

TOP NEWS OF J&K

JAMMU, SUNDAY, OCTOBER 29, 2023

Daily Evening Newspaper



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BJP pushing 'one nation, one election' concept as it is scared of Assembly polls outcome: Yogendra Yadav

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Bangladesh's Main Opposition Leader Arrested Day After Big Protest: Party



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BRIEFLY

Cop attacked by terrorists in Srinagar, shifted to hospital

SRINAGAR, Oct 29 (Agencies): A police inspector of the Jammu and Kashmir Police was grievously injured in an attack by terrorists near the Eidgah mosque of Srinagar. Following the incident, he was admitted to a nearby hospital. #Terrorists fired upon & injured Inspector Masroor Ahmad near Eidgah, Srinagar. He was immediately shifted to hospital for treatment. Preliminary #investigation reveals that a pistol was used in this #terror crime. Area cordoned off, case registered, tweets Kashmir Zone Police.

Poor Air Quality Heightens Stroke Risk: DAK

Top News Report

SRINAGAR, Oct 29: Doctors Association Kashmir (DAK) on Sunday said exposure to air pollution increases the risk of stroke. "Poor air quality heightens your chances of getting a stroke," said DAK President Dr Nisar ul Hassan on world stroke day. Dr Hassan said, according to a new study published in the Journal of Neurology, a short exposure of just 5 days to air pollutants could increase a person's risk of stroke. Previous studies have established a link between long-term exposure to air pollution and an increased risk of stroke. But the new study shows that even short-term exposure poses heightened risk. The study analysed more than 18 million cases of ischemic stroke, which is the most common type of stroke caused by a blood clot that blocks a blood vessel in the brain. Researchers looked at different pollutants and different sizes of particulate matter. The analysis found that stroke risk rose 28% when people had been exposed to nitrogen dioxide, 26% when exposed to carbon monoxide, 15% when exposed to sulphur dioxide, and 5% when exposed to ozone. A higher concentration of PM2.5 was linked to a 15% increased risk of stroke, with PM10 at 14% and PM1 at 9%. "Higher levels of air pollution were also linked to a higher risk of death from stroke," he said. The DAK President said air quality in

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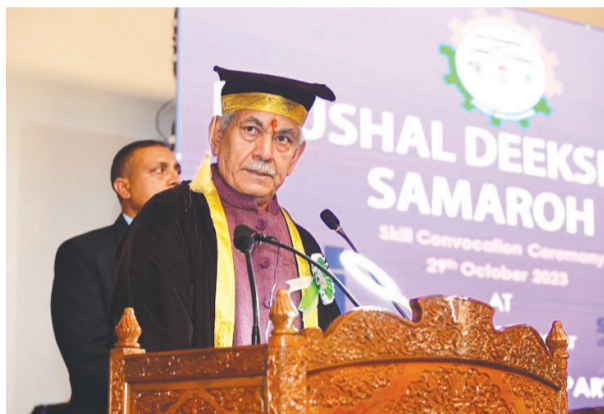
"J&K has the potential to become most favoured place when it comes to skills": LG Sinha

Top News Report

SRINAGAR, Oct 29: The Skill Development Department of Jammu & Kashmir held a convocation of Kaushal Deekshant Samaroh at Srinagar's convention centre on Sunday, where more than 70 students were felicitated by LG Manoj Sinha.

Speaking at the event, Sinha said that Jammu and Kashmir has the potential to become the most favoured place when it comes to skills.

LG Manoj Sinha said, "ITIs have contributed to the nation for ages. There is a lot of pace in technology, it's not linear, it's exponential now. J&K has the poten-



tial to become the most favoured place when it comes to skills. We need to focus on these institutions because they're creating the future of this valley. Mission Youth and other academic institutions are creating opportunities for youth. We will create an indus-

try for these pass-outs who will not only learn skills there but get a job as well. J&K is getting a lot of budget from the centre, and we are all accountable for how we use that fund for the betterment of these students. We will make sure to upgrade the

infrastructure, but my priority is the kids."

LG Manoj Sinha E-launched the Innovation Portal by the Jammu and Kashmir Science, Technology, and Innovation Council, Department of Science and Technology. LG Sinha also launched an e-platform for ranking polytechnics in Jammu and Kashmir for more transparency. He launched a revised curriculum for the 3rd semester as per the New Education Policy. These students received certificates for learning various skills like carpentry, machines, and data analysis, among others.

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Senior RSS pracharak R Hari passes away



KOCHI, Oct 29 (Agencies): Senior RSS Pracharak and former Akhil Bharatiya Boudhik Pramukh R Hari passed away due to age-related illness at a private hospital here on Sunday. He was 93. The cremation will take place on Monday at Ivar Math. He was born on

December 5, 1930, as the son of Ranga Shenai, a RSS supporter, and Padmavathy, near Pullepadi in Tripunithura.

He was imprisoned for 5 months in connection with the banning of the RSS following the assassination of Mahatma Gandhi in 1948.

R Hari, who studied at St. Albert's High School in Kochi and did his graduation from Maharakas College, Ernakulam, became a full-timer of the RSS in 1951.

In 1990, he became an Akhil Bharatiya Saha Boudhik Pramukh, and in 1991, he was promoted to Akhil Bharatiya

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Two held for damaging glass windows of mosque in Kathua: Police

JAMMU / SRINAGAR, Oct 29 (Agencies): Police have arrested two persons for damaging the glass windows of a mosque in Kathua district of Jammu and Kashmir.

"Kathua Police arrested 02 persons who entered Masjid Golden Gate Lakhampur & broken the glass windows & threw the Battery along with Inverter installed inside to the Court Yard for which a case has already been registered at P/S Lakhampur," said a police spokesman on X (formerly Twitter).

He said the arrests followed a written complaint lodged by the mosque's imam Abdul Latief at Lakhampur police station.

Further investigation is underway, the spokesman added, assuring that strict action will be taken against miscreants who try to disturb communal harmony and peace in the district.

A CCTV footage of the incident emerged which showed a man attacking the mosque with stones and damaging its windows and doors.

Gulmarg all set to receive record tourists this winter

SRINAGAR, Oct 29 (Agencies): Gulmarg is all set to receive a record number of tourists this winter and authorities are busy in providing all possible facilities for the visiting guests.

The ski resort is ready for winter tourism, and all possible facilities and opportunities are being explored for visiting guests this year, officials said.

The J&K Department of Tourism, along with all concerned stakeholders, including the Gulmarg Development Authority, JKTDC, Youth Services and Sports, Cable Car Corporation, PDD, R&B Jal Shakti, etc., is finalising the preparations for the four months of winter tourism.

All the possibilities and opportunities are being explored, and it will be a source of pleasant memories for the tourists, officials said,



adding that all the arrangements are being finalised in view of the winter tourism in Gulmarg, a popular tourist destination in the Kashmir valley.

Mushtaqul Hasan, a hotel owner in Gulmarg, said that, in view of the winter tourism, the concerned

authorities are busy finalising all the preparations.

He said last year a large number of tourists visited here in winter even though there was no place to stay in the hotels, and this year there is even more hope and suitable

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Two China-made drones recovered near International border in Amritsar, Tarn Taran

CHANDIGARH, Oct 29 (Agencies): Two drones were recovered in two separate incidents near the International Border in Punjab's Amritsar and Tarn Taran districts, a BSF official said.

On the basis of specific information, a search operation was conducted

by the Border Security Force near Daoke village in Amritsar on Sunday (October 29).

During the search, the BSF troops recovered a Chinese drone from a field, the official said.

On Saturday evening, another drone was

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Couple commits suicide, wife dies, husband fighting battle for survival

SRINAGAR, Oct 29 (Agencies): The Jammu and Kashmir Police have started hunting for the motive in a joint suicide attempt by a couple in which the wife lost her life and the husband is critical. The distressing turn of events in Rayor village of Samba District has sent shock waves in the bet.

According to prelimi-

nary reports, the fateful morning bore witness to a grim discovery by concerned neighbours who stumbled upon the couple in their residence, both in an unconscious state. Alarmed by the distressing sight, they promptly alerted the local public representative, who, in turn, swiftly brought the matter to the attention of the police.

The Samba police, acting promptly upon receiving the distress call, rushed to the scene and promptly transported the ailing couple to the District Hospital in Samba. Upon arrival at the hospital, the medical team declared the wife, identified as 30-year-old Babbu Devi, as brought dead. Her husband, Sinka Ram, 34, son of

Tara Ram, remained in a critical condition, necessitating immediate referral to the Government Medical College and Hospital (GMCH) in Jammu after initial first aid.

As the community grapples with the shock of this sudden tragedy, the deceased woman's body has been placed

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Three female pickpockets arrested in Ganderbal: Police

SRINAGAR, Oct 29 (Agencies): Jammu and Kashmir Police on Sunday have arrested three female pickpockets in Kangan area of Central Kashmir's Ganderbal district.

A Police spokesperson said, "In the past few days, Police Station Kangan has been receiving inputs from



different sources that a gang of a few notorious persons is roaming in the jurisdiction of PS Kangan, picking pockets of innocent people, especially in the area of Sub District Hospital Kangan."

"To nab the Culprits, on the directions of SSP Ganderbal Shri Nikhil

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Congress Chief Kharge targets Modi Govt over rising onion prices

NEW DELHI, Oct 29 (Agencies): Congress president Mallikarjun Kharge on Sunday slammed the Narendra Modi Government over the rising prices of onion, and said the people of five states will tell the secret of why its prices have risen again by defeating the BJP in the upcoming polls.

Kharge's attack on the Government came after onion prices further rose to Rs 65-80 per kg in the retail market of the national capital on lower supply.

In a post in Hindi on X, Kharge said people's cries, under the burden of inflation in the last nine-and-a-half years of the BJP Government,

can be heard.

"...Every time on the issue of inflation, the Modi Government has made fun of the public and teased it like this - 'Inflation is not visible'; 'I don't eat onions'; 'It is better than other countries,'" Kharge said.

"Why is onion expensive again? Now, the

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Contact Person Mr. Sanjeev Kumar

9419143503

TENTH DAY

With profound grief and sorrow, we inform the sad demise of our beloved **Late Smt. Pooja Raina** wife of Raman Raina (Senior Photojournalist) originally resident of Pombay, Kulgam Kashmir A/P- Suraksha Vihar Phase-II, Top Paloura Jammu, who left for heavenly abode on 21-10-2023.

TENTH DAY will be performed on 30-10-2023 at Muthi Ghat near Director School Education office Jammu at 9:00 A.M

GRIEF STRICKEN:-

- Sh. Raman Raina (Husband)
- Vinayak Raina (Son), Yashasvi Raina (Daughter)
- Father-in-law & Mother-in-law
- Sh. Poshkar Nath Raina & Smt. Shama Ji
- Sh. Piyara Lal Raina & Smt. Nirmala Raina (Uncle & Aunty)
- Brothers and Bhabhi's
- Sh. Sanjay Raina & Sanjana Raina
- Sh. Rakesh Raina & Suman Raina
- Sh. Rohit Raina & Pooja Bhat/Raina
- Sisters & Brother-in-Law
- Sh. Pintoo Ji Hangloo & Bmla Ji
- Sh. Rinku Ji Dhar & Santosh Ji
- Children:- Deepshikha, Reyansh, Suksham, Shnyaya

CONTACT NO: 9419331404, 9797614789, 9070770007



SMT. POOJA RAINA

10TH DAY /KRIYA/UTHALA

With profound grief and sorrow we regret to inform sad demise of our beloved **Sh. Jai Ram S/o** Lt. Sh. Tara Chand Verma R/o Shiv Colony Opposite Ball Karyana Store Bantalab, Jammu, who left for heavenly abode on 18-10-2023.

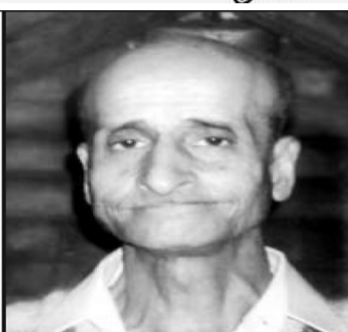
10TH DAY shall be performed at our residence on 27th Oct. 2023 (Friday) at 11 AM

KRIYA shall be performed on 30th Oct, 2023 at 12 Noon at our residence.

UTHALA shall be performed on 30th Oct, 2023 from 3.00 PM to 4.00 PM at Baba Kailakh Dev Mandir, Bantalab Road, near Radha Swami Satsang Ghar, Bantalab, Jammu-181123.

GRIEF STRICKEN:

- Usha Rani - Wife
- Son & Daughter-in-law
- Pawan & Pooja Verma
- Fankaj Verma & Taruna Abrol
- Daughter and Son-in-law
- Rama & Sanjay Abrol
- Sonu & Sanjay Soi
- Bhabhi & Brother
- Smt Chanchala & Late Sh. Jai Krishan Verma
- Late Smt Shankutla & Late Sh. Jagdish Chander
- Smt. Bimla & Late Sh. Devi Lal Verma
- Smt. Prem & Sh. Satpal Verma
- Grand Son and Daughters: Samerth Verma, Pragya Verma, Sadhika Verma
- Mob, 9906132394, 7889779128



SH JAI RAM

KIRYA & UTHALA

With heavy heart & deep sorrow, it is informed that our most revered **Dr. Arun Kohli S/o** Late Bal Krishan Kohli & Late Damayanti Kohli left this mortal world on 15th Oct., 2023 at Delhi.

Kriya will be performed on Friday, 27th Oct., 2023 at Lakshmi Narayan Mandir, Gandhi Nagar, Jammu at 12.00 Noon (Entry - Back Side Gate)

Uthala will be held on Monday, 30th Oct., 2023 at Lakshmi Narayan Mandir, Gandhi Nagar, Jammu from 3.00 to 4.00 pm (Entry - Front/Main Gate)

GRIEF STRICKEN

- M. L. Gandotra (Father-in-law)
- Reena Kohli (Wife)
- (Daughter-in-law & Son)
- Adv. Hancy & Adv. Raheel Kohli with Kaira (Grand Daughter)
- Ashi W/o Late Kulbhushan Kohli (Sister-in-law & Brother)
- Veena & Dinesh Maini (Sambandhi)
- Ranju & Dr. Rajan Nanda (Sister-in-law & Co-Brother)
- Malu & Sanjay Gandotra (Sister-in-law & Brother-in-law)
- Shikha & Gaurav Kohli (Daughter-in-law & Nephew)
- with Karman (Grand Son)
- Mobile : 9810771985, 9419196372, 9419182500, 9419187038



Dr. Arun Kohli
FMR. Dy. Director Health Services, Jammu (J&K)

10TH DAY KRIYA

With profound grief and sorrow, we regret to inform the sad and untimely demise of our beloved **Smt Lalita Misri W/o** Sh P K Misri

10th Day Kriya will be performed at Gauri Shankar Mandir New Palam Vihar, Block T, Sector 109, Gurugram, Haryana 122017 on 30th Oct 2023 at 7 AM.

In Grief : Misri Family
Contact : 9205022161



Smt Lalita Misri

10TH DAY/UTHALA

IN THE LOVING MEMORY OF

SH. OM PRAKASH GUPTA S/O LATE SH. KASHMIR CHAND GUPTA (BASOHLI WALE) PASSED AWAY PEACEFULLY ON 22ND OCTOBER 2023 DEVOTED HUSBAND TO SMT. VEENA GUPTA LOVING FATHER TO CHILDREN & SPOUSES:-

- MANJULA & SURESH
- ASHISH & ICHHETA
- MUNISH & POOJA
- DOTING GRAND FATHER TO:-
- ASHIMA & ANNANYA
- ARSHIA & AAYAN
- AARUSHI & AAHNA
- BELOVED BROTHER TO:-
- LATE SH. PURAN CHAND & SANTOSH GUPTA
- SH. SUBHASH CHAND & SHEELA GUPTA
- WE WILL MISS YOUR LOVING PRESENCE ALWAYS
- TENTH DAY WILL BE PERFORMED ON MONDAY, 30TH OF OCTOBER FROM 11:00AM TO 1:00 PM
- RASAM PAGDI & UTHALA WILL BE PERFORMED ON FRIDAY, 3RD OF NOVEMBER FROM 11:00AM TO 12:00 NOON AT OUR RESIDENCE - K.C.COTTAGE, NEAR LAXMI MANDAPAM MANDIR, W.NO.13, SHASTRI NAGAR, KATHUA, J&K MOB: 9419212998, 8899888108



SHRI OM PRAKASH GUPTA
14-09-1942 TO 22-10-2023

OBITUARY/10TH DAY

WITH PROFOUND GRIEF AND SORROW WE INFORM THE SAD DEMISE OF OUR BELOVED MOTHER **SMT. PUSHPA KOUL** W/O LATE SHRI BANSI LAL KOUL ON 27/10/2023 ORIGINALLY RESIDENT OF NAI SADAK SRINAGAR KASHMIR PRESENTLY RESIDING AT H.NO. 18, LANE NO. 8, ROOP NAGAR ENCLAVE BLOCK B JAMMU.

10TH DAY WILL BE PERFORMED AT MUTHI GHAT NEAR DIRECTOR EDUCATION OFFICE ON 04/11/2023 AT 9 AM.

GRIEF STRICKEN

- SH. CHAMAN LAL KOUL (BROTHER IN LAW)
- SMT. REETA KOUL (SISTER IN LAW)
- (SONS AND DAUGHTERS IN LAW)
- RAKESH KOUL & NISHA KOUL
- VIJAY KOUL & SATYABHAMA KOUL
- RAJ KUMAR KOUL & ANJALI KOUL
- GRAND CHILDREN:
- SHEBU, SHEKU, DIYA, GUGI
- SISTER-IN-LAW
- SMT. RATNI RAINA
- SH. H.N RAZDAN & SMT. NANCY RAZDAN



SMT. PUSHPA KOUL

MOBILE NO. 9906009885

BHOG AND ANTIM ARDAS

With profound grief and sorrow, we inform the sad and untimely demise of our beloved **Sdn Darshan Kour Ji** W/o Late S. Daleep Singh Soodan R/o House No - 83; Lane No - 3; Vijay Nagar, Camp Road, Jammu who left all of us for heavenly abode on 24.10.2023 (Tuesday)

PROGRAMME :

- Arambh Shri Akhand Path Sahib on 28.10.2023 (Saturday) at 10.00 A.M. at our residence.
- Bhog Shri Akhand Path Sahib on 30.10.2023 (Monday) at 10.00 A.M. at our residence.
- Kirtan and Antim Ardass will be performed on 30.10.2023 (Monday) at Gurudwara Singh Sabha, Munshi Chak, Revenue Complex Road from 11.00 A.M. to 12.30 Noon followed by Guru Ka Langer

GRIEF STRICKEN :

- Daughter-in-laws & Sons :
- Sdn. Paramjit Kour & S. Narinder Singh Soodan
- Sdn. Paramjeet Kour & S. Manmohan Singh (Munshichak)
- Devrani & Devar :
- Sdn. Jugjeet Kour & S. Sarwan Singh (Dei Chak, Gho Manasa)
- Sister-in-law & Brother :
- Sdn. Paramjeet Kour & S. Manmohan Singh (Nai Basti, Old Satwari)
- Sister & Brother-in-law :
- Sdn. Gurcharan Kour & Late S. Gian Singh (Gadigarh)
- Grand Daughter-in-laws & Grand Sons :
- Sdn. Manpreet Kour & S. Jatinder Singh (Nanak Nagar)
- Sdn. Meetu Singh & S. Tanveer Singh (Denmark)
- Sdn. Sanampreet Kour & S. Rashmideep Singh
- Grand Son: S. Bhanu Partap Singh
- MOBILE No's : 9419149094 ; 9419289550



Sdn Darshan Kour Ji

10TH DAY KRIYA

With profound grief and sorrow we inform you the sad demise of our mother **Smt. Rani Pandit** W/o Lt. Sh. Prithvi Nath Pandit R/o Handwara (Kawpora) at present Q.No. 19, Block - B, TRT Muthi Camp Phase II, Muthi Jammu, who left for heavenly abode on 21-10-23 (Saturday).

10th Day Kriya will be performed at Muthi Ghat Jammu on 30-10-2023 (Monday) 9.00 am.

GRIEF STRICKEN

- Sons & Daughter-in-law
- Satesh Kumar Pandit & Smt. Vijay Pandit
- Vinod Kumar Pandit & Smt. Pooja Pandit
- Daughter's & Son-in-law's
- Sh. Pushkar Nath Pandith & Smt. Sunita Pandith
- Sh. Dileep Gigoo & Smt. Neenu Gigoo
- Grand Son's & Daughter
- Rohin, Deepti, Diya, Priyudh, Vihaan, Vasu, Praful, Tanish
- And Samast, Kaw, Bhat & Pandita Parivar
- Ph: 9622203892, 8713836299



Smt. Rani Pandit

10TH DAY KRIYA

With profound grief and sorrow we regret to inform the sad demise of our beloved father **Sh. Mohan Lal Bhat** S/o Late Sh. Samsar Chand R/o Kharpora Sirmoo Pulwama at present Flat 4 Block 74 Lane 16 Jagti Colony Nagrota who left for his heavenly abode on 22.10.23.

10TH DAY KRIYA will be performed at Sainik School Nagrota Jammu on 31.10.23 at 10AM.

GRIEF STRICKEN

- Smt. Santosh Bhat (Wife)
- Smt. Priya Bhat W/o Late Sh. Maharaj Krishan Bhat (Daughter in law)
- Sh. Ardur Krishan Bhat & Smt. Asha Bhat (Son & Daughter in law)
- Sh. Roshan Lal Pandit & Smt. Keemta Pandit (Son & Daughter in law)
- Sh. Piaray Lal Pandit & Smt. Soni Pandit (Son & Daughter in law)
- Sh. Nana Ji Bhat & Smt. Kishni Bhat (Son in law & Daughter)
- Sh. Satsish Bhat & Smt. Pammy Bhat (Son in law & Daughter)
- Sh. Sanjay Raina & Smt. Varsha Raina (Son in law & Daughter)
- Grand Children: Neha, Sagor, Chanchal, Mansi, Vansh



SH MOHAN LAL BHAT

Contact Details:
9149483989,
7051255779,
901825266,
9419207131,
9419281449.

OBITUARY/TENTH DAY

WITH PROFOUND GRIEF AND SORROW WE INFORM THE SAD DEMISE OF OUR BELOVED MOTHER **SMT. PRABHA WALI (TATHI)** W/O LT. M.K. WALI ERST WHILE R/O GUND AHLAMAR NAISARAK SRINAGAR PRESENTLY AT LANE NO.1-A 76/B ROOPNAGAR ENCLAVE NEAR H.D.F.C BANK JAMMU ON OCTOBER 25, 2023.

TENTH DAY WILL BE OBSERVED ON NOV.02, 2023 AT 0900 HRS AT MUTHI GHAT NEAR DIRECTOR SCHOOL EDUCATION OFFICE, JAMMU.

GRIEF STRIKES

- SON AND DAUGHTER-IN-LAW
- SANJEEV WALI AND NEELAM -9796000427
- DAUGHTER AND SON-IN-LAW
- GOLDY AND R.N. PANDITA -9419121066
- PRINCY AND MANOJ GUPTA -9961726292
- FUFI AND FUFA JI
- SHANTA LABROO AND S.K. LABROO -7789063900
- NASI, LALITA TIWARI -9643252360
- MAMI AND MAMA JI
- BABLI AND PRAN NATH KOUL-9796612443



SMT. PRABHA WALI (TATHI)

GRAND CHILDREN
JANU, SHRUTI,
BULBUL, RONAK

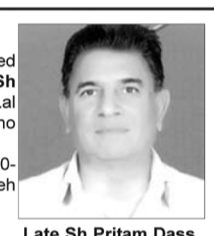
13TH DAY UTHALA

With profound grief and sorrow, we informed the sad demise of our beloved father **Late Sh. Pritam Dass Khanna** S/o Late Shri Ram Lal Karnalley Chak Teh Mandal Distt Jammu who left for heavenly abode on 19-10-23.

13th Day Uthala will be performed on 30-10-23 (Monday) at Karnalley Chak village Teh Mandal Distt Jammu 3:00 PM to 4:00 PM.

GRIEF STRICKEN :

- Jagjeet Khanna- Son- 9797112963
- Raja Khanna - Grand Son- 7006746450
- Janak Rani- Wife
- Ritu Naggi- Daughter- 7051134470
- Shiv Kumar Naggi- Son in law- 9419136439



Late Sh. Pritam Dass Khanna

10TH DAY KRIYA

With profound grief and sorrow we inform the sad demise of our beloved **Sh. Mohan Lal Bhat** S/o Late Sh. Samsar Chand R/o Kharpora Sirmoo Pulwama at present Flat 4 Block 74 Lane 16 Jagti Colony Nagrota who left for his heavenly abode on 22.10.23.

10th Day Kriya will be performed at Sainik School Nagrota Jammu on 31.10.23 at 10 am and assembly will be held at Community Hall Lane 23 near Mandir Jagti Colony Nagrota Jammu.

GRIEF STRICKEN

Samast Bhat, Pandit, Reshi & Raina Parivar



Sh. Mohan Lal Bhat

TENTH DAY/KRIYA/UTHALA

With profound grief and sorrow, we inform the sad demise of our beloved father **Sh. Kapoor Singh Chib, Retd. Agriculture Assistant** R/o Deva/Bakore at present Lane No.4, House No. D-43, R/o Shiv Nagar Jammu on October 20th, 2023.

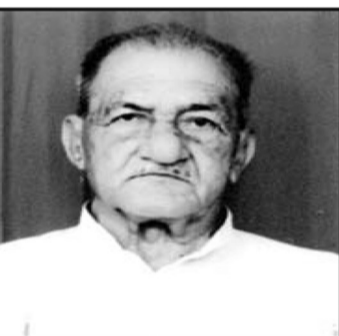
Tenth Day will be on 29-10-2023 (Sunday).

Kriya will be on 1-11-2023 (Wednesday).

Uthala will be on 3-11-2023 at our residence (Friday) House No. D-43, Lane No.4, Shiv Nagar, Jammu.

GRIEF STRICKEN

- Virender Singh Chib - Son
- Surinder Singh Chib - Son
- Santosh Devi - Wife
- Balwan Singh Chib (Retd Inspector Police) - Younger Brother
- Rajveer Singh Chib - Grand Son
- Ranveer Singh - Grand Son
- Suriti Rajput - Grand Daughter
- Akriti Rajput - Grand Daughter
- Phone No: 9797976930, 9906343029



Sh. Kapoor Singh Chib
Retd. Agriculture Assistant

PRAYER MEETING

(Asthiya Darshan)

With profound grief and sorrow it is to inform you that the **Asthiya Darshan of Late Sh. Pardeep Kumar Sharma Ji (Babbu)** S/o Late Smt. Lajya Devi Ji & Late Pt. Bhim Dutt Sharma Ji of Poonch will be placed on **30.10.2023** at **Shri Hari Mandir, Rehari, Jammu from 4:00 PM to 5:00 PM.**

GRIEF STRICKEN:

- Smt. Pawan Rani (Wife)
- Rahul Khajuria (Son)
- Daughter & Son-In-Law
- Smt. Shruti & Sh. Rakesh Kumar Sharma



LATE SH. PARDEEP KUMAR SHARMA (BABBU)

(M) 9419955557
9103205961

BHOG & ANTIM ARDAS

With profound grief and deep sorrow we inform the sad demise of our beloved **Sdr. Jaswant Kour Ji** W/o S. Gurdarshan Singh Malhotra KAS (Retd.) (Senior Congress Leader) who left for heavenly abode on 27.10.2023 (Friday).

PROGRAM:

- Arambh Shri Akhand Path Sahib on 03.11.2023 (Friday) at 9:30 AM at our residence.
- Bhog Shri Akhand Path Sahib on 05.11.2023 at 09:30 AM
- Kirtan and Antim Ardass will be held at Gurudwara Bibi Chand Kour Chand Nagar Jammu Opposite Hotel Fortune from 11:30 AM to 01:00 PM followed by Guru Ka Langar .

Grief Stricken:-

- S. Gurdarshan Singh Malhotra Retd. KAS (Husband)
- (Senior Congress Leader)
- Daughter-in-law & Son
- Sdn. Jasmeet Kour & S. Varinder Singh Malhotra (Insp. J&K Police)
- Sdn. Harpreet Kour & S. Samarjit Singh Malhotra (Insp. J&K Police)
- Sdn. Amandeep Kour & S. Manpreet Singh Malhotra (Editor North Update Newspaper)
- Nephew: Mohinder Singh, Ravinder Singh (Excise Deptt.) Retd., Paramjeet Singh SSP (Adi. S.P Kathua), Moukam Singh, Kulvinder Singh, Manjit Singh, Manohar Singh
- Grand Childrens: S. Guneet Singh, Harman Kour, Harteshwan Singh, Aviraj Singh, Mahira Malhotra, Mavin Kour
- R.S.V.P: Hotel Nagina (Below Gummatt Jammu), Hotel Nagina Inn (Katra), Hotel Sapan Plaza and Raj Deluxe (New Delhi), North Update (Newspaper), Malhotra Complex, Mahindra Watch Co. and Hotel, Harbajan Singh & Sons., Manjit Scooter Garage, Malhotra Communication. Malhotra's, Wadhwan's, Kohli's, Kamra's, Handa's (Family)
- Contact Nos. 9419194059, 9419198744, 9419100084, 9858170000



Sardarni
Jaswant Kour Ji

13TH DAY KRIYA & UTHALA

With profound grief and sorrow, we regret to inform the untimely & sad demise of **Er. Abhishek Bhat & Er. Amandeep Bhat** sons of Sh. Balwan Singh Bhat during their visit to Goa on 18.10.2023.

13TH DAY KRIYA will be performed at 12.30 pm on Monday, 30th of October 2023 followed by **UTHALA** at 3.00 pm at our residence D-243, Lower Shiv Nagar, Behind Govt. Women Polytechnic College, Jammu at 11.00 AM.

Grief Stricken:

- Sh. Balwan Singh Bhat & Smt. Parvesh Kumari (Father & Mother)
- Shivani Chouhan (W/o Abhishek Bhat)
- Sh. Balbir Singh Bhat BDC Chairman & Late Smt. Mukesh Devi (Taya & Tayi)
- Sh. Madan Singh Bhat & Smt. Kailash Devi (Chacha & Chachi)
- Sh. Shaheed D/S.P Gulabdan Singh Bhat & Dr. Sushma Chib (Chacha & Chachi)
- Sh. Balwinder Singh Bhat (Inspector J&K) & Smt. Manju Bhat (Chacha & Chachi)
- Sh. Shamsher Singh Chib & Chander Bachna (Fufa & Fufi)
- Brothers :- Pawan Bhat, Rajinder Bhat (Sarpanch), Amit Bhat, Mohit Bhat, Rohit Bhat, Late Er. Arun Bhat, Sumit Bhat, Arman Bhat
- CONTACT NO: 8492034898, 9419182035, 8803900000



Sh. Abhishek Bhat
Sh. Amandeep Bhat

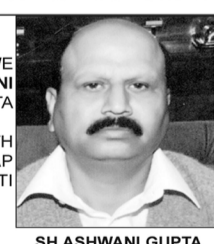
FIFTH DAY

WITH PROFOUND GRIEF AND SORROW, WE INFORM THE SAD DEMISE OF **SH ASHWANI GUPTA** HUSBAND OF SMT RAKHI GUPTA R/O HIRA NAGAR.

FIFTH DAY WILL BE PERFORMED ON 30TH OCTOBER 2023 MONDAY AT KASHYAP SABHA RAM LILA CHOWNK NAI BASTI JAMMU AT 11 AM.

GRIEF STRICKEN

- BROTHER-IN-LAW AND SISTER-IN-LAW
- SH. JATINDER GUPTA AND SMT. JYOTI GUPTA
- SH. ROHIT GUPTA AND SMT. PREETI
- VANSHI KRISHIKA
- POONAM DIGITAL STUDIO AND GIFT SHOP NAI BASTI JAMMU
- 7006905892, 7006825345



SH ASHWANI GUPTA

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MP Khatana commends PM, HM, LG for promoting public outreach

TOP NEWS REPORT

JAMMU, Oct 29: Bharatiya Janata Party MP Rajya Sabha (Nominated) Er. Gulam Ali Khatana extended his heartfelt appreciation to Prime Minister Narendra Modi, Home Minister Amit Shah, and Lieutenant Governor Manoj Sinha for their proactive efforts in promoting public outreach and ensuring the welfare of the Union Territory of Jammu and Kashmir.

Addressing a largely attended public meeting at Bathindi here, MP Gulam Ali Khatana lauded the comprehensive and forward-thinking initiatives undertaken by the central government and the local administration. These initiatives, spearheaded by the dynamic trio of Prime Minister Narendra Modi, Home Minister Amit Shah, and Lieutenant Governor Manoj Sinha, are aimed at ensuring that the citizens of Jammu and Kashmir receive the attention and



support they need. The public outreach efforts, led by the central and local authorities, will be instrumental in addressing the concerns and grievances of the residents of Jammu and Kashmir. MP Gulam Ali Khatana noted that these efforts shall foster a sense of inclusivity, transparency, and good governance, ultimately leading to the region's development and prosperity.

A large number of people also joined BJP on the occasion including Shakil Ahmed, Abdul Latif, Sadiq Ahmed, Mohd Kamal, Mohd Yousaf, Talib Hussain.

MP Khatana said, "It is indeed heartening to witness the unwavering commitment of Prime Minister Narendra Modi, Home Minister Amit Shah, and Lieutenant Governor Manoj Sinha towards the wel-

fare of the people of Jammu and Kashmir. Their vision and leadership have ushered in a new era of development and opportunity for our region. The ongoing public outreach efforts have created a robust platform for the people to voice their concerns and aspirations, ensuring their active participation in the growth and progress of our beautiful land." He further under-

scored the transformative impact of these initiatives in Jammu and Kashmir, as the residents witness a wave of development, infrastructure improvement, and economic growth that fosters hope and a brighter future for the region.

MP Gulam Ali Khatana, while recognizing the challenges and complexities involved in addressing the unique needs of Jammu and Kashmir, expressed confidence in the steadfast commitment of Prime Minister Modi, Home Minister Shah, and Lieutenant Governor Sinha to achieving lasting peace, prosperity, and unity in the region.

Prominent among others who spoke on the occasion were Rajak Ali Putto, Chairman, Bashir Ahmed, Ch. Noor Alam, ex-Sarpanch, Mushtaq Panch, Advocate Mohd. Iqbal Khan, Rafiq Ahmed, BJP Ghulam Rasool, Numberdar.

Tanveer appointed State Convenor, Jai Sidh Co-Coordinator PYC Social Media Cell

TOP NEWS REPORT

JAMMU, Oct 29: Manu Jain National Head IYC Social Media today appointed colleagues as State Convenor, State Coordinators, State Co-ordinators, State Executive Members of Jammu & Kashmir Youth Congress Social Media. According to order, Tanveer Singh appointed State Convenor, Ram Singh, Waseem Khan, Umar Ayub, Abhinandan Nayar, Vassem Tak, Irshad Chaudhary appointed State Coordinators, State Co-ordinators include Kapil Kumar, Waqar Aziz, Darshan Kumar, Sandeep Sharma, Danish Malik, JaiSiddh Bhalla, Aishahlan, Suhail Nisar, Abdul Hamid.

Tanveer Singh speaking on his appointment said that public opinion is the currency of democracy. Social media platforms are increasingly becoming the primary ground for public discourse and mobilization of public opinion, a tool where people are able to talk about the issues of day to day life and also of national importance. Social media today is no longer just an inno-



cent space to connect with friends and family. Instead, it has metamorphosed into becoming an influential space for political activity and creating a new political dialogue, added Singh. Singh further said that communication barriers that did not allow people to interact with the leaders have reduced significantly because of social media. Politicians are reaching out to their supporters on social media. They are making sure to keep the public in the loop through their engagements and posts on social media. It has increased the ability for ordinary citizens to take part in the political process. Besides this, social media has been actively used for influencing diplomatic relations between India and its friendly countries, added Singh.

State Co-Coordinator Jai Siddh Bhalla extended his gratitude

to Manu Jain National Head IYC Social Media on his appointment and express his commitment to effectively counter false propaganda by BJP against Congress party. He said in today's digital era, social media is highly useful tool to communicate information. In 2014 General elections, social media played a key role in influencing voter's behavior. From 2014 onward, many startups related to the social media came into picture. Due to which various job opportunities got opened for the youth. As people across the globe have increasingly turned to Facebook, Twitter, WhatsApp and other platforms to get their news and express their opinions, the sphere of social media has become a new public space for discussing – and often arguing bitterly – about political and social issues.

IEI Jammu Local Centre holds 56th Annual General Meeting

TOP NEWS REPORT

JAMMU, Oct 29: The Institution of Engineers (India), Jammu Local Centre held its 56th Annual General Meeting (AGM) at its Institutional Complex, Sector – 3, Channi Himmat, Jammu today. The AGM was presided over by Prof. Dr. Bahwna Sharma, FIE, Chairman of Jammu Local Centre. A large number of corporate members from all disciplines of Engineering attended the AGM.

Er. Sachin Tickoo, MIE, Honorary Secretary of the Centre, welcomed the members and presented the Annual Report for the year 2022-2023, highlighting the activities of the Jammu Local Centre. The audited annual



account for the year 2022-23 were also presented and approved. The AGM also discussed various activities conducted by the Institution of Engineers (India), Jammu Local Centre during the year, which included seminars

and paper presentations on local problems, as well as events held on the occasion of various statutory days as per the calendar of the Institution of Engineers (India). In his address to the AGM, Prof. Dr. Bahwna Sharma exhorted the

engineering fraternity, encompassing various engineering disciplines, faculty members from Engineering institutions, and industry leaders, to come forward and contribute towards the development of the Institution of Engineers

(India) Jammu Local Centre. Er. Sachin Tickoo, MIE, Honorary Secretary of the Centre, conducted the proceedings and delivered the vote of thanks to the august gathering present on the occasion.

SSH Youth Wing protest against Pakistan for sponsoring terrorists and drugs in J&K

TOP NEWS REPORT

JAMMU, Oct 29: Shiv Sena Hindustan Youth Wing Activists led by its President Ganesh Choudhary today held strong protest against Pakistan for sponsoring terrorists and drugs through drones to disturb peace in J&K, trouble in the region. The activists torched effigy of Pakistan and raised slogans against Pakistan for spoiling our younger generation and exploiting youth.

Speaking on the occasion, Ganesh urged Prime Minister Narendra Modi to deal with the source of terrorism across the border sternly. From the sky, drones from Pakistan that drop drugs across the border; on the ground, a distribution model akin to a multi-level marketing scheme where an addict ropes in more addicts; consignments ferried from neighbouring states; prescription



drugs sold against cancelled licenses and opioids procured from the darknet. Ganesh further said that these are the myriad supply lines that feed and fuel the drug pandemic in Jammu and Kashmir which has stretched the public health system to its limits and poses a set of unprecedented challenges to security agencies. Analysing

police records of seizure and arrests, both at an all-time high, reveals that, in many cases, the drug trade and terror networks also run parallel – and often intersect, he said. Ganesh said profits obtained through the narcotics trade are sent back to Pakistan and then channelled to finance terrorist activities in Jammu and Kashmir. We are faced

with a new challenge where the drugs and weapons are smuggled from Pakistan together. While the weapons are delivered to the terrorists, the major part of the drug proceeds is returned to handlers across the border and the rest shared by the peddlers. Prominent among those present on the occasion include Bharat Bhushan,

Shankar Singh, Yashpal, Prabhu Dayal, Mohan Lal, Ajay Kumar, Nekram, Raj Kumar, Rahul Kumar, Premchand, Bhushan Kumar, Sanjeev Kumar, Kamal Kumar, Madhu Bala Neelam Kumari, Sonia Chaudhary, Reena Devi, Sunita Devi, Asha Devi, Suman Devi, Tripta Devi, Rajni Devi, Santosh Devi, Rimpi Devi, Pola, Prem Kumar.

**UNION TERRITORY OF JAMMU AND KASHMIR
OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI PHE MECHANICAL DIVISION KATHUA**

NOTICE INVITING TENDER
e-NIT No. JSPHEMK/2460F 2023-24 Dated: 26-10-2023

For and on behalf of Lt. Governor of UT of J&K, Executive Engineer, Jal Shakti PHE Mech. Division Kathua, invite tenders from reputed and resourceful Bidders/Firms/Companies/joint venture etc. for below mentioned works at Water Supply scheme **Kakrao** of Jal Shakti PHE Mech. Sub Division Hiranagar of Kathua District of UT of J&K, under Jal Jeevan Mission (JJM). The bidding process shall be completed online on www.jktenders.gov.in in two covers viz. **Cover 1st** consisting of General Terms and Conditions and **Cover 2nd** Financial Bid in the prescribed BOQ.

S. No.	Particulars of the Work	Estimated Cost (Lacs)	Tender fee (in Rs)	Earnest money Deposit	Bid Validity	Time of Completion of work (days)
1	Providing, installation, testing and commissioning of pumping machinery and electro-mechanical works along with allied jobs to be executed at water supply scheme Kakrao of Jal Shakti (PHE) Mech. Sub Division Hiranagar of Kathua District of UT of J&K, under Jal Jeevan Mission (JJM).	Rs. 30.99	1000/- (Non-Refundable) In the shape of Treasury Challan/e-Challan through RTGS in favour of the Executive Engineer, Jal Shakti PHE Mechanical Division Kathua	50000/- (pledged to Executive Engineer, Jal Shakti PHE Mechanical Division Kathua)	365 days	150 days

Position of funds: Approved Under Jal Jeevan Mission (JJM)
Position of AAA: Accredited
Position of T.S: Sanctioned
The tendering authority is Executive Engineer, Jal Shakti PHE (M) Div. Kathua.

Critical Dates:

S. No.	Particulars	Date
i	Publish Date	26-10-2023
ii	Document Download/sale start Date	26-10-2023
iii	Date of Pre-bid meeting	03-11-2023 (02:00 PM)
iv	Bid submission start date	27-10-2023
v	Bid submission end date	14-11-2023 (04:00 PM)
vi	Date and time of Bid opening	15-11-2023 (01:00 PM onward)

- Bid documents can be accessed and downloaded from the website www.jktenders.gov.in
- The whole bidding process shall be completed online on tender portal www.jktenders.gov.in. The intending bidders can download the bid document from the tender portal and can submit their bids by uploading them on the tender portal.
- The valid bids received shall be opened online in the office of the Executive Engineer, Jal Shakti PHE Mech. Division Kathua. Bids must be accompanied by bid security and cost of Tender Document as specified in column 4 & 5 of the table and shall be payable at Kathua.
- The cost of tender documents should be in the form of Treasury challan/e-challan towards the cost of tender document to be deposited in MH-0215 (Revenue head) or through RTGS in J&K Bank Ltd. Kathua City bearing bank account No. 0555010200001579, IFSC CODE: JAKAOPCKATU in favour of Executive Engineer, Jal Shakti PHE Mech. Division Kathua.
- The original hard copies of cost of tender document in shape of Treasury challan/e-challan, Earnest money in shape of CDR/FDR/BG and other relevant documents shall be obtained from the bidder who is declared as L1 after opening of financial cover.
- The bid shall remain valid for a period of 365 days from the last date of submission of bids. If any bidder withdraws his bid before the said period or makes any modifications in the terms and conditions of the bid, the same shall be considered to be a violation of bid security declaration and shall be dealt with accordingly and the bidder shall be declared non-responsive.
- Other details can be seen in the bidding documents from the website www.jktenders.gov.in.
- Queries by email if any should be made at phejmmkd@kathua@gmail.com

No: JSPHEMK/5402-14
Dated 26-10-2023 **DIP/J-10306/23**
**Sd/- Executive Engineer
Jal Shakti (PHE) Mech. Division
Kathua**

EDITORIAL

TELEVISED
SPORTS

And no doubt a fourth reason why people watch televised sports is that they often make great television.

Its focus on the individual miscues that had led to a fourth straight Buffalo Bills defeat, are only three examples of the wonder that can be sports on television.

But what, specifically, makes an individual sporting event "good television?" As Channels writer Julie Talen wrote, "All sports are not created equal. The most popular sports on TV are those best served by the medium's limitations."

What she means is that even if there are 20 cameras and 40 microphones at an event, the viewer still receives one picture and one set of sounds.

Together these must convey a sense of what is happening in the actual contest. Monday Night Football's longtime director, Chet Forte, argued, "It's impossible to blow a football game.

Football works as a flattened sport. Its rectangular field fits on the screen far more readily than, for example, golf's far-flung woods and sand traps.

The football moves right or left on the screen and back again. Its limited repertoire kicks, passes, and run sets it apart from, say, baseball, where the range of possibilities for the ball and the players at any given moment is enormous."

And CBS's top football director, Sandy Grossman, says "The reason (the gridiron) is easier to cover is because every play is a separate story. There's a beginning, middle, and an end, and then there's 20 or 30 seconds to retell it or react to it."

There are, in other words, certain characteristics of the different sports that make them better dramatic and visual matches for television, and in doing so, render them more popular with audiences.

The camera, and therefore the fans' attention, is repeatedly redirected to a specific starting point for each new play, serve, or pitch.

This is what CBS's Grossman above called a "separate story." Therefore, football and baseball are better than hockey and soccer in providing a discrete starting point.

Tension can be sustained and viewer interest maintained if something crucial can occur at any moment. Any pitch can result in a home run or a fine running catch by the center fielder. Any pass can produce a touchdown or an interception.

In contrast, the first three quarters of a basketball game usually serve only to set up the last three minutes and much of soccer's action happens at mid-field, yards and yards away from the goal (and a potential exciting save or game-changing score).

Baseball has innings, football has timeouts and quarters. Those covering and those watching the event can establish a rhythm that allows for the more-or-less natural insertion of commercials and visits to the refrigerator.

Soccer has continuous action, as does hockey, which makes commercial insertion more complex. Cameras and viewers have to be able to follow the object of interest on the field and on the small screen, respectively. Basketballs and footballs are big while hockey pucks and golf balls are quite small.

Television is a visual medium; it lives by the pictures it offers its viewers. Baseball and football offer spectacle big, full, beautiful stadiums, lovely playing surfaces, the blimp, cheerleaders (football) and the bullpen (baseball).

Golf presents the manicured scenery of country club settings and the occasional glimpse at windswept Scottish headlands. Tennis, by contrast, has a small rectangular court and bowling has a skinny lane of wood (though each has the beginning-middle-end story structure so desirable to directors).

Celebrate Ram's values, don't politicise Ayodhya

By: Pavan K Varma

Dussehra has just been celebrated with great enthusiasm and devotion across the country. Its essential message is that in Ram's victory over Raavan, good conquered evil, right prevailed over wrong, and truth over falsehood.

When we burn Ravan, and worship Ram, apart from the ritual, it is essential to understand why Ram, in the devotee's mind, is unconditionally considered the embodiment of good, Maryada Purushottam, the epitome of rectitude, the touchstone of correct behaviour, the role model of the perfect human being. This is because of the values he stands for — values which are eternal or sanatan. There are those, especially women, who question this assessment, because of his treatment of Sita in the controversial Uttar Kand of the Ramayana of Valmiki, which is regarded as a later interpolation. But this part of the narrative does not exist in the Ramcharitmanas of Tulsidas (1574-1623 CE), which Mahatma Gandhi has called "the greatest book in all devotional literature".

Ram, seen from Tulsi's eyes, is indeed Maryada Purushottam, whose defeat of Ravan is a consequence of good prevailing over evil. I have studied the Manas deeply, and give here a few examples of why this is true.

When Ram is born, Tulsi celebrates this in the line: "Bhaye pragata kripala, deen dayala: The all merciful and the saviour of the weak, is born." Ram's mother, Kaushalya, is overawed that she has

given birth to the Lord of the universe. But she seeks the simple joys of motherhood, and requests Ram to discard his divine form and become a child. Ram, the ever-obedient son, immediately obliges: "Suni bachan sujana rodan thana hoi baalak surbhoopa: Hearing these words the all-wise Lord of immortals became an infant and began to cry."

For Tulsi, Ram is the ideal progeny. Kaikeyi is responsible for sending him to exile for 14 years, but Ram's response to her has no anger or bitterness: "Sun janana soi sutu bad-abhagi jo pitu matu bachan anuragi: Listen mother: that son alone is blessed who is devoted to the words of his parents." For many of today's generation this kind of blind fidelity to one's parents, is neither necessary nor desirable. But there is, I believe, in parents still an expectation that their children will heed their advice and instructions to the greatest extent possible. Children too, in our culture, have a respect and love for their parents, which is perhaps less overt or substantive in many other societies, although in our case too, this is an increasingly endangered sentiment. However, Ram's reflexive acceptance of his parent's wishes, even if the main conspirator in his exile is his stepmother, and the saumya rasa, the calm amiability, with which he agrees to the unfair adversity imposed on him, has been held by millions as the adarsh or ideal role model of a dutiful son.

Ram is also the ideal husband. On first seeing Sita in Janak's garden before the syayamvar, he falls in love with her instantly, but

unlike the lovable bar jori of Krishna, he is poetically restrained in his romantic passion: "Sundarta kahun sundar karai, chhabigraha deepshika janu barai: She lends beauty to beauty itself, like a blazing flame in a house of light."

Ram is also the ideal friend. To Sugriva, Ram says: "Nija dukha giri sama raja jana, mitraka dukha raja meru samana: A man should regard his own troubles as a mere grain of sand, while those of his friend, even if trifling, like Mount Sumeru." To Bali, who coveted his brother's wife, he was emphatic in his condemnation: "Anuj badhu bhagini suta nari, sunu satha kanya sama e chari: Listen, O wretch: a younger brother's wife, a sister, a daughter-in-law and one's own daughter, these four are alike."

When Lakshman asks Ram, what is wisdom, the Maryada Purushottam says: "Gyana maana jahan ekau nahin, dekha brahma samana sab mahi: Spiritual wisdom is that which is free from pride and arrogance and sees the Supreme Spirit equally in all."

In one of the most significant statements defining true Dharma, Ram tells Bharat: "Para hita saras dharam nahin bhai, para peeda sama nahin adhamai: There is no virtue as great as the welfare of another, and no sin worse than oppressing another." The qualities that guide him to conquer evil, however strong the enemy is, are summed up by Ram in his reply to Vibhishana: "Sunahu sakha kaha kripamidhana, sauraja dhiraja tehi ratha chaka, satya sila dridhdvaja pataka, bala bikeka dama parahita ghore, kshama

kripa samata raju jore: Listen friend, in the chariot that leads one to victory, valour and fortitude are the wheels, while truthfulness and good conduct are its enduring banner; strength, discretion, self-control and benevolence are its four horses, that are joined to the chariot with the cords of forgiveness, compassion and evenness of mind."

In this discourse, Ram also enumerates other virtues which are the key to victory, and must temper arrogance: dispassion, he says, is the shield, contentment the sword, charity the axe, reason the lance, and wisdom the bow. Ram's message is clear: Evil may appear to be stronger, much better armed, with all the weapons at its command. Yet goodness has its own intrinsic power, and will always prevail over evil. Tulsi's point is that Ram has the virtues that make a person invincible. These virtues are not acquired by external projections of one's strength, but are a factor of internal disposition and resolve. They give to an individual the strength of character to overcome any adversity, even in situations where there is apparent asymmetry between the relative might of opposing forces. In this sense, Tulsi sees Ram as an ideal for every human being, often caught in situations where personal virtues appear to be dwarfed by the power of an opponent. His message is that Ram has precisely those virtues that ensure the victory of good over evil.

As we look forward now to the inauguration of the Ram temple in Ayodhya on January 22, 2024, let us celebrate this auspicious occasion for the real values that Ram stood for, and not politicise it for transient or partisan purposes.

"Pollution in mindset"



By: Ruchi Rajput

(Law student from law school of Jammu)

Did you know, as a law student I always want to talk about the people's mindset or we say pollution in the mindset. It always refers to the negative and harmful thoughts, beliefs and judgments that can pollute our minds and affect our

overall well-being. Pollution isn't just limited to the environment around us, it can also seep into our minds. Just like air pollution affect our Dhvysical health, mindset Dollution have a bad effect on our mental well-being. One of the significant aspect of mindset pollution is narrow-mindedness. In this article, I will explore the concept Of mindset pollution, its effects on individual and society and strategies to overcomes narrow-mindedness

Narrow-mindedness have so bad impact on individual as well as on society. It hinders personal growth and limits our ability to adapt to change. It can manifest in various forms such as stereotypes, prejudice, etc. Some

people are always ready to judge others.

Narrow-minded people never think once before judging that how impactful their words can be on someone's life. We should understand that we all have our own unique perspective. It looks so disgraceful when people judge and said so obscene words to others without really knowing them. Still our society judge women by her clothes. It always frustrates me when my neighbours or people surrounded me constantly judge others based on their profession or appearance like

actresses\ models etc . Our society never appreciates them but always curse them by judging their pro-

fession and their character. But it's important to respect everyone's profession. We always remember that everyone deserves respect and shouldn't be judged solely on their career choices. Imagine a world where our thoughts and beliefs are like clear skies. " Don't judge someone just because they think, look and wear differently than you."

! An open mind is like a parachute- it only work when it's open" - Frank Zappa.

STOPSPREADINGHATE
At the end, I just like to say that stop passing judgments on people because our country has judiciary administration for the judgements.

Thankyou for giving your precious time to this article.

BJP leaders, public listen 106th Episode of Mann Ki Baat Program



TOP NEWS REPORT

JAMMU, Oct 29: Braham Jyot Satti, Senior leader and Incharge BJP OBC Morcha Jammu Kashmir along with BJP leaders and prominent Citizens listened 106th edition of "Mann Ki Baat" by PM Narendra Modi at Public Park in Jammu.

Vicky Pandey (Mandal President OBC), Ajay Mehra Mandal (Vice President OBC), Ram saran Sharma, Ninder Kumar, Vijay Kumar, Pratham and prominent citizens were present on the occasion. Program was organised by BJP workers.

Prime Minister Narendra Modi on Sunday addressed the nation through the 106th edition of his monthly radio programme 'Man Ki Baat'. The Prime Minister greeted the nation for the festive season. He asked the citizens to buy local products whenever they travel to any place in the country. The PM urged citizens to go for local products during the festive season to support local artisans. He asked people to continue investing in 'Make In India' products even after the festival season. PM Modi also announced that on October 31, the birth anniversary of Sardar Val-

labhbhai Patel, a "very big" nationwide platform will be launched. He said that a platform, 'MY Bharat: Mera Yuva Bharat' will be unveiled as an opportunity for Indian youths to flourish. The PM wished the Asian Games winners for bagging a record number of medals in the athletic event in China and also applauded the Para Asian Games winners. "In this festive season, sports activities are scaling new heights in the country. After Asian Games, India has created history by winning 111 medals in Para

Asian Games," he said. Talking about Tribal Pride Day, to be observed on Nov 15, he said, "The entire country will celebrate Tribal Pride Day on 15th November. This special day is associated with the birth anniversary of Lord Birsa Munda. Lord Birsa Munda resides in the hearts of all of us. We can learn from his life what true courage is and what it means to stand firm on one's determination.

Braham Jyot Satti explained the summary of the whole episode to the public and said India is growing too fast under the dynamic leadership of Hon'ble Prime Minister Narendra Modi.

He said India is blessed to have PM like Narendra Modi who works for every segment of society and he is only PM who remembers the valour and martyrdom of our forces.

He said with the help of various employment schemes we are experiencing a huge growth in the number of entrepreneurs in the state we are highly appreciable.

He said Nation First is the ideology of BJP and every BJP worker is working on ground level and serving humanity.

Govt should safeguard lives, property of frontline warriors: Sadhotra

TOP NEWS REPORT

JAMMU, Oct 29: Ajay Sadhotra, former Minister and Additional General Secretary of J&K National Conference and Rattan Lal Gupta, Provincial President, Jammu, visited the Pak firing affected villages and met border dwellers facing the difficult time due to heavy shelling from across the IB.

The senior NC leaders, during their visit to Bhula Chak in Sae area of R S Pura and Arnia Sectors respectively, visited the house of Om Prakash which was badly damaged due to heavy shelling and the house of Tarsem Lal in Arnea whose daughter in law Rajni Devi was badly injured. They lis-



tened to their plights as their houses came under heavy firing during ceasefire violation on Thursday night. Ajay Sadhotra, while calling the border dwellers as frontline warriors, demanded that government should safeguard the lives and property of people living along borders as they are the first ones who face the brunt of enemy country like

the case on Thursday when they were caught unaware and had to leave their homes and hearth in a hurry.

The former minister demanded that the government should immediately assess the losses and ensure compensation as soon as possible. He also reminded the government about its promise of providing 5 Marla plots to border

people to have safer accommodation in case of such an emergent situation. The Provincial President said that the public exchequer has been drained by the lethargic government in the case of bunkers as they are proving to be worthless.

Prominent among those who were present include Ankush Abrol Provincial Joint Secretary, Dr Vikas Sharma Secretary Central Zone Jammu, District President Naresh Bittu, District President Raghubir Singh Manhas, Sham Lal Block President, Bobby Chouhan Block President, Jatinder Singh Block President and party workers of the areas were also present.

Smart Meters installed in Jammu, but City has not become Smart: Varinderjeet

TOP NEWS REPORT

JAMMU, Oct 29: Chairman of National Sikh front S. Varinder Jeet Singh said that the project of Jammu smart City is about to complete but Jammu has not become smart till now. He said that crores of funds came for the project but only

B.C road, green belt park and Apsara Road has seen some development. There are 75 wards in the city and the drainage system in streets is very poor. The water is stagnant because of which water keeps standing in the drains and this amounts to increase in mosquitoes which ultimately results in Dengue and Chikungunya. In government hospitals there are more than 2000 patients with these diseases and even more patients are

getting treatment in private hospitals. Yesterday a patient even died of dengue in Jammu in a government hospital. In the neighbouring state of Punjab many people of our state are getting treatment for dengue and chikungunya. Government is claiming that Jammu has become a smart City but internally the condition is worse. He appealed to L.G Manoj Sinha to look after this very urgently and improve the condition of these drains and

arrange for cleaning of these drains immediately and release funds and see that the funds are properly utilized so that Jammu City becomes smart not only on paper but on ground also. He also said that the government should not only focus on making paintings in the city but should also focus on giving basic facilities to the people. All the elected corporators should focus on giving basic facilities to the people of the city.

Red Wings Handwara lifts Womens Cricket Tournament trophy at BakiAker Handwara

TOP NEWS REPORT

HANDWARA, OCT 29: The Indian Army has always been at the forefront in nurturing local talent in various fields including games and sports. Cricket is a game which is very passionately played in the heartland of Handwara and is very close to the heart of each and every Handwarian.

The first ever Women's Cricket tournament was organised by the Indian Army. The matches started on 28 October 2023 and were played on a knock out basis.

The final match of the tournament was played on 29 October 2023 at Sports ground BakiAker Handwara between Aushatosh Army Goodwill School Budkoot



Handwara and Red Wings Handwara and had supporters thronging the venue in huge masses to cheer and support their respective favourite team. The fervour at the cricketing extravaganza was a sight to behold.

Aushatosh Army Goodwill school Budkoot

Handwara lost the final match with the margin of 68 runs.

The final match was won by Red Wings Handwara. Trophies and exciting cash prizes for the winners and runners up were also awarded to the teams.

Chief Guest for the final match was ADC

Handwara Nazir Ahmed, DDC Rajwar Mir Sulaiman, Tehsildar Handwara Shahbaz Ahmad, ZEO Handwara Mohammad Rafeeq, Vice Chairman Municipal committee Handwara, Sarpanch Bakiaker Firdous Ahmad and other dignitaries who graced the occasion and appreciated

the initiative and efforts of the Indian Army and local populace.

This tournament was a platform for the budding talents of Handwara to showcase their talent and skills. The overwhelming crowd is a testimony to the motto of "Badalta Kashmir" (changing Kashmir).

Sonam Lotus transferred to Leh, Dr Mukhtar to head MeT centre Srinagar

SRINAGAR, Oct 29 (Agencies): Sonam Lotus, the Director of the Department of Meteorology in Jammu and Kashmir, has been transferred by the government, to head Mete-

orological Center in Leh. An order issued by Director General Meteorology reads, "Sonam Lotus, Scientist-E, will work as Head M.C Leh and is relieved of his duties as Head M.C.

Srinagar with immediate effect until further orders, Dr. Mukhtar Ahmad Scientist-D will work as Head of MC Srinagar with immediate effect until further orders."

South Kashmir youth wins silver in Asian Shooting Championship

SRINAGAR, Oct 29 (Agencies): Zahid Hussain from Anantnang on Sunday bagged silver medal at Asian Shooting Championship in South Korea.

Jammu and Kashmir Sports Council on X

(Formerly Twitter) wrote: put your hands together and congratulate Zahid hussain who won silver medal at Asian Shooting Championship South Korea."

The Asian Shooting Championships 2023

is a qualifying event for the Paris 2024 Olympics. A total of 24 Olympic quotas are on offer with the top two finishers (one per country) in each of the 12 Olympic shooting events securing a spot for their national teams.

KC Public School wins 28 Medals at 5th District Jammu Grappling Championship

TOP NEWS REPORT

JAMMU, Oct 29, 2023: KC Public School won 28 medals at the 5th District Jammu Grappling Championship 2023-24, held at the Indore Sports Complex, Bhagwati Nagar, Jammu, on October 28-29, 2023. The championship was organized by the District Jammu Grappling Association under the aegis of the Grappling Association of J&K.

Over 250 participants from all age groups, boys and girls, took part in the two-day event. The officials for the championship were Rajeshwa Singh, Rajesh Verma, Hariveer Singh, and Bhanu Pratap Atri.

KC Public School emerged as the overall winner of the championship with 28 medals,



including 14 gold, 9 silver, and 5 bronze. BSF School came second with 26 medals, including 10 gold, 8 silver, and 8 bronze.

In the individual category, Shivan Singh of KC Public School won the gold medal in the 58 kg U-15 weight category.

Rishi Mahajan of BSF School won the silver medal, while Saksham and Jassimran won the bronze medals.

The chief guest for the closing ceremony of the championship was Sh. Sahil Ji Maharaj, and the guests of honor were Vikas Gupta, Jai Bharat,

and Darshan Kumar.

The 5th District Jammu Grappling Championship 2023-24 was a grand success, and the organizers and participants appreciated the support of the Jammu & Kashmir Grappling Association and KC Public School.

Talent Hunt organized by Aryans Group of Colleges

TOP NEWS REPORT

JAMMU, Oct 29: Students of Aryans Group of Colleges, Rajpura, Near Chandigarh displayed their talent in the Talent Hunt programme organized at Aryans campus. The students of Engineering, Pharmacy, Nursing, Law, Management, Education, Paramedical, Physiotherapy etc. spell bound the audience by exhibiting extraordinary talents. Dr Anshu Kataria, Chairman, Aryans Group presided over the function.

On the occasion, Renowned Punjabi Singer Gurjazz; & Punjabi actress Hashneel along with entre star cast of Hawa visited Aryans. The webseries "Hawa" is the fusion of horror and comedy, combining the spine-tingling chills of horror with the uproarious laughter of humour by Chaupal. Hawa has been produced and shot in the picturesque landscape of the United Kingdom. Viewers can now watch Hawa on the platform Chaupal. Ajayveer Singh, head of textbooks at Chaupal,



said, "It is the first horror-comedy film of Bollywood released on OTT platform", said Program Head, Chaupal Ajayveer Singh. Dr. Anshu Kataria, Chairman, Aryans Group said that the Group would always welcome such gestures of the students and also encourage the students to organize such events more frequently. He further added that such events are necessary in the professional institutions as they instill confidence and sense of responsibility

in the students. In this Talent Hunt, Rubi Das from BA LLB declared winner in Classical dance, Shehnawaz from Pharmacy announced 1st runner up in Martial Art while Deepa from Nursing Got 3rd position in Bollywood dancing. Cultural activities were performed by students including Classical dance, Martial Arts, Skit, Giddha, Solo Song, Solo Dance, Collage making, Painting, Rangoli making etc.

From Hrithik Roshan's role in Guzaarish to sharing the stage with Shah Rukh Khan, here is what these television celebrities dream of playing on screen

True inspiration
Bhuvnesh Mam
To pick only one is a very difficult choice. There are so many roles to choose from and they are so unique.

But I would love to be part of Guzaarish as Ethan, a role played by Hrithik Roshan.

He was just amazing in that movie. I feel it was one of the best performances.

Many people around me inspire me in different ways.

SRK love
Megha Sharma

My dream role is something that allows me to work with Shah Rukh Khan and share the stage with him. I am sure I will be able to get that one day, as I have started working on it. Shah Rukh is my inspiration. His speeches motivate me a lot.



He started from zero and now he is known as Badshah, the king of the world. I appreciate his hard work and the kind of person he is.

All of this makes me dream of working with him one day.

Fiction zone
Angad Hasija

I am thankful that I got a chance to enact various characters.

Honestly, there are not many different roles for males in the television world.

But I am glad I got to do a different type of role

every time. At the same time, I am currently doing the role of Paras, which is different from whatever roles I have done to date.

Paras is a college-going guy and is very energetic. Talking about my dream role, well, I dream of playing a character just like the fictional character named Joe Goldberg in Netflix's series You. It is very challenging to perform a character like that. I wish I could get a role like that and push my limits.

Energy flow
Ayush Khatri

Surprisingly, I don't have any dream role as such. Earlier, I used to wear gemstones like panna, moonga, pukhraj, and even moti. So, people whom I used to sit together with, who genuinely cared about me, made me understand that by doing such things, I was unknowingly blocking or binding myself with all those things. They suggested I should remove all that stuff and let my energy flow in different direc-

tions. I have stopped wearing the rings and chains. I let my energy flow in different directions. That is why I don't have a specific dream role. Yes, but I would like to be cast in a lead role in any good TV show. As of now, I want to be a TV face. After achieving it, I will move on to achieve something big.

Playing Joker
Aniruddh Dave

I really don't know how many of you know this fact - that to play a 'clown' is my dream role. For an actor, it's a great victory if he gets the role which he has forever dreamt of. Joker is my favorite role. No other character can be so rich in terms of variations of emotions. I wanted to give my soul to a clown someday and I am so happy that it was a small montage that I played!

Movie rivalry with Stallone got out of control, we tried to derail each other, says Schwarzenegger



Arnold Schwarzenegger has said that his film rivalry with industry colleague Sylvester Stallone "got out of control" during the 1980s and 1990s.

The two actors emerged as action movie stars around the same time when Schwarzenegger released "The Terminator" and Stallone featured in "Rambo".

"We were movie rivals,

but we took the competitiveness to the extreme - we each had to have the best body, we had to kill more people in our films and we had to have the biggest guns. It got out of control and we tried to derail each other," Schwarzenegger said during an appearance on "The Graham Norton Show".
"Then when we both invested in Planet Hol-

lywood, we started flying around the world together to promote it and we became fantastic friends. He is a great human being and we are now inseparable," he added.

The two action stars have worked together in the first two "Expendables" films and the 2013 action movie "Escape Plan".

Last year, Stallone had said that the two actors "really disliked each other immensely" for over two decades as their action movies clashed at the box office.

"So the competition, because it's his nature, he is very competitive and so am I... and I just thought it actually helped, but off-screen we were still competitive and that was not a healthy thing at all, but we've become really good friends," Stallone told Forbes.

Mouni Roy believes 'temptation is a forever concept'

Actress Mouni Roy, who has turned into the queen of hearts in the upcoming youth-based reality show 'Temptation Island', believes that "temptation is a forever concept."

In the teaser that was released, Mouni is heard saying: "Jab temptations saamne aate hai, love khatre mein aa jaata hai."

Talking further about the concept of the show, Mouni said: "Temptation is a forever concept. From Adam and Eve's forbidden fruit to the captivating Mohini avatar of Lord Vishnu, even the gods couldn't escape it, we are still humans!"

'Temptation Island India', a BaniJay Asia production, offers audiences a special chance to see the ultimate romance test. The alluring Mouni Roy will open doors for the participants to discover new connections and their own paths to self-discovery in the ultimate



'Pyaar Ki Pariksha'.
'Temptation Island

India' starts November 3 on JioCinema.

'Animal': Ranbir Kapoor, Rashmika Mandanna's 'Satranga' in Arijit Singh's voice explores complex side of love

Makers of the upcoming action thriller film 'Animal' unveiled its new track 'Satranga'.

Taking to Instagram, production house T-series shared a poster of the song which they captioned, "Presenting #Satranga #NeyVeyRey from #Animal."

Sung by Arijit Singh, 'Satranga' delves deep into the strains and differences that can test the bond of a couple played by the talented Ranbir Kapoor and Rashmika Mandanna. The track also marks yet another collaboration between Arijit Singh and Ranbir Kapoor, who boast of a proven track record of delivering chart-toppers.

Composed by Shreyas Puranik and penned by duo of Siddharth and Garima, 'Satranga Re' doesn't shy away from exploring the more complex aspects of love.



The track mirrors Animal's central theme of revealing different facets of the human personality and provides a glimpse into the film's engaging and thought-

provoking narrative that goes beyond the conventional boundaries of mainstream cinema.

Helmed by Sandeep Reddy Vanga 'Animal' stars Ranbir, Rashmika,

Anil Kapoor and Bobby Deol in the lead roles and is all set to hit the theatres on December 1.

The film will be released in 5 languages- Hindi, Telugu, Tamil, Kannada and Malayalam.

Makers recently unveiled the film's first track 'Hua Main' featuring Ranbir and Rashmika which received decent responses from the fans.

Sung by Raghav Chaitanya, 'Hua Main' is penned by the renowned Manoj Muntashir and composed by Pritam.

The song depicts Ranbir and Rashmika's wedding journey.

From Ranbir teaching his love interest how to fly a plane to the two locking lips in front of the family.

The beautiful part of the song is when the couple arrives in a

snow-covered region and exchange garlands.

The makers unveiled the official teaser of the film on the occasion of Ranbir's birthday.

The teaser begins with Ranbir and Rashmika's on-screen characters talking about children. She asked if he "thought about kids" and he replied, "I want to be a father". To this, she said, "you won't be like your father". He replied, "My father is the best father in the world, don't ever go there."

He tells her to ask about anything and he will be "honest". The video shows the troubled relationship of Ranbir with his father. Anil Kapoor is seen having a heated argument with his son and he slaps him on the cheek. Ranbir is shown as an innocent guy and he is also depicted as a fierce and rebellious character.

Malaika Arora gears up for shoot of Jhalak Dikha Ja Season 11

Along with Malaika Arora, Farah Khan and Arshad Warsi will serve as the judges of the new season of dance reality show Jhalak Dikha Ja.

Bollywood diva Malaika Arora is all set to judge a new season of the dance reality show Jhalak Dikha Ja.

She shared a glimpse from the shooting. Taking to her Instagram Story, Malaika treated fans with a picture from her vanity van.

In the picture, Malaika can be seen in a red printed outfit while she gets her hair and makeup done for the shoot.

She took a mirror selfie with her team. Sharing the photo, she wrote, "And it begins.... #jhalakdikhajaa."

The 11th season of the dance reality show Jhalak Dikha Ja is around the corner.

This season of the reality show will be judged by Malaika Arora, Arshad Warsi and Farah Khan, while Gauhar Khan and Ritvik Dhanjani will host the show.

A few days ago, Malaika turned 50 years old. She shared a few glimpses from her birthday celebration.

Taking to Instagram, Malaika dropped a string of pictures which she captioned, "As the



sun sets on another year & I turn 48, (in my favourite bathrobe) I am grateful for the peace, my people and my calm that has been my companion throughout this journey.

Sitting here, each moment feels like a gentle whisper, guiding me towards self-discovery and inner strength.

Here's to the soothing whispers of the breeze, the mesmerizing sunsets that reflect the promise of new beginnings, and the warmth of the people who have made my life beautiful.

Once again, grateful for the life I have got to live so far and hopeful for the life ahead.

Happy birthday to me!" In the pictures, Malaika could be seen enjoying her meal in her hotel room and in a restaurant.

Meanwhile, she recently made heads turn at Lakme Fashion Week 2023.

Malaika exuded boss lady vibes in a chic top that featured a strapless design, and a plunging neckline.

The top was paired with oversized flared trousers and an oversized blazer.

Malaika glammed her show-stopper look with a gold statement choker and pointed black stilettos with killer high heels.

American pop icon Pink says she nearly died after overdose at age 16



Reflecting on the challenges she faced during her teenage years, pop star Pink says she was "off the rails" and even got into drugs.

The singer opened up

about her struggles in an interview.

"I was a punk. I had a mouth. I had a chip on my shoulder. Basically, I grew up in a house where every day my

parents were screaming at each other, throwing things, hated each other.

And then I got into drugs. I was selling drugs. And then I was kicked out of the house. I dropped out of high school. I was off the rails," said Pink.

The "Turbulence" singer recalled a near-fatal incident that occurred when she was 16 and how it served as a wake-up call.

"Thanksgiving of 1995 I was at a rave, and I overdosed. I was on ecstasy, angel dust, crystal, all kinds of things. And then I was out. Done. Too much."

The musician, who shares daughter Willow, 12, and son Jameson, 6, with husband Carey Hart, said a lot has changed for her since she started out her music career in 2000.

"My dressing room used to be like whiskey and cigarettes. Then it was ball pits and stuffed animals," Pink said.

PM Modi, Egyptian Prez discuss deteriorating security, humanitarian situation in West Asia

Exchange views on latest developments in Israeli military operations in Gaza Strip

NEW DELHI, Oct 29 (Agencies): Prime Minister Narendra Modi has spoken with Egyptian President Abdel Fattah El-Sisi and exchanged views on the deteriorating security and humanitarian situation in West Asia.

After his telephonic conversation with Sisi, Modi said that "we share concerns regarding terrorism, violence and loss of civilian lives".

In a post on X, Modi said on Sunday, "Yesterday, spoke with President @AlsisiOfficial. Exchanged views on the deteriorating security and humanitarian situation in West Asia."

"We share concerns regarding terrorism, violence and loss of civilian lives. We agree on the need for early restoration of peace and stability and facilitating humanitarian assistance," he said.

A statement issued by the Egyptian side said President El-Sisi received a phone call from Prime Minister Modi and the two leaders exchanged views



on the latest developments in Israeli military operations in Gaza Strip.

They also discussed the gravity of the continuation of the current escalation, given its formidable impact on the lives of civilians and the threat it poses to the security of the entire region, the statement said.

Spokesman for the Egyptian Presidency, Counselor Ahmed Fahmy, said President El-Sisi confirmed that Egypt is pursuing its endeavours to coordinate regional and international efforts to push towards reaching a ceasefire.

The President warned of the grievous humanitarian and

security repercussions of a ground offensive in the Gaza Strip, the statement said.

He underscored the critical need for unified international action to find a prompt solution at the diplomatic level, which stipulates reinforcing an immediate humanitarian truce that protects the lives of civilians and allows the instantaneous, sustainable and unfettered delivery of humanitarian assistance to the Gaza Strip, in accordance with the resolution of the UN General Assembly in this regard, which was adopted on October 27, it said.

President El-Sisi and Prime Minister Modi expressed relief at the outstanding level of the two countries' bilateral relations and strategic partnership, the statement said.

They stressed their determination to continue to lead the two countries' institutions to further strengthen joint cooperation between Egypt and India, the statement issued by the Egyptian side said.

'Mann Ki Baat': Nationwide platform 'Mera Yuva Bharat' to be launched on Sardar Patel's birth anniversary: PM Modi



NEW DELHI, Oct 29 (Agencies): Prime Minister Narendra Modi on Sunday announced that a nationwide 'Mera Yuva Bharat' platform will be launched on Sardar Vallabhbhai Patel's birth anniversary on October 31 to give the youth an opportunity to play an active role in various nation building

events.

In his 'Mann Ki Baat' radio broadcast, Modi said the 'Mera Yuva Bharat' website is also going to be launched and the youth should register on MYBharat.Gov.in.

"MYBharat will provide an opportunity to the youth of India to play an active role in various

nation building events. This is a unique effort of integrating the youth power of India in building a developed India," the prime minister said.

He also noted that October 31 marks former Prime Minister Indira Gandhi's death anniversary and paid tributes to her.

In his remarks, Modi reiterated his strong pitch for being 'vocal for local'.

"Like every time, this time too, during festivals, our priority should be 'Vocal for Local'," he said.

"I want to reiterate my request that wherever you go on tourism or pilgrimage buy products made by local artisans," he said.

Modi also said that on Gandhi Jayanti, Khadi witnessed record sales.

7 of family killed, 2 others injured in head-on collision in Rajasthan's Hanumangarh

JAIPUR, Oct 29 (Agencies): Seven members of a family were killed while two others were injured in a head-on collision between a car and a truck in Rajasthan's Hanumangarh district, police said on Sunday.

The accident occurred on Saturday night when the family was returning home from a function.

SHO Ved Pal said those killed were identified as Paramjeet Kaur



(60), Khushvinder Singh (25), his wife Paramjeet Kaur (22), son Manjot Singh (5), Rampal (36), his wife Reena (35) and daughter Reet (12). The injured, who

have been identified as Akashdeep Singh (14) and Manraj Kaur (2), were referred to a hospital in Bikaner. The bodies have been sent for post-mortem.

One killed, over 20 injured in explosion at convention centre in Kerala's Kalamassery

More than 2,000 people were inside the hall when the incident occurred

KOCHI, Oct 29 (Agencies): One person died and over 20 were injured in a blast at a convention centre of a Christian religion group in Kalamassery here on Sunday morning, police said.

People who were present at the convention centre told media that the first blast occurred in the middle of a prayer. "Subsequently, we heard two more blasts," an old lady who was inside the centre said.

An officer of Kalamassery police said the cause of the blast or whether there was more than one was not confirmed.

State Industries Minister P Rajeev said the blast site is cordoned off and police and fire rescue have been pressed into service.

Rajeev said that reportedly few of the injured have suffered serious burns.

He said that all medical aid and facilities are

available at the Kalamassery Medical College and if required, the injured can be shifted to other hospitals.

The minister said that information about the nature of the blast or if anyone was behind it was not known presently.

Kerala Health Minister Veena George urged government healthcare professionals to report for duty in the wake of the blast.

Another person present at the centre said there were over 2,000 people inside the hall when the incident occurred.

According to Police, a call was received around 9 am about the blast, seeking police assistance.

Visuals of the incident on TV channels showed fire rescue and police personnel in large numbers evacuating people from the site.

Disturbing visuals of the blast inside the convention centre showed multiple fires inside the hall as people and children were heard screaming in fear.

The video also showed some people trying to quell the fires as the hall was littered with scattered and damaged chairs.

Hundreds of people were seen outside the convention centre post the explosion.

BJP pushing 'one nation, one election' concept as it is scared of Assembly polls outcome: Yogendra Yadav

THANE, Oct 29 (Agencies): Swaraj India leader Yogendra Yadav has claimed the BJP wants to push the concept of 'one nation, one election' as it is scared of its performance in polls to the state Assemblies.

The concept is nothing but to promote "one nation, one election, one party and one leader," Yadav claimed during an event in Maharashtra's Thane city on Saturday night.

Assembly elections are scheduled next month in five states - Mizoram, Rajasthan, Madhya Pradesh, Chhattisgarh and Telangana.

Yadav said the Lok Sabha polls in 2024 will decide the direction of the country for next 50 years. Hence, the polls next year are of utmost importance for the people of the country, he said.

The country faces several challenges in 2024 and unless the people consider them in totality, they will never be

addressed effectively, he said.

Yadav claimed the strength of the opposition INDIA alliance was growing day-by-day and the BJP was worried about it.

The issues in the Lok Sabha and Assembly elections are different and when they go to the voters during the Assembly polls they are answerable for the local issues, which will be very difficult for them (BJP), he said.

"The 'one nation, one election' has got nothing to do with the electoral reforms and the basic purpose (of mooting the concept) is different," he said.

Yadav also claimed the BJP does not want caste census as it is afraid that its result will expose the real economic and educational status of different castes and then it will be difficult for the party to manage the show.

"Caste census is an X-ray of the social arrangement in the

country," he said.

The current situation in the country is like an "undeclared emergency" for an unlimited period, he claimed while targeting the BJP.

The Swaraj India leader further claimed the "BJP has the external protection of the Sangh Parivar", while such a protection is not available to the opposition INDIA bloc.

The people of the country need to give support and strength to the INDIA alliance as a ray of hope has emerged from it, he said.

Given the current situation, the BJP may face defeat in the 2024 polls as its popularity is going down in several states, Yadav claimed.

He said to win over the people the country, the INDIA alliance should go to them with concrete plans on how to tackle issues like unemployment, price rise, communal disharmony, and steps for the welfare of women and farmers.

The country needs a



"new dream" and this can be given by the opposition INDIA bloc, he said.

If they come on the streets with even one issue, that will change the mood of the country, Yadav said, adding that only parliamentary alliance will not be sufficient.

He asked the people to stop indulging in psephology and work towards bringing a change in the country.

In the 21st century, democracy is being "killed in a new smart way," Yadav claimed.

Referring to atrocities on Muslims, he said the "routinisation of atrocities is most hazardous." The other challenges being faced currently include those pertaining

to secularism, federalism and social justice, he said.

"What we see currently is the new model of corporate and political leadership relations. Some select industrialists are made the engine and the rest of the country are the bogies attached to it," Yadav said.

Such a thing is happening for the first time in the country, he pointed out.

The work of breaking the foundation of social justice, built since the last 70 years, has begun now and the reservation for the economically weaker section (EWS) is the first step towards it, he claimed.

Today, there is also a dire need to save the Republic of India, he said.

"The mistake we did was we threw away nationalism, civilisation heritage and Hindu religion, which the BJP picked up and put it to its own use," Yadav said.

Now is the time to get them back, he added.

Women's panel issues notice to Delhi Police over obscene photos of Hindu goddesses



NEW DELHI, Oct 29 (Agencies): The Delhi Commission for Women (DCW) has issued a notice to the Delhi Police concerning pornographic images of Hindu Goddesses after receiving a complaint. The complainant reportedly receiving emails containing sample pictures

of Goddesses portrayed in an obscene manner.

Swati Maliwal, the Chairperson of DCW, has requested a report of action from the Delhi Police, including a copy of the First Information Report (FIR) and details of the accused arrested in connection with the case.

The Commission has also asked for information on the measures taken by the Delhi Police to remove objectionable content from the internet and prevent its circulation.

Commenting on the issue, Swati Maliwal said, "The act is extremely disrespectful and has the potential to hurt religious sentiments and create enmity among groups. This is a very serious matter. An FIR must be registered immediately, and the accused should be apprehended."

She also urged the immediate removal of objectionable content from the internet.

Man accused of raping daughter ends life by jumping in front of train in Thane district

THANE, Oct 29 (Agencies): A man allegedly died by suicide by jumping in front of a suburban train, hours after an offence was registered against him for raping his 11-year-old daughter in Maharashtra's Thane district, police said on Sunday.

The 40-year-old accused was on the run after the case was registered against him on October 26 and was found dead on a railway track the same day, an official said.

The accused, an autorickshaw driver,

lived with his daughter in Badlapur, while his wife was employed in Dubai for the last two years, senior inspector Arun Khirsarsagar said.

The accused allegedly repeatedly raped his daughter between July 2022 and October this year.

The girl recently informed her grandmother about the abuse, and the same was communicated to her mother, who arrived home a few days ago, he said.

Based on a complaint, a first information report

(FIR) was registered against the accused under relevant provisions of the Indian Penal Code and Protection of Children from Sexual Offences (POCSO) Act, the official said.

The police had launched a manhunt for the accused, who fled home after the complaint was lodged and was subsequently found dead on the railway track the same day, he said.

The railway police have registered a case of accidental death, the official added.

Punjab lawyer arrested for repeatedly beating his ailing mother

ROPAR, Oct 29 (Agencies): An elderly woman in Punjab's Ropar was rescued from her own home in Ropar after being allegedly beaten by her son, his wife and their son.

The victim's daughter alerted the police to the alleged abuse, providing them with video evidence of the assault captured by CCTV cameras installed in the



house. The accused, Ankur Verma, a lawyer by profession, was seen mercilessly thrashing

his mother in the CCTV footage.

Following the incident, the police arrested Verma and charged

him under Sections 327 (Voluntarily causing hurt to extort property), 342 (wrongful confinement), 323 (voluntarily causing hurt) of the IPC and Section 24 of the Maintenance and Welfare of Parents and Senior Citizens Act.

Upon examination at a hospital, doctors found multiple bruises on the woman's body, indicative of the severe

physical abuse she had endured.

Deepshikha revealed that she became aware of her mother's plight when she visited the house and accessed the CCTV footage.

The incident has sparked outrage in the community, leading to Verma's expulsion from the Ropar Rotary Club and Bar Association District Ropar.

Israel presses ground campaign against Hamas in '2nd stage' of Gaza war

Expect a 'long and hard' campaign, PM Netanyahu warns Israelis

JERUSALEM, Oct 29 (Agencies): Israeli forces waged ground operations against Hamas in Gaza on Sunday in what Israeli Prime Minister Benjamin Netanyahu called the second phase of a three-week-old war aimed at crushing the Palestinian militant group.

Gaza's besieged residents faced a near-total communications and Internet blackout as Israel's warplanes dropped bombs and its troops and armour pushed into the Hamas-ruled enclave, with Israeli military chiefs signalling they were gearing up for an expanded ground offensive.

Speaking at a press conference in Tel Aviv on Saturday, Netanyahu warned Israelis to expect a "long and hard" campaign but stopped short of calling the current incursions an invasion.

Some of US President Joe Biden's aides have advised Israeli counterparts to hold off on an immediate all-out assault, US officials have said.

Even as initial ground operations appeared limited for now, Netanyahu pledged to spare no effort to free the more than 200 hostages, including Americans and other foreigners, held by Hamas.

"This is the second stage of the war whose goals are clear -- to destroy Hamas' governing and military capabilities and to bring the hostages home," Netanyahu told reporters.

"We are only at the start," he said. "We will destroy the enemy above ground and below ground."

Israel has tightened its blockade and bombarded Gaza for three weeks since the Islamist group Hamas' devastating October 7 attack. At least 1,400 Israelis were killed in the deadliest day of the nation's 75-year history, Israeli authorities said.

Western countries have gen-



erally backed what they say is Israel's right to self-defence. But there has been a mounting international outcry over the toll from the bombing and growing calls for a "humanitarian pause" to allow aid to reach Gaza civilians and ease the humanitarian crisis.

Medical authorities in the Gaza Strip, which has a population of 2.3 million people, say 7,650 Palestinians have been killed in Israel's campaign to obliterate the Iran-backed militants.

President Mahmoud Abbas, whose Palestinian Authority governs parts of the occupied West Bank while Hamas rules Gaza, said, "Our people in the Gaza Strip are facing a war of genocide and massacres committed by the Israeli occupation forces in full view of the entire world."

With many buildings reduced to rubble and shelter hard to find, Gazans are short of food, water, fuel and medicines. Their plight got worse from Friday night when phone and internet services were cut - followed by heavy bombing through the night.

The communications outage persisted into Sunday.

"God help anyone under the rubble," said one Gaza journal-

ist, who spent a terrifying night in a building stairway as bombs fell and Israeli forces appeared to exchange fire with Palestinian fighters.

Israel's chief military spokesperson declined to say whether Israel was behind the telecommunications blackout in Gaza but said it would do what it needed to protect its forces.

TARGETING MAZE OF HAMAS TUNNELS

Israel sent troops and tanks into Gaza on Friday night, focusing on infrastructure including the extensive tunnel network built by Hamas, the Israeli military said. It provided no details on the size of the deployment.

Netanyahu on Saturday reiterated Israel's call for Palestinian civilians to evacuate the northern Gaza Strip where Israel was focusing its attack on what it was were Hamas hideouts and other installations.

But Palestinians say nowhere is safe, with bombs also smashing homes in the south of the densely populated territory.

"A humanitarian catastrophe is unfolding in front of our eyes," UN Secretary-General Antonio Guterres said. The UN Security Council plans to meet on Monday on the Israel-Gaza crisis, diplomats said.

Billionaire entrepreneur Elon Musk offered his SpaceX's Starlink satellite network to support communications in Gaza for "internationally recognised aid organisations." Israel responded that it would fight the move, saying Hamas would "use it for terrorist activities."

Netanyahu, who met with hostages' families on Saturday, said contacts to secure their release would continue even during a ground offensive and that military pressure on Hamas could help bring them home. He did not elaborate.

Qatar-mediated negotiations between Israel and Hamas continued but at a much slower pace than before Friday's escalation in Gaza, a source briefed on the talks said.

Hamas' armed wing said its fighters battled Israeli troops in northeastern and central Gaza. "Al-Qassam Brigades and all Palestinian resistance forces are fully prepared to confront the aggression with full force and thwart the incursions," it said.

The United States and other Western countries had urged Israel to hold off on launching a major ground offensive for fear of high Palestinian casualties and a widening conflict, as well as to give more time for hostage negotiations. But US officials said it was up to Israel to make its own decisions.

Amid fears that the Israel-Hamas war could spiral into a regional conflict, Defence Minister Yoav Gallant told reporters Israel had no interest in expanding the fighting beyond Gaza but is prepared on all fronts.

The crisis brought hundreds of thousands of pro-Palestinian demonstrators out in cities around Europe, the Middle East and Asia on Saturday.

Trump promises to revive Muslim ban, gets slammed by White House



WASHINGTON, Oct 29 (Agencies): Former US President Donald Trump has vowed to revive a controversial travel ban on people from some Muslim-majority countries if he is elected to a second White House term.

While speaking at the annual summit of the Republican Jewish Coalition on Saturday, Trump said: "You remember the travel ban?"

"On day one, I will restore our travel ban. We had a travel ban because we didn't want people coming into our country who really love the idea of blowing our country up."

He said the travel ban imposed during his administration was an amazing success.

"We didn't have one incident in four years because we kept bad people out of our country. We kept them out. We didn't have one, not one instance," Trump, the front-runner for the Republican presidential nomination, said.

In 2017, at the start of Trump's presidency, he imposed sweeping restrictions on the entry of travellers from Iran, Libya, Somalia, Syria, Yemen and, initially, Iraq and Sudan.

The White House immediately slammed the former president.

"In 2020, President Joe Biden decied the 'unconscionable' rise in Islamophobia - which he called a 'pernicious disease' - and was proud to overturn

the vile, un-American Muslim ban enacted by his predecessor." White House spokesperson Andrew Bates said.

"The need to come together against rancid hate is pressing now than ever, as American Muslims and Arab Americans increasingly find themselves the targets of appalling smears and heart-breaking violence - including the barbaric killing of a 6-year-old child," he said.

In office, President Biden has taken unprecedented action against Islamophobia, and more will follow, Bates said.

"These disgraceful attacks against Arab Americans and the Muslim community are the opposite of what we stand for as a country, and they must be forcefully condemned by all Americans who, like President Biden, believe in human dignity. The spike in Islamophobic incidents is a direct attack on the character of our nation. It's critical that we give hate no safe harbour," he said.

Before hundreds of cheering supporters, Trump also vowed to stand alongside Israel's mission to destroy Hamas, defend America and Israel from barbaric terrorists, and reverse the Biden administration's appeasement of Iran.

"To every Israeli and every American touched by these bar-

baric activities: We love you, we're with you, we grieve with you, we share your anger and we stand with you 100 per cent...110 per cent," he said.

"To every American who is terrified that Joe Biden's weakness will bring our country to ruin, I make you this promise: As your president, I will restore peace through strength—and yes, I will prevent World War III," he said.

He said during four years of his presidency, he kept America, Israel and the world safe.

"Today, the world is blowing up all around, no matter where you look. If I were president, the attack on Israel would never, ever have happened," Trump said.

"We eliminated the world's top terrorist—the most brutal terrorist of them all—the Iranian Butcher, Qasem Soleimani. We eliminated him," he asserted.

"Instead of cuddling up to the killers in Iran as Biden has done, I will once again sanction them until their ability to fund terror is absolutely gone. And I will unleash the most powerful economic weapon there is on Earth—drill baby drill!" he said.

"After decades of broken promises by past leaders, I kept my promise, recognised Israel's eternal capital, and opened the American embassy in Jerusalem," he said.

"When I am back in the White House, America's enemies will know once again that if you try to kill our citizens, we will kill you. If you spill a drop of American blood, we spill a gallon of yours," Trump said.

Trump said he will also terminate every open border policy of the Biden administration.

Hurricane Otis: More help arrives in Acapulco, death toll rises to 39 as searchers comb debris

In Acapulco, government workers and volunteers cleared streets, gas station lines wrapped around the block for what fuel was to be had, and some lucky families found food essentials.

ACAPULCO, Oct 29 (Agencies): More resources are arriving on Mexico's battered Pacific coast, and the death toll from Hurricane Otis is growing as searchers recover more bodies from Acapulco's harbour and under fallen trees and other storm debris.

President Andrés Manuel López Obrador said that his opponents are trying to inflate the toll to damage him politically, but few expect the latest mark of 39 dead to be where it stops. Hundreds of families are still awaiting word from loved ones.

Otis roared ashore early Wednesday with devastating 165 mph (266 kph) winds after strengthening so rapidly that people had little time to prepare.

Kristian Vera stood on an Acapulco beach Saturday looking out toward dozens of sunken boats, including three of her own, all marked by floating buoys or just poking out of the water.

Despite losing her livelihood in Otis' brutal pass through Mexico's over Pacific coast, the 44-year-old fisher felt fortunate. Earlier in the day, she watched a body pulled from the water and saw families coming and going, looking for their loved ones.

Mexican authorities raised Otis' official toll to 39 dead and 10 missing Saturday. But Vera and others suggested that number will likely grow, in part because of the number of people who rode out on boats during what had started as a tropical storm and in just 12 hours powered up into a catastrophic Category 5 hurricane.

Vera took turns with four others swimming out with empty gas jugs for flotation to try to raise their sunken boats from the shallow harbour.

Leaning against a small wooden fishing boat like her own, tipped on its side on a beach strewn with trash and fallen trees, she explained that some of the people who died were either fishers caring for their boats or yacht captains who were told by their owners that they needed to make sure their boats were OK when Otis was still a tropical storm.

"That night I was so worried because I live off of this, it's how I feed my kids," Vera said. "But when I began to feel how strong the wind was, I said, 'Tomorrow I won't have a boat, but God willing Acapulco will see another day.'"

Earlier Saturday, Security Secretary Rosa Icela Rodríguez said in a recorded video message with López Obrador posted to the platform X that the probable cause of death for the 39 was "suffocation by submersion." She said that the victims had not yet been identified and that investigations continued.

The new death toll was an increase of 12 over the initial tally of 27 announced Thursday. But the storm's human toll was becoming a point of contention. Rodríguez also said the number of missing rose to 10.

In Acapulco, government workers and volunteers cleared streets, gas station lines wrapped around the block for what fuel was to be had, and some lucky families found food essentials as a more organized



relief operation took shape four days after the storm hit.

Military personnel and volunteers worked along Acapulco's main tourist strip. They sliced through fallen palm trees and metal signs. Cellphone signals were partially recovered near some of the most luxurious hotels, and authorities placed a charging station for people to charge their phones.

But on the periphery of the city, neighbourhoods remained in total chaos. The government presence found in the tourist centre was not visible in other areas. With no signal, no water and no food, people young and old trudged through foot-deep mud and flooded streets to get to large warehouses someone had found full of food. They carried away bags of food and liquids.

Aid has been slow to arrive. The storm's destruction cut off the city of nearly 1 million people for the first day, and because it intensified so quickly on Tuesday little to nothing had been staged in advance.

Authorities had the difficult task of searching for the dead

and missing.

One military officer, who did not want to give his name because he was not authorized to speak to the media, said that searchers in his area had found at least six bodies and that his own unit had found one. It was difficult to find bodies because they were often covered in trees and other debris, he said.

Most families anxiously hunted for water, with some saying they were rationing their supplies. The municipal water system was out because its pumps had no power.

Officials said the military presence would grow to 15,000 in the area, and López Obrador called on the armed forces to set up checkpoints in the city to avoid robberies.

The president said the national electric company told him that service had been restored to 55% of customers in the affected area but that more than 200,000 homes and businesses remained without power.

The federal civil defence agency tallied 220,000 homes that were damaged by the storm, he said.

Bangladesh's Main Opposition Leader Arrested Day After Big Protest: Party

More than 1,00,000 supporters of two major Bangladesh opposition parties rallied to demand PM Sheikh Hasina step down.

DHAKA, Oct 29 (Agencies): Bangladesh's main opposition leader was detained by authorities on Sunday morning, a day after giant protests against the prime minister ahead of elections due in three months, his party said.

"Mirza Fakhru Islam Alamgir has been picked up by officers of the law enforcing agency," the Bangladesh Nationalist Party said in a statement.

"He has been detained by police officers," Shamaruh Mirza, Alamgir's daughter who lives in Australia, told AFP.

Dhaka Metropolitan Police spokesperson Faruk Hossain said he was not aware of his arrest.

Alamgir, 75, the BNP's secretary-general, has been leading the party since BNP chairwoman and two times former premier Khaleda Zia was arrested and jailed, and her son went into exile in Britain.

Zia has been living



under effective house arrest since her release from a 17-year prison sentence in 2020.

The protests on Saturday by the BNP and the largest Islamist party, Jamaat-e-Islami, were the biggest so far this year, AFP journalists on site said and marked a new phase in their protests with a general election due before the end of January.

More than 100,000 supporters of two major Bangladesh opposition parties rallied to demand Prime Minister Sheikh Hasina step down to allow a free and fair vote under a neutral government.

Hasina -- daughter

of the country's founding leader -- has been in power for 15 years and has overseen rapid economic growth with Bangladesh overtaking neighbouring India in GDP per capita, but inflation has risen and her government is accused of corruption and human rights abuses.

Both BNP and Jamaat-e-Islami called for a nationwide strike on Sunday to protest the violence.

Security on Sunday was tight in the capital with thousands of police and paramilitary Border Guard Bangladesh patrolling the streets.

Bhartiya Shikshan Mandal declares JK & Ladakh Body at CUJ



TOP NEWS REPORT

JAMMU, Oct 29: Central University of Jammu in collaboration with Bharatiya Shikshan Mandal organized a seminar on "Bharatiya Values for Transforming Education in Bharat" under the visionary patronage of Vice Chancellor, Prof. Sanjeev Jain wherein eminent academicians, thinkers and scholars participated.

Dr. Dilip Kumar, Palak Adhikaari, Uttar Shetra and Professor, IIMC Jammu chaired the inaugural session and Dr. Vibhuti Gaur, Professor, IGNOU and Akhil Bhartiya Mahila Sah Pramukh was the keynote speaker and Mrs. Chanchal Bhardwaj, Akhil Bhartiya Sankalp Sah Pramukh was the guest of honour. Speaking on the occasion, Dr. Vibhuti Gaur shed light on the princi-

ples of Indianness and announced the Executive body and highlighted the responsibilities of BSM as an extension of the family, focusing on the responsibility of contributing to the country's educational landscape. The newly elected state Executive Committee of the Bharatiya Shikshan Mandal was announced as follows: Prof. Sanjeev Jain (Adhyaksh), Prof. Vandana Sharma (Upadhyaksh), Shri Rajinder Charak (Vice President), Shri Vishal Sharma (Mantri), Prof. Bharat Bhushan (Sah-mantri), Dr. Narinder Sharma (Sah-mantri), Prof. Suram Singh (Kosh-pramukh), Inderjeet Singh (Sah-kosh-pramukh), Anurag Kumar (Ikai Pramukh, SMVDU), Satish Kumar (Ikai Sah-pramukh, SMVDU), Rajeev Bharat (Anusandhan Prakost

Pramukh), Kamlesh Bali (Anusandhan Prakost Sah-pramukh), Dr. Neelika Arora (Shaikshik Prakost Pramukh), Dr. Neerendra Kumar (Shaikshik Prakost, Sah-pramukh), Raminii Gupta (Mahila Prakalp Pramukh), Dr. Vinita Sharma (Mahila Prakalp Sah-pramukh), Sushant Panda (Shaley Prakalp Pramukh), Dr. Vandana Sharma (Prakashan Pramukh), Dr. S.S. Kotwal (Yuva Aayam Pramukh), Dr. Ketan Bhatt (Yuva Aayam Sah-pramukh), Davinder Manhas (Yuva Aayam Sah-pramukh), Gunjan Sharma (Prachar Pramukh), Amit Sharma (Sampark Pramukh), Sukh Chain Sharma (Sampark Sah-pramukh), Dr. Amit Gangotia (Karyalaya Pramukh) and Pariyas Sharma (Karyalaya Sah-pramukh).

President, BSM, Jammu Kashmir and Ladakh Prof. Sanjeev Jain, expressed his commitment to connect Indian educational methods with its traditions and initiate the organization's work at the grass-roots level. The newly elected state secretary, Prof. Vishal Sharma, expressed his enthusiasm for advancing alongside the executive body with full energy and courage. Dr. Dilip Kumar discussed development within the context of the discussion while sharing his thoughts.

The program was attended by Prof. Yashwant Singh (Registrar, CUJ; Prof. Vinay Kumar and other faculty members of CUJ along with karyakartas from other states of the northern region. Prof. Bharat Bhushan provided an introduction to the Bharatiya Shikshan Mandal.

The formal welcome address for the distinguished guests at the program was delivered by Prof. Vandana Sharma, while the vote of thanks was delivered by Dr. Amit Gangotia. Dr. Ketan Bhatt conducted the proceedings.

Amit Kapoor Addresses concerns of Pakistani shelling-affected communities

TOP NEWS REPORT

JAMMU, Oct 29: Aam Aadmi Party's Jammu province vice president, Amit Kapoor, undertook a comprehensive visit to assess the aftermath of Pakistani shelling in several border villages, including Bulle Chak, Triba, and Arnia.

Kapoor engaged with local residents to gain insights into the challenges they face in light of the recent cross-border tensions.

During his visit, Amit Kapoor expressed his concern about the apparent lack of urgency exhibited by the administration in addressing the concerns of people living in these border areas. He highlighted the necessity of prioritizing the resolution of every issue faced by these communities.

In conversations with the local population, residents emphasized the unpredictability of



shelling from the Pakistani side, emphasizing the need for continuous access to safe havens. Furthermore, they called for 24-hour medical services at government health centers in rural areas to ensure residents have access to healthcare at all times.

Amit Kapoor assured the community that their concerns would be promptly raised with the relevant authorities, and efforts would be made

to address these issues efficiently.

Kapoor also proposed two essential measures to safeguard the lives and well-being of border residents. Firstly, he suggested providing five marla plots in secure locations to marginalized individuals living in these areas. Secondly, he emphasized the necessity of constructing bunkers in both residential homes and communal spaces to offer

protection from potential Pakistani firing across the border.

Amit Kapoor's visit underscored the Aam Aadmi Party's commitment to standing with the marginalized communities and addressing their concerns in a timely and effective manner. The party remains dedicated to working for the betterment of the Aam Aadmi and ensuring their safety and security.

Dogra Front and Shiv Sena protest against soaring onion prices

TOP TIMES NEWS

JAMMU, Oct 29, 2023: Workers of the Dogra Front and Shiv Sena, led by President Mr. Ashok Gupta, took out a rally in Jammu city today to protest against the inflating prices of onions.

The party president stated that the government has procured over 5.07 lakh metric tonnes of onion and is all set to procure another 3 lakh metric tonnes in the days to come, which will help keep the price under control. He further stated that the buffer stock should be released at the earliest in Jammu and Kashmir so that the upcoming



ing festival season is not spoiled by the high onion prices.

Gupta also blamed the shortage of onions on the delayed arrivals of harvest from key producing states

like Maharashtra and Madhya Pradesh. He said that the inflow of the onion is low, resulting in high rates. Today, the rates are Rs. 350 (per 5 Kg). Yesterday, it was Rs. 300. It was Rs.

200 before that. A week ago, rates were Rs. 200, Rs. 160, or Rs. 250, etc. The rates have gone up in the last week. The rates have risen due to a shortage in supply.

The workers of the Dogra Front and Shiv Sena raised slogans against the government and demanded that the onion prices be brought down immediately. They also demanded that the buffer stock be released at the earliest.

The party people who were present at the time of protest were Ashish, Amit, Devinder, Roop Lal, Kishore, Kalu, Prem, and various others.

Massive Participation of Public in Booth Jan Samvad Abhiyan in J&K: Vibodh

TOP NEWS REPORT

JAMMU, Oct 29: BJP's Booth Jan Samvad Abhiyan is currently being implemented in full swing in J&K with massive participation of common people which is addressed by young BJP leaders. These remarks were made by J&K BJP General Secretary and former MLC Vibodh Gupta while addressing a meeting of the party leaders and workers of Talab Tillo Mandal at Jammu. He strongly asserted that the UT of J&K has a special place in the heart of PM Modi and with his commendable efforts today peace and prosperity is visible in J&K. Giving further details about this ambitious initiative of BJP in J&K, Vibodh said that he is thrilled to announce that presently 150 trained youth who have been trained through a Yuva Workshop are actively leading this Abhiyan in different parts of Jammu & Kashmir. He further added that this Abhiyan is aimed at fostering direct voter engagement with youth and is set to create a remarkable impact on every citizen of the society. The Booth Jan Samvad Abhiyan will empower citizens with information, exchange of ideas and will strengthen the democratic process. During the meeting the Vibodh also informed that the main



focus of the Abhiyan is on various developmental initiatives of the Modi Government after 5 August 2019. The campaign will last till 15 January 2024 and during this campaign BJP aims to bridge the gap between citizens and government and will create a platform for open dialogue on various issues that matter most to the people, Vibodh highlighted. Concluding his remarks, Vibodh encouraged all the citizens of J&K specially the youth to actively participate in the Abhiyan and make their voices heard. In his address Keshav Chopra, Mandal President, said that BJP believes that an engaged and informed

electorate is crucial for vibrant and responsive democracy. The meeting was also addressed by Sanjay Baru, Councillor and he said that through this initiative, the party aims to further its commitment to serving the people and building a better J&K for every section of the society. Prominent among others who were present in the meeting included, Shakti Kendra Pramukh Rakesh Sharma, Booth President Kewal Krishan Sharma, Incharge Ashok Wazir Jatinder Khajuria, K L Sharma, Rani Sharma, Seema Sehgal, Veena Devi, Pooja, Meenu, Satpal, Ratan Sharma, Seema Dutta, D K Kotwal, Mulkh Raj Rana and O P Sharma.

FROM PAGE 1

"J&K has the potential to become most favoured place when it comes to skills": LG Sinha

Some budding entrepreneurs also got certificates. The aim of this event was to make skill development a priority so that the youth of Jammu and Kashmir are not job seekers but job creators.

Rajeev Rai Bhatnagar, Advisor to LG, and Saurabh Bhagat, Secretary/Commissioner Skill Development, Jammu and Kashmir, were present at the occasion besides other dignitaries.

Senior RSS pracharak R Hari passes away

Boudhik Pramukh.

At the age of 75, he resigned from all the official duties and continued for another 2 years with some special assignments.

R Hari, who knew about 10 languages, namely Malayalam, Konkani, Tamil, Hindi, Sanskrit, English, Marathi, Gujarati, Bengali and Assamese, has published about 60 books in different languages.

Two China-made drones recovered near International border in Amritsar, Tarn Taran

recovered by the BSF in a joint operation with the Punjab Police in Dholan village in Tarn Taran.

The recovered drone was a Chinese

quadcopter, the BSF official said.

Yet another attempt of smugglers to smuggle narcotics via drone was foiled by the BSF, the official added.

Gulmarg all set to receive record tourists this winter

arrangements are being put in place by the authorities.

He said Gulmarg remains more busy with the rush of tourists during the winter than in the rest of the year, and people associated with this sector earn their livelihood handsomely. Gulmarg is expecting to receive a record number of tourists this year, he said.

Keeping in view the rush of tourists, authorities had already arranged a "homestay" facility to provide accommodation and food for the tourists in the famous skiing resort of Gulmarg.

Meanwhile, Secretary of Tourism Dr. Syed Abid Rasheed has recently urged all officers to ensure the availability of all facilities for tourists during winter tourism in Gulmarg.

He also directed the officers to audit the basic facilities in Gulmarg and remove the deficiencies before the onset of winter. Rasheed asked the officers to hold meetings with hotel owners, Pony walas, transporters, and other stakeholders for the proper conduct of tourism activities in Gulmarg during the winter.

The tourism secretary stressed the importance of exploring winter tourism potential in Gulmarg and urged the officials to ensure smooth traffic movement in Gulmarg, besides parking facilities in Tangmarg.

He asked for coordinated cooperation

from all departments so that tourists can go back with pleasant memories, and instructions were also given to establish a common control room comprising all the concerned departments.

According to official data available, 1.52 million tourists have visited Jammu and Kashmir till August this year, compared to 1.88 million tourists last year. This year, the number of tourists is likely to exceed two hundred million, he said.

According to officials, the government is promoting 75 new tourist destinations where all necessary infrastructure will be made available.

He said after the successful G20 tourism meet held in Srinagar, there has been an increase in the number of foreign tourists as well.

It is noteworthy that the Kashmir Valley is the most suitable place for tourism even during winter. The snow-clad mountains draw tourists from warmer regions to enjoy the snowfall here.

Congress Chief Kharge targets Modi Govt over rising onion prices

people of five states will tell the secret of it by defeating the BJP!" the Congress chief said.

The Congress on Saturday alleged that the Modi Government has "failed" to control rising prices and asserted that the anger of the people troubled by inflation will be clearly visible in the results of the upcoming elections.

Elections are taking place in five states — Rajasthan, Madhya Pradesh, Chhattisgarh, Telangana and Mizoram — and the results will be declared on December 3.

The Congress has been attacking the Government over its handling of the economy and raising concerns over "increasing" unemployment and price rise.

Couple commits suicide, wife dies, husband fighting battle for survival

in the mortuary at the District Hospital Samba, where a post-mortem examination is expected to shed light on the circumstances of her untimely demise.

The Samba police have launched a comprehensive investigation to uncover the motivations behind this extreme step taken by the couple. A case has been registered under Section 174 as they leave no stone unturned in the quest for answers, seeking to bring closure to this deeply distressing incident that has left the entire village in Rayor reeling with grief.

Three female pickpockets arrested in Ganderbal: Police

Borkar-IPS, a special Police team was constituted led by SHO PS Kangan Inspector Turk Zahoor under the supervision of SDPO Kangan. Acting Swiftly, the Police Team with the help of reliable sources set a trap at Kangan Market and Three Ladies (Names withheld) were apprehended red-handed, while picking the pocket of one innocent person namely Bashir Ahmed Mir S/O Mangat Mir R/O Hariganwan, he said. "Meanwhile, the trio tried to escape from the spot along with the stolen cash

of RS/- 25000, but the Police Party tactfully arrested all of them. The stolen money was recovered & seized", he said. In this regard, Case FIR No. 118/2023 under relevant sections of law stands registered at PS Kangan and further investigation taken up. The General Public has appreciated & lauded Ganderbal Police for their swift action. Ganderbal Police requests the General public to immediately bring to notice any suspicious activities noticed about such incidents so that culprits can be nabbed effectively in future also.

Poor Air Quality Heightens Stroke Risk: DAK

Kashmir has been constantly deteriorating for the past few years due to the increasing number of vehicles, construction, brick kilns, cement, and other factories that emit pollutants and significantly pollute the air. "The pollution hits dangerous levels during the winter months due to elevated levels of biofuel emissions from the domestic sector," he said.

Dr. Nisar said over the years, stroke cases have been on the rise in Kashmir Valley. Not only the elderly, but we are also seeing an increase in the number of strokes among young people. "While smoking, hypertension, diabetes, and high cholesterol remain important risk factors for stroke, in Kashmir, many people with none of these risk factors come to hospitals with strokes, and air pollution could be a factor," he said.

"There is an urgent need to create policies that reduce air pollution. That would reduce the number of strokes, which is one of the leading causes of death and disability in the valley," he added.

Government imposes USD 800 per tonne minimum export price on onion till December 31; to buy additional 2 lakh tonnes for buffer

Onion prices have further risen to Rs 65-80 per kg in retail market of the national capital on lower supply

NEW DELHI, Oct 29 (Agencies): The government imposed a minimum export price (MEP) of USD 800 per tonne on onion exports till December 31 this year with a view to increase availability of the vegetable in the domestic market and contain prices.

The decision will come into effect from (today) October 29. Besides, the government has also announced the procurement of additional 2 lakh tonnes of onion for the buffer, over and above the 5 lakh tonnes already procured.

The MEP is there for all varieties of onion except Bangalore Rose and Krishnapuram onions; and for cut, sliced, or broken in powder forms.

"Exports of onions is free. MEP of USD 800 FOB (free on board) per tonne is imposed till December 31, 2023," the Directorate General of Foreign Trade said in a notification.

An official statement said that the step will help in maintaining sufficient availability of onion to domestic consumers at affordable prices as the quantity of stored Rabi 2023 onion is declining. The USD 800 per tonne MEP translates into about Rs 67 per kg.

Onion from the buffer has been disposed continuously since the second week of August in major consumption centres all over the country, and also supplied to retail consumers at Rs 25 per kg through mobile vans



operated by NCCF and NAFED.

"Till date about 1.70 lakh metric tonne of onion has been disposed from the buffer. The continuous procurement and disposal of onion from the buffer are undertaken to moderate the prices for consumers while ensuring remunerative prices to the onion farmers," the statement said.

The DGFT notification added that certain onion consignments will be allowed to be exported without MEP and that included consignments that have been handed over to the Customs before this notification and is registered in the electronic systems of the concerned custodian of the Customs station with verifiable evidence of date and time stamping of these commodities having entered the customs station prior to the issuance of this notification is also permitted to be exported. It added that export duty will not be refunded, if paid.

Onion prices have further risen to Rs 65-80 per kg in the retail market of the national capital on lower supply.

Mother Dairy, which has around 400 Safal retail stores in Delhi-NCR, is selling loose onions at Rs 67 per kg. E-commerce portal Bigbasket is selling at Rs 67 per kg, while Otopy at Rs 70 per kg.

Local vendors are selling onions at Rs 80 per kg. Mother Dairy was selling onions at Rs 54-56 per kg on Wednesday and now the rates have touched Rs 67 per kg.

With the rise in retail prices, the Centre on Friday decided to step up the sale of buffer onion at a subsidised rate of Rs 25 per kg in retail markets in order to provide relief to consumers.

According to the Department of Consumer Affairs data, on Saturday the all-India average retail price of onion is Rs 45 per kg, but the maximum price is Rs 80 per kg. In Delhi, the average price is ruling at Rs 75 per kg.

According to the ministry, onion is being offloaded from the buffer stock in both whole-

sale and retail markets in those states where there is a sharp rise in prices. Since mid-August, about 1.7 lakh tonnes of buffer onion has been offloaded in 22 states at different locations.

In retail markets, buffer onion is being offloaded through two cooperative bodies NCCF and NAFED outlets and vehicles at a subsidised rate of Rs 25 per kg. In Delhi too, buffer onion is being sold at this subsidised rate.

A senior government official said the delay in kharif onion sowing due to weather reasons has resulted in less coverage and late arrival of the crop. The fresh kharif onion should have started arriving by now but it has not.

With stored rabi onion getting exhausted and due to delay in the arrival of the kharif onion, there is a tight supply situation, resulting in price increases in both wholesale and retail markets, the official added. He also mentioned that the government has doubled the buffer onion stock for the current year and this should improve domestic availability and check prices in the coming days.

For the 2023-24 fiscal year, the consumer affairs ministry through NCCF and NAFED has maintained a buffer onion stock of 5 lakh tonnes and plans to procure an additional 2 lakh tonnes of onion in the coming days.

After nearly four years of bad luck, Maruti Suzuki catches a break in September quarter

NEW DELHI, Oct 29 (Agencies): For India's largest automaker Maruti Suzuki, July-September has been a quarter of comeback.

The Gurgaon-based company has been one of the biggest post-COVID laggards among the big names in India, with its path to recovery obstructed by one hindrance after another. First, it was poor demand in 2019, followed by the pandemic shutdown of 2020. Then, just as things were looking up, the company was caught on the wrong side of the trends in India's car market that started gravitating towards SUVs and away from small cars. This led to the company posting volume declines for eight quarters, until now.

"In this quarter, as you might have observed, almost all the positive factors combined to give us a good result..." said the CEO of Maruti Rahul Bharti, "there was not a single negative element."

"We had all the positives in this quarter. We had everything positive. It is very unusual in a quarter that you have all that is positive," he added.

Key to the current success of the company has been a sharp turn towards more premium vehicles, particularly SUVs. Over the last one year, the company has emerged as the king of India's SUV market, displacing Mahindra & Mahindra, with a range of models such as Brezza, Ertiga, Fronx, Grand Vitara, Invicto, Jimny, S-Cross and XL6.

In September, the company's SUV sales zoomed by 82% to 59,271, helping offset the 22% decline in its mainstay hatchback and compact segment from 1.02 lakh to 78,903.

"In the industry, the share of utility vehicle segment continued to expand. In quarter 2, the share of SUVs increased about 50%... Together with MUV, the share of UV in the industry is now around 60%," said the CEO.

Thanks to the SUV boost, the Indian automaker saw perfect quarterly results in terms of the highest-ever quarterly sales volume and revenue.

During the three months ended September, the company sold over 5.5 lakh vehicles, registering a growth of 6.7% over the same period the previous year. Margins

Meanwhile, a confluence of positive factors — particularly softening metal prices — aided the company's performance on the profit front.

The automaker which pointed out a couple of reasons for their successful September quarter mainly had the softening of metal prices to be thankful for.

"There has been a significant softening in the precious metal commodities. And there we have seen a lot of reduction in the cost on account of that. Steel also has reduced, but not so significantly reduction in steel compared to what we have seen in the precious metals," said Bharti.

He also added that the increase in the mix and the volumes also helped Maruti in terms of both operating leverage as well as achieving higher margins.

The company, which had seen a significant rise in the one-off employee costs in the June quarter, was thankful for dodging those costs this quarter.

"Advertisement costs also have been slightly lower than what they were in the first quarter because of launches," said the company.

The net profit for the quarter rose to Rs. 37,165 million from Rs. 20,615 million in the second quarter, a year-on-year growth of over 80%.

This was on account of higher sales volume, cost reduction efforts, favourable commodity prices and higher non-operating income.

A Spate of Bad Luck Maruti Suzuki has had a spate of bad luck in the last five years. The troubles began in 2018 when demand and sales started decelerating.

This slowdown caught pace in 2019, with passenger vehicle sales declining to 2.77 million units from 3.38 million units during FY20, according to Society of Indian Automobile Manufacturers. Maruti Suzuki, as the market leader, was not spared the impact.

Just as the demand environment was beginning to recover in early 2020, the automaker suffered huge setbacks with the Covid-19 pandemic, the lockdown and other restrictions that came along with it.

Even as the restrictions started easing, things remained pretty tight for Maruti with muted demand due to economic uncertainties.

For Maruti, domestic sales were down by about 7% in FY21 com-

pared to the previous fiscal.

The Indian automaker even before fully recovering from the pandemic had to deal with another blow with the global semiconductor shortage.

Like other automakers, Maruti was impacted by chip supply constraints, leading to lower production.

In Q2 FY22, the company could only produce 60% of its full capacity due to the chip crunch. While demand was recovering, Maruti could not fully capitalize on it due to supply limitations.

Its pending customer orders reached around 2.6 lakh vehicles by early 2022, reflecting the gap between demand and constrained supply. Still, compared to the COVID-impacted FY21, Maruti Suzuki saw sales jump by 13% to 1.65 million units.

The automaker was losing its market share constantly as the demand for their hatchbacks and sedans was shrinking to SUVs and MPVs.

The Indian passenger vehicle market is witnessing a rapid change in terms of the vehicle preferences of consumers. Utility vehicles including SUVs, crossovers and MPVs are finding their footprint in the country.

This has been attributed to the fact that affluent households have been less impacted by the pandemic, while lower middle class and rural markets continued feeling the pinch of job losses, medical expenses etc. As a result, the share of smaller cars has contracted.

"So small cars are a phenomenon of affordability and affordability means both cost and income," said Bharati.

"The cost has gone up disproportionately because of the regulatory intensity you have seen in the past few years. And the income in this segment of the demography has not taken off."

"We are hoping that sooner or later the income growth in India will catch up and sometimes the small car segment will revive.

There are some explanations that the customer is upgrading. A person who can afford a bigger car would always have bought a bigger car. That would have been true in India for a long time. So it's purely an affordability issue in this segment," he added.

'Death by a thousand cuts': A year after Musk takeover, everything is going wrong for X

SAN FRANCISCO, Oct 29 (Agencies): One year ago, billionaire and new owner Elon Musk walked into Twitter's San Francisco headquarters with a white bathroom sink and a grin, fired its CEO and other top executives and began transforming the social media platform into what is now known as X.

X looks and feels something like Twitter, but the more time you spend on it the clearer it becomes that it's merely an approximation.

Musk has dismantled core features of what made Twitter, Twitter -- its name and blue bird logo, its verification system, its Trust and Safety advisory group. Not to mention content moderation and hate speech enforcement. He also fired, laid off or lost the majority of its workforce -- engineers who keep the site running, moderators who keep it from being overrun with hate, executives in charge of making rules and enforcing them.

The result, long-term Twitter watchers say, has been the end of the platform's role as an imperfect but useful place to find out what's going on in the world. What X will become, and whether Musk can achieve his ambition of turning it into an "everything app" that everyone uses, remains as unclear as it was a year ago.

"Musk hasn't managed to make a single meaningful improvement to the platform and is no closer to his vision of an 'everything app', than he was a year ago," said Insider Intelligence analyst Jasmine

Enberg. "Instead, X has driven away users, advertisers, and now it has lost its primary value proposition in the social media world: Being a central hub for news."

As one of the platform's most popular and prolific users even before he bought the company, Musk had a unique experience on Twitter that is markedly different from how regular users experience it. But many of the changes he has introduced to X has been based on his own impressions of the site -- in fact, he even polled his millions of followers for advice on how to run it (they said he should step down).

"Musk's treatment of the platform as a technology company that he could remake and his vision rather than a social network fueled by people and ad dollars has been the single largest cause of the demise of Twitter," Enberg said.

The blue checkmarks that once signified that the person or institution behind an account was who they said they are -- a celebrity, athlete, journalist from global or local publication, a nonprofit agency -- now merely shows that someone pays \$8 a month for a subscription service that boosts their posts above unchecked users. It's these paying accounts that have been found to spread misinformation on the platform that is often amplified by its algorithms.

For instance, a new report from the left-leaning nonprofit Media Matters found that numerous blue-checked X accounts with

tens of thousands of followers claimed that the mass shooting in Maine was a "false flag", planned by the government. Researchers also found such accounts spreading misinformation and propaganda about the Israel-Hamas war -- so much so that the European Commission made a formal, legally binding request for information to X over its handling of hate speech, misinformation and violent terrorist content related to the war.

Ian Bremmer, a prominent foreign policy expert, posted on X this month that the level of disinformation on the Israel-Hamas war "being algorithmically promoted" on the platform "is unlike anything I've ever been exposed to in my career as a political scientist." It's not just the platform's identity that's on shaky grounds. Twitter was already struggling financially when Musk purchased it for \$44 billion in a deal that closed on October 27, 2022, and the situation appears more precarious today. Musk took the company private, so its books are no longer public -- but in July, the Tesla CEO said the company had lost about half of its advertising revenue and continues to face a large debt load.

"We're still negative cash flow," he posted on the site on July 14, due to a about a "50% drop in advertising revenue plus heavy debt load".

"Need to reach positive cash flow before we have the luxury of anything else," he said.

In May, Musk hired Linda Yaccarino, a former NBC executive with deep ties to the advertising

industry in an attempt to lure back top brands, but the effort has been slow to pay off. While some advertisers have returned to X, they are not spending as much as they did in the past -- despite a rebound in the online advertising market that boosted the most recent quarterly profits for Facebook parent company, Meta, and Google parent company, Alphabet.

Insider Intelligence estimates that X will bring in \$1.89 billion in advertising revenue this year, down 54% from 2022. The last time its ad revenue was near this level was in 2015, when it came in at \$1.99 billion. In 2022, it was \$4.12 billion.

Outside research also shows that people are using X less.

According to research firm Similarweb, global web traffic to Twitter.com was down 14%, year-over-year, and traffic to the ads.twitter.com portal for advertisers was down 16.5%. Performance on mobile was no better, down 17.8% year-over-year based on combined monthly active users for Apple's iOS and Android. "Even though the cultural relevance of Twitter was already starting to decline," before Musk took it over, "it's as if the platform no longer exists. And it's been a death by a thousand cuts," Enberg said.

"What's really fascinating is that almost all of the wounds have been self-inflicted. Usually when a social platform, starts to lose its relevance there are at least some external factors at play, but that's not the case here."

Intermittent fasting is safe, beneficial for people with Type 2 diabetes: Researchers

Time-restricted eating can help people lose weight and control their blood sugar levels

WASHINGTON, Oct 29 (Agencies): According to a new study published in JAMA Network Open by researchers at the University of Illinois Chicago, time-restricted eating, often known as intermittent fasting, can help people with Type 2 diabetes lose weight and control their blood sugar levels.

Participants who ate only during an eight-hour window between noon and 8 pm each day actually lost more weight over six months than participants who were instructed to reduce their calorie intake by 25%. Both groups had

similar reductions in long-term blood sugar levels, as measured by a test of hemoglobin A1C, which shows blood sugar levels over the past three months.

The study was conducted at UIC and enrolled 75 participants into three groups: those who followed the time-restricted eating rules, those who reduced calories and a control group.

Participants' weight, waist circumference, blood sugar levels and other health indicators were measured over the course of six months.

Senior author Krista Varady said that participants in the time-restricted eating group had an easier time following the regime than those in the calorie-reducing group.

The researchers believe this is partly because patients with diabetes are generally told to cut back on calories by their doctors as a first line of defense, so many of these participants likely had already tried -- and struggled with -- that form of dieting.

And while the participants in the time-restricted eating group were not instructed to reduce their calo-

rie intake, they ended up doing so by eating within a fixed window.

"Our study shows that time-restricted eating might be an effective alternative to traditional dieting for people who can't do the traditional diet or are burned out on it," said Varady, a professor of kinesiology and nutrition.

"For many people trying to lose weight, counting time is easier than counting calories."

There were no serious adverse events reported during the six-month study.

Occurrences of hypoglycemia

(low blood sugar) and hyperglycemia (high blood sugar) did not differ between the diet groups and control groups.

Today, 1 in 10 US residents has diabetes, and that number is expected to rise to 1 in 3 by 2050 if current trends continue, the researchers explain. Finding more options for controlling weight and blood sugar levels for these patients, therefore, is crucial.

Just over half the participants in the study were Black and another 40% were Hispanic.

This is notable as diabetes is

particularly prevalent among those groups, so having studies that document the success of time-restricted eating for them is particularly useful, the researchers said.

The study was small and should be followed up by larger ones, said Varady, who is also a member of the University of Illinois Cancer Center.

While it acts as a proof of concept to show that time-restricted eating is safe for those with Type 2 diabetes, Varady said people with diabetes should consult their doctors before starting this sort of diet.

Battle of contrasting approaches: Unstoppable India face deflated England in Lucknow

India are on course to top the league stage while England are looking to survive in the tournament they won four years ago

LUCKNOW, Oct 29 (Agencies): India and England have played with contrasting approaches in the World Cup so far, producing contrasting results. And that is unlikely to change here on Sunday.

India are on course to top the league stage while England are looking to survive in the tournament they won four years ago.

The Rohit Sharma-led side has hardly put a foot wrong, having chased successfully for five games in a row.

England set the benchmark in white-ball cricket with their aggressive style of play, resulting in global triumphs in both the shorter formats.

However, the boom or bust approach has clearly not worked in Indian conditions and the defending champions find themselves on the brink of an embarrassing exit.

Will Ashwin get a game compared to England, India have very little to worry about though they will be missing the all-round services of Hardik Pandya for at least the next couple of games.

In the usual scenario, R Ashwin would have replaced Shardul Thakur on a pitch that is likely to assist the spinners. However, Hardik's absence forces the team management to play only five bowlers.

Jasprit Bumrah, Kuldeep Yadav and Ravindra Jadeja walk into the combination for Sunday's game.

To accommodate Ashwin as the third spinner, India will have



to choose between Mohammad Siraj and Mohammed Shami, who asserted his world class credentials with five wickets in Dharamsala. Picking between the two proven performers will be a tough call.

England game opportunity for SKY and Shreyas

Helped by Rohit's bold stroke play in the power play, the Indian batters have set the ideal template for rival teams to follow. India have mastered the art of chasing, whether they are in cruise control or in a pressure situation like they found themselves against Australia.

In Hardik's absence, Suryakumar Yadav is the team's choice at number six. Following an unfortunate run-out in his first game of the competition, the X factor player will be itching to make an impact.

The chatter on Shreyas Iyer's perpetual struggles against the short-ball has resumed following his dismissal in Dharamsala. He will be fired up to prove his doubters wrong.

Shubman Gill, who missed

the first couple of games due to dengue, is due for a special knock. The Lucknow crowd could also witness a record-equalling 49th hundred from Virat Kohli.

Wrist spinner Kuldeep Yadav, who is from Uttar Pradesh, will be looking to fox the England batters at the state-of-the-art stadium here. It was a good test for him against the rampaging Daryl Mitchell and he will be ready for the England challenge.

Will England change their batting approach? England possess plenty of firepower in the batting department and they would be hoping to string together a worthy performance after a string of abject failures.

Jos Buttler, Jonny Bairstow, Ben Stokes, Liam Livingstone, Harry Brook are all formidable names in world cricket but have found the going tough.

Going hammer and tongs from ball one is the need of the hour in the shortest format but the demands of the ODI format are different. England batters must

gauge the conditions better and accordingly alter their way of playing.

They all love to whack the ball through the line but the Lucknow pitch might not allow them to do that. Root is one batter who has different gears, others need to follow him and show some patience when required.

England also have a fair amount of concerns on the bowling front with their stand-out pacer Reece Topley being ruled out of the tournament due to injury. Brydon Carse has replaced him in the squad. Mark Wood has been far from his best and will be looking for course correction.

However, the spin combination of Moeen Ali and Adil Rashid could pose a threat to the in-form Indian batters.

With the home team involved, the 50,000 capacity stadium will be packed to the rafters.

Squads
England: Jos Buttler (c), Moeen Ali, Gus Atkinson, Jonny Bairstow, Sam Curran, Liam Livingstone, David Malan, Adil Rashid, Joe Root, Harry Brook, Ben Stokes, Brydon Carse, David Willey, Mark Wood, Chris Woakes.

India: Rohit Sharma (c), Shubman Gill, Virat Kohli, Shreyas Iyer, KL Rahul, Ravindra Jadeja, Shardul Thakur, Jasprit Bumrah, Mohammed Siraj, Kuldeep Yadav, Mohammed Shami, Ravichandran Ashwin, Ishan Kishan, Suryakumar Yadav and Hardik Pandya.

India thrash Malaysia 5-0 in women's Asian Champions Trophy



RANCHI, Oct 29 (Agencies): Stalwart Vandana Katariya slammed a brace while Sangita Kumari, Lalremsiami and Jyoti scored a goal each as India came up with another dominating display of stick-work to thrash Malaysia 5-0 in the women's Asian Champions Trophy hockey tournament.

Continuing from where they had left off on Friday, decimating Thailand 7-1 in the opening match, the Indian mid-field worked in tandem with the forward line to give them the momentum right from the start of the contest.

Vandana (7th, 21st), Sangita (28th), Lalremsiami (28th) and Jyoti (38th) were on target for India.

Malaysia were never in the contest against a far superior Indian side marshalled by captain Savita Punia as veteran forward Vandana pierced the porous defence of the rivals with ease to score the opening goal from a penalty corner in the seventh minute of the first quarter.

Another rasping penalty corner from Vandana saw Malaysia go down 0-2 midway through the second quarter and just before the conclusion of the first half, Sangita, who had slammed a hat-trick against Thailand on Friday, weaved her way into the circle to score a fine field goal.

Almost immediately, Lalremsiami too got her name on the score-sheet with another field effort before Jyoti piled on the rivals' misery in the 38th minute.

India could have won by a 6-0 margin had a penalty stroke awarded to them in the first quarter not been declared void following video referral.

The referee awarded a penalty stroke to India but the Malaysians took the video referral following which the decision was overturned.

However, the disappointment did not affect the tempo of the India team, which went about its job in a calm and composed manner.

India will next take on China on Monday. China had defeated India in the Hangzhou Asian Games semifinals, preventing them from securing a direct 2024 Paris Olympic qualification.

In other matches on Saturday, China thrashed Thailand 6-0 to register their first win in the tournament after losing the opener to South Korea. In another match, Japan overcame South Korea 4-0 to register their second consecutive victory here.

India have made it to the finals of the Asian Champions Trophy three times -- 2013, 2016 and 2018 -- but won it just once in 2016, defeating China in the final.

Sam Kerr 'filled with pride' as football centre named in her honour

PERTH, Oct 29 (Agencies): Chelsea striker Sam Kerr said she was filled with pride after her hometown in Australia named a new state-of-the-art training facility after her.

The Matildas captain is among the world's highest-profile footballers and is credited with helping drive the booming popularity of the women's game.

Her name will now adorn the recently built State Football Centre in the Western Australian capital Perth, which was used as a base by five teams during this year's Women's World Cup.

"As a proud West Australian, I am incredibly privileged to have this amazing State Football Centre named after me,"



said Australia's all-time leading goal scorer, adding that it "fills me with pride".

"Football centres such as this create opportunities for kids that enable them to reach their full potential, and that is the ultimate goal," she said.

The facility, with a two-storey grandstand, two competition and training pitches, and three five-a-side fields, will now be known as the Sam Kerr Football Centre.

Western Australia Premier Roger Cook called Kerr "an incredible role model".

"We want the next generation of football stars to play and train at this centre and think about their own sporting dreams," he added.

Kerr, who began her career with Perth Glory, is back in the city for Australia's qualifying matches for next year's Paris Olympics.

After South Africa, Netherlands thrash Bangladesh by 87 runs in another World Cup upset



KOLKATA, Oct 29 (Agencies): Netherlands pacers Paul van Meekeren and Bas de Leede struck with a vengeance to thrash Bangladesh by 87 runs and cause another upset in the World Cup.

Bangladesh's chances of making it to the semi-finals are effectively over after suffering their fifth consecutive loss in

six games. The Dutch, who had defeated South Africa by 38 runs in Dharamsala, did so again as they fought tenaciously to demolish Bangladesh for 142 runs in 42.2 overs after setting them a 230-run target for victory.

Van Meekeren had figures of 4/23, while de Leede took two wickets

for 25 runs. Earlier, Netherlands batted very slowly to manage 229 all out.

Skipper Scott Edwards made a laboured 89-ball 68, while top-order batter Wesley Barresi scored 41. Lower-order batter Sybrand Engelbrecht contributed 35 off 61 deliveries.

Brief scores: Netherlands 229 all out in 50 overs (Wesley Barresi 41, Scott Edwards 68, Sybrand Engelbrecht 35; Mustafizur Rahman 2/36, Shoriful Islam 2/51, Taskin Ahmed 2/43, Mahedi Hasan 2/40).

Bangladesh: 142 in 42.2 overs (Mehidy Hasan Miraz 35; Paul van Meekeren 4/23, Bas de Leede 2/25).

ICC World Cup: Head hundred helps Australia scrape Ravindra-powered New Zealand by 5 runs

With this win, Australia have eight points from six matches, same as New Zealand, and are firmly entrenched at No. 4 at this point

DHARAMSALA, Oct 29 (Agencies): Travis Head's bulldozing hundred and game awareness helped Australia negate a marvellous century by Rachin Ravindra to register a thrilling five-run victory over New Zealand in their World Cup match.

The destruction of Head (109 off 67 balls) and his opening partner David Warner (81 off 65 balls) during their 175-run alliance upfront gelled well with some late-order biffing as Aussies overcame a middle-order meltdown to post 388 all out, after they were put into bat.

Ravindra made a sparkling 116 off 89 balls and James Neesham a manic 39-ball 58 but the Kiwis could only manage 383 to suffer their second successive defeat in the tournament.

The cumulative score of 771 posted by the two teams is highest aggregate score in a World Cup game surpassing 754 collectively notched up by South Africa (428) and Sri Lanka (326) in New Delhi on October 7, in this very event.

With this win, Australia have eight points from six matches, same as New Zealand, and they are firmly entrenched at No. 4 at this point.

But that position did not come without its moments of scares. Ravindra gave them the biggest of them all with an innings that belied his tender age of 23. The left-hander does not have a big frame,



but what he does have is immense timing that allows him to send the ball miles into the stands when required.

Pat Cummins will vouch for that. Ravindra picked up a length ball outside the off-stump from the pacer to cart it over the covers for a six, and it was a stunner. His batting is easy on the eyes as well -- good enough back-lift and a flowing follow-through make him a good addition to the elegant left-handers' club.

But those technicalities aside, his temperament too should be patted as Ravindra batted without even an iota of pressure against a set of battle-hardened Aussies.

The Wellington lad, who was dropped on 100 by Glenn Maxwell off his own bowling, also pieced together good stands with fellow opener Devon Conway (61), 96 with Darryl Mitchell (54) for the third wicket and 54 with Tom Latham (21) for the fourth wicket.

Ravindra reached his hundred off 77 balls with a fine six off Maxwell over deep mid-wicket.

It was his second hundred in this WC after the one in the tournament opener against England at Ahmedabad. He also joined Kane Williamson, Martin Guptill and Glenn Turner as the only Kiwi batters to have scored two hundreds in the World Cup. But all that ended when Ravindra gave a catch to Maxwell at deep off Cummins.

Neesham did try his best to take Black Caps home with a breezy fifty but some limb-forgetting fielding by the Aussies on a dodgy HPCA stadium outfield in the last few overs denied Kiwis a remarkable win.

Australia, especially Marnus Labuschagne, were quite exceptional in that phase and they even had to field with five fielders inside the ring in the final over for slow over rate. But they summoned every ounce of experience and athleticism to emerge on the right side of the result.

Earlier, Head, who replaced Cameron Green in the playing 11, and Warner garnered 175 runs in a mere 19.1 overs. Head was over-

aggressive in his partnership with Warner, taking on New Zealand bowlers with disdain, and it was tough to imagine that this was actually his first match of the tournament.

The left-hander replaced Mitchell Marsh, who came in at No. 3, at the pole position and never really made Australia felt the absence of the big-hitting 'Bison'. Fortune also favoured Head while cruising to his fourth ODI hundred. Head was dropped by Mitchell Santner off his own bowling when the batter was on 70.

Five runs later, Glenn Phillips at covers allowed the ball whizz through his hands as Head tried to clatter spinner Ravindra. But those blips apart, Head and Warner were super smooth, pulling, cutting and driving at will to make runs around the field.

But the Kiwis bowlers, normally a frugal unit under Trent Boult, could not hit the right lines and their fielders too were butterfingers, dropping five catches. New Zealand were also not

helped by the absence of pacer Lockie Ferguson, who conceded 38 runs in three overs, as he left the field with pain in his right Achilles.

The two left-handers exploited those lapses and slices of fortune to the hilt. In fact, Warner reached his fifty in 28 balls and Head his half-century in 25 balls.

With the openers in overdrive 118 runs cascaded in the first Power Play which contained a total of 10 sixes -- six by Warner and four by Head. But the breaks came in after Warner's dismissal, caught by spinner Phillips off his own bowling. The spin trio of Phillips, Santner and Ravindra stifled the Australian middle-order.

Phillips cleaned up Head with a quicker one, while Marsh, Steve Smith and Labuschagne also fell to the gang of slow men as the Aussies lost four wickets for 74 runs in that period.

Australia needed some momentum from 274 for five, and Maxwell (41 off 24 balls), Josh Inglis (38 off 28 balls) and captain Cummins (37 off 14 balls) provided that. Maxwell and Inglis made 62 runs between 44.4 and 47th over which in the end proved the difference. But only by just.

Brief scores: Australia: 388 all out in 49.2 overs (Travis Head 109, David Warner 81; Glenn Phillips 3/37). New Zealand: 383/9 in 50 overs (Rachin Ravindra 116, Jimmy Neesham 58, Josh Hazlewood 2/70).

DC flags off PMARK Jammu Duathlon 70.3, for fit - Drugs free Jammu

TOP NEWS REPORT

JAMMU, OCT 29: The 4th Edition of PMARK Jammu Duathlon 70.3 event concluded here today.

The Deputy Commissioner Jammu Sachin Kumar Vaishya was the chief guest on the occasion and was accompanied by Harvinder Singh ADC Jammu, Vinod Kumar SSP Jammu, Ishita IAS, Atul Sharma SDM South, Sushil Khajuria Bishnah Tehsildar, Vikram Sharma SHO Bishnah and others.

The event was organized by P Mark and Jammu Hill Sports Club.

Addressing media on the occasion, DC Jammu said, "Jammu District Administration welcome the all athletes as the Jammu Duathlon 70.3 encompassed a gruelling 1.2-mile run, 56-mile bike ride, and a half-marathon 13.1-mile run, drew athletes from diverse backgrounds and skill levels."

As such kind of event helps us to remain fit and moreover its motivate youth to choose the right path by staying away from Drugs, DC Jammu added.

SSP Jammu Vinod Kumar stated, "Events like these play a pivotal role in fostering a



healthier society. The emergence of drug-related issues poses a significant threat to our well-being. It is imperative that individuals promptly share any information related to drugs with the police to address this growing concern."

Organiser Archit Puri, Director of PBI India Pvt Ltd (Brand P Mark), and Chairman CII J&K UT underscored our company's commitment to producing wholesome and pure products. We're passionate about promoting fitness and various physical activities. This event is a testament to our dedication to the cause, as we believe in making a meaningful contribution to the world of fitness.

The key highlighted were Over 200 athletes participated in the

event, demonstrating the growing popularity of duathlons in India, the participants were met with a challenging yet breathtaking course, which showcased the natural beauty of the Jammu region, the Jammu Duathlon 70.3 attracted top-tier athletes from across the country, leading to intense competition throughout the race, the event garnered strong local support, with communities along the course enthusiastically cheering on participants, creating a vibrant atmosphere.

Jammu Hills Sports Club expressed their satisfaction with the event's success, saying, "We are thrilled to witness the overwhelming response to the PMARK Jammu Duathlon 70.3. The dedication and

passion of the athletes, combined with the support of our partners, made this event an incredible experience for all involved. We look forward to building on this success in the years to come."

Other dignitaries also participated Anisa Nabi JKAS, Sukhpal JKAS, Col. Rahul Aggarwal joined the event with other Indian army participants.

Later prizes announced Overall 70.3 included Manav Radha, Kuldeep Kumar and Sukaran Raj Sharma and Overall Olympic distance include Parvaiz Ahmed, Aman Gupta and Nikhil Dehlan.

The event was organised in collaboration with, Mulkh Raj Jewellers, APL Apollo, Rakesh Jewellers and The other sponsors,

including NHA1 Route Partner, Aroma Herbal Partner, Swasthya Shashtra Fitness Partner, DSSG Timing Partner, Trekk Energy Partner, Krishna Group Hydration Partner, Saucony Running Partner, Punit as Nutrition Coach, SMVD Narayana Medical Partner, Hotel Clarks inn Hospitality Partner, JK Tourism Support Partner, RedFM 91.9 Radio Partner, Bonn Refreshment Partner were instrumental in bringing this event to life, and their commitment to the promotion of sports and healthy living is highly commendable. We are thankful to our Community Partners Chain and Spikes, Women Do Ride, Eco Cycleture, Wondrous Women, One level Sports, Sports Club R.S Pura, Iron Tribe Sports Club and JK Randonneurs .

The Jammu Duathlon 70.3 sets a promising precedent for the future of endurance sports in India and is poised to become a key fixture in the international duathlon calendar. With this successful 4TH event, Jammu and the entire country can look forward to more exhilarating duathlon competitions in the years to come.

Cultural Academy organises Kathak Dance programme at Abhinav Theatre



TOP NEWS REPORT

JAMMU, Oct 29: The Jammu & Kashmir Academy of Art, Culture and Languages (JKAACL) organised a Kathak dance programme at Abhinav Theatre, Jammu, on October 29, 2023. Renowned Kathak dancers Manju Wazir and Dr Priya Dutta performed different forms of Kathak during the event.

The programme began at 5.30 pm. Professor Lalit Mangotra, President of Dogri Sanstha, was the chief guest on the occasion, and Shri

Suresh Gupta, retired session judge, was the guest of honour. Smt Bharat Singh JKAS, Secretary JKAACL, presented a welcome address to the prominent members of the civil society and assured that the Academy will reach every nook and corner of Jammu and Kashmir for the development of art, culture and literature. She further added that the Academy is working on some creative projects of language and literature in Jammu and Kashmir. Dr Shah Nawaz, Senior Cultural Officer of JKAACL, delivered the vote of thanks.

The audience was enthralled by the mesmerising performances of Manju Wazir and Dr Priya Dutta. They presented a variety of Kathak dance forms, including pure dance, expressive dance and storytelling through dance. Their performance was a perfect blend of grace, elegance and technical brilliance.

The Kathak dance programme was a grand success, and the audience appreciated the efforts of JKAACL in promoting art and culture in Jammu and Kashmir.

NSS SMVDU organizes event at GHS Sirah

TOP NEWS REPORT

KATRA, Oct 29: The National Service Scheme (NSS) unit of Shri Mata Vaishno Devi University (SMVDU) organized an event at Government High School, Sirah, on October 29, 2023. NSS volunteers distributed creative charts to the school classrooms to help students learn different topics effectively.

The topics covered in the creative charts included months' names, alphabets, parts of the body, different seasons, air pollution, parts of flowers, trigonometry, and personal hygiene practices. More than 40



charts were donated to the school.

Headmistress Smt. Rachna and other school teachers appreciated the efforts of the

SMVDU students. Dr. Rajiv Kumar, NSS Programme Coordinator of SMVDU, also accompanied the volunteers for the event. The university

team also visited the play school wing on the school premises.

Vice Chancellor, Prof. Pragati Kumar, appreciated the efforts of the

NSS SMVDU team.

The NSS SMVDU team is committed to serving the community and making a positive impact on the lives of others. This event is just one example of the many ways in which the team is working to make a difference in the lives of students at Government High School, Sirah.

'Stroke preventable in over 80 pc of cases'

TOP NEWS REPORT

JAMMU / CHANDIGARH, Oct 29: "Stroke remains a leading cause of disability and mortality worldwide, impacting the lives of millions with a steady rise in the number of cases mainly due to preventable risk factors like uncontrolled Diabetes, Hypertension, obesity, sedentary life style. However, the message of World Stroke Day 2023 is one of hope and empowerment. It encourages everyone

to come together to make a difference, recognizing that together, we are greater than stroke."

Dr Anurag Lamba associate director neurology stated this while addressing a press conference at Paras Health, Panchkula on Saturday on the eve of World Stroke Day.

He said, "An estimated over 2000 people die of stroke every day in India and even more of the people are left disabled. This is because less than 1% of stroke

patients in India get treatment within the golden window and only 22% people are aware of the golden window of four- and-a-half hours after an attack."

"People must not ignore the symptoms of stroke, which includes the sudden weakness or numbness on one side of the body, trouble in speaking and understanding conversation, sudden unconsciousness, acute diminution in dizziness/imbalance", informed Dr Abeer Goel associate consultant neurology.

Free Health Check up, Physiotherapy & Breast Cancer Awareness Camp held at CUJ

TOP NEWS REPORT

JAMMU, Oct 29: Central University of Jammu in collaboration with Kanval International Rehabilitation Foundation (KIRF) organised a free health check up and physiotherapy camp for the students of Central University (hostel residents) at Boys and girl hostel at Sainik colony Jammu.

A team of doctors from Government Ayurvedic hospital headed by Dr. Sukhpreet kour provided free consultation and medicines to all the beneficiaries in the camp. Physiotherapy team from KIRF headed by renowned Physiotherapist Dr. Imran Khan gave physiotherapy consultation and sensitized the participants regarding Management of Ergonomical musculoskel-



etal disorders. Besides medical consultation a special Breast Cancer Awareness Camp was also organised for girl students of CUJ in association with American Oncology Institute Jammu at girls hostel. Dr. Surbhi Kudyar (Consultant Surgical Oncologist AOI) held a

very informative session regarding identification, prevention and management of breast cancer. An interactive session was also held where Dr. Surbhi cleared the queries raised by the participants regarding breast cancer.

The State organ donation organisation GMC

Jammu led by Dr. Irfan Lone, coordinator SOTO Jammu held an interactive session with the students and made them aware about the importance of organ donation for saving precious lives. The camp was coordinated by Dr. Harpreet Singh (Medical Officer CUJ).

Natrang presents Hindi play 'Sarkari Daftar Ka Ek Din'

TOP NEWS REPORT

JAMMU, Oct 29: Natrang presented 'Sarkari Daftar Ka Ek Din', a play in Hindi in its weekly theatre series, Sunday Theatre today at its Studio Theatre here in Kachi Chawni, Jammu. The play has been written by Laxmikant Vaishnav and was directed by Neeraj Kant. The play portrayed a real life situation of a 'Sarkari Daftar' (Government Office) and highlighted the vices in a very intelligent manner.

The play opens in a Government Office where all the employees are shown to working in their own styles. As they have job security, no one bothers to exercise punctuality; on the contrary, they have their own reasons to modify the rules and regulations as per their personal convenience. The common vices like red-tapeism, nepotism, favouritism, corruption, absenteeism and sycophancy which are generally associated with such offices are prominently shown in



the play in a very genuine manner. The office has a peon who listens to none as no one can remove him from his permanent job and moreover no one, even the boss has courage to say anything to him as he has lot of secrets of theirs and thus exploits them at appropriate times. Everyone in the office has his/her weakness and each one is busy exploiting that just to implement personal agenda. The only person who musters respect from this stubborn peon is an official who is relative of a minister who works

fearlessly as being a relative of a Minister, as no one could harm him in any manner. On the top of it, the Head of the Department, who was supposed to maintain integrity and punctuality of the office himself, shirks from his duties and remains absconding from the office to cater to his personal merry making engagements. But to the dismay of all, a vigilance officer conducts a surprise raid and finds no one in the office without any information and thus orders suspension of all the absconders. But by the time this new situation

could establish the faith of good governance, the raid by a vigilance officer turns out to be dream and the fate of working of a Government office continues to be the same.

Natrang young artists who performed in the play included Sunny Mujoo, Vishal Sharma, Abhimanyu Choudhary, Sumit Singh Bandaral, Mehak Chib, Anand Verma and Munish. Lights were operated by Neeraj Kant whereas the music of the play was scored by Kushal Bhat. The show was coordinated by Mohd. Yaseen.