

TOP NEWS OF J&K

JAMMU, FRIDAY, APRIL 05, 2024

Daily Evening Newspaper



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Congress manifesto, 'bundle of lies'; prepared to create confusion among voters: BJP

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Janet Yellen calls for level playing field for US workers and firms during China visit



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BRIEFLY

Infiltration bid foiled in Uri, two terrorists killed

SRINAGAR, Apr 5 (Agencies): Another terrorist was killed on Friday in the Uri sector of the Line of Control (LoC) where an infiltration bid was foiled by the security forces, said officials here.

The officials said the terrorist was killed during the operation against an infiltrating group in Sahura Nala in the Uri sector taking the number of killed to two.

After noticing suspicious movement on the LoC, the security forces challenged the group of infiltrating terrorists in the early hours of Friday.

In the resulting fire-fight, one terrorist was initially killed while another was killed as the operation progressed.

"The infiltration bid has been foiled. Searches are now going on in the area," officials said.

The identity of the slain terrorists is being ascertained, officials added.

FAI De-Affiliates, Terminates membership of J&K Amateur Fencing Assn

JAMMU, Apr 5 (Agencies): The Fencing Association of India (FAI) has de-affiliated and terminated the membership of the Jammu and Kashmir Amateur Fencing Association (JKFAFA), in view of the ongoing "dispute" between the bodies.

As per the circular number FAI/2024-25/48/04 issued by the Fencing Association of India, the national body has de-affiliated and terminated the membership of J&K Amateur Fencing Association.

A letter issued on April 3, 2024 by the General Secretary, Fencing Association of India, Rajeev Mehta said, "this is to inform you that the Fencing Association of India in its Annual General Meeting held on 30.12.2023 at Raipur, Chhattisgarh has unanimously passed a motion to de-affiliate and terminate the membership of J&K Amateur Fencing Association and accordingly the J&K Fencing

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Congress releases manifesto for 2024 Lok Sabha election; promises to give legal guarantee to MSP, restore J-K's statehood, scrap Agnipath scheme

NEW DELHI, Apr 5 (Agencies): Right to apprenticeship, a legal guarantee for MSP, and passing a constitutional amendment to raise the 50 per cent cap on reservations for SCs, STs and OBCs are among the promises made by the Congress in its manifesto for the Lok Sabha election released on Friday.

The manifesto, focusing on five "pillars of justice" and 25 guarantees under them, was released at the AICC headquarters in the presence of Congress president Mallikarjun Kharge and former party chiefs Sonia Gandhi and Rahul Gandhi.

In the document titled

'Nyay Patra', the Opposition party said it would implement 10 per cent quota in jobs, educational institutions for economically weaker sections (EWS) for all castes, communities without discrimination if it comes to power.

It also promised to fill nearly 30 lakh vacancies in sanctioned posts at various levels in the central government and said the Rajasthan model of cashless insurance of up to Rs 25 lakh will be adopted for universal healthcare.

The Congress will pass a constitutional amendment to raise the 50 per cent cap on reservations for SC, ST and OBC if it comes to power in the



general elections beginning April 19, the party promised.

The Congress also said it will conduct a nationwide socio-economic and caste census. Appealing to people to look beyond religion,

language, caste and choose wisely to install a democratic government, the party said the general elections present an opportunity to radically change the style of governance that has been in evidence over

the past decade.

It said it guarantees a new 'right to apprenticeship act' to provide one-year apprenticeship to every diploma holder or graduate below age of 25.

Besides, it said it will

give legal guarantee to Minimum Support Prices (MSP) announced by the government every year as recommended by the Swaminathan Commission.

"We will immediately restore full statehood to Jammu and Kashmir," the party stated in the manifesto.

It said it will launch an urban employment programme guaranteeing work for urban poor in reconstruction, renewal of urban infrastructure.

The party said in the document that it would abolish the Agnipath programme and direct the armed forces to resume normal recruitment to achieve full sanctioned strength.

"I urge everyone to have a close look at our manifesto and you will see a 'shandaar tasveer' (beautiful picture) of our country in it," the Congress president said while addressing the gathering.

"We will open the doors to the poor when we come to power...PM Modi is taking our people and claiming '400 Paar' MPs," Kharge added.

Only those who have done something and have fear are quitting the party to join the BJP, he said.

Kharge also wondered what kind of level playing field is there when the principal opposition party's accounts have been frozen.

Woman arrested for stealing gold from her sister's house

SRINAGAR, Apr 5 (Agencies): Police have arrested a woman for allegedly stealing jewellery from the house of her sister in Jammu and Kashmir's Ganderbal district.

Police said they received a complaint from Kaiser Ahmad Waza of Tawheed Chowk Ganderbal on Tuesday, stating therein that his sister-in-law came to his house as a guest and stole gold ornaments that were

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Scientists warn of lethal bird flu pandemic, say could be '100 times worse' than COVID



NEW YORK [US], Apr 5 (Agencies): The bird flu pandemic with the potential to be "100 times worse than COVID" may be on the horizon after a rare human case was discovered in Texas, experts have warned, the New York Post reported on Thursday.

The H5N1 avian flu has spread rapidly since a new strain was detected in 2020 affecting wild

birds in every state, as well as in commercial poultry and backyard flocks.

But the recent cases detected in mammals, with cattle herds across four states becoming infected and on Monday, federal health officials announced that a dairy worker in Texas caught the virus.

"This virus [has been] on the top of the pandemic list for many, many years and probably decades," Suresh Kuchipudi, a bird flu researcher from Pittsburgh, said at a recent

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ACB arrests Patwari for demanding Rs 3000 bribe in Kathua

JAMMU, Apr 5 (Agencies): The Jammu and Kashmir Anti Corruption Bureau received a written complaint from a resident of Machhedi, District Kathua alleging therein that Gulshan Singh, Patwari, Halqa Machhedi, Kathua is demanding bribe of ₹5000 from him for issuance of Virsati Intqal mutations and legal heir certificate. The complainant applied through online portal of revenue department and met Patwari for issuance of the same. The Patwari received and amount of ₹2000 as advance and further demanding bal-

ance ₹3000 from complainant for issuance of the documents.

As the contents of complaint prima facie disclose the commission of offence punishable U/s 7 of the PC Act 1988, accordingly a Case FIR No. 02/2023 was registered at Police Station ACB Central and the investigation taken up.

During the course of investigation a trap team was constituted which laid a trap and caught the accused Patwari red-handed while demanding and accepting the bribe amount of

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People will vote for BJP if Article 370 abrogation made them happy, says NC's Omar Abdullah

SRINAGAR, Apr 5 (Agencies): National Conference leader Omar Abdullah on Thursday said people should vote for the BJP if they are happy with the abrogation of Article 370, which bestowed special status on the erstwhile Jammu and Kashmir state.

"People should decide and send a message to Delhi. If the people of Jammu and Kashmir are satisfied with the August 5, 2019, decision, then they should not vote for the National Conference," the former chief minister of the erstwhile state said at a party programme.

"But if they are unhappy with the abrogation of Article 370, then they should come out and vote for the candidates of the National Conference," he added.

CRPF jawan shoots self dead in north Kashmir

SRINAGAR, Apr 5 (Agencies): A Central Reserve Police Force (CRPF) personnel allegedly shot himself dead with his service rifle in north Kashmir's Baramulla district on Friday, officials said.

They told news agency Kashmir Scroll that a jawan posted in 92 BN shot himself dead with his service rifle this afternoon.

The official further said that the body has been

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MBA MOTORS

MERCEDES - BMW - AUDI



DEALS IN SALE, PURCHASE, REPAIRING AND SERVICING OF USED CARS AND ORIGINAL SPARE PARTS

NAGROTA, JAMMU (J&K)

+91-9086207123

10TH DAY

With profound grief and sorrow, we regret to inform you that our beloved father **Hakim Sh Arjan Nath Kaul (Papa Ji)** R/o Kurigam Qazigund, Kashmir has left for his heavenly abode on Saturday 30th March 2024.

The **Tenth Day Kriya** will be performed on 8th April, 2024.

Our Current address- Flat No. 107, Shubam Apartments, Pocket 4, Sector 12, Dwarka, New Delhi, 110078.

GRIEF STRICKEN-

Smt Rani Kaul - Wife

Brother and Bhabhi

Sh J. N Kaul and Smt Pyari Kaul

Son and Daughter in Law

Sh T. N Kaul and Smt Vimlesh Kaul

Sh. Hari Kaul and Smt Geeta Kaul

Daughters and Son-in-laws

Smt Kiran Kaul and Sh Ramesh Krishan Kaul

Smt Veena Raina and Sh Shadi Lal Raina

Smt Sonali Tickoo and Sh Vijay Tickoo

Grand Children and Great Grand Children

Relative and Friends Mobile Nos.: 7290058159, 9968314400, 8999368433



Hakim Sh Arjan Nath Kaul (Papa Ji)

BHOG AND ANTIM ARDAS

With Profound grief and sorrow we inform you about the sad demise of **Sardarni Jaswant Kour Khajuria** Wife of Late. S. Kirpal Singh Khajuria Resident- H.No 105 Ajeet Nagar Gadigarh Jammu. Last rites pertaining to **Antim Ardass**

Shri Akhand Path Arab on 05-4-2024 Friday at 10.00 am at residence Ajit Nagar.

Bhog Shri Akhand Path on 7-4-2024 at 10.00 am Sunday at residence.

Kirtan and Antim Ardass on 7-4-2024 from 10.30 am to 12.30 pm at Gurudwara Singh Sabha Ajit Nagar Jammu followed by **Guru Ka Langar.**

GRIEF STRICKEN

(SONS & DAUGHTER-IN-LAWS)

Late S. Harbans Singh Khajuria & Tirth Kour

S Kulwant Singh Khajuria & Sdr Balbir Kour

Dr. S Mohinder Singh Khajuria & Ravinder Kour

Lt. Tejinder Singh Khajuria & Sdr Gurmeet Kour

(DAUGHTERS & SON-IN-LAWS)

Sdr. Balwinder Kour & S. Kulwant Singh

Sdr. Parvinder Kour & Late S. Surjeet Singh

Sdr. Arvinder Kour & Dr. S. Amarjeet Singh Sudan

With Her All Grand Sons Grand Daughter & Great Grand Children.

9419144168, 9086196364, 7006807060



SARDARNI JASWANT KOUR KHAJURIA

TENTH DAY/13TH DAY

With profound grief and sorrow, we inform about the sad and untimely demise of our beloved **Sh. Madan Gopal Puri** S/o Late Sh. Nathu Ram Puri R/o Ward No. 2, Opposite District Veterinary Hospital Court Road Kathua.

10th Day shall be held on 02-04-2024, Tuesday at 11:00 AM and **13th Day** shall be held on 05-04-2024, Friday at our residence.

Rasam Pagri/ Uthala shall be performed on 10-04-2024, Wednesday at 1:00 PM at our residence.

GRIEF STRICKEN-

Smt. Champa Devi - Wife

Son & Daughter-in-law

Smt. Medha Anand & Sh. Shevika Puri

Daughter & Son-in-law

Smt. Monika Abrol & Sh. Anil Abrol

Smt. Arti Nargotra & Sh. Rajeev Nargotra

Smt. Bharti Abrol & Sh. Swarn Abrol

Grand Children

Divyanshu, Lavanya, Jaiheesh, Vedika, Nanameesh, Anmol, Sharyu & Shivanya

CONTACT NO. 9419150193, 9419330272, 6006346776



Late Sh. Madan Gopal Puri
Exp. On: 24-03-2024

10TH DAY KRIYA

With profound grief and sorrow, we inform the sad and untimely demise of our beloved father **Sh. Chuni Lal Kaul** S/o L.T. Sh. Keshav Nath Kaul originally resident of Kalwal Mohalla Rainawari at present House No. 259-P, Sector 21C, Faridabad Ex-Director J&K Fire Services who left for heavenly abode on 31st March 2024.

The **10th Day Kriya** will be performed at Moradnagar (Chotta Haridwar) on 8th April.

GRIEF STRICKEN

Kishni Kaul - Wife

Ajay Kaul - Son - 9811484246

Anjali Kaul - Daughter-in-law

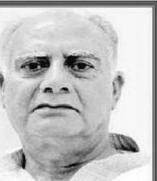
Sidharth and Siddhanti - Gand Children

Anjali Kaul Deb - Daughter

Ranjana Deb - Son-in-law

Aayush & Piyush Deb - Grand Sons

Samast Kaul Pariwaar



Sh. Chuni Lal Kaul

TENTH DAY/ KRIYA/ RASAM PAGRI

With Profound grief and sorrow, we inform the sad demise of our beloved **SMT. SUDESH KUMARI** W/o Late Sh. Sudesh Kumar R/o Kallar Udhampur, who left for heavenly abode on 28/03/2024.

10TH DAY will be performed on 6th April 2024 at 11 AM, **KRIYA** will be performed on 7th April 2024 at 12 Noon & **RASAM PAGRI** will be performed on 12th April 2024 from 3 pm to 4 pm, at our residence H.No 1837, W.No. 21, Kallar Udhampur.

Grief Stricken:

Vinny Bhargav & Ritika Sharma (Son & Daughter in Law)

Dr. Meenakshi Sharma & Dr. Deepak Sharma (Daughter & Son in Law)

Renu Sharma & Uttam Magotra (Daughter & Son in Law)

All Bhargav Family

Contact No: 9906237037, 9797611301



SMT. SUDESH KUMARI

10th Day, Karam Kriya and Pagdi Rasam

With profound grief and sorrow, we inform the sad demise of **Smt Poli Devi** W/o Late Sh. Madan Gopal residence Sector-2, Laxmi Nagar Muthi, near Baba Lalji Mandir.

10th Day will be on 3 April at 9:30 am and **Satsang** of **Guru Sachidanand Ji** on 3 April at 11.00 am.

Karam Kriya will be on 6 April at 10.00 am.

Pagdi Rasam will be on 12 April at 1.00 PM.

Family members

Sons & Daughters in law

Sh Sanjay Kumar & Nisha Devi

Sh Shashi Raj & Suman Devi

Sh Sohan Lal & Anu Radha

Sh Pawan Kumar & Anju Bala

and ALL SAJOTRA FAMILY

Contact No :

9149743289, 9596973945, 9149107014, 9906045895



Smt Poli Devi

10TH DAY KRIYA

With deep sorrow, we inform the passing of our beloved mother **Smt. Churni Kaul** (Prabhawati) Wife of Late Sh. Ramji Kaul resident of Bongam, Kunzer-Tangmarg, Kashmir/ Neel Sheel Vihar, Paloura Dok, Jammu. She peacefully departed for her heavenly abode at 4.40 am on 29th March 2024 at her daughter's residence E-6/2 Avantiika, Sun City Vistar, Bareilly (Uttar Pradesh)

The **10th Day Prayer** ceremony will be held on 6th April 2024 at Ram Ganga Ghat, Bareilly (U.P.).

Grieving Families

Dura Koul (Jyoti) & Kuldeep K. Bhat - **Daughter & Son-in-law**

Girohani Lal Koul H/o Late Dolly Koul - **Son-in-law & Daughter**

Prana Pandita & Late Sh. O.N. Pandita - **Sister & Brother-in-law**

Teseja Koul & Pradiman Bali - **Daughter & Son-in-law**

Grand Children

Anju, Dimple, Raju, Naveen Bali, Dorothy, Sakshi, Sameeksha, Ranjun

Also Deeply Remembered By:

All Koul Families of Bongam and Sh. K.K. Bhat, Reseetai, Ajay and Annu

Contact Nos: 94123-44945, 91030-84821, 70064-67691



Smt. Churni Kaul (Prabhawati)

TENTH DAY/KRIYA

With profound grief and sorrow, we inform the sad demise of **Smt Asha Ji** W/o Sh Manohar Lal Bhat R/o village Chodergund Shopian at present Swam Colony Trilokpur Lane No. 1 near Shiv Mandir Gole Gujral Jammu.

Tenth Day Kriya will be performed on 7-04-2024 (Sunday) Time : 8:30 AM at Muthi Ghat near Directorate of School Education.

GRIEF STRICKEN :

Sh Manohar Lal Bhat (Husband)

Smt Vijay and Sh Bal Krishan Bhat (Devar & Devrani)

Daughters and Sons in law

Smt Sunita Raina and Sh Ravinder Raina

Smt Usha Pandita and Sh Pintoo Ji Pandita

Smt Sheelu Malla and Sh Shiv Kumar Malla

Smt Princy and Sh Daleep Ji

Smt Rimpay and Sh Vicky Ji

Smt Preeti and Sh Rahul Ji

Son and Daughter in law

Vinod Kumar Bhat and Smt Bindra Kumari

Mob : 9018832558, 9596938794, 9419146603, 9797794937



Smt Asha Ji

TENTH DAY/KRIYA AND RASAM PAGRI

WITH PROFOUND GRIEF AND SORROW WE INFORM THAT OUR BELOVED **SH. KARTAR SINGH** S/O SH. CHOOR SINGH DEPARTED FOR HIS HEAVENLY ABODE ON 26TH MARCH 2024 AT 2:48 AM. TENTH DAY SHALL BE PERFORMED AT 10:30 AM ON 4TH APRIL, 2024 (THURSDAY) AT OUR RESIDENCE H NO 177 WARD NO 68 CHOWADI, JAMMU.

KRIYA SHALL BE PERFORMED ON 7TH APRIL 2024 (SUNDAY) AT 9AM ONWARDS AND **RASAM PAGRI** WILL BE HELD ON 10TH APRIL 2024 (WEDNESDAY) AT 12 PM.

GRIEF STRICKEN

SMT. KANTA DEVI (WIFE)

SON AND DAUGHTER IN LAWS:-

SH. MOHAN SINGH & RENU RAJPUT

SH. SHAM SINGH & RAJNI DEVI

DAUGHTER AND SON IN LAWS:-

SMT. RADHA RANI & KARAN SINGH JI

SMT. PUSHP LATA & SURESH MANHAS JI

GRAND CHILDRENS:- MS. SUKANYA SINGH, MS. DHARMIKA RAJPUT, MR. GOKUL SINGH, MS. GEETIKA RAJPUT, MS. VISHALI RAJPUT

CONTACT NO. 9086280807, 9419287251, 9906047128



SH. KARTAR SINGH

MOURNING FROM MALUN SIDE

With profound grief and sorrow we inform the **Tenth Day Kriya** of **Late Sh. Chuni Lal Koul (Jija Ji)** wife of Smt. Krishna Koul (Jiji) on 8th April -2024 at Muradnagar Ghat. R/O 259-P Sector 21-C, Faridabad.

GRIEF STRICKEN:

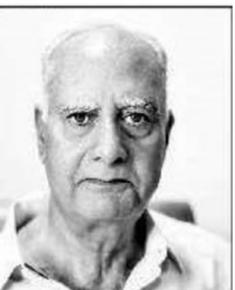
Mr. Anil & Mrs. Renu Ambaradar

Mr. Arun & Mrs. Anupama Thaploo

Osheen, Sheenu, & Advait (Grand Children)

AMBARADAR'S, THAPLOO'S, KOUL'S.

PHONE NO : 8130264533, 9891620885, 8228814378.



Late Sh. Chuni Lal Koul (Jija Ji)

MOURNING (MALUN SIDE)

Our beloved **Sh Chuni Lal Koul (Bai Ji)** Husband of Smt Kishni Koul Ambaradar of 259P Sec. 21C Faridabad attained Nirvana on 31.3. 2024.

10TH DAY KRIYA will be performed on Monday 8.4.2024 at Muradnagar Ganga Ghat starting 7am.

ASSEMBLY will be at their residence 259P Sec. 21C Faridabad at 11:30am

GRIEF STRICKEN:

Kishni Kaul Ambaradar (Wife)

Anjli (Kaki) & Dilip Ambaradar (Sarwal Colony Jammu)

Renu & Rajinder Ambaradar (Melbourne Australia)

Renu & Anil Ambaradar (Ghaziabad UP)

Anupama & Arun Ji Thaploo (Sacramento US)

Nidhi & Aditya Ambaradar (Dallas Tx)

DHARS, BAGATIS, AMBARADARS



SH. C.L.KAUL
Ex-Director
JK Fire Services

TENTH DAY

With profound grief and sorrow we inform the sad and untimely demise of our beloved **Smt Rekha** W/o Sh. Balvinder Singh Jamwal R/o H. No 93 Toph Sher Khanian Jammu who left for heavenly abode on 29-03-2024.

TENTH DAY shall be performed on Saturday 06-04-2024 at 10.30 AM at our residence.

GRIEF STRICKEN

Sh. Balvinder Singh Jamwal - **Husband**

Smt Kailash Devi - **Mother in Law**

Sh. Joginder Singh Jamwal and Anju - **Jeth and Jethani**

Sh. Krishan Dev Singh Jasrotia & Kiran - **Nanad & Nandou**

Sh. Kulbir Singh & Ritu - **Nanad & Nandou**

Divyanshika & Manyata - **Daughters**

MOBILE NO: 9419146326, 9419222369, 7006148949, 7006175558



SMT REKHA

TENTH DAY / KRIYA

"The soul is never born nor dies at any time. The soul has not come into being, does not come into being, and will not come into being. The soul is unborn, eternal, ever-existing and primeval."

THE BHAGVAD GITA

CAPT. DES RAJ LALOTRA

15 OCTOBER 1956 TILL ETERNITY

A man of exceptional substance, dignity, and Grace. A devoted and loving husband, beloved father, and grandfather.

10th Day will be held on 6th April, 2024 at 10:00 AM

Kriya will be held on 9th April, 2024 at 12 NOON at Ward No. 3, Shivpuri Colony, Kathua (J&K)

GRIEF STRICKEN

Smt. Poonam Lalotra (Wife)

Susheel and Sakshi Lalotra - Son & Daughter in Law

Sheetal and Nitish Bhardwaj - Daughter & Son In Law

Sheebali and Preji Raju - Daughter & Son In Law

Iraaj Preji - Grandson

and the entire Lalotra, Bagal, Bhardwaj, Podian and Jasrotia families, relatives, friends & well wishers.



CAPT. DES RAJ LALOTRA

TENTH DAY KRIYA

With profound grief and sorrow we inform the sad demise of our beloved mother **Smt. GOURI SHIRI** W/O LATE SH. DWARAKA NATH PANDITA ORIGINALLY RESIDENT OF MALWAN KULGAM AT PRESENT FLAT NO.15, BLOCK 106, JANE HO.20, Jagti Town She, who left for heavenly abode on 31-03-2024.

TENTH DAY KRIYA shall be performed on 9 April 2024, (Tuesday) at Muthi Ghat near Directorate of School Education at 8.30am.

GRIEF STRICKEN:

Son and Daughter In Law

Sh. RAMESH KUMAR PANDITA and Smt ANJALI PANDITA

Sh. Atar Krishan Pandita and Smt. Jeeta Pandita

Sh. Roshan Lal Pandita and Smt. Dimple Pandita

Daughter and Son in Law

Smt. Jeeta Pandit and Sh. Bej Lal Pandit

Smt. Prana Raina and Sh. Ashok Kumar Raina.

Grand Children : Amit and Sonia, Rahul and Sakshi, Sheetal and Sandeep, Vimash and Rohini, Vinod and Richu, Surbhi, Sahi, Akshay, Ritik and Shanwan

CONTACTS: 9086192043, 9796627572, 8492929007



SMT. GOURI SHIRI

10TH DAY/KRIYA/UTHALA

WITH PROFOUND GRIEF & SORROW, WE INFORM THE SAD DEMISE OF OUR BELOVED **SMT TARO DEVI** W/O SH SHAM LAL SHARMA R/O SANTRA MORH, JAMMU. **TENTH DAY** WILL BE PERFORMED ON APRIL 5, 2024 AT OUR RESIDENCE AT 10 AM (FRIDAY). **KRIYA** ON APRIL 6 FROM 12 NOON ONWARDS.

UTHALA ON APRIL 10, 2024 (WEDNES

Neglected by Congress, Modi transformed Kishtwar into 'power hub': Dr Jitendra

Top News Report

KISHTWAR, Apr 5: Union Minister and BJP Candidate for Udhampur, Doda, Kathua Lok Sabha constituency Dr Jitendra Singh said here on Friday that neglected by Congress, Prime Minister Narendra Modi transformed Kishtwar into North India's "power hub".

Addressing a series of public meetings during his election campaign in the upper and peripheral reaches of Kishtwar in areas like Bonjwah, Kuntwara, Dachhan, Marwah, Warwan, etc. Dr Jitendra Singh said, right from the time of independence when Kishtwar was part of erstwhile district Doda the elected representatives of Congress and allies from here always enjoyed considerable clout and the local MLA was invariably a Minister in the State Cabinet while the MP from here always a Minister in the Union Cabinet. In spite of this, he said, it will be a question to be asked why Kishtwar did not receive the kind of attention that it deserved till Prime

Minister Modi took over in 2014.

Dr Jitendra said, while Congress led governments in the past exploited the Hindu and Muslim communities for their vote bank interests, it is for the first time after independence that Prime Minister Narendra Modi gave the same esteem to every section of society. As for the entire region of Kishtwar is concerned, Dr Jitendra Singh said, from a neglected remote area, it has emerged as North India's power hub and has undergone amazing transformation in the last 10 years which is to be seen to be believed.

Dr Jitendra Singh said today that Jammu and Kashmir's Kishtwar is all set to emerge North India's major "power hub" generating around 6,000 MW of power after the completion of the ongoing power projects.

Dr Jitendra said that 6 to 7 major Hydro power projects have come in the region in a short span of 9 to 10 years ever since Narendra Modi took over as Prime Minister.

Elaborating on this,

he pointed out that the largest capacity project is Pakal Dul with a capacity of 1000 MW. Its estimated cost, as of now, is Rs.8,112.12 crore and expected timeline of completion is 2025. Another major project is Kiru Hydroelectric project with a capacity of 624 MW. The estimated cost of the project is Rs. 4,285.59 crore and the timeline in this case is also 2025, he said.

The Minister further informed that at the same time, 850 MW Rattle project has been revived as a joint venture between the centre and UT of J&K. In addition, the existing Dulhasti power station has an installed capacity of 390 MW, while Dulhasti II Hydroelectric project will have a capacity of 260 MW.

Dr Singh said these projects shall not only augment the power supply position thereby making up for the shortage of power supply in the UT of J&K, but the huge investment being made for construction of these projects is also a boost for direct as well as indirect opportunities for

the local people.

For six long decades, said Dr Jitendra, the successive governments at the Centre and the State had ignored Kishtwar region because of their vote bank politics.

For example, he said, for several years, people here had been agitating and demanding a Degree college for Paddar but Congress and National Conference governments deliberately ignored this demand. It was only after Prime Minister Narendra Modi took over in 2014 that a Degree college was sanctioned for Paddar under Centre's scheme RUSA (Rashtriya Uchchatar Shiksha Abhiyan).

Citing another example, Dr Jitendra Singh said that before 2014, road travel to Kishtwar was cumbersome and on the slightest landslide, the Doda-Kishtwar road got blocked. But today, the road travel time from Jammu to Kishtwar has reduced from over 7 hours in 2014 to less than 5 hours now. Similarly, he said, during these 9 years, Kishtwar has come up on the Avi-

ation Map of India and has been sanctioned an airport under Centre's UDAAN Scheme, which nobody had ever imagined.

Similarly, Dr Jitendra Singh said, new national highways, a series of Degree Colleges, mobile towers enroute Machail Yatra and other remote areas have also come up during the Modi government, he said.

As for Machail, Dr Jitendra said, mobile towers have been set up, multiple toilet complexes constructed and solar plants installed for regular power supply, and all this happened only after 2014. Not only this, the motorable road to Machail is under fast track construction and the day is not far when Kishtwar to Machail travel would be just about 1 1/2 to 2 hours, he added.

Former Minister Sunil Sharma, BJP District President Chuni Lal, Tariq Keen, senior leaders Pradip Parhar, Akshay, Rocky Goswami, Sham and other local leaders accompanied Dr Jitendra Singh during the tour.

RC Subramanyam pays obeisance at Tirupati temple



Top News Report

JAMMU, Apr 5: RC Subramanyam, the Superintendent of Temple and Sai Krishna beside Amit Shukla paid obeisance at Tirupati Balaji Temple Jammu and participated in the special Abhishek of Tirupati prayed for the welfare of the country. Every Friday the ceremony of abhishek of Lord Venkateswar is performed.

He expressed happiness over the temple said

that it is a feeling of pleasure and proud that the Tirupati Balaji temple is established here for the people of Jammu. With this temple we are able to witness the culture of south India and this feeling is heavenly. He appealed people to visit the temple and pay obeisance here. He said the dedication of Lord Venkateswara temple would give a boost to spiritual tourism.

On this occasion Subramanyam the Superin-

tendent of temple also appealed Transport Commissioner to start the bus service for the temple so that devotees can come easily to the temple. He also emphasized to start the Bharat darshan bus service here so that tourists also came to know about the temple.

Other dignitaries present on the occasion were Sai Krishna, Temple Inspector, RC Subramanyam, Superintendent, Ramesh Babu, Pandit Amit Shukla and Veda Pandit.

Tawi Trekkers J&K team leaves for National

Top News Report

JAMMU, Apr 5: Seven member team of Tawi Trekkers J&K including two officials left today for Delhi to participate in the 17th National Open Sport Climbing Competition being organised by Hiking Club of St Stephen's College, Delhi in collaboration with Indian Mountaineering Foundation, North Zone, from 6th to 7th April, 2024.

The team comprises of 3 boys namely Aradhya Manhas, Ankush Singh, Rudhira Rajput in the junior boys category and two girls Shivani Charak in open and Ayaana Bhagat in junior girls category who shall participate in Lead as well as Speed competitions.

The almost new look team is a blend of experience and fresh talent. Whereas Shivani Charak is a renowned climber of

the country who has won innumerable medals at the national level and a medal at the international level also, all other climbers are very talented but lack exposure at the national level. However, the team is expected to perform well.

Whereas Shilpa Charak, an international sport climber and Joint Secretary of Tawi Trekkers J&K shall be the manager Arun Deep Singh, a powerful climber who is not fully fit to participate in the competition, is the manager of the team.

Earlier, before their departure for Delhi, the team members called on Shavetika Khajuria and Sonam Sidharth, President and General Secretary respectively of Tawi Trekkers J&K who assured them all possible help for competing in future competitions. They wished the team a grand success in the national competition.

BLSKS presents Nukkad Natak 'Nashe Cha Bacho'



Top News Report

JAMMU, Apr 5: To continue the Nasha Mukat Bharat Abhiyan, Bhattiya Lok Sangeet Kala Sansthan (BLSKS) in coordination with Ministry of Social Justice and Empowerment, Government of India, Social Welfare Deptt. J&K Govt. and Sangam Tru Art Production presented its 413th Friday Series Dogri Musical Play "Nashe Cha Bacho" at Old Janipur, Patoli Park, Jammu on today under the overall Direction of Dr.M.L.Dogra.

A pledge was also taken by more than 500 peoples which was recited by Miss Chahat Chadha.

The programme was inaugurated by the

Chief Guest Anju Dogra, Health Department Jammu. Among the Guest of Honours present were Vansh Raina, Megha Raina, Ram, Sidharth Manhas, Prominent Persons of the Area. The day commemorated as well with sole aim of rejuvenating the traditional, Primitive Folk, Art, Culture of J&K Region.

The Specially items prepared on the theme "Chuti Badi Karab", "Koi ache Ram koi alha", "Nasha Nai Kario Munde Kureio", "Swatch Bharat Ho", "Mere hikdu Gadbad", "Kali Mata Bawe Basdi- Bajan", "Savdhan Savdhan ae Bhaart vasi Savdhan", Nukkad, Skits, Songs and Dances were presented to aware the

masses. The risk of Addictions lurks for everyone. Adolescents and young adults are more likely to getting addicted to substances Type of Drug used drugs like cocaine and heroine have severely painful withdrawal symptoms and so are much more addictive than alcohol Method of use Drugs that are smoked or injected into your body tend to be more addictive as they directly go to the bloodstream and brain than those that you swallow where passing through liver can lead to some filtration Mental Illness. A person who is mentally ill is more prone to addictions and a person who is addicted are more likely to develop a mental illness or experience wors-

ening of already existing symptoms. The efforts of the organizers in making such awareness programmes colorful and effective.

The artists of BLSKS presented theme based songs which were written by Dr.M.L.Dogra & the music was the composed by Raju Bajgal, Music Instructor, BLSKS. The program was also recorded & uploaded online on Social Media for benefit of the peoples.

Welcome speech was given by Dr.M.L.Dogra, who said drugs withdrawal symptoms are a combination of physical and mental side effects a person experiences while trying to either stop or reduce the use of the substance they have been using or are

addicted to. These are usually unpleasant experiences which make it difficult to reduce or quit the substance. Some of the common withdrawal symptoms are nausea, vomiting, restlessness, tremors, disturbance in mood (irritability, depression, anxiety), lack of sleep, body pains, craving for the substance, running nose etc. Awareness regarding right of vote was also discussed through group discussion.

K.K.Joshi, Vice Chairman BLSKS said our volunteers and outreach workers of these organizations have gone from door to door, and nearby localities of Jammu city to educate the people about the ill effects of drug abuse and have assisted the rehabilitation of victims of substance abuse.

The singers, musician and actors who performed were Mahesh Chander Kotwal, Chahat Chadha, Bindia Okheda, Vandana Gupta, Rahul Kumar, Paramjeet Shami, Zulekha Bano, Kamla Devi, Neelam Gandotra, Sakshi Kumari, Taniya Gupta, Sudesh Kumari Pummy, Rajni Gupta, Kuldeep Raj, Sanjeev Kumar Sodhi.

Deepak Kumar Dogra, Programme Incharge, presented vote of thanks for successful conduction of the program

Army celebrates World Health Day at Lam



Top News Report

RAJOURI, Apr 5: World Health Day is celebrated every year on 7th April to raise awareness of health issues and promote healthy living around the world. The theme of the 'world health day' for the year is 'My Health, My Right'. To spread awareness about 'World Health Day', Indian Army organized a lecture at Lam

Rajouri. The idea behind organising this lecture was to make residents especially children aware of the importance of health and hygiene in day to day life. The lecture was aimed to motivate the residents for maintaining good health by focusing on physical activities, Yoga, Balance Diet and Immunisation. Residents were also educated about person-

al hygiene, cleanliness of surrounding, disposal of garbage with emphasis on 'Swach Bharat Abhiyan'.

The lecture was followed by a 'Yoga Session' which gave an opportunity to the students to focus on physical and mental well-being. The attendees of the lecture conveyed their gratitude to Indian Army for organising such event

NORTHERN RAILWAY

E-TENDER NOTICE

Open Tender Notice No.:- OP-01-GSU-FZR-2024-25 & OP-02-GSU-FZR-2024-25
Date: 02.04.2024. Dy.CE/GSU/FZR acting for and on behalf of The President of India invites open tender (E-Tenders) against below titled tender and available on www.ireps.gov.in with closing date-25/04/2024 up to 15:00 Hrs. Bidders will be able to submit their original/revise bids up to closing date and time only. Manual offers are not allowed against this tender and any such manual offer received shall be ignored. Tenderers are allowed to make payments against this tender towards tender document cost and earnest money only through payment modes available on www.ireps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed. For more information logon to www.ireps.gov.in.

Tender Type	Tendering Section	Bidding System
Open Tender	Gati Shakti Unit	Single Bid System
Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
02.04.2024	11.04.2024	25.04.2024/15:00 Hrs.

S.No. : 1 Tender No. : OP-01-GSU-FZR-2024-25

Details of Tender : Creation of New TRD Depot, Tower Wagon Siding & Shed at Dasua Station of Firozpur Division.

Advertised Value (Rs.)	Earnest Money (Rs.)	Validity of Offer	Period of Completion
3,93,48,822.85/-	3,46,800/-	60 Days	12 Months

Similar Nature of work:- Any civil work other than track work.

S.No. : 2 Tender No. : OP-02-GSU-FZR-2024-25

Details of Tender : Creation of New TRD Depot, Tower Wagon Siding & Shed at Shri Mata Vaishno Devi Katra (SVDK) Station of Firozpur Division.

Advertised Value (Rs.)	Earnest Money (Rs.)	Validity of Offer	Period of Completion
3,64,45,668.91/-	3,32,200/-	60 Days	12 Months

Similar Nature of work:- Any civil work other than track work.

Note:- 1. Before bidding, bidders to check for any corrigendum issued against tender. 994/202;

SERVING CUSTOMERS WITH A SMILE

OFFICE OF THE SUPERINTENDENT DISTRICT JAIL POONCH

Subject:- e-Tender Notice (NIT) for supply of Dietary Items to District Jail Poonch for the calendar Year 2023-24.

Note:- All the Bidding process will be done on www.iktenders.gov.in.

e-NIT No. 01 of 2024

Dated 02-04-2024

For and on behalf of Lt. Governor of Jammu and Kashmir UT, online e-tenders are invited from the original firms/ Authorized Distributors/Dealers registered with the Goods & Service Tax Department for supply of **DIETARY ITEMS TO DISTRICT JAIL POONCH FOR THE CALENDAR YEAR 2024-25** as per terms & conditions mentioned in this tender document. The intending tenderer/s shall have to attach earnest money in the shape of CDR/FDR from any Nationalized/Scheduled Bank to be pledged to the Superintendent District Jail Poonch for an amount to the extent shown below:-

Name of group	Particulars	Amount of Earnest Money (CDR/FDR)	Cost of Tender Documents (Non-refundable)
1.	FRESH VEGETABLE & FRUIT, MILK & MILK PRODUCTS, MUTTON & POULTRY ITEMS, BAKERY ITEMS and DIETRY ITEMS (DRY RATION & TOILETRIES)	Rs. 1,50,000	Rs. 1000.00 (Through E-Challan Under Major Head 0056)
TOTAL		RS. 150000.00	RS. 1000.00

The detailed documents, criteria and other terms and conditions can be seen/downloaded from the Government website www.iktenders.gov.in as per schedule of dates given below:-

S.No.	Description	Date	Time
1	Date of Issue/publishing of tender notice	02/04/2023	Upto 6.00pm
2	Date of Downloading of bidding documents	02/04/2023	Upto 06.00 pm
3	Bid submission Start date	02/04/2024	(06.00 pm)
4	Bid Submission closing/end date	23/04/2024	(2.00 pm)
5	Date and time of opening online Bids at the office of Superintendent District Jail Poonch	02/05/2024	(11.00am)
6	Last date of Receive samples at the office of Superintendent District Jail Poonch	22/04/2024	Upto 11.00 am
7	Deadline for receiving the hardcopy of Original DD & EMD including all the soft copy of documents	20/04/2024	Upto 11.00 am in the Office of Superintendent District Jail Poonch
8	Cost of tender documents (Non-refundable)	Rs. 1000/-	(Through E-Challan Under Major Head 0056)

Instructions:-

- The bids must be accompanied with the cost of tender documents in the shape of Demand Draft in favour Superintendent District Jail Poonch and Earnest Money in shape of CDR/FDR pledged to Superintendent District Jail Poonch.
- The date and time of opening of bids shall be notified on web site www.iktenders.gov.in. No bid will be accepted in physical form.
- The bidders have to submit their bids online in electronic format with digital signature. No bid will be accepted in physical form.
- Bidders must ensure to upload the scanned copy of all the necessary documents with the bid. Besides original/photocopies of documents related to the bid be submitted physically by hand/registered/courier before the specified above table.
- Bidders must upload the scanned copy of all the necessary documents including earnest money and tender document fee in terms of soft copies with technical bid and submit the hardcopies of all the uploaded documents duly attested under the hand and seal of the tendered. No documents which has/have not been uploaded shall be entertained in the form of Hard copy. However in case any clarification, the bidders shall have to produce original documents in support of soft copies if need arises.
- The earnest money in favour of unsuccessful /No-responsive bidders shall be released only after ensuring submission of tender document fee in original, irrespective of hardcopies, failure of submission of tender documents fee by the bidder using the site shall entitle him for blacklisting.
- The department shall not be responsible for delay in online submission due to any reason.

Note:- All terms and conditions shall remain same as laid down in the detailed e-NIT issued for the supplies.

Sd/-
Chairman
District Level Purchase Committee
District Jail Poonch

DIP/J-48/24

NO:- DJP/Accts/ 05-11

Dated:-02/04/2024

EDITORIAL

International
Day of Conscience

The first International Day of Conscience was observed on April 5, 2020. It is a chance to introspect and emphasize the value of acting ethically. Pointing out necessary reforms also helps in the development of the society as a whole. The preamble of the Universal Declaration of Human Rights states that "neglect and contempt of human rights have resulted in barbaric acts that have offended the conscience of mankind, and have led to a world in which human beings enjoy freedom of speech and belief and freedom Will enjoy." Fear and want are declared to be the highest aspirations of the common people." Furthermore, Article 1 of the Declaration states that "All men are born free and equal in dignity and rights and are endowed with reason and conscience and We should work towards each other in the spirit of brotherhood." The 73rd session of the United Nations General Assembly was hosted by the Kingdom of Bahrain and 5 April was established as International Day of Conscience. The idea was to persuade. The resolution was passed by the Assembly and was titled "Promoting a culture of peace with love and conscience." This decision encourages people to create a culture of peace with love and wisdom under their unique circumstances and cultural traditions. According to the United Nations Organization, "The work of the United Nations to save future generations from the scourge of war requires a transformation towards a culture of peace, including values, attitudes and behavior based on principles that support social interaction and Reflect and inspire sharing." Freedom, justice and democracy, all human rights, tolerance and solidarity, which reject violence and strive to prevent conflicts by dealing with their root causes to solve problems through dialogue and negotiation and which enjoy the full rights of all Practice and guarantee the means to participate fully. Development process of their society. Building a culture of peace requires broad educational, cultural, social and civic efforts in which everyone has something to contribute and learn. It is an open-minded worldwide outlook with a specific goal, namely to establish a culture of peace inseparable from the culture as a whole and to take root in the hearts and minds of the people. It speaks to all ages and demographic groups. Too,

- A person's conscience is a personal moral sense that helps determine what is right and what is wrong. By studying more about conscience we can become better people with better conscience.

- We have to understand our conscience. Nowadays people hear a lot about conscience, which gives rise to debate and, if necessary, remedial action.

- Morality is a personal matter. Every person will believe that his morality is best and right. Examining conscience can help us understand the moral principles of others.

Both the United Nations Alliance of Civilizations and the United Nations Educational, Scientific and Cultural Organization make important contributions to promoting intercultural dialogue. They work with governments, international organizations, foundations, civil society organizations, the media, and the private sector to carry out activities that promote a culture of peace and nonviolence. They also work on various practical projects in the fields of youth, education, media and migration.

Too many mutations hurt coalition politics' viability

By: Shikha Mukerjee

The era of coalitions, as former Marxist leader Jyoti Basu described the metamorphosis of the political landscape that began in the 1970s, continues and poses a puzzle for the Bharatiya Janata Party as well as for the partners of the Indian National Developmental Inclusive Alliance. The two sides are affected by the permutations and combinations of this mutating process.

At one level, the INDIA bloc is a natural coalition; at another, specifically at the regional level, there are not many natural partnerships. Since coalitions are crafted to consolidate votes and multiply the collective impact of the coalition by winning more seats than the parties would have had they contested separately, the failure to reach seat sharing agreements is bad for the INDIA bloc and good for the BJP.

The disarray of the parties of the coalition is a function of the ways in which they originated. Some like the Left parties, the DMK, the Samajwadi Party and the Rashtriya Janata Dal, even the Jharkhand Mukti Morcha and the Shiv Sena, are rooted in specific ideologies. Others have originated as breakaways like the Trinamul Congress and the Nationalist Congress Party. Many were originally anti-Congress and remain antagonists of the party at the regional level, like Mamata Banerjee in West Bengal and Pinarayi Vijayan in Kerala, while Arvind Kejriwal plays it both ways; friends in Delhi and foes in Punjab. All of them currently are anti-BJP.

The BJP has focused on the differences between the partners of the INDIA bloc and delivered a judgment that the alliance is a non-starter because it has already dis-

integrated. It has also pointed out that they are in cahoots to swindle the public. By clubbing one with the other, the BJP has drawn attention to the complexity of the dynamics of coalition formation in a difficult political landscape.

The dynamics has gifted the BJP the advantage of appearing to be uncomplicated, stable, organised and well-endowed with a masterful single leader, that is, a helmsman who calls the shots. In contrast, the INDIA bloc appears to be unstable, disorganised, hopelessly complicated by cross cutting interests and too many leaders, but no identifiable icon.

The inevitable problems and failures of seat-sharing, the exit of Nitish Kumar and the breakup of the "Mahagatbandhan" in Bihar have contributed to the idea that the INDIA bloc is precarious and unfit to function as an alternative to the BJP led by its helmsman.

The idea of the new formation mutating into a coherent, organised merged entity was a myth; Mamata Banerjee said so; and her friends including Arvind Kejriwal and Akhilesh Yadav agreed. As an alliance, all the stakeholders and even the BJP knew that the differences at the regional level would not end just because INDIA had been birthed. The formula proposed by Mamata Banerjee that each regional and dominant party fight the BJP on its home turf, preferably in one-on-one contests, was not entirely wrong; but it was not realistic either.

Assessing the potential and the capacity of the coalition is therefore a more complex task. Is the coalition so powerful that even Prime Minister Narendra Modi can be intimidated? In Meerut, on the same day as the INDIA bloc's huge rally at Delhi's Ram-

la Maidan, Mr Modi said that "I am not scared", implying that the Opposition was trying to instil fear to prevent him from taking action against their many acts of corruption.

In other words, the public discourse has two images of the Opposition and of Mr Modi: the first is a collective of the powerful and the second is a shambolic collective, full of internal contradictions, that can come apart. The carefully cultivated twin images of Mr Modi are first, the man who means business; purposeful and powerful enough to deliver on his guarantees; and second, a lonely, tireless crusader against the evils of corruption, dynastic politics and divisiveness.

The absurdity of the image of a scared Narendra Modi is striking and deserves to be deciphered as a tactical move.

Is the BJP's helmsman calling his core support base to rally for him? If that is so, he must feel less confident about winning his target 370 seats out of 543 seats in the Lok Sabha in this election. But that cannot be true, because Mr Modi's campaign has focused on his "guarantees" of delivering a fully developed economy to the masses in his third term, which implies that he is supremely confident of returning to the job as Prime Minister.

Confounding as these twists and turns are in the BJP's campaign narrative, the reality is the Opposition is neither nimble nor quick-witted enough to checkmate these moves. Expressing fears that the elections will be like a "fixed" cricket match where the field is staged for a victory of the BJP and the return of Mr Modi as Prime Minister for a third term is not a response that says anything new or even says the

same thing differently.

The Ramlila Maidan rally was an opportunity for the collective Opposition to make its pitch to voters across the country as all the coalition partners from the different states were part of the meeting. Its failure to do so exposes the absence of a strategy to counter the BJP's narrative and present a new alternative narrative to voters.

Asking voters to choose between dictatorship and democracy is not the same as asking voters to choose between keeping Arvind Kejriwal incarcerated or releasing him; the first is an abstract idea, the second is specific and is a call to act. Talking "match-fixing" does not engage with voters proactively. The INDIA bloc leadership obviously has not worked out exactly what it expects voters to do, beyond suggesting "No Vote to the BJP".

In contrast, the BJP's campaign is in two registers, simultaneously inviting voters to take its side against the collective Opposition on the one hand and the regional parties on the other because it is the only choice that guarantees stability in uncertain times. By crafting the conditions of uncertainty, the BJP has converted the destabilisation of the Opposition, especially the state ruling parties, into a new strategy of stripping political capital by engineering defections, splitting parties and arresting chief ministers, both present and past, namely Mr Kejriwal and Hemant Soren, who resigned before his arrest by the Enforcement Directorate.

The INDIA bloc has been so distracted by the destabilisation strategy that it has not found the time to evolve into an alternative and remains stuck in its role as the Opposition; always the challenger and never the new champion.

Changing Role of Media in Social Life

By: Vijay GarG

Emergence of social media, changed the course of history. Many believe that the Internet has aided the democratization of information; anybody may post anything on the Internet and have it heard. The Internet has broken down artificial barriers such as geographical borders and socio-economic divides and has aided in forming a global community, seamless marketplaces, and common customers.

Role of Media in Social Life

The media plays a significant role in shaping our social lives and how we interact. Previously, media was primarily consumed through traditional television, radio, and print platforms. However, with the proliferation of the internet and social media, the media landscape has changed dramatically, and the role of media in our social lives has also evolved.

Domain of Impact

The social impact of media has been observed in four main domains -

Changing Ways of Interaction

One major change in social interaction is the shift towards online and digital communication. The internet and social media have provided new ways to connect and share information, ideas, and experiences. For example, social media platforms such as Facebook, Instagram, and Twitter allow people to create profiles, share content, and connect with friends and strangers worldwide. These platforms have also provided new opportunities for individuals and organizations to reach and engage with large audiences.

There has been an issue of creat-

ing a false sense of self on these platforms, which is then reinforced through the validation one gets here. The adolescent population, still in a crucial and malleable stage of development, tends to get drawn to these platforms as they provide escapism from their own complicated lives. This may significantly impact their identity and self-concept. Vijay GarG and colleagues have found that social media use in adolescents is associated with low self-esteem and self-worth.

The anonymity of these platforms is inviting for those who find face-to-face interaction tenuous. However, there is a risk of cyberbullying and delving further into isolation that comes with investing too much in this artificial reality. Researchers found that communication with strangers in chat rooms increased feelings of isolation and dejection and decreased companionship delving further into the isolation that comes with investing too much in this artificial reality. Communication with strangers in chat rooms increased feelings of isolation and dejection and decreased companionship.

Increasing the Amount of Content to Consume

Another change in the role of media in social life is the increase in the amount of content available to consume. The internet has made it easier for people to access and share almost unlimited information and entertainment. This has led to a proliferation of content, including news articles, videos, podcasts, and more, which can be accessed anytime, anywhere. This has led to concerns about fractured attention spans being a symptom of regular social media use. An issue parallel to the abundance of information is

one of data privacy.

Through the terms and conditions listed by these websites, one finds an attempt to gather a social media user's data and sell it to third parties keen on getting their products to the world. The problem is that the average user needs to be aware of this privacy breach and may not actively moderate what they share on these platforms. The issue will be discussed in greater detail in the following paragraphs.

Dwindling Privacy

The issue of data privacy in social media has gained increasing attention in recent years as people have become more aware of the amount of personal information collected and shared online. Social media platforms such as Facebook, Instagram, and Twitter often collect vast amounts of data on their users, including information about their activities, interests, and connections. This data is used to personalize the user experience and target ads to specific audiences.

However, there are several concerns about how social media companies handle data privacy. One concern is that users may need to be fully aware of the extent of the data that is being collected and how it is being used. This can make understanding the potential risks of sharing personal information online difficult.

Another concern is that social media companies may need adequate safeguards to protect user data from unauthorized access. There have been numerous instances of data breaches and other security lapses that have exposed user data to potential misuse or abuse. In addition, there are concerns about how social media companies use data for targeted advertising. Some

argue that these companies have too much control over the information presented to users and can create a biased or distorted view of the world.

This phenomenon is often associated with social media, as people tend to follow and engage with accounts that align with their beliefs and views. The problem with echo chambers is that they can contribute to the polarisation of society by limiting exposure to alternative viewpoints. This can make it difficult for people to understand the perspectives of others and hinder the exchange of ideas and the ability to find common ground.

People exposed only to information that aligns with their beliefs may be more likely to accept and believe false or misleading information. This can lead to the spread of misinformation and undermine the credibility of news and other sources of information. In addition, echo chambers can contribute to forming extremist views, as people may be more likely to encounter and engage with extreme or fringe viewpoints. This can increase the risk of radicalization and seriously affect individuals and society.

Conclusion

The media has played a significant role in shaping our social lives and how we interact. The shift towards online and digital platforms and the increased amount of content to consume have created new opportunities for connection and engagement. However, these changes have also raised concerns about their impact on individuals and society.

(Vijay GarG Retired
Principal Educational
columnist Malout)

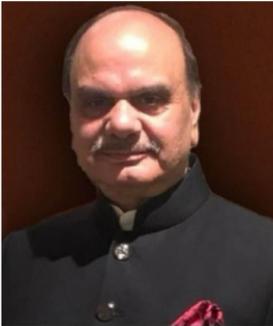
Bharat needs robust electoral reforms: Bhan

Top News Report

NEW DELHI/JAMMU, Apr 5: Speaking at a meeting of lawyers from various states assembled in Delhi on the subject of Lawyers choice and role in safeguarding the democracy, noted Senior Advocate and a prominent bar leader, Ashok Bhan said, "the fundamental jurisprudence to run the Country of the size of India with 1.4 billion people, is primarily the strength of constitutionalism being practiced on day to day basis in all segments of societal development."

"The best suited model for Bharat is the people's participatory Constitutional democracy. The five yearly elections to elect the representatives for the temple of democracy - the Parliament, from across all the regions of the country by adult franchise mechanism is a festivity that is going on currently," he added.

Ashok Bhan further said, "The huge shortfall in the current election system as is that there is no level playing field"-he explained on the one hand is the ruling party that has all the advantage



namely, the wherewithal of the governmental entitled protocol and resources go along with the candidate if he or she is the Prime Minister or a minister to his/her campaigning, that certainly creates an edge over the ordinary candidate of either of any party or an independent candidate. He urged the ECI to examine the level playing field aspect and create a code for maintaining it, as far as possible in th current elections, to serve the best interests of the fairness and purity of the electioneering process."

Bhan urged the legal fraternity to seriously study this aspect and come up with various proposals for seeking further electoral reforms in the Country.

He appealed that all the bar associations should study various other aspects of electoral reforms and make representations in this behalf .It is necessary also in view of the fact that Supreme Court has struck down the electoral bonds.

The election commission of India is mandated by the constitution to conduct the elections in the country, has put in place a schedule of seven phases to conclude the election process and counting of votes to be done on 4th June, 2024, he said.

The electioneering has commenced, various national political Parties and regional parties are in the fray and campaigning for their parties and candidates. In the noise, din and dust of the electioneering on the one side is the Principal ruling party Bharatiya Janata Party plus its allies called NDA and on the other is Indian National Congress and allies called -I.N.D.I.A, he added.

Bhan said, "In India, 65 per cent of its population is under 35 years of age, and there is a huge population of aspirational Indian voters who are voting in the ensuing hustings. Whether they vote on issues concerning their future and Country's Progression or vote by likely driven by the highly polarised emotive politics is a BIG question. On the one hand NDA campaigners are seeking votes on the Corruption and Congress Mukh Bharat and on the other side I.N.D.I.A campaigners are asking voters that to save democracy and knock out the alleged authoritarian BJP and NDA."

"What lies ahead is left primarily to the wisdom of the informed voters. Voters of Bharat are matured enough to make a choice of their future dispensation that establishes an inclusive dialogue with masses, promotes progressive narrative and creates a modern vision that resonates and connects the youth and the aspirational India and Strengthens and strictly upholds the Constitutionalism," Bhan said.

Delegation of PAA calls on Lieutenant Governor



Top News Report

JAMMU, Apr 5: A delegation of Panchayat Accounts Association called on Lieutenant Governor Manoj Sinha at Raj Bhavan to discuss their major demands regarding their career progression.

The delegation apprised the LG that the critical need for cadre change of Accounts Assistants

Panchayat back to the Finance Department. This is a vital step for the comprehensive advancement of the financial sector in Jammu and Kashmir.

As per the delegation the strategic realignment is indispensable due to the inherent financial nature of the roles undertaken by Accounts Assistants Panchayat. As per the delegation the shift is

not just an administrative adjustment; it is a visionary initiative aimed at resolving existing career bottlenecks, advancing financial transparency, and fully harnessing the immense potential of this specialized workforce. Lieutenant Governor Manoj Sinha gave patient hearing to the delegation and assured that their issue will be addressed appropriately.

Punjabi Actor Binnu Dhillon & renowned singers performed in Aryans "Roshaan" in association with MH One



Top News Report

JAMMU, Apr 5: Punjabi Actor Binnu Dhillon enthralled the audience of Aryans Group of Colleges in its 17th Cultural Extravaganza "Roshaan" at Aryans Campus in association with MH One. Thousands of Students, Alumni of Aryans Group attended this mega cultural function. Dr. Anshu Kataria, Chairman, Aryans Group, presided over this event. Deputy Superintendent of Police, Rajpura, S. Buta Singh was special guest.

In this cultural extravaganza, world renowned artists including Amar Noorie, Alaap Sikan-

der, Sarang Sikander, Satwinder Bitti, Ash Singh, Navjeet, Gursewak and Gurman Maan etc also performed. The event was hosted by Anchors Minto (Comedian) & Preetraman Kaur (Artist).

Actor Binnu Dhillon & Actress Bhawna Sharma also launched the trailer of "Jeonde Raho Bhoot Ji" which is a Punjabi horror and comedy film. It stars Binnu Dhillon, Smeep Kang, and B. N. Sharma, and was directed by Sumeep Kang. The film is scheduled to be released on April 12, 2024.

Amar Noorie performed on "Nachatra Le Aayi Ve",

"Mere Deor Da Viah"; Alaap Sikander sang "Khoya Khoya Chand", "Nazran Ton Gir Gayi Ki Kariye", Sarang Sikander enthralled audience with "Theek Hai Na Tu", "Yaar Gawaune", Satwinder Bitti mesmerized audience with "Akkhaan Meech Ke, Gabhru", "Lai Ja Mainu Pind Waley" while Gurman Maan performed on "Chaklo Dharlo" & Ash Singh sang "Roosi Asla", "Do Raaniya" etc.

It is to be mentioned that every year Aryans Group hosts two cultural events where Roshaan is the Cultural Extravaganza & Rajni is a celebration for fresher's welcome.

SMVDU Researcher qualifies Ph.D

Top News Report

JAMMU, Apr 5: Sneha, daughter of Shambo Nath Raina has been declared qualified for the award of Doctor of Philosophy (Ph.D.) in the School of Computer Science & Engineering by Shri Mata Vaishno Devi University, Katra, J&K.

She has worked on the topic, titled "Classification in Hyperspectral images using Hybridized Transfer learning approach and Nature Inspired Algorithm", under the supervision of Dr. Ajay Kaul, Associate Professor School of Computer Science & Engineering, SMVDU.

During her Ph.D. program, she has published research papers indexed in SCI/SCIE ranked journals. She has presented research papers in various International Conferences.

Sneha, expressed her gratitude to the



Technical Education Quality Improvement Programme (TEQIP-III) scheme for providing fellowship during her Ph.D. program. She acknowledged the School of Computer Science and Engineering for providing her with all the necessary facilities and support for conducting her research work.

Prof. Pragati Kumar, Vice-Chancellor, SMVDU, and other committee members congratulated the scholar and wished her a bright future ahead.

Fahar Baba greets people on Shab-e-Qadr

Top News Report

JAMMU, Apr 5: Youth Ambassador-IYS, President of International Human Rights Commission for Jammu and Kashmir, Fahar Baba has greeted the people of Jammu & Kashmir on the occasions of Shab e Qadr & Jumma ul Vida.

Fahar Baba in his greeting message said that the holy night is full of almighty Allah's mercy and forgiveness thus provides us an opportunity to seek Almighty Allah's blessings and forgiveness.

The holy Quran was revealed to prophet mohammad (SAW) on this night for the guidance of whole mankind we must follow the teachings of holy Quran and remember the downtrodden sections of the society.

Fahar Baba further, urged administration to ensure the availability of essential commodities electricity, water, Ration also constitute the teams on district and teshil level for market checking to control



the price hikes of essential commodities, he added.

Thazleemudeen A.P conferred Doctorate in Martial Arts and Health Education from Asian International University

Top News Report

JAMMU, Apr 5: Thazleemudeen is the son of Sainul Abid Hameedabi couple in kavarratti, Lakshadweep. Years ago, he worked in Merchant Navy and left that job to pursue his dream of Martial Arts and Believed his own abilities, he took that big decision and went ahead, Later with his hardwork and dedication he achieved the extraordinary feat of World record.

He was also the first person in Lakshadweep to received the World-wide book of records.

Today, he was respected with an Doctorate by



the Asian international university. Maximum

knuckle push-ups with 5 kg weight in 30 seconds.

Ex-CPMF Welfare Association to celebrate Annual Regime Day on Apr 23



Top News Report

JAMMU, Apr 5: Chairman, Central Paramilitary Force (CPMF) Welfare Association J&K, Ashok Kumar has urged the Central Government to redress long pending demands of ex-paramilitary forces personnel at the earliest.

Among the highlighted demands were improved welfare measures for all paramilitary forces. Flanked by General

Secretary D.K Chauhan, Ashok Kumar while addressing a press conference here today passed a resolution to celebrate Annual Regime Day on 23rd of April 2024.

They invited all state president, secretaries in the annual convention to be held at the Baba Makhan Shah Lubana Hall, Kotli Shah Doula, R.S. Pura on the aforementioned date.

On the occasion Ex-Central Paramilitary

Force Association honoured Dalip Kumar a social activist and Ex. BDC Chairman for his ground level working among the deprived and down trodden segment of the society.

Others present in the press conference included Harbans Lal Sharma Vice President, Noor Muhammad General Secretary Samba, Yash Pal, Sushma Kumari, Vaishno Devi and Lovely Pandita.

BJP Candidate Manoj Tiwari to overwhelm opponents: Chandel



Top News Report

JAMMU, Apr 5: Deepika Chandel, Senior Vice President of BJP Scheduled Caste Morcha, District, while addressing the journalists, asserted that film actor and BJP candidate Manoj Tiwari, a member of Modi family, is contesting from the North-East Delhi Lok Sabha constituency for the third time, endorsed by the Prime Minister Narendra Modi himself, indicating that this time, he will secure his victory by keeping all his opponents at bay.

His popularity is such that wherever he goes, people shower him with love and support. This Lok Sabha election is crucial for the nation's pride, and the Modi government will make history by winning over 400 seats, ensuring the country's bright future.

She stated that this election is about determining the fate of the nation and the victory this time will be of all Bharatiyas and the policies of Modi, which will decide the future of the country.

The youth of our nation hold the key to this election and will determine the future of India. We are hopeful that in this Lok Sabha election, a new India will emerge, and it will be decided that in the coming years, in 2048, this country will be known as a Hindu nation and undivided Bharat.

Speaking further, Deepika Chandel affirmed that our India was always an undivided Bharat, and in the coming times, it will once again rebuild the undivided Bharat. Our popular MP Manoj Tiwari is not dependent on any recognition; he is a member of the Modi family, and his popularity spans across the entire nation. He is a player of such a political arena that wherever he steps, he is capable of ensuring his victory.

In an organized meeting of activists, several senior BJP leaders were present, including Shri Vishnu Mittal, District President, Poonam Chauhan, Yogendra Rajora, Guruji Raju Chandel, Chandrapal Chandel, Manoj Tyagi, Motilal Gehra, Pushpendra, Ajay Mahavara, MLA, Corporation Councillor Sat Sharma, Corporation Councillor Anil God, Manish Mirza, Atif Mirza, and other dignitaries.

Apni Party holds block-level workers' meeting at Khan Sahib Constituency

Top News Report

SRINAGAR, Apr 5: Apni Party on Friday held a block-level workers' meeting at Khan Sahib constituency in Budgam district.

The meeting was attended by State Secretary, Chief Spokesperson & District President Budgam Muntazir Mohiuddin in presence of other leaders and a sizable number of workers of the party.

The meeting started with recitation of holy verses of holy Quran, followed by Naat-e-Muqqadas in honour of Prophet Muhammad (SAW).

The participants to the meeting engaged in



active discussions and unanimously resolved to work with more dedication and perseverance to secure for the

Syed Mohammad Altaf Bukhari led Apni Party best possible results in the upcoming parliamentary elections.

'Nerve-wracking': Kaveri Kapur on being directed by her father

Like father, like daughter is an apt adage to describe Kaveri Kapur. She is honest, willing to face the world and fears no judgement whatsoever. She talks confidently, smiles freely and loves all things art.

In a heartfelt conversation, she opens up about her journey in the world of music, her relationship with her parents, and the excitement to become an actor with her father as the director.

Discovering music

Growing up in a household pulsating with creativity, music naturally became Kaveri's primary form of expression. By the age of 12, she was certain that music and song-writing were her true calling. "With unwavering support from my singer mother and my father's keen musical ear and writing skills, I embarked on my journey," Kaveri reminisces.

Finding stories in music

For Kaveri, the genesis of her



lyrics often lies in unexpected places. "The discovery of my stories often occurs after writing them, and they frequently aren't my own," she reveals. Kaveri's song-writing process is a journey of self-discovery and empathy.

Thrill of acting

Kaveri is ready to step into the world of acting with Masoom...

The Next Generation. "I'm thrilled to work in my father's film

because of his profound understanding of human emotions," she says. Yet, the prospect of being directed by her father, a master of his craft, adds a layer of nervousness. "It's also a bit nerve-wracking, given his exceptional talent. I'm curious to see how our dynamic evolves on set."

Villain on wish-list

"I'm keen on playing a villain; it's a bucket list item for me. The

contrast between my innocent appearance and a malicious character would be interesting," she says.

Unconditional love

Kaveri's relationship with her parents is characterised by mutual understanding, acceptance and love. "My dad is my best friend; we share a non-judgmental and accepting bond. I enjoy teasing him," she says. Similarly, her relationship with her mother is one of companionship and care. "Though we had conflicts growing up, we now understand each other well. She's also my best friend."

Embracing stardom

The idea of stardom may be daunting for some, but for Kaveri it represents an opportunity to make a positive impact. "I love the idea of stardom, though I'm not entirely comfortable with the glamour aspect or conforming to a certain look," she admits.

Sunny Leone heads to Muscat for shooting of her upcoming untitled film



Actress Sunny Leone, who was last seen in the

Anurag Kashyap directorial Kennedy, is join-

ing forces with music composer Himesh Reshammiya and choreographer-director Prabhudeva for an upcoming untitled film. The actress is heading to Muscat to start shooting for the same. The project marks Sunny's second collaboration with Prabhudeva.

The two previously collaborated for a song in a movie titled Petta Rap.

However, the audience will get to witness Sunny and Himesh Reshammiya share the screen space for the first time.

Meanwhile, on the work front, Sunny Leone is currently hosting the 15th edition of the popular dating show Splitsvilla.

Karan Johar takes dig at Bollywood trends, says, 'Box office hai bhaiya, Instagram reel nahi'

Filmmaker Karan Johar shared a cryptic post, igniting speculations about the latest trends in Bollywood and the kinds of movies being made.

Though he didn't make anything clear, it seems he hinted towards box office success, and contemporary Bollywood trends being followed within the industry.

Taking to his Instagram stories, he wrote, "Bada scale chahiye toh wo banaao. Action chali. Action banaao! Love story chali toh love story banaao! Chick flick hit hui toh wahan jao! Mausam har hafte badalta hai... conviction har hafte marta hai! Box office hai bhaiya, Instagram reel nahi... 30 second ki trending mein reh jaooge wahin ke wahin!"

Meanwhile, Karan as a producer is basking in the success of the Sara Ali Khan-starrer film 'Ae Watan Mere Watan', a fictional tale set against the backdrop of 1942's Quit India Movement, the movie is inspired by real events and chronicles a pivotal chapter from India's quest for Independence.

Drawing inspiration from freedom fighter Usha Mehta's incredible jour-



ney, the film pays respect to both recognized and unseen warriors, capturing the bravery, patriotism, sacrifice, and determination displayed by India's young throughout the freedom movement.

Directed by Kannan Iyer, 'Ae Watan Mere Watan' is written by Iyer, along with Darab Farooqui.

Also, 'Yodha' is currently running in theatres and performing well at the box office. It stars Sidharth Malhotra in the lead role.

When Madhuri Dixit refused to do a scene with Ranjeet in 'Prem Pratigya'

Gopal Bedi, popularly known by his screen name Ranjeet, carved a niche for himself in the film industry and became one of the most popular villains of all time.

However, he has often been misunderstood by people due to his on-screen baddie image. One such incident that came to light was when Madhuri Dixit refused to do a scene with him in 'Prem Pratigya'.

In the film, Madhuri played poor man's daughter and Ranjeet was supposed to molest her.

Ranjeet recalled, "She (Madhuri) started crying and refused to do the scene. I was unaware of the situation... some art director had told me. There was a Bengali art director. Our director was Bapu, he was from South. I used to have fun on the sets, like when I would tell my co-stars, 'darling thoda udhar muh karo mai change kar leta hu'. I was not even used to going to the makeup room. Very normal



and all that. I was accepted like that; otherwise, they would say I'm fake."

He stated, "...I used to share a good bond with the fight masters and technicians. I was very cool with them, everybody. Not a status lover... Then, what hap-

pened, there was a handcart. Madhuri's father in the movie was poor and used to pull a handcart. The molestation scene was on the handcart. I was waiting for her but nobody told me what was happening. Ultimately, she agreed. Veeru

Devgan was the fight master. He said that we will keep rolling the camera: 'beech mein camera cut nahi hona chahiye'." Ranjeet shared that he never made his co-actors uncomfortable.

He said, "And all my heroines were very fond of me. And because I never used any force, I used to take my face behind their hair. I used to encourage them by encouraging them to pull my hair, scratch my face with their nails and all that. I used to give commentary to them. And not using my force and all that." "Molestation is a part of our job. The villain is not bad. With every heroine, it was compulsory," Ranjeet added.

Ranjeet has worked in over 500 films in his filmy journey. Some of his notable performances include appearances in films such as 'Sharmeelee', 'Bandhe Haath', and 'Namak Halal'. He continues to leave his mark, as evidenced by his roles in 'Behen Hogi Teri', 'Housefull 2', and 'Housefull 4'.

Shilpa Shetty shares goofy dancing video with her 'Sister Squad'

Actress Shilpa Shetty Kundra, who was recently seen in the action spectacle webseries 'Indian Police Force', has shared a goofy dance video with her "Sister Squad" on her social media.

In the video, Shilpa can be seen dancing with her sister Shamita Shetty, and actress Akanksha Malhotra.

Shilpa took to her Instagram and shared a video of them dancing to the song 'Nainon Men Sapna' from the film 'Himmatwala'.

In the video, they can be seen wearing color-coordinated outfits consisting of white T-shirts and denim jeans.

Shilpa wrote in the caption: "Ek



Himmatwala tohfa aapke liye. We had so much fun adding our own zing to @isha_r_surti's magic #SisterSquad #vacation-goals #qualitytime #sisters."

Earlier, Shilpa went on a vaca-

tion with her family to Ranthambore in Rajasthan. She said that the trip was a learning curve and thrilling not just for her children but for her too.

Shilpa took to X (formerly

called Twitter) and shared a video of her safari at Ranthambore National Park with her children, Viaan and Samisha.

The actress wrote in the caption: "Ranthambore.... What an incredible experience this was to see all these animals... What topped it was the rare sighting of a Tigress and her cubs in their natural habitat, was such a learning curve and so thrilling; not just for the kids but for us too. The sunrise, the sightings, and the company were all perfect! 10/10 (sic)."

Meanwhile, on the work front, the actress will next be seen in the Kannada action film 'KD - The Devil'.

Deepika Padukone's 'Deewani Mastani' featured on Oscars' official Instagram page



Deepika Padukone's hit song Deewani Mastani, from Sanjay Leela Bhansali's film Bajirao Mastani, has been featured on The Academy's official Instagram handle.

Deepika's dance video has been featured on Oscars' official Instagram page, along with the caption, "Deepika Padukone performing Deewani Mastani (sung by Shreya Ghoshal) from the movie Bajirao Mastani. Directed by Sanjay Leela Bhansali, starring Ranveer Singh, Deepika Padukone and Priyanka Chopra Jonas."

soon as the video was posted, fans and industry members flooded the comments' section. Deepika's Bajirao Mastani co-star and husband Ranveer Singh wrote, "Mesmeric!" Shreya Ghoshal wrote, "Thank you @theacademy." One of the users wrote, "Deepika as Mastani is iconic, so mesmerising u can't take your eyes off her." Helmed by Sanjay Leela Bhansali, the film was released in 2015 and declared a blockbuster. It marked Deepika and Ranveer's second collaboration with Sanjay Leela Bhansali after their romantic drama film Ram Leela.

Sara Ali Khan beats traffic with ice facial as she heads for 'Metro...In Dino' shoot



Sara Ali Khan shared a glimpse of herself

applying icing to her face, while she takes a

'long drive' for the shoot of her upcoming film

'Metro... In Dino'.

The young diva was recently seen in two projects 'Murder Mubarak' and 'Ae Watan Mere Watan', that have been released on OTT platforms.

Taking to Instagram stories, Sara, who enjoys 45.3 million followers, shared a boomerang video of herself sitting in a car, wearing a yellow top.

The actress captioned it: "#shootday".

The other story shows the 'Kedarnath' fame actress doing an ice

facial. She is seen rubbing an ice cube under her eye and across her face to reduce puffiness.

The video is captioned: "It's clearly a long drive... @anuragbasuofficial #traffic Kya karen? Ab yeh hi hai Metro InDino."

Sara gave the music of the popular track 'Bholi Si Surat' from the Shah Rukh Khan, Madhuri Dixit, Karisma Kapoor-starrer 1997 film 'Dil To Pagal Hai'.

'Metro...InDino' is directed by Anurag Basu. She also has 'Sky Force' in the pipeline.

Entire Rajasthan Is Saying 'Phir Ek Baar Modi Sarkar': PM Modi During Public Rally In Churu

Rajasthan Lok Sabha Election 2024: PM Modi in Churu said the world does not know that the soil of India is something different.

JAIPUR, Apr 5 (Agencies): Prime Minister Narendra Modi on Friday addressed a public rally in Churu and said the entire Rajasthan is saying 'Phir Ek Baar Modi Sarkar'. He said the world is surprised to understand how India is developing so fast.

"Today the whole world is surprised as to how India is developing so fast. The world does not know that the soil of India is something different. Whatever we decide, we are able to achieve it. In the last 10 years, you have seen the country changing. Do you remember how bad the condition of the country was 10 years ago? Due to the big scams and loot of Congress, the economy had collapsed and India's reputation in the world was declining," PM Modi said.

PM Modi said his government worked honestly when a big crisis like COVID came, the world started thinking that India would be ruined and it would also ruin the world. "But in this crisis, we Indians made our country the 5th largest economy in the world," he added.

During PM Modi's public rally in Churu, Rajasthan CM Bhanu Singh says, "When the



countries were worried about the world's economy during covid time, PM Modi has worked to increase the growth rate of the Indian economy and the institutes all over the world were praising India's economy and congratulating the PM... If countries like the UAE, Saudi, Fiji, Russia, Bhutan... have given the highest civilian order to any leader, it's PM Modi. Due to the efforts of PM Modi, the value of our passport has increased..."

Ahead of addressing a public gathering in Rajasthan's Churu, PM Modi, in a post on X said that Rajasthan is moving towards giving a huge victory to the BJP in the Lok Sabha. The PM will address the gathering later today.

"In the Lok Sabha elections,

Rajasthan is blowing the conch sound of BJP's huge victory. Today at around 12 noon in Churu, I will get a chance to meet my family members and take their blessings," the PM said in a post on X.

PM Modi, earlier on Tuesday had addressed the Vijay Shankhnad rally in Kotputli where he hit out at the Congress, saying, "This election is to fulfil the dream of 'Atmanirbhar Bharat'... Modi says to remove corruption... Congress and INDI alliance are not contesting this election for the country but for their own selfish motives... They say save the corrupt, Modi says remove corruption... This is the first election in which leaders of the Congress party are not talking about winning the elections

themselves but are threatening the country that if BJP wins, the country will be on fire..."

Rajasthan will go to the polls in two phases, on April 19 and April 26. Polling for 12 Lok Sabha seats will be held in the first phase on April 19, while the remaining 13 seats will be polled in the second phase on April 26.

In the first phase, voting will be held in 12 constituencies — Ganganagar, Bikaner, Churu, Jhunjhunu, Sikar, Jaipur Rural, Jaipur, Alwar, Bharatpur, Karauli-Dholpur, Dausa and Nagaur.

In the second phase, voting will be held in 13 constituencies — Tonk-Sawai Madhopur, Ajmer, Pali, Jodhpur, Barmer, Jalore, Udaipur, Banswara, Chittorgarh, Rajsamand, Bhilwara, Kota and Jhalawar-Baran.

The BJP won 24 out of 25 seats in the 2019 Lok Sabha polls, while the Rashtriya Loktantrik Party won one. While, in the 2014 Lok Sabha election, the BJP won in all 25 parliamentary constituencies.

The election for 543 Lok Sabha seats will be held in seven phases starting April 19. Nearly 97 crore voters are eligible to cast votes in the general election.

Congress manifesto, 'bundle of lies'; prepared to create confusion among voters: BJP



NEW DELHI, Apr 5 (Agencies): The BJP on Friday dubbed the Congress' manifesto a "bundle of lies" and alleged that the grand old party which ruled the country for several decades did not fulfil any of the promises

made in its earlier manifestos for the assembly and Lok Sabha elections.

BJP national spokesperson Sudhanshu Trivedi said that the Congress has come up with such a poll manifesto to create confu-

sion among the voters. "Congress's manifesto is a bundle of lies. It has been prepared to create confusion among the voters," he said at a press conference at the BJP headquarters here.

Trivedi said the Congress, which ruled the country for several decades, is talking about 'nyay' (justice) today, but its governments did not do justice when in power.

"The Congress did not fulfil any of its promises made in its earlier manifestos for the assembly and Lok Sabha elections," he alleged.

Hema Malini, BJP's Mathura Candidate, Declares Assets Worth 122 Crore

NEW DELHI, Apr 5 (Agencies): Actor and three-time BJP MP Hema Malini has total assets worth approximately 122 crore, according to her affidavit submitted to the Election Commission. Hema Malini will contest the Lok Sabha elections again from Uttar Pradesh's Mathura constituency.

In the affidavit, she mentioned acting as her profession, and rent and interest gains as sources of income. The sources of income of her husband and actor Dharmendra Deol, who is a former MP, are earnings from acting, pension, and interests.

Hema Malini won from Mathura in both the 2014 and the 2019 general elections. She is looking for a hat-trick this time.

She has liabilities of approximately 1.4 crore, while her husband's liabilities are at 6.4 crore. His assets are valued at 20 crore.

No criminal case is pending against Hema Malini, according to her affidavit. She holds an honorary PhD from Udaipur's Sir Padampat Singhania University, which she received in 2012.

Hema Malini has 13.5 lakh cash in



cash, and Dharmendra Deol has 43 lakh cash in hand. Hema Malini owns vehicles worth 61 lakh including Mercedes-Benz, Alcazar, and Maruti EECO. Dharmendra Deol owns a Range Rover, Mahindra Bolero, and a motorcycle.

A day before filing her papers, Hema Malini prayed at Vishram Ghat on the banks of the Yamuna river. She told supporters she will work very hard to ensure the Yamuna is cleaned of pollutants.

The last date for filing nominations in Mathura was April 4. This temple city will vote in the second of the seven-phase Lok Sabha elections. Counting is on June 4.

Election Commission notice to Delhi minister Atishi over statement on BJP's 'poaching' bid

NEW DELHI, Apr 5 (Agencies): The Election Commission Friday issued a show-cause notice to Delhi minister and AAP leader Atishi, asking her to back with facts her statement that the BJP approached her to join the party.

The BJP moved the commission earlier against her claim that the party reached out to her through someone close and asked her to join it.

The notice issued by the Election Commission read, "You are a minister in the Government of National Capital Territory of Delhi and leader of a national party. The electors tend to believe whatever is being said from public forum by their leaders and in that sense, the statements made by them affect the campaign discourse."

The poll panel said it expects that there must be a "factual

foundation" to the statements made by the AAP leader and since the veracity of the statements made has been contested, she must be able to back it with a factual basis.

The AAP leader has been asked to respond by Monday noon.

"Now, therefore, you are hereby called upon to furnish your para wise response to the matter," the notice added.



Delhi excise case: Court allows CBI to interrogate BRS leader K Kavitha in Tihar jail

NEW DELHI, Apr 5 (Agencies): A court here on Friday allowed the CBI to interrogate BRS leader K Kavitha, arrested in the Delhi excise policy case, in Tihar jail.

Kavitha was arrested by the Enforcement Directorate (ED) in a money laundering case linked to the alleged excise policy scam on March 15.

The order was passed on the plea filed by the Central Bureau of Investigation (CBI) seeking

the court's permission to interrogate Kavitha in judicial custody.

Kavitha had urged the court on Thursday for enlarging her on interim bail on account of her 16-year-old son's exams for which he needed his mother's "moral and emotional support".

Special Judge for ED and CBI cases Kaveri Baweja permitted the agency to interrogate Kavitha.

Kavitha, daughter of former Telangana

chief minister K Chandrashekar Rao, has been accused of being a key member of the "South Group", which allegedly paid the ruling AAP in Delhi kickbacks of Rs 100 crore in return for a big share of liquor licences in the national capital.

She was sent to 14-day judicial custody last Tuesday.

The ED had arrested Kavitha, 46, from her Banjara Hills residence in Hyderabad on March 15.

Shashi Tharoor declares assets worth Rs 55 crore

The Congress MP owns two cars, a Maruti Ciaz and a Maruti XL6, says affidavit

THIRUVANANTHAPURAM, Apr 5 (Agencies): Shashi Tharoor, who is eyeing a fourth consecutive win from the Thiruvananthapuram Lok Sabha seat, has declared assets of over Rs 55 crore in his nomination papers.

The sitting Congress MP from Thiruvananthapuram also declared a total income of over Rs 4.32 crore in the financial year 2022-2023.

Giving details of his assets and liabilities in the affidavit filed along with his nomination papers, Tharoor said he has movable assets of over Rs 49 crore that includes deposits of

varying amounts in 19 bank accounts and investments in various bonds, debentures, mutual funds, among others, he has said in his affidavit.

His movable assets also include 534 grams of gold worth Rs 32 lakh and Rs 36,000 as cash in hand, according to his affidavit.

His immovable assets are worth over Rs 6.75 crore which includes an inherited one-fourth share, now worth Rs 1.56 lakh, in a 2.51 acre agricultural land in Palakkad, a self acquired 10.47 acre land in Thiruvananthapuram that is presently worth over Rs 6.20 crore and his resi-



dence in the state capital that is valued now at around Rs 52 lakh.

The Congress MP owns two cars, a Maruti Ciaz and a Maruti XL6, the affidavit said.

Tharoor, who has a PhD in Law and Diplomacy from Fletcher School of Law and Diplomacy (Tufts University, USA) and a Doctor of Letters in International

Affairs (Honorary) from University of Puget Sound, USA, is named as an accused in nine cases across the country.

Most of the FIRs against him are for allegedly promoting enmity between different groups and one case in Kerala is for unlawful assembly and rioting.

He is also facing four court cases of which two are for defamation—one each in Kerala and Delhi—and one is in Kolkata for allegedly promoting enmity between different groups, the affidavit said.

In 2014, Tharoor had declared assets of over Rs 23 crore and in 2019, over Rs 35 crore.

ED attaches businessman's Rs 24.41 crore assets in money laundering case

MUMBAI, Apr 5 (Agencies): The Enforcement Directorate (ED) has attached movable assets of Dubai-based Vinod Khute, owner of VIPS Group and Pune-based Global Affiliate Business company, worth Rs 24.41 crore under the Prevention of Money Laundering Act (PMLA), 2002.

The attached assets are of various individuals, entities and firms that are linked to Vinod Khute. They are in the form of a balance of 58 bank accounts amounting to Rs 21.27 crore and deposits of Rs 3.14 crore for the layering of proceeds of crime.

The investigative agency initiated a probe based on an FIR registered against Vinod Khute, Santosh Khute, Mangesh Khute, Kiran Pitamber Anarase, Ajinkya Badadhe and unknown others for cheating common people and hatching a criminal conspiracy to lure common people in a ponzi scheme and forex trading on the pretext of high returns.

The accused collected more than Rs 100 crore in the bank accounts of several bogus/sham firms/companies, the ED said.

ED investigation revealed that Vinod Khute



is absconding and suspected to be living in Dubai. He is the mastermind of various illegal trade, crypto exchange, wallet services, and forex trading through a Dubai-based firm, Kana Capital Limited, according to the probe agency.

The investigation has also revealed that Vinod Khute established multiple companies, including Vipswallet Pvt Ltd, Vipstrade

Finance Private Limited, Kana Capitals Limited, Global Affiliate Business, VIPS Securities and VIPS Properties, among others, to carry out illicit financial activities.

"Further, funds were collected from investors and routed through shell companies and dummy accounts to conceal the illicit nature of the transactions. Thereafter, funds were transferred out of India to Dubai through hawala operators, in exchange for cryptocurrency such as USDT, to evade regulatory scrutiny and facilitate money laundering," the ED said.

"The proceeds of crime (more than Rs 100 crore quantified as per the investigation conducted so far) have been utilised by Vinod Khute for his personal use, running day-to-day affairs of his companies, acquiring properties in Dubai as well as in India," it stated.

Earlier, the ED had issued a provisional attachment order and attached overseas assets located in Dubai worth Rs 37.50 crore belonging to Vinod Khute. The total attachment in the case is presently at Rs 61.91 crore.

As RBI Buys Several Tons Of Gold, Governor Says "India Building Reserves"

MUMBAI, Apr 5 (Agencies): Reserve Bank Governor Shaktikanta Das today said India has been building up gold reserves as part of its forex deployment.

"We are building up gold reserves that is a part of our reserve deployment," Governor Das told reporters at the customary post-policy review press conference. He did not give any specifics on the quantum of gold buys, but pointed to the official data which shows an increase in the value of gold reserves.

As per official data, the value of gold in the forex reserves stood at USD 51.487 billion as on March 22, which is USD 6.287 billion higher than the value as at end-March 2023.

As per a recent news report, RBI bought 8.7 tonne of gold in January alone which is the highest in two years.

The central bank's gold holdings had touched 812.3 tonne at the end of January from 803.58 tonne in the preceding

month, as per the World Gold Council. The price of gold has also seen a rally over the last few months.

Earlier in the day, Governor Das announced that the overall forex reserves have touched an all-time high of USD 645.6 billion as of March 29, a breakup of which will be made available on Friday evening with the release of the weekly statistical supplement (WSS).

Speaking to reporters, Governor Das said RBI has consciously focused on building forex reserves over the last four-five years to act as a buffer against any future risks where there are dollar outflows from India.

He also said the central bank's approach on the forex front adds strength to the national balance sheet as well.

Governor Das also said that having a stable rupee is a priority for the Reserve Bank.

Israel announces 'temporary' opening of aid routes into Gaza

The White House quickly welcomed the moves -- saying they came "at the president's request" -- and said they "must now be fully and rapidly implemented".

JERUSALEM, Apr 5 (Agencies): Israel announced on Friday that it would allow "temporary" aid deliveries into famine-threatened northern Gaza, hours after the United States warned of a sharp shift in its policy over Israel's war against Hamas militants.

In a tense, 30-minute phone call on Thursday, US President Joe Biden told Prime Minister Benjamin Netanyahu that United States policy on Israel was dependent on the protection of civilians and aid workers in Gaza, the first hint of possible conditions to Washington's military support.

Just hours later, in the middle of the night in Jerusalem, Israel announced it would open more aid routes into the coastal Palestinian territory which Israel placed under siege at the start of the war nearly six months ago.

"Israel will allow the temporary delivery of humanitarian aid" through the Ashdod Port and the Erez land crossing, as well as increased deliveries from neighbouring Jordan at the Kerem Shalom crossing, Netanyahu's office said.

The White House quickly welcomed the moves -- saying they came "at the president's request" -- and said they "must now be fully and rapidly implemented".

Israel has come under mounting international pressure over the toll inflicted by its six-month war on Hamas, and drawn increasingly tough rebuke from its main backer Washington.

The bloodiest-ever Gaza war began with Hamas's October 7 attack on Israel that resulted in the deaths of 1,170 Israelis and foreigners, most of them civilians, according to an agency tally based on official Israeli figures.

Palestinian militants also took around 250 hostages, about 130 of whom remain in Gaza, including 34 whom the army says are dead.

Israel's retaliatory campaign has killed at least 33,037 people, according to the health ministry in Hamas-run



Gaza, while the United Nations has warned of "catastrophic" hunger.

'Unacceptable' Palestinians in northern Gaza have eaten an average of just 245 calories per day -- less than a can of beans -- since January, according to the charity Oxfam.

Charities have accused Israel of blocking aid, but Israel had defended its efforts and blamed shortages on groups' inability to distribute aid once it gets in to Gaza.

The dangerous work of trying to stem a famine was underscored this week by an Israeli strike that killed seven humanitarian workers distributing food in Gaza.

"The strikes on humanitarian workers and the overall humanitarian situation are unacceptable," Biden told Netanyahu, according to a White House summary of their call.

Biden also "made clear that US policy with respect to Gaza will be determined by our assessment of Israel's immediate action" to improve the humanitarian situation.

A longtime Israel supporter, Biden is facing growing criticism in an election year over his response to the Gaza war -- with allies pressing him to leverage the billions of dollars in military aid sent by Washington.

"If we don't see the changes that we need to see, there'll be changes in our own policy," US top diplomat Antony Blinken told reporters after the leaders' phone call, without elaborating on what would shift.

Blinken added that, as a

democracy, "Israel is not like Hamas," and democracies "place the highest value" on every human life.

"If we lose that reverence for human life, we risk becoming indistinguishable from those we confront," Blinken said.

"Concern" over Rafah plan Netanyahu has vowed to destroy Hamas, including in Gaza's southern city of Rafah, despite widespread international concern that such an operation would only worsen a humanitarian catastrophe in Gaza.

Pentagon chief Lloyd Austin said the deadly strike on the World Central Kitchen staff had "reinforced the expressed concern over a potential Israeli military operation in Rafah, specifically focusing on the need to ensure the evacuation of Palestinian civilians and the flow of humanitarian aid".

In a call with his Israeli counterpart, Austin also "discussed the threat posed by Iran and its proxy activities", according to the Israeli army.

Iran blamed Israel for an air strike on Monday on the Iranian consulate in Damascus that killed seven Iranian Revolutionary Guards, two of them generals.

Analysts saw the move as part of stepped-up Israeli actions against Iranian and pro-Iran commanders in Syria and Lebanon, which they said could spiral into wider war.

Iran's supreme leader Ayatollah Ali Khamenei vowed in a social media message post in Hebrew that "with God's help we will make the Zionists repent

of their crime of aggression against the Iranian consulate in Damascus".

The Israeli military said that after a "situational assessment, it was decided to increase manpower and draft reserve soldiers".

Netanyahu faces intense domestic pressure from the families of the Israeli hostages still held in Gaza, and a resurgent anti-government protest movement.

War cabinet member Benny Gantz, a centrist political rival of Netanyahu, has demanded a snap election in September, a call rejected by the premier's right-wing Likud party.

'No rules' Relentless Israeli bombardment has reduced much of Gaza to rubble, collapsed the hospital system and spawned a humanitarian crisis, with all of the 2.4 million Palestinians "experiencing acute food insecurity and malnutrition," a World Bank report said on Tuesday.

The Palestinian Red Crescent Society said on Thursday that 31 Gazan children have died as a result of hunger and dehydration.

Despite the dire need, relief work has become almost impossible in Gaza, major international aid groups, including Oxfam and Save the Children, said after Israel killed the World Central Kitchen staff.

Spanish NGO Open Arms, which along with World Central Kitchen was working to establish a maritime aid corridor, announced it was suspending operations after the strike.

"This pattern of attacks is either intentional or indicative of reckless incompetence," the head of the Doctors Without Borders (MSF) charity, Christopher Lockyear, said, calling it "a war fought with no rules".

Of the nearly 200 humanitarian workers killed in the conflict, he said five were MSF staff.

The UN Security Council is set to discuss humanitarian workers' safety and Gaza's looming famine on Friday.

After Anthrax-Laced Letters To Top Pak Judges, A Massive Probe: Report

ISLAMABAD, Apr 5 (Agencies): In response to the life-threatening letters laced with white powder received by 17 judges of the superior courts in Pakistan, the investigative agencies of the country are trying to expose the perpetrators, agency reported on Friday.

Investigators in the capital have traced these letters to the General Post Office in Rawalpindi, but due to the absence of CCTV cameras on the premises, the senders have yet to be identified.

After the letters were opened by the court staff, it was widely believed that the suspicious powder in the envelopes was 'anthrax', a harmful substance that causes an infection upon contact with skin.

However, forensic analysis has revealed that the letters sent to LHC judges did not contain anthrax, rather "carbohydrates having arsenic traces".

Agency reported that the initial investigations have revealed that the arsenic was not in its pure form.

"There were no traces of anthrax or any other toxic chemicals," sources told agency. They added the investigating agencies had also been instructed to trace the fingerprints on the envelopes to catch the attackers.

The Punjab Safe City Authority had also been instructed to trace the senders of the suspicious letters through its surveillance cameras installed across the provincial capital.

At Thursday's cabinet meeting, Pakistan Prime Minister Shehbaz Sharif vowed to unearth the plot apparently aimed at threatening judges of superior courts through letters carrying a suspi-

cious powder. "The government is investigating the matter with the sense of responsibility to uncover the reality," the prime minister said in his speech at the federal cabinet.

In the matter, Pakistan's home department also held a meeting in the provincial capital attended by top police and forensic officials. According to sources, the CTD constituted a task force headed by the DIG to trace the culprits and their motives behind sending these documents.

With regard to the protection of judges and their staff members, the home department and other line agencies have decided that the judges be provided scanning machines to scan before opening suspicious letters or envelopes. It was also decided that all Lahore High Court judges' staff members be offered training besides equipping them with gadgets to handle suspicious letters and articles in an informed manner, Dawn reported.

As the investigation in Islamabad inched forward, the CTD team led by DIG Shahzad Nadeem Bukhari traced the letters sent to the Supreme Court and the Islamabad High Court to the General Post Office in Rawalpindi.

Sources privy to the investigation told Dawn that following the delivery of these 'toxic' letters to the judges of the top court and the high courts, the investigation team had managed to establish that they were dispatched from the Rawalpindi GPO and the sender mailed all these letters through a post box.

Though the letterbox has been identified, the identity of the sender is still not known.

Sources said that the efforts were being made to trace the sender through CCTV footage and the authorities concerned had been asked to furnish the footage, agency reported.

Sources said that it was difficult to ascertain who brought these letters to the post office since there were no cameras installed inside the crowded premises. According to sources, the investigation team has asked adjacent offices and buildings to share footage from their respective CCTV cameras.

When contacted, Islamabad Police Spokesperson Taqi Jawad told Dawn that the Counter Terrorism Department (CTD) was investigating the case. According to him, DIG Operations Syed Shehzad Nadeem Bukhari was personally supervising the investigation. He expressed hope that the investigation team would trace the senders soon.

Following the incident, the IHC administration took several precautionary measures and the administration has decided to return all letters without a proper sender's address, Dawn reported.

The letters to the top court sent by an unknown group 'Tehreek-i-Namoos-i-Pakistan' accused the judiciary of "pretending to do justice" and claimed the struggle for petty politics and vested interests would not be tolerated anymore. The text threatened that the toxic substance in the envelopes was a warning for others to "repent" or face the consequences. The phrase "Welocme [sic] to Bacillus anthracis [sic]!!!" was also written along with a photo of a human skull and bones.

Will flood Germany with 20,000 elephants, threatens Botswana

Botswana's President has threatened to send 20,000 elephants to Germany in a public spat over wildlife conservation

GABORONE, Apr 5 (Agencies): Botswana's President has threatened to dispatch a herd of 20,000 elephants to Germany in a spat over wildlife conservation and man-animal conflict. Botswana is home to one of the largest populations of elephants in the world.

In an interview with German daily Bild, President Mokgweetsi Masisi challenged the German bid to restrict trophy hunting, saying that it would worsen the issue of elephant overpopulation in his country, which is already a "plague".

"Germans should live together with the animals, in the way you are trying to tell us to," argued the president of the African Republic.

Botswana issues annual licences to hunt down elephants, which are like vermin for the African nation. It banned elephant hunting in 2014 but lifted it in 2019 to allow a limited number

of the pachyderms to be killed at the request of local communities due to man-animal conflict and the damage they were causing to crops and houses.

Earlier this year, Germany's environment ministry raised concerns about the import of hunting trophies, prompting Botswana to react strongly.

Botswana is home to a significant portion of the world's wild elephant population and is grappling with the menace caused by its overpopulation.

"Herds of elephants are causing property damage, eating crops, and trampling residents," President Masisi painted a dire picture of the problem.

Therefore, the overpopulation of elephants has led Botswana to resort to hunting them down.

Hence, the ban on importing hunting trophies into Germany, one

of the biggest importers, is likely to make the 'plague' in Botswana worse.

"It is very easy to sit in Berlin and have an opinion about our affairs in Botswana, we are paying the price for preserving these animals for the world" remarked President Masisi on the potential restriction in Germany.

President Masisi did not mince words when he declared, "We would like to offer such a gift to Germany," referring to the prospect of sending thousands of elephants.

The Kalahari-famed nation in Southern Africa, banned trophy hunting in 2014, but lifted it in 2019 under pressure from local communities.

Botswana, stuck by the "elephant plague", has already offered 8,000 elephants to Angola and another 500 to Mozambique, while it is still home to nearly 1.3 lakh of African tuskers.

Janet Yellen calls for level playing field for US workers and firms during China visit

GUANGZHOU (CHINA), Apr 5 (Agencies): US Treasury Secretary Janet Yellen called Friday for a level playing field for American companies and workers as she began a five-day visit to China in one of the country's major industrial and export hubs.

Yellen told Wang Weizhong, the governor of Guangdong province, that it's important for the US and China to have open and direct communication on areas of disagreement.

"This includes the issue of China's industrial overcapacity, which the United States and other countries are concerned can cause global spillovers," she said.

Yellen, the first Cabinet-level official to visit China since President Joe Biden met Chinese leader Xi Jinping last November, has telegraphed that she will raise what the US considers to be unfair Chinese trade practices, a concern shared by many European countries.

Before talks with the governor, she met with American, European and Japanese business representatives to hear their concerns, ahead of what will likely be tough talks on trade and other issues with senior Chinese government officials.

On Friday, Yellen also plans to speak with American business leaders and take questions from them in the auditorium of a marbled convention center in the Baiyun District of Guangzhou.

"I've heard from many American business executives that operating in China can be chal-



lenging," Yellen says in prepared remarks to be delivered at an event hosted by the American Chamber of Commerce in China on Friday afternoon.

Citing a recent survey by the Chamber that found that a third of American firms in China say they have experienced unfair treatment compared to local competitors, Yellen says the US has seen China "pursue unfair economic practices, including imposing barriers to access for foreign firms and taking coercive actions against American companies." "I strongly believe that this doesn't only hurt these American firms: ending these unfair practices would benefit China by improving the business climate here. I intend to raise these issues in meetings this week," she says in her speech.

Guangzhou is the capital of Guangdong province, a Chinese manufacturing and export hub that is home to telecom giant Huawei and BYD, China's largest EV maker. Huawei has been hit hard by US restrictions

on semiconductor exports to China and is at the vanguard of Chinese efforts to become self-sufficient and a leader in technology. Yellen will head to Beijing next.

Eswar Prasad, a trade professor at Cornell University, expects Yellen to push Beijing to bolster domestic consumption and ensure fair competition in new technology sectors, especially green energy and electric vehicles, along with adequate market access for U.S. companies.

"Concerns about China attempting to export its overcapacity and simultaneously making a big push into these sectors will be top of mind for the US delegation," he said.

China has pushed back against the overcapacity concerns expressed by both the U.S. and Europe.

Foreign Ministry spokesperson Wang Wenbin said earlier this week that the growth in Chinese EV and solar exports is conducive to green development globally and the result of

the international division of labor and market demand.

He accused the U.S. of interfering with free trade by restricting technology exports to China.

"As for who is doing non-market manipulation, the fact is for everyone to see," he said. "The U.S. has not stopped taking measures to contain China's trade and technology. This is not de-risking," rather, it is creating risks." Scott Paul, president of the Alliance for American Manufacturing — an alliance of businesses and the US Steelworkers union — told agency ahead of Yellen's trip that "there is a limited amount of expectations we should have about the Chinese government and how it responds; one thing that Yellen hopefully can and should say is that the US is prepared to use all the tools that we have available through policy to ensure that China's industrial overcapacity doesn't negatively harm our economic and national security interests."

The Alliance released a report in February that says the introduction of inexpensive Chinese autos to the American market "could end up being an extinction-level event for the US auto sector." The US auto sector accounts for 3% of America's GDP, according to the report.

Yellen told reporters Wednesday during an Alaska refueling stop en route to Asia that the US "won't rule out" tariffs to respond to China's heavily subsidized manufacturing of green energy products.

Parvinder Singh calls on Lieutenant Governor

Top News Report

JAMMU, Apr 5- Parvinder Singh Editor-in-Chief of upcoming "Black & White Digital News Channel" called on Hon'ble Lieutenant Governor of J&K UT Sh Manoj Sinha at Raj Bhawan and apprised him of launching a digital news channel highlighting aims & objectives of this project. The Lieutenant Governor appreciated the initiatives of Parvinder Singh in choosing the field of journalism which is challenging one after having served in financial institutions for a long time. An invitation was also extended to Lieutenant Governor seeking his blessings for launching the channel which he accepted subject to clearance from Election Commission of India in view of enforcement of Model Code Of



Conduct.

However, during the course of meeting issues relating to involvement of youth in the menace of drug trafficking & loss of precious lives of youth due to its consumption have also been discussed. The Lieutenant Governor impressed that a big movement generating awareness amongst the youth with the involvement of civil society is the need of hour. Parvinder Singh assured that an all out effort involving community leaders, students, civil society & youth will be made to eradicate the menace of drug use for which we will coordinate and work in tandem with the J&K Police which otherwise is doing its best administratively to curb the sale & consumption of drugs.

Corruption Awareness Drive Lecture at Chas, Kishtwar



Top News Report

KISHTWAR, Apr 5: In a proactive step towards developing transparency and honesty, the Indian Army organized a comprehensive lecture on corruption awareness drive at Village Chas of Kishtwar district of Jammu and Kashmir. The event made an effort to highlight the value of moral

behavior in the community and increase public awareness of the negative impacts of corruption. The lecture aimed to encourage resident community to take an active role in the fight against corruption by addressing a variety of anti-corruption tactics. The event witnessed a participation of 42 youth and residents from Village Chas and nearby

areas, thereby reflecting a collective commitment to eliminate corruption at the local level. The Indian Army is committed towards encouraging moral principles and a sense of civic duty. These initiatives improve the community's general development and well-being in addition to strengthening its social fabric.

Abheek Barua, Chief Economist HDFC Bank commented on RBI Policy

Top News Report

JAMMU, Apr 5: Given the recent global resilience in economic activity, there has been a tendency to keep monetary policy tight to take on the last mile challenge on inflation by global central banks.

The RBI seems to be moving in lock step with that. Despite its emphasis that inflation is moderating, the RBI kept its policy rate and stance unchanged in today's policy announcement. The central bank remained optimistic on growth - pegging it at 7% for FY25 - and said this provides space for monetary policy to remain tight and focus on inflation. Consequently, the chances of a rate cut

have been pushed forward into the second half of FY25. The RBI also reiterated its preference for a stable rupee and therefore significant depreciation due to recent global volatility seems unlikely.

On the other hand, the RBI also signalled that it has enough appetite for building FX reserves and therefore expected rupee appreciation in the coming quarters (due to bond inflows among other things) could also face resistance. On the regulatory front, the announcement of a review of the LCR framework considering the volatility in deposits due to the 24*7 transfer facility is a welcome step. Details on the same are awaited.

NCC Group Commander reviews Training at NCC Training Academy Nagrota



Top News Report

NAGROTA, Apr 5: Brigadier PS Cheema, Group Commander of NCC Group Jammu, recently conducted a comprehensive review of the training activities at the NCC Training Academy in Nagrota. His visit was marked by interviews, guidance sessions, and motivational talks aimed at enhancing the performance and morale of the NCC personnel.

During his visit, Brigadier Cheema interacted closely with the Permanent Instructor Staff and Associate NCC Officers, providing invaluable guidance and motivation to optimize their training efforts. The cadets in their maiden training camp for the fresh training year are being screened for various competitions in the current year namely Inter Directorate Sports Shooting Competition (IDSSC) and Thal Sena Camp. The cadets are being trained in Map Reading, Firing, Obstacle Course, Tent Pitching and Health & Hygiene aspects.

The Group Commander highlighted the Training Philosophy issued by the DG NCC for the current training year and aligned all stakeholders to the intent. He also conveyed the Key Result Areas of Maj Gen Rajesh Sachdeva, ADG NCC Jammu Kashmir and Ladakh Directorate. The focal point of his visit was the interaction with the 500 Boys and Girls NCC Cadets currently participating in the Annual Training Camp. Brigadier Cheema shared profound insights on the qualities essential for success as a student and in life, emphasizing the significance of continuous improvement.

In his engaging address, Brigadier Cheema underscored the cultivation of leadership qualities by instilling commitment, curiosity, right attitude, aptitude, and disciplined action. Furthermore, Brigadier Cheema diligently inspected the training and administrative stores, ensuring their serviceability and fresh provisioning for the current financial year. He inspected the

recently upgraded firing range at the academy including the gymnasium hall and drainage system. He complimented Col Naresh Kaushik, Commanding Officer 5 J&K NCC Battalion and his team for his dedication and efforts in achieving all stated objectives of the camp.

Lt Col Rajesh briefed the group commander on the process of selection of firers for IDSSC and the way ahead till the run up period to ensure an inspiring performance. Brigadier Cheema took the opportunity to meet with the firers who are preparing for the Inter Directorate Sports Shooting Competition. His encouragement and support are expected to inspire the participants to excel in the upcoming event.

Brigadier Cheema's visit was a testament to his dedication to the development and enhancement of the NCC training program, fostering a culture of excellence and leadership among the cadets and personnel.

Laghu Udyog Bharati J&K holds Working Committee Meet; nominates Sector Incharges

Top News Report

JAMMU, Apr 5: Laghu Udyog Bharati Jammu and Kashmir convened a significant working committee meeting in Jammu here today, chaired by National Vice President & Prabhari J&K, Anju Bajaj, and National Vice President, Arvind Dhumal. The meeting, organized under the leadership of Laghu Udyog Bharati Jammu and Kashmir State President, Parveen Pargal, saw the participation of Laghu Udyog Bharati J&K Former State President Rajinder Gupta, State Senior Vice President Dinesh Gupta, State Vice President Adv. Ishant Gupta, State Vice President Mukul Mahajan, State General Secretary Aagam Jain, State Treasurer Pranav Gupta (CA), as well as



executive and working committee members. The primary agenda of the meeting was to bolster the organization's presence across Jammu and Kashmir.

During the meeting, various organizational appointments were nominated to oversee specific domains, including Pooja Gupta as State Convenor for Women

Wing, and Kashyap Mahajan as Convenor for Kathua whereas Sector Incharges were also nominated including Rajesh Gupta for Garam Shilpi, Aayush Mahajan for

Utpad Samuh, Rajesh Jain & Rajinder Gupta for Power, Adv. Ishant Gupta for Mass Communication, Dinesh Gupta for Banking, Parveen Pargal for Labour, Pooja Gupta for Women Work, Pranav Gupta (CA) & Adv. Ishant Gupta for Taxation, Parveen Pargal for MSME, Deepak Gupta & Pranav Gupta (CA) for R&D, Startup and Innovation, Rajinder Gupta & Parveen Pargal for Seminar Workshop & Events, Aman Sharma for Environment, Aagam Jain for Trade Fair & Exhibitions, Pranav Gupta (CA) for Coordination with other organisations, Adv. Ishant Gupta for Udyog Times, Anil Gupta & Ajay Singh for Pharmaceuticals, Virender Jain, Vikram Gupta & Tarsem Gupta for Plastic Udyog, Rakesh Gupta & Mukul Mahajan for Skill

Development, Aagam Jain for Food and Beverage, and Anil Suri for Agro Sector.

The meeting fostered an interactive session between dignitaries and working committee members, addressing various grievances related to industry and MSMEs. Discussions encompassed issues such as Purchase Preference, Land for New Industrial Estates, Survival of existing industries, incentives, GST-related issues, among others. Anju Bajaj emphasized the importance of thorough research and detailed presentations on the top three grievances for swift redressal through Laghu Udyog Bharati's platform. She also urged for the expansion and strengthening of organisations across J&K. Arvind Dhumal assured full

support to represent the grievances at the appropriate platform for the early redressal and advocated for regular monthly meetings to address industry-related challenges.

Parveen Pargal highlighted that Laghu Udyog Bharati is the largest national level organisation working for the welfare and upliftment of MSMEs and encouraged industrialists of Jammu and Kashmir to join hands for collective progress.

The meeting's proceedings were efficiently managed by Aagam Jain, with a vote of thanks extended by Adv. Ishant Gupta. Abhay Pargal RSS Saksham National Joint General Secretary and Former MLC Vikram Randhawan were the prominent who present and grace the occasion.

FROM PAGE 1

Woman arrested for stealing gold from her sister's house

kept in the locker of his room. A case under relevant sections of law was registered at Police Station Ganderbal, and further investigation was set into motion. A special police team was constituted to trace the lady. "After strenuous efforts and with the help of technical inputs, the police party apprehended the accused at Hari Singh High Street, Srinagar," police said. They said that during the preliminary investigation, the accused confessed to the crime and admitted that she had stolen the gold ornaments and sold them for money. "Further, upon her disclosure, cash of Rs 1,85,500 and a scooter were recovered," police said.

Scientists warn of lethal bird flu pandemic, say could be '100 times worse' than COVID

panel discussing the issue, the New York Post reported citing the Daily Mail. "And now we're getting dangerously

close to this virus potentially causing a pandemic."

He noted that the H5N1 virus has already been detected in species throughout the world and "has shown the ability to infect a range of mammalian hosts, including humans."

"So therefore, in my view, I think this is a virus that has the greatest pandemic threat [that is] playing out in plain sight and globally present," Kuchipudi said.

John Fulton, a pharmaceutical industry consultant for vaccines and the founder of Canada-based BioNiagara who organized the meeting, also expressed his concerns, the Mail reports, the New York Post reported.

"This appears to be 100 times worse than COVID - or it could be if it mutates and maintains its high case fatality rate," he said.

"Once it's mutated to infect humans, we can only hope that the [fatality rate] drops." Around 52 per cent of humans who have contracted H5N1 since 2003 have died, according to the World Health Organization.

For comparison, COVID currently kills less than 0.1% of those it infects - though at the start of the pandemic, the fatality rate was around 20 per cent.

Symptoms of the bird flu are similar to

those of other flus, including cough, body aches and fever, the New York Post reported.

Some people may not develop noticeable symptoms, but others can develop severe, life-threatening pneumonia.

The dairy worker in Texas who was infected had reported "eye redness (consistent with conjunctivitis)" as their only symptom, the Centers for Disease Control and Prevention noted.

"The patient was told to isolate and is being treated with an antiviral drug for [the] flu," the CDC said.

The agency and "the whole US government is taking this situation very seriously," CDC Director Mandy Cohen told the Washington Post.

She maintained that the virus does not pose much of a risk to the general public, noting that the dairy worker was in direct contact with infected cattle, and the US Department of Agriculture has said there are currently no changes that would make it more transmissible to humans.

"While cases among humans in direct contact with infected animals are possible, this indicates that the current risk to the public remains low," the department said in a statement over the weekend.

But the fact that the virus has been found in cattle could mean it is starting to mutate,

Cohen told the Washington Post.

"We had not seen avian flu in cattle prior to last week. That is new," she said. "It is a reservoir for [the] virus to circulate and potentially change."

If the virus does mutate enough to infect humans, it could spread rapidly, the European Food Safety Authority warned on Wednesday, according to Fox News.

"If avian A [H5N1] influenza viruses acquire the ability to spread efficiently among humans, large-scale transmission could occur due to the lack of immune defences against H5 viruses in humans," the Food Safety Authority said.

To prevent any potential spread, the US is already testing components used to create a vaccine for the virus, and two candidate vaccine viruses appear to be well-matched to protect against H5N1, the Washington Post reports.

White House press secretary Karine Jean-Pierre also said the Biden administration is monitoring the threat.

"We take the health and safety of the American people seriously," she said at her briefing on Wednesday. "It is very important to this president.

"Our top priority is to keep communities healthy, safe and informed."

ACB arrests Patwari for

demanding Rs 3000 bribe in Kathua

₹3000 in presence of independent witnesses. He was arrested on the spot after completing all legal formalities. After the arrest of the accused, searches were also conducted in the residential house of the accused situated at Ward No. 21, Ram Nagar Colony, Kathua. Further investigation in the case is going on.

CRPF jawan shoots self dead in north Kashmir

shifted to GMC Baramulla for autopsy. Meanwhile, police have taken cognizance of the matter.

FAI De-Affiliates, Terminates membership of J&K Amateur Fencing Assn

Association is de-affiliated and ceases to be a member of the FAI w.e.f. 31.12.2023."

RBI keeps short term lending rate unchanged at 6.5%

NEW DELHI, Apr 5 (Agencies): The Reserve Bank of India (RBI) has kept the short-term lending rate, or repo rate unchanged at 6.5 per cent, Governor Shaktikanta Das announced on Friday (April 5). In line with analysts' expectation, the RBI has maintained 'withdrawal of accommodation' stance.

The repo rate denotes the interest rate at which India's central bank lends to banks. The word Repo abbreviates 'repurchasing option' or 'repurchase agreement'. The decision is largely in line with analysts' expectations.

India's central bank has kept the rate unchanged after it, for the last time,



indulged in a rate hike cycle in February 2023. The announcement came on the last day of the 3-day meeting of the six-member Monetary Policy Committee (MPC). Besides Governor Das, who heads the panel, other MPC members include Ashima Goyal, Jayanth R Varma, Shashanka Bhide, Rajiv

Ranjan, and Michael Debabrata Patra. MPC convenes at least four times a year to evaluate the economic landscape, including inflation and growth metrics.

Governor Das also assured to keep liquidity comfortable. Since the last MPC meeting in February, the liquidity conditions have eased

primarily due to RBI's efforts.

"This decision also has implications for banks and financial institutions, particularly concerning lending rates like home loan interest rates, which are linked to the RBI's repo rate. A stable repo rate signals consistency in interest rates for borrowers, providing assurance to homebuyers regarding steady loan interest rates, beneficial for both new loans and existing ones with floating rates. Stable interest rates not only enhance affordability for potential homebuyers but also foster consumer confidence, thereby sustaining demand in the real estate market," says

Adhil Shetty, CEO, Bankbazaar.com.

The RBI has projected a retail inflation of 4.5 per cent in fiscal 2024-25. It has projected an inflation of 4.9 per cent in Q1, 3.8 per cent in Q2, 4.6 per cent in Q3 and 4.5 per cent in Q4 of FY25. With regards to GDP growth, RBI expects India's GDP to expand by 7 per cent during FY25, as against 7.3 per cent estimated by NSO. As per RBI, headwinds from geopolitical tensions, volatility in international financial markets and geo-economic fragmentation pose risks to the outlook.

The governor will address the post-policy press conference later today.

Crude oil futures gain on spot demand



NEW DELHI, Apr 5 (Agencies): Crude oil prices on Friday climbed Rs 91 to Rs 7,214 per barrel in futures trade as participants widened their positions following a firm spot demand.

On the Multi Commodity Exchange, crude oil for April delivery traded higher Rs 91 or 1.28 per cent at Rs 7,214 per barrel in 9,338 lots.

Analysts said raising of bets by participants kept crude oil prices

higher in futures trade.

Globally, West Texas Intermediate crude oil was down 0.15 per cent to USD 86.46 per barrel, and Brent crude traded 0.08 per cent higher at USD 90.72 per barrel in New York.

Kalyan Jewellers to enter US market



KALYAN
JEWELLERS

NEW DELHI, Apr 5 (Agencies): Kalyan Jewellers says it will enter the US market later this year. It said it was witnessing 'encouraging trends' in the advance collections for the upcoming Akshaya Tritiya, as well as purchases for the upcoming wedding season.

The leading gold and jewellery company announced its American

foray later in the current financial year in its quarterly filing to the stock markets on Friday morning. The plan is to launch at least 130 showrooms in India, and 6 across the Middle East and the USA.

The company said it had a consolidated growth of 31 per cent in the last financial year and a revenue growth of 38 per cent in the January-

March quarter for its India operations.

"The recently concluded quarter has been a very encouraging one, having witnessed continued robust momentum in both footfalls and revenue across all our markets in India and the Middle East despite a sharp rise in gold price during the second half of the quarter," said Ramesh Kalyanaraman, executive director, Kalyan Jewellers.

In the last financial year, Kalyan had launched 71 showrooms, taking its total number of showrooms presently to 253, across India and the Middle East.

As part of its strategy to reduce debt, Kalyan proposes to convert many existing company-owned showrooms to franchised ones over the next 6 months.

Volatile work schedules linked to poor health in mid-life

NEW DELHI, Apr 5 (Agencies): A recent study has revealed that young adults who work atypical hours may face adverse effects on their physical and mental health by the time they reach the age of 50. The research, conducted by Wen-Jui Han from New York University, analyzed data from over 7,000 individuals in the US over a span of 30 years, shedding light on the potential health implications of non-traditional work schedules.

Han emphasized that disrupted sleep patterns were notably prevalent among individuals with volatile work schedules, leading to an increased likelihood of reporting depressive symptoms at the age of 50. "Volatile work schedules are associated with poor sleep, physical fatigue, and emotional exhaustion, making individuals vulnerable to unhealthy



lives," said Han, underscoring the impact of irregular work hours on overall well-being.

Of particular concern were the findings indicating that individuals who worked stable hours in their 20s and then transitioned to more volatile routines in their 30s experienced the most

significant repercussions. Han expressed the gravity of the situation, stating, "Work that is supposed to bring resources to help us sustain a decent life has now become a vulnerability to a healthy life due to the increasing precarity in our work arrangements in this increasingly unequal society."

The study also delved into race and gender-related trends, revealing that socially vulnerable Black Americans were disproportionately affected by volatile work schedules, linking such employment patterns to poorer health outcomes. Han stressed that certain groups, including women,

Black individuals, and those with lower levels of education, bore a disproportionate burden of the health consequences associated with atypical work hours.

Furthermore, the study highlighted the long-term effects of work schedules, suggesting that the positive and negative impacts can accumulate over one's lifetime. This underscores the significant role of employment patterns in contributing to health inequities, as noted by the author.

The implications of this research extend beyond individual health, shedding light on the broader societal impact of non-traditional work schedules. As the study underscores the potential long-term consequences of atypical work hours, it calls for a reevaluation of employment practices and policies to safeguard the well-being of the workforce.

Elon Musk to tackle bots on X with legal action? 'Purging trolls and...'

NEW DELHI, Apr 5 (Agencies): Elon Musk hinted at potential legal consequences for offenders of the measures as X appointed new executives for overseeing safety and brand protection efforts.

Amid concerns over proliferation of bots, X's CEO Elon Musk announced a series of updates aimed to improve safety and authenticity on his social media platform which was formerly called Twitter. Elon Musk revealed his plans to combat bots and trolls effectively while urging users to report any unintended suspensions of legitimate accounts as he said that the platform aims to identify and penalise those respon-

sible for bots. He even hinted at potential legal consequences for offenders of the measures as the company appointed new executives for overseeing safety and brand protection efforts.

Elon Musk said in a post on X, "System purge of bots & trolls underway. Please reply to me or@XEng if legitimate accounts are suspended. X Corp will be tracing the people responsible and bringing the full force of the law to bear upon them."

The latest bot-fighting efforts will be a "significant, proactive initiative to eliminate accounts that violate [its] Rules against platform manipulation and spam," X's safety

team announced. The social media platform will be "casting a wide net to ensure X remains secure and free of bots", it said.

Additionally, X began reinstating blue checks to some accounts without having to paying the \$8 monthly fee. Users who had their ticks reinstated were told that they received complimentary Premium subscription because they are considered "an influential member of the community", it was reported.

The Tesla and SpaceX CEO said in a post earlier that accounts with more than 2,500 verified subscriber followers will get their checks back with Premium features for free.

Understanding the connection between diet, brain health and genetics

NEW DELHI, Apr 5 (Agencies): From the crispy crunch of fresh veggies to the creamy indulgence of decadent desserts, we all have different food preferences. Our palates develop uniquely, shaped by genetics, culture and personal experiences.

Food preferences play a significant role in shaping our dietary habits. Highly palatable foods rich in sugars, fats and salts often appeal to people's tastebuds and provide immediate satisfaction. However, these foods are typically high in calories and low in essential nutrients, leading to weight gain, and a higher risk of physical and mental health conditions.

Now we have discovered that the food you choose to eat isn't just linked to your physical and mental health, but also to your cognitive function, brain structure and genetics.

A widespread preference for fast food is likely contributing to an increase in obesity worldwide. According to the World Health Organisation (WHO), in 2022 one in eight people worldwide were obese. This rate has doubled since 1990.

Obesity isn't just linked with an increased risk of diseases including type 2 diabetes and cardiovascular disease, but also with a 30-70 per cent higher risk of mental health disorders.

Benefits of a healthy, balanced diet

Our new collaborative study from Fudan University in China and the University of Cambridge in the UK, published in Nature Mental Health, used a large sample of 181,990 participants from the UK Biobank to examine how food choices are associated with cognitive

function, mental health, metabolism, brain imaging and genetics.

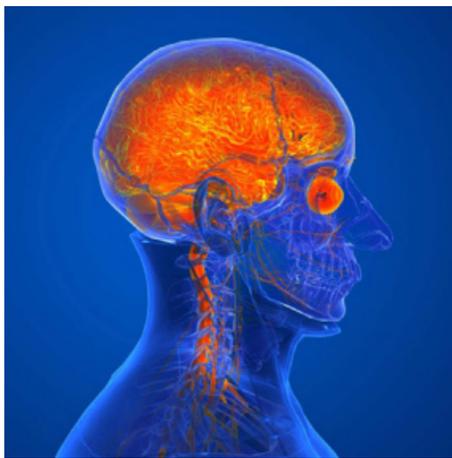
We examined the consumption of vegetables, fruit, fish, meat, cheese, cereal, red wine, spirits and bread. We found that 57 per cent of participants had food preferences for a healthy balanced diet. This included a balanced mix of all the foods we examined, with no excessive amounts in any category.

We further showed that those with a healthy balanced diet had better brain health, cognitive function and mental health than others. We compared the balanced diet to three other diet groups low-carb (18 per cent), vegetarian (6 per cent) and high protein/low fibre (19 per cent).

We found that people who ate a more balanced diet had better fluid intelligence (the ability to solve new problems), processing speed, memory and executive functions (a set of mental skills that include flexible thinking and self-control) than the other diets. This also corresponded to better brain health with higher grey matter volumes (the outermost layer of the brain) and better structured neurons (brain cells), which are key markers of brain health.

Perhaps surprisingly, the vegetarian diet did not fare as well as a balanced diet. One reason for this may be that many vegetarians don't get enough protein. Two healthy, balanced diets for the brain are the Mediterranean and Mind (Mediterranean intervention for neurodegenerative delay) diets.

These promote fish (especially those oily fish), dark leafy vegetables and fresh fruits, grains, nuts, seeds, as well as some



meat, such as chicken. But these diets also limit red meat, fats and sugars.

In fact, research has shown that the Mediterranean diet can alter our brains and cognition. One study showed that people showed improved cognition after only 10 weeks on this diet.

Another study showed that following the Mediterranean diet was associated with lower levels of a harmful peptide known as beta-amyloid in the brain. Beta-amyloid, together with tau protein, are measures of the brain damage that occurs in Alzheimer's disease.

Previous studies have also shown that Japanese diets, including rice, fish and shellfish, miso, pickles and fruits, protect against brain shrinkage.

We also discovered that there were some genes that may be contributing to the association between dietary patterns and brain health, cognitive function and mental health. This may mean that our genes partly determine what we like to eat, which in turn determines our brain function.

However, our food

choice priorities are also affected by a number of factors, including price, allergies, convenience and what our friends and family eat.

Some people opt for going on diets, which may lead to weight loss, but involve cutting out entire food groups that are important for the brain. While there's some evidence that ketogenic diets (low carb), for example, have beneficial effects on the immune system and mental health, it does seem that balanced diets, such as the Mediterranean diet, is best for overall brain health and cognition.

It is clear that adopting a healthy balanced diet and doing exercise can be good for our brains. But for many people, this is easier said than done, especially if their current food preferences are for very sweet or high fat foods.

However, food preferences aren't destiny. For example, if you reduce your sugar and fat intake slowly and maintain it at a very low level over a number of months, you will actually begin to prefer

that type of food. Establishing healthy food preferences and an active lifestyle early in childhood is vital. Other important techniques are to eat slowly, pay attention to what you eat and enjoy it, rather than finishing a sandwich on the go or while looking at your mobile screen.

It takes time for your brain to register that you are full. For example, it has been shown that consumers generally eat more when watching television, listening to music, or in the presence of others, because the distraction decreases our reliance on internal satiety signals. Social support from friends has also been shown to encourage adherence to healthy eating habits, as has cognitive behavioural therapy. Distraction is another excellent technique literally anything you like to do (that isn't eating) could help. One interesting survey study found that how you set your priorities affects your food choices. If you are keen to remain healthy and to have a physically fit appearance, you will choose healthy foods. We live in tough economic times. Socioeconomic status shouldn't limit dietary choices, though this seems to currently be the case. Clearly, governments have an important duty to prioritise affordable healthy eating options. This will help many of us choose a healthy diet for either health reasons, reduced food prices, or both. Now that we know that the food we eat can actually affect our brains and how well we perform cognitively, having a healthy balanced diet is more important than ever.

Total solar eclipse 2024: A complete and concise guide

BENGALURU, Apr 4 (Agencies): A total solar eclipse, a once-in-a-lifetime event for most people, is set to happen on April 9. This short guide to the eclipse will tell you when it will happen, where it will be visible, and how you can watch the eclipse even if you don't live anywhere near its path.

What time will the total solar eclipse happen?

The total solar eclipse is set to happen between 9:13 PM IST on Monday, April 8 and 2:22 AM IST on Tuesday, April 9, 2024. You can look at the map in the image above to see what time totality will happen in different parts of the United States.

Where will the eclipse be visible?

Only parts of the United

States, Mexico and Canada will witness a total solar eclipse. But the Moon will cover some parts of the Sun in a partial eclipse in parts of some Caribbean countries, Colombia, Venezuela, Spain, the United Kingdom, Ireland, Portugal, and Iceland. Unfortunately, there will be no eclipse visible to anyone in India or anywhere else in Asia.

Total solar eclipse 2024 map. The path of the eclipse, the thick red line at the centre shows the path of the total eclipse with the lines radiating outwards representing 80%, 60%, 40%, 20% eclipse paths. (Image credit: In the Sky)

How can I watch the eclipse if I am not in one of those countries?

Well, thankfully, you can watch a live stream of the eclipse. Below, you will find livestreams hosted by NASA and the McDonald Observatory in Texas. They will both feature views from multiple telescopes in the United States and elsewhere, along with live commentary.

How does a total solar eclipse happen?

A solar eclipse happens when the Moon passes in front of the Sun, covering some part of it. You probably don't need to be told that it becomes a total solar eclipse when the Moon covers the Sun completely. But the "path" that the solar eclipse takes across our planet is the path taken by the Moon's "umbra," or the darkest part of its shadow.

Shashank leads PBKS to second-highest successful chase against Gujarat Titans

AHMEDABAD, Apr 5 (Agencies): Gujarat Titans skipper Shubman Gill's unbeaten half-century was overshadowed by uncapped Shashank Singh's fiery knock as Punjab Kings registered a thrilling three-wicket win in an IPL match here.

Gill made 89 off 48 balls, the highest individual score this season, and in the process hit six fours and four sixes to guide GT to an imposing 199/4.

He was also helped by B Sai Sudharsan's 19-ball 33 and Rahul Tewatia's eight-ball unbeaten 23.

But there was a heartbreak in store for GT as Shashank played the knock of his life, remaining unbeaten on 61 off 29 balls during which he hit six boundaries and four sixes to guide PBKS home with a ball to spare.

"Yet to sink in. Visualised all these things, but when it turned



into reality... proud of the effort," said Shashank, who was named the Player of the Match.

He was ably supported by Ashutosh Sharma (31 off 17) as the duo shared 43 runs off just 22 balls to raise PBKS' hopes, which eventually came true.

Chasing a big total, PBKS suffered an early jolt in the form of captain Shikhar Dhawan,

who played an Umesh Yadav delivery onto the stumps while going for a shot through the cover region.

Jonny Bairstow (22 off 13) was then cleaned up by Afghanistan left-arm wrist spinner Noor Ahmad.

PBKS kept on losing wickets at regular intervals as the next to follow was Prabhsimran

Singh (35 off 24), caught by Mohit Sharma at short third-man, as the batter went for a heave against a tossed-up delivery from Ahmad only to get a top edge as PBKS slid to 64/3 by the end of the eighth over. Sikandar Raza was dropped twice in Umesh Yadav's 11th over, albeit both were difficult chances.

But it was Shashank who capitalised on the lives, clobbering Umesh for two fours and a six to pick up 17 runs in the 11th over. He kept on using his long handle, picking up a few boundaries and sixes to keep PBKS in the hunt and brought up his 50 off just 25 balls.

Brief Scores: GT: 199/4 in 20 overs (Gill 89, Sudharsan 33, Williamson 26; Rabada 2/44); Punjab Kings: 200/7 in 19.5 overs (Shashank 61*, Prabhsimran 35, Ashutosh 31; Ahmad 2/32).

Sindhu pulls out of Uber Cup, Thomas Cup team looks strong



NEW DELHI, Apr 5 (Agencies): Double Olympics medallist PV Sindhu and the two top women's doubles pairs have opted out of the Uber Cup but a strong men's team will take the court for its title defence in the Thomas Cup, commencing in Chengdu from April 27.

Sindhu, who has played six tournaments since returning to action at the Badminton Asia Team Championships in February, pulled out of the event to give herself more time to recover and be battle-ready for the Paris Olympics.

Top women's doubles pairs — Treasa Jolly-Gayatri Gopichand and Ashwini Ponnappa-Tanisha Crasto — also withdrew since it is not a full strength team with Sindhu missing. They chose to focus on the

other assignments as they strive to earn the Olympics qualification.

Following the withdrawal of Sindhu and the two pairs, Badminton Association of India (BAI) decided to reward the players who performed at the Senior National Championships by giving them the India cap.

"Sindhu opted out as she is coming back from an injury and she wants to give herself enough time to prepare for Paris Games where she will hope to win another medal for the country," BAI secretary Sanjay Mishra said. "The doubles pairs also decided to skip the event as they too have been playing a lot of tournaments and want to focus on their qualification, so we have rewarded the semifinalists of the

national championships by including them in the team."

The 17-year-old Anmol Kharab, who is India's latest badminton sensation, will be watched keenly at the big stage where she will have Ashmita Chaliha and Tanvi Sharma as her teammates in singles. The doubles pairs will be Shrutika Mishra and Priya Konjengbam, and Simran Singh and Ritika Thaker.

India are the defending champions in the Thomas Cup, having clinched the crown in 2022. The selectors decided to field a strong squad with a perfect mix of youth and experience.

A 10-member team for Thomas Cup will have five singles players with Kiran George joining HS Prannoy, Lakshya Sen, Kidambi Srikanth and Priyanshu Rajawat, while Sai Pratheek will be the back-up doubles player to the two first-choice combinations, namely world No. 1 pair Satwiksairaj Rankireddy and Chirag Shetty, and MR Arjun and Dhruv Kapila.

SRH vs CSK, IPL Preview and Prediction: Wounded Super Kings look to bounce back

HYDERABAD, Apr 5 (Agencies): Chennai take a trip to Hyderabad for their fourth IPL 2024 match of the season and the two wounded sides will look to bounce back in what promises to be a blockbuster on Friday evening. The clash at the Rajiv Gandhi International Stadium comes days after a record 523 runs were scored when SRH posted the highest-ever IPL total of 277 and MI came close with 246.

If Hyderabad offers another batting beauty, both the Super Kings and the SunRisers are equipped with the batting firepower to make use of it. However, both teams would want to make amends after their much-famed batting units failed in their previous encounter. While the Super Kings failed to chase 191 against Delhi in Vizag, SunRisers lost by 7 wickets after managing just 162 on the board in their away game vs Gujarat earlier in the week.

All eyes will be on the pitch at the Rajiv Gandhi International Stadium as SunRisers head coach Daniel Vettori said he expected 200 runs to be made despite it being a black soil surface for Friday's game. On the other hand, CSK batting coach Michael Hussey said the visit-

ing team will assess the conditions well and adapt accordingly, something he felt the Super Kings did not do in Vizag.

"It looks a good pitch and historically it has been a nice batting pitch here and we are going to come with a clear mind and assess the conditions and play accordingly. The team that adapts the quickest will come out on top," Hussey told the press on the eve of the match.

Chennai have to sort their combination out quickly as they will be without their left-arm pacer Mustafizur Rahman, who has flown home to sort out visa issues ahead of T20 World Cup. It gives an opportunity for Chennai to bring back Maheesh Theekshana or use someone like Mitchell Santner, who has not had an opportunity yet in IPL 2024. However, Chennai will also be wary of the SunRisers batting unit, which has spin destroyers of the likes of in-form Abhishek Sharma, Heinrich Klaassen and Aiden Markram.

On the other hand, SunRisers would want to treat the defeat in Gujarat as a rare blip as their batting has clicked with two scores of 200 and above, including the record-breaking 277. The 2016 champions look a settled unit which seems to



have cracked the team combination early in the season.

HEAD-TO-HEAD: SRH vs CSK

Chennai enjoy an incredible head-to-head record against Hyderabad, having beaten the 2019 champions 14 times out of 19 meetings. Chennai have won 5 of their last 7 meetings.

TEAM NEWS AND PREDICTED XIs

It remains to be seen if Chennai will bring back Shardul Thakur to add a bit more firepower to their pace-bowling line-up in the absence of Mustafizur Rahman. Shardul, who has returned to the Super Kings for the first time since 2021, will be keen on making a mark again with the yellow team after having had a good domestic season.

On the other hand, SunRisers would be looking to make better use of their bench, which has the likes of Umran Malik and Washington Sundar waiting for opportunities.

SRH: Mayank Agarwal, Travis Head, Abhishek Sharma, Aiden Markram, Heinrich Klaassen, Washington Sundar, Shabbaz Ahmed, Pat Cummins, Bhuvneshwar Kumar, Mayank Markande, Jaydev Unadkat.

Impact Sub: Abdul Samad.
CSK: Rachin Ravindra, Ruturaj Gaikwad, Ajinkya Rahane, Shivam Dube, Daryl Mitchell, Ravindra Jadeja, MS Dhoni, Deepak Chahar, Maheesh Theekshana, Tushar Deshpande, Matheesha Pathirana.
Impact Sub: Sameer Rizvi.

Jofra Archer a concern but Ben Stokes has taken right call to miss T20 World Cup, says Stuart Broad

LONDON, Apr 5 (Agencies): Former England pacer Stuart Broad has backed talismanic all-rounder Ben Stokes' decision to opt out of this year's T20 World Cup due to fitness reasons but expressed concerns about fast bowler Jofra Archer's never-ending injury woes.

Supporting Stokes' pullout from the upcoming T20 World Cup in the Caribbean and the USA, Board said the defending champions will miss his aura but have enough resources to replace him as a player.

"Whatever Ben decides to do for the well-being of himself is the right decision. Ben Stokes has made some incredible decisions in his career that have paid off for him," Broad, a member of the Star Sports Incredible Star Cast, told agency in an exclusive interaction at their studio here.

"He wants to get back to (being) the all-rounder that he was and he feels like getting some workload through the knee in a controlled environment, without the help of a scale to pressurise the nature of a T20 World Cup, is the best choice," he said.

While Archer has found it difficult to cope with the elbow injury to his bowling arm, getting an England contract for two years is a sign that the management believes the ace pacer would be back to his best soon.

Broad said he is hoping to see him back in the World Cup.

"Yeah, it's a concern. First of all, (he is) a friend of mine, a teammate of mine, an amazing talent for world cricket. He has got genuine pace, he moves the ball. He's a match winner," Broad said.

"We've not seen the best of Jofra Archer on the field now, for coming



on, nearly four years. He's played bits and bobs, but he's had awful injury problems which is very difficult for him to cope with.

"I think there's positivity from him and the England camp that there's a chance we might see him in the T20 World Cup, which would be a great lift for England fans and cricket fans around the world," he added.

Archer pulled out of this year's IPL from the Mumbai Indians' squad after he suffered another injury setback in November 2023, but he surprised everyone by turning up to play a match for his school team in Barbados, since they were on the verge of being relegated.

The England and Wales Cricket Board was not aware when Archer answered the SOS call and went on to play the game in December.

Broad said it is concerning that Archer's injury keeps coming back but hoped that there would be an end to it eventually.

"It's a concern that his injury keeps coming back, but he's got some really good people around him to help lift him up and drive him forward. Ultimately, he's signed a two-year contract with England cricket, so they must believe that he'll come back to his best as soon as possible," Broad said.

Talking about the T20 World Cup in June, Broad said the only aspect which England might miss about

Stokes is the leadership he provides.

Stokes said his pullout from the World Cup is a sacrifice that he is making to be able to remain an all-rounder.

"England, of course, will miss a player of that aura. But England have got the quality to cover that. They've got the batting line-up that's full of hitters and they've got some good pace bowling options and spin bowling options," he said.

"They'll miss the aura and the leadership skills of Ben Stokes, but they can cover him as a player," Broad added.

Having recently retired, Broad said he wants to explore all opportunities to remain associated with the game and remains open to taking up coaching gigs as well.

"I'm interested in everything. I think having only retired from the playing side in August, I wanted to see...I didn't want to sort of dive into anything really specifically straight away. I wanted to see loads of different career paths, to see what I really enjoy," he said.

"Ultimately, cricket is my greatest hobby. I love talking about the game. I love being a part of the game. Whether that's being a pundit, commentary, coaching, just being part of the sport is incredible.

"I love the game of cricket. I love watching it. I love playing it and I will always be a part of it," he added.

Under-strength not under-confident: Allen says New Zealand will come good against Pakistan

WELLINGTON, Apr 5 (Agencies): Eight of their senior players are missing from the line-up due to IPL duties but young New Zealand batter Finn Allen is confident that the new-look side would still be a handful for hosts Pakistan when the two sides clash in a five-match T20 International series starting April 18.

Trent Boult, Lockie Ferguson, Matt Henry, Daryl Mitchell, Glenn Phillips, Rachin Ravindra, Mitchell Santner and Kane Williamson are all missing from the line-up for the away engagement due to the ongoing league.

"It is an awesome opportunity with players being away at the IPL, for young guys such as Tim Robinson, who have shown their talent and had a good Super Smash tournament here in New Zealand during the summer," Allen told PTI Videos in an interaction facilitated by Sony Network which has acquired broadcast rights of New Zealand cricket's home engagements.

"...it is rewarding for those guys and allows them to get an opportunity at the top level to see where they stand against a formidable Pakistan side," he said.

All-rounder Michael Bracewell will be leading the side. He has not been seen in international cricket since March last year following a ruptured Achilles and a broken finger and returned to domestic engagements only recently.

"I guess with the upcoming series, we batted out with them at home not too long ago but it is on their turf now and we know from tours in the past, that they are pretty tough to beat at home,"

the 24-year-old said.

"Hopefully, Mark Chapman can pull through for the boys again like last time, but I think it will be a good challenge and a good series," he added.

Other first-choice players like Devon Conway, Will Young, Tim Southee, Colin Munro and Tom Latham are also missing for various reasons including injuries.

The big-hitting Allen, who has played 43 T20Is and has the highest score by a New Zealander in the format, all-rounder Jimmy Neesham and veteran spinner Ish Sodhi would be expected to be the guiding force for the side.

"...conditions will definitely be different, every game is a new game, and you have to start again, so I am looking forward to the challenges and different conditions, and seeing what we can come up with," he said of his own role.

Allen hoped that a solid performance against Pakistan would also help him in T20 World Cup selection.

"Every chance you get to play for New Zealand or represent your country is a try-out, and an opportunity to showcase your skills...hopefully, selection takes care of itself, just clear minded on going over to Pakistan and trying to contribute to winning a series," he said.

Allen, who is an occasional wicket-keeper, is also quite impressed with how Rishabh Pant has bounced back after surviving a life-threatening accident in 2022.

"I have been amazed at how Rishabh Pant has come back, coming from what he has had to a year later coming out and showing that he has still got it is pretty awesome to see," he said.

Never rule out 'phenomenal' Vettel, says Mercedes boss Wolff

SUZUKA, Apr 5 (Agencies): Mercedes boss Toto Wolff said Friday that "you can never discount" Sebastian Vettel, after the four-time world champion hinted he could return to Formula One to replace Lewis Hamilton. Vettel, who retired in 2022, said earlier this week that he had held talks with Wolff, who needs to replace seven-time world champion Hamilton at Mercedes next year. Hamilton said in February that he was leaving to join Ferrari at the end of the season after 11 years with the Silver Arrows.

Speaking ahead of Sunday's Japanese Grand Prix, Wolff said Vettel's track record was "phenomenal" but stressed that his team have not chosen Hamilton's successor yet. "It's not something that we plan to do in the next few weeks," he said.

"The driver market is very dynamic. Some of the really good guys are about to sign for some of the other teams." "We want to continue to have discussions and keep the options open, but at this stage it's much too early to commit to a driver," he added.

Vettel won his four world championships with Red Bull from 2010-13. He bowed out of Formula One at the end of the 2022 season after six years at Ferrari and two with Aston Martin. Hamilton gave his former rival his seal of approval on Thursday, saying he would "love for Seb to come back" and calling him "an amazing option" for Mercedes. Wolff also had words of praise for the 36-year-old German.

"Sebastian is someone that you can never discount," he said. His track record is phenomenal. "Sometimes taking a break is also good to re-evaluate what is important for you and find your motivation." Mercedes have been linked with several drivers to replace Hamilton, who will take Carlos Sainz's seat at Ferrari.

Triple world champion Max Verstappen is reportedly top of Wolff's wish list. Highly rated young Italian F2 driver Kimi Antonelli and Mick Schumacher, son of seven-time champion Michael Schumacher, have also been mentioned. Wolff said his team have a shortlist in mind but refused to say how many names were on it.

He also said he was looking forward to assessing the 17-year-old Antonelli. "He's been our young boy for a long time and we're keen to see what he is able to do in a Formula One car," he said.

J&K Bank's CSR Triumph: 5 lakhs Sanitary Napkins distributed across 20 District of J&K with LFO-BHF

Top News Report

JAMMU, Apr 5: J&K Bank, proudly announced the successful completion of Mission R-SAP (Remove Shyness Apply Pads), a groundbreaking initiative aimed at eliminating myths and taboos surrounding menstruation in the society. Spearheaded by J&K Bank, with LFO-BHF NGO as its implementing partner, this initiative marks a significant milestone in promoting menstrual health awareness in Jammu and Kashmir.

Throughout the course of this initiative, a total of 5,03,140 sanitary napkins were distributed free of cost across J&K covering all the 20 districts of U.T. Additionally, comprehensive more than 130 awareness sessions were conducted, reaching out to 54,138



individuals in schools, colleges, and community gatherings in J&K.

One of the unique aspects of Mission R-SAP was its inclusive approach, which ensured that both male and female populations were educated about menstrual health. Recognizing the importance of male engagement in destigmatizing men-

struation, special efforts were made to involve men and boys in the awareness sessions.

J&K Bank's proactive leadership in addressing societal challenges has been commendable. The bank's commitment to gender equality and women's empowerment is evident through initiatives like Mission R-SAP. By fostering open dia-

logue, providing access to menstrual hygiene products, and challenging age-old beliefs, J&K Bank has demonstrated its dedication to creating a more inclusive and supportive environment for menstruating individuals in the region.

"We are immensely proud to have spearheaded Mission R-SAP alongside our esteemed

partner, LFO-BHF NGO," stated J&K Bank. "By addressing the cultural taboos surrounding menstruation and ensuring access to menstrual hygiene products, we have taken a crucial step towards promoting gender equality and women's empowerment in our community."

Vivek Parihar, Director & CEO of LFO-BHF NGO, echoed these sentiments, emphasizing the importance of collaborative efforts in tackling societal challenges. "Mission R-SAP has been a testament to the power of partnership and collective action," he remarked. "Together, we have not only provided tangible support to women and girls but also sparked meaningful conversations that challenge age-old beliefs and promote menstrual health awareness."

Modi Govt working tirelessly for the welfare of downtrodden: Sat



Top News Report

JAMMU, Apr 5: During its ongoing Shakti Kendra Path Sabha programme today a Public Jansabha was organised at Ward 31 of Talab Tillo Mandal in which former Minister Sat Sharma CA, District President Jammu Parmod Kapahi, Mandal President Talab Tillo Keshav Chopra, Convenor Jammu West H.S Mankotia addressed the gathering. The Programme was organised by Shakti Kendra Parmukh and Ex Councillor Sardar Sucha Singh.

Speaking during the Jansabha, Sat Sharma said that the Modi government has all through these years worked to empower the people living at the bottom level of societal hierarchy and for which various welfare schemes were launched, Sat also praised PM Modi leadership stating that Modi gov focuses on only development.

While speaking during the Programme Parmod Kapahi stressed that proper ground work is key to success in the elections. Kapahi also high-

lighted the proactive measures implemented by the Modi gov for the welfare of common man.

While Speaking Keshav Chopra said that BJP under Modi has opened the door of opportunities for the people, Keshav also urged the locals to exercise their voting right in favor of BJP Candidate Jugal Kishore Sharma.

Deepak Kumar, Samard-eep Singh, Rajpal, Sat-want singh, Manohar Lal, Pawan Kumar, Bishen dass, Veena Devi, Suman Dogra, Vikas Kumar and others were also present.

Anjuman-e-Imamia observes International Al-Qudds Day



Top News Report

JAMMU, Apr 5: On the last Friday of Ramzaanul Muabarak, a peaceful protest to show the solidarity with the oppressed Palestinians organized by Anjuman-e-Imamia Jammu. Slogans were raised by the protestors against the atrocities by Israeli Forces.

This day was declared as an international protest

against illegal occupation of Israel over Palestinians land And Masjid Al Aqsa by Imam khomeini in 1978 and From that date it was observed by All the Muslims over the globe to show sympathy and solidarity with Palestinians. The motive is to raise the voice against the Oppressor.

Maulana Syed Ali Badshah Naqvi Imam Jumma while addressing the

media said that everyone who feels that he or she should stand against any oppression can join this protest.

He further added that all over the Globe today our Brothers are out in streets to show their solidarity with the Palestinians.

President Anjuman Syed Amanat Ali Shah in his address said that we are the followers of Karbala and to stand

against oppressor is our duty. He further added that everyone should stand against the illegal occupation of Jerusalem by Zionist Forces of Israel.

Syed Afaq Hussain Kazmi Vice President said this is a chance for people to unite around the World in order to combat the violent extremism of the Zionist ideology. The Zionist apartheid regime believes that it can get away with attacks that would be unacceptable in most other countries. They do not even stop during Ramadan.

This protest is to mark the presence that our Anjuman-e-Imamia has shown its solidarity with the Palestinian and it's our duty to obey the Rehbar E Moazzam Syed Ali Khomeini.

Sujat Khan Secretary thanked all the volunteers from different regions of Jammu and Kashmir, Mobilization Educational Welfare Society Ladakh (MEWSL), Anjuman-e-Haidery New Plots, Rajouri, Poonch, Kargil, Ladakh etc who joined the protest and the media houses for wide coverage.

J&K Ju-Jitsu Team won 26 Medals National Championship

Top News Report

JAMMU, Apr 5: In a remarkable display of skill and determination, the contingent from Jammu and Kashmir made their mark in National Ju-Jitsu Championship 2023-24 (Sub-Junior & Junior) at Lucknow Uttar Pradesh. The team secured a total of 26 Medals (11 Gold, 5 Silver, and 10 Bronze), showcasing their power on the national stage.

The medal winners from Jammu and Kashmir showcased exceptional talent and commitment throughout the tournament. Leading the charge with outstanding performances were Daksh Chib, Rajan Bhardwaj, Adharv Singh Pawar, Pankaj Kumar, Ashlyn Thappa, Yuvan Gupta, Jaideep Manhas, Aarush Singh, Veer Pratap, Raghav Dutta who all clinched the coveted Gold medals. Their dedication and skill were evident as they outperformed their opponents with finesse and precision.

Adding to the glory were Vihaan Gupta, Akhilesh Sharma, Serat Verma



, Veer Pratap & Shivam Tickoo who secured Silver medals, contributing significantly to the state's medal tally.

Additionally, the bronze medals were clinched by Akhileshwar Singh Jamwal, Yuvan Gupta, Daksh Chib, Ashlyn Thappa, Akhilesh Sharma, Shivam Tickoo, Raghav Dutta, Parkash Singh, Yuvraj Singh & Ina Dhar further solidifying Jammu and Kashmir's impressive performance at the championship. The team was accompa-

nied by Tarsem Sharma (CEO Ju-Jitsu J&K), Dr. Navneet Gupta (General Secretary - Ju-Jitsu J&K) Danish Sharma (National A Grade Referee), Harsh Vardhan Raina (National B Grade Referee), Rohini Chib (Team Coach) and Rajesh Singh (Team Coach).

The triumph at the Sub-Junior & Junior National Ju-Jitsu Championship 2023-24 not only highlights the exceptional talent present in the region but also serves as a testament to the relent-

less efforts put in by the athletes, coaches, and officials.

Amidst the jubilant celebrations, Tarsem Sharma (CEO - Ju-Jitsu J&K) extended his heartfelt congratulations to the entire team, coaches, and officials for their outstanding performance. He also emphasized the significance of their achievement in bringing laurels to Jammu and Kashmir and reiterated his belief in the potential of the athletes to excel at the national level.

Vote Jatindra to strengthen hands of Modi: Khatana to voters BJP to win 5 LS seats in J&K, will cross 400 mark; Cong, NC, PDP to face debacle

Top News Report

BANIHAL, Apr 5: Senior BJP leader, Gulam Ali Khatana has said that the people of Kathua-Udhampur-Doda-Ramban-Kishtwar Parliamentary Constituency should vote for BJP candidate Dr. Jatindra Singh on April 19, 2024 so that he may win with a thumping majority to strengthen the hands of PM Modi for more developments in the hilly Constituency.

Addressing a gathering during series of meetings in Banihal area on Friday, Khatana said that gone are the days when Muslims considered Congress, National Conference (NC) and Peoples Democratic Party (PDP) as their well-wishers as these political outfits have now been exposed beyond the limits for the miseries they brought to Muslims during

their rule. "Not only Muslims but people from other sections of the society are now bearing the fruits of developments and public-friendly policies of PM Modi led government and these people will now show their loyalty to the PM Modi by voting in favour of BJP in the upcoming Lok Sabha elections," the BJP leader said.

He said that the first time voters are now well aware about the schemes like start-up etc which are meant for uplifting the youth and they will vote for positive developments that have taken place in J&K during the last 10 years of PM Modi led government.

"Congress, NC and PDP inflicted deep wounds to soul of J&K in the guise of Article 370 and 35-A and these parties divided the public on regional and

religious lines," the fire-brand leader of BJP said adding, "All these Abdullahs, Muftis and Gandhis are responsible for the mess, killings, poverty, unemployment, terrorism to which J&K was pushed in."

The Rajya Sabha MP said that all these miseries of previous regimes were undone by PM Modi during his rule of last 10 years.

"After the abrogation of Article 370 and 35-A, NC and PDP were decimated while the Congress ran for all helps to save its sinking ship," he further said.

Khatana said that after losing Amethi, the tall Congress leader, Rahul Gandhi has now taken refuge in Waynard to remain alive in politics.

"The shameless Congress even not hesitated to seek help from countries like China to defeat

PM Modi but the international reputation of a strong leader helped PM Modi and India to emerge as a world power," he said.

The BJP leader also said that in upcoming Lok Sabha elections BJP will surely win all the five Parliamentary seats from J&K and the one from Ladakh with a thumping majority so that the Party may get over 400 seats from across the country to pave an easy way for PM Modi for the third consecutive term to helm the affairs of the country for more progress.

He said that people of India will never allow Congress to befool them again for power and the grand old party of the country will face a debacle in the upcoming Lok Sabha elections and same will be the fate of NC and PDP in J&K.

Sainik Samaj Party extends support to BJP for LS polls

Top News Report

JAMMU, Apr 5: Col SS Pathania, President Sainik Samaj Party JKUT, extended unconditional support to BJP in Parliament elections, after a constructive interaction with Ashok Kaul, Gen Secy and senior BJP leader Devender Rana at BJP Headquarters Jammu.

Pathania said that last ten years of PM Modi's rule has been the golden era of India. Development of road network and infrastructure, best growing economy in the world, Atmnrbar and viksit Bharat, record foreign reserves, export of weapons and defence equipment, projection of power on land air and sea, a great success in space program and moving in of MNCs bears the testimony of India's story of growth and development. INDI Alliance a group of



anti national, anti sanatana and their divisive policies based on appeasement, is a grave threat to the security and sovereignty of our country. Sainik Samaj Party,

JKUT requested all nationalist people to boycott dynastic rulers of Congress, NC and PDP and vote for BJP under the dynamic leadership of PM Modi, believing that Nation

always comes first. I specially urge ex servicemen fraternity to come forward and fulfill their national obligations by voting and supporting BJP in parliament elections of JK UT.