

TOP NEWS OF J&K

JAMMU, SUNDAY, OCTOBER 15, 2023

Daily Evening Newspaper



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BRIEFLY

Sahitya Akademi award winning writer Gh Nabi Khayal passes away



SRINAGAR, Oct 15 (Agencies): Noted writer and poet, and Sahitya Akademi award winner Ghulam Nabi Khayal passed away on Sunday. Khayal, who was bestowed with the prestigious national award for his book "Gashik Minaar," breathed his last today morning, reports said. He has authored dozens of books in English, Urdu and Kashmiri, including the highly acclaimed Kashmiri translation of Rubaiyat of Omar Khayyam.

His death has been widely consoled by people from various sections of the society.

Condoling the demise, Apni Party president Altaf Bukhari said: "Saddened over the death of prolific writer and Sahitya Akademi Award recipient Ghulam Nabi Khayal Sahab."

He said Khayal revolutionized the literary field with his writings which reflected the different facets of the society and also touched some otherwise untouched realities of the times. "The demise of Khayal Sahab has created a void in the literary field and it'll take much time for us to find someone like him. May his soul rest in peace and solace," said Bukhari, in a post on X.

Army Jawan injured in landmine explosion in Rajouri

JAMMU, Oct 15 (Agencies): An army personnel was injured in a landmine explosion near the Line of Control (LoC) in Rajouri district of Jammu and Kashmir on Sunday, a police official said. Rifleman Gurucharan Singh was on patrol duty when he accidentally stepped over the landmine in forward Kalsian village in the Nowshera sector, the official said.

He was shifted to a nearby military hospital and after first aid, he was airlifted to

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Shri Mata Vaishno Devi Bhawan gears up to welcome pilgrims on first day of Navratri



JAMMU, Oct 15 (Agencies): Adorned with thousands of multi-hued flowers, the holy shrine of Shri Mata Vaishno Devi is all set to host pilgrims who will be visiting to offer prayers on the first day of Navratri.

As the nine-day Navratri festival commences today, the preparations for the same are in full swing across the

nation.

During the nine-day Navratri festival, devotees worship Maa Durga's nine incarnations in order to obtain her blessings. There is a goddess manifestation linked with each day of Navratri.

During these nine days, people maintain ritualistic fasts, recite shlokas dedicated to

each goddess, wear new clothing, offer bhog, and clean their homes. In their prayers, they ask the goddess for her favour in order to have prosperous, joyous, and fulfilled lives.

Over the next nine days, devotees offer their prayers to Goddess Durga and observe fasts. The festival of Navratri honours the

defeat of the demonic Mahishasura and the triumph of good over evil. The 10th day of Sharad Navratri is celebrated as Dussehra or Vijaya Dashami.

Ramlila is organised extensively during Navratri in North India, particularly in Uttar Pradesh, Uttarakhand, Haryana, Gujarat, and Madhya Pradesh. During the Ramlila, the tale of Lord Ram's triumph over Ravana is acted out.

Numerous dances, including Garba and Dandiya Raas, are performed during the nine-day festival. While Dandiya Raas involves dancing with dandiya sticks to the beat of the music, Garba is a traditional dance in which participants clap their hands and move in a circle while making rhythmic gestures. The effigies of King Ravana

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Manoj Dwivedi launches two books



Rajiv

NEW DELHI, Oct 15: Manoj Kumar Dwivedi, Additional Secretary, Government of India, yesterday launched two books here in an event held at the North Block Rashtrapati Bhawan, in New Delhi.

One of the books is authored by the late Ajay Vaid, while the other is penned by the young author, Piyush Vaid.

A statement said that SP Pant, Director UPSC; Murali Bha-

varju, Director DoPOT; Ashok Kumar, Director Central Secretariat, and Sidharth Sharma, Advocate, Supreme Court of India, graced the occasion of the book launch.

Dwivedi, during the book launch function, commended the effort of the young author, Piyush Vaid, for his profound research into the consequences of various vices that affect the younger generation. These vices encompass a range of issues, including but not limited to vapes, ciga-

rettes, and online gambling.

Dwivedi expressed his appreciation for Piyush Vaid's dedication to raising awareness about these addictions and their impact on young people.

Dwivedi extended his best wishes to the 16-year-old author, Piyush Vaid, on his creative journey and encouraged him to continue his efforts in promoting awareness and addressing the challenges posed by these vices.

ED attaches over Rs 315 Cr worth assets in money laundering probe against Ex Maha NCP MP, his business groups

NEW DELHI, Oct 15 (Agencies): The Enforcement Directorate on Sunday said it has attached land, windmills, silver and diamond jewellery and bullion worth more than Rs 315 crore as part of an alleged bank fraud linked money laundering probe against a former NCP MP from Maharashtra, his family and businesses. Ishwarlal Shankarlal Jain Lalwani (77), the former Rajya Sabha Member of Parliament from the Nationalist Congress Party (NCP), is the promoter of the Rajmal Lakhichand Jewellers

Pvt Ltd, R L Gold Pvt Ltd and Manraj Jewellers among others.

The federal agency said in a statement that a provisional order under the Prevention of Money Laundering Act was issued by it on Friday to attach 70 immovable assets located in Jalgaon, Mumbai, Thane, Sillod (in Aurangabad district of Maharashtra) and Kutch (Gujarat) apart from some windmills, silver and diamond jewellery, bullion and Indian currency valued at a total Rs 315.60 crore in the bank fraud case of Rajmal Lakh-

ichand Jewellers Pvt. Ltd., R L Gold Pvt. Ltd., and Manraj Jewellers Pvt. Ltd and others. "The attached assets include the benami properties acquired by the promoters Ishwarlal Shankarlal Jain Lalwani and others," the ED alleged.

The PMLA case stems from three FIRs registered by the CBI alleging that these companies and its directors/promoters caused wrongful loss of more than Rs 352.49 crore to the State Bank of India

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RSS Chief Bahgawat offers prayers at Bawe Wali Temple in Jammu on First Day of Navratri



JAMMU, Oct 15 (Agencies): Rashtriya Swayamsevak Sangh chief Mohan Bahgawat offered prayers at the Bawe Wali temple here on the first day of Navratri on

Sunday.

He is on a three-day visit to Jammu. He is scheduled to address RSS members in Kathua district later in the day.

The RSS chief arrived at the temple dedicated

to goddess Kali in the Bahu Fort area in the morning amid tight security and paid obeisance at the shrine. He congratulated the people of Jammu on the occasion of Navratri.

12 people killed, 23 injured as mini-bus hits container on Samruddhi Expressway in Maharashtra

AURANGABAD, Oct 15 (Agencies): At least 12 people were killed and 23 others injured when a speeding mini-bus hit a container in the early hours of October 15 on Samruddhi Expressway in Maharashtra's Chhatrapati Sambhajnagar district, formerly known as AURANGABAD, police said.

There were 35 passengers travelling by the private bus, an official said.

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Police seize 240 kgs of poppy straw in Udampur, two held

JAMMU, Oct 15 (Agencies): Jammu and Kashmir Police on Sunday recovered 240 kgs of poppy straw at Jakhani Check Naka on Jammu-Srinagar National Highway in Udampur, said officials.

"Based on specific input, the Police party of Udampur started surprise checking at Jakhani Check Naka and intercepted a vehicle loaded with apples. During checking police recovered 240 Kg of Bhukki (Poppy Straw)

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MeT predicts heavy snowfall in higher reaches on Monday

SRINAGAR, Oct 15 (Agencies): Meteorological Centre Srinagar on Sunday predicted widespread intermittent light to moderate rain or snowfall in Jammu and Kashmir during the next 24 hours.

The MeT office said widespread intermittent light to moderate rain or snowfall over higher reaches is very likely at many places on Sunday. Heavy snowfall at some places, with a chance of 75 percent, over higher reaches cannot be ruled out during the period, it said.

Currently, the weather is cloudy in most places of Jammu and Kashmir.

The MeT office said there is a possibility of light and scattered rain or snowfall over higher reaches on October 17. It said the overall improvement in weather is likely from October 18 onwards.

There is a possibility of a significant drop in temperature across Jammu and Kashmir also, the MeT office added.

The weather office has also issued an advisory to the farmers to postpone harvesting of crops till October 17.

The inclement weather may temporarily disrupt transportation, especially at vulnerable places like Zojila, Mughal Road,

Sinthan Top, Sadnatop, etc., the MeT office said.

The minimum temperature recorded at Srinagar, the summer capital of Jammu and Kashmir, at 8.6 degrees Celsius and it also received 0.3mm rainfall during the past 24 hours till 0830 hours on Sunday.

Tourist hot spot of Pahalgam in South Kashmir had a low of 4.5 degrees Celsius, Kokernag 7.3 degrees Celsius and it also received 0.6mm of rainfall. The ski resort of Gulmarg in north Kashmir recorded a low of 2.8 degrees Celsius and it also received 0.6mm of rainfall

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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

KRIYA/RASAM PAGRI

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

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. Jamwal (Retd.) - **Brother**
Late Sh. Verinder Singh Jamwal & Smt. Sandhya Jamwal (**Sister & Brother-in-law**)
Smt. Rita Chib W/o Sh. Satvir Singh Chib
Mrs. & Mr. Ravinder Singh Jamwal (**Son**)
Mrs. & Mr. Kulbir Singh Jamwal (**Son**)
Mrs. & Mr. Kulbushan Singh Jamwal (**Nephew**)
Mrs. & Mr. Pranav Singh Jamwal (**Son (Nephew)**)
Mrs. & Mr. S.S. Andotra (**Daughter & Son-in-law**)
Mrs. & Mr. Umesh Singh Jamwal (**Daughter & Son-in-law**)
Mrs. & Mr. Munish Jamwal (**Daughter & Son-in-law**)
Mrs. & Mr. Vishal Sharma (**Daughter & Son-in-law**)
Grand Children : Vikrant, Ivaam, Abhey, Ritvik, Aru, Hunny, Shipra, Pragya, Gouri, Palak, Kriti, Subha, Subhagya, Prarambika
Mob. No.: 9419130821, 7006657405

**Sh. Naresh Singh Jamwal****KRIYA/UTHALA**

With profound grief and sorrow we inform the sad demise of our beloved **Sh. Joginder Mohan Puri** S/o Late Sh. Harnam Dass Puri R/o 71/133 Gali Magotra, Jain Bazaar, Jammu who left for heavenly abode on 04/10/2023.

KRIYA will be performed on Monday 16/10/2023 at our residence at H. No 71/133 Gali Magotra Jain Bazaar Jammu

UTHALA will be performed on Monday 16/10/2023 at Hari Mandir Rehari Colony from 5:00 PM to 6:00 PM.

GRIEF STRICKEN

Daughter in law & Son
Shivani & Viney Puri
Daughters & Son in law
Anjana & Pawan Menji
Lt. Gopi & Sanjeev Gandotra
Pankaj & Vivek Gandotra
Sister & Brother in law
Sudesh & K K Gandotra
Daughter in law & Nephew
Geeta & Anil Puri
Grand Children: Arush, Pulkit, Akshay, Palak, Ananya, Ayush, Avni

& PURI FAMILY
CONTACT NO: 7006033004, 7006047126

**SH. JOGINDER MOHAN PURI****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****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****10TH DAY /13TH DAY**

With profound grief and sorrow, we inform the sad demise of our beloved **MANGAL SINGH CHIB**. S/o Late Basawa Singh Chib R/o H.No 357 Lane No 1 Sarwal, Jammu.

Tenth Day will be held on 14th of October 2023 (Saturday) at Shiv Mandir Sarwal at 12 PM.

13th Day will be held on 17th of October 2023 (Tuesday) at our residence.

GRIEF STRICKEN:-

Son & Daughter-in-law
Lata & Amrik Singh Chib 8492969666
Rimpy & Hardeep Singh Chib 9419124820
Swati & Arjun Singh Chib 7889550241
Grand Children: Manvi Chib, Dushyant Chib, Nityam Chib, Sattyam Chib, Naksh Chib & Avantika Chib

**MANGAL SINGH CHIB****10TH DAY KRIYA**

With profound grief & sorrow, we inform that our beloved **Smt. Ashaji Bhan** W/o Late. Omark Nath Bhan, originally from Bhan Ashram, Baba Pora, Habba Kadal, Srinagar, Kashmir, passed away on 13th October 2023 at Pune.

TENTH DAY KRIYA will be performed on 22nd October 2023 at Alandi Ghat, Pune followed by **Assembly** at their Pune residence, i.e., 801, A7 Mirchandani Palms, Konkane Chowk, Rahatani, Pune.

FONDLY REMEMBERED BY:

Mrs. Shanta Bhat
Mrs. Veena Bhan
Sh. Shyam J. Bhan
Dr. Rajni Bhan Safaya
Mrs. Rita Bhan Zutshi
Dr. Ashima Bhan
Mr. Satyan Bhan and Mrs. Simran Bhan
Mr. Sandeep Bhan
Vivaan and Riyaan

**Smt. Ashaji Bhan**

From:
Bhan, Bhat Family
Contact Nos.
Shyam J. Bhan: +91 9810068535
Satyan Bhan: +91 8879512582
Sandeep Bhan: +91 9953242768

UTHALA

With profound grief and sorrow we inform the sad demise of our beloved **Sh Bishan Dass Khajuria (Ex Chief Manager J.C.C.Bank)** on 05-10-2023 R/o HNo 76 Afgana Mohalla, Pacca Danga Jammu.

UTHALA will be on 16-10-2023(Monday) at Brahmin Sabha Parade Jammu at 2 PM.

GRIEF STRICKEN

Son and Daughter in law
Anil Khajuria & Pooja Khajuria
Susheel Khajuria (Son)
(Brother and Sister in law)
Subash Khajuria & Anju Bala
Lokesh Khajuria (Nephew)
Nimesh Khajuria (Nephew)

**Sh Bishan Dass Khajuria (Ex Chief Manager J.C.C.Bank)****OBITUARY FROM MALUN SIDE**

With profound grief and sorrow it is to inform sudden demise of **Sh. Soom Nath Bhat** S/o Late. Swami Prakash Ram Bhat, originally from Battargam, Kupwara, Kashmir at his residence Plot No.913,Flat No.S-3,Shalimar Garden Extn 1, Sahibabad.

Tenth day Kriya will be performed on 20th October 2023 at Chota Haridwar, Muradnagar,Ghaziabad followed by assembly at their residence at 10.30 am.

GRIEF STRICKEN:

Smt. Raj Rani Pandita (Karhama)
Sh.G.L.Pandita & Smt. Usha
Sh Gash Lala & Vandna Pandita
Sh.Kumar Jee Pandita & Smt. Anita
Sh.Bal Krishen & Smt Sonia

SISTERS:

Smt.Susheela & Sh.M.L.Pandita
Smt.Bharti & Sh.R.K.Dhar
Smt.Julli & Sh.P.L.Pandita

From:

Pandita, Dhar family
9419159151, 9210323628
Contact Nos: 8373900110 (Sanjay)
9582890460 (Rahul)
7838806682 (Anita/Baby Jee)

**Sh.Soom Nath Bhat****BHOG AND ANTIM ARDAS**

With profound grief & sorrow we inform the sad demise of our beloved **Sardarni Tirath Kour** W/o Late S. Pritam Singh Chooni R/o Rampura, Last Morh Gandhi Nagar Jammu who left for heavenly abode on 07/10/2023.

ARAMBH SRI AKHAND PATH SAHIB on Saturday 14/10/2023 at 9:00 AM at above noted residence.

Antim Ardas at Gurudwara Sri Guru Singh Sabha Nanak Nagar Jammu on Monday 16/10/2023 from 10:30 AM to 12:00 Noon.

Grief Stricken

Son & Daughter in law
Rajinder Singh Chooni & Satvir Kour
Brother-in-law & Daughter
S. Rajinder Singh Aval & Amarjeet Kour
Sons in law & Daughters
S. Thakur Singh & Amardeep Kour
S. Balwinder Singh & Paramjeet Kour
Smt Ravinder Kour (**Daughter**)
Son in law & Daughter
S. Manjeet Singh & Spinder Kour
S. Tanveer Singh & Tamandeep Singh (**Grand Sons**)

**Sardarni Tirath Kour**

Mobile Nos :
9469259679
7006670274

TENTH DAY KRIYA

With profound grief and sorrow, we have to inform the sad demise of our beloved **Sh. Mohan Lal Bhat** S/o Lt Sh. Sarwanand Bhat R/o Ladoo Batapora Pampore Kashmir A/p Flat No 04, Block 49, Jagti township who passed away on 11th Oct 2023 (Wednesday) presently stayed at Community Hall behind lane No 04 Jagti township.

10TH DAY KRIYA will be performed on 20th Oct 2023 Friday 8 AM at Muthi Ghat Near Directorate of School Education.

GRIEF STRICKEN

Santosh Bhat - **Wife**
Dazy Bhat W/o Sh. Kaka Ji Bhat (**Brother & Bhabhi**)
Anjali Koul W/o Sh. Arvind Koul (**Daughter & Son in Law**)
Shivani Bhat W/o Lt. Sh. Ramesh Bhat (**Daughter & Son in Law**)
Himani Rana W/o Lt. Sh. Arun Rana (**Daughter & Son in Law**)
CELL NO 9796223133, 7051978014

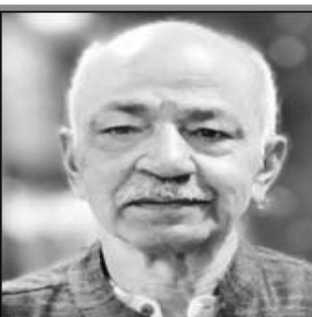
**SH. MOHAN LAL BHAT****OBITUARY**

With profound grief and sorrow, we inform that **Shri. Shibani Lal Kak (Baraj)** erstwhile R/o Sathoo Bala later Channapora, Srinagar, presently at Gurgaon has left to heavenly abode, on October 10, 2023.

The **Tenth Day Kriya** will be performed on October 19, 2023 at Sri Gauri Shankar Temple New Palam Vihar, Gurgaon. Resi Add: P-21, New Palam Vihar, Phase -1, Gurgaon (Haryana)

GRIEF STRICKEN:

Kishni Kak (**Wife**)
Jawhar Lal Kak (**Brother**)
Brij Krishen Kak & Rajdhulari (**Brother & Sister in law**)
Sanjay & Kanchan Kak (**Son & Daughter in law**)
Ajay & Anita Kak (**Son & Daughter in law**)
Sukanya & Ansuya (**Grand Daughters**)
Shanta Zadu (**Sister in law**)
Ashok & Khemlata Handoo (**Brother & Sister in law**)
Vijay Ganjoo (**Sister in law**)
Chandra's, Raina's, Kak's, Zadoo's & Kampassi's
Phone: 9903859422, 9821611600, 9711958083

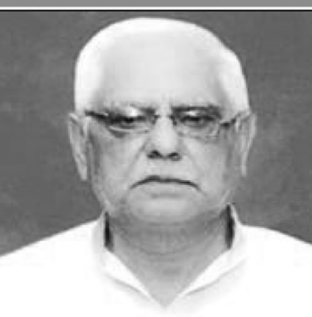
**Shri. Shibani Lal Kak (Baraj)****UTHALA**

With profound grief & sorrow, we regret to inform you all the sad demise of our beloved **Sh. Om Prakash Gupta** S/o Lt. Gura Ditta Mal R/o 11-C, Bharat Nagar, Rehari Colony, Jammu on 2-10-2023.

Uthala will be performed on Monday, 16-10-2023 at Hari Mandir, Rehari Colony from 4-5 PM.

GRIEF STRICKEN

Smt. Raj Gupta - **Wife**
Sons & Daughters-in-law
Ashwani Kumar Gupta & Neeru Gupta
Satish Kumar Gupta & Arti Gupta
Daughter & Son-in-law
Suman Baria & Surinder Baria
Grand Children:
Mr. Rishi Gupta & Mrs. Taniya Gupta, Sudanshu Gupta, Aashish Gupta, Paras Baria & Arushi Gupta
Mob.: 7006802630, 7006628737

**Sh. Om Prakash Gupta****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 & Sweety Sambyal
Daughter & Son in law
Meenakshi Salathia & Mohinder Singh Salathia
Grandson: Arhant 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. Soom 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****TENTH DAY KRIYA**

Tenth Day Kriya of Late Smt Shama Koul (Dhobi) W/o Late Sh Bushan Lal Koul (Dhobi) erstwhile resident of Sheilteng, Habbakadal, Srinagar, Kashmir and presently putting up at Quarter No. 55, Block - I, Govt. Quarters, Janipur, Jammu is being observed at Muthi Ghat, Jammu on Monday 16-10-2023 at 09:00 AM.

11th & 12th Day Kriya is being observed at 23-A, Swaran Vihar, Police Colony, Jammu.

With Reverence :-

KAULS (DHOBIS), BHANS GAHSSIS, JAILKHANIS, KOULS, RAINAS, BAKSHIS, MAMS, VAISHNAVIS, KAKAPURIS.

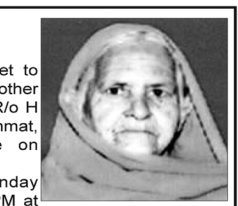
**Late Smt Shama Koul (Dhobi)****UTHALA**

With profound grief and sorrow, we regret to inform the sad demise of our beloved mother **Smt Tara Kumari** W/o Late Anant Ram, R/o H. No. 51 Pvt Channi Kamala, Channi Himmat, Jammu who left for heavenly abode on 29.09.2023.

Uthala will be performed on Monday 16/10/2023 between 04:00 PM to 05:00 PM at Panch Mandir Channi Himmat Jammu.

GRIEF STRICKEN

Sons & Daughters-in-law
Sh Vinod Kumar Sharma (Retd Technical Officer, JCC Bank) & Smt Jyoti Sharma
Sh Anoop Kumar Sharma (M/s Tara Stationery, Channi Himmat Jammu) & Smt Sapna Kumari
Daughter & Son-in-law
Smt Vandana Sharma & Sh Sanjay Sharma
Grand Children : Sidhant, Shradhdima, Harshul, Ridhima, Komal and Riya
Mob No. 9419128813, 9419794251

**Smt Tara Kumari****KRIYA/UTHALA**

With profound grief, we inform that our beloved **Smt Pushpa Devi** W/o Late Sh Om Parkash Puri R/o H.No.68, Kucha Nahar Singh Gali Panjriti Jammu passed away on 03-10-2023 (Tuesday).

KRIYA shall be performed on 15th Oct 2023 (Sunday) at home at 12 Noon. **UTHALA** shall be performed on 16th of Oct 2023 (Monday) at Trikuta Yatri Niwas Near Ved Mandir Road Ambthala Jammu at 4 PM to 5 PM.

GRIEF STRICKEN

Devar & Devrani
B.M Puri & Prem Lata Puri
Son's & Daughter-in-law
Ashish Puri & Mamta Puri
Ajay Puri

Daughter's & Son-in-law
Surinder Gupta & Anupama Gupta
Shivender Suri & Anamika Suri
Contact No. 9419232688, 9419861222

**Smt Pushpa Devi****TENTH DAY / KRIYA / UTHALA**

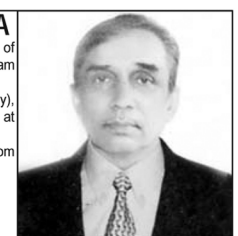
With profound grief and sorrow, we inform the sad demise of our beloved **Sh. Prem Pal Sharma** S/o Late Sh. Kaka Ram R/o 156/3 Lower Roop Nagar, Jammu on 05th Oct. 2023.

10TH DAY will be performed on 14-10-2023 (Saturday), 10:30 am and **KRIYA** will be performed on 15-10-23 (Sunday) at 12:00 noon at our residence 156/3, Lower Roop Nagar.

UTHALA shall be performed on 16-10-2023 (Monday) from 4:00 pm to 5:00 pm at Shiv Mandir, Sec - 2, Buta Nagar.

GRIEF STRICKEN

Smt Raj Sharma - **Wife**
Son & Daughter in law
Vikas Sharma and Dr. Anjana Bhalwal
Vishal Sharma - **Son**
Daughter and Son-in-law
Pooja Sharma and Ram Sharma
Brother and Bhabhi
Dr. Pritam Chand Shastri and Smt. Late Lalita Devi
Late Sat Pal Sharma and Darshana Devi
Brother-in-law and Sister-in-law
Sh Kuldeep Sharma and Sandhya Sharma
Sh. Daleep Kumar and Jyoti Sharma
Somu Sharma

**Sh. Prem Pal Sharma**

Grand Children
Stavaya Sharma, Rishab Sharma, Ridhna Sharma, Vanshu, Swati, Anmol, Vasu and Madhav
Mobile Nos. 9541353957, 8716899088

J&K Govt dedicated to empowerment of women, gender equality: LG Sinha

TOP NEWS REPORT

SRINAGAR, Oct 15: Lieutenant Governor Shri Manoj Sinha dedicated the 31st edition of "Awaam ki Awaaz" programme to the women change-makers of the UT of Jammu Kashmir.

Extending his heartiest greeting on the auspicious occasion of Navratri, the Lt Governor reiterated the commitment of the J&K Government towards empowerment of women and gender equality.

"Goddess Durga is a symbol of women empowerment. May the festival of Navratri inspire us to work for the well-being and progress of Nari Shakti, and build a gender-equal society", the Lt Governor said.

In this month's programme, the Lt Governor shared the inspiring journey of women entrepreneurs and highlighted the efforts of the Administration to create an enabling environment for women entrepreneurship and realize their true potential.

Rabiya Rasool, an entrepreneur from Srinagar and owner of 'Carpets' enterprise is a symbol of conviction, commitment, dedication



and indomitable courage. She is also reviving the traditional Ardabil style of carpets which will inspire and motivate other young entrepreneurs, the Lt Governor said.

He appreciated Sanchaita Pradhan Khajuria and Mansi Gupta for their endeavours to strengthen the unique cultural and artistic heritage of J&K. Sanchaita is promoting Basohli and Bina art through her company 'Shilpkari Bazar Business'. She is an immense source of inspiration and motivation to all women, he said.

Mansi Gupta is an agent of change and inspiring other women to become architects of their own destiny. Her company, MG Design Studio is making dedi-

cated efforts to revive the Calico painting art of Samba, the Lt Governor added.

HAUSLA programme is one of the key initiatives of the UT Administration which are helping the women entrepreneurs to rise and excel. It helped many women like Zariya Hamid, Shivani Sharma and Sanyokta Bhagat to learn the value of the e-commerce market and build upon their business ideas, the Lt Governor said.

The support and assistance extended to Zariya Hamid have enabled her company Misal Embroidery manufacturing Pashmina Shawl to get global clientele. Shivani Sharma now manages the operations of her pre-school digitally. With innovative ideas, she is

redefining the business and operating models, he said.

Sanyokta Bhagat from RS Pura with her indomitable courage overcame many challenges to find her place in the garment sector, he added.

The Lt Governor made a special mention of the Khushi cluster federation from block Ghordi, Udhampur which is planning to go global with the launch of pine handicraft on e-commerce platforms.

He commended Zeenat Mushtaq for her pivotal contribution to J&K's business ecosystem. Zeenat now aims to participate in national and international expos so that the marketing experience and business values she has gained can be imparted to the next generation.

The Lt Governor voiced the valuable suggestions received from Srinagar's Sheikh Mohammad Saleem, Sankarshan from Samba and Mushtaq Ahmed Lone from Budgam to promote cooperative societies, efficiency of Cooperative Consumer Federation and Primary Agriculture credit societies and making the Swachh Abhiyan a Jan Abhiyan.

Youth must understand rich, diverse traditions of Indian festivals: Bhalla

TOP NEWS REPORT

JAMMU, Oct 15: On the occasion of Navratras, former Minister and Working President JKPC Raman Bhalla today participated in the magnificent Shobha Yatra, taken out from Bage-E-Bahu Bawe-Bali-Mata with religious fervour and gaiety amidst chanting of Bhajans and hymns in praise of Maa Vaishno Devi towards famous Mahamaya Mandir. Speaking on the occasion, Bhalla said that such festivals symbolize unity in diversity besides highlighting composite culture of the State. These events also provide a common platform to the people irrespective of caste, colour and creed to interact with each other and share their culture and traditions which further help in strengthening bonds of brotherhood and communal harmony.

Extending greetings to the people in general and pilgrims in particular on Navratras, Bhalla said that the festival provides an opportunity to the visiting yatis to have a glimpse of our rich cultural heritage and peaceful co-existence of people



of different faiths. He said that efforts must be made by the Governor Administration to create additional infrastructural facilities at Bawe Bali Mata temple to meet the increasing rush of pilgrims effectively. He urged the younger generation to understand the rich and diverse traditions ingrained in Indian festivals and called for protecting, promoting and enriching our exceptional culture and folk art forms.

Lauding the role of various local associations connected with the Navratri festival, Bhalla said that such events could not get successful without the active participation of the locals. Highlighting the fast growing popularity of the festival, Bhalla said the yearly event was started

for popularizing the Holy Cave Shrine of Mata Vaishno Devi Ji as a major pilgrim destination of the State. He asked Government to make all out efforts to provide all modern line basic amenities to the visiting pilgrims from across the country. He said the devotees of Shri Mata Vashno Devi Jee and Shiv Khori is increasing day-by-day. In view of this, he maintained that there is urgent need to develop facilities at famous Mahamaya Mandir, Shree Ranbireswar Mandir, Shree Raghunath Mandir and others including the Chichi Mata Mandir to accommodate huge rush of devotees.

Speaking on the sideline of function, Bhalla maintained that BJP Govt has failed

on all fronts. He said the authorities are not paying any attention to the burning problems of the common man. Seeking the restoration of statehood to Jammu and Kashmir, Bhalla said the Congressmen are on the roads to convey the voice of the people on every concerned platform as the "undemocratic and unconstitutional" steps taken by the Centre left them "deeply hurt". Hitting out at PDP-BJP Government for making life of people miserable due to incompetent policies and administrative inexperience, former Minister said that people of State are cursing this insensitive Govt on daily basis for ignoring them completely and making them suffer for every-

Manjit demands fast track recruitment for unemployed youth along IB villages

TOP NEWS REPORT

RAMGARH, Oct 15: Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh has demanded fast track recruitment drive in villages along the International Border in Jammu, Samba and Kathua Districts in defence, paramilitary and J&K Police.

The Former Minister raised this demand while addressing a meeting at Ramgarh. The meeting was organized by District Samba President, Legal Cell, Apni Party, Adv. Sahil Bharti.

In this meeting various issues were discussed regarding development, farmers issues, border area development, especially growing concern about unemployment among the educated youth in the border belt and drug addiction.

In his speech, Manjit Singh said that the people are mostly



concerned about the increasing unemployment among the border youth who have completed their studies but there seems to be no scope for employment.

"The border youth often join defence forces, paramilitary and JKP. However, these recruitments have not happened for them for a long time, and the aspiring youth are becoming over aged with delay in any kind of recruitment in the belt forces," he said.

He demanded that the Govt should organize special on spot recruitment drives for the border resident youths in Jammu, Samba and Kathua districts to provide an opportunity to them for recruitment.

"These youth are the future of J&K and the country. Therefore, their concern must be taken seriously because the issues of drug peddling and drug-addiction have increased which is highly alarming for the locals,

respective parents and the police because the addiction often leads to criminal activities, snatching and theft incidents," he said.

He said that "There is a need to take serious review of the situation to ensure the youth can be provided an opportunity of employment and accordingly, other linked issues can be redressed."

Meanwhile, he said that the damage to the basmati rice harvest

should be compensated by the authorities after a proper survey and the KCC loans of farmers should be waived off.

"The authorities appear unaware of the ground reality because they have lost connection with the people. It is important for J&K that the assembly elections are held and statehood should be restored so that the elected representatives can form a democratically elected Govt to address long standing issues of the people that have grown up after August 2019," he said.

He said that the people have expressed their faith in the leadership of Apni Party and its leadership under Syed Altaf Bukhari sahib. Earlier he discussed various welfare schemes and developmental programmes that would be launched in J&K if the Apni Party forms the next Govt in the erstwhile state.

Rich tributes paid to Dr. Ram Rattan Khajuria, founder VKMI

TOP NEWS REPORT

JAMMU, Oct 15: In a solemn gathering, the members of Vichar Kranti Manch International (VKMI), a registered socio-spiritual NGO, came together to express their deepest condolences and pay rich tributes to the late Dr. Ram Rattan Khajuria. Dr. Khajuria, who was the founder of Vichar Kranti Manch International, passed away, leaving a void in the hearts of those who knew him.

Dr. RR Khajuria was not just the founder of VKMI but also a remarkable social activist, instrumental in the establishment of several other NGOs, including Samaj Kalyan Kendra, Swera, and Confederation of Volun-



tary, Social & Charitable Organizations. His contributions to the social and charitable sectors were widely acknowledged and appreciated.

The heartfelt condolence meeting brought together prominent individuals who have been associated with Dr. Khajuria and his various endeavors. Among the attendees were Dr. Shreyansh Kumar Jain, President


of VKMI and State Yoga Commissioner, Mrs. Indu Sharma, Chairman of HLF Higher Secondary School, Mr. CM Sharma, General Secretary of VKMI and State Coordinator for Annamalai University, Ashok Gupta, Vice President of VKMI and State Vice President of Bharat Vikas Parishad, Mr. Abhinandan Jain, a Social Activist and FA VKMI, Mrs. Usha Tikoo,

Senior Vice President of VKMI, an Educationist, and Chairman of Sai Shyam College of Education, and Shri Ram Gopal Sharma, Vice President of VKMI and associated with Swera NGO.

During the condolence meeting, attendees shared their memories and thoughts about Dr. Khajuria. They highlighted his significant achievements in

the field of social work and community development, reflecting on the positive impact he made on numerous lives. Dr. Khajuria's dedication to the betterment of society was a central theme of the gathering, with his contributions being recognized as truly exceptional.

The life sketch of Dr. Khajuria was narrated, and his great achievements were appreciated by one and all. Attendees offered their prayers for the eternal peace of his noble soul and courage to his grieving family members during this difficult time. Dr. Khajuria's legacy as a dedicated social activist and founder of VKMI continues to inspire and uplift the community.


UNION TERRITORY OF JAMMU & KASHMIR
OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) PROJECTS
DIVISION III JAMMU
E-mail: xenpwdprojectdiv3jmu@gmail.com

SHORT NOTICE INVITING TENDER

E-NIT NO: - 130F 2023-24 DATED: - 12-10-2023

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir e-tenders are invited on **percentage basis** from approved and eligible Contractors registered with Union Territory of J&K, CPWD, Railways, MES and other State/Central Governments for the following work: -

Sl. No.	Name of work	Estimated Cost (In lacs)	Cost of doc. (In Rs.)	Earnest money (2% of Adv. Cost)	Class of Contractor
1.	Day to day Repair and maintenance at Sarwal Housing Colony 1-5 upto March 2024.CNO97-NP	4.99	600/-	2%	D Class
2.	Day to day Repair and maintenance at Sarwal Housing Colony 6-12 upto March 2024.CNO98-NP	4.99	600/-	2%	D Class
3.	Day to day Repair and maintenance at Janipur(ORT) upto March 2024.CNO99-NP	4.99	600/-	2%	D Class
4.	Day to day Repair and maintenance at Janipur(TRT) upto March 2024.CNO100-NP	4.99	600/-	2%	D Class
5.	Day to day Repair and maintenance at RSQ 1-10 upto March 2024.CNO101-NP	4.99	600/-	2%	D Class
6.	Day to day Repair and maintenance at RSQ 11-20 upto March 2024.CNO102-NP	4.99	600/-	2%	D Class
7.	Day to day Repair and maintenance at Ved mandir VIP 1-5 upto March 2024.CNO103-NP	7.99	600/-	2%	C & D Class
8.	Day to Day repair and maintenance of Sanitary fittings to kitchen/ bathroom and other allied works at Ahata Amar Singh upto March 2024.CNO104-NP	2.00	600/-	2%	D Class
9.	Day to Day repair and maintenance of Sanitary fittings to kitchen/ bathroom and other allied works at Toph Sherkhania Housing Colony upto March 2024.CNO105-NP	2.00	600/-	2%	D Class
10.	Day to Day repair and maintenance of Room, Lobby, balcony and stair halls by way of colour wash painting, distemper at Ahata Amar Singh upto March 2024.CNO106-NP	2.00	600/-	2%	D Class
11.	Day to Day repair and maintenance of Room Lobby balcony and stair halls by way of colour wash painting, distemper at Toph Sherkhania Block A to Y upto March 2024.CNO107-NP	2.00	600/-	2%	D Class
12.	Day to Day repair and maintenance to wood work, glass panes of windows and other allied works hardware fittings at Toph Sherkhania Block A to Y upto March 2024.CNO108-NP	2.50	600/-	2%	D Class
13.	Day to Day repair and maintenance to wood work glass panes of windows and other allied works hardware fittings at Ahata Amar Singh Block A, B, C, D, E SMG Old/New upto March 2024.CNO109-NP	1.90	600/-	2%	D Class
14.	Day to day maintenance of sanitary, wood work and other works of minor nature in Secy Qtr. 1 to 4, MB-1 to 4, EP-255, EP-1, CAT, RTI in Wazarat Road, Jammu upto March 2024.CNO110-NP	3.49	600/-	2%	D Class
15.	Day to day maintenance of sanitary, wood work and other works of minor nature in VIP 1 to 9, SSG in Residency Jammu upto March 2024.CNO111-NP	3.49	600/-	2%	D Class
16.	Removal of vegetation / cutting of trees and other allied works by engaging labour skilled/unskilled at Civil Secretariat Jammu upto march 2024.CNO112-NP	4.45	600/-	2%	D Class

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

Schedule of tender:

A	Date of Issue of Tender Notice	12-10-2023
B <td>Period of downloading of bidding documents</td> <td>13-10-2023 from 1100 Hrs to 20-10-2023 upto 1630 Hrs</td>	Period of downloading of bidding documents	13-10-2023 from 1100 Hrs to 20-10-2023 upto 1630 Hrs
C <td>Bid submission Start Date</td> <td>13-10-2023 from 1100 Hrs</td>	Bid submission Start Date	13-10-2023 from 1100 Hrs
D <td>Bid submission End Date</td> <td>20-10-2023 upto 1630 Hrs</td>	Bid submission End Date	20-10-2023 upto 1630 Hrs
E <td>Date of opening of Technical Bids (online)</td> <td>21-10-2023, 1100 Hrs in the office of the Executive Engineer, PWD(R&B) Projects Division III, Jammu</td>	Date of opening of Technical Bids (online)	21-10-2023, 1100 Hrs in the office of the Executive Engineer, PWD(R&B) Projects Division III, Jammu

NO: R&B/Project Div. III/DB/1092-1104
Dated: 11-10-2023
DIP/J-9598/23

Sd/-
Executive Engineer
PWD (R&B) Projects Division III
Jammu.

EDITORIAL

MOBILES AND
SOCIAL LIFE

Cell phones have become an important part of our daily life. Back in 1980, the number of cell phones in the world was mere 11.2 million— or just two cell phones per 1,000 people. But now it is very common and mobile phones are necessity for many people throughout the world. It is one of the luxurious items. With India adding more than six million cell phone subscribers in a month, the number will be as high as 1.1 billion cell phone till the end of 2011.

Mobiles have even taken the place of the wristwatches. People now find it easier to see the time in their mobile phones. Mobiles phones have also become the personal diaries. Mobile phones also work as an alarm to wake you up in the morning. It keeps you remind about your updated of all your meetings and important events.

Mobile phones are becoming even more useful for communicating data in addition to making voice calls, and they are increasingly being used for sensitive activities such as online banking, as well as for searching the Internet and downloading mobile games.

Mobile phones are a portable electronic device. They are now inexpensive, easy to use, and comfortable. They not just for phone calls, they are also operational with almost every latest feature which we want such as calculator, internet, games, camera, videos, alarm clock, notes and many more. If you are feeling bore you can listen songs for entertainment and also keep some good videos or movies. Communication skills can be improved, the more you talk, the more you know how to talk.

A coin has two faces. Likewise, mobile phones have its own demerits. People spend less time bonding with their family and friends. It has severe health implications.

Symptoms caused such as headache, cancer, heart attack, traffic accidents, blurring of vision by the radiation of mobile phones is one of the most argued problems. Mobiles disturb social life as well as personal life. We are living in a dangerous world where so many incidents happen regarding crime.

Today it is common to have cells with children because of its advantage but children start to misuse it so parents of children having mobile phones must take some steps to ensure safety of the child. Parents should warn and keep children aware of the various mobile phone felonies.

Sometimes it is possible for a child to get track by strangers over the phone. Parents of young children who have a mobile phone must get a post-paid connection and check the cell phone bill every month. They should also check that they are not spending more time on phone rather than study.

Everyday new softwares are being introduced on internet which can hack your mobile. So attackers know many tricks to hack your mobile and they can simply misuse your personal data from your phone. The main threat is from terrorists and kidnapers. Once your phone is hacked, the attacker can interfere in your personal life. It is much possible that attacker keeps an eye on your personal matters. So your life becomes more risky.

To prevent yourself from this crisis you must keep in mind that If your mobile phone bill is more than your expectation then you should check details and inform police about the calls which you have not made; You should not pass away your phone to any unknown person; Always keep your Bluetooth and Wi-Fi off, if not in use. Because if the line is on, it can be the main cause and simple way to hack your mobile. Always Turn off Service message option; Don't forget to register your Mobile No at National Do not Disturb Service. (type "start DND" and send SMS to 1909); In another type of hack, the attacker can hack a phone by sending a type of SMS message called a control message over the GSM network to a victim's phone that is using a Wi-Fi network and then use special toolkits to sniff the Wi-Fi traffic looking for the victim's e-mail log-in information.

Stand with Israel, but fair deal key to lasting peace

By: Pavan K Varma

David Bohm (1917-1992), the legendary quantum scientist and physicist, gave a dramatic illustration of how the same reality can appear materially different depending on the angle that you see it from. He gives the example of a rectangular fish tank full of fish under observation by two television cameras at right angles to each other. Although the fish tank is the same, the images of the cameras will project a truth that is variance with each other.

This analogy is useful to try and understand the radically different appraisals of the current Israel-Hamas conflagration. First, there can be no hesitation in emphatically condemning the October 7 terrorist attack by Hamas on innocent Israelis at a music festival, killing over 260 people, and taking dozens as captives. The simultaneous attack by an arsenal of bombs on Israeli civilian and military targets left thousands dead or wounded. Hamas is an avowedly terrorist organisation, operating out of the Israeli-occupied Gaza Strip, and its brutality and barbarism are appalling.

India did the right thing to condemn this terrorist attack. We are against terrorism of all kinds anywhere in the world. Our ties with Israel are strategic and close, including in the sensitive defense and intelligence sectors. Every country is guided by national self-interest. India followed this dictum when PM Modi expressed our unreserved support for Israel.

But even where our self-interest is involved, a different perspec-

tive emerges from Bohm's second camera filming the same situation. The Jews suffered the Holocaust in Hitler's Germany, and antisemitism was rife in some other European countries, but their "promised homeland" was created not in Europe, but as per the UN adopted Britain Partition Resolution to create Israel in 1948, in a messy division of territory in historical Palestine.

In the six-day war of 1967, Israel took over whatever was left of Palestinian territory, occupying the West Bank (including East Jerusalem) and the Gaza Strip. After the war, the United Nations in its Resolution 242 called for "a just and lasting peace in the Middle East". The first step to ensure this, the Resolution stated, was "the withdrawal of Israeli armed forces from territories occupied during the recent conflict". Israel failed to fully comply with this requirement. On the contrary, it aggressively expanded Israeli settlements in the occupied territories. Today there are around 750,000 settlers in 250 settlements in the occupied West Bank and East Jerusalem. Moreover, Israel has bombed Gaza, from where the Hamas operates, in 2008, 2012, 2014 and 2021, killing thousands of innocent Palestinians, mostly civilians. None of this created anything like the outraged media blitz we are seeing after the deplorable Hamas attack. Six million Palestinian refugees now live in refugee camps in the neighbouring countries of Lebanon, Syria, Jordan and Egypt.

The narrative of history is tangled, and not always fair or impartial. Israel, as a State, has the right

to exist, and ensure its security. But the case of the Palestinians, in all fairness, cannot be ignored. The Oslo Peace Process of 1993, based on the Camp David Accords of 1978, gave limited recognition to the Palestinians, but hawkish leaders like Netanyahu even then sabotaged the agreed acceptance of "two nations", by refusing to fully withdraw Israeli forces from the Occupied Territories, and dismantle the illegal Jewish settlements there. Israel's policy of unilateralism rather than sincere conflict resolution derailed the entire peace process, and after the failed Camp David Summit of 2000 which tried to revive the peace process, things went back to square one.

One key advantage in all of this was – and is – that Israel has the unstinted backing of the United States, which has eight million influential Jews accounting for 2.4 per cent of the population. No American administration can afford to alienate such a powerful lobby. Israel is the recipient of the latest US weapons, and financial support from the large and wealthy Jewish diaspora in America. Through the Abraham Accords of September 2020, the USA midwived agreements between Israel, the United Arab Emirates and Bahrain, with Saudi Arabia waiting in the wings. The intention was clear: To create a strategic rapprochement between Israel and the Arab world, bypassing the plight of the Palestinians.

The massive retaliation against Hamas by the current Israeli government led by PM Benjamin Netanyahu, a fragile coalition heavily influenced by hardline

right wing Jewish parties, has already pulverised Gaza killing thousands, but the UN or the world community at large has not called for an immediate ceasefire. Hamas terrorism is condemnable, but the continuing ferocity of Israeli retaliation is also inhuman. Gaza has been blockaded, and is without food, water, electricity and fuel, with thousands rendered homeless. Through such draconian responses, understandable in the desire for vengeance within Israel to destroy a jaw for a tooth and both eyes in return for one, Palestinians may be punished, but terrorism is bound to raise its ugly head again, and enduring peace will not come. The first priority then must be to stop the war.

There are two major unfinished projects for lasting peace in the world today. The first is the incomplete new architecture of security in Europe after the end of the Cold War, which has, due to continued Nato expansionism in spite of specific assurances given to Russia, led directly or indirectly, to the Russia-Ukrainian war. The second – and much older issue – is that of Israel and Palestine. India has on this occasion expressed its solidarity with Israel, and rightly so given the Isis-like inhumanity of Hamas, and our opposition to terrorism of any kind. But in the long run, it would also be in our self-interest, keeping our consistent policy in the past, and the need to keep Arab sentiments in mind – especially now when Indo-Arab relations have greatly improved – to stress the need for "a just and lasting peace", as the UN had asked for, and Israel has refused to comply with.

Importance of Digital Education



By: Vijay GarG

Digital education has become increasingly important in today's society due to several reasons:

1. Access to information: With the advent of the internet, digital education provides a platform for accessing a wide range of information and knowledge. Students can learn from various online sources such as e-books, videos, tutorials, and interactive platforms, enabling them to explore topics beyond the limitations of traditional educa-

tion.

2. Flexibility and convenience: Digital education offers flexibility in terms of time and location. Students can access educational content from anywhere, anytime, allowing them to learn at their own pace. This flexibility is particularly beneficial for individuals who may have other commitments such as work or family responsibilities.

3. Personalized learning experience: Digital education emphasizes personalized learning, where students can choose their learning path, speed, and style. Online platforms often provide personalized assessments and feedback to help students track their progress and address their individual learning needs.

4. Enhanced engagement and interactive learning: Digital education incorporates various multimedia elements such as videos, simulations, and

interactive exercises that make the learning experience engaging and interactive. This helps students grasp complex concepts more effectively and retain information better.

5. Improved collaboration and communication: Digital education enables students to collaborate with peers, teachers, and experts from different parts of the world. Online discussion forums, video conferencing, and collaborative projects foster teamwork, enhancing students' social and communication skills.

6. Cost-effective education: Digital education has the potential to reduce costs associated with traditional education, such as textbooks, transportation, and accommodation. Online courses and digital resources are often more affordable and accessible, making education more equitable and

inclusive.

7. Preparation for the future: Digital education equips students with the necessary digital literacy and skills required in the increasingly digitalized world. Students who are adept at using technology and navigating online platforms are better prepared for the job market and can take advantage of various digital tools and opportunities.

Overall, digital education has revolutionized the way people learn, making education more accessible, flexible, engaging, and relevant to the needs of the modern world. It has become an indispensable tool for lifelong learning and personal growth.

(Vijay GarG Retired
Principal Educational
columnist Malout
Punjab)

Madhuparamhans Maharaj's enlightening discourse on liberation & illusion of World

TOP NEWS REPORT

JAMMU, Oct 15: Sadhguru Shri Madhuparamhans Ji Maharaj of Sahib Bandagi delivered an illuminating discourse to a congregation in Ranjadi, shedding light on the timeless pursuit of liberation and the pervasive yearning for freedom from the entanglements of the world. He emphasized the universal concept of "Mukti" or salvation, prevalent in every religion and belief system, underscoring that the ultimate purpose of human life, according to scriptures, is to attain salvation.

Sadhguru Ji eloquently pointed out that the desire for freedom is inherent in every soul, yet the invisible bonds of material existence often deter individuals from actively seeking liberation. He highlighted the intricate connection between matter and consciousness, likening it to an intricate but false knot that, despite its illusory nature, remains challenging to unravel. The soul, he emphasized, is not a tangible element that can be



confined, while the body is described as inert and composed of the five basic elements.

Drawing a metaphorical comparison to human exploration and achievement, Sadhguru Ji noted that while individuals have ventured to the Moon, delved into the depths of the Earth, and even attempted to conquer the vast oceans, the understanding of the soul remains an elusive goal. Despite the earnest efforts of individuals in pursuit of salvation, there is a prevailing sense of rest-

lessness and dissatisfaction among humanity.

The Sadhguru pointed out that atheism is on the rise, with many individuals questioning the existence of a divine presence. He affirmed that those who engage in any form of worship or spiritual pursuit are more virtuous than atheists, yet many still wander aimlessly in search of God.

Addressing this wandering, he alluded to the existence of a compelling force that lures individuals outward. He acknowledged that

all the world's religions share the common goal of salvation, likening the human condition to a juggler holding a monkey—no matter how the monkey tries, it remains bound. Similarly, the soul, entrapped by its own ignorance, prevents the mind from revealing the door to salvation.

Sadhguru Ji emphasized that nothing in this world possesses the power to bind the soul; rather, the soul binds itself through ignorance. Using vivid analogies, he portrayed the soul

as akin to a dog that perceives its own reflection as another dog and barks until its demise, or a lion that jumps into a well, believing it to be another lion, thereby self-destructing.

In conclusion, Sadhguru Ji reminded the audience of the transient nature of life, and the illusion that the world is as real as a dream. He urged individuals to gain mastery over the mind, which, when controlled, can dissolve the illusion of the world, akin to waking up from a dream.

Army holds awareness campaign on drug abuse

TOP NEWS REPORT

POONCH, Oct 15: In a dedicated effort to combat the growing issue of drug abuse among the youth, the Indian Army organized a compelling lecture at Government Girls Higher Secondary School in Fatehpur, Poonch District. The focus was on educating students about the adverse effects of drug abuse and shedding light on the various categories of illicit drugs that threaten the minds and bodies of our youth.

The lecture delved into the significant categories of illicit drugs, including depressants like those from the opium family, hallucinogens like those from the cannabis family, and various synthetic drugs.

One of the key highlights of the lecture was the emphasis on encouraging students to engage in sports and creative activities as a way to steer clear of the vicious cycle of drug abuse. Physical and creative

pursuits were advocated as healthy alternatives, fostering not only physical and mental well-being but also instilling essential life skills such as teamwork and discipline.

The lecture culminated with a resounding call to action - 'SAY NO TO DRUGS.' This simple yet powerful slogan encapsulated the essence of the entire awareness campaign, reminding students of the importance of making wise choices regarding drug use.

Sanjeevani Jan Kalyan Seva Samiti introduces Physically Fitness Cum Self-Defense Training Program for Adolescent Girls

TOP NEWS REPORT

DELHI, Oct 15: Sanjeevani Jan Kalyan Seva Samiti, a prominent non-government organization (NGO), has launched an innovative program aimed at enhancing the physical fitness and self-defense skills of adolescent school-going girls. The program, initiated under the guidance of Capt. Sher Singh Tank (Retd.), the National President of SJK, features expert instruction in Judo and Karate and takes place at various locations throughout Delhi.

Inspired by Prime Minister Narendra Modi's Fit India Movement, this program seeks to empower young girls with the knowledge and skills necessary to maintain their physical well-being and defend them-



selves when needed. Several schools have already partnered with the SJK-NGO to implement the physically fitness cum self-defense program, which began its inaugural session in New Delhi. Future sessions are scheduled to be conducted within the premises of different schools across the city.

Khajur Singh, Founder of SJK, expressed his enthusiasm for the program, stating, "The physically fitness cum self-defense program will undoubtedly be a tremendous benefit to the students. It will enhance their concentration, provide them with inner strength, and fortify their mental resilience. I am

confident that similar programs will be rolled out in every state under the SJK banner."

Prabhat Singh, Chairman of SJK, remarked, "Such initiatives bring about a rejuvenation of the students. A few years ago, we introduced a fitness program for students, and the results were exceptional. We

hope that such programs become a regular and integral part of the students' curriculum."

Capt. Sher Singh Tank (Retd.) emphasized the importance of focusing on students, stating, "It is imperative that we instill the habits of physical and mental fitness from a young age. We are committed to teaching them the art of self-defense, the importance of staying fit, and the value of maintaining a positive outlook."

Sanjeevani Jan Kalyan Seva Samiti's physically fitness cum self-defense program marks a significant step towards nurturing the holistic development of adolescent school-going girls, ensuring they possess the tools to face life's challenges with confidence and resilience.

Showroom to catch up with infrastructural developments in Tehsil RS Pura: Kushal

TOP NEWS REPORT

RS PURA, Oct 15: A showroom of tiles and sanitary products under the name and style of "RL Tiles & Sanitary Ware Store" was opened at Chouhala in RS Pura. The showroom was inaugurated by senior Congress leader and Sarpanch Badrinath Sharma, who was the chief guest on the occasion. Several prominent persons in the area also graced the occasion. Also present on the occasion were family members and relatives of the Kushal Sharma, owner of the showroom.

Speaking on the occasion, Kushal said, "We are proud to open a showroom to catch up with the infrastructural developments in Tehsil RS Pura leading to greater demand for tiles, sanitary ware and



bath fittings which are of superior quality as well as are aesthetically appealing. We endeavor to keep pace with the rapid growth of the city and the increasing demand for tiles, sanitary ware and bath fittings that are a blend of tradition and modernity."

He further added, "We offers products that are the perfect blend

of craftsmanship and international designing and hence, will fill in the need for the products which are of the finest designs reflecting the changing living, entertainment and work-spaces"

Kushal said that the store will give the local people access to the high-end quality tiles and sanitary ware and

bath fittings products, at their door steps. Spread in an area of over 2000 sq ft, the showroom has on offer a wide product range and also exhibits the choice in usage of tiles, sanitary ware and bath fittings through state-of-the-art displays. Badrinath Sharma speaking on the occasion congratulated Kushal Sharma and

said that youth of J&K needed to be prepared to become job creators instead of job seekers, who become "global citizens" in the future. He said that the youth of Jammu and Kashmir should change their mindset to focus more on carving a niche for themselves as job providers rather than job seekers.

"It is the knowledge that will allow us to find solutions to the problems we face in our world, nation and society. Research and innovation hold the key to lifting our people out of poverty, ensuring their health and well-being or attaining food and energy security," he said. He said that various schemes envisages various incentives for startups so as to enable the entrepreneurs to succeed in their ventures.


UNION TERRITORY OF JAMMU AND KASHMIR,
JAL SHAKTI (IRRIGATION AND FLOOD CONTROL DEPARTMENT)
OFFICE OF THE EXECUTIVE ENGINEER, FLOOD CONTROL DIVISION, SAMBA
e-mail : fcdsamba123@gmail.com
SHORT TERM FRESH e-NIT NO. 11 OF 10/2023

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir, tender is invited by the Executive Engineer Flood Control Division Samba, by e-Tendering mode from approved and eligible contractors registered with J&K state Govt./CPWD/MES and railways for the following work.

S. No.	Name of work	Advertised amount (Rs.in lakhs)	Earnest Money (in Rs.)	Cost of document (in Rs.)	Time allowed for completion	Class of contractor
1	2	3	4	5	6	7
01	Construction of Flood Protection work to protect the land of Sh. Paras Ram at village Amwal Camp Block Vijaypur District Samba.	5.00	10,000.00	500.00	30 days	C & D
02	Construction of flood protection work near graveyard at Katwala, Mandal Block Purmandal District samba	5.00	10,000.00	500.00	30 days	C & D
03	Construction of flood protection work to protect Government Middle School Takkar and to protect the land in Balole Nallah near Kali Mata Mandir in Panchyat Kartholi upper	10.00	20,000.00	1000.00	30 days	B / C & D
04	Construction of Flood protection work to protect the agricultural land and well and Community shed at Gujjar Mohalla W.No. 5 and Baba Barkhandi Mohalla Sadyal in Lower Khara Madana Purmandal District Samba.	11.95	23,900.00	1000.00	30 days	B / C & D
05	Construction of Flood Protection work by way of single revetment to protect the land of Sh. Narseen Akhter at village Rajpur Koular in Pyt. Birpur, Block Bari Brahmana, District Samba.	6.96	13,920.00	600.00	30 days	C & D
06	Construction of Flood Protection work by way of single revetment to protect the Agricultural land of Sh. Girdhari Lal Sharma at Khaner, W. No. 3, Khra Madana upper, Tehsil Bari Brahmana District Samba	3.99	7,980.00	500.00	30 days	C & D
07	Construction of flood protection work by way of single revetment to protect the agricultural land of Sh. Khaddam Hussain, Saddam Hussain (ST Bakerwal Basti) in pyt. Amli and Dhyan Singh, Fajal Din, Taj Din and others at Jallapur Nallah, Simblnah, pyt. Patyari, Block Sumb.	13.00	26,000.00	1000.00	30 days	B / C & D

S. No.	Name of work	Advertised amount (Rs.in lakhs)	Earnest Money (in Rs.)	Cost of document (in Rs.)	Time allowed for completion	Class of contractor
1	2	3	4	5	6	7
08	Construction of flood protection work to protect the land of Sh. Movish Singh at village Sanoora Pyt. Sanoora.	1.50	3,000.00	200.00	15 days	DEE
09	Construction of Flood protection bund to save the land of Sh. Tilak Raj at Village Madana Upper, W. No. 3, Khaner, Block Purmandal District Samba	3.50	7,000.00	500.00	30 days	C & D
10	Construction of Flood Protection work by way of single revetment to protect the land of Sh. Sardar Singh at village Battal Pyt. Baletar Block Sumb	1.50	3,000.00	200.00	15 days	DEE
11	Construction of flood protection work at village Rajpura to protect the agricultural land in local nallah and near dev sthan in Pyt. Rajpura	11.96	23,920.00	1000.00	30 days	B/C & D
12	Construction of Flood Protection work to protect the land of Sh. Subash Singh at Ward No. 16 Garh Mandi Samba	4.00	8,000.00	500.00	30 days	C & D

Position of Funds :- Partially Available .
Position of AAA& Technical Sanction :- Accorded.

- Date of publishing from: 12-10-2023 (12:00noon).
- The bidding documents can be downloaded from the website [www.jktenders.gov.in/w.e.f.12-10-2023 \(12:00noon\) to 18-10-2023 \(16:00 P.M.\)](http://www.jktenders.gov.in/w.e.f.12-10-2023 (12:00noon) to 18-10-2023 (16:00 P.M.)).
- The bids shall be deposited in electronic format on the website from www.jktenders.gov.in, w.e.f. 12-10-2023 (12:00noon.) to 18-10-2023 (16:00 P.M.).The bids received will be opened on 19-10-2023 at 12:00 PM.
- The complete bidding process will be on-line.
- The tender uploaded on the website upto due date will be opened on or after 19-10-2023 at 12:00PM in the office of the Executive Engineer Flood Control Division Samba in the presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.
- Bid documents can be seen at and downloaded from the website www.jktenders.gov.in Bid documents contains qualifying criteria for bidder, specification, bill of quantities, condition and other details.
- The site for the work is available.

Sd/-
Executive Engineer
Flood Control Division
Samba

No.- FCDS/2051-72 DIP/J-9596/23
Dated:-12-10-2023

Sonam Kapoor takes legal action against YouTuber over roast video

Sonam Kapoor is known for her stylish persona and candid remarks, but recently, she's become the center of an online controversy. The story unfolds as Kapoor sends a legal notice to a YouTuber who made fun of her remarks in one of their videos.

The legal notice contends that the video, created by content creator Raginyy, has cast an adverse shadow on the reputation of Sonam Kapoor, her husband Anand Ahuja, and their fashion brands.

What's striking is that Sonam Kapoor, best known for her roles in films like 'Aisha,' has joined forces with a legal reputation to actively confront defamatory comments, online harassment, and unfavorable reviews circulating on the Internet. It appears that no one is beyond her legal radar when it comes to safeguarding her reputation.

Raginyy, the content creator in question, didn't shy away from sharing the legal notice on her Instagram and YouTube accounts, captioning it with a cryptic "She who must not be named."



The notice firmly asserts, "The reported fake post is illegally uploaded content belonging to our client Ms. Sonam Kapoor Ahuja." It also demands the immediate removal of the disputed link from Raginyy's platforms and a commitment to not allow them to be used for such activities.

"These actions are not authorised by our clients. Kindly delete the reported link and ensure that you do not allow your platform to be used for the mentioned activities," it said.

The notice leaves Raginyy with a choice - to heed the request and avoid further legal actions or face the consequences.

In her defense, Raginyy explained that the video, which allegedly earned her the legal notice, revolved around some of Sonam Kapoor's comments made at public events. She clarifies, "The video was about dumb statements made by Sonam Kapoor. But in the beginning, I said that whatever statements the actor has made, we make similar ones too at times.

It is a normal human thing to say dumb things sometimes. I have defended Sonam more than I insulted her in that video."

Raginyy, who had around 6,000 subscribers on YouTube when the notice arrived, expressed that she neither has the resources nor the time to confront someone as influential as Sonam Kapoor.

As the news of the legal notice broke out, social media became an arena of contention, with many questioning the need for such action, claiming that there was nothing "offensive" in the roast video.

On a different note, Sonam Kapoor, who recently represented India at the UK-India Week 2023, received an invitation from UK Prime Minister Rishi Sunak to participate in the prestigious event.

Meanwhile, in the realm of cinema, she made her digital debut with the movie 'Blind'. The film's overarching theme aimed to shed light on the life of visually impaired individuals and provide marginalized voices with a platform.

Tamannaah Bhatia stuns in stellar embellished lehenga at LFW 2023



Tamannaah Bhatia's fashion sense has always been top-notch above the rest. Whatever she wears, she does with grace and refinement.

Tamannaah on Saturday walked the runway for designer Vani Vats at Lakme Fashion Week 2023, and she was a

sight to behold.

She wore an elegant pastel-coloured lehenga with threading all beads onto a single string and the mirror work also added to the beauty of her entire attire. With a deep neckline blouse and semi-sheer sleeves adorned with dangling elements and a cut-out feature.

Talking to ANI, she said, "I love pearls and this is also one of the reasons I just enjoyed wearing it."

When asked what she never forgets while traveling, she added, "Lip balm, pins that are most essential and you need them many times and tissues."

Meanwhile, on the acting front, Tamannaah was seen playing the character of Anya in the investigative drama series 'Aakhri Sach', talked about portraying a dedicated police officer on-screen.

Helmed by Robbie Grewal, and written by Saurav Dey, 'Aakhri Sach' also stars Abhishek Banerjee, Shivin Narang, Danish Iqbal, Nishu Dikshit, Kriti Vij and Sanjeev Chopra.

The series delves into the life of an investigative officer who embarks on a mission to unravel the mystery of the deaths.

Produced by Nirvikar Films, directed by Robbie Grewal, and written by Saurav Dey, 'Aakhri Sach' is streaming on Disney+ Hotstar.

Richa Chadha: I'm in the Rs 100 crore club and no one takes this from me

Actress Richa Chadha said that she is proud of everything that she has achieved till now, adding that she is in the Rs 100 crore club and that no one can take that away from her. Her latest release 'Fukrey 3' collected over Rs 107.7 crore worldwide.

Talking to IANS about the benchmark, Richa, whose iconic character of Bholi Punjaban is etched in everyone's mind, said: "I feel great, grateful. I am very thankful to the makers when they chose me 10 years ago. I am grateful to Mrighdeep Singh Lamba (director) and for the character written I am grateful to writer Vipul Vig as well."

Richa further spoke about how she takes her struggles and success: "I am just happy that I am in the Rs 100 crore club and no one takes this from me. I am a self-made woman. I am very proud of everything that I have achieved and also of the fact that I enjoyed my struggle and journey as much as I enjoy my



success today."

In over her decade-long journey in Hindi cinema, she has given many memorable performances and characters such as Nagma from 'Gangs Of Wasseypur', Bholi Punjaban

from 'Fukrey' franchise, Rasila Devi in 'Goliyon Ki Raasleela Ram-Leela', Tara from 'Madam Chief Minister' and Hiral Gandhi from 'Section 375: Marzi Ya Jabardasti' among many others.

However, Richa is not

close to any of them and she tells why.

"I think none of these characters are close to me because I move on quite fast. I give it my all and if you notice all of these characters have very different values."

Talking about the characters she has played, she added: "Nagma is a fighter, Bholi is a gangster and she wants to be respected and she wants to have the pie but she wants to be street smart. Rasila is a soft woman and is against war... Devi is a victim of her circumstances but she decides to escape her circumstances by fighting and not by judging herself. Heeral, Madhuri or Tara all of them are very distinct characters.

However, she is happy playing such a myriad of characters.

"I love the fact that there is so much versatility in filmography. Having said that, I am not close to any one character," she concluded.

'Budget is coming from me': Megan Thee Stallion says she's not signed to a label



Megan Thee Stallion has recently revealed that she is now funding her own music, and is no longer signed to any label.

American rapper and singer Megan Thee Stallion has recently revealed that she has parted ways with 1501 Certified Entertainment. The 'Savage' singer announced that her upcoming music project is solely funded by her as she is currently not signed to any label. "Y'all know what's the tea. But I have no label right now. We're doing everything funded straight out of Megan Thee Stallion's pockets. So, the budget is coming from me," Megan said in an Instagram live video.

'Hot Girl Summer' singer's Instagram live video was screen recorded and shared across various social media platforms. In the video, she also said, "The next s**t y'all about to see is all straight from Megan Thee Stallion's brain and Megan Thee Stallion's wallet. We are in my pockets, hotties,

so let's do our big one."

The rapper had been in a dispute with her former label for over two years now. She claimed that the label duped her as a young artist into signing an "unconscionable" record deal in 2018, which was well below industry standards as per Billboard.

In February 2021, she filed a case alleging that 1501 Certified Entertainment wrongly classified her 'Something For Thee Hotties' as less than an "album," under their contract. Later in 2022, she again filed a new lawsuit, seeking over \$1 million in damages, alleging that the label has "systematically failed" to pay royalties.

Soon after the news of Megan's independent status broke out, fans flocked to social media to congratulate the rapper. One fan wrote, "Good for her leaving that label who keeps mistreating her honestly." While another commented, "Well not like her old label was doing anything for her maybe it's for the best"

Hina Khan says news amid Israel-Hamas War is making her feel depressed: 'It's affecting me personally, I need a break'

Hina Khan seems to be overwhelmed with all the Israel-Hamas war related news and has penned a note on Instagram.

Days after turning showstopper at the Lakme Fashion Week, actor Hina Khan penned a note on Saturday about feeling depressed after being overwhelmed with the news coming from Israel. The actor said it was affecting her personally and she needs a break to get hold of herself. Hamas militants attacked Israel on October 7, with the war claiming more than 3,200 lives including women and children.

Hina Khan's note amid war

Taking to her Instagram Stories on Saturday evening, Hina wrote, "All the content related to Israel/Palestine rolling on social media is so

so distressing.. It affects me to an extent that I feel depressed, miserable, sad.. All the optimism just disappears. Humanity is completely lost somewhere.. It's affecting me personally, I need a break. But we mustn't stop praying."

According to agency, UNICEF has said children and families in Gaza have practically run out of food, water, electricity, medicine and safe access to hospitals, following days of hostilities and cuts to all supply routes. "The situation is catastrophic, with unrelenting bombing and a massive increase in the displacement of children and families. There are no safe places," said UNICEF Executive Director Catherine Russell.

Hina Khan's ramp walk Hina Khan had walked the ramp on day one of



Lakme Fashion Week in Delhi earlier this week. Speaking to agency, the actor had said, "It feels nice. Fashion is always my comfort zone. I really feel nice whenever I get the opportunity to walk the ramp, for that matter just to simply dress up. When I was told about it, I didn't want to miss the opportunity...I really looked forward to this match and this whole show. It went very well and I got a lot of compliments."

Hina became a household name with her role as Akshara in the popular television show Yeh Rishta Kya Kehlata Hai. She was also a part of Kasautii Zindagii Kay 2, in which she played the antagonist Komolika. She had also participated in television reality shows like Khatori Ke Khiladi season 8 and Bigg Boss 11.

Rinku Dhawan of 'Kahaani Ghar Ghar Kii' fame to be seen in 'Bigg Boss 17' as contestant



Popular television actress Rinku Dhawan, who is best remembered as Chhaya Agarwal in the show 'Kahaani Ghar

Ghar Kii', will be seen as a contestant in the upcoming 17th edition of 'Bigg Boss'.

A source close to

agency confirmed that the actress will be entering the Bigg Boss house as a contestant for the show, hosted by Bollywood superstar Salman Khan.

In over a two-decade long journey in showbiz, Rinku has been a part of shows such as Yeh Vaada Raha, Gupta Brothers, Na Bole Tum Na Maine Kuch Kaha amongst others.

She was married to television actor Kiran Karmakar with whom she starred in 'Kahaani Ghar Ghar Kii' and played his on-screen sister. It was in 2017, they called it quits and went their separate ways.

A powerful performer, Rinku, to nail her performance to the T, shaved her head for the TV show 'Yeh Vaada Raha', which earned her appreciation from audiences and critics alike.

PM Modi greets people on Navratri, shares 'garba' penned by him

Navratri is celebrated across the country

NEW DELHI, Oct 15 (Agencies): Prime Minister Narendra Modi shared a 'garba' penned by him as Navratri began on Sunday and greeted people on the auspicious occasion, wishing them happiness and prosperity.

"As the auspicious Navratri dawns upon us, I am delighted to share a Garba penned by me during the past week. Let the festive rhythms embrace everyone! I thank @MeetBros, Divya Kumar for giving voice and music to this Garba," he said on X,



sharing the YouTube link of the video.

Garba dance is performed during Navratri, especially in Gujarat.

Wishing people, he said, "May mother Durga, who gives strength, brings to everyone's life hap-

piness, prosperity, good fortune and good health," he said on X.

Navratri is marked with festivity and religious practices.

It is celebrated across the country and is followed by the festival of Dussehra.

Seeing Chandrayaan-3 craft development, US experts wanted India to share space technology with them: ISRO Chief

RAMESWARAM (TN), Oct 15 (Agencies): ISRO Chairman S Somanath on Sunday said experts involved in developing complex rocket missions in the US, after witnessing the developmental activities of Chandrayaan-3 spacecraft, suggested that India share space technology with them.

Times have changed and India is capable of building the best of devices and rockets and that is why Prime Minister Narendra Modi has opened the space sector to private players, he said at an event here.

Somanath was addressing students at an event organised by Dr A P J Abdul Kalam's Foundation, commemorating the 92nd birth anniversary of the late former President on Sunday.

"Our country is a very powerful nation. You understand that? Our knowledge and intelligence level in the country is one of the best in the world," the ISRO chief said, explaining, "In Chandrayaan-3, when we designed and developed the spacecraft, we invited experts



from the Jet Propulsion Laboratory, NASA-JPL, who does all the rockets and most difficult mission."

He continued: "About 5-6 people from NASA-JPL came (to ISRO headquarters) and we explained to them about Chandrayaan-3. That was before the soft landing took place (on August 23). We explained how we designed it and how our engineers made it... and how we are going to land on the Moon's surface, and they just said, 'no comments. Everything is going to be good'."

JPL is a research and development laboratory funded by the National Aeronautics and Space

Administration and managed by California Institute of Technology (CALTECH) in the United States of America.

"They (US space experts) also said one thing, 'look at the scientific instruments, they are very cheap. Very easy to build and they are high technology. How did you build it? Why don't you sell this to America,' they were asking," he said.

"So you (students) can understand how times have changed. We are capable of building the best equipment, best devices, and the best rockets in India. That is why our Prime Minister Narendra Modi

has opened the space sector," he added.

India successfully touched down near the south pole of lunar surface with the Chandrayaan-3's lander on August 23, making it only the fourth country to achieve the feat of a Moon landing after the US, China and the erstwhile Soviet Union.

Somanath further told the students, "Now we are telling you people (to) come and build rockets, satellites and make our nation more powerful in space technology. It is not only ISRO, everybody can do it in space. There is one company in Chennai building rockets called Agnikul and another in

Hyderabad called Skyroot. At least in India, there are five companies today building rockets and satellites." Appealing to the young audience at the venue to follow the ideology of Kalam, Somanath said the most powerful tool is to dream and "Kalam sir told you that you should dream when you are awake and not in the night."

"Anybody have such dreams? Anybody want to go to the Moon? When we landed Chandrayaan-3 spacecraft on the Moon, I declared to Prime Minister (Narendra Modi) that India is on the Moon. And he asked when are you going to send an Indian to the Moon. So, some of you sitting here will do that job. Some of you will design the rocket which will go to the Moon," he said.

"And at the launch of Chandrayaan-10, one of you will go sitting inside the rocket and most probably a girl child. A girl astronaut will go from India and then land on the Moon (in Chandrayaan-10 mission)" he said, amid applause from the students.

Congress releases first list of candidates for Madhya Pradesh, Chhattisgarh and Telangana Assembly polls

NEW DELHI, Oct 15 (Agencies): The Congress on Sunday announced its first list of candidates for next month's Assembly elections in Madhya Pradesh, Chhattisgarh and Telangana.

For the 230-member Madhya Pradesh Assembly, the party has announced 144 names in its first list which included that of Kamal Nath, chief of the party's state unit and its chief ministerial candidate.

Nath will contest from Chhindwara constituency.

Former chief minister Digvijaya Singh's son Jaivardhan Singh, who was a minister in the last Kamal Nath government, has been fielded from Raghogarh seat.

Madhya Pradesh will go to polls on November 17.

For the 90-member Chhattisgarh Assembly, the Congress has announced 30 names in its first list. While the incumbent Chief Minister Bhupesh Baghel will contest from Patan constituency, Deputy CM T S Singh Deo will contest from Ambikapur seat.

The party has fielded Girish Devangan in Rajnandgaon, where he will contest BJP leader and former state chief min-



ister Raman Singh.

For the 119-member Telangana Assembly, the first list of Congress released today contains 55 names.

State Congress president Revanth Reddy has been fielded from the Kodangal seat, while CLP Leader Bhatti Vikramarka Mallu will be contesting from Madhira-SC constituency.

While the Chhattisgarh Assembly polls will be held in two phases on November 7 and 17, the Telangana Assembly polls will be held on November 30.

Rajasthan and Mizoram are the other states going to polls next month. Congress' list for these two states are awaited. The results for all five states will be announced on December 3.

2 children, 1 woman among 7 killed as car collides with truck in Tamil Nadu

CHENNAI, Oct 15 (Agencies): Seven people, including a woman and two children, died in a road accident in Tamil Nadu's Tiruvannamalai district on Sunday morning. They were among a group of eight people from Karnataka who were returning to Bengaluru after a temple visit in Tiruvannamalai.

The accident occurred when their car collided head-on with a truck, resulting in the death of seven people, said the police. One person who suffered inju-



ries in the accident has been shifted to a hospital and is currently receiving medical treatment.

The collision resulted in extensive damage to the car, and the bodies of the victims were retrieved after the vehicle was dismantled. The truck driver fled the scene, and authorities have issued a lookout notice to locate the driver.

A case has been registered, and an investigation is currently underway.

Himachal crypto scam: SIT to take help of Financial Intelligence Unit, RBI

SHIMLA, Oct 15 (Agencies): The special investigation team (SIT) formed to probe into the cryptocurrency scam in the state will take the help of Central agency Financial Intelligence Unit (FIU) to ascertain the trail of financial transactions made by the accused. The SIT has already sought assistance from the Reserve Bank of India (RBI) and the Securities and Exchange Board of India (SEBI), besides eight other agencies.

The cryptocurrency scammers have cheated more than 2.5 lakh people across the country and owe over Rs 400 crore to them. The Himachal Police are now tracing other accused who lured people into investing money in the fake cryptocurrency scheme by promising

high returns.

A senior police officer privy to the developments said, "It is a huge scam involving around Rs 2,000 crore and 2.5 lakh investors. Also, a large number of small and large financial transactions would have taken place. The SIT is in the process of writing to the FIU to trace the financial transactions of the scammers and the investors.

DGP Sanjay Kundu said, "The cryptocurrency scam is like a web of financial transactions involving a number of bank accounts and to trace them, we have sought the help of the FIU." The FIU is a national agency responsible for receiving, processing, analysing and disseminating information relating to doubtful financial transactions to enforcement agencies

and foreign FIUs.

DIG, Northern range, Abhishek Dullar, who heads the SIT constituted to probe into the cryptocurrency scam, said, "The cryptocurrency scam case will not be transferred to the FIU. We will only seek its assistance in the case that involves a number of bank accounts and financial transactions running into thousands of crores of rupees. The FIU is like a central repository of all financial transactions, bank accounts and PAN details, besides other vital information."

Dullar said, "Not taking the help of the FIU in the case will be tantamount to a wild goose chase, affecting the ongoing investigation. So, even if we have the names of the investors or the accused without

their bank account details, the FIU can help us in tracing their financial transactions. And that's going to play a crucial role in the investigation."

He said, "We have already written to the RBI and SEBI, besides eight other agencies for help in the case. Complaints about the scam continue to pour in. Now, there is a definitive trust deficit among people, who have started exercising caution with regard to investments."

Asked about the alleged involvement of police personnel in the cryptocurrency scam, Kundu said, "The emphasis is on arresting kingpins. We have arrested some of them and the hunt is on to nab other main players in the scam. The investigation is going on and whosoever is involved will face action, as per the law."

Face burnt, multiple wounds: Woman's body found in paddy field in Bengal's Malda



MALDA, Oct 15 (Agencies): The body of an unidentified woman with multiple injuries, lying in a paddy field on the roadside, was found in West Bengal's Malda district, triggering panic among locals. Malda Police reached the

spot immediately after receiving information and is in the process of identifying the body.

Locals also alleged that the woman's face was burnt with acid. They said the woman was raped and killed. Police have started an

investigation into the incident.

According to a police source, there were stab wounds in several places on the body. Police also said there were knives, acid, used condoms and burnt clothes scattered around the crime scene.

The body has been sent for post-mortem.

Superintendent of Police Pradeep Kumar Yadav said, "The identity of the woman is not known yet. The body was recovered and sent for post-mortem. An investigation into the incident has started."

'Operation Ajay': Two flights bring back 471 Indians from Israel

NEW DELHI, Oct 15 (Agencies): Two flights from Tel Aviv carrying a total of 471 Indians landed in the national capital on Sunday morning.

One flight was operated by Air India and another by SpiceJet.

A total of four flights have been operated under Operation Ajay, which was launched by the government to facilitate the return of Indians who wish to come back from Israel, where an intense conflict is going on with militant group



Hamas.

External Affairs Ministry spokesperson Arindam Bagchi on Sunday said the third flight with 197 passengers landed at the Delhi airport in the morning.

The fourth flight with 274 passengers on board touches down in

the national capital, he said in posts on social media platform X and also shared pictures of passengers.

Two chartered flights from Tel Aviv, operated by Air India, came with a total of more than 435 passengers on Friday and Saturday.

Parts of Kochi and Thiruvananthapuram inundated as rains lash Kerala

KOCHI / THIRUVANANTHAPURAM, Oct 15 (Agencies): Heavy rains continued to lash Kerala on Sunday due to cyclonic circulation.

Kochi and Thiruvananthapuram fared the worst with its low-lying areas getting completely inundated.

Fire and rescue department workers and local volunteers were seen rescuing residents of flooded homes in these cities. Visuals also showed vehicles getting damaged due to water entering them.

Vehicles were also towed away after being stuck on waterlogged roads.

The capital city of Thiruvananthapuram has received the maximum rainfall causing water inundation in several locations.

The Thettiyar canal near the capital's IT hub - Technopark Phase-III - overflowed into many residential areas, causing flooding. Even Technopark Phase-I near Gayathri and Amstor buildings was flooded.

Many techies who were residing at hostels and paying guest facilities near Technopark were stranded. However, the fire and rescue team arrived and shifted them to the camps and upper areas using boats.

Ponmudi in Thiruvananthapuram recorded over 200 mm of rainfall, followed by 185 mm in Neyyattinkara and Varkala 160 mm, in the last 24 hours.

The heavy rainfall in the state is likely to continue for the next five

days as well, according to India Meteorological Department (IMD). Isolated heavy rainfall accompanied by thunderstorms and lightning are very likely during the period.

As per the forecast, Pathanamthitta, Kottayam, Idukki, Ernakulam, Thrissur, Palakkad, Malappuram, Kozhikode, and Wayanad are likely to get more rainfall on Sunday. Kannur and Kasaragod will join the list by Monday. IMD has

declared yellow alerts in these districts.

According to weather experts, the alerts are likely to be revised as the intensity of rainfall is expected to increase by Tuesday.

Reportedly, the Kerala State Electricity Board (KSEB) has switched off the main feeder lines to avoid electrocution risks.

The Indian National Centre for Ocean Information Services (INCOIS) has also warned of high tides.

Israel-Hamas conflict: Gaza braces for Israeli ground assault, fears of conflict spreading grow

Gaza authorities say more than 2,200 people have been killed, a quarter of them children, and nearly 10,000 wounded

GAZA/JERUSALEM, Oct 15 (Agencies): Israeli troops prepared on Sunday for a ground assault on the Hamas-controlled Gaza Strip as the country hit back for an unprecedented assault on its territory, and Iran warned of "far-reaching consequences" if Israel's bombardment was not stopped.

Israel has vowed to annihilate the militant group Hamas in retaliation for a rampage in which its fighters stormed through Israeli towns eight days ago, shooting men, women and children and seizing hostages in the worst attack on civilians in the country's history.

Some 1,300 people were killed in the unexpected onslaught, which shook the country because of horrifying mobile phone video footage and reports from medical and emergency services of atrocities in the towns and kibbutzes that were overrun.

Israel responded by subjecting Gaza to the most intense bombardment it has ever seen, putting the enclave, home to 2.3 million Palestinians, under total siege and destroying much of its infrastructure.

The expected ground assault had not begun by the early hours of Sunday.

Gaza authorities said more than 2,200 people have been killed, a quarter of them children, and nearly 10,000 wounded.

Rescue workers searched desperately for survivors of nighttime air raids. One million people had reportedly left their homes.

Israeli Prime Minister Benjamin Netanyahu's government also told Lebanese militant group Hezbollah not to start a war on a second front, threatening the "destruction of Lebanon" if it did.

Iran's mission go the United Nations warned late on Saturday that if Israel's "war crimes and genocide" were not halted immediately, "the situation could spiral out of control" and have far-reaching consequences.



Both Hamas and Hezbollah are backed by Iran.

Hamas leader Ismail Haniyeh met with Iran's foreign minister on Saturday in Qatar, where they discussed the Palestinian group's attack in Israel "and agreed to continue cooperation" to achieve the group's goals, Hamas said in a statement.

U.S. President Joe Biden and other world leaders warned against any country broadening the conflict. And international organizations and aid groups urged calm and pressed Israel to allow humanitarian assistance to get through.

In New York, Russia asked the U.N. Security Council to vote on Monday on a draft resolution on the Israel-Hamas conflict that calls for a humanitarian ceasefire and condemns violence against civilians and all acts of terrorism.

WARNINGS AGAINST WIDER CONFLICT, CALLS FOR AID On Saturday, Biden called Netanyahu and, while reiterating "unwavering" support for Israel, discussed international coordination to ensure innocent civilians have access to water, food and medical care.

Biden also spoke with Palestinian President Mahmoud Abbas, who stressed the urgent need to allow urgent humanitarian aid corridors in Gaza.

The U.S. Department of Defense said the Eisenhower aircraft carrier strike group would start moving towards the Eastern Mediterranean to

join another carrier strike group already there.

Defense Secretary Lloyd Austin said it was "part of our effort to deter hostile actions against Israel or any efforts toward widening this war following Hamas's attack on Israel." On Friday, the Israeli military told residents of the northern half of the Gaza Strip, which includes the enclave's biggest settlement, Gaza City, to move south immediately. On Saturday, it said it would guarantee the safety of Palestinians fleeing on two main roads until 4:00 p.m. (1300 GMT). Troops were massing as the deadline passed.

Hamas told people not to leave and says roads out are unsafe. It said dozens of people were killed in strikes on cars and trucks carrying refugees on Friday, which Reuters could not independently verify.

Some residents said they would not leave, remembering the "Nakba," or "catastrophe," when many Palestinians were forced from their homes during the 1948 war that accompanied Israel's creation.

"They are striking us but we are not going to leave our homes and we will not be displaced," said Shaheen, sitting at home with her grandchildren facing relentless Israeli bombardment and shortages of bread, drinking water and power.

Israel says Hamas is preventing people from leaving in order to use them as human shields,

which Hamas denies.

The Palestinian Health Ministry said early on Sunday that 300 people, mostly children and women, had been killed, and 800 others had been injured in Gaza during the last 24 hours.

The only route out of Gaza not under Israeli control was a checkpoint with Egypt at Rafah. Egypt officially says its side is open, but traffic has been halted for days because of Israeli strikes. Egyptian security sources said the Egyptian side is being reinforced and Cairo has no intention of accepting a mass influx of refugees.

A U.S. State Department official said the United States was working to open the crossing to let some people out, and had been in touch with Palestinian-Americans who want to leave Gaza.

Washington later said it had told its citizens to try to reach the crossing.

Israel says its evacuation order is a humanitarian gesture while it roots out Hamas fighters. The United Nations says so many people cannot be safely moved within Gaza without causing a humanitarian disaster.

HEZBOLLAH WARNING

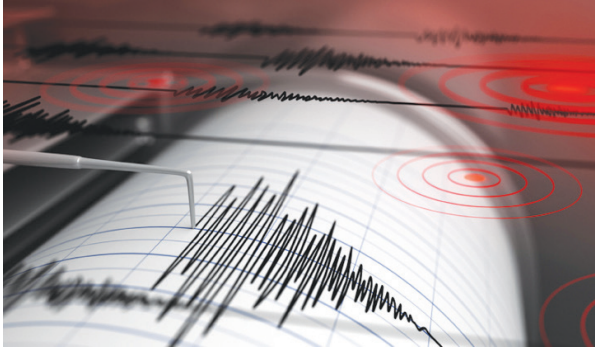
The violence in Gaza has been accompanied by the deadliest clashes at Israel's northern border with Lebanon since 2006, raising fears of war spreading to another front.

Lebanon's armed Hezbollah movement said it fired at five Israeli outposts in the disputed Shebaa Farms area with guided missiles and mortar bombs. Reuters saw missiles fired at an Israeli army post and heard shelling from Israel and gunfire.

Israel's Kan radio reported five border villages were under lockdown in response to a suspected incursion from Lebanon.

Netanyahu security adviser Tzachi Hanegbi said Israel was "trying not to be drawn into a two-front war" and warned Hezbollah to stay out of the fighting.

Powerful 6.3-magnitude earthquake shakes west Afghanistan a week after devastating quakes hit same region



KABUL, Oct 15 (Agencies): A powerful 6.3-magnitude earthquake struck western Afghanistan on Sunday, just over a week after strong quakes and aftershocks killed thousands of people and flattened entire villages in the same region.

The US Geological Survey said the latest quake's epicenter was about 34 kilometers (21 miles) outside Herat, the provincial capital, and eight kilometers (five miles) below the surface.

There were no immediate official reports of possible casualties or damage.

The earthquakes on October 7 flattened whole villages in Herat, in one of the most destructive quakes in the country's recent history.

More than 90% of the people killed a week ago were women and children, UN officials reported Thursday.

Taliban officials said the earlier quakes killed more than 2,000 people across the province. The

epicenter was in Zenda Jan district, where 1,294 people died, 1,688 were injured and every home was destroyed, according to UN figures.

The initial quake, numerous aftershocks and a second 6.3-magnitude quake on Wednesday flattened villages, destroying hundreds of mud-brick homes that could not withstand such force. Schools, health clinics and other village facilities also collapsed.

Besides rubble and funerals after that devastation, there was little left of the villages in the region's dusty hills. Survivors are struggling to come to terms with the loss of multiple family members and in many places, living residents are outnumbered by volunteers who came to search the debris and dig mass graves.

Noted Iranian film director Mehrjui and his wife found stabbed to death in their home: Report

TEHRAN (IRAN), Oct 15 (Agencies): Noted Iranian film director Dariush Mehrjui and his wife were stabbed to death in their home by an unknown assailant, state media reported Sunday.

The official IRNA news agency quoted Hosein Fazeli, a judiciary official, as saying that Mehrjui and his wife, Vahideh Mohammadi-far, were discovered dead with knife wounds in their necks.

Fazeli said the director's daughter, Mona Mehrjui, found the bodies when she went to visit her father on Saturday night at the home in a suburb about 30 kilometers (19 miles) west



of the capital, Tehran.

The report said authorities were investigating and gave no speculation on a motive, though the wife had complained about a knife threat on social media in recent weeks.

Mehrjui, 83, was known as cofounder of Iran's film new wave in the early 1970s that mainly focused on real-

ism. He received many awards, including a Silver Hugo from the Chicago International Film Festival in 1998 and a Golden Seashell at the San Sebastián International Film Festival 1993.

Mehrjui studied in the cinema programme at the University of California, Los Angeles, in the early 1960s.

Australian Indigenous leaders vow silence after landmark referendum defeat

SYDNEY, Oct 15 (Agencies): Australian Indigenous leaders called on Sunday for a week of silence and reflection after a referendum to recognise the First Peoples in the constitution was decisively rejected by a majority of the population.

More than 60% of Australians voted "No" in the landmark referendum on Saturday, the first in almost a quarter of a century, that asked whether to alter the constitution to recognise Aboriginal and Torres Strait Island people through the creation of an Indigenous advisory body, the "Voice to Parliament", that can advise parliament on matters concerning the community. The outcome is a major setback for reconciliation efforts with the country's Indigenous community, and also damages Australia's image in the world regarding how it treats First Nations people.

Unlike other nations with similar histories such as Canada and New Zealand, Australia has not yet formally recognised or reached a treaty with its First Peoples. Aboriginal and Torres Strait Island people make up 3.8% of Australia's 26 million population and have inhabited the country for about 60,000 years. But they are not mentioned in the constitution and by most socio-economic measures are the most disadvantaged people in the country. "This is a bitter irony. That people who have only been on this continent for 235 years would refuse to recognise those whose home this land has been for 60,000 and more years is beyond reason," the leaders said in a statement that was released on social media platforms.

The leaders said they would lower the Aboriginal and Torres Strait Island flag to half-mast for the week and urged others to do the same. Australian Indigenous leader and former national rugby union player Lloyd Walker said the path to reconciliation seems difficult now, but the community needs to keep fighting. "We can say it got out-voted but there was still 40% of the people that wanted it. Years and years ago we wouldn't have that percentage for sure," said Walker.

Jade Ritchie, a "Yes" campaigner said after the results on Saturday night that the whole nation should be grieving the lost opportunity.

"We had an opportunity to make real change," she told agency. "These gaps, this disadvantage, this disenfranchisement of a whole portion of our community ... we talk about this stuff all the time and government after government try to address these issues and here we are with a very moderate and fair proposal and a practical way forward, and it's not been accepted." 'REFLECT HARD'.

Bidens calls Israel's Netanyahu, Palestine Prez Abbas amid escalating tension in Gaza

WASHINGTON, Oct 15 (Agencies): Amid escalating tension in Gaza after the Hamas attacks against Israel, US President Joe Biden called Israeli Prime Minister Benjamin Netanyahu and President Mahmoud Abbas of the Palestinian Authority as the US began moving USS Dwight D. Eisenhower Carrier Strike Group (CSG) to the Eastern Mediterranean.

In his call with Abbas, Biden condemned Hamas' brutal attacks on Israel and reiterated that the militant group "does not stand for the Palestinian people's right to dignity and self-determination", the White House said.

Biden, in his call with Netanyahu, updated him on US military support and reiterated his warning against anyone seeking to expand the conflict, according to a readout of the call.

"This afternoon, President Biden spoke with Prime Minister Netanyahu to reiterate unwavering US support for Israel. President Biden updated Prime Minister Netanyahu on US military support and reiterated his warning against anyone seeking to expand the conflict," the White House said.

Biden discussed with Netanyahu the US coordination with the United Nations, Egypt, Jordan, Israel, and others in the region to ensure innocent civilians have access to water, food, and medical care. Biden affirmed his support for all efforts to protect civilians, it said.

"As more information comes to light about Hamas' brutal



atrocities committed over the past week, Biden reiterated the need for all countries to unequivocally condemn Hamas as a terrorist organization that does not represent the aspirations of the Palestinian people," the White House said.

Biden spoke to Abbas and condemned the attacks by Hamas on Israel.

"Abbas briefed Biden on his engagement in the region and his efforts to bring urgently needed humanitarian assistance to Palestinian people, particularly in Gaza. Biden offered Abbas and the Palestinian Authority his full support for these important and ongoing efforts," the White House said.

Biden discussed with Abbas US efforts to work with the United Nations, Egypt, Jordan, Israel and others to ensure humanitarian supplies reach civilians in Gaza.

"Finally, President Biden detailed US efforts to coordinate with partners to prevent the conflict from widening, and the two leaders discussed the need to preserve stability in

the West Bank and the broader region," it said.

The United States has intensified its global engagement amid an imminent Israeli plan to send its foot soldiers to Gaza. Meanwhile, the US Secretary of State, Antony Blinken, spoke with his Chinese counterpart Wang Yi on Saturday.

"As part of the administration's intensive diplomatic engagements to stand with Israel and condemn the terrorist attacks by Hamas, the Secretary reiterated US support for Israel's right to defend itself and called for an immediate cessation of Hamas' attacks and the release of all hostages," the State Department said.

During the call, Blinken also discussed the importance of maintaining stability in the region and discouraging other parties from entering the conflict.

US Defense Secretary Lloyd Austin on Saturday directed the USS Dwight D. Eisenhower Carrier Strike Group (CSG) to begin moving to the Eastern Mediterranean.

"As part of our effort to deter

hostile actions against Israel or any efforts toward widening this war following Hamas' attack on Israel, the Strike Group includes the guided-missile cruiser USS Philippine Sea (CG 58), guided-missile destroyers USS Gravelly (DDG 107) and USS Mason (DDG 87), and Carrier Air Wing 3, with nine aircraft squadrons, and embarked headquarters staffs," Austin said.

The Eisenhower CSG will join the USS Gerald R. Ford Carrier Strike Group, which arrived earlier this week. The Ford CSG includes the USS Normandy, USS Thomas Hudner, USS Ramage, USS Carney, and USS Roosevelt. Earlier in the week, the US Air Force announced deployment to the region of squadrons of F-15, F-16 and A-10 fighter aircraft, he said.

"The increases to US force posture signal the United States' ironclad commitment to Israel's security and our resolve to deter any state or non-state actor seeking to escalate this war," Austin said.

Austin spoke with Israeli Minister of Defense Yoav Gallant to continue consultations on Israel's response to Hamas' attacks, following his visit to Israel a day earlier. During the call, he underscored the United States' unwavering commitment to Israel's security.

"During the call he discussed the importance of adhering to the law of war, including civilian protection obligations, and addressing the worsening humanitarian crisis in Gaza while Israel continues its

operations to restore security. Finally, he discussed Hamas' abhorrent taking of civilian hostages," the Pentagon said in a readout of the call.

Blinken, who is currently in the Middle East, met with Saudi Foreign Minister Prince Faisal bin Farhan in Riyadh on Saturday. He highlighted the United States' unwavering focus on halting the attacks by Hamas against Israel.

The two discussed continued engagement with regional partners to prevent the spread of conflict in the region and their shared commitment to taking steps to help protect civilians.

They also resolved to continue to work together to end the devastating conflict in Sudan and secure a lasting peace in Yemen through a UN-mediated Yemeni-Yemeni peace process, said a readout of the call. Later in the day, he also met UAE President Sheikh Mohammed bin Zayed Al Nahyan in Abu Dhabi to discuss the terrorist attacks on Israel.

"The Secretary expressed appreciation for the UAE's clear condemnation of Hamas' heinous attacks on Israeli civilians and continued diplomatic engagement to prevent the spread of conflict," said a readout of the call.

Blinken and Sheikh Mohammed also discussed their shared commitment to building a more integrated, secure, and prosperous region, and reaffirmed the importance of the strategic partnership between the United States and the United Arab Emirates, it said.

Free Langar sewa at Bhairon, Shatchandi yagya at Bhawan mark beginning of Shardiya Navratras at Vaishno Devi Shrine

TOP NEWS REPORT

KATRA, Oct 15: For facilitation of the pilgrims, Shri Mata Vaishno Devi Shrine Board (SMVDSB) started a free Langar Sewa today at Shri Bhairon Ji Temple Complex after commencement of Shatchandi Yagya on the beginning of auspicious occasion of Shardiya Navratras at Shri Mata Vaishno Devi Shrine.

The Langar Sewa was inaugurated by Shri Anshul Garg, Chief Executive Officer, Shri Mata Vaishno Devi Shrine Board as per the directions of Hon'ble Chairman, SMVDSB (Lt. Governor, JK-UT). A pooja was held at the site before the commencement of the Langar Sewa. It is the third such facility by the Board in a row. Two are already operating at Tarakote Marg and Sanjichatt and both the facilities have received wide spread appreciations from the devotees who relish meals being offered in the form of Prasad during the arduous track upto the Holy Cave.

The Langar facility has commenced at the already existing spacious Bhojanalaya of the Board at Bhairon Ji which can cater to around 150 pilgrims at a time. The Langar kitchen has been equipped with modern kitchenware, utensils and other gadgets to provide most hygienic and wholesome food to the pilgrims.

The Langar sewa has been started by the



Shrine Board in its continuous endeavours for providing free meals to the maximum number of pilgrims visiting the Shrine.

Among those present on the occasion were Dr Ashok Bhan; Sh.K K Sharma Members of the Board; Dr. Jagdish Mehra, Jt. CEO, other officers and employees of the Board, besides a large number of pilgrims.

Before the commencement of Navratras, President Smt. Droupadi Murmu inaugurated Skywalk and remodelled Parvati Bhawan at the Holy Shrine of Mata Vaishno Devi Ji on October 12 in the presence of Chairman, SMVDSB (Shri Manoj Sinha Lt. Governor JK-UT). These facilities were dedicated with an aim to overcome the problem of multi-directional flow and to ensure systematic and smooth movement of yatra seeking multiple facilities in the Bhawan area which include lock-

ers, washrooms, resting place and toilets etc. and channelize the devotees towards the Skywalk for darshan of Sanctum Sanctorum. Both these facilities were thrown open on the first Navratra thus adding to ease of convenience for the pilgrims.

Earlier, the Chief Executive Officer attended the beginning of nine-day long Shatchandi Yagya amidst the vedic hymns, religious chants and performance of other religious ceremonies being organized during 'Shardiya Navratras' at the Holy Cave Shrine for peace, prosperity and health of humanity, which will conclude with Purna Ahuti on Mahanavami. The Yagya ceremony is being telecasted live on MH1 Shradha from 12:00 Noon to 1:00 PM daily during Navratras.

Shri Mata Vaishno Devi Shrine Board has made grand decorations at Bhawan, Atka and the area surrounding it

for the large number of pilgrims visiting during ongoing Navratras to pay obeisance at the Holy Shrine of Mata Vaishno Devi Ji. The decorations are made with indigenous-foreign fruits and flowers, as well as huge reception doors and pandals have been installed in the Bhawan Area. Likewise, the illumination of the Bhawan area with attractive and colourful lights has also been done.

Besides, aesthetically widening the Atka area by which sitting capacity at Atka Aarti has been increased from 220 to 450 is adding charm to the pilgrim's journey to the Holy Cave.

The Shrine Board has also made elaborate arrangements for facilitating a large number of pilgrims who are expected to pay their obeisance at the Sanctum Sanctorum during Navratras. These arrangements include round the clock water and power supply all

along the tracks leading to the Shrine, sanitation, medicare and availability of special "fast related" food at the Board's Bhojanalayas. Besides, all the routes leading to the Holy Cave Shrine are fully maintained for smooth movement of pilgrims.

Shrine Board has also ensured smooth pilgrimage of Divyang pilgrims by facilitating them by providing free pony, battery car service and assistance in darshans as per the directions of Chairman, SMVDSB. A round the clock Call Centre with Toll Free No - 18001807212 has also been made operational by the Board to facilitate the pilgrims.

CEO Shrine Board constantly reviewing and monitoring the regulation of Yatra along with other arrangements all along the track and in the Bhawan Area and interacting with the pilgrims enquiring about the facilities made by the Shrine Board for their facilitation.

AJRCEAK seeks notification of Transfer Policy

TOP NEWS REPORT

JAMMU, Oct 15: The All Jammu Based Reserved Category Employees Association Kashmir (AJRCEAK) extends heartfelt greetings to all on the commencement of the auspicious Navratra Festival.

In a message, Vipen Kumar, Chairman of AJRCEAK, expressed, "On this auspicious occasion of Navratra, I extend warm greetings to all the citizens. Navratra symbolizes spiritual joy and the triumph of good over evil. It is an occasion to pray for strength, courage, determination, and to promote goodwill, brotherhood, peace, harmony, and to remind ourselves of our rich spiritual heritage."

Kumar added, "May Navratra festivities bring peace, happiness, prosperity, and a brighter future to all."

On this significant occasion, Kumar reit-

erated the longstanding request of Jammu Based Reserved Category Employees. He urged the Lieutenant Governor to fulfill the employees' wish for a Comprehensive Transfer Policy, expressing hope that this auspicious occasion may bring good news for the employees.

Kumar also conveyed his gratitude to the LG Administration for taking effective measures to boost the confidence of Jammu Based Employees working in Kashmir.

The association, in a press note, extended its appreciation to the EJAC for supporting the long-pending demand of these inter-district appointed employees.

"We are very optimistic that this time around, employees will get their issues resolved, as the employee-friendly approach of the administration has given new hope," Chairman AJRCEAK remarked.

Furthermore, Kumar

requested the remaining Heads of Departments in various divisions of Kashmir to issue orders for leave settlement in favor of Jammu Based Reserved Category Employees and other minorities. This step aims to provide relief to employees in these departments.

The association's office bearers, including Kuldeep Kumar (Vice Chairman), Anil Radhey (President), Navneet Kundal, Sukhdev Radha (Vice Presidents), Yashpal Bhagat (General Secretary), Naresh Kumar Bhagat (Media Secretary), and Naveen Bhagat and Deepak Kaith, along with the Advisory Committee and other Executive members, including Bharat Bhushan, Vijay Dutt, Surjeet Kumar, Rakesh Kumar, and more, also extended their warm greetings on the occasion of Navratra, and prayed for the prosperity of the people of the Union Territory.

Army's Gujjarpatti Garrison organizes mega medical & Veterinary Camp

TOP NEWS REPORT

KUPWARA, Oct 15: The Gujjarpatti Garrison, operating under the aegis of the Char-kut Garrison, recently hosted a Mega Medical and Veterinary Camp at GHSS, Sogam, Lolab. This event demonstrates the Indian Army's unwavering commitment to the welfare and upliftment of the local community.

The camp featured a dedicated team of medical experts and specialists, including orthopedic and eye specialists, medical officers, dentists, and veterinary doctors, who addressed a diverse range of health-

care needs, ensuring comprehensive care for the local population.

What sets this medical camp apart is that it goes beyond a mere charitable initiative. It serves as a testament to the military's dedication to forging deep-rooted relationships with the communities they serve. The camp fosters trust and cooperation, emphasizing that the armed forces are not only protectors but also partners in the holistic development of the region. In this regard, the event in Lolab signifies a significant shift towards the military taking on a multifaceted role in supporting local

communities, extending their influence beyond conventional defense duties.

This initiative serves as a compelling example of the military's potential as a force for positive change. It actively contributes to the well-being and overall development of the area, paving the way for a healthier and more prosperous future for Lolab. The strengthened community bonds and improved access to essential healthcare services highlight that the military can be a driving force for positive transformation in regions where they are present.

Rising dengue cases in Jammu, a matter of serious concern: Rajendra

TOP NEWS REPORT

JAMMU, Oct 15: Shiv Sena Hindustan activists under led by Vice President Balbir Kumar and Rajendra Mahant today held strong protest against govt in Jagwal over increasing dengue and chikungunya cases in the border alleging that govt is not taking deserving steps to combat alarming situation in border areas. Rajendra Mahant speaking on the occasion, said that government makes big claims but regarding health, the government is not even working ten percent in the border areas, alleging that most of border areas lack ambulance service and If there is an ambulance somewhere then there is no driver there to drive it. The



escalating number of dengue cases in Jammu District has reached an alarming level, demanding immediate and coordinated action from the health and concerned authorities.

While appreciating the ongoing efforts of the concerned departments in educating the public about preventive measures, he underscores that additional actions must be taken without

delay. It is imperative that immediate steps are taken to address this pressing issue. He stated, "This rainy season has posed an imminent threat to public health. We cannot solely rely on individuals to combat this crisis and it is essential to adopt a comprehensive approach, including enhancement of all-out fogging to curb mosquito breeding and meticulous testing of individuals for

dengue infections." He urged the authorities to enhance fogging to control mosquito population and prevent further transmission of dengue. Mahant said that extensive testing for dengue infections must be carried out, and appropriate medical attention should be provided to infected individuals. The health authorities should closely monitor the situation and provide neces-

sary care. He also asked the authorities to identify and eliminate breeding spots for mosquitoes in critical areas. Water stagnation points and dumping grounds require immediate and thorough cleaning. He called upon the government to act promptly and decisively to address this public health emergency and said that the citizens of Jammu & Kashmir are counting on the authorities to take swift and effective measures to contain the Dengue outbreak and prevent further loss of life. Prominent among those present on the occasion include Captain Ghara Ram, Raj Kumar, Suresh Kumar, Sanjeev Sharma, Balwant Fauji, Darshana Devi, Jyoti Devi, Poli Devi, Anju Devi.

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DIC organizes awareness program on PM Vishwakarma Kaushal Samman Yojana

TOP NEWS REPORT

KISHTWAR, Oct 15: In a dedicated effort to empower traditional artisans and craftspeople, a special awareness program on the recently launched PM Vishwakarma Kaushal Samman Yojana was held today at ITI Kishtwar, under the astute guidance of G. M DIC Kishtwar, Dr. Mohamed Ashraf.

The program was strategically crafted to enlighten the targeted beneficiaries about the nuances of the PM Vishwakarma Scheme, a fully funded initiative

by the Government of India. This visionary scheme seeks to provide recognition and comprehensive support to artisans and craftspeople who utilize their hands and tools.

The PM Vishwakarma Scheme aims to elevate the quality, scale, and market reach of traditional products, seamlessly integrating artisans into the MSME value chains.

The session involved an in-depth discussion to formulate a holistic approach for identifying eligible beneficiaries. Representatives

from various departments graced the occasion, delivering insightful speeches on the scheme.

Key attendees included Innam ul Haq, I.C Supervisor ITI; Rajnee Sharma, COPA Instructor; Lead District Manager (Banks); Pankaj Bhandari; Vijay Yadav, Young Professional from the Employment department; and representatives from Handicraft and Handloom departments. The active participation of ITI Kishtwar trainees added vibrancy to the event.

FROM PAGE 1

Shri Mata Vaishno Devi Bhawan gears up to welcome pilgrims on first day of Navratri

are burned on Dussehra to commemorate the triumph of good over evil.

ED attaches over Rs 315 Cr worth assets in money laundering probe against

Ex Maha NCP MP, his business groups

The promoters submitted "fake" finan-

cial to avail such loans, the ED alleged. "The promoters also engaged in round tripping of transactions to inflate the financials and booking bogus sale purchase transactions in books of accounts of the accused companies to siphon off the loan proceeds for investments in real estate properties, in collusion with the auditors of the companies," it said. Raids were carried out by the ED in this case in August.

It had then claimed that various "discrepancies like bogus sale-purchase transactions being shown in the books of accounts with the main holding company, Rajmal Lakhichand Jalgaon partnership firm" were detected.

12 people killed, 23 injured as mini-bus hits

container on Samruddhi Expressway in Maharashtra

The accident took place at around 12:30 a.m. in the Vajapur area of the expressway in the district, located nearly 350 km from Mumbai, he said.

The bus driver lost control over the wheels. As a result, the bus hit the container from the rear side, the official said. Twelve passengers were killed. The deceased include five men, six women and a minor girl, he said.

The official said 23 others received injuries and they were admitted to a government hospital.

Police seize 240 kgs of

poppy straw in Udhampur, two held

which was hidden under the special cabin of the vehicle," said police.

Police arrested the two suspected drug peddlers on the spot and seized the vehicle.

"Police intercepted the vehicle at Jakhani Check Naka and during the search, 240 Kg of Poppy Straw was recovered," said Sham Singh Naib, Tehsildar, Udhampur.

He added that two persons were arrested and a case was registered.

Further investigation are underway.

MeT predicts heavy snowfall in higher

reaches on Monday

during the past 24 hours, the MeT office said.

Army Jawan injured in landmine explosion in Rajouri

Command Hospital Udhampur for specialised treatment, the official said.

Listen to the latest songs, only on Jio-Saavn.com As part of the counter-infiltration strategy, the army is using landmines to plug the possible infiltration routes to stop armed terrorists from entering into this side and sometimes the explosive devices get dislocated due to rains causing the accidental blasts.

Ferrari to accept crypto currencies as payment for its cars in US

Ferrari's Chief Marketing and Commercial Officer Enrico Galliera told the media that cryptocurrencies had made efforts to reduce their carbon footprint through the introduction of new software and a larger use of renewable sources.

MILAN, Oct 15 (Agencies): Ferrari RACE.MI has started to accept payment in cryptocurrency for its luxury sports cars in the US and will extend the scheme to Europe following requests from its wealthy customers, its marketing and commercial chief told agency.

The vast majority of blue-chip companies have steered clear of crypto as the volatility of bitcoin and other tokens renders them impractical for commerce. Patchy regulation and high energy usage have also prevented the spread of crypto as a means of payment.

These include electric carmaker Tesla TSLA.O, which in 2021 began to accept payment in bitcoin, the biggest crypto coin, before CEO Elon Musk halted it because of environmental concerns.

Ferrari's Chief Marketing and Commercial Officer Enrico Galliera told Reuters that cryptocurrencies had made efforts to reduce their carbon footprint through the introduction of new software and a larger use of renewable sources.

"Our target to reach for carbon neutrality by 2030 along our whole value chain is absolutely confirmed," he said in an interview.

Ferrari said the decision came in response to requests from the



market and dealers as many of its clients have invested in crypto.

"Some are young investors who have built their fortunes around cryptocurrencies," he said. "Some others are more traditional investors, who want to diversify their portfolios."

While some cryptocurrencies, such as the second-largest, ether ETH=BTSP, have improved their energy efficiency, bitcoin BTC=BTSP still attracts criticism for its energy-intensive mining.

Ferrari shipped more than 1,800 cars to its Americas region, which includes the U.S., in the first half of this year.

Galliera did not say how many cars Ferrari expected to sell through crypto. He said the company's order portfolio was strong and fully booked well into

2025, but the company wanted to test this expanding universe.

"This will help us connect to people who are not necessarily our clients but might afford a Ferrari," he said.

The Italian company, which sold 13,200 cars in 2022, with prices starting at over 200,000 euros (\$211,000) and going up to 2 million euros, plans to extend the crypto scheme to Europe by the first quarter of next year and then to other regions where crypto is legally accepted.

Europe, the Middle East and Africa (EMEA) is Ferrari's largest region, accounting for 46% of its total car shipments in the first half of this year.

"Interest is the same in the U.S. and Europe, we don't see huge differences," Galliera said. Countries where cryptocur-

rencies are restricted include China.

Ferrari has turned to one of the biggest cryptocurrency payment processors, BitPay, for the initial phase in the U.S., and will allow transactions in bitcoin, ether and USDC, one of the largest so-called stablecoins. Ferrari might use other payment processors in different regions.

"Prices will not change, no fees, no surcharges if you pay through cryptocurrencies," Galliera said.

Bitpay will immediately turn cryptocurrency payments into traditional currency on behalf of Ferrari's dealers, so they are protected from price swings.

"This was one of our main goals: avoiding, both our dealers and us, to directly handle cryptocurrencies and being shielded from their wide fluctuations," Galliera said.

As the payment processor, BitPay will ensure that the virtual currencies come from legitimate sources and not derived from criminal activity or to be used to launder the proceeds of crime or evade tax.

Ferrari's marketing and commercial chief said that the majority of its U.S. dealers have already signed up, or are about to agree, to the scheme.

"I am confident others will join soon," Galliera said.

Growing e-waste an opportunity for manufacturers: Technology product makers

NEW DELHI, Oct 15 (Agencies): The increase in the amount of e-waste generation is an opportunity for manufacturers, according to technology product makers.

E-waste is an electronic product that is no longer needed, worn out, not working, or nearing the end of its utility for the user. These include wires to devices.

"While e-waste is a growing environmental issue, this is an opportunity for manufacturers, customers and the general public to come together and address the issue.

At Dell, we employ closed-loop strategies to create new products by recycling select materials from out-of-use technology," Nick Abbatello, DELL Technologies' Experience Innovation Group Senior Distinguished Engineer, said.

As various parts of the world embrace sustainable lifestyles, companies are recognising the need for a circular economy, where one

waste ends up reused to become another product.

Another manufacturer of personal computers, smartphones, televisions, and wearable devices -- Lenovo -- manages disposed of IT assets and data centre infrastructure through the Lenovo Asset Recovery Services.

According to Lenovo India Director, Solutions and Services Group, Rohit Midha, "To minimise e-waste one way is to choose the right service provider who understands the technicalities of device disposal and offers options for recycling, and possible remarketing covering pan-India locations."

Lenovo said their sustainability efforts include incorporating recycled material in the product design, compostable packaging, energy efficiency in our products for optimising usage, and solutions to help retire assets responsibly and offset carbon footprint.

"We've set ambitious targets and are taking the right actions to

address climate change and drive a more circular economy.

Our 2030 circular economy goals span the full lifecycle of our products -- from design through manufacturing, shipping and recovery. Consumers play an important role by returning old electronics, and Dell offers a variety of options to conveniently return and recycle end-of-life technology and support e-waste reduction," Abbatello added.

"By 2025-26, we will have enabled the recycling and reuse of 800 million pounds (362,874 MT) of end-of-life products (cumulative since 2005) while 84 per cent of repairs can be done at the customer site, without having to send their PC to a service centre," Lenovo said.

About 76 per cent of repairable PC parts returned to each service centre will be repaired for future use by 2025-26, it said.

In India, nearly 300 Lenovo products include content from recycled electronics, the company added.

Associated skin problems with asthma

NEW DELHI, Oct 15 (Agencies): ASTHMA has a strong link to a skin condition called eczema or atopic dermatitis. Various studies have found that over half of patients, particularly babies/young children, with moderate to severe eczema have or will develop asthma.

Those having one atopic condition are at a higher risk and have a tendency to develop asthma, eczema and allergies. In many cases, initially a patient develops eczema, followed by food allergies, asthma and allergic rhinitis (excessive sneezing, runny nose). This progression of atopic conditions during childhood is called atopic

march.

Because this atopic march begins with eczema in most patients, research has focused on how eczema might influence the development of later symptoms. Evidence suggests that early eczema treatment can help prevent subsequent allergies and asthma by avoiding exposure to allergens through a damaged skin barrier. Eczema, common in babies and children, is a risk factor for developing allergies later.

All three conditions -- asthma, atopic dermatitis and allergies -- cause inflammation.

The immune system overreacts to harmless substances and

secretes inflammatory cytokines in excess that cause the body to attack itself -- bronchial mucosal cells in asthma and skin cells in atopic eczema.

Eczema causes dry, itchy and inflamed skin. In some patients, this overreaction occurs in response to an environmental trigger, or an allergen. Symptoms can appear anywhere on the body. They include dry, cracked skin and itchiness; rash on swollen skin that varies in colour; small, raised bumps, on brown or black skin; oozing and crusting; thickened skin; darkening of the skin around the eyes, and raw, sensitive skin from scratching.

Losing weight as couple is just as effective as going alone: Study

'While couples tend to share weight management behaviours, this study found that there wasn't any social influence between the couples when it comes to self-control or grit'

SAN FRANCISCO, Oct 15 (Agencies): While many people believe that losing weight as a couple is a great way to achieve their weight loss goals, a new study has found that going it alone can be just as effective.

The study published in the Journal of Behavioral Medicine has highlighted how characteristics of "grit" (the ability to persevere toward long-term goals) and self-control are associated with better weight loss and weight maintenance in couples.

The 12-month study included a six-month intervention and then a follow-up after another six months with the 64 couples.

The researchers had participants fill out questionnaires to assess their levels of self-control and grit at the start and end of the study.

They also engaged participants in a behavioural weight



loss intervention to decrease caloric intake and increase physical activity.

At the end of the study, the researchers found that there was no couple effect.

Couples did not start out with similar levels of self-control or

grit, and, if one member of a couple improved their grit or self-control over the course of the study, their partner did not necessarily experience similar changes. "While couples tend to share weight management behaviours, this study found

that there wasn't any social influence between the couples when it comes to self-control or grit. Instead, these are more individual characteristics," said Tricia Leahey, director of the US-based Institute for Collaboration on Health, Intervention, and Policy (InCHIP).

However, even without specifically focusing on increasing self-control and grit, participants did generally see improvements in these characteristics during initial treatment, according to the study. "That suggests that both constructs are malleable. Sometimes people think of self-control as something that doesn't change. But this study goes to show that, with a behavioural weight loss program that teaches behaviour change strategies, we can improve people's self-control or goal pursuit," Leahey said.

When should you start screening for breast cancer? Experts answer

NEW DELHI, Oct 15 (Agencies): Breast cancer awareness is a crucial movement that aims to educate women about the symptoms and treatment of this disease, which is the second leading cause of death among women globally.

Regular screenings are vital in early detection, significantly improving survival rates. Mammograms are the most effective method for early detection, as they can identify cancer before it causes noticeable symptoms.

The recommended age for women to start regular mammograms has been a subject of debate, with guidelines shifting from 40 to 50 and back to 40.

However, the current consensus suggests that women should have the option to start annual breast cancer screening

with mammograms from the age of 40.

From 45 to 54, women should get mammograms every year, and those aged 55 and older should switch to biennial mammograms or continue yearly screening if they prefer.

According to a study by AIIMS, in Delhi, 30 per cent of breast cancers were found in women below the age of 40 years.

Dr Lavi Sindhu, Consultant, Birla Fertility & IVF, earlier told IndiaToday.in that the major risk factors include an inactive lifestyle, obesity, alcohol consumption, a family history of cancer, radiation exposure, reproductive history (age at which menstruation began and age at which a woman became pregnant), tobacco use, and postmenopausal hormone therapy.

"Early detection through regular screenings and understanding risk factors can empower women to make informed choices about their health and well-being," said Dr Lavi Sindhu.

Dr Devavrat Arya, Senior Director, Max Hospital, Saket, said that starting screenings at this age allows for detection in initial stages that can be treated and cured easily.

Regular breast self-examinations, clinical breast exams, and mammograms are important steps in detecting any potential abnormalities of breast cancer.

"A mammogram, also regarded as a breast X-ray, is considered the best screening test for detecting breast cancer at an early stage. Imaging techniques like ultrasounds or MRIs

may be recommended," Dr Devavrat Arya told agency.

While regular breast cancer screenings can be highly beneficial in terms of detecting cancer, there is also the possibility of false-positive results. False positives can lead to unnecessary additional tests, biopsies, and anxiety, added the expert.

However, Dr Arya cautioned that these recommendations may not apply to every individual. Certain factors such as family history of breast cancer, specific genetic mutations, previous chest radiation treatment, certain benign breast conditions, and hormonal factors must also be considered.

It is crucial for all women, regardless of age, to be vigilant about their breast health, underscored the expert.

Running could ease depression better than medications, says study

NEW DELHI, Oct 15 (Agencies): If you've heard of 'runner's high', then you'd be glad to know that it has greater benefits as well, including easing depression or anxiety, according to a study.

A recent small-scale study, published in the Journal of Affective Disorders, suggests that regular running may offer health benefits when compared to the use of antidepressant medications.

This comes amidst an ongoing debate regarding the effectiveness of exercise versus medications in treating depressive and anxiety disorders.

The study, involving 141 patients diagnosed with anxiety or depression, provided participants with a choice between group-based running therapy or anti-

depressant medication as treatments for their conditions.

This research was presented by the European College of Neuropsychopharmacology.

Out of the 141 patients, 45 chose to take antidepressants, while the remaining 96 opted for running therapy. Both groups were required to follow a 16-week regimen, either for medication intake or running sessions.

The running group aimed to engage in two to three closely supervised 45-minute running sessions each week. However, researchers observed that adherence to this protocol was lower in the running group (52%) compared to the antidepressant group (82%), indicating that not all participants who chose running completed every 45-minute

session.

The antidepressant group was prescribed escitalopram, a selective serotonin reuptake inhibitor (SSRI) medication designed to increase serotonin levels in the brain. The intake schedule for this medication was not specified.

Approximately 44% of participants from both groups showed improvements in both depression and anxiety symptoms.

Notably, the running group exhibited enhancements in weight, waist circumference, blood pressure, and heart function when compared to the antidepressant group, which did not experience these improvements.

The researchers also pointed out that the antidepressant group had slightly higher levels of

depression before the study commenced.

Brenda Pennix, a researcher from Vrije University in Amsterdam, highlighted that the study aimed to provide individuals with anxiety and depression a practical choice between treatments.

She noted that the study underscores that many people are interested in the idea of exercise as a treatment, but it can be challenging to maintain, despite its significant benefits.

Previous studies have also suggested that exercise might be more effective than antidepressants in managing depressive and anxiety disorders. The World Health Organisation (WHO) also advocates exercise as a complementary approach to medication for improving mental health.

India 8 Pakistan 0: Bowlers set it up, Rohit Sharma finishes off one-sided contest

The Indian skipper emerged as undisputed star of the match, scoring a 63-ball 86 to power his team to the modest target of 192

AHMEDABAD, Oct 15 (Agencies): India fired on all cylinders in what was supposed to be war minus the shooting, blowing away arch-rivals Pakistan by seven wickets in a World Cup face-off that ended in a damp squib after causing unbridled hysteria and logistical hassles.

In what is seen as the pinnacle of cricket by fans in the subcontinent, Indian captain Rohit Sharma emerged as the undisputed star of the match, scoring a 63-ball 86 to power his team to the modest target of 192 with as many as 19.3 overs to spare here on Saturday.

Jasprit Bumrah was a tiger on the prowl and Mohammed Siraj displayed wolf-like aggression before skipper Rohit completed the annihilation as India produced a near-perfect performance in one of the most lopsided World Cup games between the arch-rivals.

Rohit just casually flaunted his repertoire of strokes, which included a pull shot behind square of Shaheen Shah Afridi and a square driven six off Haris Rauf, as India were home by 8.05 pm local time.

The win was India's eighth in the 50 over global event, where Pakistan had never been able to match their neighbours in terms of skill, strategy or execution since 1992.

Just like he brushes his teeth, drinks water, pulling and hooking is a part of Rohit's daily chores. The 1150 gram willow is an extension of his arm and those strong but supple wrists does its job at his beck and call. On the day, it responded to his call 12 times - six of which went over the ropes.

People love to err on side of caution but Rohit is ready to err on side of risk - whether its spin of coin or dismissing a fast bowler from his presence.

There will be days when he might fail and look silly but on



days he succeeds, he would look regal, like he did on Saturday.

Bowlers' day out
It is very difficult to better perfection but if anything was synonymous with perfection, then decimating Pakistan for 192 in 42.5 overs would come closest.

Five bowlers, showing different facets of bowling and sharing equal spoils is rarity but there couldn't have been a more opportune setting to tick all boxes like Rohit's men did on the day.

Bumrah (2/19 in 7 overs), Siraj (2/50 in 8 overs), Kuldeep (2/35 in 10 overs), Hardik Pandya (2/34 in 6 overs) and Ravindra Jadeja (2/35 in 9.5 overs) were relentless in their pursuit of choking the opposition into submission.

This Pakistan team never had the depth to compete with India and that one T20 World Cup game which India lost in Dubai back in 2021 was just an aberration.

For the 1 lakh plus spectators at the Narendra Modi Stadium, the garba started one day in advance and the story of this absolute dominance by India will be remembered for times to come.

For the rest of the country, Bengal can celebrate an early

Durga Puja and in the northern part of India, it could an early Diwali.

Motera was the Indian cricket fan's 'Theatre of Dreams' on Saturday. One could be swayed by such atmosphere but just like Rohit, his team has also learnt the art of staying in its bubble.

It was imposing and in-your-face and at times intimidating. The vibe was felt when the entire stadium sang the national anthem.

Siraj and Bumrah basically hoodwinked the Pakistan batters with the semi-old ball and a bagful of tricks for which they had no answer.

This was Pakistan's second lowest score against India in ODI World Cup after the 180 all-out in 1999.

The two new ball bowlers made the semi-new ball talk by altering the length and using the wobbly seam to run through a circumspect middle-order and put India on course of their eighth victory in ODI World Cups.

Kuldeep's role as the supporting protagonist was also laudable as he operated like a sly fox, removing Saud Shakeel (6) and Iftikhar Ahmed (4) in quick succession to hasten the slide.

Rohit's decision to bowl first after winning the toss might

have raised a few eye-brows but the Indian team always had things under control despite a 82-run third wicket stand between skipper Babar Azam (50 off 58 balls) and Mohammed Rizwan (49 off 69 balls).

It was a matter of one wicket and once Siraj got one to just move in a shade from a shorter length, the Pakistan skipper misjudged it completely and remained rooted to his crease trying to steer it to third man. The sound of timber was what the entire Motera wanted to hear.

Rizwan, on cusp of his half-century got a wobbly seam slow off-cutter from Bumrah (2/19 in 7 overs), which entered through the gap between bat and pad as Pakistan's resistance ended at that moment.

Babar and Rizwan had a partnership going but if one looks at how the ODI landscape has changed, they were well behind par during the stand.

With two new Kookaburras used from both sides, the balls don't generally get old but the two Indian pacers, on a flat track, altered the length suitably to make the inroads at the right junctures.

In case of Kuldeep, he knew Saud and Iftikhar aren't good at sweeping and it brought about their downfall. It only helped that Jadeja was parsimonious at the other end.

When the Indian innings commenced, it wasn't a question of how but when will they wrap up things. Rohit ensured it happened in a jiffy.

Brief scores:
Pakistan: 191 all out in 42.5 overs (Babar Azam 50, Mohammad Rizwan 49; Jasprit Bumrah 2/19, Mohammed Siraj 2/50, Kuldeep Yadav 2/35, Ravindra Jadeja 2/38).

India: 192/3 in 30.3 overs (Rohit Sharma 86, Shreyas Iyer 53 not out).

It was not a 190 pitch: Rohit Sharma gushes after Indian bowlers' exceptional show

AHMEDABAD, Oct 15 (Agencies): Indian skipper Rohit Sharma on Saturday lauded his bowlers for bundling out Pakistan for a paltry 191 on a pitch that had nothing much in it for the bowlers during their marquee World Cup match.

Five Indian bowlers grabbed two wickets apiece as the home side bowled out Pakistan in 42.5 overs, before chasing down the target in the 31st over.

Rohit was chuffed with his bowlers for laying the foundation of India's eighth successive win over Pakistan in ODI World Cups.

"The bowlers were the ones who set the game up for us. I don't think it was a 190 kind of pitch. At one stage, we were looking at 280," said Rohit during the post-match presentation.

"The way they (bowlers) showed grit says a lot. That is something we pride ourselves in. Whoever gets the ball does the job for the team," said Rohit.

"We've got six individuals who can do the job with the ball. My job as a captain is important there as well. It's to read the conditions and figure out who's the right guy to do the job," he added.

The skipper also praised his batters who have been firing on all cylinders.

"It's only because the guys - before entering the World Cup - they got a lot of runs. We were very clear (about

what we wanted to do. We didn't want to be in two minds about who's going to bat where."

However, Rohit said it would be important to keep the momentum going and not get carried away.

"All in all, it's looking good. I want to keep my fingers crossed, and don't want to get too excited. I don't want to get too low as well. We want to stay balanced, keep calm and keep moving forward."

"Every opposition we come up against is all quality. You have to play well on that particular day, and that's what we're looking at."

Hard lengths were key: Bumrah

Pacer Jasprit Bumrah, who was adjudged the Man of the Match for his spell of 2 for 19, said his focus was on reading the wicket quickly and it helped him to find the correct length.

"It felt good. You get to analyse the wicket as soon as possible. We knew the wicket was on the slower side, so the hard lengths were the way."

"We were trying to make it as difficult as possible for the batters. When I was young I used to ask a lot of questions, so that has helped me develop a lot of knowledge. I like to read the wickets and try a lot of options."

Bumrah dismissed Mohammad Rizwan (49) and Shadab Khan (2) with two peaches.

Explaining the dis-

missals, Bumrah said, "I saw Jaddu's ball was turning, so I count my slower ball as a spinner's slower ball."

"I thought that I could make the run-scoring tough, and it worked. There was a little phase in there where there was reverse swing happening."

It was an outswinger (that) I was looking to ball (to Shadab), but there were parts of reverse swing happening."

"I have seen him (Waqar Younis) and Wasim Akram bowl some magical deliveries. So, to get his nod is great," he added.

The collapse cost us: Babar

Pakistan skipper Babar Azam blamed the batting collapse for his side's flop show.

The Men in Green had a good start and were 155 for 2 until the 30th over before losing the remaining eight wickets for just 36 runs.

"We started well. We just planned to play normal cricket and build partnerships. Suddenly, there was a collapse, and we could not finish well. The way we started, our target was 280-290, but the collapse cost us. The total was not good."

Babar also credited Rohit for his glorious knock.

"We are not up to the mark with the new ball. Rohit played an outstanding innings. We just tried to take wickets, but that didn't happen," he signed off.

Tendulkar, Sehwag lead charge as netizens 'roast' Pakistan after India's seven-wicket win

AHMEDABAD, Oct 15 (Agencies): As India drub Pakistan by seven wickets to maintain their unbeaten streak against arch-rivals in ODI World Cups, Indian legendary cricket team batters Sachin Tendulkar and Virender Sehwag lead the charge as netizens 'roasted' Pakistan with 'hilarious and satirical' memes on social media.

Indian captain Rohit Sharma struck a fine half-century scoring a 63-ball 86 to power the team to the modest target of 192.

Meanwhile, it was a bowlers' day out for the 'Men in Blue' as all five bowlers contributed with two wickets apiece as Pakistan were bowled out in 42.5 overs.



Netizens too had a field day trolling Pakistan.

In a reply to Shoaib Akhtar, for his tweet a day before the clash, Sachin Tendulkar took to 'X', formerly Twitter, and wrote, "My friend, aap ka advice follow kiya aur sab kuch billikool THANDA rakha".

Virender Sehwag also joined in 'roasting' the former Pakistan seamer.

Sehwag also made a series of tweets trolling Pakistan on their defeat and appreciated Indian skipper Rohit Sharma for his performance.

Meanwhile, some more reactions on the social media.

It didn't seem like an ICC event: Mickey Arthur after India-Pak WC clash

AHMEDABAD, Oct 15 (Agencies): After what was a one-sided loss against India in front of a packed partisan crowd at the Narendra Modi Stadium in Ahmedabad, Pakistan team director Mickey Arthur said that the contest did not look like an ICC event and seemed like a bilateral series.

Speaking after the seven-wicket defeat against India, Arthur said, "It didn't seem like an ICC event. Let's be brutally honest. It seemed like a bilateral series. It seemed like a BCCI event, I didn't hear Dil Dil Pakistan coming through the microphones too often tonight," he said when asked about the role the crowd and atmosphere played in the loss.



"So, yes that does play a role but I am not going to use that as an excuse because for us, it was about living the moment, it was about the next ball and it was about how we were going to combat the Indian players tonight," he added.

Arthur's reference to the atmosphere does not stem from just the partisan crowd, but often during this WC songs of both teams are played at the venue depending on who takes a wicket or a boundary. In Hyderabad, 'Dil Dil Pakistan' song was played during

the two matches they played and even a significant section of the crowd was cheering for Pakistan during the non-India games.

Pakistan head coach Grant Bradburn, too, agreed with Arthur when he spoke to the media after the game.

"Naturally, that was going to be the case. There was no familiar music for us today. It did not feel like a World Cup game in all honesty, but we did not expect anything else. We love the occasion, we are disappointed that we didn't do justice to the occasion really, to our many fans at home and globally," Bradburn told reporters after the match.

"We are really sad that our supporters aren't here. They would love to be here and I am sure the Indian cricket fans would love to have our supporters here as well. It was certainly unusual in that way," he added.

Pakistan have two wins in three games and will play Australia next in Bengaluru on October 20.

Cricket World Cup 2023: Rohit Sharma Becomes First Indian Batter In ODI History To Achieve Mammoth Feat

Rohit Sharma added another major milestone to his already illustrious career during the Cricket World Cup 2023 match between India and Pakistan.

AHMEDABAD, Oct 15 (Agencies): Indian cricket team skipper Rohit Sharma added another major milestone to his already illustrious career as he became the first India batter ever to slam 300 sixes in ODI cricket. Rohit looked in tremendous touch during the Cricket World Cup 2023 match against Pakistan at the Narendra Modi Stadium in Ahmedabad on Saturday and he was able to reach the mile-

stone with his fourth six of the innings. Overall, he joined West Indies legend Chris Gayle and former Pakistan all-rounder Shahid Afridi as the batters with more than 300 ODI sixes. For India, MS Dhoni is second with 229 sixes.

Batters with 300+ sixes in ODIs
351 Shahid Afridi
331 Chris Gayle
300 Rohit Sharma*
Earlier, India bowled

out Pakistan for just 191 in their high-profile World Cup clash on Saturday after their bitter rivals lost their last eight wickets for just 36 runs.

Captain Babar Azam top scored with 50 while Mohammad Rizwan made 49.

Mohammed Siraj, Jasprit Bumrah, Hardik Pandya, Kuldeep Yadav and Ravindra Jadeja took two wickets each as Pakistan collapsed from



155-2 to get bowled out in 42.5 overs.

Pakistan started strongly but lost their openers before Azam and Rizwan attempted to rebuild and hit back in their stand of 82.

Azam reached his fifty off 57 balls with a boundary but fell in the next over, bowled by Siraj as the crowd roared to see the back of the world's number one ODI batsman.

Kuldeep Yadav soon struck twice in an over to send back the left-handed Saud Shakeel and Iftikhar Ahmed, bowled around the legs for four after the ball deflected off the batsman's gloves.

Bumrah denied Rizwan his fifty with a slower-off cutter that rattled the stumps as Pakistan slipped to 168-6.

Bumrah, playing in front of his home crowd, had a spring in his step

and struck again in the next over to get Shadab Khan out for two.

Pandya and Jadeja combined to wrap up the tail.

"It has been a good World Cup so far, 100%," said Yadav at the innings break.

"I knew where to bowl but the pitch was a little slower. They weren't doing much so I was just varying my pace and using my variations."

Community Bhandara hosted at Raghunath Bazaar

TOP NEWS REPORT

JAMMU, Oct 15: A vibrant Bhandara event took place in Raghunath Bazaar, Jammu, spearheaded by Amit Mahajan and Jugal Kishore, prominent leaders from the J&K National Conference. The event was inaugurated by Provincial Joint Secretary Ankush Abrol and Zonal Secretary and Coordinator of Jammu District (Urban) JKNC, Dr. Vikas Sharma. During the ceremony, Ankush Abrol, Dr. Vikas Sharma, and others were honored with "Mata Ki Chunri."

A significant number of people attended the event, receiving Prasad and enjoying the Bhandara while seeking blessings from Mata Rani Ji.



Ankush Abrol praised Amit Mahajan and Jugal Kishore for their unwavering dedication to organizing religious events and their com-

mitment to upholding the values of the National Conference in their area.

The event saw the participation of several

individuals, including Sushant Mahajan, Ajay Suri, Neeraj Suri, Vinod Kumar, Nishant Mahajan, Pankaj, and many others.

DPAP's KDPW seeks permanent rehabilitation policy

TOP NEWS REPORT

JAMMU, Oct 15: Leaders of the Kashmiri Displaced People Welfare (KDPW), a part of the Displaced Persons' Association (DPAP), have come together to issue a collective plea addressing the longstanding concerns of Kashmiri Displaced People. The joint statement, led by prominent figures such as President Shri Sanjay Dhar, Chairman Shri Piaray Lal Pandita, and various other leaders, calls for the formulation and finalization of a permanent rehabilitation policy.

The leaders direct their appeal to both the Government of India and the Government of the Union Territory of Jammu and Kashmir. Their call is to develop this policy in consultation with stakeholders who have experienced displacement post-1990, primarily due to genocide, and who have been residing in Refugee Camps in Jammu.

In their message, the leaders stress the importance of distinguishing pre-1990 Kashmiri Hindus who migrated by choice and those

affected by genocide. They highlight that the prolonged exile, lasting 33 years, has not only deeply affected the current generation but also poses a threat to the future identity of the Kashmiri Displaced People.

The key demands put forth by the leaders encompass various aspects: Integration of PM Package Employees: They call for the merging of PM Package employees with U.T. Government employees, an essential initial step in the community's resettlement policy, aligned with the original intent behind the special PM Package introduced in 2008.

Equitable Access to Welfare Schemes: Advocating for equal access, the leaders emphasize the importance of implementing old age pension, marriage expenses, social welfare schemes, soft loan schemes, and other centrally sponsored schemes at par with the rest of the U.T. population to reduce disparities within the displaced community.

Employment Opportunities for Youth: Special fast-track employ-

ment schemes are requested for qualified youth, including those who may have exceeded the typical age for employment. They also seek the introduction of a special police employment package with relaxed eligibility norms to address perceived discrimination.

Regularization and Renovation: Urging the regularization of old Quarters accommodations in Purkhoo Camp Phase III, the leaders aim to ensure residents can access facilities at the same level as other camp residents. Additionally, they request immediate renovation and repairs for flats that have fallen into disrepair.

Healthcare Facilities: Adequate healthcare and medication facilities for the Sub District Hospital in Jagti are sought.

The leaders firmly believed that addressing these issues is paramount to the well-being and future prospects of the Kashmiri Displaced People and are hopeful for a prompt response from the concerned authorities.

GDC Darhal commemorates 'World Students Day'

TOP NEWS REPORT

RAJOURI, Oct 15: World Students Day, celebrated annually on the birth anniversary of the former President APJ Abdul Kalam on October 15, is a day dedicated to paying homage to his selfless contributions to the advancement of education in our society. In observance of this significant day, the NSS unit (IMDAD) of Government Degree College (GDC) Darhal organized a digital workshop centered around the theme 'FAIL: First Attempt in Learning.'

The day began with the inaugural session, where students of GDC Darhal took to their social media platforms to share inspirational quotes attributed to the

revered former President, Dr. APJ Abdul Kalam. This collective gesture was an earnest tribute to the memory of this noble soul and illustrious Indian personality.

In addition to sharing quotes, the students actively participated in an online event. They shared their insights on the life history of Dr. Abdul Kalam, presented his noteworthy quotes, crafted motivational slogans, and conveyed heartfelt messages to fellow learners. The students' engagement was not only a demonstration of respect for the late President but also a display of their appreciation for his dedication to education and progress.

Following the intellectual endeavors, the

students came together to partake in wholesome and joyous contests and discussions. The day was marked with camaraderie, good food, recreational games, and meaningful conversations, highlighting the essence of unity and community.

The life story and unwavering commitment of Dr. APJ Abdul Kalam to the field of education served as an immense source of inspiration for the students, motivating them to strive to become the best versions of themselves.

The event was conducted under the able guidance of Prof. Musaraf Hussain Shah, Principal of Government Degree College Darhal. He emphasized that Dr.

Kalam's life was a testament to struggle and inspiration, urging students to draw valuable lessons from it. President Kalam's unyielding support for dreams and his relentless pursuit of transforming those dreams into reality served as a model for the students.

Prof. Shah further underlined that World Students Day encourages innovation and entrepreneurship, inspiring students to think creatively and contribute to societal and economic progress. The event was meticulously coordinated by Dr. Sunil Kumar Mangoch (NSS Program Officer), and the formal vote of thanks was extended by Prof. Tahir Mahmood (Head of the English Department).

PM Awardee Nazakat Choudhary extends warm welcome to IGP Jammu Anand Jain

TOP NEWS REPORT

JAMMU, Oct 15: In a heartwarming display of camaraderie and respect, renowned social activist and Prime Minister Awardee, Nazakat Choudhary, graciously welcomed the newly appointed Inspector General of Police (IGP) for Jammu, Anand Jain IPS, to his new role. The welcoming meeting took place at the Zonal Police Headquarters in Jammu, where Nazakat Choudhary visited to convey his best wishes to the distinguished law enforcement officer.

Anand Jain, a seasoned IPS officer with an illustrious track record, has assumed the vital position of IGP for the Jammu region. Nazakat Choudhary, a highly regarded figure for his



significant contributions to society, extended his warm congratulations to Anand Jain (IPS) on his new assignment, recognizing the critical role of effective law enforcement in the region.

Reflecting on the meet-

ing, Nazakat Choudhary commented, "It is indeed a privilege to welcome Anand Jain to Jammu as the new IGP. His extensive experience and unwavering dedication to serving the nation are truly commendable.

I have full confidence in his capability to maintain law and order in the region."

Anand Jain expressed his gratitude and admiration for Nazakat Choudhary's exceptional achievements and contributions to the nation. He stated, "I am deeply honored by Nazakat's warm reception and the support of the community. Together, we will work tirelessly to ensure the safety and security of the citizens of Jammu."

Nazakat Choudhary's visit to the Zonal Police Headquarters exemplifies not only the spirit of cooperation between civil society and law enforcement but also underscores the significance of a united effort in upholding peace and order in the region.

Mega medical & veterinary camp organized by 28RR in Lolab



TOP NEWS REPORT

KUPWARA, Oct 15: The Gujjarpatti Garrison, operating under the aegis of Charkut Garrison, successfully organized a Mega Medical and Veterinary Camp at GHSS, Sogam, Lolab. This initiative reflects the unwavering commitment of the Indian Army towards the well-being and progress of the local community. The event brought together a dedicated team of medical experts and specialists, including orthopedic and eye specialists, medical officers, dentists, and veterinary doctors, who addressed a wide range

of healthcare needs. Beyond the immediate healthcare services provided, the Mega Medical and Veterinary Camp is a testament to the military's dedication to building stronger bonds with the communities they serve. It underscores the notion that the armed forces are not solely guardians of security but also active partners in the comprehensive development of the region. The event in Lolab represents a significant step in showcasing the military's evolving role, extending their impact well beyond traditional defense responsibilities.

This initiative sets a compelling example of the military's potential as a positive agent of change, contributing to the overall well-being of the local populace and the development of the area. It signifies a crucial stride towards a healthier and more prosperous future for Lolab, characterized by fortified community connections and enhanced access to essential healthcare services. It serves as a compelling illustration that the military can play a pivotal role in driving positive transformation in areas where their presence is deeply felt.

Ganesh urges Govt to provide adequate compensation to hail-storm affected farmers

TOP NEWS REPORT

JAMMU, Oct 15: Youth Wing activists of Shiv Sena Hindustan led by J&K President Ganesh Choudhary today held strong protest against govt demanding to provide adequate compensation to the farmers of Jammu who lost their standing crops in the recent hailstorm at Tara Chowk, Bishnah.

Addressing media persons, Ganesh raised serious concern over the loss of Paddy crops due to incessant hailstorm that completely damaged the standing crops of farmers in several areas of Jammu district. He mentioned that more than 75 per cent Paddy crop have damaged in the recent hailstorm. He appealed the Divisional Administration and District Administration to direct the Revenue Department for assessing the loss of damaged crops. Ganesh said that Government should ensure welfare of the farmers



who deserve special attention especially in view of their being the food producers of the nation.

Ganesh appealed the LG Manoj Sinha to issue necessary directions to the Revenue officials for speeding up the process of assessing the damaged crops so that the farmers would get timely compensation of their damaged crops. He also demanded that the farmers who have 'Fasal Bima' should be compensated immediately on priority basis. He said that the affected farm-

ers hail from various regions, including Bishnah, RS Pura, Samba, and other areas all of whom are now grappling with significant agricultural losses. He appealed to the Government to conduct a comprehensive evaluation of the damaged crops and provide much-needed compensation to the affected farmers who have suffered financial setbacks due to the hailstorm.

Ganesh demanded govt to ensure that farmers receive the assistance and compensation

they require during this challenging time at the earliest. The compensation in such matters should not be delayed, he said and demanded that the immediate compensation will provide relief to the farmers. He said that the Govt should waive off the KCC loans and electricity charges as the farmers are not in a position to pay the installments of the loan or electricity charges. "These poor farmers have no other means of earning. As the crop has been damaged, the KCC loans as

well as electricity bills should be waived off," he again demanded.

Prominent among those present on the occasion include State Chairman Shashi Pal Singh Salathia, Jammu District President Rai Kumar Gupta, Samba District President Nek Ram, Badi Brahmana Block President Sanjeev Kumar, Bishnah Block Vice President Sankar Singh, Arnia Block Vice President Bharat Bhushan, Bishnah Chairman Vikas Kumar, Bishnah Block Vice President Pritam Singh, Batra Chak President Mohan Lal, Parmandal Morh President Pawan Kumar, Karan Singh, Bhushan Kumar, Kamal Kumar, Punjab Singh, Jhankar Singh, Mohd Ashraf, Girish Kumar, Pawan Kumar, Kewal Kumar, Madhu Bala, Sunita Devi, Sonia Choudhary, Reena Devi, Veena Devi, Sheela Devi, Pinky Devi, Sunita Devi, Santosh Devi, Suman Devi besides others.