

TOP NEWS OF J&K

JAMMU, MONDAY, OCTOBER 30, 2023

Daily Evening Newspaper



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Go To Courts Instead Of Protesting On Streets On Legal Issues: Vice President

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BRIEFLY

Infiltration bid foiled in Kupwara; terrorist killed: Police

SRINAGAR, Oct 30 (Agencies): A terrorist was killed after the army and police foiled an infiltration bid along the Line of Control (LoC) in north Kashmir's Kupwara district, police said today.

"In a joint operation that commenced yesterday, Army and Kupwara Police have successfully foiled an infiltration attempt in Jumagund area of Keran sector in which one terrorist has been killed. Search operation continues," said a police spokesman on X. Last week, five terrorists were killed after another infiltration bid was foiled in Machil sector of the district.

3 Kg heroin, 4 cartridges recovered near pak border in Tarn Taran

CHANDIGARH, Oct 30 (Agencies): Nearly three kilograms of heroin along with four cartridges have been recovered from a field near the International Border in Punjab's Tarn Taran district, a Border Security Force official said on Monday.

The BSF troops along with the Punjab Police conducted a search operation on the outskirts of Kalash Havelian village on Sunday evening, the official said.

During the search, they recovered a package containing three small packets of contraband items weighing 2.992 kg in semi-burnt condition, the official said, adding that four cartridges of a .30 mm weapon were also recovered from the packet.

The package was suspected to be air-dropped by a drone as an iron ring was found attached to it.

Ladakh leaders set course for MHA panel meeting, prioritising Quota and Statehood

SRINAGAR, Oct 30 (Agencies): Social and political organisations associated with the Leh Apex Body (LAB) and Kargil Democratic Alliance (KDA) are gearing up for a forthcoming meeting with the high-powered committee

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Vigilance Awareness Week | Corruption free Jammu and Kashmir is our mission: LG Sinha



Top News Report

SRINAGAR, Oct 30: An 'Integrity Pledge' was given to the officers, SSF Personnel and staff of Raj Bhavan, and Administrative Secretaries and Deputy Commissioners (through virtual mode) at Civil Secretariat on the occasion of the Vigilance Awareness Week. The Lieutenant Governor Manoj Sinha read out

the Integrity Pledge and administered the oath to officers and staff.

The Lt Governor said that we need an integrated and collective approach to deal with corruption, which impedes the growth and undermines the moral fibre of the society.

"In order to eliminate the cancer of corruption, all the stakeholders have an important role to play.

Corruption free J&K is our vision as well as the mission," the Lt Governor added.

He also highlighted the steps taken to improve public service delivery in all the organizations and thereby, paving way towards good governance in Jammu and Kashmir.

"We must take this opportunity to renew our commitment to achieve

the goals of promoting efficiency, accountability and probity in public life for a better future," the Lt Governor said.

The J&K UT Government is observing 'Vigilance Awareness Week' from 30th October to 5th November. The theme of the 'Vigilance Awareness Week' this year is "Say No to Corruption; Commit to the Nation".

SC dismisses bail plea of Manish Sisodia in alleged Delhi Excise policy irregularities case

NEW DELHI, Oct 30 (Agencies): In a setback for former deputy chief minister Manish Sisodia, the Supreme Court Monday rejected his regular bail pleas in corruption and money-laundering cases related to the alleged Delhi excise policy scam, saying that tentatively transfer of Rs 338 crore was established in the matter.

A bench of Justice Sanjiv Khanna and Justice SVN Bhatti said it has recorded the statements of the probe agencies that the trial in these cases will conclude in six to eight months.

But if the trial proceeds in a "sloppy manner", Sisodia will be at liberty to apply for bail in these



cases in three months, the bench said.

"In the analysis, there are certain aspects which we have said are doubtful. But one aspect with regard to the transfer of money Rs 338 crore tentatively is established. We have therefore dismissed the applications for bail.

"We have made one pointed observation

that they have said that the trial will conclude in six to eight months. So within three months, if the trial proceeds in a sloppy manner or slowly, he will be entitled to file an application for bail," Justice Khanna said while pronouncing the verdict.

The bench said that in the verdict it has referred to the arguments and some of the legal questions which arose but were not answered. "Most of them are not answered and if they have been answered, they have been answered in a very limited way," Justice Khanna said.

The top court pronounced its verdict on

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Dr Sushil Razdan gives 4 tips to prevent stroke

JAMMU, Oct 30 (Agencies): Noted neurologist Dr Sushil Razdan Sunday asked people to control diabetes, quit smoking, reduce weight, and monitor blood pressure to prevent themselves from stroke and other health complications.

He said stroke was the third leading cause of death which was preventable and treatable if individuals take timely



action.

For stroke prevention, Dr Razdan said that controlling diabetes, quitting

smoking, maintaining a healthy weight, and monitoring blood p

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UP man shot dead by terrorists in Pulwama District

SRINAGAR, Oct 30 (Agencies): A man from Uttar Pradesh died of injuries after being shot at by terrorists in Jammu and Kashmir's Pulwama district on Monday, officials said.

Mukesh Singh was shot at in Rajpora area of Pulwama district around 12.45 pm, they said.

This was the second terror attack in the Kashmir Valley in the past 24 hours. Militants had shot at and critically injured a police officer in Eidgah area of Srinagar.

Inspector Masroor Ahmad Wani was shot thrice while he was playing cricket with locals at the Eidgah ground.

Non-Local found dead in Rajouri

SRINAGAR, Oct 30 (Agencies): A resident from Uttar Pradesh's Muzaffarnagar was found hanging at his rented accommodation at Chowki Handan village of Rajouri district, on Sunday.

The deceased was identified as Ram Kumar alias Ramu son of Raj Kumar resident of Sandhwal of Muzaffarnagar.

"Deceased was living in his rented accommodation where he was found hanging with ceiling after which police took the body into

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Can't take things lightly, have to be cautious as threats remain: DGP Dilbag Singh on Srinagar attack

SRINAGAR, Oct 30 (Agencies): Jammu and Kashmir's Director General of Police (DGP) Dilbag Singh Monday said that police can't take things lightly and have to remain cautious as threats continue to remain still.

He was referring to the attack on a police official at Eidgah area of Srinagar on Sunday. "One of our officers was playing with other officials in a cricket field yesterday and he was attacked. He is being treated and he is recovering," DGP Singh told reporters at Zewan after launching 160 state-of-the-art vehicles for 43 police stations under Operation Capacity Building (Op CAP).

The DGP said that police can't take things lightly. "We have to remain cautious as threats remain," he said. Asked with what message he is leaving the police force, the out-



going DGP said: "I am not leaving the force. A policeman is always a policeman. I have been with the force for 30 years and I will continue to remain with the force." DGP Singh is retiring on October 31 and special DG CID RR Swain will replace him as the DGP of J&K.

About the new vehicles, he said today, 160 modern vehicles have been launched and will be deployed in the 43 police stations under Op CAP with a motive of "Zero terror in the area falling under police station."

On recent infiltration bids, the DGP said that the border grid is strong but the neighbouring country continues to push in terrorists. "Recently, five terrorists were killed in Machil Sector while one terrorist was killed in today's encounter in Kupwara district where operation is on," he said.

To a query about ceasefire violation in Arnia sector in Jammu, he said things are being verified as to what led to the firing incident. "Ceasefire has brought a lot of respite for the

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33 trains cancelled, 6 trains rescheduled so far after Andhra train accident

AMARAVATI (A.P.), Oct 30 (Agencies): As many as 33 trains have been cancelled and six others rescheduled till now after the mishap in which two trains collided in Andhra Pradesh's Vizianagaram leaving 13 persons dead, East Coast Railway officials informed on Monday.

Biswajit Sahu, Chief Public Relations Officer, East Coast Railway, Bhubaneswar confirmed that a total of 33 trains have been cancelled, 24 trains

were diverted and 11 were partially cancelled following the accident involving the collision between two passenger trains between Katakappalle and Alamanada Stations of Waltair Division.

Out of this, three trains have been cancelled and two have been rescheduled this morning, he said.

Chennai Central to Puri (22860), Raigada to Guntur (17244) and Visakhapatnam to Guntur (17240) have

been cancelled while Chennai Central to Shalimar (12842) and Alleppey to Dhanbad (13352) have been rescheduled today, as per the East Coast Railway officials.

At least 13 people died and several were injured when coaches derailed after the Visakhapatnam-Ragada passenger train hit a Visakhapatnam-Ragada train travelling on the same route in Andhra Pradesh's Vizianagaram district on

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Contact Person Mr. Sanjeev Kumar

9419143503

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

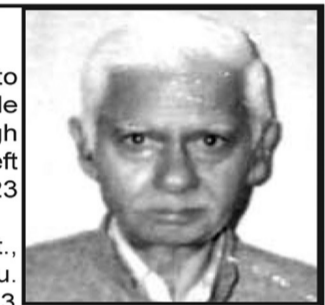
WITH PROFOUND GRIEF AND SORROW WE INFORM THE SAD DEMISE OF OUR BELOVED MOTHER **SMT. PUSHPA KOUL** W/O LATE SHRI BANSI LAL KOUL ON 27/10/2023 ORIGINALLY RESIDENT OF NAI SADAK SRINAGAR KASHMIR PRESENTLY RESIDING AT H.NO. 18, LANE NO. 8, ROOP NAGAR ENCLAVE BLOCK B JAMMU.
10TH DAY WILL BE PERFORMED AT MUTHI 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
MOBILE NO. 9906009685



SMT. PUSHPA KOUL

TENTH DAY/13TH DAY

With profound grief and sorrow, we regret to inform you all the sad demise of our uncle **Sh. Suraj Singh Anthal** S/o Late Sh. Teja Singh Anthal R/o 25 - Panjirthi Chowk Jammu who left for his heavenly abode on 21st of Oct., 2023 (Saturday).
TENTH DAY will be held on 29th of Oct., 2023 (Sunday) at 1100 hrs at Rani Park Jammu.
13TH DAY will be performed on 01.11.2023 Wednesday at 1200 hrs. at our residence.
GRIEF STRICKEN
ANTHAL FAMILY
25 - PANJIRTHI CHOWK JAMMU
M: 7889494058, 7889519058



Sh. Suraj Singh Anthal
Senior Lecturer (Retd)
05.02.1932 - 21.10.2023

OBITUARY/10TH DAY

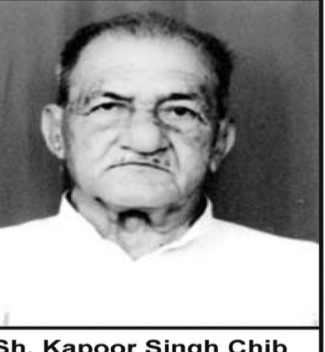
With profound grief and sorrow we inform the sad demise of our beloved Mother **Smt. Raj Rani Koul** Alias Amie Ji W/o Lt Sh Sarvanand Koul on 27-10-23 originally resident of Janglat Mandi Anantnag Kashmir presently residing at H.No 28 Sec 2 Model Town Gangyal Jammu.
10th Day will be performed at Muthi Ghat Near Director Education Office on 04-11-23.
Om Shanti Shanti Shanti
FAMILY IN GREIF
Sh. Ramesh Koul & Neelam Ji - (Son and Daughter-in-law)
Sh. Sanjay Koul - (Son and Daughter-in-law)
Sh. Babloo ji Jad and Sangeeta Bhat - (Son-in-law and Daughter)
9469208958, 9419641316, 9419644604



SMT. RAJ RANI KOUL
ALIAS AMIE JI

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

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 Dept.) Retd, Paramjeet Singh SSP (Adl. S.P Kathua), Moukam Singh, Kulvinder Singh, Manjit Singh, Manohar Singh
Grand Childrens: S. Guneet Singh, Harman Kour, Harteshvan Singh, Aviraj Singh, Mahira Malhotra, Mavin Kour
R.S.V.P: Hotel Nagina (Below Gummat 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

BARKHI

Not a day goes by when we do not think of you, not a day goes by when we do not miss you, your memories and love is all that we are left with, miss your smiling face. You will always stay alive in our hearts. Keep blessing us from wherever you are.
BARKHI of our beloved **Sh. Vijay Kumar Gupta** S/o Late Sh. Dewan Shivanth Gupta, will be performed on Tuesday, 31/10/2023 at our residence, House No. 56, Sector 1A Extension, Channi Himmat at 12 Noon.



SH. VIJAY KUMAR GUPTA

DEEPLY MISSED AND FONDLY REMEMBERED BY

- Smt. Pinki Gupta (Wife)**
Son and Daughter in law
Sh. Arjun Mahajan and Smt. Rashmi Khanna
Daughter and Son in law
Smt. Amita Gupta and Sh. Siddarth Gandotra
Bhabhis
Smt. Kamlesh Gupta W/o Late Diwan Tilak Raj Gupta (Transporter)
Smt. Vinod Gupta W/o Late Sh. Baldev Raj (DC Sales Tax)
Smt. Suman Gupta W/o Late Col. R. R. Gupta
Smt. Asha Gupta W/o Late Sh. Jagdish Raj Gupta
- Sister**
Dr. Sunita Gupta W/o Late Dr Rakesh Kumar
Mother in law- Smt. Raj Rani Gupta
W/o Late Sh. Mohan Lal Gupta (Bishnah Wale)
Brothers in Law and Sisters in law
Dr. Anil K Gupta and Dr. Neerupama Dogra.
Sh. Atul and Smt. Anu Byotra.
Grand Children
Aarshi, Anayra and Shivik
9596656386, 9811923428

10TH DAY/KRIYA/UTHALA

With profound grief and sorrow, we regret to inform the sad untimely demise of our beloved **Smt Neeraj Dewan** who left for heavenly abode on 21-10-2023, the **Tenth Day** will be held on 30-10-2023 at 10.00 am at our residence Dr. Chowdhary Lane, Roop Nagar Jammu, **Kriya** at 12.00 (Noon) at our residence on 31-10-2023. **Uthala** on 3-11-2023 (4 PM) at Aap Shambu Mandir Roop Nagar Jammu.
Grief Stricken
Sh Suresh Kumar Dewan -Husband
Sh Satish Dewan -Brother-in-law
Sh Pawan Dewan -Brother-in-law
Sh Manik and Riya -Son & Daughter-in-law
Sh Danish Dewan -Son
Mb. 94191-31733, 9796605070, 6005652715, 9086217188



Smt Neeraj Dewan

10TH DAY KRIYA

WITH PROFOUND GRIEF & SORROW, WE REGRET TO INFORM THE SAD DEMISE OF OUR BELOVED MOTHER **SMT RATTAN RANI PANDITH** W/O LT. SH DAMODHAR PANDITH R/O LEV-ADOORA QAZIGUND KASHMIR A/P LANE NO. 18 BLOCK NO. 87 FLAT NO. 4 JAGTI MIGRANT CAMP NAGROTA JAMMU WHO LEFT FOR HER HEAVENLY ABODE ON 27-10-2023.
MOURNING IS OBSERVED AT LANE 21 BACK SIDE NEAR SHARDA MEDICAL HALL JAGTI.
TENTH DAY KRIYA WILL BE PERFORMED AT MUTHI GHAT NAR DIRECTOR SCHOOL EDUCATION OFFICE ON 05-11-2023 (SUNDAY) AT 8 AM.
GRIEF STRICKEN
Sh Som Nath Pandita & Lt Veena Ji -Brother-in-law & Sister-in-law
Sh Ramesh Pandita & Rozy Pandita -Son & Daughter-in-law
Sh Chand Krishan Pandita -Son & Daughter-in-law
Sh Vinod Kumar Pandith & Usha Pandith -Son & Daughter-in-law
Lt. Vijay Kumari & Sh Virender Ji -Daughter & Son-in-law
Girja Raina & Sh Ravi Raina -Daughter & Son-in-law
Grand Children: Deepak, Vikrant, Rohit, Ritu, Rahul, Akash, Mayank.
Mob. No. 9797581597, 6006097209, 7889909457



SMT RATTAN RANI PANDITH

AADH BARKHI

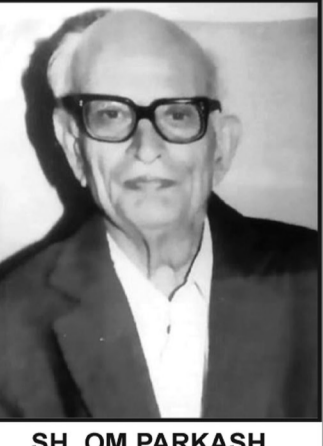
AADH BARKHI of our beloved **Smt Rama Rani Padha** W/o Late Sh Shanker Dass Padha R/o H No. 123 Lane No. 10 (Downside) Greater Kailash will take place at our residence on 31-10-2023 at 12:00 pm.
GRIEF STRICKEN :
Smt Sudharshna Padha
Sh Romesh Padha & Smt Suman Padha
Smt Anjana Padha W/o Late Ashok Padha
Sh Vinod Kumar Padha & Smt Reva Padha
Sh Suresh Padha & Smt Sangeeta Padha
Sh Maheshwar Sharma & Sindhu Sharma (Daughter)
AND ALL PADHA FAMILY
Contacts: 9419202871, 9419127996



Smt Rama Rani Padha

10TH DAY/KRIYA & UTHALA

With profound grief and sorrow we inform the sad demise of our beloved **Sh. Om Parkash Tharmatt** S/o Late Sh. Devi Chand Tharmatt R/o Opp. Head Post Office Shakti Nagar Udhampur.
10th Day will be performed on Wednesday, 1st November 2023 at 11:00 AM at Jagriti Oldage Home Gandhi Hall Near Head Post Office, Baillan Bowli Road Udhampur.
Kriya will take place on Thursday 2nd November 2023, at Devika Ghat Udhampur at 10.00 AM
Uthala will take place on Friday 3rd November 2023, at our residence Shakti Nagar Udhampur at 02.00 PM
GRIEF STRICKEN:-
Smt. Bhram Vadni (Daughter) (Daughter)
Smt. Saty Nishta W/o Late Sh. Dr. Vijay Doblla
Son & Daughter-in-law
Sh. J M Tharmatt & Smt. Vikesh
Sh. S M Tharmatt & Smt. Neetu Sharma
Sh. K M Tharmatt & Smt. Sulekha Sharma
Grandson
Shivam Sharma, Roshni, Hemshekha Sharma
Achyut Sharma, Vrinda and Piyush
Mob.: 9419161473, 9419913562, 9906044672



SH. OM PARKASH THARMATT

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 Avtar Krishan Bhat & Smt Asha Bhat (Son & Daughter in law)
Sh Roshan Lal Pandit & Smt Keemta Pandit (Son & Daughter in law)
Sh Paray Lal Pandit & Smt Soni Pandit (Son & Daughter in law)
Sh Nana Ji Bhat & Smt Kishni Bhat (Son in law & Daughter)
Sh Satish Bhat & Smt Pammy Bhat (Son in law & Daughter)
Sh Sanjay Raina & Smt Varsha Raina (Son in law & Daughter)
Grand Children: Neha, Sagar, Chanchal, Mansi, Vansh
Contact Details:
9149483989,
7051255779,
9018253266,
9419207131,
9419281449.



SH MOHAN LAL BHAT

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 AHLMAR 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
SANVEY WALI AND NEELAM -9795000427
DAUGHTER AND SON-IN-LAW
GOLDY AND R.N. PANDITA -9419121066
PRINCY AND MANOJ GUPTA -996172692
FUJI AND FUPA JI
SHANTA LABROO AND S.K. LABROO -7780963900
MASI, LALITA TIKOO -9643252360
MAMI AND MAMA JI
BABLI AND PRAN NATH KOUL-9796612443

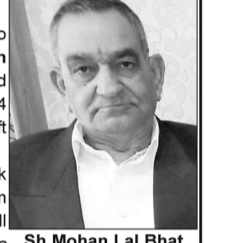


SMT. PRABHA WALI (TATHI)

GRAND CHILDREN
JANU, SHRUTI, BULBUL, RONAK

10TH DAY KRIYA

With profound grief and sorrow we regret to 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

With profound grief and sorrow, we inform the sad demise of our beloved **Karmyogi father Sh. Dwarika Nath Goja** S/o Late Sonu Ram Goja of Goja Mohalla Anantnag presently at Lane No.1, Anant Vihar Lala-Da- Bagh, Near Army Gate Jammu on 28-10-2023 at 07 PM.
TENTH DAY KRIYA will be performed at Muthi Ghat Near Director School Edu. Jammu on 06-11-2023 at 9 AM.
GRIEF STRICKEN
Tej Krishan Goja & Rita G (Son & DIL) 9419101826
Mahraj Krishan Goja & Piyari G (do) 9419205830
Ravinder Goja & Pinky G (do) 9419216561
Ashwani Goja & Lily G (do) 9469160071
Brij Lal Hangloo- Brother-in-law
AND SAMAST PARIVARS OF, GOJA'S, RESHI'S, HANGLOO'S, HANDOO'S, BHAT'S, RAINA'S, SADHU'S & GRAND CHILDREN



Karmyogi father Sh. Dwarika Nath Goja

10TH DAY KRIYA

With profound grief and sorrow we regret to inform the sad and untimely demise of our beloved **Karmyogi Smt. Kishni Bhat** W/o Sh. T.N. Bhat of Super Kulgam, at present H no 3, Lane No 1, Hari Vihar, behind Union Bank of India, Kunjwani Bypass who left for heavenly abode on 23/10/23.
10th Day Kriya will be performed at Muthi Ghat near Directorate of School Education Jammu on 31/10/23 (Tuesday) at 8 am
GRIEF STRICKEN
Sh. Tripti Nath Bhat (Husband) - 9858265150 (Son and daughter-in-law)
Sh. Kuldeep Bhat and Meenu Bhat
Daughters and Sons-in-law
Sunita and Sh. M.K. Bhat
Nirmal and Sh. Bal Ji Raina
Punmy and Sh. Sunil Koul
Samast Bhat, Koul and Raina Parivar.
Phone no:- 7006481707, 9682318128, 7780916481



KARMYOGI SMT. KISHNI BHAT

TENTH DAY /KRIYA

We inform sad demise of **Dr. Kuldeep Dembi**, S/o Late Prithvi Nath Dembi, originally from Kralyar, Rainawari, Srinagar on 25/10/2023.
TENTH DAY KRIYA: Gauri Shankar Mandir, New Palam Vihar, Block T Sector 109, Gurgaon on 3/11/2023 at 7:30 AM.
Prayer Meeting: Clubhouse, Valley View Estate, Gwal Pahari, Gurgaon on 3/11/2023 at 4:00 PM.
GRIEF STRICKEN:
Ruchi and Aditya Kaul (Daughter-in-law & Son)
Aarish Kaul (Grandson)
Kaki and Dr. N.J. Dembi
Veena & Suresh Fotedar
Girja & Late Sanjeev Nakhasi
Dembi family, Raina family
Aditya Kaul (8826535344)



DR. KULDEEP DEMBI

BHOG & ANTIM ARDAS

ਜੇਹਾ ਚੀਜ਼ੀ ਇੰਨਿਆ ਤੇਹਾ ਕੁਕੁਮ ਕਮਾਇ।
ਪਰੇ ਆਵਹਿ ਨਾਨਕ ਸਦੇ ਫੁਟੀ ਜਾਇ।
BHOG & ANTIM ARDAS
With profound grief and deep sorrow, we inform the sad demise of **S. Narinder Singh** who left for the heavenly abode on 27th October, 2023.
Akhand Path will commence on Wednesday, 1st November, 2023 at House No. 84, Lane No. 1, Ekta Vihar, Gangyal, Jammu-180010 at 9.00 am.
Bhog will be held on Friday, 3rd November, 2023 at 9.30 am.
Antim Ardaas will be held on Friday, 3rd November, 2023 at Gurudwara Singh Sabha, Bandhu Rakh, Jammu from 10.30 am to 12.00 Noon followed by Guru Ka Langar.
IN GRIEF
Rajinder Kour (Mother)
Rajinder Kour (Wife)
Chatter Singh & Surinder Kour (Father & Mother-in-law)
Gurmeet Singh & Ravinder Kour (Brother & Sister-in-law)
Majeet Kour & Pardeep Singh (Sister & Brother-in-law)
Ranjeet Kour & Manjeet Singh (Sister & Brother-in-law)
RSP
+919419109629, +918899657725



S. Narinder Singh

OBITUARY / 10TH DAY

With profound grief and sorrow, we inform the sad demise of our beloved **Grand Mother Smt. Uma Shouri Mattoo** W/o Late Ram Nath Mattoo on 29/10/2023 originally resident of Malla Pora, Habbakadal, Srinagar (Kashmir) presently residing at H.No. 86, Lane No. 5, Hazuri Bagh Road Bohri, Talab Tillo, Jammu.
10th Day will be performed at Delhi. Mourning will also be observed at Delhi.
ੴ ਸ਼ਾਂਤਿ ਸ਼ਾਂਤਿ ਸ਼ਾਂਤਿ
DEEPLY MOURNED BY :
Major Rohit Mattoo (Grand Son) 9871001223
Vikas Mattoo (Grand Son) 9419109594
Santosh Mattoo (Daughter-in-law)
9999443403, 981789705
R.K. Koul & Nancy Koul (Son-in-law & Daughter)



Smt. Uma Shouri Mattoo

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PRIs won't accept any delay in Local Bodies' Elections: AJKPC

TOP NEWS REPORT

JAMMU, Oct 30: Seeking timely elections of Panchayats and Municipalities in Jammu and Kashmir All J&K Panchayat Conference (AJKPC) on Monday organized a special convention of elected PRI members wherein the participants unanimously resolved and demanded that delay in holding Panchayat and Urban Local Body elections will be opposed and such delay would be against the spirit of democracy, and unconstitutional.

Anil Sharma, President AJKPC along with senior functionaries of the organization while addressing the media persons after the PRIs convention informed that all the participants



unanimously passed the resolution and had demanded that the elections of Panchayats and Urban Local bodies in J&K should be held immediately after completion of the present term of these bodies.

Sharma informed that as the tenure of the Municipalities is about to complete in November and Panchayats would complete their term in December this year thus it is imperative that the

government and State election commission take appropriate steps so that these important elections are not delayed.

"Any delay in holding PRIs and ULBs elections would be unconstitutional in the light of 73rd and 74th amendments of the constitution of India", he further added.

The AJKPC president also apprised the media persons that the partici-

pants in the convention had also condemned the role of the state election commission that has been constituted under J&K Panchayati Raj Act and its statutory duty is to hold timely and impartial elections but till date when the term of PRIs and ULBs are about to end, the state election commission has not taken any step in this regard.

The senior functionaries of the AJKPC present in the Press Conference also accused the J&K Government and State Election Commission of depriving people of their democratic right to choose their elected members.

They also suggested that if J&K Government and Stat Election Commission are unable to

hold these vital elections then the term of existing PRIs and ULBs be extended till the elections take place.

They also hinted to launch protests and agitation against the J&K government and State election commission if elections are delayed.

While replying a question regarding the role of union government in strengthening Panchayati Raj Institutions in J&K, AJKPC president said that there words must match the action and there should not be any difference between the two, if the union government is really sincere in strengthening democratic institution in J&K then they must intervene in saving grass root level democratic institutions.

Dimple gives ten-day ultimatum to Govt to declare sub inspector selection list



TOP NEWS REPORT

JAMMU, Oct 30: President of Mission Statehood, Sunil Dimple gave ultimatum to the government of Jammu and Kashmir (J&K) about the selection list for Sub Inspectors (SI) and rising unemployment among educated youths.

Dimple gave a ten-day ultimatum to the J&K government to declare the sub inspector selection list results or face mass agitation. He also sent a memorandum to the government of India.

Dimple led a protest in support of SI sub-inspector aspirants at Hari Singh Park to demand the declaration of the selection list and to address the issue of rising unemployment

among educated youth. Dimple extended his full support to SI aspirants and urged the government to hold talks with them.

He criticized the J&K government and the BJP government for failing to address the issue of unemployment among educated youths.

Dimple also raised concerns about scams in previous selection lists and called for the declaration of the SI sub inspector selection list within ten days, warning of strong agitation if the demand was not met.

Dimple highlighted various demands, including those related to employment schemes and the restoration of J&K's special status.

He mentioned that

the Prime Minister had promised to provide two crore jobs annually but criticized the government for scrapping selected lists for various positions.

Dimple expressed his commitment to continue the fight against injustice and rising unemployment.

He demanded the regularization of various categories of employees and the restoration of J&K's statehood along with special status and Article 370.

The youth leaders Nitin Jasrotia, Raghu Andotra, Ravinder Atri, Arun Gotra, Arun Sangal, Atul Kumar, Raman, Jasbir Singh, Gurmet Singh and Ravinder Singh were also present.

Apni Party wants to bring communities together in J&K: Altaf Bukhari

TOP NEWS REPORT

JAMMU, Oct 30: Apni Party President Syed Mohammed Altaf Bukhari today said that his Party aimed to bring communities together by encouraging brotherhood and communal harmony with the policy of unity and equitable development in Jammu and Kashmir.

Altaf Bukhari was speaking at a joining program here at Gandhi Nagar Office of Apni Party that was organized by SC State President, Bodh Raj Bhagat.

On this occasion, dozens of prominent people, and PRIs joined the Apni Party in presence of Party President Altaf Bukhari, Senior Vice President, Ghulam Hassan Mir, Provincial President, Jammu, S. Manjit Singh, Senior Provincial Vice President, Faqir Nath and others.

Prominent social activist, Joginder Sangam; Panch, Dharamveer Sharma; Parashotam



Singh Chib, Chandran Bhadarwaj; Ram Lal Kaith; Mangol Chib; Subash Chander along with their supporters joined the Party.

While welcoming the new entrants into the party folds, he hoped that their joining would strengthen the party at the grass root level.

The Apni Party President lauded the role of Jammu Region's Apni Party for their role in strengthening the Party and expanding its roots across the Region.

He said that the Apni Party's agenda of development and bringing unity in the society has

attracted the people and they have pinned their hopes with the Party after developing feelings of estrangement with the traditional political parties in Jammu and Kashmir.

"The traditional political parties propagated a policy of division on the regional and religious bases to garner vote banks from the people of Jammu as well as Kashmir. However, they never told the truth to the people," he said.

He stated that the Apni Party came into formation when no other political party or politician came forward to raise

the voice of the people of Jammu and Kashmir when their land and jobs were at risk.

"We came to the forefront without care for the outcome and raised the issue of jobs and land so that it can be protected for the people of Jammu and Kashmir. The Apni Party remained successful in protecting jobs and land for the people of J&K," he further added.

Asserting that there is no justification to the violence, he said that the solution of problems lies with the Govt of India and Apni Party will continue to highlight the

public issues for their peace and development in J&K.

He however criticized the traditional political parties for creating a wedge among the two regions. "We are committed to bring the two regions and the people of different religions together. The people also extend their support to the policy and agenda of development," he added.

Meanwhile, he expressed concern over the ceasefire violation in Arnia's International Border villages and condemned that attempt to disrupt the peaceful atmosphere.

"People of J&K want peace and our fight to maintain the peaceful atmosphere in J&K will continue," he said. He also asked the Govt to construct more community bunkers for the civilian population and maintain them properly so that they can be used during the cross-border shelling.

Displaced Kashmiri Pandit leaders hold "Prayaas" program

TOP NEWS REPORT

JAMMU, Oct 30: Displaced Kashmiri Pandit leaders, eminent personalities, and social activists bring together on a single platform for the benefit of the community.

The initiative, known as the "Prayaas" program, is being led by Group Eleven in collaboration with the All Displaced Kashmiri United Forum (ADKUF).

The meeting discussed various aspects of this initiative, and the chairperson of Group Eleven, Moti Lal Malla, emphasized the importance of uniting all Displaced Kashmiri Pandit leaders from the ten districts of Kashmir to make this platform representative.

The deteriorating conditions and challenges faced by the Displaced KP Community were highlighted as reasons for the need to come together, he said.

The participants of the meeting suggested that this platform should address both short-term and long-term issues facing the community.

Several prominent individuals from different fields, including former Chief Secretary Shree Vijay Bakaya, renowned educationist Prof. V Rawal, and social activists like Ravi Jogi, were present and shared their thoughts on the initiative.

The individuals who addressed the meeting include Vijay Bakaya, Ex Chief Secretary and Ex MLC, Prof. V Rawal, R K Raina, Dr. Mahesh Koul, Ravi Jogi, Kuldeep Kashmiri, P L Pandita, Kuldeep Raina, B B Gosaian, Abhay Bakaya, R K Bhat and K K Moza, S Khaibri, Ashok Kangan and Ashok Braroo.

P L Swadeshi President ADKUF presented vote of thanks.

NDS, JKAACL organize Dogri Sangeet Sandhya

TOP NEWS REPORT

JAMMU, Oct 30: Nami Dogri Sanstha Jammu in collaboration with Academy of Art, Culture and Languages organized a "Sangeet Sandhya" in KL Sehgal Hall Jammu.

Padma Shri, Sahitya Academy awardee and former Director AIR presided over whereas Sahitya Academy Awardee Om Vidyarathi was Chief Guest on the occasion.

Prithvi Sharma renowned music composer of Jammu and Kashmir was Guest of Honour and Sahitya Academy Awardee and renowned Dogri and Hindi poet Nirmal Vinod was special guest of the function.

Dogra Harish Kaila and Yash Pal Yash veteran Music Composers composed the lyrics with heart touching compositions.

Eminent singers of Duggar Prof Anupama Sharma, Prof Suraj Singh, Subhash Langleh, Neelam Langleh and Vishal Gupta performed in their melodious voices.

The performing instrumentalists comprised Rakesh Anand on flute, Sunil Sharma on synth, Lucky Sahil on tabla, Vijay Anand on Dholak and Amit Anand on Octopad.

They added colours to the programme with their mesmerizing performance.

The lyricists were late Ved Pal Deep, Late Parduman Singh, Charan Singh, Dr VK Puri, Yash Pal Yash and Capt Lalit



Sharma, Dr Shahniwaz Cultural Officer JKAACL and Capt Lalit Sharma Convener NDS also shared the dias.

Capt Lalit Sharma in his opening address thanked Secretary JKAAS for his tireless efforts and endeavours to promote art, culture and languages of Jammu and Kashmir.

While welcoming the participants, he said that music is definitely a powerful medium to popularise any language and as such NDS has all along been conducting programmes of Dogri music. Music is soul of the entire universe, he said.

Dr Shahniwaz in his welcome address said that folk music is our invaluable treasure and we all have to endeavour to preserve and promote this.

He further said that music has the power to unite the people and is a tool to purify over mind.

On behalf of Secretary JKAAS assured all help and support for literary, artistic and cultural initiatives. Jatin

der Udhamपुरi said that artists like Mirabhai and Surdass have attained spiritual heights through music.

He said Dogri Baakh is unique folk type of Duggar which is not found anywhere else and we need to preserve and propagated it.

Prithvi Sharma said that music is powerful medium of energy which has power to even generate heat and cause rain with its powerful vibrations.

Nirmal Vinod appreciated the music session and described it a harmonious and fine blend of words, music and voices.

Om Vidyarathi said that music has also healing effect on humans, animals and plants. He observed that our folk music has flavour of the notes of Duggar birds, mesmerising sound of our springs and rivulets, music of forest breeze, hissing sound of wild insects and creatures and sound of falling rain which touch soul of every one.

The vote of thanks was extended by Arjun Mohan General Secretary Youth Wing NDS.

BJP Govt's performance pathetic, people suffering to hilt: Hari Singh, Udhay Chib

TOP NEWS REPORT

JAMMU, Oct 30: The ruling government at the Centre has attained expertise in making big claims but on ground its performance is dismal with people suffering on all counts as civic edifice, healthcare, education, employment, tourism, businesses are all passing through an abysmal phase.

This was stated by Hari Singh Chib, Vice President of J&K Pradesh Congress Committee while addressing party workers meeting at Ward No 59 falling in Jammu North Assembly Segment.

The meeting was convened by Kaka Ram in which Uday Bhanu Chib Youth Congress leader, former President Youth Congress Jammu and Kashmir, Member AICC, Somnath Sharma President BCC Pata Paloura and others were present.

Addressing Party workers, Hari Singh Chib said that the people of



the country have made a big mistake by voting to power the BJP and the need of the time is to root it out as soon as possible and install Congress Government to ensure good governance in the country. He said that BJP cannot offer anything except big hollow promises like bringing back black money, eradicating corruption, teaching a lesson to China and Pakistan, etc.

The JKPC Vice President asked the party cadre to be united and

disseminate information among the masses with regard to directionless policies of the BJP government. He said that unlike BJP Government, the Congress has a checkered history of bringing in colossal development without demeaning the constitutional institutions, which is the norm today.

The senior Congress leader appealed to party cadre to work hard for strengthening the party base across the state. He also assured that if party voted to power in

the ensuing polls, the general public will get a sigh of relief from Smart Meters, Property Tax and highly increased rates of essential commodities.

Udhay Chib, Youth Congress leader said that the people of J&K are fed-up of series of lies and false promises made by the BJP leadership in the Union Territory.

He asserted that the people of the country are struggling with rising inflation and the youths are finding it difficult to get jobs. "Inflation has

affected people at all levels. Even a cup of tea is now beyond the reach of the common citizens. The Centre has not taken any firm steps to control skyrocketing prices," he added.

Uday Chib said that as of today unemployment is at peak in J&K which is evident from the fact that J&K has the highest unemployment in the country. He asked the cadre to convince the people that it is only the Congress party which can tackle unemployment, poverty and lies of BJP leadership on ground because the BJP government has been exposed badly on all issues and problems, as it has only one expertise and that is of being rhetoric.

The Meeting was attended by Tarun Vaid, Kamal Singh Chib, Jung Bahadur Singh, Virender Mehta, Parkash Singh, Ravi Koul, Roshan Lal Koul, Kuldeep Tak Hans Raj Bhagat Shivam Sharma, Sohan Lal and others.

EDITORIAL

ABNORMAL
WEATHER
PATTERNS

Global climate change and abnormal weather patterns have nothing to do with pollution. It is nature's (i.e. the divine Goddess') natural reaction to an increase in sinful activity in the world. As the level of sinful activity increases (abortions, killing animals especially cows, non-performance of sacrifice, improper moral conduct of humanity, etc.) the nature withholds her gifts in the form of proper climate, rain, and natural abundance.

We have experience that in some seasons the rains produce abundance and in other seasons there is scarcity. We have no control over the earth's productiveness, for it is naturally under the full control of the Supreme Personality of Godhead. By His order, the Lord can make the earth produce sufficiently or insufficiently. If a pious king rules the earth according to the śāstric injunctions, there will naturally be regular rainfall and sufficient produce to provide for all men. There will be no question of exploitation, for everyone will have enough." – Srila Prabhupada purport to Srimad Bhagavatam 6.14.10

"The seasons are coming exactly, under the order of the Supreme Personality of Godhead. So when the king is a debauch or the president is a debauch, and the citizens are also debauch, there is restriction of supply by nature, under the order of the Supreme. Just like there is now petroleum problem. Now, by the order of the Supreme, the restriction is there." – Srila Prabhupada lecture on Srimad Bhagavata, 1.15.38 (December 16, 1973)

"In charge of the various necessities of life, the demigods, being satisfied by the performance of yajña [sacrifice], will supply all necessities to you. But he who enjoys such gifts without offering them to the demigods in return is certainly a thief."

The demigods, being pleased by sacrifices, will also please you, and thus, by cooperation between men and demigods, prosperity will reign for all."

Human's have no power to destroy the earth, which is Goddess Lakshmi herself. Humans have no power to destroy the nature, which is Goddess Durga herself. Humans are powerless beings in this world, they can only reside, they cannot create or destroy.

Due to sinful activities, the divine goddess can withhold rain, but Humans have no power to stop rain directly, only indirectly through their sinful activities which result in their punishment. Our pollution cannot stop rain, as rain is under the control of the gods.

Will Boris become a journalist again? Sunak might go more anti-Green

By: Kishwar Desai

There was a time when former Prime Ministers and Presidents set up foundations and went on a lecture circuit. Or they wrote their autobiographies and became advisers to big corporations. No matter what they did, the project was always a money spinner. And no surprise, therefore, that Boris Johnson – who had been a very well paid journalist prior to joining politics – has secured another six-figure pay cheque. This time as a TV star – hosting his own news slot. He is already a high paid columnist for the Daily Mail. Rumours are that the Daily Telegraph, a sturdy right wing daily, is about to be sold. As it was Boris's old haunt, whoever buys it may want him back as an editor. Hmm... all this does not augur well for his frenemies in the Tories and Labour. But to be fair, Johnson remains a popular figure no matter what he does – and he might just be opening a new arena for former leaders. And as the "former leaders" from the Tories are constantly growing, they do need new employment avenues for sure.

The present Prime Minister Rishi Sunak in the meanwhile is preparing for the King's Speech this week. There have been worries as he might go

in for further non-Green policies. More exploration for oil, more support for car drivers – more reliance on fossil fuels. But it is quite unlikely that the King will agree to read out much of this. Let's not forget that this is King Charles who has spent his lifetime talking to plants and protecting flora and fauna. It is not likely that even if he is a mere reader of the words of the government when he formally opens Parliament – he will say anything that hurts the UK Green agenda.

In the meantime the Tories have heaved a sigh of relief that Sunak has completed one year without any major mishaps apart from most losing by-elections and growing the gap between his Party and his rivals under Kier Starmer who continue to be way ahead in the opinion polls. But if his job was to steady the ship he seems to have done so – and most rebels in his own party recognise that it is better he is allowed to complete his term in office. So the good news is that we will see more of Akshata Murthy who has been charming in her role as First Lady.

And If the Prime Minister is British of Indian origin, with in-laws in India, the leader of Scottish National Party Hamza Yousuf, of Pakistani origin, is worrying about his Palestinian in-laws in Gaza.

But he is not alone as there are many British Muslims especially in the Labour Party who are high ranking members.

The leader of the Scottish Labour – Sarwar – is of Pakistani origin and the Mayor of London Sadiq Khan is also Muslim. Labour Party leadership used to be pro-Palestine. Now it has become like all other political parties, pro-Israel, in this episode at least. So we are back with public quarrels and splits – and Keir Starmer is caught in the crossfire.

On a more cheerful note, there is hope for glamorous women on the other side of 60. There is a new trend of older women who are being sought after by many high value dress designers as models. Dame Maggie Smith in her eighties, having been a stage and screen star, is the most recently featured model for Loewe. There have been other very beautiful actresses like Charlotte Rampling who has been appearing for Massimo Dutti and Helen Mirren for L'Oreal. Age does not wither them – and in fact, the wrinkles add experience, class and sophistication. With an ageing population women are doing what white haired men with wrinkles have been doing for a long time – representing themselves as part of a changing demographic. It's great that the advertisers have

recognised that older women like to look good – and if they can afford it – they like to shop!

After all, fashions change as do models who display fashions.

I must say that like many other authors I have always thought that magical realism and fantasy was like a clever cop-out. When you cannot resolve an issue while writing about the real world, create a paranormal solution – have vampires, and talking birds and thoughtful trees and people with super powers and the situation can be resolved without much trouble. But looking at the recent best sellers and TV shows that have created an alternate universe – and the growth of a new genre called "Romantasy" I am now headed to the British Library for its exhibition on Fantasy: Realms of Imagination. It apparently does delve in deep from the Tolkein era to the present day – and many now believe that the transition to fantasy fiction – which is a billion dollar industry – appeals not just to the young but also to adults who are exhausted by the last few years of despair, post Covid.

So if you find a talking dog and a romantic Martian, set entirely in another world, in my next book, you will know I am trying to break into this genre!

The revised syllabus brings both challenges and opportunities for NEET UG 2024 Aspirants

By: Vijay GarG

The NMC's revision of the NEET UG 2024 syllabus has undoubtedly caused a commotion among the medical aspirants. For you, as a NEET candidate, the most pressing question at this juncture is how to adapt. Before you're overwhelmed by the chaos of contradictory opinions coming towards you, let this mindfully curated guide aid you in approaching this transformation logically and preparing yourself appropriately.

Syllabus alterations
The revamped syllabus brings notable adjustments across different subjects. Here is a breakdown of the changes.

Physics
Class 12: The introduction of "Experimental Skills" is the only new addition, with no deletions from the existing syllabus.

Class 11: No new topic has been included, but "Physical World" has been removed.

Chemistry
Class 12: "Principles Related to Practical Chemistry" is the new inclusion, while "The Solid State," "Surface Chemistry," "General Principles & Processes of Isolation of Elements," "Polymers," and "Chemistry in Everyday Life" have been deleted.

Class 11: No new topic has been added, but "States of Matter: Gases & Liquids," "Hydrogen," "The S-Block Elements," and "Environmental Chemistry" are

no longer there in the syllabus.

Botany
Class 12: "Biodiversity and Conservation (Sacred Groves)" is an addition. "Reproduction in Organisms," "Strategies for Enhancement in Food Production," and "Environmental Issues" have been omitted.

Class 11: "Morphology of Flowering Plants" (Malvaceae, Cruciferae, Leguminosae, Compositae, Gramineae) is a new inclusion, whereas "Transport in Plants" and "Mineral Nutrition" have been removed.

Zoology
Class 12: No new topic has been added, but "Reproduction in Organisms" and "Strategies for Enhancement in Food Production - Animal Husbandry" have been deleted.

Class 11: "Structural Organisation in Animals - Animal Morphology (Frog)" has been added, and "Digestion and Absorption" is no longer a part of the syllabus.

Advice for NEET aspirants
The revised syllabus brings both challenges and opportunities for NEET aspirants. Here are some crucial pointers to guide your preparation.

Not a matter to celebrate: The overall bulk of the syllabus has been reduced. However, this should not be seen as a reason to celebrate, as the competition remains fierce.

Study materials: With no questions for the newly added topics available from the previous-year examinations, gather as many study materials, test papers, and

guidebooks related to them as possible. But rely on trusted sources only and use NCERT books as a foundation for your studies. The modified syllabus incorporates elements from both the old and new NCERT books. To ensure comprehensive preparation, you should study both.

Rigorous practice: Practise as many questions as possible to strengthen your understanding of the concepts and topics, including the newly added ones.

Embrace experiments: The revised syllabus reflects the principles of the new education policy, which stresses the importance of understanding over rote learning. As a result, candidates are encouraged to focus on gaining a profound comprehension of key concepts. This emphasis on understanding is further underscored by the new syllabus's substantial focus on experiment-based learning. As you prepare, it is essential to pay meticulous attention to your school laboratory experiments and to grasp the underlying theories thoroughly. This approach will undoubtedly enhance your readiness for the NEET UG 2024 examination.

Don't neglect omitted topics: While the syllabus has been trimmed, remember that the topics within a single chapter are interrelated. Don't completely abandon or neglect the deleted topics, as they may still have relevance. But if a whole chapter has been deleted, there is no need to prepare for it.

Maintain your study routine:

In the midst of syllabus revisions and adaptations, it's crucial for NEET UG 2024 aspirants to stay unwaveringly committed to their daily study sessions. Be in the present, and, after revising your daily schedule in accordance with the modified syllabus, continue your preparation with the same enthusiasm and dedication. However, do not underestimate the old portion of the syllabus which is still present in the revised one. It's important to remember that while the syllabus has evolved, the fundamental nature of the NEET exam remains unchanged. You still need to tackle 180 questions carrying 720 marks within a time frame of 200 minutes.

To excel in the NEET exam, maintain your diligence, regularly solve mock test papers, and build your personalised time management strategy, just as you have been doing previously. The reduced syllabus may create the illusion of decreased competition, but the number of aspirants remains the same. By striking a balance between old and new resources, deepening your understanding of concepts, and recognising the interrelations among the added and omitted topics, you will be better equipped to excel in this critical examination.

*(Vijay GarG Retired
Principal Educational
columnist Malout)*

Annual Sports Meet 2023 COMBATICA commences at Central University



TOP NEWS REPORT

JAMMU, Oct 30: Directorate of Physical Education, Central University of Jammu, in its pursuit of holistic education and fostering a spirit of athleticism, announced the commencement of the highly-anticipated three day event 'Annual Sports Meet COMBATICA-2023.'

Marking its inauguration, Hon'ble Vice Chancellor Prof. Sanjeev Jain flagged off the opening marathon event, a fitting start to a series of sports extravaganzas that will unfold over the

next three days. He emphasized the significance of sports in the holistic development of students. He also applauded the unwavering dedication of Director and Assistant Directors (Sports) in organizing this sport meet, which promises to be one of the most exciting and engaging sporting event of the year.

COMBATICA exemplifies the University's commitment to excellence, sportsmanship, and camaraderie. It promises to be a grand spectacle that unites athletes from

various backgrounds and promotes the spirit of healthy competition. Following the marathon's completion, the day unfolded with an array of sporting events. Athletes displayed their prowess in cricket, chess, carrom, volleyball, badminton, shot-put, long jump, high jump, and table tennis. Each competition reflected the dedication, hard work, and sportsmanship of all participating individuals. As Combatica 2023 progresses, the 31st of October promises another action-packed day with events like

cricket, chess, carrom, volleyball, football, badminton, various racing events, table tennis, discus throw, javelin throw, and the traditional game of kho kho.

The grand finale on the 1st of November will see the culmination of Combatica 2023, where participants will battle it out in the finals of basketball, cricket, volleyball, badminton, and the crowd-favourite tug of war. The event not only champions athleticism but also fosters a sense of community and companionship among participants and spectators. Combatica 2023 is a multi-sport event that brings together athletes from various disciplines to compete, collaborate, and celebrate the spirit of sports. Organized annually, the event aims to provide a platform for emerging talent, foster community spirit, and champion the values of discipline, perseverance, and teamwork.

Karate kids of Tiny Scholars Kathua brings laurels to school



TOP NEWS REPORT

KATHUA, Oct 30: The Sports Karate Do Association successfully organized the much-anticipated 4th North India Open Karate-Do Championship on October 22, 2023, at Pathankot.

The event witnessed a remarkable turnout of more than 30 enthusiastic schools from Jammu and Kashmir, Haryana, Punjab, and Himachal Pradesh.

This championship brought together karate enthusiasts from various regions, providing them with an opportunity to display their skills and compete against

top-notch participants.

Among the participants were 54 talented students from Tiny Scholars School, who showcased their dedication and passion for martial arts.

The dedication and perseverance demonstrated by the students from Tiny Scholars School were exemplary. Out of the 54 participating students, an astounding 17 earned gold medals, 8 secured silver medals, and 10 proudly emerged with bronze medals.

It is a testament to their hard work, commitment, and relentless training under the guidance

of their esteemed instructors.

Manisha Gupta, the Director of Tiny Scholars School, expressed her heartfelt congratulations to the triumphant students, commending them for their outstanding achievements.

She emphasized the significance of discipline, determination, and sportsmanship in fostering holistic development.

Principal Reena Khajuria also extended her warmest congratulations to the talented students, acknowledging their unwavering dedication in both academics and extracurricular activities.

Two-day training programme on Integrated Pest Management held



TOP NEWS REPORT

JAMMU, Oct 30: Central Integrated Pest Management Centre, Govt. of India, Department of Agriculture and Farmers Welfare in collaboration with Department of Agriculture Sub-Div R.S Pura conducted two days training programme on "Integrated Pest Management" (HRD) at Panchayat Gigian, Block R.S Pura of district Jammu.

Large number of farmers took part in the programme where in they made aware by Dr Mithilesh Kumar Arya, Assistant Director (PP) and Dr Ashwani Kumar Sharma Regional SMS, Jammu regarding the concept and objective of organising such programmes.

They elaborated in details the various techniques of Integrated Pest Management (IPM), and when as well as at what stage the use of chemicals, while

seeing ETL level, use of Pheromones Traps, Light Traps, Delta Traps and Yellow Sticky Traps should be made.

Moreover, Arun Jaral, SMS Sub-Div R.S Pura also made the Farmers aware regarding various Cultural, Mechanical, Biological and Chemical control measures under IPM techniques for the welfare of farmers. Sarpanch Pachayant Gigian Capt. Hans Raj also appreciated the Department for conducting such camps for farmers welfare and asked the farmers to come forward for taking maximum benefits from the departmental schemes.

SMS Satvir Singh along with Sudhir Chander, Scientific Assistant, Surinder Kumar Technical Assistant, JAEO's Rupinder Kour, Ravinder Sharma and AEs Sanjeev Kumar, Harpreet Singh, Ashish Kumar, Parsem Choudhary were also present during the programme.

Stopping Darbar Move unjustified: Gurmeet

TOP NEWS REPORT

JAMMU, Oct 30: The "Darbar Move" practice in Jammu and Kashmir is a long-standing tradition in which the capital of the region is changed every six months. The practice involves shifting the entire arrangement of necessary government offices, including the civil secretariat, from Jammu to Srinagar and vice versa.

This was stated by Gurmeet Singh, President Beopar Mandal and District General Secretary JKPC.

"The tradition of changing the capital every six months was started by Dogra ruler Maharaja Gulab Singh in 1862. The primary reason for this practice was the extreme weather conditions in the region. Srinagar, the summer capital, is known for its unbearable cold during the winter season, while Jammu, the winter capi-



tal, experiences scorching heat during the summer. To make the conditions more bearable for government officials and employees, the capital was moved to the location with more favorable weather," he said.

During the Darbar Move, he added, hundreds of trucks are used to transport office files, computers, and relevant records from one capital to the other.

Government employees are also transferred as part of this process and families of the employees often accom-

pany them during this move, which benefits hoteliers and the business community, as they experience increased business during the transition period, Gurmeet said.

However, he said, government decided to end the Darbar Move practice in an attempt to control expenses.

He criticized the decision as it has resulted in significant losses for hoteliers and the business community in both Jammu and Kashmir.

Gurmeet Singh said the cancellation of the Darbar Move has led to substantial financial losses and economic hardship for the affected communities.

They argued that the savings projected by the government are not being realized, and the costs associated with ending the tradition have exceeded the expected benefits

DPS Jammu students shine in CBSE North Zone-II Skating Championship

TOP NEWS REPORT

JAMMU, Oct 30: Saanvi Grover (VIII-B) and Pratyaksha Gupta (X-B), both students of Delhi Public School (DPS) Jammu brought laurels to the school by winning silver medal and bronze medal in 500+D and 1000 mts, respectively in CBSE North Zone-II Skating Championship organized by CBSE, New Delhi.

The event was held at St. Soldiers International Convent School, Mohali from 18-21 Octo-



ber, 2023. Total 3600 students from 500 different schools from North Zone participated in the event.

Further, Saanvi Grover has also been selected for CBSE National Level Games to be held later this year.

The other students

from DPS Jammu who participated in the event include Riyansh Mahajan (I-C), Avikam Ashok Gupta (II-F), Mridul Jungal (III-E), Aayan Singh

Langhe (IV-B), Roo Dubey (III-E), Aruhi (IV-F), Meera Verma (V-D), Vidhan Mahajan (VI-H) and Viraaj Gandotra (VI-B).

The Management DPS Jammu- President-RCT, Ajatshatru Singh, Pro VC, Dr. Ritu Singh, Director- S.S Sodhi along with Principal-DPS Jammu, Ruchi Chabra congratulated the winners, participants, their parents and coach, Gulmeet for her support. They also extended their best wishes to them for all their future endeavours.

KDP Wing of DPAP rejects proposal of purchase of land in Kashmir

TOP NEWS REPORT

JAMMU, Oct 30: In a joint statement issued by the Kashmiri Displaced People Wing of DPAP, through its President Sanjay Dhar, Chairman Piaray Lal Pandita, General Secretary Raj Kumar Ticku have categorically rejected the proposal

of purchase the land by Kashmiri Displaced Community in Kashmir disclosed by the Lt Governor in the Puja Sammalen held at Thalwal Jammu at Baderkali Asthan.

The KDP Wing DPAP J&K leaders have out rightly condemned such statement by a Govt as

instead of blank assurances for rehabilitation of the Displaced Community, these confusing statements are issued.

The KDP Wing DPAP J&K leaders demanded that due to failure of the Govt.St Centre and State/UT have failed to prepare any concrete

permanent rehabilitation policy of resettlement back of Kashmiri Hindus in their birth places in Kashmir, each moment the self generated proposals are thrown out on the platforms in connivance of some self choice migrants migrated in seventies and eighties.

They appealed the Govt. of India to make a concrete rehabilitation policy for return back of Kashmiri Displaced People to their birth places, as now this has been too much miserable to lead a displaced life of more than thirty three years of exile in its own State/UT.

Arni University offers special provisions for students coming from Defence Personnel Families

TOP NEWS REPORT

JAMMU, Oct 30: In a pathbreaking initiative to provide special provisions for students coming from defence families for admission to different courses, Arni University (AU), on Monday announced that the University has been empanelled for Jammu and Kashmir Scholarship Scheme under which it would offer admission to students recommended by Indian Army's Northern Command Headquarter.

The University has intimated and confirmed the Northern Command about the provisions.

Talking to reporters here today, Vivek Singh, Chancellor of Arni University, said, "At AU, we have always believed



in contributing to social causes. Given the contribution of defence forces, it was imperative for us to make some special provisions for their wards. In pursuit of that initially, we are proceeding with J & K Scholarship Schemes and subsequently, we will offer special admission provisions to stu-

dents coming from defence families of Himachal Pradesh, North East States, Punjab, Haryana, and Rajasthan. We are thrilled to see Indian Army is also very responsive to our offer."

Along with these special provisions, the University has been partnering with sev-

eral organizations in Himachal Pradesh to create a robust higher education landscape in the state. Partnerships aim to create awareness about the need for changes required to make higher education more effective, promote entrepreneurship, and be employable with a focus on soft skilling too.

The university's vision "Skill Comprehensive Higher Education" is a testament to its forward-thinking approach. It specifically focuses on building sustainable livelihoods in a challenging geographical region- Himachal Pradesh.

"We believe that higher education should not only enhance employability but also

ignite the spirit of entrepreneurship among its students. Arni University is more than just an institution; it's a holistic educational ecosystem where students are equipped with the tools they need to excel in their chosen fields, contribute to society, and make a lasting impact on the world," added Vivek Singh.

With its innovative approach, AU has become a magnet for students, not just from Himachal Pradesh but from various parts of Northern India, leading to a remarkable increase in student enrollment. Within a couple of years, the number of students has increased from 200 initially to 2000 in the current academic session.

Wanderlust...: Celebs talk about their favourite tourist destinations and things they carry there

Travel light

Somy Ali

My favourite tourist spots are London, Paris, New York and Rajasthan in India. London and New York have so much diversity when it comes to food and cultures that it almost makes you believe that there is no discrimination in this world. It's an illusion that we must all experience at least once. India made me who I am today. As for Paris, that's a given. Who wouldn't want to go there? I like to travel light and the five must-haves in my travel bag are cell, pepper spray, notebook, pens and make-up kit.

Gorgeous view
Pranita Pandit

Switzerland and New Zealand are two of my favorite destinations. Switzerland is very beautiful; it has a variety of views from snow to plain mountains to water streams. The weather is amazing and it's very less populated. It's gorgeous. Also, every sight of New Zealand is a picture-perfect moment. I remember going to Queenstown and enjoying the view. I'm a light traveller. I like to have a backpack and try to



keep as much stuff in it. The five must-haves in my travel bag are a pair of sneakers, tracks, basic medicines, one good jacket and my phone.

Heavy duty
Angad Hasija

My favourite tourist spot is Kashmir. I love that place because you get to witness a different experience in different seasons. It is like heaven. I love

the beauty of that place. I am shooting my Television show here right now and weather is fantastic. I am a person who travels with a heavy baggage because I need to have different outfits for every day and then I carry different footwear too matching the outfit, and then accessories too. My must-haves are mobile and phone accessories like air pods, charger, and

perfume.

Ladakh love

Shivangi Verma

My favourite tourist spot is Ladakh. I love the breathtaking landscapes, the high mountains and the peaceful atmosphere of Ladakh. I like to travel light. I feel the only way to enjoy a vacation is to travel light. Believe it or not, heavy luggage always spoils the mood. The five must-haves in my bag are a phone, a lip balm, some mints, safety pins and tissues.

Relaxed mode
Simaran Kaur

My favourite tourist destinations are Kashmir and Goa. Kashmir is like a dreamland with snow-covered mountains, mesmerising lakes, and warm people. Goa, on the other hand, offers a relaxed and laid-back atmosphere where you can embrace the Goan lifestyle, enjoy the beaches, and soak in the serene yet lively surroundings. Both places have their unique charm that I love visiting. I carry my favourite t-shirts and pajamas besides my mobile, charger, handbag and make-up kit.

Still hopeful: Soniya Bansal evicted from BB 17, but wishes to come back as a wildcard



Actress Soniya Bansal has become the first contestant to be evicted from the house of Bigg Boss' Season 17. But she wants to come back as a wildcard entry.

The suspense was off the charts on Weekend Ka Vaar in Bigg Boss, and the rollercoaster ride of reality checks got wild. The Dabangg host

introduced a jaw-dropping twist after revealing the outcome of public votes — Sana and Soniya were the bottom two contestants.

The fate of these two hung in balance and it was left to the housemates to decide who would stay in the master's mohalla. Owing to insufficient votes, it was the end of the road for Soniya.

Throughout her two-week-long journey, Soniya entertained the audience with her dance moves and glamorous presence. Soniya shared, "I will obviously want to come back as a wildcard. Many things are left behind, and I am really sad about that."

All the housemates gushed about Soniya's culinary skills and the mere thought of her leaving the show had them worried about who would take over the kitchen.

Sharon Stone says doctors thought she was 'faking' her brain haemorrhage

Sharon Stone has revealed that back in 2001 when she was suffering from brain haemorrhage, the doctors thought she was faking the whole incident. The actress was diagnosed with 1 per cent chance of survival, which led her to quit Hollywood.

The Basic Instinct star, 65, recalled the incident during an interview with Vogue where she remembered being rushed to the hospital after feeling a "lightning bolt-like" pain in her head.

"I remember waking up on a gurney and asking the kid wheeling it where I was going, and him saying, brain surgery," shared Stone.

"A doctor had decided, without my knowledge or consent, that he



should give me exploratory brain surgery and sent me off to the operating room."

Continuing, the Total Recall actress said, "What I learnt through that experience is that in a medical setting,

women often just aren't heard, particularly when you don't have a female doctor."

She said that as a result of the medical staff taking the situation lightly, they first missed her brain haemorrhage.

Winning against the tide: Accolades for Sarvnik Kaur's documentary on Koli fishermen at Sundance Film Festival

The story that is not on camera determines the story that is on camera, says acclaimed filmmaker Sarvnik Kaur as she talks about the challenges of documentary filmmaking. Her latest documentary, 'Against the Tide', that won the special jury award at Sundance Film Festival, is a moving portrait of Koli fishermen.

The story of displacement of her two main characters is her own story as well. Though Sarvnik only heard stories of Partition, and was just a year old when her grandparents' house was burnt during the 1984 anti-Sikh riots in New Delhi, the film became a means to deal with her own 'passed-on trauma'.

The idea occurred to her when she read a newspaper report of a road being constructed in Mumbai which would displace the Kolis from their village. She was working at that point of time on her film, 'Soz: A Ballad of Maladies', a story about the music of resistance in Kashmir and the pain of living in militarised zones.



Aghast at the fishermen's displacement 'in the name of development', she decided to pitch for the cause of Kolis. As she saw the world of fishermen through their eyes, the film became a series of conversations between two fishermen, her lead character Ganesh and his friend Rakesh, whose perspectives were as different as chalk and cheese. Yet, the idea of sustainability came through with throbbing force.

"Small and medium farmers and fishermen are feeding

70 per cent of the world, yet, instead of being incentivised for sustainable practices, they are being penalised," she rues.

About the popularity of this genre, she does not agree that India is not a documentary viewing country. In fact, she has had full-house, enthused screenings of her documentaries. Still, she agrees, "Distribution is an issue and makers are often left to themselves to devise ways to engage with the audience." She recalls how her National Award-winning film 'Soz' was

not broadcast on Doordarshan.

Awards do matter and international recognition brings in more attention, but personally she finds the idea of competition corrosive.

As a jury member at the International Documentary and Short Film Festival of Kerala, she wished to award all documentary makers, as she knows it is a herculean task to make one. Physical hurdles, like shooting in the rough seas, are the least of her problems. What is truly challenging is "building trust with your subject as is not easy, for, they are real people, and you can't rush it through". 'Against the Tide' was six years in the making.

In a world where we are constantly being sold the idea of killing ambition, she would not care to fall in the trap of up-scaling. "Rather," she believes, "being ordinary is such a gift." She would like to tell the stories of ordinary people, but in an extraordinary way, bringing out the complexities hidden beneath.

Malayalam actor Renjusha Menon found dead at her house

Found hanging in her rented apartment; police start probe

Malayalam film and TV serial actor Renjusha Menon was found hanging in her rented apartment here on Monday.

The 35-year-old actor was living with her family in the apartment. The Sreekariyam police have started a probe.

The family got suspicious as her room was locked for long on Monday morning.

When the door was forced open, she was found hanging.

The inquest proceedings have been started and the body will be taken for autopsy.

Menon was a popular actor and had acted in many serials on multiple TV channels.

She also acted in some Malayalam films.



What exactly did Karan Johar mean when he said 'Sunny Deol is into Teddy bears'

Actor Sunny Deol, who registered massive success with his latest release 'Gadar 2' may be the alpha guy beating up baddies in dozens on screen but in reality the actor is a kind-hearted person.

Sunny, along with brother Bobby Deol, is set to grace the couch on season eight of popular chat show 'Koffee With Karan'.

During the course of the second episode, host Karan Johar revealed that Sunny is



into Teddy bears.

Dropping the secret bomb, KJo said: "Who would know that a man

who could destroy a country with a hand pump, can actually be into teddy bears?"

Karan also appreciated Sunny's massive success with 'Gadar 2'. He goes on to give him a standing ovation, saying: "The first thing I have to do is give you a standing ovation."

Discussing Sunny and Bobby's father, Dharmendra's kiss in 'Rocky aur Rani Kii Prem Kahaani', Sunny said: "My Dad can do whatever he likes and he gets away with it."

'Koffee with Karan' Season 8 streams on Disney+Hotstar.

Rinku Ghosh opens up on Junooniyat going off air

Known for her work in the shows like Durgesh Nandini, Mohe Rang De, Mrs Pammi Pyarelal among others, actress Rinku Ghosh has expressed sadness that her show Junooniyat is soon going to be off air.

The popular show has been entertaining the viewers with its story of love and music, spearheaded by Ankit Gupta (Jahaan), Gautam Singh Vig (Jordan), and Neha Rana (Elahi).

Talking about the show going off air, Rinku said, "Well, at first, I was a little sad. I was not prepared for this to end so soon, as the show is doing well. It's the second highest time spent on the channel in the friction category, people too were loving it."

"While doing a serial there are many bonds you make with your co-actors as we spend most of our time with each other. So, it's like a family is breaking. But now I take it as the beginning of another new chapter. Every end has a new beginning,"



said the Imtihaan fame actress.

Rinku added, "TV industry is very unpredictable, and anything can happen anytime. It all depends on the people what content they like or dislike. So, I just go with the flow and concentrate on my work and character."

On her upcoming plans, the actress shared, "I'm looking for a really strong pivotal role. I just cannot do a character which does not add any value to the main story line."

"As I said earlier that in TV the content's likes and dislikes depend on our viewers. Sometimes they get stuck to one particular show that they are watching. Whereas there maybe/are better shows on different channels.

Hence to make them shift to a different show can take time," she added.

Produced by Sargun Mehta and Ravie Dubey under the banner of Dreamiyata Entertainment, Junooniyat airs on Colors.

Go To Courts Instead Of Protesting On Streets On Legal Issues: Vice President

Vice President Jagdeep Dhankhar said the country's governance mechanism has been "sanitised and power brokers neutralised."

GUWAHATI, Oct 30 (Agencies): Vice-President Jagdeep Dhankhar on Monday urged people to believe in the country's judicial system rather than hitting the streets when faced with legal issues. He said the country's governance mechanism has been "sanitised and power brokers neutralised."

Speaking at a programme at Cotton University in Guwahati during a day-long visit, Mr Dhankhar said, "There are some people who come out on the streets whenever they receive a summons from the judiciary or probe agencies."

"We have a robust judicial system, why don't we avail it? Our courts have performed so wonderfully," he said.



The Vice-President said corruption has been weeded out from the system under the current regime. "I have seen times when it was

thought that law cannot reach some people, brokers were everywhere and corruption was rampant. But these times are now over.

"There was a time when our power corridors and governing system were infested with power brokers and corrupt elements. These corridors have now been sanitised and brokers neutralised," he added.

Claiming that common citizens and students stand to gain the most from the current situation, he urged the youth to contribute to nation building in all spheres.

He said India's growth has not gone down well with some sections and called upon students to defeat such forces.

"Bharat's voice is on top globally now and it is not suiting many...it is our duty to neutralise anti-Bharat narratives," he added.

India's Rapid Development Due To Stable Government, Says PM Modi



MEHSANA, Oct 30 (Agencies): Prime Minister Narendra Modi on Monday said the rapid development being seen in the country and the praise which it is garnering across the world is because of the power of the public that has given a stable government.

He was addressing a public rally at Kheralu in Gujarat's Mehsana district after inaugurating and laying the foundation stones for a host of development projects worth 5,950 crore.

Prime Minister Modi said Gujarat has experienced how a stable government

continuing for a long time has helped in taking one decision after another, benefitting the state.

The PM also said that when he takes a pledge, he fulfils it.

"At the root of the rapid development being seen in the country and India's praise in the world (for rapid development) is the power of the public that has given a stable government in the country," he said.

"We have experienced how a stable and majority government in Gujarat continuing for a long time has helped us take one decision after another," Modi said.

People know very well that the strong pillars laid in the last several years are behind the large projects of development being undertaken and courageous decisions being made, and behind the rapid growth of Gujarat, he said.

"And you know your Narendrabhai, you see me as your own Narendrabhai rather than the prime minister. And you know your Narendrabhai, once he takes a pledge, he fulfils it," Prime Minister Modi said.

Five students, driver killed as bus-van collide in UP's Badaun

BADAUN, Oct 30 (Agencies): In a tragic incident, five students and a driver of a school van were killed in an accident in Uttar Pradesh's Badaun district on Monday.

The accident took place when the school bus collided with another school van on the Nabiganj road, killing the van driver and a student on the spot.

About 16 injured students were rushed to the district hospital after the accident.

Four of them died during treatment, bringing the total death count to six.

Police officials said that the van was carrying students to the



SRPs English School from the nearby Mion village when the two vehicles collided.

District Magistrate Manoj Kumar, who reached the district hospital on receiving information about the accident, confirmed the initial deaths.

He said he has urged the hospital authorities to ensure proper treatment for the injured students.

Police have launched an investigation into the matter to ascertain the exact circumstances and the cause of the accident.

Toll in Andhra Pradesh train accident rises to 14; CM Jagan Mohan Reddy to visit mishap site

VISAKHAPATNAM, Oct 30 (Agencies): The number of casualties in the train accident on the Howrah-Chennai line in Vizianagaram district of Andhra Pradesh rose to 14 while 50 people were injured, Superintendent of Police M Deepika said on Monday.

Andhra Pradesh Chief Minister YS Jagan Mohan Reddy will visit the accident site and also those injured and undergoing treatment in Vizianagaram, official sources said.

Officials of the East Coast Railway (ECR) said at around 7 pm on Sunday, the Palasa passenger train hit the Rayagada passenger train from behind at Kantakapalli, about 40 km from here, causing three coaches to derail.

According to media reports, the locomotive



of the Palasa train also died in the accident.

When contacted, ECR Divisional Railway Manager Saurabh Prasad confirmed the death of the guard.

He said the rescue operations are still going on and track clearance operations are in full swing.

Prasad told agency that all the affected coaches had been looked into and the locomotive is being lifted now to see for a final round of checking by the NDRF if any bodies are still trapped inside the coaches or the locomotive or in the mangled mess.

Five coaches plus the locomotive got mangled. Three coaches were of the train which was ahead (Palasa passenger) and two coaches and the locomotive were of the Rayagada passenger, the DRM said.

He noted that the clearance of the tracks is also under way. As part of the clearance work, Prasad said two coaches were taken away and the third coach is also being tackled at present, adding that train movement could be restored on Monday.

He observed that traffic on the down line towards Kolkata could be restored before noon and on the up line towards Vijayawada by afternoon.

Prasad said four OHE masts, railway electrical infrastructure, had

been damaged at the accident site, spanning all the three lines.

Following the accident, several trains have either been cancelled or diverted or rescheduled by East Coast Railway and South Central Railway.

Expressing shock over the incident, Andhra Pradesh Chief Minister YS Jagan Mohan Reddy instructed officials to pay an ex-gratia amount of Rs 10 lakh each to the kin of the deceased and Rs 2 lakh each to the injured from the state.

He also announced a compensation of Rs 2 lakh each for the kin of the deceased and Rs 50,000 each for the injured from other states, according to an official release.

The ECR has set up helplines.

Kerala blasts toll rises to 3 as 12-year-old girl succumbs to injuries

KOCHI, Oct 30 (Agencies): The death toll in the blasts at a Christian religious gathering near this port city of Kerala has risen to three, while four others are in a critical condition, the state Health Department said on Monday.

A 12-year-old girl, identified as Libina from Malayattoor in Ernakulam district, succumbed to her injuries in the early hours of Monday at the Kalamassery Government Medical College Hospital.

Among the four in a critical condition, two are

the brother and mother of the 12-year-old girl and they have suffered over 50 per cent burns, state Health Minister Veena George said on Monday.

According to a statement issued by the hospital's medical board, the girl was admitted to the hospital on Sunday morning with severe burns covering 95 per cent of her body.

Despite receiving ventilator support, her condition continued to deteriorate, leading to her death at 12.40 am, it said.

This marks the third



casualty from the blasts at the convention centre.

Two women who were part of the gathering had lost their lives on Sunday.

The minister, speaking to reporters here on Monday, said that

around 60 people sought treatment in connection with the incident and one person was brought dead after the blasts.

At present, 12 people are in ICU in different hospitals, including the Kalamassery Govern-

ment Medical College, George said.

Multiple blasts occurred on Sunday morning at the International Convention Centre in Kalamassery where the followers from the minority Christian group, Jehovah's Witnesses, had gathered for the final day of a three-day prayer meeting.

Hours after the incident, a man claiming to be a member of Jehovah's Witnesses, surrendered before police in Thrissur district of the state, saying he carried out the multiple blasts.

BRS MP Prabhakar Reddy stabbed during Telangana polls campaign



HYDERABAD, Oct 30 (Agencies): Ruling BRS MP Kotha Prabhakar Reddy and party candidate from Dubbak assembly segment was stabbed while he was campaigning on Monday allegedly by an unidentified man in Siddipet district, police said.

The MP from Medak Lok Sabha constituency suffered injuries in his stomach and has been shifted to a nearby hospital. His condition is said to be stable, they said.

The incident took place in Doullthabad mandal when Prabhakar Reddy, who has been

fielded by BRS from Dubbak for the November 30 assembly elections, was campaigning, police said.

TV footage showed Prabhakar Reddy pressing the stab wound on his stomach (to stop the bleeding) while sitting in a vehicle.

The man who allegedly stabbed the MP was "beaten up" by the locals.

"The assailant has been taken into custody. We are verifying his details," Siddipet Commissioner of Police N Swetha told agency.

Further investigations are on.

Karnataka Lokayukta sleuths raid 17 officers accused of amassing disproportionate assets

BENGALURU, Oct 30 (Agencies): Lokayukta sleuths in Karnataka on Monday raided more than 70 locations belonging to 17 government officials accused of allegedly amassing wealth disproportionate to their known sources of income.

Lokayukta sources said a huge amount of cash, gold, immovable properties, luxury vehicles, investment in land, stocks and expensive gadgets were detected.

Several teams of Lokayukta police assisted by the jurisdictional police carried out the searches



in a pre-dawn swoop, a senior Lokayukta official said.

The Inspector General of Police (Lokayukta) Dr A Subramanyeahwara told agency: "We have registered 17 cases against public servants across Karnataka. These raids are going on at 70-odd locations".

These raids were carried out in Bengaluru, Mandya, Raichur, Bidar, Kalaburagi, Chitradurga, Ballari, Tumakuru, Udupi, Hassan, Belagavi, Davangere and Haveri districts, according to Lokayukta sources. Searches and investigations are underway, they said.

14-year-old boy nabbed for killing 16-year-old boy in Delhi

NEW DELHI, Oct 30 (Agencies): A 14-year-old boy was nabbed on Monday morning for allegedly stabbing a teenager to death in North Delhi's Sabzi Mandi area, police said.

On Sunday night, the Bara Hindu Rao Hospital informed police that 16-year-old Arun was admitted there with a stab injury in his abdomen. He died during treatment early on Monday, they said.

According to the police, Arun had a fight with the accused two days ago over a minor issue. Seeking revenge, the accused stabbed Arun on Sunday, police said.

The accused had been apprehended, they said.

Police said the accused had revealed that he was nursing a grudge against Arun after being beaten up by him in the past and was looking for an opportunity to settle scores.



Absconding criminal killed in encounter with UP police

LUCKNOW/GHAZIABAD, Oct 30 (Agencies): A notorious criminal carrying a Rs 25,000 reward on his arrest for his alleged involvement in a case of robbery has been killed in an encounter with the police in Ghaziabad, officials said on Monday.

According to the officials, police had set up a checkpoint in the Masoori police station area and directed two persons approaching on a motorbike to stop late on Sunday night.

At this, the two began running and opened fire at the police, injuring a sub-inspector. In retaliatory firing, one of them was injured while the other managed to flee, Deputy Commissioner of Police Vivek Chandra said.

The injured was rushed to a hospital where he died, the officer said, adding that the deceased has been identified as Jitendra and he had 12 cases registered against him.

He was absconding in a case of rob-



bery on October 27 in which a BTEch student had died. A reward of Rs 25,000 had been declared on his arrest, Chandra added.

According to the police, Jitendra and his associate had snatched the mobile phone from Kriti, a first-year BTEch student, who was on her way back to home.

Kriti fell from the auto and was critically injured. She was admitted to a hospital, where she died during the treatment on Sunday afternoon, they said.

Federal judge reimposes limited gag order in Donald Trump's 2020 election interference case

US District Judge Tanya Chutkan agreed to reinstate the order after prosecutors said that Trump's recent social media comments about his former chief of staff represented an attempt to influence and intimidate

WASHINGTON, Oct 30 (Agencies): The federal judge overseeing Donald Trump's 2020 election interference case in Washington reimposed a narrow gag order barring him from making public comments targeting prosecutors, court staff and potential witnesses.

The reinstatement of the gag order was revealed in a brief notation on the online case docket Sunday night, but the order itself was not immediately available, making it impossible to see the judge's rationale or the precise contours of the restrictions.

US District Judge Tanya Chutkan, who is presiding over the federal case charging Trump with plotting to overturn the results of the 2020 election, had temporarily lifted the gag order as she considered the former president's request to keep it on hold while he challenges the restrictions on his speech in higher courts.

But Chutkan agreed to reinstate the order after prosecutors cited Trump's recent social media comments about his former chief of staff. They said it represented an attempt to



influence and intimidate a likely witness in the case.

The order is a fresh reminder that Trump's penchant for incendiary and bitter rants about the four criminal cases that he's facing, though politically beneficial in rallying his supporters as he seeks to reclaim the White House, carry practical consequences in court. Two separate judges have now imposed orders mandating that he rein in his speech, with the jurist presiding over a civil fraud trial in New York issuing a monetary fine last week.

A request for comment was sent on Sunday to a Trump attorney,

Todd Blanche. Trump in a social media post late Sunday acknowledged that the gag order was back in place, calling it "not constitutional!" Trump's lawyers have said they will seek an emergency stay of the order from the US Circuit Court of Appeals for the DC Circuit. The defense has said Trump is entitled to criticize prosecutors and "speak truth to oppression."

Trump has denied any wrongdoing in the case. He has made a central part of his 2024 campaign for president vilifying special counsel Jack Smith and others involved in the criminal cases against him, casting him-

self as the victim of a politicized justice system.

Prosecutors have said Trump's verbal attacks threaten to undermine the integrity of the case and risk inspiring his supporters to violence.

Smith's team said Trump took advantage of the recent lifting of the gag order to "send an unmistakable and threatening message" to his former chief of staff, Mark Meadows, who was reported by ABC News to have received immunity to testify before a grand jury.

The former president mused on social media about the possibility that Meadows would give testimony to Smith in exchange for immunity. One part of the post said, "Some people would make that deal, but they are weaklings and cowards, and so bad for the future of our failing nation. I don't think that Mark Meadows is one of them but who really knows?"

In a separate case, Trump was fined last week USD 10,000 after the judge in his civil fraud trial in New York said that the former president had violated a gag order.

Israel says hit military infrastructure in Syria



TEL AVIV, Oct 30 (Agencies): Israel's army said Monday it had carried out strikes on military infrastructure inside Syria as fears grow that its war against Hamas could spur a broader regional conflict.

"A short time ago, an IDF fighter jet attacked the launchers" from where attacks originated overnight towards Israeli territory, the military said.

The Israeli jet "struck military infrastructure in Syrian territory", it said. The army did not provide more details, but according to Israeli public broadcaster Kan News, the strikes took place near the southern Syrian city of Daraa.

Syria's defence ministry on Monday said Israel struck at around 1:35 am (2335 GMT) from the direction of the occupied Syrian Golan,

targeting two positions of our armed forces in the Daraa countryside, causing some material losses".

The Syrian Observatory for Human Rights war monitor said Israel targeted army positions including "an artillery battalion" in Daraa province, in response to shelling on the nearby occupied Golan Heights.

Concerns are growing about the regional fallout from Israel's war on Hamas in Gaza.

There has been a string of attacks on US forces in Iraq and Syria as well as increasing exchanges of fire between Hezbollah and Israeli forces on the Lebanon border since the Gaza conflict began.

Late Sunday, the Israeli military said it was striking "Hezbollah terrorist targets in Lebanon", also in response to

rocket fire.

Cross-border exchanges with Hezbollah have become an almost daily occurrence since October 7, when Hamas militants from Gaza stormed into southern Israel and killed more than 1,400 people, mostly civilians, and seized nearly 240 hostages, according to Israeli officials.

Israel has responded with an unrelenting bombardment of Gaza, which the Hamas-run health ministry says has killed more than 8,000 people, nearly half of them children.

Since the Hamas attack, cross-border violence has killed at least 61 people in Lebanon according to an AFP tally.

Most were Hezbollah fighters, although there have been four civilians among the victims, including one journalist.

Israeli officials have reported four deaths, including one civilian.

Nearly 29,000 people have been displaced in Lebanon due to the clashes, according to the International Organization for Migration.

West wants to expand Ukraine conflict to Asia-Pacific region: Russian minister

BEIJING, Oct 30 (Agencies): Russian Defence Minister Sergei Shoigu said the West wants to expand the conflict in the Ukraine to the Asia-Pacific region, Russian state media reported, citing comments made at a Beijing defence forum on Monday.

Speaking at the Xiangshan Forum, China's biggest military diplomacy event, Shoigu said NATO is covering up a build-up of forces in the Asia-Pacific region with an "ostentatious desire for dialogue", Russia's TASS news agency reported.

Shoigu said NATO countries were promot-



ing an arms race in the region and increasing their military presence and increasing the frequency and scale of military drills there.

US forces will use information exchanges with Tokyo and Seoul on missile launches to deter Russia and China,

Shoigu said.

At the same time, he said, Russia's move to revoke its ratification of the Comprehensive Nuclear-Test-Ban Treaty did not mean the end of the agreement, and Russia was not lowering its threshold for the use of nuclear weapons.

US, South Korean warplanes kick off joint air drills

The United States and South Korea began major air exercises on Monday, involving 130 warplanes from both countries to simulate 24-hour wartime operations.

SEOUL, Oct 30 (Agencies): The United States and South Korea began major air exercises on Monday, involving 130 warplanes from both countries to simulate 24-hour wartime operations.

The annual drills, called Vigilant Defense, will run until Friday, featuring variants of the F-35 stealth fighter from both the United States and South Korea, among other aircraft, South Korea's Air Force said.

The drills are aimed at improving interoperability between the two militaries by performing major air missions such as air-to-surface live fire drills, defensive counter air operations and other emergency training.

"We will maintain the best combat readiness to immedi-



ately respond to and strongly punish any provocation by the enemy through an intense train-

ing simulating an actual situation," South Korea's military said in a statement.

The drills come as North Korea has been stepping up military cooperation with Russia in what the United States and its Asian allies have condemned as Pyongyang's efforts to advance its military capabilities in return for arms support to Moscow.

North Korean Foreign Minister Choe Son Hui said that it was the "steadfast will" of Pyongyang to expand ties with Russia, adding that their relations will act as a "powerful strategic" element if security in the region is endangered.

North Korea has long condemned joint drills between the United States and South Korea as a rehearsal for invasion and proof of hostile policies by Washington and Seoul.

"Turban Doesn't Mean Terrorism": New York City Mayor Amid Attacks On Sikhs

New York City Mayor Eric Adams said Sikhs are not about terror but about protector.

NEW YORK, Oct 30 (Agencies): The Sikh turban does not mean terrorism but symbolises faith, New York City Mayor Eric Adams said, as he described the recent attacks and hate crimes against the community as a "stain" on the country and vowed to protect its members.

He also gave a clarification call for educating people about Sikhism. "You are not about terror; you are about protector. That is what needs to be taught throughout this entire city.

Our young people need to know that, our adults need to know that," Adams said while addressing members of the Sikh community at the Baba Makhana Shah Lubana Sikh Center in the Queens neighbourhood of South Richmond Hill.

Describing the Sikh community as an "anchor" in the Richmond Hill neighbourhood, Adams said: "Your turban does not mean terrorism. It means protecting, it means community, it means family,

it means faith, it means city, it means us coming together.

We will change the dialogue and narrative with you. We can do it together." Adams and New York State Assemblywoman Jennifer Rajkumar met and addressed members of the Sikh community here Sunday, in the wake of recent incidents of hate crime and assault against Sikhs.

On October 15, a 19-year-old Sikh boy was attacked by Christopher Philippeaux, 26, while he was riding the bus in Richmond Hill. Philippeaux punched the Sikh teenager in the back of the head, tried to knock off his turban and told him "We don't wear that in this country." Philippeaux has been charged with assault as a hate crime and aggravated harassment, Queens District Attorney Melinda Katz said.

Within days of this assault, 66-year-old Jasmer Singh was attacked when his car collided with another vehicle. The driver of the other car, 30-year-old

Gilbert Augustin, allegedly punched the elderly Sikh man three times in the head and face and Singh later succumbed to his injuries.

Describing the attack against Singh as a "violent senseless act," Adams said "Jasmer should still be with us. He should still be living with his son. He should still be living out the American dream, watching his son, who's now an immigration attorney.

"He should still be... part of this community. That dream turned into a nightmare the other day when his life was taken from us prematurely," Adams said, flanked by Singh's son Subeg Singh Multani and other members of the Sikh community.

Describing Sikhs as "protectors" of society, Rajkumar asserted that the hateful targeting of Sikhs is "not acceptable" and perpetrators of such violence will be prosecuted to the fullest extent of law.

"For the first time, we are going to use the levers of government to end hate crimes against



Sikh Americans.

For the first time, we are going to come together and...educate...New York State, the United States and the entire world about who the Sikh people truly are so we are not attacked and misunderstood," Rajkumar, the first Indian-American woman elected to New York State Office and who described herself as a "daughter of Punjab," said.

Rajkumar said this was not the first time she had visited the Gurudwara and had spoken out against hate crimes. "But it is the last time I want to be standing here speaking out against hate crimes. Starting now we are going to end the hateful targeting of

Sikhs," she said.

On behalf of herself and the Sikh community, Rajkumar presented the Mayor with a 'Kirpan', a mandatory article of faith in Sikhism. The sword, engraved with the words "New York City Mayor Adams is our protector", is "to embolden you in your fight for our Sikh community," Rajkumar said to Adams, amid slogans of 'Bole So Nihaal, Sat Sri Akal'.

Adams said the sword is a symbol of how as the mayor, he must be the protector of the Sikh community. "And when a member of your community is harmed, I take full responsibility (for) that." Multani, who became emotional and choked up as he addressed the gathering, said his father

came from India to the US in the early 1990s with the American dream in his eyes. "We didn't know that the dream would be shattered the way it has shattered" on October 19 in this "great" and diverse city of New York.

Multani said his father lived in Richmond Hill all his life because he considered the neighbourhood his home. Multani "pleaded" that the Mayor and city officials take "strong measures" to ensure the safety of the Sikh community so that no other person suffers the loss he is enduring.

"We love everyone, we love every other minority. But why we are being targeted? That is the question. We are law-abiding citizens of the United States. We love this country as much as others do," Multani said.

Multani said he is constantly in contact with the Queens District Attorney and officials regarding the case. He called on members of the Sikh community to accompany him when Augustin is arraigned on October 31.

"I am requesting everyone to join me that day," he said, adding that with their turbans on, "we will show solidarity and unity" to the judge. "We can show them this is a hate crime. This case must be pursued as a hate crime." Adams said that to lose a member of the Sikh community in this magnitude is a "stain on our entire city and nation, because the hate we are seeing because your symbol of faith is not only localised to New York City, we are seeing similar acts across the entire country." He recalled that after 9/11, Sikhs were "under attack over and over again because of the lack of understanding of what your turban represents." Rajkumar noted that the recent attacks against Sikhs are part of a nationwide trend: in 2021, the most recent year for which data is available, documented hate crimes against the Sikh community increased 140% across the country. Hate crimes have been frequent in the Richmond Hill area, her office

noted.

Rajkumar demanded that incidents of hate against Sikhs must be stopped. "This is our fight for civil rights. This is our demand. Stop the targeting of Sikh Americans and see the Sikhs for who we really are - the protectors of society, proud Americans with generous hearts." Adams said there must be a "full frontal assault on ending hate...What plays out across the globe by other doers is being attached to your community. We need to clearly educate people about what this community stands for and what you represent." He recalled how the Sikh community, during the Covid-19 pandemic, had fed millions of people without asking about their backgrounds, economic status or religion.

"I came here and watched in awe as you opened your doors when the hearts of many were closed. You were truly protectors during the most difficult time. It is our obligation to join you as you protect your community," Adams said.

LG's Mulaqaat platform gives opportunity to officers to strengthen bond with community: LG Sinha

TOP NEWS REPORT

SRINAGAR, Oct 30: Lieutenant Governor Shri Manoj Sinha today interacted with the people and heard their grievances during "LG's Mulaqaat"- Live Public Grievance Hearing programme, at the Civil Secretariat today.

While resolving the grievances of citizens, follow the values of integrity, impartiality in dealing with each case and in delivering services, the Lt Governor directed the officials.

He said the platform of 'LG's Mulaqaat' also gives an opportunity to officers to strengthen the bond with the community.

"Citizens expect quality and speedy services from administration and we must be prepared for seamless service delivery while maintaining highest standard of transparency and accountability," the Lt Governor said.

Responding to the complaint of Sh Guroo Muzamil, a resident of



Kulgam regarding the issue of the unauthorised increase in school fees and annual charges by a private school, the Lt Governor directed the Principal Secretary School Education to take strict action against such schools and keep a check on the hike in school fees.

On the complaint of Sh Sajad Ahmad Wani pertaining to availability of Ultrasound Scan facility during night hours at District Hospital Ganderbal, the Lt Governor directed the Director Health Kashmir

to constitute a monitoring team to ensure the healthcare facilities in the Hospitals are available to patients round the clock.

He also passed strict directions to the Health Department for rationalization of health manpower across the UT and to ensure that no unnecessary referrals are being made from District Hospitals. Effective measures should be made for improvement in key nutrition parameters, he added.

Responding to the grievance of Ms Jyoti

Devi from Udhampur regarding grant of Inspection certificate for release of Subsidy amount against a loan under PMEGP, the Lt Governor directed the concerned department to ensure that such cases are resolved at the earliest.

Deputy Commissioner Jammu was directed to personally look into matter for appropriate redressal of the grievance of Sh Gourav Sharma regarding functioning of Solar Lights in his village Kot Morha, Jammu.

On the sidelines of the programme, the Lt Governor directed the District Commissioners to prepare a comprehensive plan to increase literacy rate and monitoring of school dropout ratio in the districts.

He further called for replicating the best practices of Anantnag District Administration for monitoring of quality of grievance redressal. He directed the DCs, SSPs and other officers to become Ni-kshay Mitras and adopt a TB patient.

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

Dr Arun Kumar Mehta, Chief Secretary; Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Administrative Secretaries; Divisional Commissioners, Deputy Commissioners, SSPs, HoDs and other senior officers were present, in person and through virtual mode.

Phase II Celebrations of Foundation Day of J&K UT by University of Jammu



TOP NEWS REPORT

JAMMU, Oct 30: The Phase II of the celebrations of the upcoming Foundation Day of the UT of Jammu and Kashmir, themed "Badalta Jammu Kashmir, Badhta Jammu Kashmir, Aman aur Taraqqi ki Nayi Tasweer," was organised by "Utsaah," the clubs, University of Jammu wherein a series of events were held as part of an Inter-University Tournament for the universities of the UT of Jammu and Kashmir and the coveted overall trophy was bagged by the Cluster University of Jammu.

The University of Jammu was yet again pulsating with pursuit and excitement as the The Painting Club, The Literary Club, The Film Club, and The Photography Club under the coordinator-ship of Mr. Rakesh Sharma, Dr. Sadaf Shah, Prof. Suman Jamwal, and Dr. Pritam Singh, respectively, under the aegis of "Utsaah," organised multifarious activities simultaneously in different venues of the university, for the winners of the Phase I of the inter-university tournament, particularly,

painting, videography & photography, essay writing, and film making competitions.

Dr. Satnam Kour Raina, Professor in the Department of English, Chairperson, "Utsaah," the Clubs, and Head, Department of Psychology was the host for the occasion.

The Chief Guest for the Valedictory Ceremony was Prof. Meena Sharma, Dean, Department of Planning & Development, and formerly Head, Department of Chemistry, University of Jammu. Recognising the zeal of the the young participants she congratulated them for their passion and drive.

Amongst the participants who excelled in various activities and secured the first, second, third positions were Jhanvi, Preeti Manhas, & Sknda Sharma in the field of Painting, and Riya Choudhary, Maithili Manhas, and Alvin Singh in Essay Writing Competition. While in the field of Photography the first three coveted positions were procured by Lovleen Kour, Umar Farooq, and Mohammad Kamil respectively, in Film Making those who obtained the prizes

were Himanshi Sharma, Vansh, and Kaiser Ali.

The adjudicators for the gamut of events were renowned personalities including, Ms. Suman Gupta, Mr. Rajinder Tikoo, Ms. Richa Gupta, Mr. Dharmendra Kohli. Mr. Rajesh Khajuria, Mr. Pankaj Khajuria, and Dr. Ravinder Singh. And the event was graced by the presence of Prof. Savita Jamwal, Dr. Madhulika Singh, Dr. Neena Gupta Vij, and Dr. Asif Shah.

The programme culminated with the official vote of thanks which was presented by Dr. Sadaf Shah, Coordinator, The Literary Club and Associate Professor, Department of English, University of Jammu where she thanked each and everyone for making this event a huge success. The overall organization of the tournament was undertaken by Mr. Rakesh Sharma (Coordinator, The Painting Club), Dr. Sadaf Shah (Coordinator, The Literary Club), Prof. Suman Jamwal (Coordinator, The Film Club), Dr. Pritam Singh (The Photography Club), Mr. Amarjeet Singh, Mr. Shubh Kumar, and the members of the clubs of "Utsaah."

JU to host Igniter Startup Fest on 8th Nov 2023

TOP NEWS REPORT

JAMMU, Oct 30: Prof. Umesh Rai, Vice Chancellor, University of Jammu flanked by Prof. Naresh Padha, Convenor, Core Committee, Igniter 23, Ms. Indu Kanwal Chib, Mission Director, J&K Rural Livelihood Mission, Sh Rajesh Dubey, Zonal Head, Jammu, J&K Bank, Ms. Sunaina Mehta, Joint Director, Directorate of Tourism, Jammu, Prof. Monika Chadha, Convenor, Press & Publicity Committee, Mr. Ayush Mahajan, J&K Startup Association, Dr. Vinay Thusoo, member, Press & Publicity Committee today briefed the media at a Curtain Raiser Press conference of the Igniter 23 being hosted by the University of Jammu on 8th November 2023 in collaboration with J&K Rural Livelihood Mission, Directorate of Tourism, Jammu, J&K Bank and J&K Startup Association. The Vice Chancellor informed that Sh Manoj



Sinha, Governor, UT of Jammu & Kashmir & the Chancellor, University shall be the Chief Guest on the occasion. Speaking on the occasion, Prof. Rai said that Jammu University has initiated various new programmes for providing new opportunities to youth. Design your Degree (DYD) is one such initiative for which Parliamentary Standing Committee has directed the UGC to see the feasibility of implementing this unique program at the national level. Prof. Rai also announced that the government has sanctioned more than 4 crores to promote entrepreneurship and start up culture in the University

of Jammu. In the light of this, the start-up policy of the University would be released during Igniter -23. He also ensured that about 150 start-ups with the help of various departments like JK tourism, J&K Bank will be initiated in the coming year of which 5 start-ups will be launched by Hon'ble Lieutenant Governor of UT of Jammu and Kashmir during Igniter-23. The university is following Hon'ble Prime Minister's policy of "Teach to Transform and Educate to Inform" which has brought a paradigm shift i.e. from Job Seeker to Job Provider. The Culture of Jammu University is transitioning wherein

the students who used to discuss the job opportunities are now discussing their own startup programmes. During Igniter-23, a MoU will be signed with the J&K Bank wherein the bank would finance the start ups in the University. Ms. Indu Kanwal Chib, while addressing the media shared that about 8000 women are associated with J&K Rural Livelihood Mission and are successfully running their enterprises. She expects that Igniter -23 can boost the concept of innovations and start-up culture in the region. Sh. Rajesh Dubey, in his address, mentioned that J&K bank readily finances the government schemes to promote economic growth in the region. Ms. Sunaina Mehta said that the Directorate of Tourism Jammu has initiated different endeavors to engage youth to promote off-beat tourist destinations. According to Ms.

Mehta, the involvement of stakeholders for adventure tourism is necessary. The Directorate has launched The J&K Home Stay Policy wherein different youth of the Union Territory will be involved. Mr. Ayush Mahajan from J&K Start up Association in his address spoke about the role of his association bring together academia and government, to create opportunities for economic growth so that J&K becomes a hub for boosting new entrepreneurial ventures. Earlier, Prof. Monika Chadha delivered the formal welcome address while Dr. Vinay Thusoo conducted the proceeding of the function. Among others present on the occasion were Dr. Garima Gupta, Head, Department of Journalism and Media Studies, Dr. Harish Chander Dutt, department of Botany and students of DYD, English and Journalism and Media Studies.

Lal Singh bats for separate 'Jammu State'

TOP NEWS REPORT

JAMMU, Oct 30: Dogra Swabhiman Sangathan Party Chairman Choudhary Lal Singh on Monday called for the creation of a separate state of Jammu, arguing there were stark differences in tradition, language, and culture between Jammu and the Kashmir valley.

"There should be a separate Jammu state. Why can't you (Central government) give us a separate state?" Singh said while addressing a rally in Samba district.

"Neither our language resembles theirs, nor our culture, nor do we dress alike. No water flows from Jammu into Kashmir or vice versa," he said.

Singh, a former minister in an erstwhile Jammu & Kashmir government, paid tribute to the Dogras' contributions in the

making of the state, and said, "Dogras have not only shed their blood to establish this state but also safeguarded India's borders. Our forefathers valiantly fought to carve out this state, and our youth currently defend the territory from Siachen to Rajasthan." He alleged that the Kashmir-based leaders were responsible for a six-decade-long denial of Jammu's rights and said the leaders from the valley usurped the share of jobs that belonged to people of Jammu. "Kashmir-based rulers have not only eroded Dogra culture but also usurped job opportunities. They have exploited Dogras for the past 60 years. They harbour resentment towards us. They overlooked Jammu's tourism potential and deprived the people of Jammu of their rightful entitlements," he said.

FROM PAGE 1

Can't take things lightly, have to be cautious as threats remain: DGP Dilbag Singh on Srinagar attack

border residents and I am hopeful it continues to stay," he said. Replying to the query as there was a possibility of more infiltration bids as the neighbouring country was going to polls, he said: "Police and security agencies will keep a close watch on the developments and take measures to deal with any additional challenges." He said, elections or no elections, the neighbouring country continues to push terrorists into this side. "Security Forces are always ready to deal with any eventuality," the DGP said.

SC dismisses bail plea of Manish Sisodia in alleged Delhi Excise policy irregularities case

Sisodia's two separate regular bail pleas filed in corruption and money-laundering cases related to the now-scrapped Delhi excise policy. It had on October 17 reserved its verdict on both the pleas.

Sisodia was arrested by the Central Bureau of Investigation (CBI) on February 26 for his alleged role in the "scam". The Aam Aadmi Party (AAP) leader has been

in custody since then. The ED arrested Sisodia in a money-laundering case stemming from the CBI FIR on March 9 after questioning him in Tihar jail. Sisodia resigned from the Delhi cabinet on February 28.

The high court denied him bail in the CBI case on May 30, saying having been the deputy chief minister and excise minister, he is a "high-profile" person who has the potential to influence the witnesses.

On July 3, the high court declined him bail in the money-laundering case linked to alleged irregularities in the city government's excise policy, holding that the charges against him are "very serious in nature".

The Delhi government had implemented the policy on November 17, 2021, but scrapped it at the end of September 2022 amid allegations of corruption. According to the investigating agencies, the profit margins of wholesalers were increased from 5 per cent to 12 per cent under the new policy.

The agencies have alleged that the new policy resulted in cartelisation and those ineligible for liquor licences were favoured for monetary benefits. However, the Delhi government and Sisodia have denied any wrongdoing and said the new policy would have led to an increase in Delhi's revenue share.

Non-Local found dead in Rajouri

possession and started the investigation," a police spokesperson said.

33 trains cancelled, 6 trains rescheduled so far after Andhra train accident

Sunday evening. The Divisional Railway Manager said that 3 coaches were involved in the accident.

"There was a rear collision between the Visakhapatnam-Palasa passenger train and the Visakhapatnam-Ragada passenger train. Three coaches were involved in the accident. Rescue operations are underway, Local administration and NDRF were informed for assistance and ambulances. Accident relief trains reached the site," the Divisional Railway Manager said.

Dr Sushil Razdan gives 4 tips to prevent stroke

ressure were necessary. Stressing that stroke was a growing concern for both the young and the elderly, he recommended staying warm, engaging in regular exercise, and taking walks during the winter season to promote overall health.

Dr Razdan said that the leading factors contributing to strokes were smoking, hypertension, diabetes, obesity, and a lack of physical activity.

He also highlighted the importance of recognising warning signs such as sleep disturbances, facial changes, and arm weakness, urging individuals not to ignore these

symptoms and seek immediate medical attention.

With the alarming increase in stroke cases, he stressed the importance of individual health maintenance.

"The cases of stroke are increasing which is a growing concern. I receive three patients every day. So people need to take care of their health. We have advanced treatment for stroke like thrombolysis and thrombectomy," Dr Razdan said.

He pressed for the need to establish stroke units at district levels so that the golden hour of patients would be saved.

"Rapid medical intervention can make a big difference in the outcome for patients. This proactive approach can save lives and reduce the long-term impact of stroke on individuals and their families," he said.

Ladakh leaders set course for MHA panel meeting, prioritising Quota and Statehood

from the Union Ministry of Home Affairs (MHA), reported The Tribune.

This gathering will focus on a four-point agenda, which notably includes statehood. Although the specific meeting date remains undisclosed, deliberations regarding the composition of the delegation to engage with the committee are already underway. This delay in the scheduling can be attributed to Kargil's leaders' involvement in the recently conducted Ladakh Autonomous Hill Development Council

(LAHDC) elections, which temporarily postponed further discussions.

The four-point agenda, as per The Tribune encompasses key demands; securing statehood for Ladakh, seeking protection under the sixth schedule of the constitution, advocating for two Lok Sabha seats for both Leh and Kargil (currently there is only one), and emphasizing job reservations for local residents.

Sajjad Kargili, a political activist and KDA member, expressed the expectation that a delegation comprising ten Ladakh leaders would meet with the MHA committee. He said, "We anticipate that the delegation will consist of five leaders from Kargil and five from Leh."

The delegation is likely to feature the Chief Executive Councillors (CEC) of the Leh and Kargil councils (LAHDC).

In the previous June meeting, six members, including former MP Thupstan Chhewang, former ministers from the erstwhile state of Jammu and Kashmir, namely Chering Dorjay, Nawang Rigzin Jora, and Qamar Ali Akhoun, along with former MLA Haji Asgar Ali Karbalai and Kargili, participated.

Jigmet Paljor, a LAB member, revealed that the delegate list is in the process of being finalised for the meeting with the MHA panel. He added, "A meeting involving both KDA and LAB will be held in the coming days to establish the approach for discussions with the MHA panel."

The delay in the meeting with the MHA panel is attributed to the Kargil polls and the visit of the Dalai Lama to Ladakh.

Markets log gains for 2nd day on buying in Reliance, HDFC Bank

Besides, weakening Brent crude oil prices overseas also boosted investor confidence amid simmering tensions in the Middle East

MUMBAI, Oct 30 (Agencies): Equity Benchmarks Sensex and Nifty closed higher for a second straight session on Monday as buying in index majors Reliance Industries, HDFC Bank and ICICI Bank helped the indices rebound from early lows amid a mixed trend in global markets.

Besides, weakening Brent crude oil prices overseas also boosted investor confidence amid simmering tensions in the Middle East, traders said.

Recovering after a sharp sell-off in morning trade, the 30-share BSE Sensex jumped 329.85 points or 0.52 per cent to settle at 64,112.65. During the day, it rallied 401.78 points or 0.62 per cent to 64,184.58. The Nifty advanced 93.65 points or 0.49 per cent to 19,140.90.

Among the Sensex firms, UltraTech Cement, Reliance Industries, ICICI Bank, HDFC Bank, Bharti Airtel, IndusInd



Bank, State Bank of India, Tata Consultancy Services, Larsen & Toubro, Kotak Mahindra Bank and State Bank of India were the major gainers.

In contrast, Tata Motors, Maruti, Axis Bank, Mahindra & Mahindra, ITC, NTPC, Tata Steel and Bajaj Finserv were the major laggards.

In Asian markets, Seoul, Shanghai and Hong Kong ended in the green, while Tokyo

settled in the negative territory. European markets were trading with gains. The US markets ended mostly lower on Friday. Global oil benchmark Brent crude declined 1.55 per cent to USD 89.18 a barrel.

"The domestic market mirrored the upbeat European and Asian markets, as geopolitical risk in West Asia continues. Equities are experiencing a short-term bounce after the heavy selling

last week, as crude moderates and Q2 results provide some relief.

"But a full containment will depend on a radical fall in geopolitical risk and global bond yield," said Vinod Nair, Head of Research at Geojit Financial Services.

Foreign Institutional Investors (FIIs) offloaded equities worth Rs 1,500.13 crore on Friday, according to exchange data.

Foreign Portfolio Investors (FPIs) have pulled out over Rs 20,300 crore from Indian equities this month so far, primarily due to a sharp surge in the US treasury yield and the uncertain environment resulting from the Israel-Hamas conflict.

The BSE benchmark jumped 634.65 points or 1.01 per cent to settle at 63,782.80 on Friday. The wider gauge Nifty surged 190 points or 1.01 per cent to 19,047.25.

Delhi-NCR 6th expensive office market in APAC



BENGALURU, Oct 30 (Agencies): Delhi-NCR is the sixth most expensive office space rental market across the APAC region, according to Knight Frank's latest edition of the Asia-Pacific Prime Office Rental Index for Q3 2023. Hong Kong SAR continued to be APAC's most expensive office market during the quarter.

Prime office rentals in Delhi-NCR, Mumbai, and Bengaluru remained strong in YoY terms while the rentals for the next 12 months are also expected to stay stable at current

rates, the report said. On a quarter-on-quarter basis, the average rents across the region showed stability, with declines in the Chinese Mainland markets moderating.

This was counterbalanced by rental growth in most other developed markets. Overall, the quarterly report indicated that in line with Q2 2023, 15 of the 23 tracked cities reported either stable or increasing rents, similar to Q3 2023. Demand for office space in India's largest occupier markets remained strong with over 700,000 sqm

of office space leases during the quarter.

Strong occupiers demand for setting up Global Capability Centres (GCC) constituted most of the demand, which made up for slower demand from flex space operators. According to IT trade body Nasscom, India will have over 2,500 GCCs by the end of the decade, up from 1,580 now and a labour force that will more than double to 4.5 million.

Shishir Bajjal, Chairman and Managing Director, Knight Frank India said, "The Indian economy's relative strength remains a magnet for global corporate interest, evident in the resurgence of demand in the Indian office space market. Transaction volumes have increased, and rental rates have stayed steady in the three major occupier markets."

Relief for Zee's Punit Goenka as SAT sets aside Sebi order

NEW DELHI, Oct 30 (Agencies): The Securities Appellate Tribunal (SAT) on Monday overturned the Securities and Exchange Board of India (Sebi) order that barred Zee Entertainment Enterprises (ZEE) CEO, Punit Goenka, from serving on the boards of listed companies for a year.

This order was issued in June by the markets regulator, which restrained both Subhash Chandra Goenka, Chairman of the Essel Group, and Punit Goenka from holding board positions in any entity resulting from the merger or amalgamation of four Zee group companies.

The Sebi investigation revealed alleged misuse of their directorial roles at Zee Entertainment in 2019, involving the diversion of funds for their personal gain.

"Appellant (Goenka) will cooperate in the investigation. In the event if something material comes up during the investigation, then appropriate procedures can be adopted by SEBI in accordance with law. We also make it clear that any observa-



tion made in this order is prima facie observation and will not influence the investigation nor will it be utilised by either of the parties," the SAT order noted.

The tribunal's decision to set aside Sebi's order offers a significant relief to Zee Entertainment. This development has led to a recovery in the shares of the company, which were previously affected by the legal uncertainties related to the merger between Zee Entertainment and Culver Max Entertainment (Sony Pictures India).

This merger, announced in 2021, aims to create a \$10 billion media and entertainment conglomerate.

While it has obtained regulatory approvals, it has faced delays due to legal disputes surrounding loan defaults by a Zee group entity.

The merger's delay was acknowledged by Japan's Sony Group, the parent company of Sony Pictures. It informed shareholders in late September that the transaction, originally expected to conclude by the end of the first half of the fiscal year ending on March 31, 2024, might be postponed.

Sony is currently evaluating the potential impact of the transaction on its consolidated financial results as a result of this delay.

The SAT's decision to overturn Sebi's interim order appears to pave the way for the completion of the merger between Zee Entertainment and Sony Pictures India, subject to any further legal proceedings or investigations.

As of 12 pm, ZEE shares gained 1.40 per cent to trade at Rs 252.65 apiece.

McDonald franchisee Westlife Foodworld leans South to power growth

BENGALURU, Oct 30 (Agencies): Westlife FoodWorld, the Indian franchisee for McDonald's fast food chain, will focus on South India for its expansion as it sees greater opportunities to experiment and grow in this region.

"We will add 40-45 new stores in FY24 with the majority of them being in the South," said Akshay Jatia, Executive Director, Westlife FoodWorld, which runs McDonald's in the western and southern parts of India.

McDonald's has had relatively greater success in western and northern Indian markets such as Delhi and Mumbai compared to Chennai and Bangalore, partly due to the greater popularity of rice and rice-items in the South. McDonald's sells mostly wheat and chicken-based items at its stores.

"While we are already leaders in the West, we are inching closer to a leadership position in the South," said Smita Jatia, Vice Chairperson, Westlife FoodWorld.

According to the management, the brand has been experiencing a growth uptick in the South with a substantial increase in per-outlet sales over the last few years.

Akshay Jatia said that profitability is better in stories in smaller towns and cities which are seeing a pick-up in sales in recent times, compared to established markets like Mumbai.

"Profitability is good...unit economics are structured even better in smaller towns, in cities where you have seen the growth come now...compared to cities like Bombay where average unit volume has been higher," he said.

He also pointed out that the addition of new stores in the South amid ongoing inflation and weakened consumer demand will not affect the overall profitability of the company, considering the soaring growth exhibited by the region.

"We look at this as a better opportunity for profitability because while we continue to dominate in the West, extending our lead in the South, where the average unit volume is increasing, where brand relevance has become strong...we expect profitability to improve in the long term..." said Akshay Jatia.

On the other hand, the company is also aiming at further uplifting the sales through efficient methods which have proved to be successful in the South market such as multilingual ad campaigns with popular celebrities and also the regionalisation of menu. Ad campaigns that featured Jr. NTR, the company said, has done exceptionally well in boosting the sales in the area.

"...McSpicy Chicken, McSpicy Chicken Wings, which were introduced as a part of implementing menu relevance, are already doing well in the South,"

said Smita Jatia.

At the same time Sourab Jatia, managing director of Westlife Foodworld, pointed out that the company has no recent plans to implement the customisation of menu in the West.

"Regionalisation of the menu will remain concentrated in the South until the company feels that the customers from the west are ready for it," he said.

On the widespread demand slowdown in India's fast food industry, the company said it is "unfazed by the near-term challenges" which it sees as "largely transient" and it expects customer sentiments to improve during the festive season.

Drive-Throughs

The company is also planning to add a considerable number of drive-through restaurants as a part of the new projects planned for South India.

"We see new opportunities for drive-through restaurants as it is building up in the country and McDonald's is known for it...we are looking to add a significant amount of drive through restaurants..By 2027, we expect to have around 180 drive through restaurants out of the total 600..." said Akshay Jatia.

Currently 71 restaurants out of the total 370 across India are drive-throughs.

The company sees drive-throughs as an important business model which will give Mc.Donalds an additional com-

parative advantage.

"...Drive-through is very important for us as a business model.. drive-through is one of key levers in terms of expansion. It's a destination store, giving us comparative advantage," Akshay pointed out, adding that the expansion of highway infrastructure will make the concept more popular.

He also pointed out that the average sales from some of the drive through restaurants have been higher compared to the normal stores.

"...the drive through restaurant in a small town called Barul recorded average sales 1.5 times bigger than the other stores..." Akshay said.

Speaking about whether new layouts will be experimented with in the future, Akshay Jatia made it clear that the layout for future restaurants will be similar to the ones used in the existing restaurants.

"We have different kinds of layouts depending on how dense the cities are, available real estate and other things.. We have similar types of designs for smaller towns or highways.. Recently we opened a gold standard drive through restaurant in MN Nagar Chennai, which is similar to the design we have used in the restaurant in Sangli, Maharashtra...this is the kind of layout that you will see more commonly in the future..." Jatia added.

Simple blood test can help diagnose bipolar disorder accurately: study

NEW DELHI, Oct 30 (Agencies): Researchers have developed a simple blood test that in combination with an online psychiatric assessment provides an improved diagnosis of bipolar disorder.

The team at the University of Cambridge in the UK found that the blood test on its own would diagnose up to 30 per cent of patients with bipolar disorder, but it was effective when combined with a digital mental health assessment.

Incorporating biomarker testing could help physicians differentiate between major depressive disorder and bipolar disorder, which have overlapping symptoms but require different pharmacological treatments.

Although the blood test was still a proof of concept, the study published in the journal JAMA Psychiatry found that it could be an effective complement to existing psychiatric diagnosis and can help researchers understand the biological origins of mental health conditions.

Bipolar disorder affects approximately one per cent of the population – as many as 80 million people worldwide

– but for nearly 40 per cent of patients, it is misdiagnosed as major depressive disorder.

"People with bipolar disorder will experience periods of low mood and periods of very high mood or mania," said study first author Jakub Tomasik, from Cambridge's Department of Chemical Engineering and Biotechnology.

"But patients will often only see a doctor when they are experiencing low mood, which is why bipolar disorder frequently gets misdiagnosed as major depressive disorder," Tomasik said.

The most effective way to get an accurate diagnosis of bipolar disorder was a full psychiatric assessment. However, patients often face long waits to get these assessments, and they take time to carry out.

"Psychiatric assessments are highly effective, but the ability to diagnose bipolar disorder with a simple blood test could ensure that patients get the right treatment the first time and alleviate some of the pressures on medical professionals," said Tomasik.

The researchers used samples and data from the Delta study,

conducted in the UK between 2018 and 2020, to identify bipolar disorder in patients who had received a diagnosis of major depressive disorder within the previous five years and had current depressive symptoms.

More than 3,000 participants were recruited, and each completed an online mental health assessment of more than 600 questions.

The assessment covered a range of topics that may be relevant to mental health disorders, including past or current depressive episodes, generalised anxiety, symptoms of mania, family history or substance abuse.

Of the participants who completed the online assessment, around 1,000 were selected to send in a dried blood sample from a simple finger prick, which the researchers analysed for more than 600 metabolites using mass spectrometry.

After completing the Composite International Diagnostic Interview, a fully structured and validated diagnostic tool to establish mood disorder diagnoses, 241 participants were included in the study.

Analysis of the data showed

a significant biomarker signal for bipolar disorder, even after accounting for confounding factors such as medication, the researchers said.

The biomarkers were correlated primarily with lifetime manic symptoms and were validated in a separate group of patients who received a new clinical diagnosis of major depressive disorder or bipolar disorder during the study's one-year follow-up period.

The researchers found that the combination of patient-reported information and the biomarker test significantly improved diagnostic outcomes for people with bipolar disorder, especially in those where the diagnosis was not obvious.

"The online assessment was effective overall, but the biomarker test performs well and is faster. A combination of both approaches would be ideal, as they are complementary," said Professor Sabine Bahn, who led the research.

"We found that some patients preferred the biomarker test because it shows an objective result that they could see," Tomasik added.

Sunscreen gives 'false sense of security', warn researchers



NEW DELHI, Oct 30 (Agencies): Despite the importance of sunscreen, researchers said that it is also the least effective way to protect your skin when compared to sun-protective clothing and sun avoidance.

According to the study published in the journal Cancers, sunscreen use is increasing, but so are melanoma and skin cancer rates, which the researchers say, is the "sunscreen paradox".

"The problem is that people use sunscreen as a 'permission slip' to tan. People think they are protected from skin cancer because they are using a product marketed to prevent a condition," said Dr Ivan Litvinov, associate Professor at McGill University, Canada.

Most people don't apply enough sunscreen or stay in the sun for hours after applying sunscreen in the morning, which gives them a "false sense of

security", he added.

To understand the factors between varying incidence rates of melanoma, the researchers conducted two studies.

In the first study, they found that Canadians living in Nova Scotia and Prince Edward Island—provinces with high melanoma incidence rates—were more likely to report using sun protection, more aware of the health risks of sun exposure, and more apt to follow the UV index.

Despite this, they also received more sun exposure due to warmer temperatures and a tendency to engage in outdoor activities.

Similarly, in the second study of the UK Biobank, the researchers documented that sunscreen use was surprisingly associated with a more than two-fold risk of developing skin cancer. "These combined findings suggest a sunscreen paradox, whereby individuals with higher levels of sun exposure also tend to use more but not an adequate quantity of sunscreen or other sun-protection measures, providing a false sense of security," Litvinov said.

Interventions to address knowledge and practice gaps in sun protection and skin cancer prevention must consider this sunscreen paradox and the unique norms of communities around the world, he added.

ICC World Cup 2023: Bowled and beautiful

Rohit, bowlers set up sixth straight victory as India beat England to put one foot in semis

LUCKNOW, Oct 30 (Agencies): India maintained their unbeaten streak at the World Cup with a 100-run victory in a low-scoring contest against holders England, who are facing a premature exit following their fifth defeat in six group matches here.

Rohit Sharma saved India's blushes with a captain's knock of 87 in what initially appeared a below-par total of 229/9 on a tricky surface at the Ekana Stadium.

Put in to bat, the hosts slumped to 40/3 in the 12th over before Rohit forged a 91-run partnership with KL Rahul (39) to arrest their slide.

Suryakumar Yadav contributed a breezy 49 down the order and India's tailenders scored some useful runs towards the end to take them past the 225-mark.

England were reduced to 52/5 inside 16 overs in a remarkable batting capitulation and were eventually bundled out for 129 inside 35 overs with Mohammed Shami claiming 4/22 for India. Liam Livingstone's 27 was the top score in England's sorry-looking scorecard.



"I think this was a game where we showed a lot of character," Rohit said after India's sixth successive win in the tournament. "All the experienced players stood up at the right time and won us the game."

Holders England went into the match as the bottom-placed team with only mathematical chances of making the semi-finals after just one win in their previous five group matches. In India, they faced the tournament's only unbeaten side looking unstoppable in their home conditions.

Jos Buttler elected to field after winning the toss and had reasons to feel vindicated as India

slumped to 40/3 in the 12th over.

David Willey (3/45) began with a maiden and sent groans across the stadium in the seventh over when he dismissed Virat Kohli for a nine-ball duck. The early setbacks forced Rohit to shelve his natural strokeplay and he combined with Rahul to arrest their slide.

India crawled to the 100-mark at the halfway stage of their innings but still had plenty of overs as well as considerable batting firepower left to make up for the loss.

Willey dismissed Rahul and Adil Rashid sent back Rohit to snuff out those hopes but Suryakumar's cheeky knock

took India past 200.

England began briskly but were soon jolted out of any complacency after Jasprit Bumrah (3/32) dismissed Dawid Malan and Joe Root with successive deliveries in the fifth over of the innings.

Like Root, Ben Stokes could not open his account either and had his stumps wrecked by Shami as England's start proved worse than that of their opponents.

Kohli dropped Jonny Bairstow in the slip but the batter dragged a delivery from Shami on to his stumps to depart with England reeling at 39/4 in the 10th over.

Buttler's dismissal was emblematic of England's shambolic batting in the match. The England captain was utterly deceived by a Kuldeep Yadav (2/24) delivery that pitched outside off-stump, turned sharply and sneaked through the yawning bat-pad gap to hit the middle stump.

"Very disappointing," Buttler said. "At the halfway stage chasing 230 we fancied ourselves. But it's the same old story."

Shooter Anish Bhanwala Wins Bronze And India's 12th Paris Olympics Quota Place

Commonwealth Games gold medallist shooter Anish Bhanwala bagged India's 12th Paris Olympic quota in shooting



CHANGWON, Oct 30 (Agencies): Commonwealth Games gold medallist shooter Anish Bhanwala bagged India's 12th Paris Olympic quota in shooting as he clinched a bronze medal in the men's 25m rapid pistol fire event at

the Asian Championships in Changwon, Korea on Monday. The 21-year-old from Karnal, who had 28 hits in the final, lost a shoot out to Japan's Dai Yoshio-ka, who won the silver medal. Local favourite Lee Gunhyeok took

home the gold. Bhanwala fetched the quota for the Paris Games by qualifying for the final as China, Japan and Korea have already exhausted their two Olympic quotas each in the event.

Apart from Bhanwala, all the other shooters who made it to the final were from China, Japan and Korea. Bhanwala shot 588 to finish third in the qualification stage and move to the final.

Another Indian competing in the event, Bhavesh Shekhawat shot 584 to be among the top-eight in the qualification but could not enter the final as he was competing for ranking points only (RPO). He was not eligible for the final.

Odisha CM felicitates ace gymnast Pranati Nayak

The chief minister said, "Pranati Nayak's achievements are a testament to the talent that we nurture in our state."

BHUBANESWAR, Oct 30 (Agencies): Chief Minister Naveen Patnaik felicitated Odisha's ace gymnast, Pranati Nayak for her remarkable accomplishments at the 37th National Games in Goa.

Nayak was presented a cash reward of Rs 23 lakh by the chief minister who also congratulated her head coach Ashok Mishra.

Nayak had won four gold and a silver medal in gymnastics at the games.

The young gymnast began her campaign with a gold in the all-round event and followed it with golds in the vault, beams and uneven bar apparatus events.

In floor exercises,



Nayak narrowly missed the gold but still found herself on the podium with a silver medal.

The chief minister said, "Pranati Nayak's achievements are a testament to the talent that we nurture in our state. She has made Odisha proud with her outstand-

ing performance at the National Games".

He also appreciated Mishra for playing a significant role in the performance of Odisha Gymnastics team.

The chief minister assured all support for Pranati for upcoming competitions.

"No PR Or Marketing Can...": Gautam Gambhir's Blunt Verdict On 'Leader' Rohit Sharma

LUCKNOW, Oct 30 (Agencies): The Indian cricket team is going through a purple patch at the Cricket World Cup 2023. In an absolute domination over other teams, India have won their first six matches. The wins have stood on some solid show by the Indian top order and the bowlers. So far, Rohit Sharma and Virat Kohli have been the top two run-scorers of the Indian cricket team. The Rohit Sharma-led Indian cricket team looks almost set for a semi-final berth with the form they are in.

Former Indian cricket team opener Gautam Gambhir, who played a great impact in the side winning the 2007 T20 Cricket World Cup and the 2011 ODI Cricket World Cup, is thoroughly impressed by the



way Rohit Sharma has batted.

"Leader - the thing he wants from the team, he does it himself. If you expect positive batting from your teammates, you have to do it yourself. This act - leading from the front - you have to do it yourself. No kind of PR or marketing agency can do it for you," Gautam Gambhir said on Start Sports.

whether your aim is to hit a 100 or win the World Cup. If your aim is to hit a ton, then you play that way. But if aim is to win the World Cup, then a selfless captain, like the way Rohit Sharma has batted, I expect him to do that more."

On Sunday, in a match against England at the Cricket World Cup, Rohit Sharma became only the fifth Indian batter after Sachin Tendulkar, Rahul Dravid, Sourav Ganguly and Virat Kohli to score over 18000 international runs.

Rohit Sharma is not only liked by Indian stars but players from around the world. Pakistan captain Babar Azam, who himself is considered as one of the finest batters in the world, explained what he likes the most about superstars like Kohli, Rohit, and Wil-

liamson who have been serving their respective countries for a long time.

In a video shared by Star Sports, Babar said that it's the ability of Kohli, Rohit and Williamson to get the team out of difficult situations that he admires the most.

"Virat Kohli, Rohit Sharma and Kane Williamson are my favourite batters in the world. They're the top players in the world. They read the conditions well, that's why they are the best. I admire them," he said.

"The best thing I like about Virat, Rohit and Kane is how they get the team out of difficult situations and score runs against tough bowling. This is what I try to learn from them," he further said.

Talk with Bumrah and Shami is all tactical and nothing technical: India bowling coach Paras Mhambrey

'Both Bumrah and Shami are at the top of their game and don't need to be told anything on the technical front,' says Mhambrey

LUCKNOW, Oct 30 (Agencies): Such is the class and skill of Mohammed Shami and Jasprit Bumrah that India's bowling coach Paras Mhambrey doesn't need to discuss anything technical with them. Their talk is all tactical.

Shami and Bumrah produced a sizzling spell of fast bowling to set a 100-run victory over England here on Sunday, India's sixth in a row.

There was bit of help in the air and off the pitch but it was a sight to see the wily duo getting the best out of the surface under lights. Shami's 10 ball burst against Ben Stokes was a sight to behold with the champion England all-rounder having no answer to the Indian pacer's relentless pursuit.

Both Bumrah and Shami are at the top of their game and they don't need to be told anything on the technical front, said Mhambrey.

Having missed the first four games due to the team combination,

Shami has made himself undroppable with his performances against New Zealand and England.

"When you have such kind of skills-set in the team, what Shami and others bring, you really don't need to have a discussion over it. These guys have played enough cricket and understand what is needed by the team."

"I wish I could say this that we had a team discussion and planned for this. The quality of the bowlers we have in the team, the experience they bring to the table, it makes my job easier."

"It is all about management at this level. They have played enough cricket; they understand bowling inside out. I don't explain much about the technical bit but only about the tactical bit. The bottom-line is about execution. The credit goes to them," said the former India pacer after the win on Sunday.

Talking about the magical opening spells from Bumrah and Shami that reduced England to 39/4



in chase of 230, Mhambrey said wickets were the need of the hour at that time and the duo provided them.

"That opening spell of Bumrah and Shami was very critical in terms of the game, we were placed, defending a small target."

"The wicket had got flatter in the power-play. The way they bowled and picked those wickets laid the foundation for us. From there, we built on it," said Mhambrey, who felt India were 30-40 runs short of a par score.

It was the first time India batted first in the tournament. The batters got the opportu-

nity to set a target but majority of them, barring Rohit Sharma and Suryakumar Yadav, got out trying to accelerate on a two-paced surface.

The bowling coach said there are areas where the team can improve going into the remaining three league games.

"Everyone got an opportunity here to bat, which was important. With the way Virat, Rohit and Shubman have been playing, the middle-order didn't get the opportunity to bat, though KL Rahul did get the opportunity in Chennai. So, it was important for all to get an opportunity and this was one

such game."

"But the conditions were very difficult to bat upon - it was not coming well on to the bat and turned a bit. Despite that, they played well and we will analyse this as a team when we sit together. I feel that there are some areas which need improvement."

"Update on Hardik in couple of days"

Star all-rounder Hardik Pandya missed the last two games due to ankle injury he suffered against Bangladesh. He continues to recover from that blow and should be available for selection before the semifinals.

Mhambrey did not give much on Hardik's much awaited comeback.

"The medical team is looking at that and are very much in touch with Hardik and the NCA as well. We're hoping to get an update in a couple of days."

Considering his all-round abilities, Hardik's absence has forced India to make two changes to their playing eleven.

Top seven teams of World Cup to play in Champions Trophy 2025 with hosts Pakistan



NEW DELHI, Oct 30 (Agencies): Finishing inside top seven on the ongoing World Cup table will have an added incentive to the teams as they will receive qualification for the eight-team ICC Champions Trophy 2025 alongside designated hosts Pakistan.

The ICC had revived the Champions Trophy in 2021 for the international calendar of 2024-2031 and the two editions of the tournament will be staged in 2025 and 2029.

The Champions Trophy is also set to follow the traditional format - four teams divided into two groups

with top two sides from each group entering the semifinals which is followed by the final.

But this qualification system, which was approved in 2021 during an ICC board meeting, might hamper the prospects of teams like England and Bangladesh in getting a Champions Trophy slot.

Looking at the scenario, England are currently placed 10th on the World Cup chart with just two points, and Bangladesh are on ninth with two points.

Both the teams have three more matches left in the tournament and need some massive turnaround to lift

themselves among the top seven.

Bangladesh captain Shakib Al Hasan had asserted the importance of finishing inside the top seven in the World Cup.

"I mean, not the semi-final hope. It is not a semiprofessional possibility. At least, we need to do a little better. Suppose, you have to be in the (top) ranking 8 if you want to play in the Champions Trophy (2025)."

"So, there are still three matches left considering that in mind," Shakib said on Saturday after Bangladesh's defeat against the Netherlands.

The Dutch outfit and Afghanistan are currently eighth and seventh respectively in the table and can realistically dream of getting a berth in the Champions Trophy.

Another drawback of this system is that teams like West Indies, Ireland and Zimbabwe stand no chance to qualify for the Champions Trophy because they are not playing in this World Cup.

National Conference on "Role of Social Sciences in Managing Perception & Nurturing Peace in J&K" concludes



TOP NEWS REPORT

BHADERWAH, Oct 30 : The two-day National Conference on the "Role of Social Sciences in Managing Perception and Nurturing Peace in Jammu and Kashmir," successfully concluded here today at Bhaderwah Campus. The conference, which brought together eminent scholars, experts, and practitioners, concluded on a high note with a diverse range of discussions and insights.

The National Conference is a collaborative effort between the Bhaderwah Campus and Rashtriya Samaj Vigyan Parishad (RSVP) dedicated to the promotion of social sciences.

The conference was graced by distinguished guests, including Prof. Chandra Kala Padia, former Vice Chancellor,

and Additional Deputy Commissioner (ADC) Bhaderwah, Dil Mir Choudhary, who was the guest of honor. Dr. Rahil Ahmed from ICSSR (Indian Council of Social Science Research) also attended as a special guest.

Expressed Gratitude: Prof. Rahul Gupta, Rector Bhaderwah Campus, expressed gratitude to all the guests who traveled from outside the state to participate in the conference. He said "The conference has served as a platform for diverse perspectives, enabling scholars and practitioners to engage in enriching dialogues on the critical role of social sciences in managing perception and nurturing peace."

Prof. Chandra Kala Padia, the chief guest,

delivered insightful deliberations on the evolving role of social sciences in the contemporary era, shedding light on their significance in today's society. This National Conference served as a platform for enriching dialogues on the pivotal role of social sciences in managing perception and nurturing peace in the region of Jammu and Kashmir. It provided a diverse and inclusive space for scholars, researchers, and experts to exchange ideas and share their research findings.

Additional Deputy Commissioner Bhaderwah, Dil Mir Choudhary, delivered an extensive speech on the "Role of Social Sciences in Managing Perception and Nurturing Peace in Jammu and Kashmir." He provided valuable

insights into the practical implications and applications of social sciences in the context of peace-building in the region.

Dr. Rahil Ahmed, a senior fellow from ICSSR, discussed the role of ICRRS (Institute of Correctional Research and Training) in promoting social sciences and fostering research in the field.

Dr. Kuljit Singh, convener of the conference spoke about the success of the two-day conference, emphasizing the significance of the discussions and contributions made during the event. He said that the Bhaderwah Campus extends its gratitude to all the participants, guests, and supporters who contributed to the success of the conference. "The event's

fruitful discussions and insights will undoubtedly play a significant role in addressing the complex issues faced in Jammu and Kashmir," he added.

He further thanked the all the teaching, non-teaching staff of the Bhaderwah Campus for their unending support to make this event successful one.

Dr. Neetu Parihar presented the conference report, summarizing the key takeaways and highlights of the conference. Ms Renu Devi conducted the proceedings of the event while as Mr Vimal presented formal vote of thanks. To recognize the valuable contributions of all the participants who presented papers on various aspects of the conference's theme, they were presented with certificates and mementos as a token of appreciation.

Present on the occasion were Dr Jatinder Manhas, Dr Neeraj Sharma, Dr Subash Chander, Dr Cherring Tandup, Dr Umesh Choudhary, Dr Sunil Bhardwaj, Miss Bablu Sharma, Dr Rohit Bhagat, Dr Shayan Javed, Dr Abid Sarver, Mr Mohd Avias, Dr Neeraj Kumar, Dr Ajay Lakhotra members from teaching and non-teaching staff.

JK Electronic Ears & Prime Speech Center conducts hearing screening camp



TOP NEWS REPORT

DODA, Oct 30: The Free Hearing check-up Camp organized by JK Electronic Ears and Speech Center alongwith Rotary Club of Jammu opposite Govt Hospital DODA which evoked a good response.

So many people from different age groups and spheres made use of the opportunity to get their hearing screened. More than 30 children were screened for any hearing loss during the camp. They were also given counseling on hearing and speech therapy.

More than 10 old aged persons have also got the opportunity for getting screened their hearing and also got the counseling on it.

Dr. Navneet Gupta Audiologist and Speech Pathologist who con-

ducted the screening tests said that Hearing loss is commonly seen in elderly individuals. People with hearing loss find it hard to hear and understand speech at normal conversational levels. It is important to note that individuals who have diabetes and hypertension are more prone to develop hearing loss compared to healthy persons.

Studies have shown that individuals with hearing loss have seven times greater risk of developing dementia. About one in three people between the ages of 55 and 74 years are known to have hearing loss and nearly half of those older than 75 years have reduced hearing which can impact their speaking and socializing abilities, he further added.

Dr Navneet Gupta also

gave detailed counseling to the person who visited the Camp. He also said that the children with complete hearing loss has to undergo cochlear implant surgery which is a costly surgery and for BPL patients charity organizations take care of some part of the expenditure.

Puneet Gupta Managing Director of JK Electronic ears and prime speech center said that it is rightly said that 'earlier the better' is true for hearing loss too and one should consult an authorized audiologist for hearing testing without any delay.

Dr Navneet Gupta has also conducted the same type of Camp at Rajouri on 26th instant in association with Rotary club of Jammu and Rotary Club Rajouri grand having a very good response.

Devotion and faith witnessed in full swing at 76th Sant Nirankari Samagam



TOP NEWS REPORT

JAMMU, Oct 30: "One can achieve real peace from within by completely surrendering unto the Almighty Nirankar," was ordained by Satguru Mata Sudiksha Ji Maharaj while addressing a mammoth assemblage at the 76th Annual Nirankari Sant Samagam, being held in the grounds of Samalkha (Haryana).

At the onset of the 3-day Annual Sant Samagam at Nirankari Spiritual Complex, Samalkha, Her Holiness called upon the devotees to adopt peace from within and fulfil their life with Divinity and bliss.

Her Holiness observed situation of humans generally sourcing peace from materialistic things, which are not constant and permanent.

However, Her Holiness stressed on the need for peace to be permanent and the only source is to stay connected to Nirankar.

Satguru Mata emphasized on the importance of surrendering in true sense.

She said, "It is erstwhile and important to understand that while following the commandments of someone superior in authority or experience is misunderstood as surrendering but those are outcomes of a situation, rather surrender in the true sense is when we are filled with love for all in equanimity."

Her Holiness implored us to imbibe human virtues of love, harmony, togetherness and exhibit them in our day-to-day dealings while understanding the true purpose of life while refraining from ego at the same time.

Satguru Mata concluded her dis-

course by stressing on the fact that we must live life filled with peace, a spirit of service, a dedicated and surrendered mind. The second day of the ongoing 76th Annual Nirankari Sant Samagam reaffirmed the famous dictum, "The best way to find yourself is to lose yourself in the service of others" through a spectacular display at the Sewadal Rally. Showcasing the selfless rendition in its true essence, the Sewadal volunteers presented a co-ordinated display of acts and formations with physical exercises, games and aerobics."

Emphasizing on the selfless feeling of Sewa, Her Holiness Satguru Mata Sudiksha Maharaj said that any act of service performed selflessly and humbly is true Sewa. It must be performed with complete discipline.

The sewa performed whole-heartedly without any distraction and constant connection with Almighty is done with entirety.

Referring to the Sewadal members who could not attend the Rally due to Sewa assigned to them, Her Holiness blessed them and mentioned, when Sewa is performed with calmness and humility within, the service becomes complete. Earlier, the Her Holiness was welcomed in a flower bedecked vehicle with a band of Sewa Dal members escorting them to the dias.

On reaching the dias, Satguru Mata Ji hoisted the Mission's flag. During the Rally, Sewadal volunteers from across the globe exhibited skits titled "Maryada", "Gurmat", "Satvachan", "Sewa Kya hai" and many more to highlight on the importance of Sewa performed with true acceptance and discipline.



Women shopping for bangles in Patel Bazaar on the eve of the Karva Chauth Festival in Jammu.

Pic by Aman Sharma

GCET starts various events to commemorate J&K UT Foundation Day

TOP NEWS REPORT

JAMMU, Oct 30: Govt. College of Engineering and Technology (GCET) on Monday kick started various events to commemorate J&K UT Foundation Day.

GCET Jammu, an institution committed to academic excellence and regional growth, is proud to celebrate this occasion and showcase its dedication to the growth and development of the region.

Prof. Sameru Sharma, Principal GCET Jammu, expressed her enthusiasm for the event saying, "The Jammu and Kashmir Union Territory Foundation Day is a momentous occasion, and we are proud to be part of the celebration.



GCET Jammu remains dedicated to the welfare of the Union Territory and is committed to contributing to the development of the region through education and cultural enrichment."

While interacting with the students and staff,

she said the foundation day events are a testament to the institutions commitment to nurturing and promoting local culture, history and unity within the region.

In today's event a painting competition on the theme "Corruption Free and Poverty Free

India" was organised in which students from all the disciplines of engineering took part with great enthusiasm.

They expressed their ideas to remove corruption and reduce poverty through their posters. Meanwhile the students and staff also took the

integrity pledge to commemorate vigilance awareness week on the theme "Say No to Corruption: Commit to the Nation".

The events were organised by student volunteers Rakshant Balotra, Sunidhi Sharma, Divyansh Verma, Ishmeet, Sanjeev and Annav with the support of coordinators of different clubs.

The staff members who were present during the event included Prof. Sanjeev Gupta (HOD Civil), Dr. Shammi Kumar, Dr. Heera Saini, Prof. Altaf Ahmad and Er. Atit Sharma. The winners of the event will be awarded with the certificates of appreciation.