

TOP NEWS OF J&K

JAMMU, FRIDAY, JANUARY 05, 2024

Daily Evening Newspaper



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BRIEFLY

Search operations launched in Poonch

MENDHAR/JAMMU, Jan 5 (Agencies): Security forces launched cordon and search operations (CASO) in several villages in Jammu and Kashmir's Poonch district on Friday following reports of suspicious movement in the area, officials said. The operations are underway in villages in the border belt of Mendhar sub-division, they said. Further details are awaited.

VDG found dead mysteriously with bullet injury in Doda

JAMMU, Jan 5 (Agencies): A Village Defence Guard (VDG) was found dead under mysterious circumstances with bullet injury on Friday in Doda district of Jammu and Kashmir. Police said that the VDG namely Balwant Singh, resident of Kharangal, Gandoh was found dead mysteriously. His rifle (.303) was also found on the spot, police said. They said that his body was shifted to the hospital while case has been registered and investigation started.

Jammu and Kashmir braces for fresh snow next week

SRINAGAR, Jan 5 (Agencies): Snow is predicted for the 9th of January in Jammu and Kashmir, the meteorological department said on Friday. According to a spokesperson from the Meteorological Department, the weather is expected to remain mainly dry until January 8th. However, on the 9th of January, there is a likelihood of generally cloudy conditions over the plains, with the possibility of light snow in isolated higher reaches. Following the snowy interlude on the 9th, the weather from the 10th to the 14th of January is anticipated to be generally dry in the region. In terms of minimum temperatures, the official reported that Srinagar, the Summer Capital, is experiencing a chilly minus 3.0 degrees C, matching the temperature in Qazigund.

LeT terrorist involved in army man Umer Fayaz's killing shot dead in Shopian: Police

SRINAGAR, Jan 5 (Agencies): A Lashkar-e-Taiba (LeT) terrorist, who was involved in the killing of an Army personnel and non-local labourers, was on Friday killed in an encounter with security forces in Jammu and Kashmir's Shopian district, police said. Acting on specific information about presence of a terrorist in Chotigam village of the south Kashmir district, a cordon and search operation was launched in the early hours by security forces, a police spokesman said. As the security forces approached the sus-



pected spot, the hiding terrorist fired indiscriminately upon them, which was retaliated effectively, leading to an encounter, the spokesman said. In the ensuing encounter, a terrorist was killed and his body was retrieved from the site of the encounter, he said.

The spokesman identified the slain ultra as Bilal Ahmed Bhat, a resident of Chek Cholan, affiliated with the pro-sectarian terror outfit LeT. Bhat was involved in several terror crime cases, including the killing of local Army personnel Umer Fayaz, A resi-

dent of Sudsan Kulgam and had hurled a grenade upon non-local labourers in Hermain, resulting in the death of two labourers, the spokesman said. Bhat was also involved in the killing of Kashmiri Pandit Sunil Kumar Bhat, and injuring another Kashmiri Pandit Pretimber Nath, both residents of Chotigam Shopian. He was also involved in the attack on local Bal Krishan alias Sonu, a resident of Chotigam. "Bhat was involved in instigating local youth to join terrorist ranks and induced 12 local youth

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RR Swain to lead J&K delegation as three-day conference on security issues to begin in Jaipur

JAMMU/ SRINAGAR, Jan 5 (Agencies): The three-day conference of Director Generals of Police (DGPs) and Inspector Generals of Police (IGPs) on multi-faceted security issues is all set to begin today in Jaipur Rajasthan. The Conference which is going to be held at Rajasthan International Centre (RIC) in Jhalana is being participated by DGPs and IGPs of all States and UTs of the country either by a physical or a virtual mode. The Conference will focus on critical and



multi-faceted security issues including terror threats in Jammu and Kashmir, cyber frauds, and activities of pro-Khalistani groups. The conference was likely to begin at 2 pm today and was expect-

ed to see participation of over 250 officers of DGPs and IGPs rank. Prime Minister Narendra Modi is set to inaugurate the conference, emphasizing its significance in shaping India's policing and internal security strategies, while as Union Home Minister Amit Shah is expected to be present throughout the conference, encompassing various sessions. The agenda, as highlighted by a Union Home Ministry official, covers pressing concerns

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AAP nominates DCW Chief Swati Maliwal as Rajya Sabha MP, Renominates Sanjay Singh, ND Gupta

NEW DELHI, Jan 5 (Agencies): The Aam Aadmi Party (AAP) on Friday nominated Delhi Commission for Women chief Swati Maliwal as its Rajya Sabha MP and renominated Sanjay Singh and ND Gupta for the second term in the Upper House of Parliament. The nominations were announced by the party's political affairs committee (PAC), chaired by AAP national convener and Delhi Chief Minister Arvind Kejriwal. "DCW chairperson Swati Maliwal has been nominated for the first time. The PAC has decided to continue with Sanjay Singh and ND Gupta for their respective second term as Rajya Sabha members," the party said. The committee decided to endorse two exist-



ing members for re-nomination, whereas Sushil Kumar Gupta expressed his intent to redirect his focus towards the electoral politics of Haryana, he said. Sushil Kumar Gupta's tenure as a member of the Rajya Sabha will end later this month. "He has conveyed his aspiration to actively engage in the vibrant electoral landscape of Haryana, and we respect his decision to pursue this path," a senior AAP leader said. DCW chairperson

Maliwal is also an active advocate for women's rights and social issues. Maliwal has been associated with various campaigns and movements aimed at combating violence against women, advocating for stricter laws, and promoting gender equality. In 2015, she was appointed as the chairperson of the DCW, where she has been instrumental in spearheading initiatives to address issues such as acid attacks, sexual harassment, and women's safety in Delhi. A court here has allowed Singh, who is in jail in a money laundering case related to the alleged Delhi excise policy scam, to sign forms and documents for his Rajya Sabha renomination.

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India reports 761 New Covid-19 cases and 12 deaths in last 24 hours

NEW DELHI, Jan 5 (Agencies): India on Friday recorded 761 fresh COVID-19 cases and 12 deaths due to the viral disease, according to Union health ministry data. The number of active COVID-19 cases in the country came down marginally to 4,334 from 4,423 on Thursday, the data updated at 8 am showed. Kerala has the highest number of active cases at 1,249, followed by Karnataka at 1,240, Maharashtra at 914, Tamil Nadu at 190, and Chhattisgarh and Andhra Pradesh at 128 each.

619 cases of Covid Sub-Variant JN.1 reported from 12 States till Jan 4

NEW DELHI, Jan 5 (Agencies): The number of cases of COVID-19 sub-variant JN.1 reported from 12 states till January 4 rose to 619, official sources said on Friday. They said 199 cases have been reported from Karnataka, 148 from Kerala, 110 from Maharashtra, 47 from Goa, 36 from Gujarat, 30 from Andhra Pradesh, 26 from Tamil Nadu, 15 from Delhi, 4 from Rajasthan 2 from Telangana and one each from Odisha and Haryana. Even though the number of cases is rising and the JN.1 sub-variant has been detected in the country, there is no cause of immediate concern as the majority of those infected are opting for home-based treatment, indicating mild illness, officials said. The Centre has already asked states

and Union territories to maintain a constant vigil amid an uptick in the number of Covid cases and the detection of the JN.1 sub-variant in the country. States have been told to ensure effective compliance of the detailed operational guidelines for revised surveillance strategy for COVID-19 shared by the Union Ministry of Health and Family Welfare. They have asked to monitor and report district-wise cases of influenza-like illness and severe acute respiratory illness in all health facilities regularly for early detection of rising trend of cases. The WHO has classified JN.1 as a separate "variant of interest" given its rapidly-increasing spread, but said it poses a "low" global public health risk.

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Drug peddler held in Kulgam

SRINAGAR, Jan 5 (Agencies): Kulgam Police while continuing its unwavering efforts to eradicate the menace of drugs from the society and the back to back actions against the drug peddlers are being taken out in the district with the aim of bringing drug peddling to the zero level. In this regard, a specific Naka was established by the police party of Police Station Kund at Waripora. During checking, one vehicle bearing Registration no. JK01M-2080 with one person who was identified as Mushtaq Ahmad Handroo S/O Abdul Aziz Handroo R/O. Boat colony Anantnag on board was intercepted. While searching, officers present were able to recover 03 Kg of Poppy Straw like contraband substance from the

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Kejriwal defying ED constitutional office to create anarchy: Chugh

CHANDIGARH, Jan 5 (Agencies): BJP national general secretary Tarun Chugh today came down heavily on Delhi chief minister Arvind Kejriwal for "subverting" constitutional bodies and trying to law and order problem for petty political interests. Chugh said by defying ED summons on one pretext or the other Kejriwal is deliberately plotting anarchy in the society. He said if Kejriwal is sure of being clean why is he running away from ED summons.

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Kathua likely to get largest hatchery to increase chicken production

JAMMU, Jan 5 (Agencies): The gateway to Jammu and Kashmir, Kathua district is likely to get the largest poultry and hatchery to increase monthly production of chickens across the Jammu Division. "Largest chicken hatchery worth Rs 5 crores likely to come up in Kathua district that will be the key producer of chicks through a low-tech system to increase the production of eggs as well as meat in the region," official sources said. Sources revealed that nearly 25,000 to 30,000 chicks will be produced every month in the largest chicken hatchery coming up in the Kathua district by the Animal



Husbandry Department. "The project is being established in Kathua by the department to promote the poultry sector. The cost of the project is approximately Rs five crore and the unit will be established in the Animal Husbandry Department in Kathua," they said. Official sources added that Kathua district will get special benefits

from the hatchery units and new employment opportunities will also be generated for the youth, adding, "the unemployed youth after training will be able to set up poultry and hatchery units on a large scale for which the department is providing 50 percent subsidy." A feed mill is also coming up near the hatchery, they said.

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Vice President inaugurates NCC Republic Day Camp 2024 NCC cadets are the role models for the nation's youth: Dhankhar

"Pro-women change is taking place impactfully within NCC"

Top News Report

JAMMU / NEW DELHI, Jan 5: Vice President Jagdeep Dhankhar has lauded the NCC for heralding a new era of youth development and national progress by channelising the youth's energy for positivity.

Describing NCC cadets as important stakeholders in the rise of Bharat, the Vice President said that they are role models for the nation's youth. Addressing the gathering during formal inauguration of NCC Republic Day Camp 2024 in New Delhi on Friday, Dhankhar fondly recalled his days as an NCC cadet underlining that "the cadet spirit is eternal and lasting".

Urging the cadets to maintain the highest standards of dignity, he exhorted them to work with the enthusiasm, valor, and dedication to make our Bharat a truly developed nation &



world leader by 2047.

"The qualities of discipline and patriotism must remain alive in your hearts, this is the greatest tribute we can pay to our motherland," he told them.

Recollecting a piece of advice tendered by him to the NCC Cadets last year, Dhankhar was delighted to note their impactful involvement in Swachh Bharat Abhi-

yan, digital transactions, Beti Bachao Beti Padhao, and environmental contribution. "NCC ensures your organic growth as ambassadors for national awareness cam-

paigns, fostering integration across cultural, religious, and geographical lines," he observed.

Commending the increased female participation within the NCC, Dhankhar stated that female cadets will proudly march down the Kartavya Path in two exclusive contingents with two female bands on this Republic Day.

"Pro-women change is taking place very impactfully within the NCC," he added.

During the inauguration of NCC Camp, Dhankhar also visited flag area which displayed tableaux of different NCC directorates. Thereafter he visited the NCC's 'Hall of Fame' and witnessed mesmerizing cultural performance by the cadets.

DG NCC Lieutenant General Gurbirpal Singh, senior officials from tri-services, NCC cadets from across the country participated in the ceremony.

Gaurav calls on LG Sinha, submits memo; advocates for comprehensive development in Jammu region



Top News Report

JAMMU, Jan 5: Former General Secretary of Chamber of Commerce and Industry Jammu, Gaurav Gupta, met with the esteemed Lt Governor of Jammu and Kashmir, Manoj Sinha, at Raj Bhawan Jammu.

During the meeting, Gaurav Gupta submitted a memorandum outlining key demands focused on strengthening public interaction, promoting tourism, and supporting the existing industrial sector in the Union Territory.

Expressing appreciation for the transformative developments witnessed under Lt Governor Manoj Sinha's administration, Gaurav commended initiatives like "Awam Ki Awaz" for fostering public participation and governance success. He highlighted the positive response to recent Grievances Camps organized by the Director General of Police, emphasizing the need for continued direct interaction between the public and the Lt Governor's office.

In the memorandum, Gaurav Gupta proposed the establishment of a mechanism facilitating direct communication between citizens and the Lt Governor's office, aiming to enhance transparency and responsiveness in governance.

Acknowledging the exceptional performance of the Tourism Department under Lt Governor Sinha's visionary leadership across the Union-Territory, Gaurav urged for special attention to be given to strengthening tourism in the Jammu region. He identified untapped tourism potential in areas like Sarthal, Bani, Kishtwar, Bhadarwah, and others, proposing that these areas should be declared as hill stations to attract more visitors.

Addressing the industrial sector, Gaurav Gupta emphasized the immediate need for support and financial assistance to sustain and grow existing industries in the Jammu region. He stressed the importance of handholding measures to prevent closures and contribute significantly to the economic growth of the region.

In concluding his memorandum, Gaurav Gupta expressed confidence in Lt Governor Manoj Sinha's leadership, anticipating further progress and prosperity for Jammu and Kashmir through dedicated attention to these critical matters.

LG Sinha gave a patient hearing to the issues put forth by Gaurav Gupta and assured to resolve the same for the welfare of people of Jammu region.

BLSKS celebrates World Braille Day

Top News Report

JAMMU, Jan 5: As routine of every year celebrates the 215th birthday century of "World Renowned Personality Louis Braille", to promote the Duggar traditional cultural of J&K, Bhartiya Lok Sangeet Kala Sangeet (BLSKS) Sansthan staged 397th Tuesday Series Musical Play "Netardan Maha Dan", on the theme "Sight without seeing" today in coordination with Sangam Tru Art Production at Durga Bhawan, Janipur, Jammu.

The programme was inaugurated by Chief Guest Dr. Tara Singh Charak, former Deputy Director, Health Department, J&K Government, V.K. Magotra, Former Regional Director, Directorate of Field Publicity, Government of India, Dr. Anju Dogra, Health Department, J&K Government, R.P. Amla Former Field Publicity Assistant of Directorate of Field Publicity, Ministry of Information and Broadcasting, Government of India and Vinod Dogra Chief Service Engineer, Excide were the Guest of Honor.

The Chief Guest said Braille is a tactile representation of alphabetic and numerical symbols using six dots to represent each letter and number, and even musical, mathematical and scientific symbols.

Braille is used by blind and partially sighted people to read the same books



and periodicals as those printed in a visual font and lauded the role of BLSKS in creating awareness on the subject by staging colorful cultural programs comprising of skits / dances /songs etc.

He also urged the artists/cultural organizations to contribute in enriching of the cultural heritage of the country and inspiring the younger generation to follow the footprints of their elders in preserving the composite culture of the Nation. Songs were written by Dr. M.L. Dogra (Chairman BLSKS).

The music was the play assisted by Raju Bajgal, Music Instructor BLSKS. The songs were also recorded and uploaded on social media to aware the masses in public interest.

Earlier welcoming the audience M.L.

Dogra, Chairman BLSKS said on the occasion said World Braille Day is celebrated every year on 4th January around the world to commemorate the birthday of Louis Braille.

Louis Braille is credited with inventing the Braille language which helps blind people to read as well as write. Louis Braille was born in France.

At the age of 3, he accidentally became blind. However, he had a great yearning to be able to read and write properly, despite his disability.

An attentive kid at school, at the age of 15, he developed a set of symbols by making raised dots on a piece of paper.

The dots could be easily felt by hand, thus enabling even the blind to feel them and hence, read and write.

The language developed Louis Braille is today known as the Braille language. Louis's work was not only confined to alphabets.

He was passionate about music too, and thus, in the latter part of his life, he even developed Braille language for music.

While developing the language for music, he made a point to keep it flexible so that it could be adapted to almost any musical instrument around the world.

On the occasion of World Braille Day, let us come together and thank Louis Braille for all the good work he did for the mankind.

M.C. Kotwal, Secretary said World Braille Day is celebrated every year to recognize the efforts of Louis Braille. His simple yet effective invention made it possible for blind people to read and write.

The World Braille Day is relatively a little known occasion. However, for individuals working for the blind, it is a day of great significance.

Besides above artists, other artists participated in the programme include Rajni Gupta, Sanjeev Kumar, Balbinder Richu and Naiya Digra. Deepak Kumar Dogra, Event Coordinator of the Sansthan presented vote of thanks and urged upon the people to join hands in this field to awaken the society to get tired of social evils.

Department of Commerce organizes field visit to Reliance Mart for students



Top News Report

JAMMU, Jan 5: The Department of Commerce organized an insightful field visit to Reliance Mart on Friday exclusively for the students of M Com third semester. The visit aimed at providing the students with a practical understanding of the retail industry and its dynamics.

Reliance Mart, a leading retail giant, graciously hosted the students, offering them an immersive experience into the world of marketing strategies and HR practices within the retail sector.

During the visit, students had the oppor-

tunity to interact with industry professionals, gaining valuable insights into the latest trends, challenges and innovative approaches adopted by the Reliance Mart.

The hands-on experience allowed them to connect theoretical knowledge with real-world applications, enhancing their understanding of the subjects.

Dr. Jeevan Jyoti, Head of the Department congratulated the students. She stressed on bridging the gap between academia and industry, and this visit to Reliance Mart exemplifies the commitment to provide

students with practical exposure.

The students had an enriching experience about marketing and human resource management in a dynamic retail environment.

Dr. Jeevan Jyoti expressed her gratitude to Reliance Mart for their warm hospitality and willingness to contribute to the education and professional development of future business leaders.

Such initiatives play a crucial role in preparing students for the challenges of the corporate world. Dr. Sumeet Kour and Dr. Deepti Abrol coordinated the whole event.

Ranji Trophy: Arora, Dhawan plot J&K collapse; HP 47/0 on day-1

Top News Report

JAMMU, Jan 5: Medium pacers Vaibhav G Arora and Rishi Dhawan plotted collapse of J&K team, restricting them to a paltry total of 100 runs in their first innings of the Ranji Trophy Elite Group-D match at Hostel Ground JKCA, here ON Friday.

In reply, Himachal Pradesh were 47/0 in 9 overs of their first innings at stumps on day-1 today.

Opens EC Sen (27)

them without any success.

Earlier, after a delayed start due to fog, put into bat, J&K batters struggled against the disciplined bowling attack of Himachal Pradesh and the whole team bundled out for paltry 100 runs. Abid Mushtaq top scored with 28 runs off 28 balls, studied with 6 boundaries, while Vivrant Sharma (18), Fazil Rashid (14) and skipper Shubham Khajuria (10) were the other contributors to the meagre total.



and PS Chopra (19) were at the crease when bad light stopped play, which was followed by the draw of stumps. Sen took 34 balls and hit 6 boundaries, while Chopra played 21 balls and struck 4 boundaries in his knock.

Umar Nazir, Lone Nasir Muzaffar, Umran Malik and Abid Mushtaq bowled 9 overs between

Vaibhav Arora and Rishi Dhawan were the wreckers-in-chief for Himachal Pradesh, who took 7 wickets between themselves. Arora took 4 wickets by conceding 29 runs in his 10.3 overs while Dhawan captured 3 wickets by giving away 20 runs in his 8 overs. Arpit N Guleria and MJ Dagar claimed one wicket each.

Department of Wildlife Protection J&K Government Office of the Wildlife Warden, Jammu

Manda Hills, Near Hotel Ashok Jammu.
Email: wjwammu@gmail.com

TENDERING

Short-Term Tender Notice : e-NIT No.:- 76/WLWJ of 2023-24 dated: 02-01-2024

For and on behalf of the Lt. Governor, Jammu & Kashmir, e-tenders are invited from approved and eligible contractors registered with J&K Govt. /Central Govt. Organizations for the following works:

Name of work	Adv. Cost (in lacs)	Class of Contractor	Cost of Tender Document (in Rs.)	Time of completion	Receiving/Opening Authority
Gully plugging by way of DRSM work in Co. 4/R Khanpur of Ramnagar Wildlife Sanctuary	15.00 lacs	D	600	2 Months	Tender opening committee.

EMD (2% of advertised amount):- Rs 30,000/-

The e-NIT consisting of qualifying information, eligibility criteria, specifications, bill of quantities, (B.O.Q), set of Terms & Conditions of contract and other details can be seen / downloaded from the departmental Website:- <http://jktenders.gov.in>.

AA No. & Date	377 of 2023 (CWLW J&K) dated 29-12-2023
TS No. & Date	276 of 2023-24 (RWLWJ) dated 28-12-2023
Position of Funds	Approved under CAMPAA

Publishing Date	02-01-2024
Download Start Date	02-01-2024
Bid Submission Start Date	03-01-2024
Bid submission End Date	16-01-2024 up to 02:00 PM
Date of opening of Technical Bid	18-01-2024 at 12:00 PM (In the Office of Regional Wildlife Warden, Jammu, Manda Hills, Jammu)
Date of opening of Financial Bid.	18-01-2024

Bid documents can be seen at and download from the website: - <https://jktenders.gov.in>. Bid documents contain qualifying criteria for bidder, specifications, bill of quantities, conditions and other details.

No.: WLWJ/
Dated: 02-01-2024
DIP/J-13462/23
Wildlife Warden
Jammu

EDITORIAL

NEVER COLLECT
BLACK MONEY

If we put black money in simple words, it is the amount earned illegally. It is not displayed outside mainly to save tax. This issue is very much famous in India and the government is running many schemes and programs to deal with it. There are many ways to collect black money, this illegal business has been going on for many decades.

Now a question might have come in your mind that when black money has so many negative effects, why is the government not taking any special steps for it? So for your information, let us tell you that the government is going to implement strict laws for this. To get rid of this disease, many types of policies are being made.

You must be aware that black money is stolen from state tax, border tax, excise tax, corporation tax and other types of taxes. Talking about black money, this problem is biggest in our country. This problem is at number one in the list of economic equality. There are many factors that increase this disease.

The people who earn the most black money are from the officer class. Sometimes people of many companies also collect black money, so that they do not pay more tax, all this fund is done to save tax, if these people pay the tax on time, then the government takes many types of compensation from them. Can make new plans.

If we talk about black money, it is mostly seen in factories, because their owners avoid paying more taxes. Apart from the factory, big officials are also involved in this, those people who do illegal work. They save their money in the eyes of the government, so that they do not have to pay any kind of tax to the government.

It is very important to stop the problem of black money, because it hinders the economic development and progress of any country. We have mentioned here some such methods by which you can stop the problem of black money.

First of all, big personalities, famous artists, politicians and officials should give information to everyone about depositing their taxes, which will increase transparency and people will deposit more and more taxes, which will lead to the development of the country. We should publicize those who disclose taxes voluntarily. Administrative corruption should be controlled at various levels.

If most corruption happens, it happens in the office, because when big officials start doing corruption, people holding other positions also start doing corruption. In such a situation, if restrictions are imposed on these people, corruption can be greatly reduced. The government should make strict laws against those who do not pay their taxes. There are many people who keep money hidden in their homes. They are mostly owners of big factories or do some other work which they hide in their homes or some other place in the form of black money. First of all we have to bring about improvement within ourselves, only then we can stop others from doing corruption and collect black money and take action against them.

We should never collect any kind of black money. If this happens around us, we have to immediately inform it to the police department, so that we can help the government.

Centre's AGMUT Shakeup will Extend Beyond Delhi

By: Dilip Cherian

Word coming in is that the Centre is gearing up to unleash a seismic shake-up across key Delhi government departments, promising a dramatic remix of the administration. Insiders hint at a game-changing overhaul involving crucial appointments within the Delhi government and the Municipal Corporation of Delhi (MCD), among other power hubs.

The suspenseful build-up, supposedly orchestrated to sync with Prime Minister Narendra Modi's appearance at the third national conference of chief secretaries (CS) adds an extra layer of intrigue to the impending reshuffle. Rumour has it that the reshuffle will feature strategic relocation and elevation of several IAS officers within the AGMUT (Arunachal Pradesh-Goa-Mizoram and Union Territory) or central cadre. Insiders are branding this exercise as potentially the last blockbuster move before the 2024 Lok Sabha elections. Apparently, it is a direct response to the retirement spree among top-tier IAS officers in the AGMUT cadre.

Sources have indicated to DKB that the reshuffle's shockwaves will spill out of Delhi's borders and are poised to rip through the Union territories of Puducherry and Chandigarh. Notably, the latter

has been cruising without an adviser to the administrator since the departure of 1988-batch IAS officer Dharampal in late October.

The reshuffle will also tackle the imminent retirement of Delhi chief secretary Naresh Kumar and J&K chief secretary Arun Kumar Mehta, both from the same batch and cadre. While Mr Kumar dodged a bullet with a six-month extension following a legal showdown in the Supreme Court, the J&K handover saw 1989-batch AGMUT cadre IAS officer Atal Dulloo step into the limelight.

But it is the enigma surrounding Chandigarh adviser's post, currently held by 2000-batch Haryana cadre IAS officer Nitin Yadav, that will undoubtedly add a dash of unpredictability to the remix.

Women SHOs initiative in Telangana loses momentum

The acclaimed initiative by the Telangana police department to appoint women as station house officers (SHOs) within the Hyderabad police commissionerate limits appears to have run out of steam, as several of them have been reassigned to different responsibilities.

Initially, five women were designated as SHOs in various police stations at the launch of the programme in early 2023. However, by the end of the year, only

two stations are currently led by female officers. At the time of the launch of the initiative, C.V. Anand, the former commissioner of police in Hyderabad, appointed the first woman as SHO. Ms Madhulatha made history as the first woman SHO when she assumed charge of the Lalaguda police station on International Women's Day in 2022, in the presence of Commissioner Anand.

By March of the same year, the count of women SHOs had increased to five. Yet, a booklet distributed during the Hyderabad city police's annual news conference still listed all five as SHOs, even though three had been transferred.

Where did these trail-blazing women go? Lakshmi Madhavi, stationed at the Bollaram police station, was later moved to the Central Crime Station (CCS). Madhavi Latha, the SHO of Langar House, was reassigned as a security officer at the Secretariat, while Chitti Burra, the former SHO of Afazalgunj, saw a transfer to the task force of the city police. A senior police officer says that numerous rural police stations are now headed by women. However, he attributed the transfer of the women SHOs to factors such as political pressure, track record, or requests stemming from work-related pressures.

Central police forces get

new leadership

Just last week, this column pointed out the growing concern among babus about the delays in announcing top appointments in key central police organisations. The Centre seems to have heeded these concerns and made significant changes in the final days of 2023. Nina Singh, an IPS officer of the Rajasthan cadre, has been appointed as the full-fledged director-general of the Central Industrial Security Force (CISF). Notably, she is the first woman IPS to attain the DG rank in Rajasthan.

Similarly, Anish Dayal Singh has been appointed as director-general of the CRPF, and Rahul Rasgotra, currently the special director of the Intelligence Bureau (IB), is the new director-general of the Indo-Tibetan Border Police Force. Additionally, Vivek Srivastava, who many observers consider a "hardcore" IB officer, has been named the DG of fire service, civil defence and home guards until June 2025, aligning with the date of his superannuation.

Though delayed, these appointments signal a strategic reshaping of leadership within these vital security forces. These officers bring a wealth of experience, indicating a focus on strengthening and adapting these forces to meet evolving national security demands.

How to prepare NEET UG, JEE main exams by use an Artificial intelligence Virtual Tutor



By: Vijay GarG

Preparing for JEE mains and NEET UG exams can be challenging, but with the help of an artificial intelligence virtual tutor, it becomes much easier and more efficient. Here's how you can use an AI virtual tutor to prepare for these exams:

1. Personalized learning: An AI virtual tutor can analyze your strengths and weaknesses, identify areas where you need improvement, and provide personalized study plans accordingly. It can adapt to

your learning style and pace, ensuring that you are making the most of your study time.

2. Adaptive practice: AI virtual tutors can provide you with a wide range of practice questions and mock tests that are tailored to your skill level. As you solve these questions, the tutor can track your progress and provide feedback, helping you identify your areas of improvement and work on them effectively.

3. Concept reinforcement: AI virtual tutors can explain complex concepts using interactive visuals, animations, and real-life examples. They can break down difficult topics into smaller, more understandable parts and provide step-by-step explanations, ensuring that you have a strong grasp of the fundamental concepts required for the exams.

4. Instant doubt clarification: While studying, it's common to encounter doubts or questions. With an AI virtual tutor, you can get instant doubt

clarification. These tutors are equipped with vast knowledge and can provide accurate explanations to your queries, helping you clear your doubts immediately.

5. Progress tracking: AI virtual tutors can track your progress over time, monitoring your performance in various topics and subjects. This helps you identify patterns in your learning and areas that require further attention. You can also view your overall performance statistics, including accuracy, time management, and improvement trends.

6. Time management and scheduling: An AI virtual tutor can help you manage your study time efficiently by providing customized study schedules and reminders. It can suggest how much time you should dedicate to each topic or subject based on your current level of understanding, giving you a clear plan to follow.

7. Performance analysis: AI virtual tutors can analyze

your performance in mock tests and practice sessions, highlighting your strengths and weaknesses. It can provide detailed insights into your test-taking strategies, time management skills, and areas where you can improve, helping you refine your exam preparation strategy.

Overall, an AI virtual tutor can be a valuable companion in your JEE mains and NEET UG exam preparation journey. It can provide personalized guidance, offer interactive learning experiences, clarify doubts instantly, track your progress, and help you manage your time effectively. With the help of artificial intelligence, you can enhance your learning experience and increase your chances of success in these competitive exams.

(Vijay GarG Retired
Principal Educational
columnist malout)

Ganesh calls on SSP, extends support in combating menace of drug abuse

Police needs society's support to eradicate drug menace: SSP Jammu

Top News Report

JAMMU, Jan 5: In a commendable display of appreciation for the relentless efforts of the Jammu and Kashmir Police, Shiv Sena Hindustan Youth Wing J&K President Ganesh Choudhary today acknowledging and praising the district Jammu team for their outstanding work in curbing drug abuse and promoting constructive activities among the youth honoured SSP Jammu Voonod Kumar.

Speaking on the occasion, Ganesh said with a commitment to ensuring the well-being and safety of the community, the J&K Police, under the leadership of Senior Superintendent of Police for District Jammu Vinod Kumar and other police personals have been actively involved in combating the menace of drug abuse. Their dedicated efforts have not only resulted in the arrest of several drug peddlers but also in the promotion of physical activities and sports among the youth in the district.

Ganesh, expressed his gratitude towards the J&K Police, particularly the Jammu District team, highlighted their proac-



tive approach in addressing the pressing issue of drug abuse. He said, "The police in our district have been working tirelessly to keep our community safe and secure. Their recent successes in apprehending drug peddlers and encouraging our youth to engage in physical activities and sports are commendable."

"The people behind this mafia who are destroying our youth and society should not be spared," added Ganesh. The district Jammu Police team's efforts have yielded tangible results in the fight against drugs. Several operations have been conducted, leading to the identification and apprehension of individuals involved in the illegal drug trade. This proactive

stance has sent a strong message that drug abuse will not be tolerated, and the authorities are committed to eradicating this menace from society.

SSP Jammu Voonod Kumar speaking on the occasion said that in addition to their anti-drug efforts, the J&K Police have been actively engaging with the youth of Jammu District to promote a healthier and more constructive lifestyle. Initiatives encouraging participation in sports, fitness activities, and community events have garnered positive responses from the local population. The police's involvement in such initiatives not only fosters a sense of community but also serves as a deterrent to potential involve-

ment in illicit activities. SSP emphasized the importance of collaborative efforts between the community and law enforcement in ensuring the success of such initiatives. He urged residents to support the police in their endeavors and to actively participate in activities that contribute to the overall well-being of the district.

SSP highlighted the devastating effects of drug addiction on individuals, families, and society as a whole.

While the Jammu Kashmir police is making all out efforts to root out this menace from the region, collaborative efforts are required from the society at large to achieve this," he said.

He emphasized the importance of collective efforts in curbing this menace and urged citizens to play an active role in identifying and reporting drug-related activities.

He expressed their commitment to a drug-free Jammu and stressed the need for a holistic approach involving law enforcement agencies, community leaders, and concerned citizens to tackle this issue effectively. To curb this problem before it spirals out of control, a well-defined strategy tailored to the region's circumstances is crucial.

Viksit Bharat Sankalp Yatra Urban reaches Hiranagar block

Top News Report

HIRANAGAR, Jan 5: The Viksit Bharat Sankalp Yatra (VBSY) Urban, a nationwide campaign to spread awareness about the various developmental Schemes and initiatives of the Government of India, reached Hiranagar of district Kathua on Friday.

Executive Officer, Municipal Committee, Hiranagar, Subash Raina, Janak Bharti, social activist along with various dignitaries welcomed the Yatra Van in Hiranagar.

Speaking on the occasion, Executive Officer, MC Hiranagar highlighted the achievements and benefits of the various flagship schemes of the Government of India towards the ultimate goal of Viksit Bharat.

On the opening day of the yatra in Kathua district a large number

people joined the yatra which focused on attaining saturation of government's flagship schemes.

The focus of the Yatra was also to reach out to people, create awareness and provide benefits of welfare schemes like sanitation facilities, essential financial services, electricity connections, access to LPG cylinders, housing for the poor, food security, proper nutrition, reliable healthcare, clean drinking water, etc.

As part of the yatra, various government departments set up their stalls to provide citizens on the spot services like free health checkups, facility, Agricultural & Horticulture related Scheme awareness and loans under PM SVANidhi yojana. Scores of people benefitted from these camps during the

programme. During the programmes participants were administered Viksit Bharat Sankalp pledge to make India a developed and self-reliant nation by the year 2047.

Videos of beneficiaries of various departmental schemes under Meri Kahani Meri Zubani were also organised along with online quiz.

Viksit Bharat Sankalp Yatra was launched by Prime Minister Narendra Modi on November 15, 2023 from Jharkhand. The Yatra will cover over 2.55 lakh Gram Panchayats and over 3,600 urban local bodies by January 25, 2024, touching every district of the country.

Among others, Gurnam Singh, District Nodal Officer I&B, along with officers from various departments attended the day-long event.

Farooq, Omar conveyed condolences

Top News Report

JAMMU, Jan 5: National Conference President Dr Farooq Abdullah and Vice President Omar Abdullah expressed grief over the passing away of Bashir Ahmed Manhas former Block President Manjakote and conveyed condolences to the bereaved family.

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

In the condolence message, General Secretary Haji Ali Mohammed Sagar, Dr Sheikh Mustafa Kamaal, Ajay Kumar Sadhotra Additional General Secretaries, Rattan Lal Gupta Provincial President Jammu Province, Sheikh Bashir Ahmed Provincial Secretary,

Javed Ahmed Rana Zonal President Pir Panjal Zone, Surinder Choudhary, Ch. Liaquet Ali Central Secretaries, Ajaz Jan Provincial President YNC Jammu have also expressed grief and prayed for peace to the departed soul.

Senior leaders of the National Conference have also conveyed their condolences to the bereaved family.

Those who prayed for peace to the departed soul, include: Bashir Ahmed Wani, Ch. Naseem Liaquet DDC Chairman Rajouri, Muzaffar Khan Spokesperson Jammu, Zee-shan Rana, Th. Yashvardhan Singh Additional Spokespersons Jammu, Ch. Mumtaz Bajjard, Shafayat Ahmed Khan District President Rajouri Urban and Ashok Kumar Sharma District President Rajouri Rural.

Baaghi hits out at Govt over skyrocketing prices of essential items



Top News Report

JAMMU, Jan 5: AAP leader & social activist Gurmeet Singh Baaghi hit out at the Government over skyrocketing prices of essential items, claiming that it has made the lives of poor and middle-class families miserable but the Central Government was not worried about it. T

Baaghi emphasized that the skyrocketing prices have made the lives of poor and middle-class families miserable. The continuous increase in the prices of essential commodities is creating financial hardships for these sections of the population.

The uncontrolled hike in prices has added a heavy burden to the common people, especially those belonging to the lower and middle class, he said adding that the inflation is causing difficulties for the common man, making it challenging for them to meet the basic necessities of life.

Baaghi stated that inflation is a serious problem, and millions of families are facing true hardships due to the unabated increase in

prices. He described situation as unprecedented, suggesting that the severity of the problem has reached an alarming level.

The worst-hit are the fixed income groups, including salaried individuals, laborers, traders, small business owners, and pensioners, he said adding that the rising prices are affecting their budgets, and the increased cost of basic necessities is making it difficult for them to make ends meet.

Baaghi pointed out that the inflation of food prices directly impacts the quality of nutrition available, affecting the health of the nation's human resources. Additionally, the increased cost of living leaves less funding available for other crucial functions like education, particularly for children.

Baaghi argued that it is the government's responsibility to ensure the availability of essential commodities at affordable rates.

He called for the government to take concrete actions to control inflation and present a roadmap for tackling the rising prices of essential commodities.

Baaghi questioned the government's justification for the fuel and gas price hike, pointing out that international rates for crude oil have dropped, and yet the rates have not been reduced. This raises concerns about transparency and accountability in government policies, he said.

Kulgam girl bags silver medal in national Martial Art C'ship



Top News Report

KULGAM, Jan 5: A teenage girl from Kulgam district has shined in the national Martial art Championship held at Delhi after bagging the Silver medal.

Muskan Mehraj (14) daughter of Mehraj Din Wani resident of Adipora area of Kulgam district who is a class 9th student at Leeds convent school Kulgam won a silver medal at the Sub junior National Martial Art Championship organised by Bagatur Federation Cup 2023 held at New Delhi from 23 to 25 December 2023.

Around 15 States of India participated in the

cup, with participation of 270 students, out of which 8 students of Gindoo foundation Awantipora bagged 2 gold medals, 4 Silver, and 2 Bronze medals.

Muskan said that she is very much happy over winning silver medal at the national level.

"I was studying in 9th standard, when I started my journey of martial arts and later on, kept on participating in several district, state-level and federation cups and won many medals both at local and state level followed by national", she said.

Reflecting on her success, Muskan credits her achievements to the unwavering support and motivation provided

by her coaches, Farhan Reyaz and Shah Fasil Ali and her family.

"Sports infrastructure needs more improvement as the biggest challenge that they have also faced is lack of facilities like academies that almost every sports person faces. I guess that is something which can create a great impact on your journey," she said when asked about sports infrastructure in J&K.

Beyond her athletic accomplishments, she extends a poignant message to all, emphasizing the importance of sports, discouraging drug use, and advocating for limited mobile phone usage. She passionately promotes a healthier lifestyle through regular exercise, highlighting the holistic benefits for both physical and mental well-being.

She requested that in this era every parent must support their children sports field as if child will be talented, he/she can make future in sports field.

JU Chess (W) team leaves for Bundelkhand University Jhansi

Top News Report

JAMMU, Jan 5: The Directorate of Sports and Physical Education University of Jammu is projecting its Chess (W) team for participation in the forthcoming North-Zone Inter-University Chess (W) Tournament 2023-24 to be organized by the Bundelkhand University, Jhansi (U.P.) at Rajeev Gandhi Indoor Stadium of Bundelkhand University, Jhansi from January 8 to 10, 2024.

The University of Jammu Chess (W) team flagged off at the Directorate of Sports & Physical Education.



Team: Bhawana Sharma, Taruni Bakshi, Unvesha Sharma, Naina Sharma, Mansha Mahajan and Mussarit Nayeem.

Inderjeet Singh and Manisha Manhas will accompany the team

as Coach and Manager respectively.

Prominent among others present on the occasion were Dr. Vimal Kishore, Padam Dev Singh, Jai Bharat, Harinderpal Singh and Manu Singh Pawar.

Motivational Lecture by Hony Capt Swaran Singh inspires 540 NCC Cadets at Nagrota



Top News Report

NAGROTA, Jan 5: Motivational Lecture by Hony Capt Swaran Singh (Retd), Vir Chakra Awardee, Inspires 540 NCC Cadets at NCC

Training Academy Nagrota.

The NCC Training Academy in Nagrota witnessed an electrifying atmosphere as Hony Capt Swaran Singh, a distinguished Vir Chakra Awardee, from 11

JAK LI delivered a motivational lecture for 540 NCC Cadets.

In an inspiring and heartfelt speech, Capt Swaran Singh shared his experiences and insights gained from his exemplary service to the nation. His words resonated deeply with the young cadets, igniting a renewed sense of patriotism and dedication.

Cadets were captivated by Hony Capt Swaran Singh's stories of valor and sacrifice, leaving them truly thrilled and motivated.

Bharti Foundation's Changemaker Awards celebrates excellence in Corporate Social Responsibility

Top News Report

JAMMU, Jan 5: The Changemaker Awards, hosted by Bharti Foundation recently, brought together corporates and individuals who have undertaken initiatives and/or are working on projects focused on creating a better world for the current and future generations.

Rakesh Bharti Mittal, Co-Chairman at Bharti Foundation (Vice Chairman, Bharti Enterprises), Mamta Saikia, CEO at Bharti Foundation, Lt. Col. Vijay Chadda, Member of the Governing Board of Bharti Foundation, Akhil Gupta, Vice-Chairman at Bharti Enterprises, leaders from Bharti Group Companies and partner organisations, along with supporters and volunteers of the Foundation graced the occasion.

This year, the awards received 85 nominations under 6 award categories ranging from Employee Engagement for Bharti Group Companies, Social Initiatives - National & International to Individual Philanthropy - National & International. The nominations boast of positive impact made on society through strategic, innovative, and sustainable practices in various sectors - education, environment, healthcare to livelihood, sports, etc. This year's winners include:

Individual Philanthropy National: Popat Chandu Rasal from Sterilite Technologies Limited planted more than 20,000 indigenous trees in Aurangabad, Maharashtra in 2022-23 alone; Sathyanarayana K from HP Inc. has been volunteering for hunger mitigation in children and enabling better infrastructure in Government Schools in Bangalore, Karnataka; Another winner from HP Inc., Arundhati Bhattacharya, volunteered for IAHV (Inter-



national Association for Human Values), positively impacting 200+ women through mental well-being classes and counselling sessions; Sudarshan Bengani from Airtel Payments Bank Limited for his regular contribution towards community services such as blood donation, supporting bird hospitals, food donation and supporting children from slums; Poomima Kapoor from Bharti Airtel Limited won Special Jury award in the for supporting students from economically challenged background with limited access to quality education, career opportunities and guidance.

Social Initiative National: Sumitomo Mitsui Banking Corporation for their project Medical PODS, conceptualised for regions where health infrastructure is in deficit; Signify Innovations India Limited's project, 'Khel Jyoti,' encourages sports in rural areas by providing safe and well-lit spaces for children; Avaya India Pvt. Ltd. for their initiative 'Road to

Career,' providing skill-building opportunities and increasing employability of marginalized youth and adolescents; Indus Towers 'innovative project, 'Digital Transformation Van' under their flagship CSR program 'Saksham', has brought digital literacy on wheels to isolated and disadvantaged groups in rural and urban parts of India; ECI Telecom India Pvt. Ltd.'s initiative 'Right to Education for Every Child' supports capacity building of school run by a grassroot NGO, benefiting more than 2,000 underprivileged students; Ericsson India Pvt. Ltd. won Special Jury Award in the category for its initiative, 'Ericsson's Centre of Excellence,' that addresses skill gaps in Telecom Industry through training students on 5G and emerging technologies along with ensuring their job placements.

Employee Engagement Award (recognising efforts of Bharti Group Companies towards volunteering and payroll giving towards sup-

porting education for underprivileged children from rural parts of the country)- Bharti Realty engaged 100% employees through payroll giving for the noble cause for more than 3 years in a row; Del Monte Foods continuously engaged with Bharti Foundation and encouraged more than 80% its employees; 60% employees from BeelTel Teletech Ltd. participated in payroll giving program.

Individual Philanthropy International: Haridya Rakotbe (Airtel Madagascar S.A.), Michael Opwonyo (Airtel Uganda Ltd.) and Anne Njeri (Airtel Kenya Networks Limited)

Besides, Airtel Nigeria, Airtel Kenya Networks Limited, Airtel Tanzania Limited, Airtel Networks Zambia PLC and employees from various Airtel circles in India received the award for their exemplary contribution towards Sustainable Development Goals.

Mamta Saikia, CEO of Bharti Foundation, expressed her thoughts the Changemaker Awards, stating, "At Bharti Foundation, we believe in the power of transformative practices that are sustainable. Changemaker Awards stand as a testimony of the collective efforts of individuals and corporates in creating a positive impact on society through their exemplary work. Their commitment towards corporate social responsibility serves as an inspiration for others in various industries."

Established in 2008, the Changemaker Awards extend acknowledgment to the commendable efforts of individuals at national and international level besides corporates towards Sustainable Development Goals. The award provides a common platform for applicants to showcase their work in community transformation, environmental initiatives and volunteering programs, thereby making a meaningful difference in the society.

Zeenat Aman reveals why Feroz Khan cut her pay on 'Qurbani' set, when the actress was a rising star already

Veteran actor Zeenat Aman recalled in a social media post the time when late director Feroz Khan cut her pay on the 'Qurbani' set.

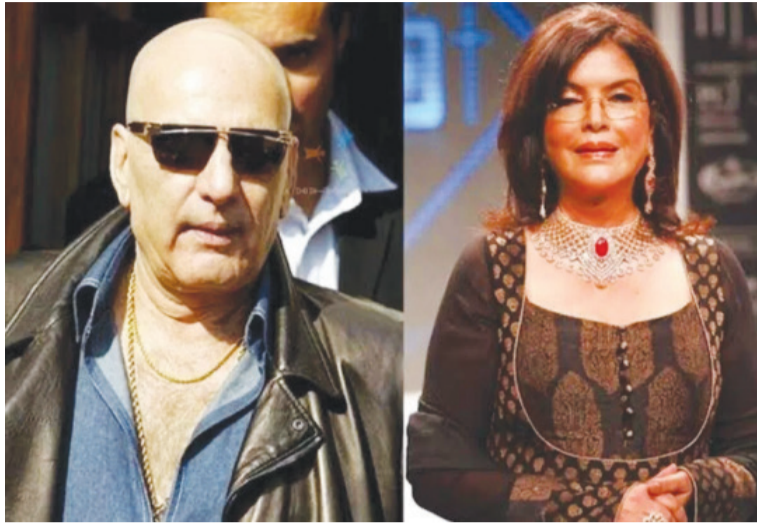
She took to Instagram and penned down a long note. She wrote, "I read somewhere that Oxford's word for the year 2023 is 'rizz' - short for 'charisma'. Well, if I've ever known anybody to have rizz, it was Feroz Khan."

The actor also recalled the 1970s, when her career was on the rise and Feroz approached her to offer her a role in his future play.

She added, "Feroz and I had a rocky start. It was the 70s, my star was on the rise, and he called me on the telephone to offer me a role in his upcoming production. It was a secondary part, and so I politely refused the offer. Feroz was incensed and let out a stream of expletives while I held the receiver away from my ear."

"Many months later, he called again. This time he started his pitch by saying, 'it's the lead role so don't reject it.' And that's how I joined the cast of Qurbani."

"I often discuss set etiquette in



my captions, so I'd be amiss to neglect Feroz's influence on me in this regard. I was quite a diligent worker, but on one occasion, my youth got the better of me. Though we had an early call time the next day, I agreed to go out to a party. It was a fantastic night of dance and drink, and unsurprisingly, I landed up one hour late to set," she added. "Feroz was glowering behind his camera, and before I could offer him my meagre excuse, he cut me down to size. 'Begun,

you're late and you're going to pay for the delay.' No argument, no scolding, but you can be sure that he docked my pay to pay the crew for that one hour delay!"

"Feroz was suave, charming and polished. He was a talented actor-director, and Qurbani remains one of my favourite projects to date. Anyway, I hope you enjoyed this anecdote and I hope 2024 is off to a roaring start for you!" 'Qurbani' was released in 1980. It was directed by Feroz Khan, who

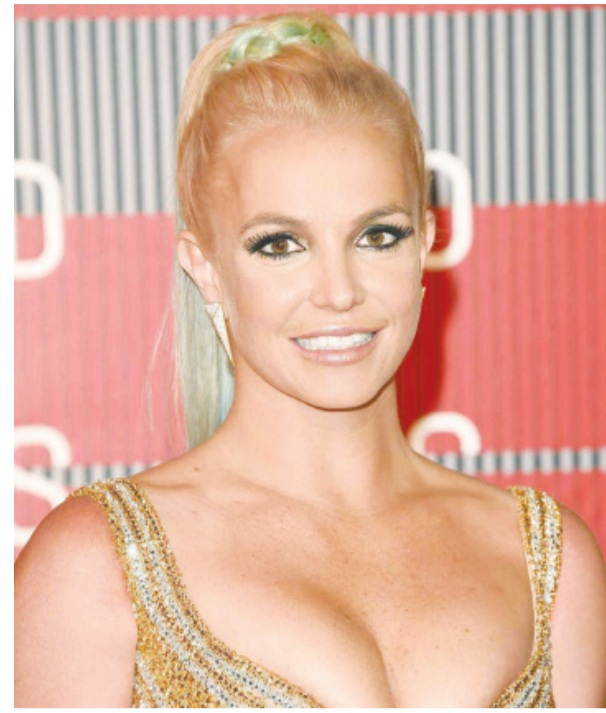
also acted in the film alongside Vinod Khanna, Zeenat Aman, Amjad Khan and others.

The movie revolves around two friends, Rajesh (played by Vinod Khanna) and Amar (played by Feroz Khan), who find themselves entangled in a web of crime and deceit. The film explores themes of friendship, betrayal, and revenge, and it was a commercial success during its time.

Zeenat made her Instagram debut in February. She keeps on sharing reflective thoughts on topics ranging from parenthood, the privacy of celebrities, dyeing hair and many more things.

Zeenat will be next seen in 'Bun Tikki.' Produced by Manish Malhotra, the film also stars Shabana Azmi and Abhay Deol. The famous actor has given several hits such as 'Satyam Shivam Sundaram', 'Hare Rama Hare Krishna', 'Qurbani', 'Dhund', 'Don', 'Manoranjan' and 'Yaadon Ki Baarat'. She was known for playing unconventional roles in her era when many actors were reluctant to take on those roles.

Britney Spears says she is not working on new album



Pop star Britney Spears has debunked rumours that she is working on a new album in a social media post where she declares she will "never return to the music industry."

The singer was seemingly responding to reports that surfaced early Wednesday morning on Page Six about Spears potentially tap-

ping Charli XCX and writer Julia Michaels for an unannounced record.

The report claimed Spears had not recorded any new material yet, "as the project is only starting to take shape."

"They keep saying I'm turning to random people to do a new album ... I will never return to the music

industry," Spears wrote in the caption to an Instagram post of the Italian Renaissance painting Salome Bearing the Head of St. John the Baptist. She continued, "When I write, I write for fun or I write for other people! For those of you who have read my book, there's loads that you don't know about me ... I've written over 20 songs for other people the past two years!"

Michaels and Spears have worked together in the past, although the nature of their collaborative relationship is unknown.

Michaels is credited as a writer on Spears' Slumber Party, a song that appeared on her last studio album, Glory (2016). Spears went on to call herself a "ghost-writer," meaning she writes for other artists without attaching her name to the projects, and said she "honestly (prefers) it that way."

She also addressed comments that claimed her book, The Woman in Me, was released without her approval.

Ektaa R Kapoor, Tusshar Kapoor collaborating for Dus June Ki Raat

Producer Ektaa R Kapoor and her actor-brother Tusshar Kapoor are reuniting for an upcoming project, titled Dus June Ki Raat. The series, which will be released on Jio Cinema and ALT Balaji, will also feature actor Priyanka Chahar Choudhary.

Ektaa, who earlier worked with Tusshar on feature films such as Kuch To Hai, Shootout at Lokhandwala and C Kkompany, shared the news on Instagram.

"Dus June Ki Raat. It Begins #favshow #Jai Mata Di," Ektaa wrote alongside a picture of the clapperboard.

The show is being directed by Tabrez Khan.

Dus June Ki Raat will be produced by Sachin Mohite under the banner of Jaasvand Entertainment and co-produced by Ektaa Kapoor.



Juggy D believes that Punjabi music is doing better than Hindi film music across the globe

Regarded as one of the most influential Punjabi artists in the UK, Juggy D believes that Punjabi music is doing better than Hindi film music across the globe. The singer, whose India tour culminated with New Year's Eve performance in Jaipur, earlier performed in Chandigarh for Zomaland Live.

In a candid chat, he explains, "I think we have explored so much in Punjabi music and now people across the globe listens to our songs and love to groove on it. International artistes have also realised the potential of Punjabi music. The next big thing that we would witness is Punjabi music being experimented with electronic dance music and techno. We have already seen how Karan Aujla's Soffty got remixed by grammy-winner DJ Tiësto. Diljit has also announced



a collaboration with the American DJ and music producer Diplo. The future of music is promising especially for songs which enjoys longer shelf-life and has nostalgic value."

The Sohniye hit-maker has collaborated with many big names of the industry, including Britney Spears, Ricky Martin, Craig David, Mary J Blige, Missy Elliott and Timbaland.

was released in the UK. Talking about his strong presence on social media, he says the need of the hour is to stay connected with fans and the world. He has recently launched a YouTube channel to reinvent himself as an artiste.

Proud to be Punjabi, he owes it to his parents for imbuing cultural values in him. "It feels great to be able to speak Punjabi as fluently as English. My parents not only supported me to pursue music, but also played a significant role in keeping me in touch with the rich Sikh heritage. It's very easy to forget your roots when raised in a foreign land. It didn't happen with me, is gall da fakr e meinu (I am proud of it)."

Another thing Juggy is proud of is the 800+ days of sobriety he has achieved after struggling

hard to quit alcohol. "I am 800+ days sober now. I am vocal about this so that it can inspire others who are struggling to quit alcohol. Addiction of anything is bad and during my concerts too I like to pass on that message to the youngsters."

Not only he is feeling better, but looking better too. Juggy D looks not a day older than how he did, when he first appeared in the music scene about two decades ago. A pescetarian, he strictly watches what's on his plate and believes that a healthy body and mind is a must for a performing artiste.

Juggy likes performing in India, especially in Punjab. "It is always good to perform in Punjab. It has a homely feeling. I would like to come back soon with my new songs," he signs off.

Qayaamat Se Qayaamat Tak is a story of reincarnation

Colors is preparing to unveil Qayaamat Se Qayaamat Tak, an eternal saga chronicling two souls pursuing an everlasting love that surpasses life itself.

Starring Karamm Rajpal and Trupti Mishra in the lead roles of Rajneesh and Poornima, the upcoming romance thriller is a story of reincarnation in which the barriers of age, time, and societal

norms are put to the ultimate test.

Prepared to essay the role of Rajneesh, Karamm S Rajpal says, "Reincarnation stories have always fascinated me since childhood.

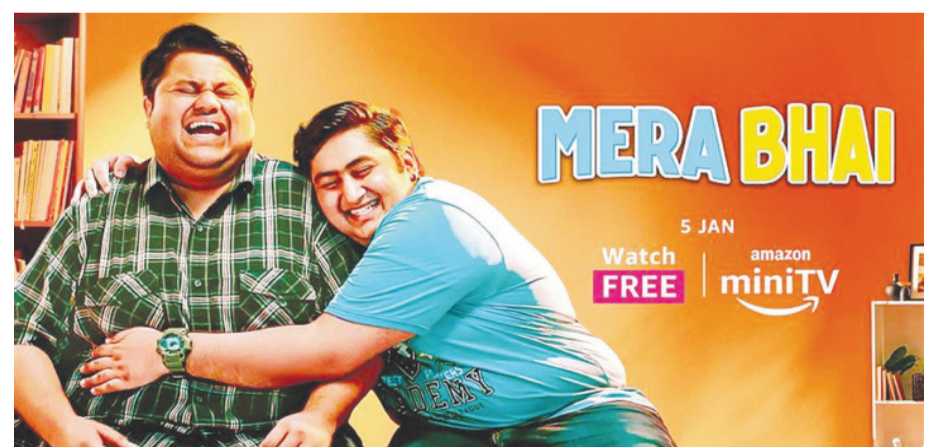
As an actor, it's a fantastic opportunity to be part of Qayaamat Se Qayaamat Tak. For me, this show isn't merely about playing a role; it's about instilling the belief in viewers that



love never fades (as I'm a staunch believer in love)."

Discussing the role of Poornima, Trupti asserts, "Reincarnation is perceived as a mystical event, and my goal, through the portrayal of Poornima, is to make viewers believe in it. I am excited about this intriguing tale and can't wait for the audience to experience a saga that spans two lifetimes."

Amazon miniTV is all set to bring viewers a heartwarming story of sibling love with its comedy-drama series Mera Bhai



Amazon miniTV unveiled the trailer of upcoming series, Mera Bhai, which is filled with a gamut of emotions. Exploring new dimensions of love and highlighting the power of a brotherly bond, it will take the audience on an emotionally charged journey, with two polar opposite brothers who find strength in each other. Starring Badri Chavan and Chinmay Chandranush in the lead roles, the five-episode series is produced by The Screen Patti and will stream from today.

Badri Chavan, who plays the role of the responsible elder brother, shared his thoughts, "Having a sibling is a blessing. Mera Bhai explores the journey of two siblings as they tackle the ups and downs of life in a relatable manner. While they constantly make

fun of each other, indulge in ribbing, fights, and disagreements, they are always there for each other in the hour of need. Over the course of five episodes, the viewers will see the evolution of these two brothers as well as their bond with each other."

Chinmay added, "Siblings are one's biggest supporters and best friends, who love and tolerate each other at the same time. Mera Bhai is one such relatable story, which highlights how two polar opposite siblings bring balance to each other's lives. I play the role of the younger brother, Sittu, in the series. He is carefree, outgoing, mischievous, and in the curiosity-filled stage of teenage, stark opposite from his mature and disciplined brother, Bittu. I hope that viewers will love the bond of Bittu and Sittu."

Indian Police Force team launches trailer by installing 18-ft mystery boxes in 12 cities

The highly anticipated Amazon Original series Indian Police Force, created by blockbuster director Rohit Shetty, is all set to make its mark on the digital landscape. Renowned for his super-hit cop franchises like Singham, Simmba and Sooryavanshi, Shetty is ready to introduce fans to the next chapter of his cop universe. Sidharth Malhotra and Shilpa Shetty spearhead the cast of this upcoming series.

To build anticipation around the trailer among fans, Prime Video has installed 18 ft Amazon



delivery boxes across Chandigarh's Sukhna Lake, Udaipur's City Palace, Indore's Chappan Dukan, Delhi's Select City walk and INA Dilli Haat, Lucknow's Lulu Mall and Mumbai's Juhu beach among other states and cities, including Gujarat, Kerala, Jaisalmer, Coorg, Hyderabad and Jammu & Kashmir (Gulmarg). These gigantic structures aren't just installations. What lies within adds an extra layer of excitement to the lead up to the trailer launch. The cop action drama is slated to premiere on January 19.

Indian Navy monitoring Liberian-flagged hijacked vessel off Somalia's coast

A hijacking attempt has been made on board Liberia-flagged bulk carrier

NEW DELHI, Jan 5 (Agencies): Indian Navy has responded to a hijacking incident in the Arabian Sea in the early hours of Friday.

A hijacking attempt has been made on board Liberia-flagged bulk carrier.

The vessel's crew on Thursday sent a message on UK Marine Trade Organisation (UKMTO) indicating that five to six armed men had boarded the vessel.

An Indian Navy Maritime Patrol Aircraft – the Boeing P81 – was given the coordinates of the besieged vessel some 850 km east of Africa's Somalia coast.

"The aircraft overflew the vessel on Friday morning and established contact with it, ascertaining the safety of the crew," Indian Navy spokesperson Commander Vivek Madh-



wal said.

The UKMTO said the crew had locked themselves in a strong room. Also, the vessel's navigation lights are running low increasing the risk of collision with other vessels.

"The naval aircraft continues to monitor movement while the warship INS Chennai is closing the vessel to render assistance," Commander Madhwal said.

The situation is being closely monitored, in coordination with other agencies and maritime forces in the area.

Indian Navy's task groups deployed in the Arabian Sea have been physically investigating fishing vessels and marine commandoes have, in the past week, boarded vessels that look suspicious.

In the last week of December,

the Indian Navy created task groups with five warships, surveillance planes and UAVs.

Indian Naval ships and aircraft remain deployed for maintaining enhanced surveillance and undertaking maritime security operations.

A Navy spokesperson on January 3 said, "In the last one week, task groups deployed in the area have investigated a large number of fishing and other vessels."

The Boeing P81 and the predator UAVs are undertaking surveillance over the area.

Indian-flagged merchant vessels plying in the area are being tracked. Indian Navy is also coordinating with Coast Guard for maintaining enhanced surveillance within the Exclusive Economic Zone.

Dawood Ibrahim's childhood house in Maharashtra to be auctioned today



MUMBAI, Jan 5 (Agencies): Underworld don Dawood Ibrahim's childhood house and three other properties owned by his family in Maharashtra's Ratnagiri are set to be auctioned on Friday.

The four properties—all agricultural land—owned by Ibrahim's family are located at Mumbake village.

The properties have been placed for auction at a reserve price of Rs 19 lakh.

The properties were seized by authorities under the Smugglers and Foreign Exchange Manipulators (Forfeiture of

Property) Act.

According to an official statement, these properties take the form of agricultural land in Dawood Ibrahim's ancestral village, named Mumbake, at Khed in Ratnagiri district of Maharashtra.

"Several bids have been received, and the bidding process is scheduled to take place between 2 pm and 3.30 pm on January 5," the statement read.

Earlier in 2017 and in 2020, 17 properties belonging to the underworld don were auctioned off.

Lawyer and Shiv Sena member Ajay Srivastava had bid for a string of shops in 2001, which are still caught in a legal tender.

Srivastava said he is hoping to get the deed to Dawood's ancestral home soon with plans to start a school there.

Dawood Ibrahim, a key accused in the 1993 Mumbai serial blasts, had lived at Mumbake village before moving to Mumbai in 1983. He left India after the bomb blasts that resulted in the death of 257 people.

Kharga Corps conducts joint firing drill with Air Force

CHANDIGARH, Jan 5 (Agencies): Kharga Corps, the Army's most significant strike formation, conducted an integrated field firing exercise with the Indian Air Force at the Mahajan ranges in Rajasthan.

Christened exercise Kharga Shakti, the drill was aimed at validating synchronised delivery of firepower of the strike corps in complete integration with surveillance resources and air power assets of the Air Force.

The exercise demonstrated seamless, effective, and persuasive integrated firing in a simulated operational environment for an offensive in obstacle ridden terrain by coordinated assault by Artillery, Armour, Mechanised Infantry and Conventional Infantry units of the Kharga Corps



in synchronisation with fighter-bomber missions.

A wide array of ground and aerial platforms, including tanks, armoured personnel carriers, howitzers, rocket launchers, radars, surveillance equipment, helicopters and drones were deployed for practicing offensive manoeuvres.

Lt Gen Manoj Kumar Katiyar, GOC-in-C Western Command, accompanied by Lt Gen Rahul R Singh,

GOC Kharga Corps, witnessed the exercise.

On culmination of the exercise Lt Gen Katiyar, interacted with all ranks and appreciated their level of operational preparedness and professionalism in the conduct of the exercise.

He urged them to strive for excellence and live up to the glorious history of the Corps and its emblem, the 'Kharga of Maa Kali', the ultimate weapon symbolising destruction of enemy in battlefield.

Assault on ED officers sparks political duel in Bengal; BJP, Congress seek imposition of President's rule

KOLKATA, Jan 5 (Agencies): The assault on ED officers in West Bengal's North 24 Parganas district on Friday sparked a political slugfest, with the BJP and Congress calling for the imposition of President's rule, even as the ruling TMC accused the central agency sleuths of inciting locals.

ED officers were assaulted and their vehicles damaged allegedly by supporters of TMC leader Sheikh Sajahan, when they tried to raid his residence in the Sandeshkhali area in connection with its probe into the ration distribution scam.

Sajahan is considered to be a close aide of state minister Jyotipriyo Mallick, who was arrested for his alleged involvement in the scam.

At least two Enforcement Directorate officers suffered serious injuries and required hospitalisation.

Reacting to the incident, Union Minister of State for Home Affairs Nisith Pramanik said, "State governments must provide officers of the central



probe agency proper security and other resources.

But, that has not happened in West Bengal. The attack on the ED officers is an attack on the federal structure of the state."

"The Centre has taken serious note of it, and we will also look into why similar incidents are repeatedly happening in West Bengal," Pramanik said.

BJP state president Sukanta Majumdar wrote to Union Home Minister Amit Shah, urging an

immediate National Investigation Agency (NIA) probe into the assault, and the imposition of President's rule in the state.

"As the law and order situation in Bengal has crumbled thanks to @AITCofficial post the heinous attack on the ED officials at Sandeshkhali, I have written to the Hon'ble Home Minister @AmitShahji to initiate NIA investigation into the matter to ensure the safety of the people of Bengal," he said on X.

Majumdar's letter also sought the deployment of central paramilitary forces to ensure the integrity of investigative procedures by central agencies.

Congress president Adhir Ranjan Chowdhury spoke in a similar vein, alleging that law and order cease to exist in Bengal under the Trinamool Congress rule.

"We demand that President's rule should be immediately imposed in West Bengal," he said.

Meanwhile, TMC minister Shashi Panja accused the ED officers of instigating the locals, which led to the situation.

"Union minister Nisith Pramanik spoke about the attack on the federal structure. The withholding of West Bengal's dues in a real sense is an attack on the federal structure," Panja asserted.

TMC state spokesperson Kunal Ghosh criticised the Congress and BJP, claiming that the law and order situation in West Bengal is much better than in other states.

Ramrajya Being Established In Country: Rajasthan Minister On Ram Temple Event

JAIPUR, Jan 5 (Agencies): Rajasthan Minister Rajyavardhan Singh Rathore on Friday said that as the consecration ceremony of Ram Lalla in Ayodhya nears, Ramrajya is being established within the country.

He was speaking at the Vikasit Bharat Sankalp Yatra programme in Jaipur.

"The country will be able to be successful only when the country's money reaches its citizens. Till now, there was a lot of theft in the government schemes, but Modi ji has stopped the leakage of thefts. Now banks come to your

house and everyone's accounts are opened...

Today the schemes of the Central Government under the Vikasit Bharat Sankalp Yatra are reaching you..." said the state Minister Rajyavardhan Singh Rathore.

"Now Viksit Bharat is taking out Sankalp Yatra in which two things are happening. 100% benefits of the schemes should reach every home and family. The second resolution has to be taken that we should contribute to making a developed India," he added.

Rajasthan Minister Rajyavardhan Singh Rathore also urged the



people to make India a developed country.

"It is the responsibility of all of us to develop India and make it the most powerful nation in the world while we are alive..." said the Minister.

Speaking about PM Modi's tenure, Rajya-

live and move forward..."

Earlier, Rajasthan Minister Rajyavardhan Singh Rathore on January 1, 2024, assumed charge as cabinet minister at the state Secretariat in Jaipur and said that the coming five years are very important for the state.

"It is the responsibility of the officers, employees and all of us to serve the people of Rajasthan. The Constitution also says that whatever responsibility you have, fulfil it properly... These five years are very important for Rajasthan," Rajyavardhan Singh Rathore said.

One dead as bonfire triggers fire in Greater Noida slum



NOIDA, Jan 5 (Agencies): A fire broke out at a slum cluster in Greater Noida early Friday, gutting three makeshift houses and leaving one person dead, police officials said. At 12.15 am, information was received about the fire in the slum built in an

open field in the Kasna area of Greater Noida due to a bonfire, they said.

"The Fire Service Unit took immediate action on the information and rushed to the site, where the situation was brought under control in about 25 minutes,"

a police spokesperson said.

"Three makeshift houses were burnt in the fire while the blaze was prevented from moving to the other remaining huts there," the spokesperson said.

A person identified as Munshar Ali (20) was found seriously burnt and in an unconscious state.

He was taken to the nearest hospital with the help of the police where he succumbed to injuries.

Further legal proceedings in the case are being carried out at the local Kasna police station, the official added.

Wanted criminal carrying Rs 1 lakh reward killed in encounter with UP police

LUCKNOW, Jan 5 (Agencies): A criminal carrying a reward of Rs 1 lakh on his head was killed in an encounter with Uttar Pradesh Police's Special Task Force in Sultanpur district on Friday morning, officials said.

The criminal was identified as Vinod Kumar Upadhyay, they said.

Upadhyay sustained bullet injuries during an encounter with the Special Task Force and was admitted to a hospital, where he died, Additional Director General of Police, STF, Amitabh Yash told agency.

As many as 35 cases of heinous crimes were registered against Upadhyay in Gorakhpur, Basti, Sant Kabir Nagar and Lucknow, police said.



In September 2023, Gorakhpur police had announced a reward of Rs 1 lakh on him, a police statement said.

ISRO tests high efficiency, low cost battery for future missions

BENGALURU, Jan 5 (Agencies): ISRO on Friday said it has tested a new kind of battery cell which is more efficient and costs less than the conventional ones used on its missions.

The national space agency said it has qualified 10 Ah Silicon-Graphite-anode based high energy density Li-ion cells as a low weight and low cost alternative to conventional ones being used currently.

The flight demonstration of the cells as a battery was also successfully completed by powering a resistive load onboard the POEM-3 platform of PSLV-C58, launched on January 1, the space agency said in a

statement.

"Based on the confidence gained through this performance, these cells are poised to be used in upcoming operational missions where 35-40 per cent battery mass saving is expected. The system finds application both in space and ground use," ISRO added.

The on-orbit voltage, current and temperature values of the battery were acquired through telemetry and found to match well with the predictions, it said.

Compared to conventional Li-ion cells which use pure graphite as anode material, this cell uses Si-Graphite composite as anode material.

This helps in accommodating more Lithium ions for a given unit mass of anode material and thus improves the energy density of the cell.

In addition to the material change, this cell also employs cost-effective hardware, which is readily available and a crimped sealing based design, which reduces the hardware cost and fabrication cost significantly.

The energy density of the Silicon High energy Li-ion cells is 190 Wh/kg with an operating voltage of 4.2 to 2.8 V, against Lithium-ion cells (157 Wh/kg).

During the flight, the battery system worked for 21 hours in

15 orbits delivering a capacity of 8.9 Ah with final drained voltage of 0.4 V, ISRO said.

Before inducting any new systems in operational vehicles & missions, the Vikram Sarabhai Space Centre (VSSC), the lead centre of ISRO, subjects the system to rigorous qualification and flight demonstration as piggyback payloads.

The same approach was followed for these cells also.

The capability of the cells to survive and perform in harsh space environments was also successfully demonstrated through the POEM experiment, it was stated.

Three killed as trains collide on Indonesia's main island of Java

The cause of the accident was being investigated. Train accidents are common on Indonesia's aging railroad network, especially at crossings.

BANDUNG, Jan 5 (Agencies): Two trains collided on Indonesia's main island of Java on Friday, causing several carriages to buckle and overturn and killing at least three people, officials said.

The accident happened about 500 meters (yards) from Cicalengka train station in West Java's Bandung city, said Ayep Hanapi, a spokesperson for PT Kereta Api Indonesia, the national railways.

He said the Turangga express train traveling from Surabaya, the capital of East Java



province, to Bandung hit a commuter train heading to Padalarang from Cicalengka station.

At least three people

were killed and several others were injured, West Java Police spokesperson Ibrahim Tompo said.

Television video

showed several carriages overturned or badly mangled. One carriage plunged into a nearby rice field. People screamed as panicked

passengers tried to get out of the train. Some walked through the fields carrying suitcases and other items as ambulances evacuated the injured.

About 106 passengers on the commuter train and 54 on the Turangga have been rescued, said Hery Marantika, head of Bandung's Search and Rescue Agency.

The cause of the accident was being investigated. Train accidents are common on Indonesia's aging railroad network, especially at crossings.

Landmine blast kills three children grazing goats in northwest Pakistan



PESHAWAR, Jan 5 (Agencies): At least three children were killed in a landmine explosion while they were grazing goats in Pakistan's restive Khyber Pakhtunkhwa province, police said on Friday.

The incident occurred on Wednesday in the Mir Ali Tehsil in the North Waziristan tribal district bordering Afghanistan, according to the police.

The three shepherd children, between the ages of five and 15 years, were grazing goats in the fields in the Khajori area and were killed when one of them stepped on a landmine.

The children often used to bring their family's livestock to the field for grazing. Their bodies were shifted to a hospital for postmortem, police said.

No group has claimed responsibility for the incident.

This comes after six barbers from Pakistan's Punjab province were shot and killed in the Mir Ali Tehsil by unidentified militants on Tuesday.

Recently, Pakistan has been hit by a wave of terrorist activities orchestrated by various terror outfits.

According to a recent report by the Pakistan Institute for Conflict and Security Studies (PICSS) think tank, the Khyber Pakhtunkhwa province was the most affected by terror attacks in November, recording 51 attacks with 54 deaths and 81 injuries.

North Korea fires 200 artillery shells near border, South Korea evacuates islands

SEOUL, Jan 5 (Agencies): North Korea fired more than 200 artillery rounds into the sea on Friday near a tensely defended maritime border with South Korea, a military official said, while residents of two South Korean islands were ordered to evacuate due to an unknown "situation."

The defence ministry would not confirm if the order was prompted by the North's artillery firing or South Korean drills in response.

However, a text message sent to residents and confirmed by an island official cited "naval fire" to be conducted by South Korean troops from 3 p.m. (0600 GMT) Friday.

An official on Yeonpyeong island, which sits just south of the disputed Northern Limit Line (NLL) sea border, said the evacuation was ordered at the request of the South Korean military.



The firing by North Korea caused no civilian or military damage in the South, South Korea's military said in a news briefing.

"This is an act of provocation that escalates tension and threatens peace on the Korean peninsula," a spokesman for the South Korean Joint Chiefs of Staff said.

South Korea's military told the village there was firing at sea by the South Korean military after "a situation" near the border, the official said. But it was not clear whether it was a drill or had some other cause.

Residents of Baengnyeong island which lies far to the west of Yeonpyeong and also near the sea border, were also told to evacuate, a village official there said.

In 2010, North Korean artillery fired scores of rounds at Yeonpyeong island, killing four people, including two civilians, in one of the heaviest attacks on its neighbour since the Korean War ended in 1953.

North Korea said at the time it was provoked into the attack by South Korean live-fire drills that dropped shells into its territorial waters.

Young daughter of North Korean leader Kim Jong likely to be his successor: Report

PYONGYANG, Jan 5 (Agencies): The young daughter of North Korean leader Kim Jong-un, who frequently accompanied her father at public events, including long-range missile tests, is Kim's most likely successor, the New York Times reported quoting a South Korean intelligence agency.

However, it did not report any personal details about the daughter, including her name and age, but South Korean officials identified her as Kim Ju-ae.

Ju-ae drew headlines when retired NBA star Dennis Rodman said he was allowed to hold the child upon meeting Kim in Pyongyang in 2013.

The North's state media has referred to her as a "most beloved" or "respected" child of Kim and has shown military generals and other high-ranking officials kneeling before her. Such scenes have triggered widespread speculation among outside analysts that the daughter was being groomed



as an apparent heir to her father.

But until now, the South Korean government has been cautious in speculating about the girl's status within Pyongyang's secretive regime. South Korean officials have said that although the dynastic rule of the Kim family would probably continue in the North after Kim's death, they were not sure which child would succeed him.

Kim had another child younger than Ju-ae, according to South Korean officials. They said they were checking intelligence that Kim

mittee.

The New York Times reported that the agency cautioned that it was also considering "all possibilities" in the North's succession plan, given "many variables". It did not elaborate, other than noting that Kim was still young -- he turns 40 on Monday -- and was not known to have serious health issues.

Ju-ae made her first public appearance in November 2022, when she watched a long-range missile test with her father.

She has since accompanied Kim to important state events, like military parades, sharing the centre stage with her father in North Korean media coverage.

The state media has often shown the father and daughter hooking arms and touching each other's faces in loving gestures.

In a New Year's Eve celebration in Pyongyang on Sunday, Kim was seen on North Korean TV footage

hugging and kissing his daughter on the cheek.

If Ju-ae replaces Kim as leader, she would be the first female ruler of the deeply patriarchal and male-dominated North.

It is notoriously difficult to predict the inner workings of the opaque regime in Pyongyang. Many outside analysts had long speculated that one of Kim Jong-un's two elder brothers would replace their father--until North Korea revealed Kim as successor following Kim Jong-il's stroke in 2008.

Ju-ae is believed to be around 10 years old.

Analysts said that, given her young age, it was still too early to tell whether she would eventually develop the kind of ruthless leadership qualities that her father demonstrated while establishing his unchallenged authority through a series of bloody purges, including the execution of his uncle and the assassination of his half-brother.

India-Nepal Ties Witnesses Real Transformation In Recent Years: S Jaishankar

KATHMANDU, Jan 5 (Agencies): External Affairs Minister S Jaishankar on Friday said that bilateral ties between India and Nepal witnessed a real transformation in recent years with significant strides made in various sectors.

In his address after joint inauguration of Tribhuvan University Central Library and other post-earthquake reconstruction projects in Kathmandu, Mr Jaishankar said,

"In recent years, we have witnessed the real transformation of the India-Nepal relationship. With significant strides made in a variety of areas, this partnership has expanded manifold and connectivity, be it physical, digital or energy-related, has become a cornerstone of this expanding collaboration, and this has further strengthened the people-to-people linkages between our two countries," Mr Jaishankar said today.

The external affairs minister who arrived in Nepal a day ago today jointly inaugurated with his Nepalese counterpart N P Saud the Tribhuvan University Central Library and other reconstruction projects undertaken in Kathmandu after the 2015 earthquake in Nepal.

Highlighting the India's efforts in Nepal after the devastating earthquake of 2005, Mr Jaishankar said, "I stand before you today with a sense of satisfaction, even pride as we gather here to celebrate the inauguration of this newly constructed Central Library of the prestigious Tribhuvan University as well as 25 schools, 32 health projects and a Cultural Heritage Sector project which were undertaken as part of a collaborative effort to support the people of Nepal in the aftermath of the devastating earthquake of 2015."

He said Nepal's government, after the initial rescue efforts prioritized housing, education, health and cultural heritage as part of



its reconstruction drive. Mr Jaishankar stated that India is pleased to be part of Nepal's reconstruction efforts and noted that the Indian government has funded the project for the construction of 50,000 houses that were completed in November 2021.

"We have been pleased to be part of these efforts as we contributed USD one billion in this regard consisting of USD 250 million in grant and the remaining as a line of credit. We are very satisfied that the Government of India has funded a project for the construction of 50,000 houses that were completed in November 2021.

"I'm happy to know that today's handing over of 25 schools and the inauguration of this very prestigious library, all the 71 projects being undertaken with reconstruction grant in the education sector have been completed and handed over to the Government of Nepal," Mr Jaishankar said.

The external affairs minister appreciated the partnership of governments of Nepal and India and recognized the efforts of all the concerned agencies of Nepal government. He expressed hope that other projects will be completed soon and put to use as soon as possible.

Mr Jaishankar stressed that India like the rest of the world, was saddened to learn

about the casualties and devastation caused by the earthquake that struck Nepal's western regions in November last year.

"Prime Minister Narendra Modi had expressed solidarity to the people and leadership of Nepal and had committed to extend all possible assistance. In line with this commitment, the Government of India started providing emergency relief in less than 48 hours after the earthquake.

Five tranches of such relief have already been supplied to the earthquake affected people, including one consisting of essential requirements and pre-fabricated houses which were handed over yesterday to the people in the earthquake-affected districts," he said.

"I also communicated yesterday to Prime Minister Prachanda Ji, our decision to extend a financial package of Nepali rupees 1000 crores, that is USD 75 million for the reconstruction of infrastructure in these affected districts. We shall continue to stand by the people of Nepal and contribute to the efforts of the Government of Nepal in this regard," he said.

Mr Jaishankar who is on a two-day visit to Kathmandu, on Thursday called on Nepal Prime Minister Pushpa Kamal Dahal 'Prachanda.' Jaishankar conveyed the greetings of Prime Minister Narendra Modi to Dahal.

In a post shared on X, Mr Jaishankar stated, "Called on Rt. Hon'ble PM @cmprachanda . Conveyed the warm wishes of PM @narendramodi . Recalled his successful visit to India in June 2023 which has imparted a new momentum to our ties. Discussed the follow-up, including through the Joint Commission Meeting today. friendship is indeed unique and our partnership is moving from strength to strength."

Angry farmers block German Economy Minister on ferry, cops use pepper spray to disperse crowd



BERLIN, Jan 5 (Agencies): German Economy Minister Robert Habeck expressed concern Friday after farmers angry at government plans to cut tax breaks for agriculture trapped him on a ferry in the northern town of Schluettinsel.

Around 30 protesters prevented Habeck from disembarking the vessel on Thursday as he returned from a winter break on the North Sea island of Hallig Hooge, a police spokesman told agency.

After negotiations failed to end the farmers' blockade, Habeck decided to stay on the ferry and travel back to the island.

Order restored,

Habeck returned to the mainland at around 1:50 am Friday (0050 GMT), police said.

In total, around 100 farmers descended on the port in their tractors to intercept the minister, with police using pepper spray to disperse the crowd.

"I regret that it was not possible to establish talks with the farmers," Habeck said in a statement.

"What worries me... is that the mood in the country is becoming so inflamed," he said.

The incident was "shameful and goes against the rules of democratic coexistence", Chancellor Olaf Scholz's spokesman Steffen Hebestreit said

on X, formerly Twitter.

"Blockades of this kind are a no-go," the head of the German Farmers' Association (DBV) Joachim Rukwied said in a statement.

Farmers have been up in arms over government plans to withdraw tax breaks for the agricultural sector this year. Thousands travelled to Berlin to protest the move in December, blocking roads with their tractors and dumping manure on the street.

The display of disaffection precipitated the government to partially walk back the planned subsidy cuts on Thursday.

A discount on vehicle tax for agriculture would remain in place, while a diesel subsidy would be phased out over several years instead of being abolished immediately, the government said.

The agriculture sector however said the move did not go far enough and urged the government to completely reverse the plans, announced after a shock court ruling forced the government to find savings in the budget for 2024.

Modi Ki Guarantee ensures good governance, inclusive Bharat: Vibodh

Top News Report

RAJOURI, Jan 5: Advocate Vibodh Gupta, Bharatiya Janata Party (BJP) Jammu and Kashmir General Secretary and former MLC, delivered an stimulating address at the Lok Sabha Pravas Yojana meeting held at the BJP Office in Rajouri assembly segment.

The gathering aimed to discuss and strategize the party's outreach initiatives in line with its commitment to inclusive development keeping in mind upcoming parliamentary elections.

Vibodh Gupta, in his compelling speech, reiterated the significance of Modi's Guarantee in empowering the poor and downtrodden.

He expressed unwavering confidence that the common masses would wholeheartedly support the BJP, paving the way for the party to secure an absolute majority and form the



next government in 2024.

He strongly asserted that the Modi Ki Guarantee "encapsulates a comprehensive pledge to uphold the principles of good governance, economic growth, and social development. This reflects the BJP's unwavering dedication to creating a robust and inclusive India for all.

Highlighting the transformative impact of the PM Vishwakarma Scheme, Gupta emphasised the comprehensive support it provides to tradesmen.

Under this scheme, tradesmen are not only equipped with skill enhancement training but also receive stipends and financial aid.

"This multi-faceted approach ensures that individuals in the trade sector are empowered economically, fostering a skilled and self-reliant workforce", he said District President of Bharatiya Janata Party (BJP) Rajouri, Dinesh Sharma, was notably present at the occasion.

He also offered words of encouragement to party workers, urging

them to diligently work towards reaching every household to fortify the party's presence and influence.

Veer Saraf, Senior BJP leader and Vistarak for the Anantnag Rajouri Parliamentary constituency, conducted a comprehensive review of the diverse organisational activities within the Rajouri Assembly Segment.

Subsequently, he engaged in discussions with Vistaraks from Rajouri and Poonch Districts. Manzoor Naik, the designated

Incharge for the Rajouri Assembly Segment for Lok Sabha, presented a comprehensive report detailing the various organisational activities implemented in Rajouri. He emphasised that each BJP Karyakarta is diligently functioning as a committed soldier prepared for upcoming elections.

The Lok Sabha Pravas Yojana meeting concluded with heightened enthusiasm among party workers, ready to actively contribute to the BJP's vision for a prosperous and empowered Jammu and Kashmir.

Other senior leadership of the Bharatiya Janata Party present were Kaushal Gupta, Atam Prakash Gupta, Sanjay Sharma (Vistarak) Adv Asif Kataria, Radhish Sharma, Yogesh Sharma, Aryan Bakshi, Koushal Sharma, Kapil Sariyal, Shazia Tabassum and Rekha Sharma.

New Shaheen Bharat team wins final T-10 Casco Cricket Tournament



Top News Report

DODA, Jan 5: A T-10 Tennis Ball Cricket Tournament organized by Adal O Insaaf at Tehsil Bharat. The organizer of this tournament Sh Ghulam Nabi said we want the children of the village here to move towards sports so that they too can come forward and make their name famous and stay away from drugs. The final match played between New Shaheen Bharat V/s Mubashir 11 Doda. The toss won by New Shaheen Bharat Captain Abdulla Malik and set a target of 127 runs in front of Mubashir 11 Doda. The New Shaheen Bharat Team won

the final match by 42 runs.

The team batting of New Shaheen Bharat, Sorab Katoch and Momen Batt opening batting, Sorab Katoch scored 2 in 7 balls got out, Momen Batt scored 2 runs in 2 balls got out, Adnan scored 23 runs in 8 balls, Mohd Irfan scored 18 runs in 7 balls, Yashir Rahie got out without opening account, Nasir scored 34 runs 14 balls, Tanveer Sei scored 3 runs in 8 balls, Shakir Husain scored 27 runs in 12 balls got run out, the New Shaheen Bharat Team set a total 127 runs target in front of Mubashir 11 Teams

scored only 85 runs and news Shaheen Bharat Team won the final by 45 runs, at Sports Stadium Bharat.

Adnan was given the man of the match title of this match, The chief guest of Tournament was Salam Suherwardy, and other local panchayat member, local senior citizen of Village also present, Salman Suherwardy, said what kind of tournament should be held in the village so that the children of the village can also come out and showcase their talent so that can make his name famous in the country because we all have to learn inspiration to stay away from drugs and play cricket together.

To boost the score so that people in the village also like this can be exposed. The Ghulam Nabi organization of this Cricket tournament also said that we will keep organizing more such tournaments so that our children can showcase their talent.

Ayodhya Ram Temple: Akasht Pujan Program held in Peer Kho Area

Top News Report

JAMMU, Jan 5: Naram Sharma, former councillor JMC Ward 3 and BJP leader IN FRIDAY Tuesday organized Akshat Pujan, distribution program here in peer kho area of old city Jammu wherein he along with other BJP leaders distributed Akshat, invitation to the people to visit Ayodhya on 24 January, the auspicious day of opening of Sri Ram Temple. He also urged the



people to lit Diyas outside house gates to celebrate the pious day as Deepawali.

Local people welcomed the Akshat and appreciated the former councillor for the effort. The prominent people

who accompanied Naram include Rattan Lal, Sparsh, Sanjay Abrol, Kuldeep Sharma, Lucky Mehra, Manohar Joshi, Akhil Gupta, Amit Khanna, and other's were present to grace the occasion.

DC Kupwara chairs reviews saturation of KCC, AIFC

Top News Report

KUPWARA, Jan 5: The District Development Commissioner (DDC) Kupwara, Ayushi Sudan today chaired a meeting to review the saturation of prestigious Kisan credit cards (KCC) and Agriculture Infrastructure Fund centers (AIFC) in the district.

Chief Agriculture Officer, Kupwara apprised the chair that 16000 applications of PM-Kisan beneficiaries who have not availed KCC



are being saturated for which special KCC/PM-Kisan camps are being conducted in all 385 Panchayats of the district for 100% saturation of both the flagship schemes.

DDC gave a deadline of January 15 to satu-

rate PM-Kisan beneficiaries with KCC and asked officers to stick to the timeline as KCC and PM-Kisan saturation are important initiatives.

Emphasizing the importance of these initiatives, the DDC impressed upon the

Officers to work with added dedication and close coordination, and speed up the process of registration of beneficiaries.

The DDC directed the Chief Agriculture Officer to share the calendar of Special KCC/PM-Kisan

camps with line departments and also submit a report with regard to on-spot registration of KCC beneficiaries to DDC's office on a daily basis.

The meeting aimed to strategize and expedite the implementation of these schemes for the benefit of the farming community in Kupwara district.

Meeting was attended by ACR Kupwara, Chief Agriculture Officer, LDM, J&K Bank, Officers of line departments and district level representatives of bankers.

Round Table Conference on Annual Survey Industries 2022-23 held

Top News Report

JAMMU, Jan 5: National Sample Survey Office, Regional Office Jammu organized one day Round Table Conference on Annual Survey Industries 2022-23 on Friday at Hotel Country Inn, Jammu.

National Sample Survey Office (Field Operations Division), Government of India under Ministry of Statistics & Programme Implementation is conducting survey on

Annual Survey of Industries.

This Round Table Conference was organized to sensitize the business associations about the objectives of the Annual Survey of Industries and also for self compilation of Statistical Return by the business entities.

After the welcome address by R. K. Sharma, Assistant Director, NSSO (FOD) RO Jammu, the Conference was inaugurated by Kishore Kumar, Deputy Director Gen-

eral, NSSO (FOD), UT of J&K.

In his inaugural speech a broad overview about the objectives/scope/coverage on the Annual Survey of Industries were highlighted.

Further, Kumar in his address spoke about the inception of Annual Survey of Industries since 1959 and told that it was previously conducted under the Collection of Statistics Act 1953.

He further added that presently the survey is

conducted under the collection of Statistics Act, 2008 as amended in 2017 under the rules framed there under in 2011.

DDG also addressed that ASI is designed to obtain comprehensive and detailed data with the objective of estimating the contribution of Registered Manufacturing Sector as a whole to the Gross Domestic Product (GDP) of the country. Conference also attended by Ashiq Hussain, Joint Director

Surveys, DES, Government of J&K.

Ashiq highlighted the participation of the DES in the Annual Survey of Industries Survey and stressed upon the Industrial Units for better Cooperation with Central As well as DES Staff.

Along with this one Officer, Veenu Gupta Industries Department, Govt. of J&K also participated in the Conference.

The Conference was also attended by around

27 representatives from various industrial Units of District Jammu, Samba & Kathua where there is maximum concentration of Industrial Units. Conference was also attended by Sr. Statistical Officers of RO Jammu who are presently engaged in the field work of ASI.

In this Conference Lalit Mahajan, President BBIA & Co-Chairman Federation of Industries Jammu along with Ajay Langer Vice President BBIA also attended this

Conference.

In his Speech Lalit Mahajan highlighted the difficulties faced by the Industrial Units in Compilation & submission of industrial data.

He also highlighted the problem of duplication of data by various Central as well as State Government agencies & welcomed this initiative taken by NSSO (FOD), under Ministry of Statistics & Programme Implementation in sanitizing the Industrial Units about the importance/

purpose of this data.

The overall Coordination & Comparing of this Conference was done by Sunil K. Khar, Sr. Statistical Officer NSSO (FOD) RO Jammu & the training & other issues of the ASI were discussed by P. S. Jamwal, Senior Statistical Officer, NSSO (FOD) RO Jammu.

In the end Vote of Thanks to participants was presented by Shri Rajesh Kumar, SSO, NSSO (FOD) RO Jammu.

FROM PAGE 1

Left terrorist involved in army man Umer Fayaz's killing shot dead in Shopian: Police

into the ranks of terrorists. Besides other terror crimes, he was also involved in the killing of an arrested terrorist who was leading the search party during a cordon and search operation at Nowgam in 2022," the spokesman added.

Incriminating materials, arms and ammunition, including an AK series rifle, and three magazines were recovered from the site of the encounter. All the recovered materials have been taken into case records for further investigation and to probe their complicity in other terror crimes, the spokesman said.

RR Swain to lead J&K delegation as three-day conference on security issues to begin in Jaipur

such as terror threats, cyber frauds, pro-Khalistani activities, implementation of recently-enacted criminal laws, the Maoist problem, inter-state police coordination,

and preparations for security during general elections.

DGP J&K RR Swain who heads J&K delegation in the meeting will actively participate in the deliberations. The conference will include presentations on counterterrorism, online fraud, cross-border terrorism in Jammu and Kashmir, activities of pro-Khalistani groups, and Left Wing Extremism.

The primary aim of the conference is to provide a platform for in-depth discussions on emerging internal security challenges, fostering collaboration and strategic planning.

Key agendas include discussions on the roadmap for the implementation of new criminal laws, exploration of futuristic themes in policing and security, and strategies to address challenges posed by emerging technologies such as Artificial Intelligence and Deepfake.

The conference facilitates identification of actionable points, with regular presentations made before the Prime Minister.

Notable attendees include the National Security Advisor, Minister of State for Home, Cabinet Secretary, senior officials of the Government of India, DGP of States and UTs, Heads of Central Armed Police Forces, and Central Police Organisations.

Previous conferences have played a pivotal role in shaping India's policing and internal security strategies, and this year's event is poised to continue this tradition at

the forefront of national security discourse.

AAP nominates DCW Chief Swati Maliwal as Rajya Sabha MP, Renominates Sanjay Singh, ND Gupta

Special Judge M K Nagpal passed the order on an application filed by the AAP leader, who submitted that his present term as a member of the Rajya Sabha is expiring on January 27 and the Returning Officer has issued a notice on January 2 for the conduct of the election and nominations for the same are to be submitted by January 9.

The application sought a direction to the Tihar Jail Superintendent to allow Singh to sign the documents.

619 cases of Covid Sub-Variant JN.1 reported from 12 States till Jan 4

The JN.1 sub-variant of the coronavirus was previously classified as a variant of interest (VOI) as part of the BA.2.86 sub-lineages, the parent lineage that is classified as a VOI, the world body said.

Drug peddler held in Kulgam

said vehicle in his possession. Also the said vehicle used in commission of crime has been seized.

During preliminary investigation, it came to fore that the said person is involved in the drug peddling and is promoting illegal menace and luring the youth of the area towards drug addiction. Regarding the incident, a case with FIR No. 01/2024 U/S 8/15 NDPS Act stands registered at Police station Kund and further investigation is in progress.

Kejriwal defying ED constitutional office to create anarchy: Chugh

Kejriwal has always claimed to be honest so he should tell ED all about it. Where's the need to run away, Chugh asked.

He said Prime Minister Narendra Modi government is zero tolerance for corruption. It is time Kejriwal comes up and tell the nation what's the truth.

Kathua likely to get largest hatchery to increase

chicken production

"The monthly production of chicken will be exported across the parts of Jammu and Kashmir," official sources added and said that the chicks produced from LTP will also increase the production of eggs along with chicken.

"The hatchery unit will also be used as a training center for the people associated with the poultry sector so that they can flourish their business with modern technologies," they added. "The new hatchery unit will be established in the district by the Animal Husbandry Department under the Upgradation and Strengthening of Poultry Hatchery Programme," they stated.

"The coming up hatchery unit will be able to meet the demand for eggs and meat in the area and no need will arise to import chickens from outside states and the local people will also get new employment opportunities on a large scale," they said.

Jammu and Kashmir braces for fresh snow next week

Kokernag records minus 2.0 degrees C, while Pahalgam reaches a bone-chilling minus 4.5 degrees C. Kupwara measures minus 2.6°C, and Gulmarg registers minus 3.5 degrees C.

Markets climb in early trade on buying in IT stocks, fresh foreign fund inflows

The 30-share BSE Sensex jumped 308.91 points to 72,156.48 in early trade.

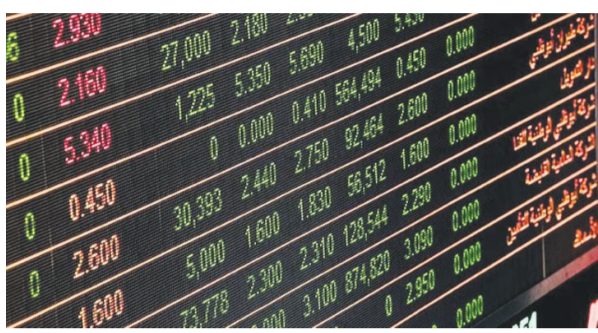
MUMBAI, Jan 5 (Agencies): Benchmark equity indices climbed in early trade on Friday, extending their previous day's rally, amid fresh foreign fund inflows and buying in IT stocks.

The 30-share BSE Sensex jumped 308.91 points to 72,156.48 in early trade.

The Nifty climbed 91 points to 21,749.60.

Among the Sensex firms, Wipro, NTPC, Tech Mahindra, Infosys, Mahindra & Mahindra, ICICI Bank, Tata Consultancy Services and HCL Technologies were the major gainers.

Nestle India, Indusind Bank, HDFC Bank, Kotak Mahindra Bank



and Asian Paints were the laggards.

On Thursday, the BSE benchmark jumped 490.97 points or 0.69 per cent to settle at 71,847.57 and the Nifty climbed 141.25 points or 0.66 per cent to 21,658.60.

In Asian markets, Tokyo traded in the positive territory while Seoul, Shanghai and Hong

Kong quoted lower.

The US markets ended mostly lower on Thursday.

Meanwhile, global oil benchmark Brent crude climbed 0.39 per cent to USD 77.89 a barrel.

Foreign Institutional Investors (FIIs) bought equities worth Rs 1,513.41 crore on Thursday, according to exchange data.

Fastest-growing large economy in world, India projected to grow at 6.2 per cent in 2024: UN

UNITED NATIONS, Jan 5 (Agencies): India is projected to grow at 6.2 per cent in 2024, supported by robust domestic demand and strong growth in the manufacturing and services sectors, the United Nations has said.

The UN World Economic Situation and Prospects (WESP) 2024 report, launched here on Thursday, said the gross domestic product in South Asia is projected to increase by 5.2 per cent in 2024, driven by a robust expansion in India, which remains the fastest-growing large economy in the world.

"Growth in India is projected to reach 6.2 per cent in 2024, slightly lower than the 6.3 per cent estimate for 2023, amid robust domestic demand and strong growth in the manufacturing and services sectors," the report said.

India's GDP is projected to increase to 6.6 per cent in 2025.



The report notes that the economic growth in India is projected to remain "strong" at 6.2 per cent this year mainly supported by resilient private consumption and strong public investment.

While manufacturing and services sectors will continue to support the economy, erratic rainfall patterns will likely

dampen agricultural output, it said.

"Indian economy again outperformed its peers, not just this year but in the last few years," Chief of the Global Economic Division Monitoring Branch, Economic Analysis and Policy Division (UN DESA) Hamid Rashid told reporters.

He said India's economic growth has consistently remained over six per cent and "we believe this will continue in 2024 and 2025 as well".

Rashid noted that although inflation was relatively high for India, it didn't have to raise rates as much and inflation has come down quite a bit.

In response to a question on factors holding back India's economic growth, Director of the Economic Analysis and Policy Division Shantanu Mukherjee cited India's GDP growth rates of four years from 2022-2025 and said: "I'm not sure that 7.7%, 6.3%, 6.2% and 6.6% is exactly holding something back."

"In a kind of abstract sense, one would run the risk of overheating an economy if you grew at much faster rates at the size and complexity of India," he said.

Canada-based Brookfield to acquire India business of American Tower Corporation for USD 2 billion



NEW DELHI, Jan 5 (Agencies): Canada-based Brookfield will acquire the Indian business of American Tower Corporation (ATC) for an enterprise value of USD 2 billion, a release

said on Friday.

The transaction is subject to regulatory approvals and expected to close in the second half of 2024.

"Data Infrastructure Trust (DIT), an Infra-

structure Investment Trust sponsored by an affiliate of Brookfield Asset Management, today announced the signing of an agreement with ATC to acquire 100 per cent of equity interests in American Tower's operations in India (ATC India), for an enterprise value of Rs 16,500 crore (USD 2 billion) which is subject to pre-closing terms as per the securities purchase agreement," it said.

ATC India has a portfolio of approximately 78,000 sites across the country.

This will be Brookfield's third acquisition in the Indian telecommunications space. In 2022, Brookfield

acquired a portfolio of 5,000 indoor business solution sites and small cell sites, which advances the rollout of 5G and enables telecom operators to extend their coverage capacity in difficult-to-access and dense areas.

Brookfield also has a portfolio of nearly 1,75,000 towers that were acquired in 2020 from Reliance Industrial Investments and Holdings Ltd.

ATC India will be included in DIT, which includes the existing telecommunications assets.

Arpit Agrawal, Managing Director, Head of Infrastructure, India and Middle East, at Brook-

field, said, "We look forward to expanding and enhancing our existing telecom tower portfolio in India, which enables a broader array of solutions for our customers and partners".

"Through strategic acquisitions like ATC India, we remain deeply committed to empowering digital connectivity and transforming the telecom infrastructure landscape across the region," he added.

In India, Brookfield has approximately USD 25 billion in assets under management across Infrastructure, Real Estate, Renewable Power and Transition and Private Equity.

IIFCL plans IPO in FY25 ; unlock value for govt: MD



NEW DELHI, Jan 5 (Agencies): State-owned India Infrastructure Finance Company Ltd (IIFCL) plans to go public in the next financial year, company's Managing Director P R Jaishankar said on Friday.

"We are examining the listing... hopefully it should be done next financial year. IIFCL has come to a stage where we unlock the value for the benefit of the government," he said on the sidelines of the company's foundation day.

The company will very soon initiate the consultation process, he said, adding various approvals are required including from the government.

Asked about the quantum of stake dilution, he said, the decision about

that would be taken after detailed discussion.

As of now, IIFCL is 100 per cent owned by Government of India. From the performance perspective, he said the company has been consistent both on topline and bottomline parameters.

He expects the FY24 profit to cross Rs 1,500 crore.

IIFCL reported a two-fold jump in standalone net profit to Rs 1,076 crore for FY23 aided by an increase in lending and reduction of bad loans.

The infra lender posted record sanctions and disbursements at Rs 29,171 crore and Rs 13,826 crore, respectively.

Since the inception, the company has given Rs 2.5 lakh crore loans

to 750 infra projects.

As of December 2023, the company has earned a profit of Rs 1,189 crore with loan sanctions of Rs 30,315 crore, exceeding the figures of last fiscal in just three quarters.

Given the demand so far, he said, the loan sanction would cross Rs 40,000 crore by March 2024.

He emphasized on the role that IIFCL is set to play to fund the next phase of infrastructure growth story and the slew of reforms needed to take the infrastructure sector to the next level.

Gross non-performing assets (NPAs) and net NPA ratio has been consistently falling and stood at 3.77 per cent and 0.85 per cent, respectively, as on September 30, 2023.

Asked about the next year's profit, Jaishankar said, the company is aiming Rs 2,000 crore.

Speaking during the occasion, IIFCL Deputy Managing Director Pawan K Kumar said the company has done credit enhancement of instruments worth Rs 2,500 crore.

GAIL signs 10-year LNG purchase deal with Vital

NEW DELHI, Jan 5 (Agencies): State-owned GAIL (India) Limited announced on Friday the signing of a long-term LNG deal with the commodity trader Vital Asia Pte Ltd. The agreement involves the supply of approximately one million metric tons of LNG per annum to India for about 10 years, commencing in 2026.

As per the deal, Vital will deliver LNG from its global LNG portfolio to GAIL in India on a pan-India basis.



"This long-term LNG deal with Vital by GAIL will augment its large Liquefied Natural Gas (LNG) portfolio and will contribute to bridging India's demand and supply gap of natural gas," said Sandeep

Kumar Gupta, GAIL Chairman and Managing Director.

GAIL commands approximately 70% market share in gas transmission and holds a gas trading share of over 50% in India. The

company owns and operates a network of over 16,000 km of natural gas pipelines on a pan-India basis and is concurrently working on the execution of multiple pipeline projects to further enhance its reach and infrastructure.

Vital has a global LNG portfolio with long-term LNG supply from North America, Africa, the Middle East, and Asia, a global fleet of LNG vessels and an experienced LNG team across Asia, Europe and the US. In

2022, Vital physically delivered approximately 14 Mtpa of LNG.

"We are pleased to build on the existing relationship between Vital and GAIL and to conclude this long-term LNG supply deal together. India is a significant and growing LNG market and we are excited to bring LNG supply from our global LNG portfolio to meet this rising natural gas demand in India," said Russell Hardy, Vital CEO.

Seizures may explain sudden deaths in babies, toddlers: Study

NEW YORK, Jan 5 (Agencies): Brief seizures, accompanied by muscle convulsions, could be a potential reason behind unexpected deaths in young children, which usually occur during sleep, revealed a study.

Experts estimate in excess of 3,000 families each year in the US lose a baby or young child unexpectedly and without explanation.

Most are infants in what is referred to as sudden infant death syndrome, or SIDS, but 400 or more cases involve children aged 1 and older, and in what is called sudden unexplained death in children (SUDC). Over half of these children are toddlers.

In the study, researchers used extensive medical record analysis and video evidence donated by families to document the inexplicable deaths of seven toddlers between the ages of 1 and 3 that were potentially attributable to seizures.

These seizures lasted less than 60 seconds and occurred within 30 minutes immediately prior to each child's death, said the researchers from the New York University (NYU) Langone Health.

Publishing in the journal *Neurology*, the study showed five of seven recordings were running nonstop at the time and showed direct sound and visible motion indicative of a seizure happening.

The remaining two recordings were triggered by sound or motion, but only one suggested that a muscle convulsion, a sign of seizure, had occurred.

As well, only one toddler had a documented previous history of febrile seizures. All children in the study had previously undergone an autopsy that revealed no definitive cause of death.

"Our study, although small, offers the first direct evidence that seizures may be responsible for some



sudden deaths in children, which are usually unwitnessed during sleep," said lead investigator Laura Gould, a research assistant professor at NYU Langone. Gould lost her daughter, Maria, to SUDC at the age of 15 months in 1997. She points out that if not for the video evidence, the death investigations would not have implicated a seizure.

"These study findings show that seizures are much more common than patients' medical histories suggest, and that further research is needed to determine if seizures are frequent occurrences in sleep-related deaths in toddlers, and potentially in infants, older children, and adults," said investigator and neurologist Orrin Devinsky, professor in the Departments of Neurology, at NYU Langone.

Devinsky added that "convulsive seizures may be the 'smoking gun' that medical science has been looking for to understand why these children die.

"Studying this phenomenon may also provide critical insight into many other deaths, including those from SIDS and epilepsy," he noted.

Over half of antibiotics prescribed in India cause antimicrobial resistance

NEW DELHI, Jan 5 (Agencies): Antimicrobial resistance (AMR) is one of the top ten public health threats to human beings, according to the World Health Organisation (WHO).

A recent government study found that a very high number of patients in 20 big hospitals are being given antibiotics - medicines that fight bacteria.

The survey, called The First Multicentric Point Prevalence Survey of Antibiotic Use at 20 NAC-NET Sites India 2021-22 was conducted by the National Centre for Disease Control (NCDC) under the Union health ministry.

The National Antimicrobial Consumption Network (NAC-NET) consists of 35 tertiary-care institutes across India, and has been monitoring antibiotic consumption at these

facilities for the past five years.

The study showed that almost 72% of patients surveyed were prescribed antibiotics between November 2021 and April 2022.

The report from the Union Health Ministry revealed that 45% of patients received antibiotics to treat an illness, while 55% got them to prevent sickness.

Shockingly, 4.6% of patients took four or more types of antibiotics. India has been working to address this issue, and part of the plan is to collect information about how antibiotics are used.

The recent study was done in 20 major hospitals across 15 states and two Union Territories.

The study found that in some hospitals, every-one (100%) was getting antibiotics, while in

others, it was 37%. This wide range is a concern.

The report also suggested that certain types of antibiotics, called the "watch group," were used more often than others, and this is worrisome because it can lead to antibiotic resistance.

The government survey found that, at 57%, "watch" group antibiotics were on average prescribed more frequently at the 20 sites, than those under "access" (38%).

According to the WHO, "watch" antibiotics generally have a higher potential for antimicrobial resistance, and are more commonly used in sicker patients in medical facilities.

These medicines should be prescribed carefully to avoid misuse.

The study recommended that hospitals

should follow guidelines for using antibiotics, and each hospital should have rules about which antibiotics to use. It also advised hospitals to be careful with certain powerful antibiotics and only use them when needed.

Using too many antibiotics or the wrong ones can add to the silent pandemic of AMR.

In addition, the study found that some hospitals were using antibiotics that the WHO doesn't recommend. The report urged hospitals to keep a close eye on the use of these drugs.

The study suggested that when people need antibiotics to prevent infection before surgery, they should only get one dose or take them a day before the surgery. If someone gets an infection after surgery, they should only get antibiotics after the infection is diagnosed.

KL Rahul eyeing T20I comeback? Keep me in the XI and I am ready to be flexible, says in-form wicketkeeper

NEW DELHI, Jan 5 (Agencies): In-form batting star KL Rahul said he is open to being flexible and playing in the middle order, if required, adding that he is eager to make up for lost time in his career. When asked if he is looking forward to returning to the T20I set-up, Rahul kept it simple, saying he is keen on playing more and more and helping his team win cricket games.

KL Rahul has not played T20I cricket since the T20 World Cup 2022 semi-final defeat to England, much like Rohit Sharma and Virat Kohli. With the squad for the upcoming 3-match T20I series against Afghanistan set to be announced over the weekend, all eyes are on whether the senior players will return to action in India's last international T20I assignment before the World Cup in June.

Speculation is rife that Rohit Sharma is likely to return as captain, especially in the absence of Hardik Pandya and Suryakumar Yadav. It remains to be seen if the selection committee, headed by Ajit Agarkar, will go back to Virat Kohli and KL Rahul, considering how they have experienced with youngsters in the recent past.

KL Rahul has predominantly opened in his T20I career (54



out of 72 matches), but the competition for the opening spot is getting tighter and tighter. Even for the wicketkeeper-batter's role, Rahul has to compete with the likes of Jitesh Sharma and Ishan Kishan.

"When they ask me to do any job, I just tell them 'keep me in the XI, wherever you want to play me, I will'. I want to play more and more matches. Unfortunately, because of injuries, I have missed a lot of matches, not just this injury, I have been injured quite a lot," KL Rahul told Star Sports after India's Cape Town Test win.

"Looking back, I am 31 now, but I have been playing since I was 22 for the country. But, if you look at it, I have not played a lot of matches. When Vijay and

Shikhar were playing in Tests, and when Rohit and Shikhar were playing in ODI cricket, I had to wait for a lot of time. And when I got my chances, I got injured. So I have really missed out on a lot of cricket.

"I am in a mind space where I am open to playing anywhere, but I just want to play matches. I just want to do well for my country and go and enjoy my game in the middle," he added.

CHALLENGES OF BATTING IN MIDDLE-ORDER

KL Rahul has 2265 runs in 72 matches in T20I cricket and given his recent run of form, the wicketkeeper-batter might not be a bad option to slot into the middle-order as India might need a bit of experience to deal with the conditions in the West

Indies and the USA.

Rahul explained how he has taken to the middle-order role after having aced it in ODIs. Rahul was given the wicketkeeper-batter role at No. 6 in the two-Test series against South Africa and he managed to do a fine job, hitting a hundred in the first Test.

"First time, I think I got that role in 2017 when we toured Sri Lanka. I got 2 to 3 chances, but I didn't really do well and after that I was out of the team. At No. 4 and No. 5, what I found the most difficult is, that when I go in and I am unsettled, everyone else around me is settled. They know how the pitch is playing and they know the tempo of the game. I have to go and try and adjust to that scenario. That was the hardest thing for me," Rahul added.

"I won't say playing against the new ball is easy. But, at times, the fast bowler will try a few things and you get a loose ball. But at No.5, you rarely get something like that.

"So, it has helped me to keep myself a little bit calmer and adjust to the situation of the game. If I think that way, it becomes easy. If I am thinking about my own game, then it becomes difficult."

Pitch-imperfect? Rohit Sharma bats for pitches back home



CAPE TOWN, Jan 5 (Agencies): There should be a review of how pitches are rated with India receiving undue criticism according to Test captain Rohit Sharma in the wake of his side's seven-wicket win over hosts South Africa on a seaming surface with variable bounce at Newlands.

With variable bounce and sideways movement through the four-and-a-half, Rohit described the condi-

tions as dangerous, but added he had no problem playing on such surfaces as long as it was accepted that Indian pitches will turn from Day 1.

"I don't mind being on pitches like this as long as everyone keeps their mouth shut in India and no one is talking about the pitches there," Rohit said. "Yes it is dangerous, but you come here (South Africa) to challenge yourself and you must face up to it."

Rohit believes there is inconsistency in the way match referees rate pitches in different countries.

"In India, when it turns on Day 1, people say 'Oh, there is a puff of dust'. We need to stay neutral, especially match referees. I would love to see how the pitches are rated. I still can't believe the (Cricknet) World Cup final pitch (in Ahmedabad) was rated below standard. A player (Australia's Travis Head) got a hundred there. They must rate pitches based on what they see, not based on countries," he said.

Rohit added there should be no difference in the rating of a pitch based on spin or seam on Day 1.

"We know pitches in India will spin but people don't like it because it turns from ball one. But if it seems from ball one, that is OK? That is not fair," he said.

Ranji Trophy: At 12 years and 284 days, Bihar's Vaibhav Suryavanshi 4th youngest Indian first-class debutant

NEW DELHI, Jan 5 (Agencies): Bihar's Vaibhav Suryavanshi, on Friday, January 5, became the fourth-youngest Indian to make his debut in a recorded first-class match.

At the age of 12 years and 284 days, Suryavanshi stepped out to play for Bihar in the Ranji Trophy 2023-24 match against Shams Mulani's Bihar at the Moin-ul-Haq Stadium in Patna.

Back in the 1942-43 season, Alimuddin became the youngest debutant at the age of 12 years and 73 days. Ajmer-born Alimuddin played for Rajputana in the Ranji Trophy semi-final against Baroda at the Maharaja Pratapsingh Coronation Gymkhana in Baroda.

SK Bose made his first-class debut back in 1959-60 at the age of 12 years and 76 days. He played in the match between Bihar and



Assam at the Keenan Stadium in Jamshedpur.

Back in October 1937, Mohammad Ramzan made his first-class debut at the age of 12 years and 247 days. Ramzan played for Northern India in their match against United Province in the Ranji Trophy match at the Baradari Ground in Patiala.

Only 9 players made their debuts in first-class cricket before turning 13. The others are Aaqib Javed (1984-85), Mohammad Akram (1968-69), Rizwan Sattar (1985-86), Salim-

uddin (1954-55) and Qasim Feroze (1970-71).

Suryavanshi played for Bihar in the 2023 edition of the Cooch Behar Trophy. In one of the matches against Jharkhand, he scored 151 runs off 128 balls with the help of 22 fours and three sixes. In the same match, he also scored 76.

Suryavanshi also played in a quadrangular series involving India U19 A, India U19 B, England U19 and Bangladesh U19. He got scores of 53, 74, 0, 41 and 0 in the tournament.

"Sorry, You're Not A Batter If..": Sunil Gavaskar's Attack Post India vs South Africa 2nd Test

India vs South Africa: Sunil Gavaskar feels that not just fast and bouncy pitches (like in the SENA countries) but the batter's real Test comes in spinning conditions.

NEW DELHI, Jan 5 (Agencies): The India vs South Africa 2nd Test ended inside two days. In all, only five days of cricket action was possible to see in the two-match Test series. While the first Test ended in three days, the second Test's duration was beyond explanation. Thrice the teams were all out in a span of five sessions. While the pitch at the Newlands Stadium is under question, there are those who have raised questions at the batters' technique too.

Sunil Gavaskar has a different take on batters prowess. He feels that not just fast and bouncy pitches (like in the SENA countries) but the batter's real Test comes in spinning conditions.

"This is what Test cricket is all about. You are going to be tested. And I honestly believe I've always believed that if you cannot play on pitches where the ball turns into the batter, you know there is a tendency amongst the SENA country's media, particularly if you think that you know, if you can't play on fast, bouncy pitches, you're not a batter," Gavaskar was



quoted as saying by India Today on Star Sports.

"I'm sorry. You are not a batter if you can't play the turning pitch because over here for the bouncy pitch, there are two movements here. There for four spinners, where the ball is turning, you've got to go down the pitch. You've got to use the crease. All the shots can be exhibited.

"So that's you know what? I think, sadly, you know, our media should be actually writing about this. You know, our media should be talking about the fact that you know, but our media is so dependent sometimes, not all the time, on getting interviews with players, so they do not want to upset anybody. So they will not question the batting ability of some of the overseas guys because of that. But that's

the way." Aiden Markram, who perhaps played his best Test knock in the most challenging conditions, said that throughout his 103-ball 106, he felt that he could get out anytime.

On this track, it did seem as if attack is the best form of defence.

"Certainly in some cases for sure (attack is the best form of defence). Kind of feels like a matter of time before you get out. You have to maximise and score when you're there.

"Squeeze a 50, it might go a long way in tough conditions. Roles and partnerships. Some person might have to hang around and let another guy score." Markram had no hesitation in admitting that getting bowled out for 55 in the first innings was unacceptable.

"Good show? Certainly not 55. It was very hard. Sometimes you find yourself nicking every ball. Felt like it was one of those days for us.

"Look back in hindsight, we could have worked towards 150. It would have been a good game. Difficult to come back from there."

AUS vs PAK: Josh Hazlewood runs riot to put Australia in command after Aamer Jamal gets 6 wickets in SCG Test

SYDNEY, Jan 5 (Agencies): With 2 days left, Australia are well and truly in a commanding position in their third and final Test against Pakistan at the Sydney Cricket Ground.

At Stumps on Day 3, the hosts reduced Pakistan to 68 for 7 in 26 overs. The visitors gained a small advantage in the first innings after taking a lead of 14 runs by bowling the opposition out for 299.

Aamer Jamal continued his dream run in Australia after he picked up his second six-wicket haul on the tour apart from scoring 82 runs in the first innings of the SCG Test. Australia slumped from 289 for 5 to 299 all out after Jamal ran through their lower order.

Marnus Labuschagne and Mitchell Marsh were the bright spots for Australia after scoring 60 and 54 runs respectively. Alex Carey and Steve Smith scored 38 runs each. Travis Head failed to make an impact after falling cheaply to Jamal.

Pakistan openers struggle Under little pressure, Australia



came out firing on all cylinders in the last session of the day's play. Mitchell Starc removed Abdullah Shafique, who bagged a pair, after which Josh Hazlewood dismissed Shan Masood for a duck.

Thereafter, Saim Ayub and Babar Azam put on 57 runs for the third wicket to restore sanity to proceedings. But Nathan Lyon trapped Ayub in front to separate the duo. Ayub, who scored a duck in the first innings, scored 33 runs off 53 balls before getting out.

Babar, who is yet to score a fifty in the series, made 23 runs, after which Head accounted for his prized scalp. From there on,

Hazlewood did not allow the Pakistani batters much breathing space after he picked up the wickets of Saud Shakeel, Sajid Khan and Agha Salman.

With figures of 5-2-9-4, Hazlewood set the cat among the pigeons in the Pakistani batting lineup at the fag end of the day's play in Sydney.

Mohammad Rizwan and Aamer Jamal were Pakistan's top scorers in the first innings and the pair again have a job on their hands. With a lead of 82 run, Masood and Co. need something extraordinary to get their foothold back in the contest.

'Insane' Coco Gauff Powers Into Auckland Semi-Finals

AUCKLAND, Jan 5 (Agencies): Coco Gauff continued the ruthless defence of her Auckland Classic title on Friday with a 6-1, 6-1 trouncing of Varvara Gracheva to set up a semi-final against fellow American Emma Navarro. With rain clouds gathering, Gauff was in the mood for a swift victory over her French opponent and achieved it in 52 minutes in another ominous display ahead of the Australian Open.

The world number three and US Open champion clinched the title in Auckland last year without dropping a set and is on track to repeat that feat.

The 19-year-old was particularly happy with her serving, conceding just 11 points against eighth seed Gracheva



off her serve and not giving up a single break point.

"I thought I served really well, probably the best so far at this tournament, which is

something I was really working on in the off-season," the top seed Gauff said.

Fourth-seeded Navarro defeated the seventh seed Petra Martić 6-4,

6-3 in their quarter-final.

Navarro recovered from a slow start to break the Croat's serve six times and said she would need to bring the same level of aggression against Gauff.

The pair practised together this week, having not played each other since their early teens.

"She's an insane athlete. She covers the court super-well and is really solid in her whole game. There's no holes in her game," Navarro said of Gauff.

In the two other quarter-finals later on Friday, Ukrainian second seed Elena Svitolina faces fifth seed Marie Bouzkova while Wang Xiyu plays Diane Parry in a clash of two unseeded players.

Vinay Gupta takes extensive tour of ward 22 in Shastri Nagar



Top News Report

JAMMU, Jan 5: Continuing the drive to provide better development as well as basic facilities to the common masses of Jammu, Bharatiya Janata Party (BJP) senior leader and Seh Prabhari Jammu North Vinay Gupta along with party workers and local Prominent persons conducted an extensive tour of Ward 22, Shastri Nagar and its adjoining areas of Bahu Constituency in District Jammu South.

The residents of the area requested Vinay Gupta to get the issues resolved on priority.

Gupta patiently listened to the problems being faced by the residents and assured redressal at the earliest. He telephonically called the concerned officials apprised the problems of the inhabitants and

appealed to solve the problems at the earliest.

Vinay Gupta emphasized that you are my family and treat me as your family member" Vinay Gupta while addressing the local inhabitants of the wards remarked that the Bharatiya Janta Party is determined to carry forward the slogan of Prime Minister Narendra Modi's "Sabka Sath, Sabka Vikas, Sabka Vishwas aur Sabka pyas" to the doorsteps of the people. He guaranteed the people to carry out various developmental projects to ensure the upliftment of the inhabitants of these areas.

Addressing the gathering on the occasion, Vinay Gupta assured inhabitants that the other works undertaken shall be completed in a time-bound manner to benefit the locals at the earliest.

Vinay Gupta stressed for ensuring transparency in the working of the departments he asked the officers to adopt cost-efficient methods for quality work. He said the BJP is committed to equal development of all sections of society.

He said delivering good governance with a pragmatic approach at the doorstep of the people is the priority of the BJP.

Vinay also admired the work done under the banner of BJP in the triumphant tenure of BJP Councillors in Jammu Municipal Corporation. Vinay highlights that the public-friendly schemes of the Modi-led government in the nation are the master stroke and turning point to form the next Government once again for the third consecutive term in the 2024 parliamentary polls.

"Shri Ram ji Temple Consecration Ceremony"

Lord Shri Ram's devotees braving cold to distribute 'Akshat' in J&K: Raman

Top News Report

JAMMU, Jan 5: "The drive to distribute 'Akshat' among crores of households including those in Jammu and Kashmir, ahead of Shri Ram ji Temple consecration scheduled on January 22, is going on at full pace even in the hostile weather conditions. Undeterred devotees of Lord Shri Ram are continuing to brave the cold weather conditions in Jammu and Kashmir and are moving from house to house and street to street to distribute the Akshat brought in from Ayodhya, the birth place of Lord Shri Ram".

This was stated by Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri, who said that the 'AKSHAT' are the worshipped rice mixed with turmeric and ghee, and are being distributed in a full-fledged manner amongst crores of households across the country, ahead of Shri Ram ji Temple consecration at Ayodhya in Uttar Pradesh on January 22, 2024.

He added that the people of Jammu & Kashmir are extremely fortunate to receive the blessing of Lord Shri Ram in the form of the pious 'Akshat', the distribution drive of which is going on undauntedly even in the harsh weather conditions.

The drive to distribute Akshat, he said, was launched from Ayodhya and will continue till a week before the day of consecration ceremony, that is, till January 15, 2024. Raman Suri said that the General Secretary of Shri Ram Janmbhoomi Teerth Kshetra Trust (SRJTB Kshetra) Champat Rai ji, Vishva Hindu Parishad, and the volunteers of Rashtriya

Swayamsevak Sangh (RSS) had made a beginning from Lucknow and other towns around Ayodhya and distributed paper pouches containing the 'Akshat', an image of the Shri Ram temple and a pamphlet describing the details of the temple complex.

Raman Suri said, in Jammu and Kashmir, the distribution drive was initiated from Jammu by the Vishva Hindu Parishad's (VHP) J&K Ladakh unit. A grand program was organised by the VHP in the ground of Ved Mandir, Jammu during which the importance of 'Akshat' was emphasised upon and the 'Akshat Kalash' (Kalash filled with Akshat) were handed over to the Sanyojaks and Seh-Sanyojaks to further distribute those amongst the people of J&K.

Raman Suri urged people who are receiving the 'Akshat' to gather at temples in their neighbourhood, organise hawans and Puja while reciting the name of Lord Shri Ram at least 108 times on the consecration day. He said that since everyone cannot be present at the consecration site in Ayodhya, people are advised to follow suggestions of the management of Shri Ram Janmbhoomi Teerth Kshetra Trust and offer prayers at temples on the auspicious day and watch the 'Pran Pratishtha' ceremony, which will take place at 12.20 pm on January 22.

He also requesting the people to light the 'Ram Jyoti' at their homes and 'celebrate Deepawali on the historic day of the consecration of Ram-lalla's idol', as urged by our Hon'ble Prime Minister Narendra Modi.

Non-Gazetted Police Pensioners Welfare Forum holds protest, project demands



Top News Report

JAMMU, Jan 5: Non-Gazetted Police Pensioners Welfare Forum today held a protest here to project their demands.

A large number of retired police pensioners under the leadership of Ajit Singh, Chairman, Non-Gazetted Police Pensioners Welfare Forum gathered at Hari Singh Park, Jammu and raised slogans against the Government for

ignoring their long pending demand regarding pay anomalies.

Addressing the protestors, Ajit Singh said that Government is giving the effect of its Order No 229-F of 2014 dated October 7, 2014 regarding pay anomaly, from the date of order though the effect should be given from the year 1996 when 5th Pay Commission was implemented throughout the State leaving only police

department.

He demanded enhancement in the medical allowance from Rs 300 to Rs 1000 and 10 per cent reservation for admission in professional colleges and in recruitment for the children of police personnel.

He requested the Government to release the funds so that the retirees get their emoluments and will be able to meet their expenses.

AJKPAA delegation meets Chief Secretary

Top News Report

JAMMU, Jan 5: A deputation of All Jammu and Kashmir Polytechnic Academic Arrangements Association (AJKPAA) Led by Er. Vicky Sharma meet with Chief Secretary J&K Atal Dulloo and congratulated him for taking over as CS, UT of J&K.



Gagan Pratap, Vidhu Puri and Rakesh Bhat were also present during the interaction.

Dr Shreyansh highlights Yogic way to boost immune system



Top News Report

JAMMU, Jan 5: On the invitation of team of Members headed by Mohinder Rana, Chairman, Dr Shreyansh Kumar Jain State yoga Commissioner and Chairman Indian Yoga Association visited their office.

Dr Jain explained about the yogic ways to boost the immune system & to strengthen it. He said that regular exercise is to keep your immune system functioning at top level. These include Cobra Pose (Bhujangasan), Fish Pose (Matsyasana), Bow Pose (Dhanurasan), Locust Pose (Salabhasan), Trikonasan, Paschimotanasan, Setubandhasan (Bridge Pose), Tadasan, Sarvangasan, Vrikshasan (Tree Pose), Vipreetkarni, Ardhamatsyendrasan & Dadhasan.

Regarding Pranayama, he said, it is deep breathing, Anulom

Vilom, Nadishodhan, Suryanulom (in winter), Chandranulom (in Summer).

When one is physically active, can keep pathogens out of our lungs and airways minimizing illness, he said adding that when you experience stress, it can release hormones 'cortisol', boosting inflammation and actually suppressing your immune system, making it less effective and least likely to get infection.

Stressing for maintain an adequate amount of sleep, he said not only getting the right numbers of hours of shut-eyes, but also doing what you can do to ensure quality sleep as well.

He said that avoiding alcohol means a more restful night, intake may increase in respiratory infection.

Putting anything in your lungs un-necessarily is going to lead to a higher likelihood

of respiratory infection, he said while advocating for quitting smoking habit.

He said that healthy eating is important as healthy gut will allow you to fight infections more effectively. Boost immune system by adding foods rich in vitamin A, C & D, as well as zinc into your dietary regime, he added.

Vitamin A is available in Carrots, Fortified Cereals, Dairy products, Green Leafy Vegetables, Pumpkin, Red peppers & sweet potatoes; Vitamin C is available in Broccoli, Sprouts, Citrus fruits, Kiwi, Peppers, Strawberries & Tomatoes; Vitamin D in fortified products such as Cereals, Dairy Products, orange Juice & Soya milk and in sun shine.

Zinc is in Beans, Peas, Dairy Products, Nuts, Sea foods, whole grains, Fortified Cereals.

Rana felicitated Dr Jain alongside Ashok Gupta, Yash Pal Sharma, Narinder Wadhwa and Monika Khajuria, all from different NGOs & Social Organisation's specially Indian Yoga Association. Vote of Thanks was presented by Mohinder, President Padar Foundation Forum.

KDP Wing of DPAP demands exemption of biometric attendance of PM Package employees

Top News Report

JAMMU, Jan 5: In a joint statement issued by the Leaders of Kashmiri Displaced People (KDP) Wing of Democratic Progressive Azad Party (DPAP), through its President Sanjay Dhar, Chairman Piaray Lal Pandita, General Secretary, Raj Kumar Ticku and Naveen Gosani Youth President have demanded that due to security reasons PM Package employees working in Valley are being advised by Concerned SHOs individually to remain inside residences on any anticipated alertness, especially who reside on rented accommodations beyond Transit Accommodation and on the other side Various DDOs compel these PM Package employees to mark their Bio Meteric Attendances on regular basis, which has created a confusion and alarming situation for these employees.

The Leaders have

demanding that besides arrangement of earliest providing of Transit Accommodation, these employees may be exempted from the Biometric Attendance till normalcy is restored in the Valley.

The Leaders have demanded that every precaution has to be taken while deputing any PM Package employees to vulnerable areas and the DDOs must restrain such practice to avoid unforeseen harassment of these employees.

The leaders appealed the Lt Governor, Manoj Sinha, Chief Secretary, Atal Dulloo and the Divisional Commissioner Kashmir to issue directions to the concerned Dy. Commissioners, DDOs for ensuring exemption of biometric attendance, deployment in vulnerable areas, so that these employees may feel secure and safe while performing their duties.

Dimple prays for universal peace, brotherhood in J&K



Top News Report

JAMMU, Jan 5: Sunil Dimple, President Mission Statehood Jammu Kashmir, prayed to Guru Gobind Singh Ji on his birthday for universal peace, happiness, communal harmony, and brotherhood in Jammu and Kashmir.

He visited Chand Kour Gummat Gurudwara to offer prayers for the restoration of J&K state.

On Gurupurab, Dimple

prayed for the restoration of J&K statehood, reservations for Sikhs in the J&K legislative assembly, and the return of happiness, peace, and normalcy in J&K.

Dimple greeted the people on Guru Gobind Singh Ji's birthday and emphasized the teachings of love, communal harmony, and brotherhood.

Dimple pledged to follow the path shown by Guru Gobind Singh,

believing that these teachings can bring happiness and progress to families, the country, and the world.

Dimple demanded reservations for Sikhs in the J&K assembly, citing their minority status in Jammu and Kashmir.

Dimple met and greeted the leaders of the Gurdwara Parbandak Committee, Balvinder Singh, and Harjinder Singh as well as the Sikh community.