a series of brazen attacks on Israeli towns by Hamas militants over the weekend triggered fresh tension in the region.

Many students who returned home recalled the fateful night of Saturday and how they had to rush to shelters multiple times in the wake of rocket attacks by Hamas.

Suparno Ghosh, a West Bengal native and a first-year PhD student of the Ben-Gurion University of the Negev at Beersheba in Israel, was also among the group of Indians who reached Delhi on the special flight.

“We could not know what happened. On Saturday, some rockets were launched. But, we were safe in shelters... the good thing is that the Israeli government has made shelters everywhere, so we were safe,” he said.

Several women students also recounted the grim situation they faced when the attacks happened. “It was a panic situation. We are not citizens there, we are just students. So, whenever the sirens go on, it's a panic situation for us,” Jaipur native Mini Sharma told agency.

Asked when she received the information about the rescue flight, she replied, “Just a day before.”

“We packed our bags last morning after receiving a message

from the Indian Embassy. They were very helpful. We were able to get in touch with them round the clock,” Sharma said.

Deepak, another student, said, “We heard sirens on Saturday. We could also hear the sound of the attack. Israeli authorities were instructing us (to take safety measures). I am happy to return home but at the same time sad that our friends are there (in Israel).” The evacuation process was very smooth, the student told reporters.

Duti Banerjee, another West Bengal native who was also among the first batch of Indians evacuated from Israel, said the situation in Israel is “pretty messy and unsettled”.

“Normal life has been paused. People are scared and angry. Even when I was leaving, I heard sirens and had to go to a shelter,” she said.

Soni, another student, thanked the governments of India and Israel for “taking such good care of us”.

“I booked two flights as I was not sure when would the Indian government evacuate us. But, I am glad to be back... many Indians are still in Israel,” she said.

MEA spokesperson Arindam Bagchi on Thursday said around 18,000 Indians are currently residing in Israel while about a dozen people are in the West Bank and three to four are in Gaza.

Union Minister Rajeev Chandrasekhar welcomed the passengers at the Delhi airport as they streamed into the lounge area from the tarmac side. He greeted them with folded hands and also shook hands with many of them saying, “Welcome home”.

## Girlfriend's family chops off boyfriend's private parts in Bihar's Muzaffarpur

PATNA, Oct 13 (Agencies): In a shocking case, the family of a woman chopped off the private parts of her boyfriend in Bihar's Muzaffarpur district, police said on Friday.

The victim is currently admitted to a private hospital in Barria locality and is battling for his life. The accused are on the run.

The family of the victim alleged that the man was fraudulently called by his girlfriend who said that her father had suffered a heart attack and needed help to take him to hospital.

When the victim went to the woman's house on Thursday evening, her family overpowered him and cut his private part.

“My son went to the gym around 4 pm on Thursday. He received a call from his girlfriend and went to her house at Saraiyaganj.

The woman lied, and at her home her family members attacked him. They chopped off the private part of my son,” said the victim's father.

The victim was having an affair with the woman for the last few years and her family had

threatened him with dire consequences asking him to stay away from her.

“The accused also snatched his gold chain, a gold ring and a mobile phone,” he said.

“We have registered an FIR following a written complaint lodged by the victim's father.

The investigation is currently under way. We are making efforts to arrest the accused. The incident occurred on Thursday evening,” the SHO of the town police station Muzaffarpur told agency.

## Man gets life imprisonment in 49 year old murder case

FIROZABAD, Oct 13 (Agencies): A court here has sentenced an 80-year-old man to life imprisonment in connection with a murder case registered close to half a century ago, a government advocate said on Friday. It also imposed a fine of Rs 20,000 on convict Mahendra Singh.

Additional district government counsel Narayan Saxena on Friday said that Meera Devi, a resident of the district, had on September 14, 1974, filed a complaint, accusing Mahendra Singh of shooting her



mother dead.

At the time of the incident, Narkhi was a part of Agra district.

The case was later transferred to the Ferozabad court. Saxena said Additional District and Sessions Judge Jitendra Gupta on Thursday sentenced Mahendra to life imprisonment and said that in case of non-payment of the fine, the convict would have to spend an additional year in jail.

## Veteran journalist Sachidananda Murthy passes away

**The 68-year-old had recently undergone a lung transplant surgery, and was on ventilator for the past few days**

BENGALURU, Oct 13 (Agencies): Veteran journalist K S Sachidananda Murthy, who had served as the former Delhi Resident Editor of The Week magazine and Malayala Manorama daily, died at a private hospital here on Friday.

The 68-year-old had recently undergone a lung transplant surgery, and was on ventilator for the past few days, sources close to him said.

Popularly known as ‘Sachi’ among friends and in the media fraternity, he is survived by wife and two sons, they said. His family was originally from the Ash-tagrama villages in Karnataka's Kolar district.

Murthy had joined The Week in November 1982 as its Bangalore correspondent and stayed with the Malayala Manorama group until his retirement in September 2022, the magazine said on its website.



In February 1989, he became the magazine's special correspondent in Bangalore, and moved to Delhi in April 1990 as the chief of the national capital bureau. In April 2000, he was appointed resident editor, according to The Week.

Expressing shock over Murthy's death, Karnataka Chief Minister Siddaramaiah recalled him as his dear friend and a well-wisher.

Murthy was one of the very few senior Kannadiga journalists active in Delhi's media circle, the CM, in a post on social media platform X said. “The death of Sachidananda Murthy, who was like an encyclopedia on

state-national developments, is an irreparable loss to the media world. I share in the grief of his family and friends.”

Deputy Chief Minister D K Shivakumar in his condolence message said, “With his death, a sincere talent has disappeared from the media world.”

He recalled that Murthy had served as the General Secretary of the Editors Guild of India, as a member of the Press Council, and was one of the most famous journalists from Karnataka in Delhi.

BJP leader and former Chief Minister Basavaraj Bommai, recalling the prominent journalist's contributions, said on X, “The news of the death of veteran journalist Sachidananda Murthy (Sachi) is very painful.” Murthy was a recipient of the Durlabh Singh Media Award and the Karnataka Media Academy award for lifetime contribution to journalism at the national level, among others.

## Migrant labourers among 5 dead as truck rams jeep in Haryana, 15 injured

CHANDIGARH, Oct 13 (Agencies): Five people, including four migrant labourers, were killed and over 15 injured when a truck ramed into a pick-up jeep on the Kundli-Manesar-Palwal expressway in Haryana's Sonapat district early on Friday, police said.

The four migrant labourers hailed from



Uttar Pradesh and were heading to Jhajjar for paddy harvesting.

“Five people, including four migrant labourers, were killed in the incident,” SHO, Police Station, Kharkhoda, Sonapat, Sunil Kumar said over the phone.

The injured were referred to the PGIMS Hospital in Rohtak.

## 2 Men Arrested In Connection With 16,180 Crore Fraud: Maharashtra Cops

THANE, Oct 13 (Agencies): The police in Maharashtra's Thane city have arrested two persons for their alleged role in a financial crime that involved breaching the system of a payment gateway service provider and siphoning off more than 16,180 crore, an official said on Friday.

The police on Thursday arrested Anup Dubey (26) of Bhayander, and Mumbai resident Sanjay Namdeo Gaikwad (42), a partner in a firm, the official said.

According to the police, the fraud had been taking place for a long time, but it came to light after a complaint was lodged with the Srinagar police station about the hacking of the payment gateway system of the company in April 2023 and 25 crore being siphoned off.

During the probe, the cyber cell team came across suspicious transactions of more than 16,180 crore.

The Naupada police in the city on October 6 registered a case against five

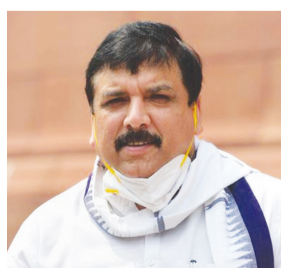
persons under sections 420 (cheating), 409 (criminal breach of trust), 467, 468 (forgery), 120B (criminal conspiracy) and 34 (common intention) and provisions of the Information Technology Act. As per the FIR, one of the accused, named Jitendra Pandey, earlier worked for 8 to 10 years with banks as a relationship and sales manager.

The police suspect there may be many players in this mega racket, which has been going on for long, and may have pan-India ramifications affecting several companies and individuals, the official said.

The police had earlier said that the accused allegedly set up several partnership firms on bogus documents to launder the amount.

As many as five partnership firms were set up by the accused, and transactions to the tune of 16,180 crore were revealed after the inspection of 260 bank statements, police had said.

## Court sends AAP's Sanjay Singh to judicial custody till October 27 in Delhi excise policy case



NEW DELHI, Oct 13 (Agencies): A Delhi court on Friday sent AAP leader Sanjay Singh, arrested in a money-laundering case related to the alleged Delhi excise scam, to judicial custody till October 27. Special Judge MK

Nagpal sent Singh to jail after the probe agency produced him before the court on expiry of his custodial custody granted earlier.

The anti-money laundering agency had arrested Singh, a Rajya Sabha MP, on October 4.

The ED has alleged that Singh played a key role in the formulation and implementation of the now scrapped policy, which benefited certain liquor manufacturers, wholesalers and retailers, for monetary considerations.

## Hamas practised in plain sight, posting video of mock attack weeks before border breach

*A slickly produced two-minute propaganda video posted on social media by Hamas*

JERUSALEM, Oct 13 (Agencies): Less than a month before Hamas fighters blew through Israel's high-tech "Iron Wall" and launched an attack that would leave more than 1,200 Israelis dead, they practised in a very public dress rehearsal.

A slickly produced two-minute propaganda video posted on social media by Hamas on September 12 shows fighters using explosives to blast through a replica of the border gate, sweep in on pickup trucks and then move building by building through a full-scale reconstruction of an Israeli town, firing automatic weapons at human-silhouetted paper targets.

The Islamic militant group's live-fire exercise dubbed operation 'Strong Pillar' also shows militants wearing body armour and combat fatigues swiftly carrying out operations that included the destruction of mock-ups of the wall's concrete towers and a communications antenna, just as they would do for real in the deadly attack last Saturday. While Israel's highly regarded security and intelligence services were clearly caught flatfooted by Hamas' ability to breach its Gaza defences, the group appears to have hidden its extensive preparations for the deadly assault in plain sight.

"There clearly were warnings and indications that should have been picked up," said Bradley Bowman, a former US Army officer who is now senior director of the Centre on Military and Political Power at the Foundation for Defence of Democracies, a Washington research institute. "Or maybe they were picked up, but they didn't spark necessary preparations to prevent these horrific terrorist acts from hap-



pening."

The Associated Press reviewed and verified key details from dozens of videos Hamas released over the last year, primarily through the social media app Telegram.

Using satellite imagery, the AP matched the location of the mocked-up town to a patch of desert outside Al-Mawasi, a Palestinian town on the southern coast of the Gaza Strip. A large sign in Hebrew and Arabic at the gate says "Horesh Yaron", the name of a controversial Israeli settlement in the occupied Palestinian West Bank.

Bowman said there are indications that Hamas intentionally led Israeli officials to believe it was preparing to carry out raids in the West Bank, rather than in Gaza. It was also potentially significant that the exercise has been held annually since 2020 in December, but was moved up by nearly four months this year to coincide with the anniversary of Israel's 2005 withdrawal from Gaza.

In a separate video posted to Telegram from last year's Strong Pillar exercise on December 28, Hamas fighters are shown storming what appears to be a mockup Israeli military base, complete with a full-size

model of a tank with an Israeli flag flying from its turret. The gunmen move through the cinderblock buildings, seizing other men playing the roles of Israeli soldiers as hostages.

Michael Milshtein, a retired Israeli colonel who previously led the military intelligence department overseeing the Palestinian territories, said he was aware of the Hamas videos, but he was still caught off guard by the ambition and scale of Saturday's attack.

"We knew about the drones, we knew about booby traps, we knew about cyberattacks and the marine forces... The surprise was the coordination between all those systems," Milshtein said.

The seeds of Israel's failure to anticipate and stop Saturday's attack go back at least a decade. Faced with recurring attacks from Hamas militants tunnelling under Israel's border fence, Prime Minister Benjamin Netanyahu proposed a very concrete solution — build a bigger wall.

With financial help from US taxpayers, Israel completed construction of a USD 1.1 billion project to fortify its existing defences along its 40-mile land border with Gaza in 2021. The

new, upgraded barrier includes a "smart fence" up to 6-metres (19.7 feet) high, festooned with cameras that can see in the dark, razor wire and seismic sensors capable of detecting the digging of tunnels more than 200 feet below. Manned guard posts were replaced with concrete towers topped with remote-controlled machine guns.

"In our neighbourhood, we need to protect ourselves from wild beasts," Netanyahu said in 2016, referring to Palestinians and neighbouring Arab states. "At the end of the day as I see it, there will be a fence like this one surrounding Israel in its entirety."

Shortly after dawn on Saturday, Hamas fighters pushed through Netanyahu's wall in a matter of minutes. And they did it on the relative cheap, using explosive charges to blow holes in the barrier and then sending in bulldozers to widen the breaches as fighters streamed through on motorcycles and in pickup trucks. Cameras and communications gear were bombarded by off-the-shelf commercial drones adapted to drop hand grenades and mortar shells — a tactic borrowed directly from the battlefields of Ukraine.

Snipers took out Israel's sophisticated roboguns by targeting their exposed ammunition boxes, causing them to explode. Militants armed with assault rifles sailed over the Israeli defences slung under paragliders, providing Hamas airborne troops despite lacking airplanes. Increasingly sophisticated homemade rockets, capable of striking Israel's capital of Tel Aviv, substituted for a lack of heavy artillery.

## North Korea warns of nuclear response as US Navy ship arrives in South Korea



SEOUL, Oct 13 (Agencies): North Korea lashed out Friday at the arrival of a US aircraft carrier battle group in South Korea, calling it a provocation and again raising the spectre of using nuclear weapons to defend itself.

Emboldened by its advancing nuclear arsenal, North Korea has increasingly issued threats to use such weapons preemptively. But the North is still outgunned by US and South Korean forces, and experts say it is unlikely to use its nukes first, though it will continue to upgrade those arms without returning to diplomacy for the time being.

The North's latest nuclear threat came a day after the USS Ronald Reagan and its battle group arrived at South Korea's southeastern port of Busan, following US-South Korean-Japanese naval exercise in international waters earlier this week.

South Korean defence officials said the carrier is to be docked at Busan for five days as part of an agreement to increase the temporary deployments of power-

ful US military assets in response to the North's growing nuclear program.

On Friday, the North's official Korean Central News Agency called the aircraft carrier's arrival "an undisguised military provocation" that proves a US plan to attack North Korea is being realised. It threatened to respond in line with its escalatory nuclear doctrine that authorises the preemptive use of nuclear weapons.

"The (North Korean) doctrine on the use of nuclear weapons already opened to the public allows the execution of necessary action procedures in case a nuclear attack is launched against it or it is judged that the use of nuclear weapons against it is imminent," the KCNA dispatch said.

North Korea's "most powerful and rapid first strike will be given to the 'extended deterrence' means, used by the US to hallucinate its followers, and the bases of evil in the Korean peninsula and its vicinity," KCNA added.

North Korea has argued it was forced to

develop nuclear weapons to cope with what it calls the US and South Korean plots to invade. It has often made furious responses to the deployment of US strategic assets like aircraft carriers, long-range bombers and nuclear-powered submarines as well as US joint training exercises with South Korean forces.

Many experts say North Korea heightens tensions with its rivals to provide a pretext for expanding its nuclear arsenal and then uses the arms as leverage to wrest greater outside concessions.

Since last year, North Korea has conducted more than 100 missile tests in the name of responding to the expanded US-South Korean military drills. Washington and Seoul say their drills are defensive in nature.

Last year, North Korea adopted a law that stipulates a broad range of situations in which it can use nuclear weapons, including when it determines that its leadership faces imminent attack by hostile forces or when it needs to prevent an unspecified catastrophic crisis to its people and government.

The US and South Korean governments have repeatedly warned that any attempt by North Korea to use nuclear weapons would result in the end of the North's government led by Kim Jong Un.

## Hamas rejects Israel order to evacuate 1.1 million people of north Gaza

GAZA CITY, Oct 13 (Agencies): Hamas on Friday rejected an Israeli order for 1.1 million residents to evacuate northern Gaza ahead of an expected ground incursion into the overcrowded Palestinian territory.

"Our Palestinian people reject the threat of the occupation (Israeli) leaders and its call for them to leave their homes and flee from them to the south or Egypt," the Islamist militant group said in a statement.

"We are steadfast on our land and in our homes and our cities. There will be no displacement," it said.

The United Nations said an order by Israel to flee within 24 hours risked a "calamitous situation".

Israeli strikes on the coastal enclave have killed more than 1,530 people since Saturday, in retaliation for Hamas militants killing around 1,200 people in



attacks in Israel.

Egypt's Rafah crossing is the only route out of Gaza not controlled by Israel and has been bombed on several occasions this week.

President Abdel Fattah al-Sisi said Egypt remains committed to ensuring the delivery of aid to Gaza, but urged Palestinians to "remain on their land" in a speech Thursday.

## 254 Nepali students airlifted from war-hit Israel reach home

KATHMANDU, Oct 13 (Agencies): A group of 254 Nepali students, rescued from the strife-torn Israel and led by Foreign Minister N P Saud, arrived in Kathmandu on Friday.

A Nepal Airlines flight that took off from Israel's Ben Gurion International Airport on Thursday landed at Tribhuvan International Airport here this morning after a stopover in Dubai.

Speaking to the media at the airport, Foreign Minister Saud, who flew to Israel a day before to facilitate the rescue mission, said the remaining Nepalis who have requested repatriation would be rescued soon.

The minister said 557 Nepalis had provided their details in response to a request from the Embassy of Nepal in Tel Aviv to those wishing to return to Nepal or relocate to safer places.



"Out of the 557 Nepalis, 503 had applied to return to Nepal and among them 254 have returned home today with us," he was quoted as saying by the news agency.

Minister Saud also said that 54 Nepalis who had requested to be relocated from risky areas

have been shifted to safer zones in Israel.

Palestinian militant group Hamas carried out a barrage of air strikes in Southern Israel on Saturday which killed 10 Nepali students. Six students were rescued and one went missing. "A search continues for Bipin

Joshi who has gone missing following the attacks. We will share the information as soon as we get additional information on this," Saud said.

"The Israeli side has stated that it will take some time for handing over the bodies as it is required to complete the legal process and keep separate details of each and every deceased, and the number of bodies in Israel is currently very high," he said, requesting the families and relatives of the deceased Nepalis to have patience.

According to the Ministry of Foreign Affairs, there were 265 students from Nepal studying under the Israel government-funded 'Learn and Earn' scheme in different parts of Israel, and about 4,500 Nepali citizens working in various professional fields.

## 'Not a scene from movie...': 'Fauda' actor's video message as Israel fights Hamas



man in Fauda, said, "As you can see, I am in slightly different attire today. This is not a scene from Fauda; this is real life".

Clad in a soldier's uniform with a gun in his hand, Amedi further said, "Our army was called up on Saturday morning as events in the south of Israel began. All I wanted to tell you is that, alongside horrifying and vicious attacks, where our friends and loved ones were murdered, our morale remains high."

In his video message, the actor continued, "We fully comprehend why we are here. We are here to protect our children, our families, and our homes." He promised, "We will not surrender until we win."

Amedi also thanked all Israeli citizens for sending "care packages" to the fighters on the front line.

"Millions of items are sent to us daily, as well as your beautifully written letters and drawings from the children. It gives us strength, and I love you," he added.

"I hope we will see quieter days soon," he concluded the one-minute video message.

TEL AVIV, Oct 13 (Agencies): Israeli actor Idan Amedi, known for his role as Sagi Tzur in the television series 'Fauda,' joined the Israeli Defence Force as the country was embroiled in a bloody war with Hamas. Amedi issued an emotional video message, in which he talked about the decision to join the forces.

This comes days after another Fauda star, Lior Raz, took to the front lines, joining the volunteer group 'Brothers in Arms'.

Amedi, who acted as an undercover

## Israel Embassy Employee Attacked In China As Country Declares War On Hamas

BEIJING, Oct 13 (Agencies): An Israeli embassy worker in Beijing was attacked on Friday, Israel's foreign ministry said.

"An Israeli employee of the Israeli embassy in Beijing was attacked today," a foreign ministry statement said, adding that the attack did not take place at the embassy compound in the Chinese capital.

"The employee is being treated at hospital and is in stable condition," the statement said.

"The motive for the assault is being looked into."

The attack comes after Hamas gunmen killed more than 1,200 people in Israel and took about 150 hostages in their surprise attack on Saturday.

Israel has retaliated by raining air and artillery strikes on Hamas targets in the Gaza Strip for six days, which have left over 1,350 dead there.

A statement on the Israeli foreign ministry website warned that Hamas had called on "all of its supporters around the world to hold a 'Day of Rage'" on Friday to "attack Israelis and Jews".

"It is reasonable to assume that there will be protest events in various countries that are liable to turn violent," the statement said.

## 13 Hostages Held In Gaza Killed In Israeli Air Strikes, Hamas Claims



GAZA CITY, Oct 13 (Agencies): At least 13 Israeli and foreign hostages held in the northern Gaza Strip have been killed in Israeli air strikes in the past 24 hours, Hamas's armed wing said Friday.

In a surprise assault early Saturday, Hamas militants stormed Israeli

communities near the Gaza border and fired barrages of rockets, in an attack that claimed more than 1,200 lives.

Israel says Hamas has taken more than 150 people hostage, including both civilians and security forces.

"Thirteen prisoners... including foreigners"

were killed in five locations targeted by Israeli fighter jets, the Ezzedine al-Qassam Brigades said in a statement.

Israel has rained air and artillery strikes on the blockaded Gaza Strip -- a densely populated enclave of 2.4 million people -- flattening buildings and killing more than 1,500 people.

According to the Hamas media office in Gaza, at least 500 children are among the dead.

The Ezzedine al-Qassam Brigades had warned this week that "every targeting of our people without warning will be met with the execution of one of the civilian hostages".



## JMC organises Amrit Kalash Yatra



### TOP NEWS REPORT

JAMMU, Oct 13: An impressive Amrit Kalash Yatra is organized by Jammu Municipal Corporation commencing from Maharaja Hari Singh Memorial park which culminated at Gulshan ground, Jammu. This event is a part of the 'Meri Mati Mera Desh' campaign and is marked by patriotic slogans of "Bharat Mata ki Jai," "Vande Mataram," and "Meri Mati Mera Desh." The Yatra received 'Amrit Kalash' from 75 wards of Jammu Municipal Corporation. The Yatra started with great fervor, aims to encapsulate the profound sacrifices and unwavering dedication that have shaped our nation's journey.

At Gulshan Ground a massive map of India is created with humans holding Amrit Kalash received from 75 wards. The students of Schools/colleges wearing Tri colour caps filled the map. The map of India filled with humans presents a magnificent view and everyone present in the ground is thrilled and chanting patriotic slogans.

Mayor, Jammu Sh. Rajinder Sharma graced the occasion as Chief Guest along with Deputy Mayor Sh. Baldev Singh Billawaria, ward councilors, retired army officials, Police personnel's, JMC officers/officials, School/College students and prominent citizens of Jammu City also present at the occasion.

Later, the families of the brave martyrs were honored by Mayor, Deputy Mayor, Commissioner and Joint Commissioner Administration.

Further, at Police Auditorium, Gulshan Ground JMC organized an impressive program featuring patriotic theme-based cultural performances and Nukkad Natak by local artists and students from educational institutions. Speaking at the event, Mayor, Jammu expressed profound gratitude to the martyrs and luminaries who have contributed to the nation's progress, emphasizing the campaign's significance in preserving their legacy.

"This visionary initiative truly summarizes our collective dedication to the cherished ideals of freedom and progress that have shaped our nation's journey. 'Meri Maati, Mera Desh' is poised to ignite a profound sense of belonging among every citizen. It is a call to action that seeks to inspire and empower, fostering a deep connection with our land and heritage while galvanizing individuals to contribute actively to the holistic growth of our great nation," said Mayor, Jammu

This sacred soil collected from across India will shape the Amrit Vatika near the War Memorial in Delhi, he stated. This will be the most profound tribute we can offer to our valiant freedom fighters. He said

Meri Maati Mera Desh campaign is a tribute to our freedom fighter. Soil and rice grains are being collected from over 6 lakh villages in rural areas and from wards in urban areas throughout India. After a ceremonial send-off from the state capitals, these kalash will journey to Delhi for the National Program. In urban areas, soil is being collected from wards and transported to larger urban local bodies for mixing and subsequent transport to Delhi through the capital cities. By the end of October, it is expected that more than 8500 kalash will arrive in Delhi for the final program.

## IPR Cell, JU in collaboration with School of Biotechnology holds Lecture on 'Managing Intellectual Property Rights & Innovations'

### TOP NEWS REPORT

JAMMU, Oct 13: Intellectual Property Rights (IPR) Cell, University of Jammu organized thematic lecture on "Managing Intellectual Property Rights and Innovations" in collaboration with School of Biotechnology, University of Jammu.

Dr. Muqbil Burhan, Associate Professor, Business Policy, Strategy and Entrepreneurship, Chairperson, IIM Jammu's Srinagar Campus and Chairperson, Center for Entrepreneurship, Innovation and Skill Development at IIMJ Srinagar campus and an illustrious alumnus of the School of Biotechnology, University of Jammu, graced the occasion as the distinguished speaker.

The formal welcome address was presented by Prof. Sanjana Kaul, Director, School of Biotechnology, University of Jammu, who took immense pride in highlighting Dr. Burhan's alumni status within the school. She emphasized how his journey could serve as an inspiration and guiding beacon for

present students, showcasing the heights that can be achieved through dedication and hard work.

Prof. B.K. Bajaj, the Convener of the IPR Cell, University of Jammu, set the tone by illuminating the essence of IPR, emphasizing it as a shield for intellectual property generated through human intellect. Prof. Bajaj underscored the instrumental role of scientific advancements and innovations in propelling societal progress. He further introduced the distinguished speaker for the day, Dr. Muqbil Burhan, and proudly highlighted that teachers always find immense gratification when their students surpass them, showcasing the evolving excellence within the academic community.

Dr. Muqbil Burhan, commenced his address by elucidating the distinction between innovation and invention. He emphasized the crucial business cycle of creating a product or service with commercial value, followed by the imperative of recapturing that value, achieved through the establishment of a

price. In this context, Dr. Burhan underlined how IPR serves as a safeguard for recouping this value. The speaker elaborated on the expansive scope of IPR, encompassing various domains such as patents, trademarks, GI tags, and copyrights. He particularly drew attention to the protection of traditional knowledge, illustrating this with the example of turmeric, which was previously patented by the U.S. and subsequently had its patent revoked. In his comprehensive discourse, Dr. Burhan illuminated the intricacies of copyrights, comprising two essential components: moral rights and commercial rights. He highlighted that while commercial rights are transferable, moral rights are not. To elucidate the patent filing process, Dr. Burhan employed a relatable example, demonstrating the stages and requisite claims involved in filing a patent. He further expounded on effective strategies for patent searching, offering insights into the platforms best suited for this purpose.

In his concluding remarks, Dr. Burhan underlined the transformative potential of hard work, dedication, and discipline. He ignited a fire of motivation within the students, emphasizing that the entire world eagerly awaits their contributions. Dr. Burhan encouraged them to consider interdisciplinary courses, recognizing that they provide a holistic perspective that shapes individuals positively, preparing them for the challenges of life.

The lecture concluded with insightful remarks from Prof. Jyoti Vakhlu, Professor, school of Biotechnology, who summarized the key takeaways from Dr. Burhan's presentation and encouraged the audience to continue exploring the nexus between intellectual property and innovation. She expressed immense pride in the remarkable achievements of Dr. Muqbil Burhan and lauded his exemplary journey and encouraged everyone to draw inspiration from his path to success. Dr. Vakhlu emphasized the importance of forging one's unique path to suc-

cess, following the lead set by Dr. Burhan.

Dr. Yash Paul, Assistant Professor, school of Biotechnology, offered the official vote of thanks, expressing gratitude to the distinguished speaker, honoured guests, faculty members, and attendees for their invaluable contributions towards making the event a resounding success.

The thematic lecture on "Managing Intellectual Property Rights and Innovation" served as a significant milestone in the pursuit of fostering a culture of innovation and intellectual property awareness within the academic community. The event witnessed a distinguished gathering of scholars, academicians, and professionals keen on understanding the pivotal role of Intellectual Property Rights (IPR) in fostering innovation. The event not only provided a platform for knowledge exchange but also inspired a deeper appreciation for the pivotal role played by intellectual property rights in driving scientific progress and technological advancements.

## J&K BJP conducts 'Amrit Kalash Yatra'

### TOP NEWS REPORT

JAMMU, Oct 13: Bharatiya Janata Party (BJP) conducted "Amrit Kalash Yatra" in which the 'Mitti' (soil) collected from the homes of martyrs, statues of eminent social personalities, other prominent places of historical relevance was collected at the Block and then District level and then Yatra (procession) was taken out with the chanting of patriotic songs and sloganeering by hundreds of BJP activists at various places in Jammu & Kashmir.

BJP Jammu District led by its President Parmod Kapahi organized Amrit Kalash Yatra commencing from Pt. Prem Nath Dogra Park Jewel Chowk and culminated at Maha-



raja Hari Singh Park.

BJP NEM & Former Minister Priya Sethi, BJP JKUT Vice President Yudhvir Sethi, Mandal Presidents Keshav Chopra, Parveen Kerni, Atul Bakshi, Raman Sharma, JKUT BJP Media Incharge Dr Pardeep Mahotra, BJP JKUT OBC Morcha President Sunil Prajapati, Municipal Councilors Sanjay Baru, Jeet Angral, Suneet

Raina, Neelam Nargotra, Satpal Karlupia, District General Secretaries Kuldeep Kandhari, Adv Rajesh Gupta & others were amongst the prominent present on the occasion.

Priya Sethi said that the "Meri Maati Mera Desh" programme aims to respect and remember those heroes who sacrificed their lives for the nation.

Yudhvir Sethi said that this initiative has been aimed to infuse a sense of patriotism and nationalistic fervor within the hearts of the people and this mission has been successfully completed.

Parmod Kapahi emphasized on the significance of this yatra, stressing the importance of remembering the sacrifices of our martyrs.

Vistarak Ashok

Kumar, Ex Councillor Sanjay Mahey, Hari Om Sharma, Asha Gupta Manav Mahajan, Rajesh Gupta, Anil Angral, Krishan Lal Sharma, Munish Gupta, Kushant Daffara, Rajesh Nischal, Deepak Sharma, Parveen Ghai, Bhubesh Sharma, Bablu Chand, Geeta Sodhi, Ashok Salgotra, Omkar Verma, Jatinder Khajuria, Sunil Bindru, Arun Sethi, Vipin Sharma, Sudhir Anand, Puneet Chawla, Rajeev Sethi, Swati Bakshi, Vicky Pandey, Sharda devi, Vikas Bali, Sonu Manhas, Naveen Sharma, Pardeep Sharma, Dimple Kumar, Sanjeev Gupta, Bishan Singh, Gourav Singh Anuradha Sharma, Chaman Lal Angral, Rohit Mehra and others were also present.

Similar, Amrit Kalash Yatra was taken under the leadership of District Jammu South President Rekha Mahajan. She said that the soil collected, would soon become part of the 'Amrit Vatika' at Delhi, a place which would be visited by every person with a feel of belongingness.

Similar, Amrit Kalash Yatra was undertaken under the leadership of Kashmir Displaced District President Chand Ji Bhat, who focused on the strengthening of nation under PM Modi.

Another Yatra was taken in Ward no. 41 under the leadership of local Councillor Sanjay Baru, who stressed on the need to strengthen the patriotic emotions among all.

## FROM PAGE 1

### IT raids in B'luru: Rs 42 crore found in a flat, money was meant to be transported to poll-bound Rajasthan

taking 40 per cent commission on projects.

The contractor had also made allegations of corruption against many political leaders. More details are yet to emerge regarding the incident.

### Govt invites bids for city gas distribution licenses in J&K

Housing & Urban Affairs said that it has huge potential in providing solutions to the environmental challenges as well as ever growing energy needs in a sustainable manner. Accordingly, he said that Government of India has focused to promote the usage of Natural Gas as a fuel/feedstock across the country to increase the share of Natural Gas in primary energy mix from current level to 15% in coming years.

Speaking on the occasion, Hardeep Singh Puri noted that successful conclusion of 11th CGD bidding round has increased potential coverage of CGD sector to about 98% population and 88% geographical area of the country. The 12th bidding round launched today will help in expansion of CGD coverage further, he said.

The Minister highlighted the importance of pipelines as economical means of gas transport in the country. Talking about the growth in pipeline network, he said that

the pipeline network has seen a significant progress since 2014. At present, about 23,500 Km long gas pipeline network is under operation in the country and around 12,000 KM pipeline is approved/under construction. Efforts are underway to complete the vision of One Nation One Gas Grid by 2030, he noted.

Speaking at the occasion, the Chairperson, PNGRB, Anil Kumar Jain, said that the current focus of PNGRB is to create a vibrant and sustainable gas infrastructure in the whole of the country. The launch of this bidding round for Himalayan States is a step towards providing a cleaner fuel in the fragile ecosystem of these States.

Addressing the gathering, Pankaj Jain, Secretary, Ministry of Petroleum and Natural Gas, welcomed the steps being taken by PNGRB to develop gas infrastructure in country.

Currently, there are 300 Gas authorised by PNGRB covering around 88 per cent of the country's geographical area and 98 per cent of its population. PNGRB has also authorized around 32,203 Kms of natural gas trunk pipelines in the country out of which around 22,191 Kms of pipeline are currently operational.

### IAF Chief emphasises on high operational preparedness

commanders to continue with their efforts to provide a safe operational flying environment.

He reviewed the operational preparedness of the Eastern Command and expressed satisfaction on its major achievements.

The Chief of Air Staff also awarded tro-

phies to stations for achieving excellence in the fields of operations, maintenance and administration.

He was received at the Tezpur Air Force station by the EAC's Commanding-in-Chief Air Marshal S P Dharkar.

### Security forces detonate three suspicious gas cylinders in Handwara

Handwara. The statement added that sensing the threat, at around 10:30 AM, a joint team of 30RR and Handwara Police safely detonated the suspicious cylinders.

"Subsequent examination revealed that the cylinders contained urea, a non-lethal substance. There were no injuries or reports of damage to life or property during this incident," the statement said.

The authorities are actively investigating the incident to determine the motives and those responsible for placing these cylinders in a public area. Security measures have been reinforced in the vicinity to ensure the safety and well-being of the local community.

The local authorities urge the public to remain vigilant and report any suspicious activities or objects to the nearest Police unit to maintain the safety and security of the region.

### J&K bracing for widespread moderate rain, snow from Saturday

Sadnatop, and other higher reaches of the Kashmir valley, it said.

The MeT office has also issued an advi-

sory for the farmers to postpone harvesting of crops from October 14-18 in view of the possible inclement weather conditions.

Srinagar, the summer capital of Jammu and Kashmir, recorded a low of 8.7 degrees Celsius on Friday; the tourist hot spot of Pahalgam in south Kashmir was 3.7 degrees Celsius; the picnic spot of Kokernag was 8.9 degrees Celsius; and the ski resort of Gulmarg in north Kashmir was 6.6 degrees Celsius, according to the MeT office.

### Excise policy: AAP leader Sanjay Singh moves Delhi HC

bench of Chief Justice Satish Chandra Sharma and Justice Sanjeev Narula. Singh's lawyer said proper grounds of arrest were not provided to him.

### Land measuring 1954 Kanal for AIIMS Jammu not "Gair Mumkin Khad"?: Which law allows construction?

October, 2017 but today 19 months have lapsed & results & non compliance of LG/ Govt by DCs is proved on ground.

Pertinent to mention here that recently CS, Dr Arun Mehta also in CoS meeting of 25th July 2023 directed the Revenue Officer to complete the said exercise in one month but ...

Above all it is mention here that Jammu Master Plan 2032 has clearly mention of Buffer Zones & Water Bodies & fixed no construction zone nearby such River/

Canal/ khads & which superceeds all Revenue Laws in Master Plan Areas but interference of Revenue Dept in Master Plan areas & sleeping of Pr Secretary H&UDD raised a big question on both departments.

However, everybody know AIIMS Vijaypur is being constructed in open Khad area but has been allowed with biggest ever construction in J&K but small houses in thickly populated areas like Roop Nagar, Grater Kailash, Sainik Colony, Deeli, Bhalwal, Meen Charkan etc etc have been restrained by showing illegal super powers in open violation of Art 14 & 16 of Constitution of India.

### NC Greets People on Urs of Hazrat Sheikh-ul-Alam (RA)

brotherhood and mutual respect which are the pivotal aspects of any stable society. These great men paraphrased universal values in their poetry. On this day I pray for everlasting peace and prosperity in the state," he said.

Party Vice President Omar Abdullah in his message said the Nund Reshi (RA) was an epitome of truth, god consciousness, and piouness. "Hazrat Alamdar-e-Kashmir's (RA) message of kindness and selflessness needs to be emulated in every aspect of life and his legacy will continue to form the bedrock of our rich cultural and spiritual inheritance. These great men besides achieving higher stations in the realm of spirituality also educated common masses in their native Kashmiri language about the various facets of religion and spirituality. I pray that the auspicious day acts as a harbinger of peace, prosperity and brotherhood in Kashmir," he said.

## Sensex, Nifty fall for 2nd day; IT, banking shares weigh

Stock markets in France, Germany and the UK also traded lower

MUMBAI, Oct 13 (Agencies): Equity benchmark indices Sensex and Nifty declined for the second straight session on Friday following selling in banking, financial and select IT shares amid a weak trend in global markets.

The 30-share BSE Sensex dropped by 125.65 points or 0.19 per cent to close at 66,282.74 as 16 of its constituents fell and 14 advanced.

The index opened lower and fell further by around 513 points to the day's low of 65,895.41 in morning deals.

However, a rebound in auto shares helped Sensex trim losses and touch a high of 66,478.90 in the pre-close session before settling lower.

The broader Nifty of NSE fell by 42.95 points or 0.22 per cent to close at 19,751.05, with 27 of its components ending in the red and 23 in the green.

"Weak revenue guidance of the IT sector and the current uptick



in crude prices weighed on the sentiment. While higher-than-expected US inflation data pulled down the week's early uptrend, which was positive on a remark of a less hawkish US Fed meeting.

"However, some optimism was visible from domestic factors like a steep decline in domestic inflation and impressive industrial production data, along with bright earnings expectations for Q2," Vinod Nair, Head of Research at Geojit Financial Services, said.

In the broader market, BSE Midcap declined by 17.11 points or 0.05 per cent to 32,305.62 and SmallCap by 13.67 points or 0.04 per cent to 38,184.83.

Key Asian indices

declined following losses in the US markets due to a rebound in US bond market yields. The Hang Seng in Hong Kong dropped 2.2 per cent and the Shanghai Composite index fell 0.6 per cent after weak Chinese trade data. Japan's Nikkei 225 declined 0.6 per cent.

Stock markets in France, Germany and the UK also traded lower.

Rising US 10-year bond yield as well as a fall in Asian markets impacted domestic equities, analysts said.

Foreign Institutional Investors (FIIs) were net sellers on Thursday as they sold shares worth Rs 1,862.57 crore, according to data available with BSE.

## Air India Express set to induct 50 new Boeing 737 MAX planes in next 15 months

NEW DELHI, Oct 13 (Agencies): Air India Express, which is in the process of merging AIX Connect with itself, plans to induct 50 new B737 MAX planes in the next 15 months as the Tata Group bolsters its aviation business.

Besides, the combined entity of Air India Express, also the country's first international budget carrier, and AIX Connect, formerly known as AirAsia India, will be launching its new brand on October 18.

In a message to staff this week, Air India Express and AIX Connect Managing Director Aloke Singh said key milestones, including migration to a common reservations and check-in system, have been achieved in terms of integration of the two carriers.

Currently, the combined entity has a fleet of 56 aircraft, includ-



ing 26 B737, 2 B737 MAX, 5 A320 neo and 23 A320.

"Over the next 15 months, a total of 50 new B737 MAX aircraft will join the LCC fleet, allowing us to grow our network to new destinations and increase flights on existing routes," Singh said in the message.

According to him, the focus is now on the preparedness for deploying this capacity and that already, more than 800 aircrew

and other operational personnel who have joined the entity are under various stages of training.

Together, the combined entity operates around 2,700 flights every week. Out of them, about 700 are operated by Air India Express and the rest by AIX Connect. They fly to 44 destinations, including 14 international ones.

The combined entity will be the Low-Cost Carrier (LCC) of the

Tata Group which took over the reins of Air India and Air India Express in January last year.

"On the integration front, key milestones have been achieved; these include migration to a common reservations and check-in system, a common website and agent portal, aligned product and service offerings, and above all, use of a common brand and domain," Singh said in the message.

Meanwhile, Tata Group is in the process of consolidating its airline business.

Apart from Air India Express-AIX Connect integration, Air India is merging Vistara with itself.

Vistara is a joint venture between Tatas and Singapore Airlines, in which the former holds a 51 per cent stake.

India is one of the fastest growing aviation markets in the world and air traffic is also on the rise.

## Nokia produces 7 million units in Chennai plant, exports 50 per cent products

NEW DELHI, Oct 13 (Agencies): Telecom gear maker Nokia said its Chennai plant has achieved a production milestone of 7 million units. The factory, one of Nokia's largest globally, is a large-scale manufacturer of telecom infrastructure equipment including 4G/5G networks for both domestic and global markets.

The Finnish company manu-

factures 5G New Radio (5G NR), 5G massive MIMO products, 4G/LTE radios, as well as fiber broadband equipment, among others, at the plant.

"Our Chennai factory is a testament to the skill and expertise of Indian talent. From being the first to manufacture 5G NR in India to now producing 5G massive MIMO products and transport network elements, we have

come a long way," said Teemu Toivainen, head of global manufacturing & EMS management.

The company claims it exports 50% of its production. Further, it has increased the localisation of components by up to 2 times compared to previous years in 5G equipment manufacturing.

The company said it is in line with Make in India initiative that encourages companies to

develop and manufacture products in the country.

The factory has completed 15 years of operation this year and is playing a key role in boosting equipment manufacturing in India. "This factory operates with wind and solar energy, contributing up to 81% of green energy consumption until most recently; targeting to be 100% by 2025," added Toivainen.

## Researchers develop most accurate test yet to measure biological ageing

LONDON, Oct 13 (Agencies): A team of European researchers has developed a new test that can accurately measure biological ageing in a clinical setting.

The new test is an epigenetic clock -- a type of biochemical assessment that looks at DNA to understand how well the body is ageing in contrast to its chronological age -- and is the first of these cutting-edge tests to be proven to perform accurately in a clinical setting, in both healthy and unhealthy tissue.

Epigenetic clocks have been proposed as a 'gold standard' for measuring age accurately, beyond a person's biological age, as they are able to measure methylation tags on DNA.

The clock -- named the Glasgow-Karolinska Clock -- developed by teams from University of Glasgow in the UK and the Karolinska Institutet in Sweden, while studying patients for the ageing effects of chronic kidney disease and related treatments.

"This study is the first time in a clinical setting that we can accurately report on the extent of biological as opposed to chrono-



logical ageing in chronic kidney disease patients," said lead author Professor Paul Shiels, from the University of Glasgow.

"Our findings, using the new Glasgow-Karolinska Clock -- show that not only are these patients ageing faster than people in the general population, their accelerated ageing only slows down once they have had a transplant. Treatment with dialysis does not appear to impact this process," he added.

In the study, published in the Journal of Internal Medicine, the team studied more than 400 patients with chronic kidney disease in Sweden alongside

around 100 matched population controls, to better understand the impact on ageing of the disease, including during dialysis treatment and after kidney transplant.

The team used the clocks to measure the change in biological age of around 47 patients one year after kidney transplantation, or one year after the start of their dialysis treatment, as well as how the healthy tissue in 48 controls aged by comparison.

The results showed that for patients with chronic kidney disease, their biological clock is ticking faster than the aver-

age person's. This continues to be the case even after dialysis treatment. Indeed, patients' biological clocks were only shown to slow down following a kidney transplant.

However, while the epigenetic clocks all showed a similar picture, the research team found that none of the current clocks could be shown to be accurate in a clinical setting, and all were found to be inaccurate to differing degrees when tested in healthy tissue over time.

The team's Glasgow-Karolinska Clock that works on healthy and unhealthy tissue addressed this. The results from this new clock matched what doctors saw in patients with chronic kidney disease, and also appeared to accurately assess healthy tissue too. This study is the first real-world test of epigenetic clocks in a normal ageing setting, and against clinical parameters.

As the body ages, a series of factors lead to epigenetic changes and loss of a chemical tag (DNA methylation) from your DNA. This is often associated with a range of diseases common to ageing, such as chronic kidney disease, cancer and heart disease.

## Stroke can lead to 10 million deaths by 2050: Biggest lifestyle mistakes to avoid



NEW DELHI, Oct 13 (Agencies): Stroke is among the world's leading causes for death, as per the World Health Organisation (WHO). Although it is a highly preventable and treatable condition, a recent study revealed that strokes could lead to nearly 10 million deaths annually by 2050.

A stroke occurs when the blood supply to a part of the brain is interrupted. This leads to a variety of debilitating consequences. The disruption can lead to a lack of oxygen and essential nutrients reaching the brain cells, causing them to die.

Stroke can cause serious health challenges to the body. Experts share that to lower the risk of strokes, lifestyle factors should be considered.

"In recent years we have observed that various lifestyle factors like lack of exercise, alcohol, diet, obesity, smoking, drug use and stress have been associated with increasing the risk of stroke," said Dr Dhruv Zutshi, Senior Consultant, Neurology, Fortis Hospital.

Other risk factors like hypertension, diabetes, hyperlipidemia and cardiac diseases are also associated with increasing the risk of stroke.

Dr Zutshi added that the risk of stroke is increased or even doubled in case of smoking as compared to non-smokers or compared with those who quit

smoking for more than 10 years.

"Numerous studies show that for every 5-unit increase in BMI (Body mass index) above 25 kg/m<sup>2</sup>, overall mortality increases by 29%, vascular mortality by 41%, and diabetes-related mortality by 2 times. In past decade, there's evidence linking air pollution to heart disease including stroke," said Dr Zutshi, sharing more lifestyle factors that can increase the risk of stroke.

Dr Tushar Raut, Consultant, Neurology at Kokilaben Dhirubhai Ambani Hospital, Mumbai, shared lifestyle habits that increase stroke risk.

**Sedentary Lifestyle:** Today, working in an office for a majority includes working at a desk for long hours. Physical inactivity has become the norm. Sitting for prolonged periods without regular exercise can lead to obesity, high blood pressure, and diabetes, all of which increase the risk of stroke.

**Unhealthy Diet:** The shift of our diet to include more fast food, processed meals, and high-sugar beverages has had a negative effect on our health. Processed food is high in salt. Saturated fats and trans fats in these foods contribute to high cholesterol and hypertension, both major risk factors for stroke.

**Tobacco and Alcohol**

Consumption: Smoking and excessive alcohol intake are associated with a higher risk of stroke. Tobacco narrows and damages blood vessels, while excessive alcohol can lead to high blood pressure and irregular heart rhythms.

**Increased Stress:** Modern life is often characterized by high levels of stress, whether from work, financial pressures, or personal challenges. Chronic stress encourages unhealthy habits like smoking and overeating. It can also lead to hypertension.

**Lack of Sleep:** The hustle culture today and the constant need to be 'connected' have led to widespread sleep deprivation. Lack of sleep can result in obesity, diabetes, and heart disease, all of which are risk factors for stroke.

**Environmental Factors:** Urbanisation and industrialization have led to increased exposure to air pollution. Fine particulate matter from car exhaust, factories, and other sources can lead to inflammation in the body, increasing the risk of stroke.

"We must not ignore any warning signs and go in for regular health check-ups. Early diagnosis of conditions like diabetes and high blood pressure can lead to managing and controlling these conditions and reducing the risk of stroke," said Dr Tushar Raut.

## How working night shifts messes up appetite and food habits, study reveals

NEW DELHI, Oct 13 (Agencies): Scientists reveal how working night shifts interferes with appetite, hunger and food habits, sometimes resulting in weight gain.

The disruption in the body's biological clock, or circadian misalignment, brought about by working night shifts affects the hormones which regulating appetite, the team of scientists, led by the University of Bristol, UK, said.

Circadian misalignment is also commonly associated with the phenomenon of 'jet-lag'.

The team focussed on the adrenal gland, situated near the kidney, which produces hormones that control many physiological functions including metabolism and appetite, called glu-

cocorticoid hormones.

A misalignment between light and dark cues led to a disturbance in the functioning of these hormones that then affected the appetite of the jet-lagged group of animals, driving an increased desire to eat significantly more during the inactive phase of the day, the scientists said in their study published in the journal Communications Biology.

They said that their findings reveal how circadian misalignment can profoundly alter food habits much to the detriment of metabolic health and that they could help the millions of people that work through the night and struggle with weight gain.

The glucocorticoid hormones in the adre-

nal glands directly regulate a group of brain peptides controlling appetitive behaviour, with some increasing appetite (orexigenic) and some decreasing appetite (anorexigenic).

In this study, the jet-lagged group's orexigenic hypothalamic neuropeptides (NPY) became dysregulated, which the authors say may be promising targets for drug treatments adapted to treat eating disorders and obesity.

Further, the team discovered that while the control rats ate about 90 per cent of their daily intake during their active phase and only 11 per cent during their inactive phase, the jet-lagged rats consumed about 54 per cent of their daily calories during their



inactive phase, with no increased physical activity in this time.

This was roughly five-times more than what the control rats consumed during the inactive phase, suggesting that it was the timing of calorie consumption that was affected, the scientists said.

"For those who are working night shifts long-term, we recommend they try to maintain daylight exposure,

cardiovascular exercise and mealtimes at regulated hours.

"However, internal brain messages to drive increased appetite are difficult to override with 'discipline' or 'routine' so we are currently designing studies to assess rescue strategies and pharmacological intervention drugs," said senior author Becky Conway-Campbell, Research Fellow at Bristol.

## Men's ODI WC: Arijit Singh to ignite the stage before India-Pakistan clash

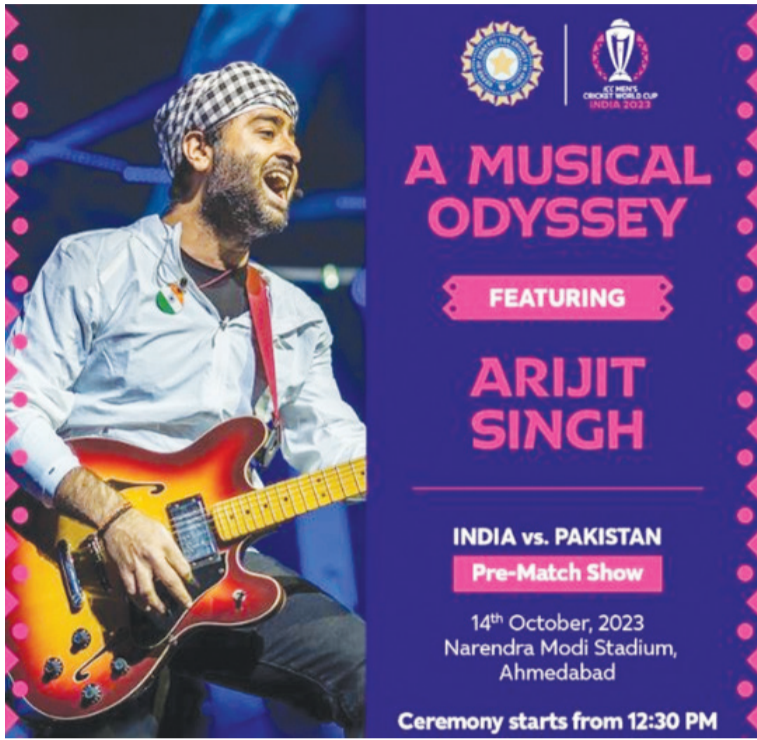
Shankar Mahadevan and Sukhwinder Singh to also perform

NEW DELHI, Oct 13 (Agencies): The Board of Control for Cricket in India (BCCI) has officially announced that playback singer Arijit Singh will perform to dazzle fans before the epic 2023 World Cup showdown between India and Pakistan at the Narendra Modi Stadium in Ahmedabad on Saturday.

"Kickstarting the much-awaited #INDvPAK clash with a special performance! Brace yourselves for a mesmerising musical special ft.

Arijit Singh at the largest cricket ground in the world - The Narendra Modi Stadium," BCCI posted on X on Thursday night. Adding musical fuel to the fire, Shankar Mahadevan and Sukhwinder Singh will be joining the musical fiesta later on.

A dazzling array of celebrities, spanning Bollywood, poli-



tics, and various domains, are expected to grace the high-profile World Cup encounter.

Talking about the performance of both teams in the ongoing tournament, India and Pakistan have triumphed in all their matches.

While India secured victories against Australia and Afghanistan, displaying their prowess on different grounds, Pakistan emerged victorious against the Netherlands and Sri Lanka, having played their warm-up games and initial round-robin matches in Hyderabad.

In ODI World Cup matches, India has maintained a perfect record against their arch-rivals, winning all seven encounters and will be aiming to continue their dominance in Saturday's match-up.

## India-Pakistan fever, hospitals turn into hotels

NEW DELHI, Oct 13 (Agencies): Cricket fever has gripped Ahmedabad ahead of Saturday's World Cup group stage clash between arch-rivals India and Pakistan and a visit to the hospitals near the venue of the match in the western Indian city clearly shows the degree of excitement. Quite a few of the hospitals have seen a sudden influx of patients booked in for check-ups involving a night's stay to coincide with the most anticipated match of the World Cup.

Several doctors told local media the rush for check-up 'packages' was an ingenious way to find affordable accommodation as hotel costs have soared up to 20 fold ahead of the match.

"We have come across some cases of people coming to watch the India-Pakistan match also taking an appointment for health check-ups and staying in hospitals," said Tushar Patel, president of the Ahmedabad Medical Association.

The Ahmedabad Hospitals and Nursing Homes Association has discouraged its members from accommodating such fans. "We have asked our members not to entertain such requests. Hospitals are not meant for non-patients," its president Bharat Gadhavi said. The first batch of tickets for Saturday's game were sold out within an hour of going on sale in August, prompting BCCI to release another

14,000 earlier this month.

Ahmedabad resident Hemish Patel and his friends, after several days of failed attempts, grabbed four tickets, each costing Rs 6,000.

"We logged into the site with multiple devices," he said. "We constantly kept on refreshing the site and were able to book within 10 minutes after the sale of tickets began."

Patel was one of the lucky few. Tickets are fetching up to 25 times face value on resale and city police arrested four youths on Tuesday for selling fakes.

Airfare has surged up to four times and Indian Railways will run a pair of super fast trains linking Mumbai and Ahmedabad.

## Mother First Priority Before Pakistan: Jasprit Bumrah On Returning To Ahmedabad For Cricket World Cup Clash

AHMEDABAD, Oct 13 (Agencies): India fast bowler Jasprit Bumrah says seeing his mother again takes priority over Saturday's blockbuster World Cup clash against arch-rivals Pakistan. Bumrah will be playing in his home city of Ahmedabad in front of 132,000 fans in the world's biggest cricket stadium. However, family matters come first for the 29-year-old. "I've been away for a while now. I'll be happy to see my mother at home," said Bumrah after taking an impressive 4-39 in Wednesday's eight-wicket win against Afghanistan.

Bumrah was raised by his mother Daljit, a school principal, after his father died suddenly just before he turned five.

"I'm going to see her. That's the first basic thing for me." Only then will Bumrah focus on facing Pakistan on a ground where he has yet to play a one-day international although he is more than familiar with the imposing arena as it is the home of his Gujarat IPL team.

"I have not played a one-dayer there but I have played a Test



match. The atmosphere is going to be exciting. I'm sure a lot of people are going to come. So, it will be a sight to see. So yeah, hoping for the best over there."

Self-confessed Manchester United fan Bumrah celebrated the dismissal of Afghanistan opener Ibrahim Zadran by pressing his right index finger to his temple. However, he insisted it was not a tribute to United striker Marcus Rashford.

"Nothing like that. I just felt like it, so I did it," he said.

As India celebrated a second win in two matches after seeing off Australia in their opener, Afghanistan were left licking their wounds.

Wednesday's loss fol-

lowed a defeat to Bangladesh at the weekend and they now sit at the foot of the 10-nation standings.

Star leg-spinner Rashid Khan, who claimed the only two Indian wickets to fall, was only brought into the attack in the 15th over when India had already stormed to 125-0.

Coach Jonathan Trott, the former England batsman, said that skipper Hashmatullah Shahidi "obviously had a gut feel that he wanted to go with."

"That's a captain's prerogative but certainly you want a guy like Rash in the attack as soon as possible. So, it's always something we'll look at."

## ICC World Cup: Dominant South Africa thrash lacklustre Australia by 134 runs

South Africa rode on a fine century by opener Quinton de Kock

LUCKNOW, Oct 13 (Agencies): South Africa reaffirmed their status as serious contenders as their pacers fired in tandem after Quinton de Kock's blazing century, paving the way for a dominant 134-run win over Australia in the World Cup here on Thursday.

If de Kock showed his class with a masterful 109 off 106 balls to take the Proteas to 311/7, the fast bowlers were at their ruthless best, bundling Australia for 177 in 40.5 overs for their second consecutive win.

The South Africans entered this game after a comprehensive victory in their opener against Sri Lanka.

Australia, on the other hand, bowled without a plan, looked equally clueless with the bat -- losing wickets in clumps -- and were sloppy on the field, dropping as many as five catches.

The loss will severely dent their confidence. They were also outplayed by India in their opener and sit second last in the 10-team table.

De Kock, who will retire from the format after the World Cup, oozed confidence while scoring his second consecutive century with the help of eight boundaries and five maximums while Aiden Markram smashed 56 off 44 to help the team post the highest ODI total in Lucknow.

The South African quicks were relentless with the new ball and bowled with accuracy to essentially finish off the match before the 18th over of the Australian innings, with Pat Cummins' side



tottering at 70/6.

Lungi Ngidi (1/18) set the tone with some incisive bowling. Marco Jansen (2/54) backed Ngidi and reaped the benefit as he removed Mitchell Marsh (7) without much trouble.

David Warner looked to get going but Ngidi struck for a wicket-aided seventh over.

Kagiso Rabada (3/33) joined the party with the vital strikes of Steve Smith (19) and Josh Inglis (5) off consecutive overs.

As the ball hit Smith's pad Rabada looked unsure, but de Kock insisted on appealing. To South Africa's delight and Smith's disbelief, the umpire was forced to change his decision as the ball tracking technology showed it was hitting the leg stump.

The ball seamed for Rabada as he came back to finish Josh Inglis' nascent innings.

Australia's trouble with left-arm spin continued as Keshav Maharaj (2/30) caught Glenn

Maxwell (3) off his own bowling.

Marnus Labuschagne (46) and Mitchell Starc (27) stitched a fighting 69-run stand for the seventh wicket but that was not enough to change the course of the match.

Earlier, De Kock paced his innings well and troubled the Australian bowling attack, which cut a sorry figure, on a difficult Ekana pitch.

The rub of the green also went the Proteas' way as the Australians were guilty of spilling numerous catches.

Off-spinner Glenn Maxwell (2/34) was their most successful bowler while the others managed to get some wickets at the fag end of the innings.

After a rather sedate start, De Kock, who calls this stadium 'home' during the IPL, put a move on things.

He used Mitchell Starc's pace to flick one over deep backward square leg to get the first six of the match in the fifth over.

Both Temba Bavuma (35) and de Kock skillfully nullified the early threat that the Australian pacers generally pose.

In fact, skipper Cummins was at his wit's end and kept shuffling between all his bowlers to find a breakthrough.

After playing the role of the sheet anchor with 35 off 55 balls, Bavuma decided to pull the trigger.

He had survived twice before -- a top edge which Adam Zampa failed to judge and then when sub Sean Abbott caught the ball on the rope and lost balance. Abbott threw the ball towards a waiting Strac, but his throw was inaccurate.

The South African skipper attempted a sweep but the ball found David Warner.

The back-to-back maximums off Josh Hazlewood over fine leg, and the majestic six over midwicket for his hundred, were the highlights of de Kock's innings.

The wicketkeeper-batter eventually fell to a freak dismissal as the ball deflected from the back of his willow into his chest and onto the stumps.

Markram, who was dropped on 1 by Cummins off his own bowling, clobbered seven fours and a six.

Brief scores: South Africa: 311 for 7 in 50 overs (Quinton de Kock 109, Aiden Markram 56; Glenn Maxwell 2 for 34; Mitchell Starc 2 for 53)

Australia: 177 all out in 40.5 overs (Marnus Labuschagne 46; Kagiso Rabada 3/33).

## World Cup 2023: Shubman Gill will definitely play the match against Pakistan, says MSK Prasad

NEW DELHI, Oct 13 (Agencies): Former Chief selector MSK Prasad feels that Shubman Gill will definitely play in the India vs Pakistan clash in the World Cup on October 14.

Gill's performance in 2023 has been exceptional. He has played some remarkable innings in ODI cricket, scoring a total of 1,230 runs in just 20 ODIs, making him the leading run-scorer in this format this year. His average is 72.35, with a strike rate of 105.03. He has scored as many as six centuries in the year 2023. With his sixth century of the year, Gill joined Virat Kohli, Sachin Tendulkar, and other Indian legends in the elite list of batsmen with five or more hundreds in a year.

Gill has been battling health issues that have

cast doubt on his participation in the World Cup 2023 match against Pakistan. He was diagnosed with dengue and had to be admitted to Chennai's Kaveri hospital due to a drop in his platelet count. Despite being discharged from the hospital, his recovery is still ongoing, and it remains uncertain whether he will be fit to play in the crucial match. However, his speedy recovery has put him right in contention for a return to India's playing XI.

Gill had traveled to Ahmedabad to link up with the team after the Afghanistan game and had practised in the nets for an hour on Thursday.

Talking to Hindustan Times, Prasad said that Gill would definitely play the match against Pakistan, pointing out that practising in the nets has

shown that the 24-year-old has recovered well ahead of schedule.

"I think we can put an end to all kinds of speculations. Shubman Gill will definitely play this game (vs Pakistan). He's too good a player to miss out. He had just a fever. He has recovered. It was not threatening at all that we would even think about replacements. It's all rumours that are coming out (about the seriousness of the illness) in whatever form that you are hearing."

"What we heard was that as a matter of precaution, he couldn't play the second game otherwise he was fine. He stayed back for one more day in Chennai as a precaution. He recovered well, and was discharged. See if someone is playing for

1 hour, that means he has recovered. This is an all-important game against Pakistan. If he is fit, which I'm sure he is, then he should be in India's playing XI."

Prasad also pointed out Gill's stats in Ahmedabad, which is his home ground in the IPL. The former selector said that the 24-year-old knows the ground well and should be a sure-shot starter for the match against Pakistan.

Prasad further commented that India should be going in with their best playing XI for the game, which means that a match-winner like Gill should be an automatic selection.

"This is the ground where he has played his franchise cricket. He understands every blade of grass about this ground. He knows how

to get runs here. With the kind of record he has at this ground and the kind of record he had in the last one year, he should definitely play. In the first couple of games, especially against Afghanistan, we didn't require him. The others did the job but now if we look at Pakistan, they are also coming on the back of two wins.

It would be very good if we go in with the best possible XI. Ishan of course has done reasonably well in the second game, but when a person like Shubman Gill is there, you have one more match-winner to the XI. This is not a T20 game where he needs to go slam-bang. He can take his time, get set, occupy the crease and then see how it goes. Ideally, I would want him in the XI."

## Conditions apply to fortunes, feels Williamson



CHENNAI, Oct 13 (Agencies): New Zealand skipper Kane Williamson reckons that quickly adapting to the changing Indian conditions will be the biggest challenge for every team in the ongoing ODI World Cup.

The matches are being held at different venues with a few supporting spin bowlers and others offering assistance to fast bowlers. While a few pitches are a batting paradise and others slow.

The Kiwis so far have a clean slate with wins against defending champions England and Netherlands.

They take on Bangladesh in Chennai today, where the wicket is tipped to act slow, as was the case during the India-Australia clash on Sunday.

Williamson, who is returning to competitive cricket after a long injury layoff, acknowledged that spinners will determine the outcome of the contest.

"You go from venue to venue, and they do vary a lot, and we have seen here that there's been that spin, and the pitch has varied perhaps as the games moved on as well, so throughout the day. But definitely, both teams have some good spin bowlers that no doubt will play a big part tomorrow," Williamson said on the eve of the match.

"Not just here in India, but any country when you play, certainly world events where there are multiple games on surfaces, in quite quick succession that you do see such a variety of surfaces that you have to try and adapt to as quickly as possible. So, from where the tournament starts to perhaps midway and towards the end, it can all look quite different," he said.

## GDC Women, Kathua hosts lecture on educational awareness



### TOP NEWS REPORT

KATHUA, Oct 13: The Career Counselling and Placement Cell, in collaboration with IQAC, at Govt. Degree College for Women, Kathua, organized a one-day lecture on "Educational Awareness about Competitive Examinations" on October 13, 2023, under the esteemed guidance of Principal Dr. Savi Behl.

The lecture featured M.D. Sharma, Managing Director of Vision Academy Kathua, and Ashutosh as resource persons. The event commenced with a warm welcome address by Romika Basin, Convener of the Career Counselling and Placement Cell at GDCW, Kathua, who outlined the program's purpose and objectives.

The lecture primarily aimed to raise awareness among college

students about the preparation and strategies required for various competitive examinations, including UPSC/JKAS, SSC, Banking, and JKSSB. The seminar provided valuable insights, guidance, motivation, and career-oriented information to the students, courtesy of the resource persons from Vision Academy Kathua.

M.D. Sharma shared his personal experiences with the students, encouraging them to pursue competitive examinations regardless of their academic background. He emphasized that these examinations are not confined to specific subjects or streams. Ashutosh elaborated on the importance of proper guidance, consistency, and motivation in helping students achieve their goals.

The resource persons motivated the college students to understand the significance of clearing such examinations, as it leads to gaining a respected position in society and contributes to women's empowerment.

The seminar witnessed the active participation of eighty students from various streams and semesters. The event was also graced by the presence of esteemed faculty members, including Ravinder Kour, Usha Devi, Barun Bhatti, Vijay Kumar, Anu Radha, Dr. Vaishno Devi, and Dr. Rajni Khajuria.

The program concluded with a vote of thanks delivered by Pallavi, expressing gratitude to all participants and contributors for making the lecture a valuable and insightful experience for the students.

## 3rd Dogra Regiment celebrates 124th Raising Day in Jammu

### TOP NEWS REPORT

JAMMU, Oct 13: Retired soldiers and officers of the 3rd Dogra Regiment came together to celebrate the 124th Raising Day at Roop Nagar, Jammu. Dr. Prince Raina, MS (Ortho), Consultant in Joint Replacement and Sports Surgery, graced the occasion as the chief guest. The program included paying tribute to the martyred soldiers in a solemn ceremony. Subedar Major Swarn Bal inaugurated the function and extended a warm welcome to all attendees.

Captain Hari Ram Sahib narrated the rich history of the battalion, explaining that the regiment was established on October 12, 1900. The 3rd Dogra Regiment boasts a storied history, with significant contributions in various conflicts. Notably, the regiment demonstrated exceptional valor during the First World War, earning the prestigious Victoria Cross. In the 1965 war, the regiment captured an important picket in Poonch, receiving two Vir Chakras and Sena Medals. During the 1971 war, the battalion earned one Mahavir Chakra and three Vir



Chakras. Their extraordinary contributions extended even to the challenging terrain of Siachen.

Dr. Prince Raina expressed his gratitude and congratulated the officers and soldiers of the regiment on their Raising Day. He also shared valuable insights on maintaining good health with the guests in attendance.

Towards the end of the event, the Shaheed Flight Lieutenant Advitiya Bal Helpline Foundation awarded merit certificates and trophies to the families of the 3rd Dogra Regiment, acknowledging their sacrifices and dedication.

Numerous dignitaries, including Subedar Major Kamal Singh, Subedar Major Swarn Chib, Subedar Major Mukhtar Singh Saini, Subedar Major Sarvjit

Sharma, Captain Madan Lal, Captain Ved Prakash Sharma, Captain Kavi Raj Sharma, Captain Devi Singh, Captain Devel Ram, Captain Baj Singh, Captain Yashpal Sharma, Subedar Chain Singh, Subedar Pawan, Subedar Narinder, religious leaders, and many other distinguished individuals graced the occasion with their presence.

## SMVDU Scholar awarded at CRABECON Cancer Conclave

### TOP NEWS REPORT

JAMMU, Oct 13: Rajeshwer Singh Jamwal, research scholar in the School of Biotechnology, Shri Mata Vaishno Devi University (SMVDU), got the 3rd Prize for his oral presentation on his research 'Towards Non-small Cell Lung Cancer in the Population of Jammu and Kashmir' at the prestigious CRABECON Cancer Conclave, held at Royal Park, Greater Kailash, Jammu.

This national-level conference on "Precision Oncology: A New Milestone", witnessed a huge gathering of experts and Clinicians from the field of cancer research to discuss and share groundbreaking advancements.

Rajeshwer Singh Jamwal was one of the five winners selected for an oral pre-



sentation and his oral presentation on quality and significance of his research got the cash of Rs 4000.

Rajeshwer Singh Jamwal extends his heartfelt gratitude to his Supervisor, Dr. Rakesh Kumar, Head, SoBT, Dr. Ratna Chandra, and Vice chancellor, Prof. Pragati Kumar for their infrastructural and administrative support.

## NC making false statements on Kargil election: Arvind

### TOP NEWS REPORT

JAMMU, Oct 13: For the first time, BJP has registered victory on two seats in the recently held Ladakh Autonomous Hill Development Council (LAHDC) Kargil election and it is a major achievement for the party.

Arvind Gupta, Secretary, Jammu and Kashmir BJP, said this while rebutting the claim of NC's Provincial President Rattan Lal Gupta, that BJP suffered defeat in Kargil election. He said that the NC lacks proper information about the results of these elections, where BJP has written new political chapter by winning two seats for the

first time.

Arvind Gupta added to the knowledge of NC leader that the BJP not only increased its seats to double but also got more votes than the earlier elections in Kargil.

He said that increase in the number of seats and votes are clear indicators that the BJP has strengthened its base in Kargil, which is due to the fact that the people there are convinced by the programmes and policies of the party.

Elaborating on party's rising performance in Kargil, Arvind Gupta said that in the year 2013, BJP got just 700 votes, which increased to 2500 in 2018 and now in 2023, the party has secured about 11,000

votes, which is a very clear proof that in the three elections mentioned here, the party has gained every time and there is no doubt that it will register victory on more seats by winning more votes in future polls there.

The BJP leader said that the party's rising graph has, actually, shocked the NC, whose leaders are fearing defeat in future election in Kargil. He said that with each passing day, BJP is getting more and more popular among the people across the J&K and Ladakh UTs and the false and misleading statements will not bear any impact on the morale of the party cadre.

## Samvedna Society provides free mental health check-up camp for the needy

### TOP NEWS REPORT

JAMMU, Oct 13: Keshav Chopra, Chairman of Samvedna Society, organized a free Mental Health Check-up camp at the Shelter Home for urban homeless in Boria Basti, Bahu Fort Area. The camp was inaugurated by Assistant Commissioner General of Jammu, Manisha Angral (JKAS), accompanied by Municipal Councillor Sham Lal Basson and Inspector Arti Thakur of Bahu Fort Police Station. Dr. Manu Arora, Head of the Department at Government Psychiatric Diseases Hospital,



conducted the patient examinations.

During the event, Manisha Angral praised the commendable efforts of Samvedna

Society in bringing quality medical care to the common people at their doorstep. She lauded their commitment to the welfare of society.

Keshav Chopra, in his speech, promised to organize more such free medical camps in the future, reaffirming his dedication to serv-

ing the underprivileged sections of society.

Sham Lal Basson expressed his gratitude to the doctors, Chairman of Samvedna Society, and their team for their exceptional efforts in organizing the free medical camp.

The camp was also attended by Veena Bakshi, President of Shelter Home, along with Rajni Devi, Mona Dogra, Ravinder Rajwal, Vikas Kumar, Manoj Tandon, Divyansh Gupta, Sushil Gupta, and many others who joined in to support this humanitarian initiative.

## Inner Wheel Clubs of Jammu come together for a Joint Project Benefiting Underprivileged Girls

### TOP NEWS REPORT

JAMMU, Oct 13: In a remarkable collaborative effort, the Inner Wheel Club, New Gen, Jammu, and the Inner Wheel Club, Jammu Sampark, organized a joint project at the Naveen Shiksha Kendra School in Channi Himmat, Jammu. The school is run by the SWERVA NGO and caters to 400 underprivileged girl students. The project involved the donation of two sets of inverters to facilitate the learning environment at the school.

Additionally, the clubs provided essential eat-



ables and umbrellas, bearing the Inner Wheel logo, to the school's residents. The event was held under the leadership of Mrs. Reva Raina,

President of IWC Sampark, and Ambika Samnotra, President of IWC New Gen, along with other elected members of both clubs.

Many members of these clubs have backgrounds in the teaching profession, and they pledged to provide free elementary coaching

to the students twice a week. This initiative is aimed at enhancing the students' skills and introducing them to the latest teaching techniques through the experience of these dedicated teachers.

The event witnessed the active participation of retired Principal Rattan Prabha, who contributed to the success of the project. The collaboration between the Inner Wheel Clubs of Jammu exemplifies their commitment to community service and the betterment of underprivileged girls' education.

### TOP NEWS REPORT

UDHAMPUR, Oct 13: The Principal of Govt. Degree College Udhampur, Prof. (Dr.) Romesh Kumar Gupta, extended a warm felicitation to the Cultural and Sports team that represented the college at the Sangam Youth Festival 2023 upon their return. The team from Govt. Degree College Udhampur achieved notable success in various categories, showcasing their talent and dedication.

The team from Govt. Degree College Udhampur secured significant victories at the festival. These achievements include winning the first prize in Group Dance, performed by a group of twelve students. They also clinched the second prize for Solo song, which was beau-

tifully sung by Laksh, an NSS volunteer from the third semester. In addition, the team achieved the third prize in Group Song, consisting of seven students, and a silver medal in Chess, earned by Diwakar, a volunteer from the fifth semester.

Their performances across all these events were nothing short of spectacular, captivating the audience with their exceptional skills. Each cultural performance was a representation of the rich folk culture of Jammu and Kashmir. The team was accompanied by Dr. Rippy Bawa, the NSS Program Officer of the college, and Prof. Kaku Ram, an Assistant Professor in the Department of BBA.

Upon their return to the college, the team

was given a warm welcome by both students and faculty members. The Principal, Prof. (Dr.) Romesh Kumar Gupta, recognized their remarkable achievements and honored them with medals and certificates in appreciation of their hard work and dedication.

During the felicitation ceremony, the Principal encouraged and motivated the students to continue participating in such events, emphasizing the importance of nurturing their talents and representing their college in various competitions and festivals. The achievements of the Cultural and Sports team at the Sangam Youth Festival 2023 serve as a source of pride for the college and the entire community.