

TOP NEWS OF J&K

JAMMU, SUNDAY, APRIL 28, 2024

Daily Evening Newspaper



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Taapsee Pannu: My success is not a fluke, I worked really hard and pushed myself every single day



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Rahul Gandhi says, 'call it partnership or marriage, BJP and BJD are together'

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Days After Postponing India Trip, Elon Musk Heads To China



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BRIEFLY

Avalanche warning in four districts of Kashmir

SRINAGAR, Apr 28 (Agencies): Amid inclement weather, Jammu and Kashmir Disaster Management Authority (JKDMA) on Sunday issued an avalanche warning in the higher reaches of four districts of Kashmir valley during the next 24 hours, officials said. An avalanche with "medium danger" level is likely to occur above 3,000 metres above the sea level in north Kashmir districts of Baramulla, Bandipora and Kupwara besides central Kashmir's Ganderbal district in the next 24 hours. People living in these areas have been advised to take precautions and avoid venturing in the avalanche prone areas till further orders. The Kashmir Valley has been lashed by widespread rains during the past few days and some upper reaches also received light snowfall prompting authorities to issue a fresh avalanche warning as a precautionary measure for the people. The authorities have also asked the people living in these districts to dial 112 for help in case of any emergency.

Traffic stopped on Jammu-Srinagar Highway due to road repair work
JAMMU, Apr 28 (Agencies): Traffic movement on Jammu-Srinagar highway was suspended due to maintenance of road at Mehar in Ramban district, officials said on Sunday. A J&K Traffic Police official said, "Both side traffic stopped on Jammu-Srinagar NHW due to urgent repair at Mehar, Ramban. Commuters are advised to co-operate with Traffic Police."
Teen dies in road accident in Doda village
DODA, Apr 28 (Agencies): A 14-year-old boy died in an accident in Hambal area on Khelani - Marmat road in Doda district on Sunday, officials said. An official told the news agency—Kashmir News Observer (KNO) that the teenager, identified as Anuj Kumar, was riding a bicycle and lost his control due to which he fell into a

Village Defence Guard killed in gunfight with terrorists in Panara village, Search operation underway

JAMMU, Apr 28 (Agencies): A Village Defence Guard (VDG) member was killed in a gunfight with terrorists in a remote village in Jammu and Kashmir's Udhampur district early Sunday, officials said. A massive search operation is underway to flush out the terrorists, who are believed to have recently infiltrated from Pakistan, they said. The exchange of fire was reported from Panara village of Basantgarh when a patrolling party of police and VDGs confronted the suspected terrorists around 7:45 am, the officials said. According to them,



following an initial exchange of fire that lasted over half an hour, the terrorists fled deep into the forest area and were being chased by the security forces.

VDG member Mohd Sharief, a resident of Khaned, was critically injured in the firing and later succumbed to injuries, the officials stated. "After receipt of inputs

regarding movement of suspicious individuals late Saturday evening, J&K Police activated the security grid in Basantgarh police station limits. Today morning,

a party of police picket Sang carrying along with them VDG members proceeded towards Chochru Gala heights where a face-off ensued with a group of hiding terrorists," a police spokesperson said. The Special Operations Group of police along with Army and CRPF parties were rushed to the area to strengthen the cordon and neutralise the terrorists, the spokesperson added. According to official sources, there was information about movement of two separate groups of terrorists, who infiltrated recently, from

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Property worth lakhs seized under UAPA in Pulwama

SRINAGAR, Apr 28 (Agencies): In a significant move to counter-terrorism, the Jammu-Kashmir police on Sunday seized a property worth lakhs under the Unlawful Activities (Prevention) Act, 1967, Jammu and Kashmir police said. The property was used by terrorists for carrying out anti-national activities. The seizure was made in South Kashmir's Pulwama district. The property in question is a single-storey residential house located in Monghama Pulwama, which was used by terrorists for their shelter

and stay. The logistic support to the terrorists was provided by the house owner Mohammad Lateef Kar, who allegedly has links to terrorist activities. The property is now under official seizure, prohibiting any transfer, lease, disposal, or alteration without prior permission from the designated authority. This seizure is pursuant to FIR No. 315/2023 U/S 16, 18, 19 20, 38 and 39 UA(P) Act of police station pulwama. The Unlawful Activities (Prevention) Act (UAPA) enacted in 1967

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Rains drench plains, snow over higher reaches in J&K

SRINAGAR, Apr 28 (Agencies): Rains drenched plains while snowfall was recorded at several higher reaches in Jammu and Kashmir even as the weather department on Saturday predicted more in the next few days. A meteorological department official here said that in last 24 hours till 8:30 am this morning, Srinagar received 4.5mm of rainfall, Qazigund 10.2mm, Pahalgam 20.8mm, Kupwara 15.1mm, Kokernag 9.8mm, Gulmarg 8.6mm, Jammu 2.3mm, Banihal 2.3mm,

Batote 22.8mm, Katra 4.6mm and Bhadarwah 16.4mm. The department has predicted light to moderate rain/light snow (over higher reaches) at most places with thunder, lightning/hailstorm/gusty winds at few places with possibility of heavy rain over isolated places till April 29. From April 29-30, he said, weather is expected to be generally cloudy with light rain and thunder at scattered places. Generally dry weather is expected from May 1-5, he said.

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Elderly woman allegedly murdered by brother-in-law in Akhnoor

SRINAGAR, Apr 28 (Agencies): An elderly lady has been allegedly killed by her brother in law in Akhnoor area of Jammu district Saturday last night. An official told News Agency that an elderly woman namely Vaishnu Devi (65) wife of late Sh. Shiv Ram Sharma resident of village Bardal Khurd has been allegedly murdered by her Brother in law.

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Just 8% of women candidates in first two phases of Lok Sabha Polls

NEW DELHI, Apr 28 (Agencies): Women constituted only eight per cent of the total 1,618 candidates in the first two phases of the Lok Sabha polls, with political activists saying it reflects a deeper issue of gender bias and that the talk of empowering them rings hollow. Click Here To Follow Our WhatsApp Channel In the first phase of the Lok Sabha polls, there were 135 women candidates while in the second phase, there were 100 women candidates, bringing the combined total for the first two phases to 235 women candidates. Party-wise, the Con-



Of the 135 women candidates in phase 1, Tamil Nadu had the highest share at 76, but they account for just 8 per cent of the candidates in the state, while Kerala has the maximum women candidates at 24 in phase 2. Party-wise, the Con-

gress has fielded 44 women till now while 69 women have been fielded by the BJP in the first two phases. This significant gender imbalance has sparked criticism from political analysts and activists, who ask why parties are waiting for the Women's

Reservation Bill to be implemented instead of proactively issuing tickets to women. Dr Sushila Ramaswamy, Associate Professor at Delhi University's Jesus and Mary College, said political parties should take concrete steps to promote women's candidacy. "Political parties should have been more proactive and fielded more women candidates," she underscored, citing the effectiveness of seat reservations for women within party structures, as seen in the Britain's Labour Party. With women

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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

BRO rescues 35 vehicles stranded in snow at Razdan Top

BANDIPORA, Apr 28 (Agencies): A total of 35 vehicles stuck in the snow at Razdan Top on the Bandipora-Gurez road in Jammu and Kashmir were rescued by a team of Border Roads Organisation (BRO). The BRO officials said that the vehicles were stranded due to unfavourable weather conditions, including snowfall and snowstorms. Upon receiving the information, a BRO team along with the necessary equipment rushed to the spot for the rescue operation, the officials further said. "The team took immediate action to rescue the trapped people and their vehicles, ensuring their safety by transporting them to secure

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UTHALA

"A mother's love lives on forever in the memories she created and the hearts she touched"

With profound grief and sorrow, we inform the sad demise of our beloved **Smt. Yash Rani** W/o Late Sh. Madan Mohan Gupta R/o 204-F Mohalla Dalpatian, Shahid Chowk, Jammu who left for heavenly abode on 26th April 2024. The UTHALA shall be performed on Monday 29th April from 4 pm to 5 pm at Mahajan Sabha, Shalimar Road, Jammu.

GRIEF STRICKEN
Sons and Daughters-in-law
Sh. Rajinder Kumar (Retd. SE) and Smt. Neena Gupta
Sh. Ravinder Kumar and Late Smt. Ritu Mahajan
Sh. Sanjeev Gupta (Advocate) and Smt. Veenu Gupta (Lecturer)

Grand Son and Daughter-in-law
Sh. Raghav Mahajan and Smt. Shivangi Gupta
Dr. Ishan Gupta and Smt. Drishti Gupta

Grand Daughter and Son-in-law
Dr. Isha Mahajan and Dr. Ankit Gupta
Smt. Richima Mahajan and Sh. Sagar Kapoor

Grand Children: Santiv Gupta, Sarjal Gupta
Great Grand Son: Advait Gupta

SHANKAR DASS MADAN MOHAN, 7, RAJINDER BAZAR, JAMMU



Smt. Yash Rani

BHOG AND ANTIM ARDASS

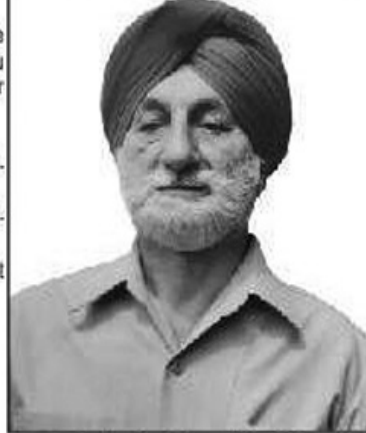
With profound grief and sorrow, we regret to inform you the sad demise of our beloved **S. Tarlochan Singh (Retd. Master)** S/o Late S. Sardu Singh (Gurdawar) R/o Khairan, Ward No. 6, Poonch (J&K) who left for heavenly abode on 20th April 2024.

PROGRAMME
Arambh Shri Akhand Path Sahib at 9:00 AM on 27/04/2024 at our residence.

Bhog Shri Akhand Path Sahib at 9:00 AM on 29/04/2024 at our residence.

Shabad Kirtan and Antim Ardaas will be performed on 29/04/2024 at 12:00 Noon at Gurudwara Shri Mahant Sahib Poonch.

GRIEF STRICKEN
S. Harpreet Singh (Son)
S. Hoshiyar Singh (Retd. Vety. Surgeon) (Brother)
S. Jagjit Singh (Retd. CEO) (Brother)
S. Ragbir Singh Nepal Wale (Brother in Law)
Sdr & S. Surinder Singh (Retd. Principal) (Brother in Law)
Sdr & S. Jasbir Singh (Retd. PHE Dept) (Brother in Law)
Sdr. & S. Kaka Singh (Brother in Law)
S. Taranjeet Singh (Contractor) (Nephew)
S. Satinder Singh Sudan (News Journalist PTC Simran) (Nephew)
S. Manveer Singh (JK Bank Law Officer) (Nephew)



S. Tarlochan Singh (Retd. Master)

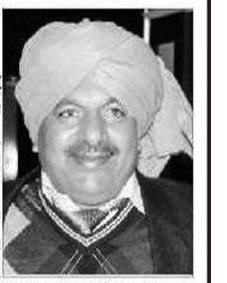
Mobile No.: 9469071960, 9419675487

BHOG & ANTIM ARDAS (10TH DAY)

With profound grief and sorrow, we inform that our beloved **Sh Satpal Choudhary** S/o Late Jankar Singh resident of H No. 156, Sector-3, Sanjay Nagar, near Rani Talab, Digiana, Jammu passed away on 21st April 2024.

10TH DAY (Shabad Kirtan & Antim Ardas) will be performed at Gurudwara Singh Sabha Sahib, Rani Talab, Digiana, Jammu on 29th April 2024 (Monday) from 10:00 AM to 12:00 PM.

Grief Stricken:
Smt Nirmla Devi (Wife)
Sons
Inspector Jashvinder Choudhary JKP
Ravinder Choudhary JKP
+919419902805, +917006839575, +919419815382



Sh Satpal Choudhary

10TH DAY KRIYA

With profound grief and sorrow, we regret to inform the sad & untimely demise of **Shri Tej Krishan Koul** S/o Late Shri S.L. Koul, originally from Pampore, Kashmir. He left for heavenly abode on 20th April 2024 from B-304, Paramount Emotions, Noida Extension, Sector 1, Uttar Pradesh-201306.

10th Day Kriya will be performed on 29th of April 2024 at Murad Nagar Ghat (also known as Chhota Haridwar)

GRIEF STRICKEN:
Arun Koul & Simran Koul - Son and Daughter-in-law
Sheetal & Vishu - Daughter & Son-in-Law
Ayaan & Naisha - Grand Son & Grand Daughter

Samast Koul's Pariwar of Pampore, Relatives & Friends
Mob: 9654478859, 9818777940



Shri Tej Krishan Koul

FIFTH DAY

With profound and sorrow, we inform the sad demise of our beloved **Smt. Krishna Gupta** W/o Sh. Dwarka Nath Gupta R/o Chinore who left the heavenly abode on 25th April 2024.

FIFTH DAY will be performed on 29th April at Lakshmi Narayan Mandir Daki Sarajan Jammu Time 11:00 AM to 12:00 PM.

GRIEF STRICKEN
GUPTA FAMILY
7006558122
9018783930



Smt. Krishna Gupta


10TH DAY/KRIYA/UTHALA

With profound grief and sorrow, we inform the sad demise of our beloved **Sh Ramesh Chander Gupta** S/o Late Sh. Durga Dass R/o Khour.

Tenth Day will be performed on 29-04-2024 (Monday).
Kriya from 10 AM onwards on 30-4-2024.
Uthala on 1-05-2024 from 3 PM to 4 PM at our residence.

Grief Stricken
Smt Usha Rani - Wife
Brother & Sister-in-law
Smt Shama & Late Sh. Suninder Gupta
Smt Suman & Ashok
Smt Saroj & Chander

Sister & Brother-in-law
Smt. Kirti Devi & Vinod Mahajan
Son & Daughter-in-law
Rohit & Deepika
Rahul & Anjali
Daughter & Son-in-law
Sandeep & Rachana



Sh Ramesh Chander Gupta

OBITUARY/10TH DAY KRIYA

With profound grief and Sorrow we inform the sad demise of our beloved **Father Sh. Brij Nath Bhat** S/o Late Sh. Janki Nath Bhat Originally resident of Bomai Sopore, Baramulla, Kashmir, Presently residing at Lane No 25, Block No 166 Flat No 19 who left for heavenly abode on 24th of April 2024.

The **10TH DAY AND ASSEMBLY** will be performed at Muthi Ghat at 08.30 AM on 03-05-2024 (Friday).

GRIEF STRICKEN
Smt Gud Devi - Wife
Smt & Sh. Sunil Kumar & Marju Bhat - Son & Daughter in Law
Smt & Sh. Vinod Kumar & Sunita Bhat - Son & Daughter in Law
Smt & Sh. Chaman Lal Bhat & Dazy Bhat - Brother & Bhabhi
Bharti & Mehak Bhat - Niece
Smt & Sh. Poshkar Nath Bhat & Shakuntla Bhat - Brother in Law & Sister
Smt & Sh. Shahan Lal bhat & Pinky Bhat - Brother in Law & Sister
Smt & Sh. Vijay Koul & Banti Koul - Brother in Law & Sister
Vasu, Vanshi, Janu & Pari - Grand Children's

MOBILE NO: 7006610220, 9055263049, 7889694399



SH. BRIJ NATH BHAT


10TH DAY KRIYA

With profound grief & sorrow, it is informed that our beloved **Sh Ramesh Chander Bhat** S/o Late Shri Prithvi Nath Bhat resident of Murrn, presently residing at Lane No. 2/2, House No. 55, Roopnagar Enclave Jammu left for heavenly abode on 22 April 2024.

The **10th Day Kriya** shall be performed on 30th April 2024 at Muthi Ghat at 9:00 AM.

Grief Stricken :
Shri S N Bhat
Shri K L Bhat
Shri M K Bhat
Smt Susheela Bhat
Shri Romi Bhat

Phone Nos : 9796252630 & 6005295621



Sh Ramesh Chander Bhat

TENTH DAY/KIRYA

With profound grief & sorrow, we inform the sad demise of our beloved **Sh Girdhari Lal Gupta** S/o Late Sh. Mangat Ram Gupta (Ram Nagar Wale) left for heavenly abode on 18th of April 2024.

Tenth Day will be held on 27th of April 2024 Saturday at Junj Ghar near Han Mandir, Rehani at 11:00 am.

Kirya will be performed in our residence H.No.2110 Vikas Nagar Sarwal, Jammu on 30th of April 2024.

GRIEF STRICKEN
Smt Chanchla Devi - Wife
Mr Akshay Gupta - Son
Brother & Bhabhi
Smt Kiran Gupta & Sh Rajinder Prasad Gupta (Principal Private Secretary (Retd))

Daughters & Sons-in-law
Smt Radhika Gupta & Sh. Sanjeev Gupta
Smt Preet Gupta & Sh. Ravi Narngotra
Smt Payal Gupta & Sh. Sanjeev Saroch



Sh Girdhari Lal Gupta


M: 7006751987, 9419212362, 7889385316

OBITUARY /10TH DAY KRIYA

With profound grief and sorrow, we inform the sad and untimely demise of our beloved **Sh. Soom Nath Pandita (Dangi)** S/o Late Sh. Gobind Ram R/o Mattan Anantnag A/P Sisters' Cottege H.No.92/3 Ward 59, Tara Vihar, Paloura Jammu who left for heavenly abode on 25th of April 2024.

10th Day will be performed on 04 May 2024 at Muthi Ghat near Directorate of School Education, Jammu at 09:00 AM

GRIEF STRICKEN
Daughter & Son in law
Lt. Smt Anjan Bala & Sh. Bharat Bushan (Bablu ji) # 9419149707
Smt. Vijay Bharti & Sh. Rakesh Pardesi # 9469200006
Smt. Jeevan Jyoti & Sh. Sanjay Bhat # 7889655613



Sh. Soom Nath Pandita (Dangi)

UTHALA/RASAM PAGRI

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Sh. Om Parkash** S/o Late Shri Sai Das R/o H. No.16-A Patoli Mangotriana Jammu, who left for heavenly abode on 20-4-2024.

Uthala/Rasam Pagri will be performed on 1-4-2024 (Wednesday) at 2:00 PM Club House South City Apartment VIP road Zirakpur, Punjab.

GRIEF-STRICKEN
Smt. Shama
Mahinder and Bimla
Om Prakash and Neelam
Satish and Sushma
Raman and Rakesh
Rethi and Mousami
Archita, Urvav and Samvit



Sh. Om Parkash

Mob No: 8427699933, 7837298800

TENTH DAY/KRIYA

With profound grief and sorrow, we regret to inform the sad departure of our beloved **Smt. Rama Gupta** W/o Lt. Sh. Vinod Kishore Pachyala R/o W.No. 18, H.No. 522, Behind Mobile Magistrate Quarter, Housing Colony, Udhampur who left for heavenly abode on 20th April, 2024.

Tenth Day shall be performed at Shiv Temple Hall, Housing Colony, Udhampur on 29 April 2024, Monday at 11:00 AM.

Kriya will be performed on 1st May 2024 (Wednesday) at Devika Ghat, Udhampur.

Rasam Pagri will be performed on 1st May 2024 (Wednesday) at 5:00 PM at our residence.

GRIEF STRICKEN:
Jethani and Jeth:
Smt. Kusum Lata & Sh. Jugal Kishore Pachyala
Daughter-in-law and Son:
Himani Sani and Shivram Pachyala
Son: Danish Pachyala

Nand and Nandi:
Smt. Susma Gupta & Sh. Joginder Gupta
Smt. Suman Gupta & Sh. Kuldip Gupta
Chacha & Sh. Kundan Lal Baigro

Brothers & Sisters-in-law:
Sh. Sudesh Gupta & Smt. Neera Gupta
Sh. Ashok Gupta & Smt. Shivi Gupta
Sh. Sanjay Gupta & Smt. Anu Gupta

MS SR. Teachers
Contact Numbers: 7780940434, 9596609381



Smt. Rama Gupta

Sisters and Brothers-in-law:
Smt. Shashi Gupta & Sh. GK Gupta
Smt. Kamlesh Gupta & Sh. Ravinder Gupta
Smt. Kusum Gupta & Sh. Ashok Gupta
Smt. Susma Gupta & Sh. Vijay Gupta
Smt. Urmil Gupta & Sh. Pawan Gupta
Smt. Anju Gupta & Sh. Sanjeev Gupta
Smt. Asha Gupta & Sh. Kamal Gupta

BHOG & ANTIM ARDAAS

WITH PROFOUND GRIEF AND SORROW, WE INFORM THE SAD AND UNTIMELY DEMISE OF OUR BELOVED **S. SANTOKH SINGH JI (RETD. XEN)** S/O LT. S. LABH SINGH JI R/O NANER TRAL, KASHMIR/B-58 INDRANAGAR, SRINAGAR, A/P H-NO 10, LANE 7 DOWNSIDE, GREATER KAILASH, JAMMU WHO LEFT FOR HEAVENLY ABODE ON 22ND APRIL 2024. FOR THE PEACE OF THE DEPARTED NOBLE SOUL SHRI AKHAND PATH SAHIB SHALL BE HELD AT OUR RESIDENCE AT JAMMU AS PER THE SCHEDULE:

29/04/24 - ARAMBH SHRI AKHAND PATH SAHIB AT 9 AM
01/05/24 - BHOG SHRI AKHAND PATH SAHIB AT 9 AM

ANTIM ARDAAS WILL BE PERFORMED AT GURUDWARA GREATER KAILASH, JAMMU FROM 10:30 AM TO 1 PM FOLLOWED BY GURU KA LANGAR.

GRIEF STRICKEN:
JAGDISH KOUR (WIFE)
SON & DAUGHTER-IN-LAW
AMANDEEP SINGH & DR MANPREET KOUR
DAUGHTERS & SONS-IN-LAW
POONAM KOUR & DR. JATINDERPAL SINGH
DR GURPREET KOUR & RAJ KUNWAR SINGH DUA

BROTHERS & SISTERS-IN-LAW
HARKIRAT SINGH & JEET KOUR
TRLOK SINGH & LOVJEET KOUR
SISTERS & BROTHERS-IN-LAW
SHANTA KOUR & SOBA SINGH
KAUSHLYA KOUR & ATTAR SINGH
MANJIT KOUR & BALBIR SINGH



S. SANTOKH SINGH JI (RETD. XEN)

OBITUARY/TENTH DAY

With profound grief & sorrow, we inform the sad demise of our beloved **Smt. Jagat Mohini Razdan** W/o Late Sh. Jagar Nath Razdan originally from Chowgam (Qazigund) Distt. Kulgam A/p Block-68, Lane No. 12, Jagti, Nagrota who left for the heavenly abode on 22nd April, 2024.

10th Day Kriya will be performed at Muthi Ghat on 1st May 2024 at 8:00 AM and **Assembly** will be held thereafter.

GRIEF STRICKEN
Sons & Daughters-in-law
Sh. Ravi Raina & Smt. Sunita Raina
Sh. Seath Ji Raina (Jiggar Chowgami) & Smt. Pummy Raina
Daughters & Sons-in-law
Smt. Kiran Raina & Sh. S.L. Raina
Smt. Rita Koul & Sh. T.N. Koul
Smt. Fancy Koul
Smt. Jucy Pandita & Sh. Ajay Pandita



Smt. Jagat Mohini Razdan

BHOG & TENTH DAY

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Smt. Sudesh Kumari (Retd. Agri. Dept.)** W/o Sh. Sarfa Ram (Retd. Z.E.O) R/o R.S.Pura who left for heavenly abode on Saturday, 20-April - 2024. **Bhog & Tenth Day** will be held on Monday, 29th April, 2024 at Gurudwara Shri Guru Ravidsas, R.S. Pura.

Satsang - 12:00 p.m. to 1:00 p.m.
Langar 1:00 p.m. to 4:00 p.m.

GRIEF STRICKEN:
Mr. Kunal Bhardwaj (Son)
Daughter and Son-in-law
Mrs. Shama Bhasin & Mr. Harbans Lal (Dy. Cmndt ITBP)
Daughter & Son-in-law
Mrs. Pavi Lungeh & Mr. Rakesh Lungeh
Smt. Rani Baloria (RDD) & Sh. K.C. Baloria (Sister and Brother-in-law)
Smt. Savita Devi & Late Sh. Ram Ditta (Sister-in-law & Brother-in-law)
Smt. Swam Lata (Ex. M.A.) & Sh. Chaman Lal (Retd. IAS) (Chachi ji & Chacha ji)
Smt. Pinki & Dr. Mohan Lal (Cardiologist) (Chachi ji and Chacha ji)
Grand Children: Bhawika, Ayushman, Pratyaksh
Contact:- 9469192071



Smt. Sudesh Kumari (Retd. Agri. dept.)

10TH DAY KRIYA

With profound grief and sorrow, we regret to inform the sad and untimely demise of **Smt. Kisheni K Sopori** originally resident of Harwan, Srinagar, Kashmir presently at H.No. 35-D, Lane No. 4, Upper Shiv Nagar, Jammu on Wednesday 24th April, 2024.

10TH DAY KRIYA will be held on 3rd May (8.30 a.m) at Muthi ghat.

GRIEF STRICKEN:
Sh. Maharaj Krishen Mattoo (Husband)
(Son & Daughter-in-law)
Amit Mattoo & Archana Mattoo (Malla)
Lalita Mattoo (Sister-in-law)
Phoola Mattoo (Sister-in-law)
Smt & Sh. Makhan Lal Mattoo (Brother and Sister-in-law)
Smt & Sh. Pyare Lal Mattoo (Brother and Sister-in-law)
Grand Daughter:
Nysha Mattoo

Contact No.: 09596743313, 8447747448



Smt. Kisheni K Sopori


UTHALA

With profound grief and sorrow we regret to inform the sad demise of **Sh. Narayan Dass Jandyal** S/o Lt. Sh. Safari Ram R/o H No 17 MLA Gali Barrian Udhampur who left for heavenly abode on 21st April 2024.

Tenth Day/ Uthala will be performed on Monday 29 April 2024 from 10.00 AM to 4.00 PM at our residence- Flat No 203 Block 2 Northern Height Apartments Lower Thather Bantalab Jammu.

GRIEF STRICKEN
Smt. Bishnoo Jandyal (Wife)
Daughters & Sons-in-Law
Smt. Anupama & Sh. Pankaj Sabharwal
Smt. Archana & Sh. Kumar Krishan Parimoo
Smt. Poonam & Sh. Suumit Malotra

Samast Jandyal Parivar
Mob 6394488625 7298272508 9818997324



Sh. Narayan Dass Jandyal

UTHALA

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Sh. Jagdish Chander Bhatt Ji (Retd. KAS & Radio/ Stage Artist)** H/o Late Smt. Shakuntala Devi R/o House No.-253-F, Sanki Colony, Jammu on 28th April, 2024.

Uthala shall be performed at Panch Mandir, Sec-2, Channi Himmal, Jammu (near Geerbjali Saloon and Police Station) on 29th April, 2024 (Monday) from 4:00 PM to 5:00 PM.


GRIEF STRICKEN:
Daughter-in-law & Son:
Dr. Rashmi Abrol (Mamba) & Prof. Pawanesh Abrol (Dep. CS & MT, University of Jammu)

Sons-in-law & Daughters:
Adv. Sanjay Sachdeva & Smt. Darshan Jyoti
Sh. Ashok Kumar & Smt. Vashno Jyoti
Smt. Lata & Sh. O. C. Abrol - Sister-in-law & Brother
Prof. P. C. Abrol H/o Late Smt. Vijay Abrol - Sister-in-law & Brother
Sh. Sham Lal Son. H/o Late Smt. Bimla Soni - Brother-in-law & Sister
Smt. Kanta & Sh. Des Raj Mohindra - Brother-in-law & Sister
Smt. Veena Kapoor W/o Late Sh. M. M. Kapoor - Brother-in-law & Sister

Grand Children: Shivani Sachdeva, Diksha Sachdeva, Sudhanshu Pandhi, Prema, Lavanya Abrol, Shubhima Abrol.

And all the Family Members.

Mobile No. 9419122511, 9419228017



Sh. Jagdish Chander Bhatt 1928-2024

TENTH DAY/RASAM PAGRI/UTHALA

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Smt. Samitri Devi** W/o Late Sh. Parmatma Singh R/o F-6, Rani Park, Jammu on 19-04-2024 at Jammu.

Tenth Day will be performed on 28-04-2024 at 11 AM at Rani Park.

Rasam Pagri/ Uthala will be held on 01-05-2024 at SS Jain Sabha Rani Park Jammu from 4 PM to 5 PM.

GRIEF STRICKEN
Son & Daughter-in-law
Sh. Dewakar Singh & Smt. Savita Devi
Grand Sons & Grand Daughters-in-law
Mr. Shishu Pal Singh & Mrs. Seema Charak
Mr. Manik Singh & Mrs. Novy Sambhal
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Shiv Sena and AAP support protest against instructions to vacate decades old lands



Top News Report

JAMMU, Apr 28: Jammu and Kashmir units of Shiv Sena (UBT) and Aam Aadmi Party have been protesting in Mira Saheb for the last 62 days, demanding protection of their lands and compensation for the lands occupied by the under-construction Ring Road. Participated and supported their demands.

Shiv Sena state chief Manish Sahni, senior AAP leader Safir Chaudhary and spokesperson Nirmal Mahana said in their address that injustice is being done to the residents of Bal Sultan village of Block Meera Saheb. The administration has been forcibly vacating the lands occupied by them for decades and rendering them homeless. Along with this, they are

not being given compensation as their lands have been taken under the Ring Road under construction. Sahni said that These lands have been in the possession of the local residents of the village for decades since the time of the Rajas and Maharajas. These people have built small houses on these pieces of land and are supporting their families by doing

farming. How can the government make them homeless in one stroke? Sahni said that the Prime Minister promises to provide houses to everyone, but the administration of Jammu and Kashmir is busy taking decades-old lands of common and poor people into government possession. On the other hand, Aam Aadmi Party's Safir Choudhary has termed the order

declaring decades-old land occupation illegal as a dictatorial step. Nirmal Mahana said that the government is issuing such orders almost every month which have a direct impact on the lives of the common man.

He said that the government should issue orders to protect the life and interests of the poor man and small farmer. He said that action should be taken against the big land mafias by leaving aside the common and poor people. On this occasion, local residents Mohammad Arif, Kuldeep Kumar, Comrade Kishore, Om Prakash, General Secretary Vikas Bakshi from Shiv Sena, President Kamgar Raj Singh, Dr Rajinder Thapa from Aam Aadmi Party, Aftab Hussain, Sarfaraz Shah, Om Prakash Khajuria etc. were present.

BJP exploited public sentiments: Javed Rana



Top News Report

MENDHAR, Apr 28: The BJP led government at the Centre has miserably failed to live up to the expectations of people of Jammu and Kashmir. There is a strong resentment among people against the government as the BJP leadership has failed to fulfil its promises that were made at the time of both parliamentary and the assembly elections.

This was stated by senior NC leader and President Jammu and Kashmir National Conference (JKNC) Pirpanjal Zone, Javed Ahmed Rana while addressing party workers meeting at Dharana in Mendhar. Javed Ahmed Rana said that there is anger among people. The BJP has played with the sentiments of people who voted them to power. People are not happy

with their policies, he said. "Growing public disenchantment is a reflection of dismal performance of the central dispensation on all fronts. BJP exploited public sentiment, not only by whipping up passions on religion and region but also by making hollow promises about development," he said.

Referring to the unprecedented price rise and record unemployment, especially in Jammu and Kashmir, the senior NC leader said the Modi Government has failed to bring prices under control. "The common man is suffering due to unprecedented price rise of all essential commodities and unreasonable taxes," he said.

Javed Rana asserted that the impetus generated during the successive National Conference governments in the erstwhile state is totally

missing. He said that the Party believes in an inclusive and prosperous J&K that does not discriminate on the basis of religion, caste, class, language, region or creed. He further said the principles envisaged by Sher-e-Kashmir helped us unite as a people.

"The party can only advance its cause determinately if it works as a whole unitedly. The road ahead of us is rough. We have to keep up with our fight for the restoration of our infringed rights and on another front we have to ensure the well-being of our people. Ours is the party that defines the soul of Jammu and Kashmir," he said.

The former Legislator urged the people of Rajouri Poonch districts to support and vote in favour of NC candidate in the forthcoming Lok Sabha elections.

Will Support Like-Minded Parties in Kashmir: BJP J&K Chief



Top News Report

SRINAGAR, Apr 28: Bharatiya Janata Party (BJP) J&K President Ravinder Raina on Sunday said that his party will extend support to like-minded parties in the Kashmir Valley as he cautioned people to stay away from the Congress. Raina claimed that BJP will win big on both Jammu and Udhampur Lok Sabha seats. "BJP has a good connection with the other like-minded parties in Kashmir Valley," the BJP J&K President told the

media here. He said, "We are looking forward to extending our support to like-minded groups and good candidates after discussing the formalities with the party workers." Asked whom BJP considers friends in Kashmir, Raina said: "There are so many parties who are very compassionate with the people. We will talk to our workers and the outcome will be announced," he said. Asked about the BJP seeking deferment of elections for the Anantnag-Rajouri seat, Raina

said that this has to be decided by the Election Commission of India (ECI) whether to postpone the elections or not. He said there is a lone Mughal road that is connecting Anantnag in Kashmir with the Rajouri and Poonch districts of Jammu and due to inclement weather and snowfall it remains closed. The snowfall is still going on there due to which Peer Ki Gali and Mughal roads are still closed.

He said the ECI has asked the Jammu and Kashmir government to submit a report in this regard as he looked forward to the ECI decision. Asked about PM Modi's recent speech about the "Mangal Sutra" remark, the BJP J&K President said, "Congress is a party which has been messed up with scams. Congress has always done worse. One should remain away from the Congress". (Agencies)

27th Annual Bhandra organized at Bhagwati Nagar

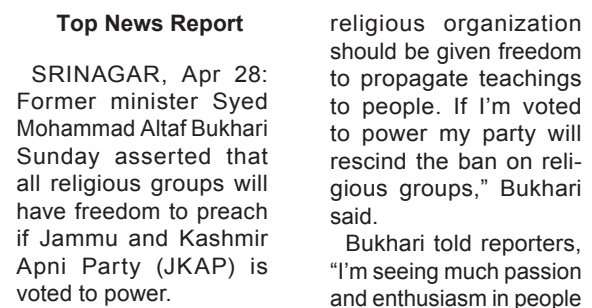


Top News Report

JAMMU, Apr 28: 27th Annual Vishal Bhandra was organized by Mahant Lucky Baba at the premises of Vaishno Mandir Bhagwati Nagar, here today. Parmod Kapahi (BJP District President), Ayodhya Gupta (BJP State Secretary), Sahil Sharma (BJP State Co-Incharge, Swachh Bharat Abhiyan), Rajinder tickoo and others were present on the occasion.

After performing Hawan, the Bhandara was opened for the devotees. A large number of devotees after paying obeisance to Mata Vaishno Devi attended the Bhandara. Speaking on the occasion, Parmod Kapahi and other leaders appreciated the efforts of Mahant Lucky Baba for organizing this mega religious event and urged the people to follow the footsteps of great saints for the welfare of humanity. A large number of devotees from all walks of life participated in the Bhandara and sought blessings of the Almighty. Mahant Lucky Baba prayed for peace and prosperity of J&K UT as well as nation. He informed that every year the Bhandara is being organized and a large number of people attend the grand function. On the occasion, the temple was beautifully decorated with flowers and lights.

Every religious group will have freedom to preach if Apni Party voted to power: Altaf Bukhari



Top News Report

SRINAGAR, Apr 28: Former minister Syed Mohammad Altaf Bukhari Sunday asserted that all religious groups will have freedom to preach if Jammu and Kashmir Apni Party (JKAP) is voted to power.

religious organization should be given freedom to propagate teachings to people. If I'm voted to power my party will rescind the ban on religious groups," Bukhari said. Bukhari told reporters, "I'm seeing much passion and enthusiasm in people

mean people will be deprived from exercising their democratic right. "In prevailing weather conditions it is difficult to reach out to the people of Anantnag-Rajouri Parliamentary constituency. Our vehicles are stranded at many places on Mughal road. We are hopeful that

Cong Distt President Vinod Kumar thanks voters for bumper vote



Top News Report

SAMBA, Apr 28: The second phase of voting is over. The fate of the candidates is decided in the EVMs and will be revealed after the counting of votes. Congress Party's District President SC Department Vinod Kumar said in a press conference that I thank all those voters who voted in favor of Congress. Even those who voted for other candidates. Difference of opinion is the foundation of democracy. The best thing is that you participated in these elections with full enthusiasm and this is a witness to the fact that the roots of democracy are gradually becoming stronger. Vinod Kumar said that the voters performed their role very well. I salute his passion. Now the ball is in Congress's court. It is in the favor of all those who have promised to do something for you. I am also

included in them. It is not that the responsibility of doing something for you is only on the candidate who will be declared the winner after the counting of votes. It also belongs to all those who have made many promises to you during the election campaign. I promise you that whatever the outcome of this voting, Congress will continue to work actively in your interest. Vinod Kumar especially thanked his Dalit community who voted overwhelmingly in support of Congress. He said that the society is looking forward to change and they hope that Congress will live up to their expectations and we promise that we will fulfill every promise that we have made to the people during the elections. Mukesh Kumar, Darshan Lal, Shamsher Singh, Bantu Kumar, Kewal Kumar, Manish Kumar were also present.

Bhagwat Katha organised at Bishnah



Top News Report

BISHNAH, Apr 28: The 6th day of Bhagwat Katha programme at Amar Farm Village Takar Sarore Lower, Bishnah today, Gangadhar Ji Maharaj, a young saint and son of Shree Dewarika Nath Shastri ji Maharaj Sharnagat mesmerized the devotees and other participants with Krishna Bajans and his discourse on Bhagwat Gita. Large number of partici-

pants including men and woman listened the religious discourse. All the days were very absorbing for devotees and participants. Gangadhar Ji Maharaj in his Pravachan stressed to follow the message of Lord Krishna in letter and spirit and impart good Sanskars to the children. Bhagwat Gita is the only source to take one in the right direction and righteousness. To save the Dharma Bhagwat Gita

plays a pivot role, he added. The devotees were mesmerized by the religious discourse cum Krishna bajans. The stage was manned by Pujniy Shastri Shri Acharya Rakesh ji. Prominent among those present on the occasion include Bhagwat Katha Programme organiser Captain Retd Sham Singh Charak, 6th day Langer of Organiser Swarn Singh Charak and many others.

CAPF Coys welcome District Police Anantnag for Phase 3rd Election Duties



Top News Report

ANANTNAG, Apr 28: Anantnag Police warmly welcomed the CAPF companies who have arrived in the District for Election duties. Senior Superintendent of Police Anantnag Dr. G.V.Sundeeep Chakravarthy-IPS accompanied by CAPF Nodal officer & CO 40 Bn QRPS Shri R.P Meena, SP HQRS Anant-

nag Shri Sajad Ahmad DYSP DAR Shri Rouf Ahmad and other officers received the CAPF companies at various locations in the District with great enthusiasm and expressing the District's gratitude for their support and confidence in their presence to ensure a safe and smooth Electoral process. Concerned SDPOs and SHOs also welcomed

CAPF companies in their respective jurisdictions, signifying the District Police's readiness to work in close collaboration with the CAPF personnel. Anantnag Police has assured full cooperation and coordination with the CAPF forces to facilitate their duties and enable the peaceful and orderly execution of the Electoral process.

He said every religious organization should be given freedom to propagate teachings. Bukhari was speaking to reporters on the sidelines of a workers convention in Khanabal area of southern Anantnag. "I believe that every

and keeping their love and empathy towards my party into account I will take decisions which will favor them," he said. Responding to a query, Bukhari said that Apni Party has been ready for elections for the last four years, but this doesn't

ECI will do justice and will hold elections when everyone is able to cast vote," he added. He claimed that in Anantnag-Rajouri Lok Sabha seat there is a contest between NC and Apni Party. "...PDP exists nowhere," he claimed.

EDITORIAL

ORGAN DONATION

Organ donation refers to the surgical removal of organs from a living or deceased donor and transplanting them into the recipient's body to provide a new life. Organ donation has been encouraged around the world. However, the demand for human organs still far exceeds the supply. The low rate of organ donation around the world can be attributed to various reasons

The ethical status of the black market of organ donation is controversial. While some talk in its favor, others are completely against this idea. It is seen that the people who donate their organs are generally from the weaker section of the society. Their economic condition is very bad and those who can buy organs have good wealth. Thus an imbalance is seen in this trade.

It has been observed that people who can buy organs are taking advantage of those who want to sell their organs. This is one of the reasons for the growing disparity of status between the rich and the poor. On the other hand, it is argued that people who want to sell their organs should be allowed to do so because they can strengthen their economic status.

Those who are in favor of organ trade also argue that exploitation is better than death and hence organ trade should be legal. However, according to a survey, organ donors later in life regretted the decision to donate their organs.

There have also been several cases of organ theft, while those in favor of legalizing the organ market say this is due to the black market nature of the trade, but others believe that legalizing organ donation will reduce the number of such crimes. This would be encouraged because criminals can easily tell that the organ being sold is not stolen.

A person has a moral duty. Almost all societies in the world believe that donating organs voluntarily is morally acceptable. Many scholars believe that everyone should donate their organs after death.

The main issue from the point of view of deontological ethics is the debate over the definitions of life, death, body and human. It has been argued that organ donation is an act of causing self-harm. Another controversial topic is the use of cloning organs identical to the genotype of the organ recipient.

Xenotransplantation, which is the transfer of animal organs into the human body, has also created a stir. Although this has resulted in an increase in the supply of organs, it has come under a lot of criticism. Some animal rights groups oppose animal sacrifice for organ donation. Campaigns have been launched to ban this new field of transplants.

Different religious groups have different views regarding organ donation. Hinduism does not prevent people from donating organs. Proponents of Hinduism say that organ donation is a personal choice. People who believe in Buddhism also follow the same idea.

Catholics regard it as an act of love and charity. According to him it is morally acceptable. The Christian Church, Islam, United Methodism and Judaism encourage organ donation. However the Gypsies oppose this as they believe in life. Shinto is also against it as they believe that removing organs from a dead body is a heinous crime. Apart from this, the political system of a country can also change the problem of organ donation if the government provides proper support. This can increase the rate of organ donation. There has to be a strong political will to ensure transplant rates increase. Special training, care, facilities and adequate funding should be provided to ensure growth.

The demand for organs has always been much higher than their supply due to the various issues discussed above. There is a need to focus and work on these issues to increase the number of organ donors.

Manifesto fiasco costs Cong dear; BJP forced to lean on Chouhan

By: Anita Katyal

Launched with great fanfare and described as a path-breaking document, the Congress Party's election manifesto has been grabbing headlines for all the wrong reasons. The Bharatiya Janata Party has clearly studied the manifesto in great detail and come out with an aggressive strategy to corner the Congress. This is in sharp contrast to the Congress whose members have a cursory knowledge of the manifesto's contents. On its part, the party has made little effort to acquaint its spokespersons and other key functionaries in the states with the details of the manifesto. Soon after it was released, the party had initially planned to hold press conferences at multiple venues across the country to explain the party's agenda to the people. But nothing came of it. Also, copies of the manifesto have not been distributed as widely as would be expected. As a result, most party functionaries are ill-equipped to rebut the charges being bandied about by the BJP regarding the Congress plans for redistribution of wealth and minority appeasement.

The low voter turnout in the first phase of the general election has turned out to be a blessing in disguise for former Madhya Pradesh chief minister Shivraj Singh Chouhan. He

was gradually sidelined after last year's Assembly election after being denied another term in office. Keen to make a mark, Mr Chouhan wanted to contest from the Chhindwara Lok Sabha constituency known to be senior Congress leader Kamal Nath's stronghold. However, the party denied him the opportunity to emerge as a possible giant killer just in case he did defeat Kamal Nath's son who is battling it out for a second term. Instead, Mr Chouhan was fielded from his old constituency Vidisha, a safe BJP seat which presented no challenge to him. To make matters worse, the BJP deliberately chose not to deploy him for campaigning though individual candidates did ask Mr Chouhan to address meetings in their constituencies. However, there has been a sea change after the first phase of voting. Realising that the party needs all hands on deck, the BJP has belatedly started involving Mr Chouhan in the poll campaign for the forthcoming phases. The former chief minister is once again in demand for participation in election rallies.

Not just Madhya Pradesh but the low voter turnout in the first phase is also worrying the Bharatiya Janata Party in Uttar Pradesh. While this is being attributed to several factors like voter indifference, election fatigue and the heat, there are murmurs

in the party that an unhappy Uttar Pradesh chief minister Yogi Adityanath is not making sufficient efforts to mobilise voters. BJP leaders informally point to the possibility that Yogi Adityanath may be replaced, as was the case with Shivraj Singh Chouhan, if Prime Minister Narendra Modi notches up a spectacular victory in this election. Yogi has emerged as a leader in his own right and is often mentioned as a worthy successor to Mr Modi. This is obviously not acceptable in the present BJP which has room for only one leader. But for Mr Modi to achieve his goal, the BJP has to necessarily improve upon the 62 seats it won in Uttar Pradesh in 2019 for which Yogi's cooperation is critical. While Yogi is said to be ambivalent, the Thakur community to which he belongs is angry as it feels it has not got its due in the selection of candidates. Well aware that he cannot afford to alienate Yogi, Mr Modi has now taken to praising the chief minister in his public rallies.

The Rajasthan unit of the Congress discovered a new popular campaigner these elections. The state unit president Govind Singh Dotasra surprised everyone with his oratorical skills and ability to connect with the people in the recently-concluded poll campaign. Though Mr Dotasra is a three-time legislator and has

been in the Congress for nearly three decades, not many were acquainted with this side of his personality. This was not surprising as former chief minister Ashok Gehlot has been a domineering figure in the desert state and has tended to eclipse other Congress leaders till the arrival of his younger colleague Sachin Pilot. Mr Dotasra got an opportunity to campaign extensively this time as Gehlot was preoccupied with his son Vaibhav's election from Jalore. Mr Pilot, too, concentrated on the Gujjar-dominated areas. Like Shivraj Singh Chouhan, this election also proved lucky for Mr Dotasra who turned out to be a hit with the crowds.

While Rahul and Priyanka Gandhi are busy campaigning, a relaxed Sonia Gandhi was spotted last week at the Capital's India International Centre. Accompanied by Rupika Chawla, wife of the former chief election commissioner Navin Chawla, the former Congress president had dropped in to see an art exhibition. Sonia Gandhi slipped in virtually unnoticed except for a few stray members who took note of her presence. The irony is that a number of Congress functionaries were also present at the IIC at the same time but were busy gossiping over tea in the lounge. They were later fretting about how they had learnt about Sonia Gandhi's visit only after she had left, the sub-text being that they lost an opportunity to register their presence with her.

Palestine, and a tale of two democracies

By: Ranjona Banerji

It's fascinating to watch how functioning democracies totally abhor any semblance of democratic behaviour from its citizens. You need go no further than the United States of America and the treatment of student protests right now.

America's most liberal colleges — 21 at last count — have tried every trick in the book to silence their students — academic, admission-related, curfews and boundaries and now brutal law enforcement.

The students, oddly enough, continue to protest because they continue to believe that they live in a democracy and have a constitutional right to protest. They shout for free Palestine and for an end to genocide. Both of which sentiments upset the forces of democracy.

Maybe we should backtrack a bit?

College authorities from Harvard to Columbia to Barnard to Yale to NYU to Michigan to Stanford to Texas to Southern California are caught in a terrible bind. The end of the Second World War led to an acceptance that Europe's Jews had been treated cruelly, brutally, unconscionably and abominably for thousands of years. The Holocaust made the world swear that antisemitism is unacceptable. As it is.

But with the formation of Israel in 1948, the milk of human compassion has been forced into an impossible choice — sacrifice the rights of Palestinians over the rights of Jews, and in particular the rights of Israeli Zionist Jews.

And with that, human compassion is tainted and in effect, meaningless.

This is not the first time the poison of this choice has been exposed and it won't be the last.

But the effects on the world's notions of democracy are catastrophic. Or is that too strong a word for you?

That a sovereign democracy that set a democratic standard for the rest of the world to follow — albeit full of contradictions, warts, injustices and cruelty — finds itself forced to attacks its own citizens, its children, protesting against injustice because the sovereign democracy is forced by precedent to defend another sovereign country's rights to annihilate people plus defend the other sovereign nation's fragile sentiments about its identity, exposes every fault-line in such a democracy.

What are these students at American universities demanding that is so awful that they have to be restrained, hit with rubber bullets and denied education?

Let's see if it's hair-raising brutal stuff, one that any government, democratic or otherwise, would be forced to put an immediate end to, like demanding brutal killing of thousands, with particular emphasis on children and patients in hospitals... But what odd students, they seem to want peace, a ceasefire in Gaza, the end of apartheid of the Palestinian people within their own homeland which was handed by Western powers to the new state of Israel, and for the US government to stop funding genocide in Palestinian areas.

If it was against any other country but Israel, it is unlikely that the students would have found much pushback from college authorities, let alone the state administration's law and order arms.

What then is democracy as the US understands it, as we understand it, as the world understands it?

Democracy in the 2000s appears to mean whatever the government of the day thinks it means. It could be majority rules in an unofficial poll, like Brexit. Or it could be "I don't believe I lost even if I did" like Donald Trump and his supporters. Or it could be "because I got elected I can do whatever I want", like in Turkey and India, with Recep Erdogan and Narendra Modi.

As we see it, all of those things. And not the few things that humans choose democracy for — freedom from monarchic rule, and the ability to makes the rules and choose the people to run the state that would not crush or rubber-bullet or destroy you.

And maybe it did work for a few decades. But the more appealing power became, the more hydra-headed notions of democracy have become. And so, in the world's exemplar democracy we see democracy threatened by the upholders of democracy.

Will the students win? It's a different world from the 1960s and 70s and the protests against the Vietnam War. And it's a different world from the neo-libcon world where young people became part of The System very early, contained and conserved by the illusion of lots of

money for everyone forever. The collapse of 2008 took care of that for the Western world.

For us in India, the illusion of faux historic greatness has confined us for the last 10 years, where the cracked shell of democracy is papered within, hiding from us its tattered state. We do not have the stamina to protest for ourselves effectively, forget the people of other lands. We watch this election season go past in the extreme heat, lacklustre, unable to believe what anyone says. We do not even have the luxury of knowing that apartheid and discrimination are wrong. Our notions of the past are stirred up so that we are in a perpetual confused spin — we cannot eat enough because we cannot afford to eat or we have so much to eat that we've forgotten that beyond our profusion of choice, there are others without anything.

Elected monarchies, old promises, past transgressions have all landed up in the same stodgy soup, in which we, the people, struggle to keep our heads above the surface. Student protests in India are not treated much differently than those in America. We are the mother of democracy, after all, where students have the right to study hard and listen to their parents. Not have protests like anti-national people.

It's not this land is your land, this land is my land. It's not into some heaven of freedom that we may awake. Unless we do actually wake up and speak up.

Maybe those students do have something going for them after all.

Irritable bowel syndrome most frequent functional GI disorder: Dr. GS Sidhu

Top News Report

CHANDIGARH / JAMMU, Apr 28: Irritable bowel syndrome (IBS) is the most frequent functional gastrointestinal (GI) disorder. It affects 5-20% of the general population. It is characterized by non-specific symptoms of pain in the abdomen, abdominal cramps, change in bowel habits, that wax and wane over the time and can have serious impact on quality of life.

Dr. GS Sidhu, Principal Consultant Gastroenterology at Max Super Specialty Hospital, Mohali said that careful study of patient medical history is critical for its diagnosis.



Nevertheless, severity of patient symptoms sometimes compels physicians to perform expensive diagnostic tests, transforming IBS into diagnosis of exclusion. He further said, "The presence of alarming symptoms like fever,

weight loss, rectal bleeding, presence of palpable mass, age more than 50 years, family history of colorectal carcinoma, IBD, celiac disease all warrant investigation. Absence of visible signs, lack of awareness of disease and poor explanation of disease by clinician to patient keeps disease undiagnosed for a long time in most patients."

Talking about why IBS can go undiagnosed, Dr. GS Sidhu informed that most of the time symptoms of IBS like cramps, abdominal discomfort, bloating, alternate diarrhoea or constipation etc. remain nonspecific. This may change over an

interval of time and most importantly no visible signs of disease. Another reason in clinical practice is that most of the time, the nature of disease is not explained to the patient by the clinician."

Talking about the causes behind IBS, Dr. GS Sidhu said that the pathophysiology of IBS is not yet completely clear. Genetic, immune, environmental, inflammatory, psychological factors in addition to visceral hypersensitivity can all play an important role, one that most likely involves the complex interactions between gut and brain (gut-brain axis). Diagnosis can be made on the basis of

symptoms only, he said.

"It's disruption of the brain gut axis that alters bowel motility and gut function. In addition intestinal microbiota could play a role by altering integrity of intestinal barrier and permeability. 33% of IBS patients have family history of IBS."

Previously the IBS was also being called as spastic colon. In recent years it has been observed that ingestion of wheat may cause abdominal discomfort and IBS-like symptoms in subjects without diagnosis of celiac disease. So careful history is critical for making diagnosis of IBS, maintained Dr. GS Sidhu.

BJP Govt failed to fulfill the promises made with KP migrants: Rattan Lal Gupta



Top News Report

JAMMU, Apr 28: Rattan Lal Gupta, Provincial President of Jammu and Kashmir National Conference, has asserted that BJP gov't failed to fulfill the promises made with KP's migrants whether it was dignified rehabilitation special package for employment to the youths or enhancement of monthly cash assistance.

The senior NC leader was speaking while interacting with a delegation of Kashmiri camps and non camps migrants headed by Bushan Lal Bhat, Chairman of J&K NC Minority Cell and Ex MLC, at Sher-e-Kashmir Bhawan Jammu.

Bushan Lal Bhat former MLC said that most of the Kashmiri migrant community residing in Jagti, Purkhoo, Muthi, Buta Nagar, Nagrota, Camps, and non-camp migrants settled in Jammu, Kathua, and Udhampur districts, have extended whole heartedly full support to all three Parliamentary Constituencies of the Kashmir Province as there is no option for them to vote and support other candidates except National Conference candidates in valley.

Expressing gratitude towards the migrants community, Rattan Lal Gupta has asserted that National Conference has always stood for the cause of Kashmiri Migrants and shall continue the same for

all times to come while Bharatiya Janata Party (BJP) has only exploited them to the hilt by making hollow promises. He said that the BJP Gov't had made promises to rehabilitate the KP migrants in the Valley but these proved to be a cruel joke as no steps were taken in this direction since 2014. He dared the BJP Gov't to reveal what steps have been taken by it for employment of KP unemployed youth including those who are now barred due to their being over aged.

Mr Gupta said that it is really unfortunate that despite increased cost of living amid sky rocketing prices and peak inflation the cash assistance being paid to the Kashmiri Migrants has not been enhanced for the past so many years. He said that the Kashmiri migrants are unable to meet their ends with the meager cash assistance and other issues. He promised that a reasonable hike in the cash assistance shall be announced as soon as India alliance voted in power.

During the regime of Dr Farooq Abdullah and Omar Abdullah, several mini-townships for Kashmiri migrant community were constructed and established at Jagti and other areas adjoining the Jammu city. He also enumerated the measures taken by the National

Conference during its various spells of governance for addressing the concerns and issues of the displaced community.

Rattan Lal Gupta said that if India alliance voted in power appropriate one time settlement compensation shall be given to the over aged Kashmiri Pandit youth. He also reiterated that the National Conference has always stood for the cause of Kashmiri migrants and shall continue its fight for their cause for ever.

The senior NC leader appealed to the migrant community to strengthen the hands of Dr Farooq Abdullah and Omar Abdullah by supporting to all the three candidates of National Conference from Kashmir valley Mr Mian Altaf Ahmed from Anantnag - Rajouri Parliamentary Constituency, Aga Syed Rahul from Srinagar Parliamentary Constituency and Mr Omar Abdullah from Baramulla Parliamentary Constituency in the ensuing Lok Sabha polls in Kashmir as there is no other option with KP migrants to support and vote whole heartedly to National Conference candidates in Kashmir Valley.

The delegation comprised: Pardeep Bali Provincial Secretary Jammu, Jatin Bhat, Ashok Koul, Shreya Handoo, Kaka Ji Bhan, Ravinder Ji and others.

Renowned JK Para Cricketer Amir becomes Brand Ambassador of Chandigarh Based Aryans Group of Colleges

Top News Report

JAMMU, Apr 28: Renowned JK Para Cricketer Amir Hussain Lone, Captain, JK Para Cricket team became the Brand Ambassador of Chandigarh Based Aryans Group of Colleges.

Amir is in lime light because of his friendship with God of Cricket Sachin Tendulkar. Not only this, the richest Indian business house Adani Group has also tweeted and appreciated the hard work & dedication of Amir for Cricket.

While addressing a press conference in Chandigarh Press Club today, Chairman, Aryans Group of Colleges, Dr. Anshu Kataria said that he is the biggest motivation for the youth of India. We have been in touch with him for the last few years, and finally, we have decided to appoint him as Brand Ambassador of Aryans Group.

Amir while thanking Dr. Anshu Kataria said that since last decade he was aware of Aryans Group of Colleges while going through many media platforms. He said he feels happy that many students of his area Anantnag, JK are studying here at Aryans in various courses. I felt elated when Aryans Group offered me to be



a brand ambassador. It is my pleasure now that I will be connected with JK youth outside Kashmir, too. Amir added that yesterday I visited Aryans Campus and I was happy to see Jk students studying in Engineering, Nursing, Law, Pharmacy, Paramedical, Physiotherapy, Management, Education, Management in 20 acres lush green campus. I was happy to know that they are not only doing good in

academics but in Innovations, cultural, sports, etc. too. Amir said that he feels proud that innovations done by Aryans students including "Aryans Solar Boat" that can run through solar energy, "Aryans Android App" to make campuses paper free, "Aryans Save Kashmir App" for the rescue operation at the time of floods in Kashmir, "Aryans Life Saving Glove" to provide timely assistance to the people prone to the risk of car-

diac disease, "Aryans Safety Helmet" to provide timely first aid at construction/ mining/ industrial sites, "eMunshi- Advocate Diary" Android App for important Court Date, "Aryans Shikara App" to book online Shikara at Dal Lake, "Aryans Ramadan App" to set the alarm for Sehara time and Iftar time etc were launched and applauded at various Government Levels and gained interest of many people. Dr. Anshu Kataria said

that Aryans Group was established in 2007, running 8 different colleges situated behind Chitkara University, Near Rajpura on Chandigarh patiala highway Since last 17 years group is delivering education in Chandigarh region and offering various courses including Engineering, Law, Nursing, Pharmacy, Paramedical, Physiotherapy, Management, Education etc.

It is to be mentioned God of Cricket, Sachin Tendulkar has invited Amir Hussain to play first ball of Indian Street Premier League (ISPL) & also introduced him with many Bollywood stars. Virat Kohli, Harbhajan Singh, Navjot Sidhu, Ashish Chopra, Ajay Jadeja have also appreciated his passion for cricket on their social media platforms. The cricketer has a unique playing style. He bowls using his legs and bats using his shoulder and neck.

Born in 1990 in the village of Bijbehara, Jammu and Kashmir, Amir faced a life-altering event at the tender age of eight. While playing at his father's sawmill, he was involved in a horrific accident that resulted in the loss of both his arms. However, this devastating setback did not deter Amir's spirit or his love for cricket.

"Saga of Valor" Army Organized Dramatic Competition at Rajouri



Top News Report

RAJOURI, Apr 28: Kargil Vijay Diwas exem-

plifies the valor, glory and strong determination of the Indian Army. To remember the brave

hearts due to whose indomitable courage we archived this historic victory, Indian Army orga-

nized a Dramatic Competition on the theme 'Kargil War' at Tender Feet School, Keri of

Rajouri district in view of the 25th Kargil Vijay Diwas.

The dramatic competition showcased the talent and creativity of participants in various aspects of acting stagecraft. It provided a platform for students to present their work and recognize the sacrifices of Indian soldiers. It also encouraged participants to explore new ideas and generate confidence.

The event was also aimed to celebrate the cultural diversity of the area.

The competition witnessed enthusiastic participation from students of Tender Feet School, Keri.

The initiative not only provided a platform for artistic expression but also reinforces the spirit of patriotism and togetherness, ultimately serving as a testament to the enduring resilience of the people in the border regions of Rajouri.

Priya Dutt, cancer survivors & docs take part in walkathon on cancer awareness



Top News Report

CHANDIGARH / JAMMU, Apr 28: As many as 300 people including cancer survivors and doctors from Ivy Hospital, Mohali participated in a cancer awareness walkathon at Mohali on Sunday.

The walkathon was jointly flagged-off from Ivy Hospital by Priya Dutt ex MP and chairperson cum trustee of Nargis Dutt Foundation and 113 years old veteran marathon runner Fauja Singh.

Speaking during the occasion, Priya Dutt stressed upon the need to focus on the awareness of cancer. Early detection and timely treatment can defeat cancer. However delay in detecting the disease and treatment can be fatal.

We need to spread word in society that cancer is not a stigma or an end of life. It needs to be detected at an early stage and to check its growth before it's too late for the medical treatment to intervene.

She further said that Priya Dutt said that since Nargis Dutt Foundation formation in 1981 by her father late Sunil Dutt after the death of Nargis Dutt with cancer, it has worked towards raising awareness about cancer as well as helping patients to fight the cancer.

Despite a lot of challenges, our journey to help and support cancer patients is on with full efforts and dedication, she maintained.

Dr Vijay Bansal, director surgical oncology at Ivy Hospital Mohali said

that 30 lakh people in India suffer from cancer, of which 11 lakh are new cases.

Awareness is the solution to curb myths. Out of 100 people 98 must be unaware of the truth about cancer. People are not even aware of how the condition develops and then how to cure it, he asserted.

Among others Deepa Shergill from JEETO Foundation, Dr Meenakshi Mittal director radiation, Dr Meenakshi Sharma, consultant radio oncology, Tripal Singh eminent Yoga influencer, Cap Jagdev Singh president Mohali senior citizen association, Aulakh director CGC Landra and Sukhdev Singh councilor from sector 70 Mohali were also present during the occasion.

I didn't have a luxurious childhood, so success was my focus, says Samantha Ruth Prabhu

Samantha Ruth Prabhu has opened up about how success has been her focus since childhood, as she did not experience a luxurious upbringing.

Samantha discussed this topic on her podcast Take 20, where she aims to assist people by sharing her experiences, helping them relate, understand, and seek help when needed.

In one episode, Samantha explored the human body's fight or flight response in certain situations alongside wellness coach and nutritionist Alkesh Sharotri.

"I used to believe that exhaustion and the need for rest were signs of weakness. I was proud of being a hustler, thriving on only six hours of sleep, and being exceptionally productive throughout the day," said the actress, who has been diagnosed with an autoimmune condition called myositis.

"Despite feeling exhausted, I refused to acknowledge it, working tirelessly without a break for 13 years."

The actress added, "Growing up, I didn't have a luxurious childhood, so success was my focus from an early age. I



always felt intense pressure to 'make it' in life. Constantly fed with the notion that I wasn't good enough, so that became an intense motivation for me to succeed at any cost."

Samantha, who captivated the nation with her sizzling performance in the song Oo Antava from Pushpa: The Rise, said that people often perceive "acting as glamorous, which it is, but that's not the entire reality".

"It is a lot of hard work and pressure, especially when you're constantly in the spotlight and being judged. I started in this industry when I was just 22-23 years old, and some girls start even younger. We don't come into this knowing everything; we let others dictate and define us," she said.

Reflecting on her own journey, Samantha said, "I've been letting others define me since childhood, creating a pattern where I worked tirelessly to please and seek approval from others. Eventually, my own thoughts, feelings, and desires became insignificant." Samantha will soon be seen in the lead role in the OTT series Citadel: Honey Bunny.

Mumbai SIT detains actor Sahil Khan from Chhattisgarh in Mahadev betting app case



The special investigation team of Mumbai cyber cell has detained actor Sahil Khan from Chhattisgarh in connection with the Mahadev betting app case, an official said on Sunday. The actor was appre-

hended from Jagdalpur in Chhattisgarh on Saturday after the Bombay High Court rejected his pre-arrest bail plea, he said.

Khan was recently questioned by the SIT in connection with the

case.

The SIT has been conducting a probe into the alleged illegal transactions between certain financial and real estate firms in the state and the promoters of the controversial Mahadev betting app.

The size of the scam is about Rs 15,000 crore, as per the first information report (FIR) registered by the police in the case.

An investigation is under way against Khan and 31 other individuals. The probe involves examining their bank accounts, mobile phones, laptops, and all technical equipment, according to the police.

So far, one person has been arrested and further investigation is under way, the official said.

Sahil Khan, known for films like 'Style' and 'Excuse Me', has become a fitness expert.

Shakira hasn't lost hope in love despite her split from Gerard Pique



Pop singer Shakira, who split from soccer star Gerard Pique in acrimonious circumstances in 2022, has expressed her continued belief in love.

Shakira said, "I cannot say that I don't believe in love because I see the example of my parents after 50 years together; how they look into each other's eyes and hold hands and can't live apart from each other. I've witnessed love, I just haven't been that lucky myself." She referred to monogamy as a utopia, adding, "Monogamy is a utopia. But I've been compensated in other ways, with the love of my fans, my children, and true friends. Oscar Wilde said that friendship is the purest form of love and I think that's true. It lasts longer — at least in my experience."

Shakira said, "My relationship (lasted) 12 years, but my friends will be there for a lifetime. When hardship came, that's when I learned how truly important friendship was."

Taapsee Pannu: My success is not a fluke, I worked really hard and pushed myself every single day

Taapsee Pannu is in a "very happy, content and satisfied" space in life, both personally and professionally. With a string of meaningful films that strengthened her position in the film industry, and having turned producer, Pannu has had a great run so far. Her last release, Dunki (2023) where she played Shah Rukh Khan's love interest only helped her up her game. However, the actor asserts that it's not a very easy place to be in. Why? "The kind of films I've done so far have been so diverse that it's very difficult and challenging to choose what to do next," she quips.

Explaining her point, she tells us, "Today when the world is going around for an action, spy world, I did that in the beginning of my career with Baby (2015) and Naam Shabana (2017). When people think playing a really shrewd antagonist, I did that in Badla (2019). When you think of playing someone totally out of my skin, I did that in Saand Ki Aankh (2019). Talk of grey shades and I've done that from Haseen Dillruba (2021) to someone who makes wrong choices in life in Manmarziyaan (2018). I've also experimented with sports films when I did Rashmi Rocket (2021) and Shabaash Mithu (2022), where I've learnt a new skill altogether. I've done murder mysteries, time travel thrillers, horror and biopics, too. So, it's very tricky as a lot of these conventional genres have been so easily ticked away."

10 YEARS AND COUNTING
That being said, the 36-year-old is enjoying this moment, and says that this "weird space" she is in, comes out of a place of contentment. "I'm at a position where I feel I've done quite a bit, I worked really hard and did everything by my own merit, so my success is not a fluke. I consistently pushed myself, so it's a very happy and satisfied place," says Pannu, who isn't on any signing spree and has only three projects - Woh Ladki Hai Kahaan, Phir Aayi Haseen Dillruba and Khel Mein - eyeing a release this year.

At this point, the actor takes a moment to reflect on the last one decade spent in Bollywood and how she has been "jumping from one film to another". Therefore, without any qualms, she admits that this is a much deserved position to be. "I need to sit back, enjoy the time, relax and rejuvenate, and then come back with something that's going to challenge me further." How-



ever, she is quick to add it's easier said than done. "That's because I've been in that momentum of just pushing myself every single day. And when you suddenly put that stop to me, it is very difficult to come to terms with it," she notes.

THE FASHIONISTA WITH HER OWN RULES

Interestingly, it's not only work where Pannu has tread carefully before being so spoilt for choices that she's now taking her time to decide what to take up next. Recalling her initial days in the film industry when she was "trying really hard to fit in", the actor confesses she made some "horrible fashion blunders", and there were lessons she learnt from those. And therefore today, she has realised what her real personality is, and what defines her when it comes to her sartorial choices.

"When I started off in Bollywood a decade ago, there were huge fashion mistakes, which I accept and own up. I'm not a fashion conscious person, so I relied on a lot of people who I thought are good at their job and will dress me up in a way that suits me. So, submitting myself blindly to them backfired in the beginning of my career where I went ahead dressing a certain way believing that this is a trend," Pannu recalls, stressing that it took her a while to find her own ground and personality in the industry.

She goes on to share, "When you are new, you just find it very hard to fit in. You're trying very hard to make sure that you are a mix of glam and

bossy; that you are as Indian as it can get and you can look equally hot and nice in a bikini. Basically, you are becoming a buffet. I was also trying to do that. But, it took me years to realise that I'm not a buffet. I am a specialty restaurant, and I'm going to make sure that remain an acquired taste, which is not everybody's cup of tea. It did take time to realise and accept that it's okay to not be that aaloo that fits into every meal."

So now that she has had her share of ups and down with the fashion police, Pannu describes her style statement as "chic mixed with edgy". She elaborates, "It's classic with a mix of being proper. I don't like the word bossy. Chic mixed with edgy is what I actually identify it. Chic in the sense it won't be shabby or street kind of a vibe. It will be very semi-formal to formal vibe, and at the same time, a little edgy which gives a little bit of authority in the personality. That's the vibe that I've identified most with."

TURNING PRODUCER WITH OUTSIDER FILMS

As someone, who is known to not mince her words, Pannu exudes confidence and a personality that's uniquely her own. A while back, she turned producer and launched Outsider Films. Remember her no filter views on nepotism in the film industry? Asked if anyone advised her otherwise while she chose this name for her production house and Pannu says she can't really recall anyone who told her not to get into it.

"I don't have those kind of people around me who are unaware of the fact that I have never gotten things without taking risks. I have thrived on the risks that I have taken. So, it's only fair if I'm taking that risk provided I have weighed my pros and cons very clearly. Also, people around me are very careful about what they tell me or what advice they give me because I can ask for a why or why not, and I'd expect a logical answer to it," the actor reasons.

THE PAPARAZZI GAME

Talking of being blunt, Pannu has always shared a bitter-sweet equation with paps, or should we say complicated. Not sounding defensive even for once, the actor emphasises that all she expects is mutual respect.

"Paps feel I'm difficult, whereas I'm just being real. In an urge to get clickbait photos and captions for their Insta pages, they sometimes push and press the buttons of all celebrities, which I am not comfortable with. As a pap, if you talk to me, and I'll have a conversation, but if you press my buttons saying, "Your last film didn't work, how does it feel?" or 'It's der se khade hair, photo to de do', then I'm not going to indulge you. There needs to be mutual respect," she states.

Citing examples of several other actors and their dynamics with paps, Pannu reveals a new word she has learnt - Lajvanti. "It's for those people who try to be overtly submissive and sweet with whatever paps are saying, and just laugh it off, acting dumb, and that's considered sweet, cute and adorable. Sorry but I can't be Lajvanti," she chuckles, adding, "If you shove the camera in my face without my consent at places where I'm not in professional capacity, it's not fair to expect me to be suddenly entertaining you. I feel I am allowed to have a life beyond my work as an entertainer, too."

THE WEDDING SOIREE

An interview with Pannu can't be incomplete without asking bits about her recent wedding with long time beau, badminton player Mathias Boe. While the actor kept it all extremely private and didn't share any pictures or details of the wedding on her social media, some videos got leaked online giving glimpses of her bridal entry.

Unlike celebrity brides we've seen in Bollywood of late, Pannu ditched the lehenga and opted for a traditional sal-

waar kameez and juttis for her D-day. She says, "I've grown up seeing Sikh, Gurudwara weddings, so for me, the vintage idea, the classic idea of getting married was always in a proper red salwar kameez paired with a dupatta with kinari on the border. That's the only way I know a bride looks like a bride, and it didn't feel real wedding vibe to me to imagine myself dressing up in pastel hued lehengas."

Moreover, Pannu didn't have big designers make her wedding outfits. "Also because when you have some big name on board, then the chances of the news getting leaked out are very high, and I wanted to keep it very private. So, my college friend, Mani Bhatia designed all my outfits, and that's how I wanted. I didn't have any lehenga in my entire wedding because I wanted to dance a lot on all functions."

Sharing deets about her outfits she wore for wedding festivities, Pannu tells us, "For haldi, I wore a very vintage Punjabi style of lungi teamed up with a kurta, similar to what you saw in DDLJ, along with floral accessory. For saangeet, I had worn bell-bottom styled pants with bling work on the top and jacket, and diamond solitaires as the only accessory. For the wedding, I wore traditional Punjabi saggi phull, which is a hair accessory, along with a very light necklace and earrings that my grandmother gave to my mother at her wedding. I had not other jing bhag for the Indian wedding. My chooda and kaleere also were very basic."

However, for her Danish wedding, Pannu did go a little out of the way, as she wanted to keep it equally traditional and authentic as the Indian ceremony.

"I went to Copenhagen to this designer called Lasse Spangenberg, as that was the only name Mathias suggested me. I and my sister Shagun were in Denmark for five days, we did all the fittings etc, and I got my entire gown, veil, bird cage, everything and travelled back with it to India. There's a tradition in Denmark to wear something old, something new, something borrowed, something blue on your wedding day. So the gown was 'new', I wore an 'old' pair of heels from my closet, I 'borrowed' pearl earrings from my stylist Devki, and on my veil, I had gotten some important dates of our relationship embroidered, which was in 'blue' in colour," the actor shares.

Congress Taking Support Of Banned PFI To Win Wayanad Seat: PM Modi

PM Modi also continued his attack against the Congress on the "inheritance tax" issue and targeted the party's government in Karnataka on law and order issues.

BELAGAVI (KARNATAKA), Apr 28 (Agencies): Prime Minister Narendra Modi on Sunday accused Congress leader Rahul Gandhi of insulting India's Rajas and Maharajas, but remaining silent on the atrocities committed by Nawabs, Nizams, Sultans and Badshahs for the sake of appeasement politics.

He also continued his attack against the Congress on the "inheritance tax" issue and targeted the party's government in Karnataka on law and order issues.

The BJP is working on increasing the assets of the people, but Congress' shahzade (Rahul Gandhi) and his sister (Priyanka Gandhi Vadra), both are announcing that if they come to power, they will do the 'X-ray' of the country, PM Modi said.

"They will x-ray your property, bank lockers, lands, vehicles, also 'Streedhan' and ornaments of women, gold, the Mangalsutra. These people will raid every house and capture your assets. After capturing they are talking about redistributing it, they want it to give it to their loved vote bank...will you allow this loot to happen?" he asked.

"I want to alert Congress," PM Modi said, asserting that "leave this intention. Until Modi is alive, I will not allow it..."

Addressing a mega public meeting here, he said, "Congress has ensured the writings of our history and our freedom struggle with an eye on appeasement and vote bank. Even today, the Congress' shehzade (prince) is carrying forward that sin. You might have heard Congress' shehzade's recent statement -- he says Bharath's Rajas and Maharajas were atyachari (oppressive)."

"He (Gandhi) has accused



them (Rajas and Maharajas) of usurping the lands and properties of people and poor...Congress' shehzade has insulted great personalities like Chhatrapati Shivaji Maharaj and Kittur Rani Channamma, whose administration and patriotism inspire us even today," the prime minister said.

Recalling the contribution of the erstwhile Mysuru royal family for which they are respected across the country even today, he said, "The Congress' shehzade's statements were intentional, aimed at vote bank politics and appeasement." "Shahzade spoke ill about Raja, Maharajas, but the shahzade's mouth was locked regarding the 'atyachar' that Nawabs, Nizams, Sultans and Badshahs committed in India's history. His mouth was shut on them, but on Raja, Maharajas he speaks ill and insults them," he said.

Noting that Mr Gandhi cannot remember Mughal emperor Aurangzeb's oppressions, PM Modi said, "He (Aurangzeb) impured a number of our temples and destroyed them. Congress is happily making alliances with parties that praise Aurangzeb...they don't remem-

ber people who destroyed our religious places and indulged in killing, killing of cows. They don't remember the Nawab, who played a role in the partition of India." He further recalled the contributions of the Raja of Banaras in setting up Banaras Hindu University, and Maharani Ahilyabai Holkar in the reconstruction of temples.

"It was the Maharaja of Baroda who had identified the talent of Ambedkar...the Congress' shehzade doesn't remember the contributions of Rajas and Maharajas. For vote bank they show the guts of speaking against Rajas and Maharajas, but don't have the strength to speak against Nawabs, sultans and Badshahs," he said adding that Congress' "appeasement mindset" has come out in the open before the country, and the same reflects in their manifesto.

Veteran BJP leader B S Yediyurappa, the party's candidate from Belgaum (Belagavi) former Chief Minister Jagadish Shettar, and Chikkodi candidate Annasahab Shankar Jolle, were among those present.

Since the time Congress came to power in Karnataka, the law and order situation in

the entire state has worsened, PM Modi alleged, recalling the atrocity against an adivasi woman in Belagavi and the killing of a Jain monk in Chikkodi. These shameful incidents have degraded Karnataka's pride.

Citing the recent murder of a Hubballi student, Neha Hiremath, at her college premises that created "sensation" in the country, he said, the family sought action, but the Congress government gave priority to appeasement.

"For them, the lives of daughters like Neha have no value, they think only about their vote bank." Even when there was a bomb blast in a Bengaluru cafe, the Congress government did not take it seriously initially; they even termed it a cylinder blast initially. "Why are you -- Congress -- lying to the people of the country, if you can't, leave and go home," PM Modi said.

The Congress for the sake of votes is taking support of banned PFI -- the anti-national organisation that supported terrorism. "To win one seat in Wayanad, are you surrendering to them? BJP has banned PFI and has put its leaders behind bars," he said.

PM Modi said Congress has come up with a "dangerous" formula of "inheritance tax", according to which the party, in the event of coming to power, will tax what one saves for his children, either money or property.

"They (Congress) say, you cannot give what you save for your children. If you have to give, you have to pay 55 per cent tax on it...to distribute to its vote bank they want to capture your assets," he alleged.

Rahul Gandhi says, 'call it partnership or marriage, BJP and BJD are together'



NEW DELHI, Apr 28 (Agencies): Congress leader Rahul Gandhi on Sunday said that while Prime Minister Narendra Modi runs a government for billionaires from Delhi, Chief Min-

ister Naveen Patnaik leads a dispensation that works for "select people" in Odisha.

Addressing an election rally in Cuttack's Salepur, Rahul Gandhi claimed that though the

BJD and BJP were fighting the electoral battle against each other, in reality, they were working together.

"Call it a partnership or marriage, both BJD and BJP are together," he claimed.

Taking a dig at Naveen Patnaik, Gandhi said that though he was the Chief Minister, the BJD government in the state was being run by his aide VK Pandian.

In an apparent reference to PM Modi, Gandhi said, "Uncle-ji and Naveen-babu have given Odisha PAANN, meaning Pandian, Amit Shah, Narendra Modi, Naveen Patnaik. They have looted your wealth."

2 policemen killed, over a dozen injured in road accident in Bihar's Gopalganj

GOPALGANJ, Apr 28 (Agencies): Two policemen were killed and over a dozen injured when the van in which they were travelling was hit by a speeding container truck from behind in Bihar's Gopalganj district on Sunday, police said.

The incident took place near Barhima Bazaar around noon when the police team was going to Supaul for the third phase of the Lok Sabha election

duty. "The van carrying policemen on election duty had halted near Barhima Bazaar when a speeding container truck rammmed into it from behind.

Two policemen died on the spot and over a dozen sustained injuries.

"All injured have been admitted to the nearest government hospital and their condition is said to be stable.

The container truck

has been impounded," a statement issued by the office of the Superintendent of Police of Gopalganj said.

The deceased have been identified as Ashok Kumar Uraon (resident of Punea) and Pawan Mahto (resident of Bettiah), both constables of Bihar Police.

"The driver of the container truck fled from the spot.

Further investigation is on," said a local police officer.

Election Commission has banned AAP's Lok Sabha campaign song, alleges party leader Atishi

"This is the same Election Commission which does not see when BJP violates the model code of conduct every day," she said.

NEW DELHI, Apr 28 (Agencies): Aam Aadmi Party leader Atishi on Sunday alleged that the Election Commission has banned the party's campaign song, 'Jail ka jawab vote se' stating that it showed the ruling party and agencies in a very poor light



Addressing a press conference in the national capital today, Atishi said, "It happens in a dictatorial government that the opposition is put in jail and is also prevented from campaigning. Today Election Commission of India has banned AAP's campaign song."

"This would have happened for the first time in the history of India that the Election Commission would have banned the campaign song of any party. This is the same Election Commission which does not see when BJP violates the model code of conduct every day."

"When BJP uses ED

and CBI to put opposition leaders in jail during the MCC, the poll body has no objection to that. But when the Aam Aadmi Party writes that thing in the song, then there is a lot of objection to it. The ECI said that the song 'Jail ka Jawab Vote Se' shows the ruling party and agencies in a very poor light," Atishi added further.

The Delhi Minister also pointed out that there is no name of BJP anywhere in AAP's campaign song but ECI says that if you talk about 'dictatorship' then this is the criticism of the ruling party.

"That means the Election Commission itself

believes that BJP is running a dictatorship in this country. I would like to remind the ECI that you are the successor of TN Seshan, who is remembered after so many years because he took free and fair elections in India to a new height."

"I want to say that after a few years, the elections of 2024 should not be remembered as when India's democracy ended, this was the election in which ECI was not neutral. I want to appeal to the Election Commission to have a look to the BJP, who is violating the Model Code of Conduct daily," Atishi said.

Cong has no mission, vision but confusion, division: BJP's Shehzad Poonawalla after Arvinder's resignation

NEW DELHI, Apr 28 (Agencies): BJP leader Shehzad Poonawalla has criticized the Congress party following the resignation of the Delhi Congress Committee President Arvinder Singh Lovely who has accused the Congress party of lacking mission and vision and "steeped in confusion, division, and contradictions."

"On the one hand, there is an alliance of mission and vision under the leadership of PM Modi that is constantly working for the country and on the other hand the alliance of INDI and Congress party especially has no mission vision, it is only steeped in confusion division and contradictions," said Poonawalla.

Earlier in the day, Lovely resigned from his post and said that the Congress decided to ally with the AAP in Delhi despite the latter levelling false, fabricated and malafide corruption charges against the Congress.

Poonawalla highlighted that the chaos within the Congress party is



evident in Delhi, where party workers have been protesting against ticket distribution to individuals with no connection to the city. He cited the example of Kanhaiya Kumar, who has been controversial for his statements about the armed forces and alleged support for Naxalites.

"We have seen how this confusion and contradiction is constantly playing out, especially in Delhi. When workers of the congress party were on the streets there is to why tickets are given to people that have nothing to do with Delhi. For example, Kanhaiya Kumar who has abused the armed forces has said that Naxalites are martyrs who have hailed terrorists. Such kind of

people were given the tickets so Congress workers were on the streets..." said Poonawalla.

Moreover, Poonawalla said that the Aam Aadmi Party (AAP) has significantly weakened the Congress party's presence in Delhi.

"The other point is also that the AAP had completely obliterated the existence of the Congress party in Delhi. They had said they would put Sonia Gandhi and Shilla Dixit in jail. The Congress party had complained about how the AAP is involved in the liquor scam but merely for political convenience they have come together but that doesn't mean the workers will come together or the voters will come

together," said Poonawalla.

In Punjab, Poonawalla pointed out, that the Congress party and AAP are engaged in open conflict, with each party attacking the other as anti-national and corrupt. He said that this kind of public discord underscores the Congress party's lack of clear direction.

"In Punjab, the AAP and Congress party are at each other's throats. One says 'ek thi congress' the other says the AAP is an anti-national and corrupt party. So this kind of confusion and contradiction is now obviously playing out although it's an internal matter of Congress it's now out in the public domain that they have no mission vision it's only about confusion. And this confusion pervades throughout the alliance," said Poonawalla.

Poonawalla said Lovely's resignation further exposed the Congress party's internal turmoil and inability to retain its leaders. He believes

that Congress leaders themselves are revealing the party's hypocrisy, emphasizing the need for a coherent strategy and leadership.

"Today the Congress party is unable to retain or keep its leaders because its own leaders are showing the true mirror to the Congress party hypocrisy," said Poonawalla.

Lovely who was appointed to the post in August 2023 in his resignation letter said, "The Delhi Congress Unit was against an alliance with a party which was formed on the sole basis of levelling false, fabricated and malafide corruption charges against the Congress Party. Despite that, the party made a decision to ally with the AAP in Delhi..."

In his letter to Congress National President, Malikarjun Kharge, Lovely said that all unanimous decisions taken by the Senior Delhi Congress leaders have been unilaterally vetoed by the AICC General Secretary (Delhi In-charge).

1 killed, 3 injured in gunfight between village volunteers in Manipur

IMPHAL, Apr 28 (Agencies): One person was killed and three others injured in a gunfight between village volunteers of two warring communities in ethnic strife-torn Manipur's Kangpokpi district on Sunday, police said. Dozens of gunmen had attacked Koutruk in Imphal West district on Sunday morning from elevated hilltops of neighbouring Kangpokpi district prompting village volunteers deployed in the fringe village to retaliate. Exchange of fire gradually spread to adjacent villages of Kadangband and Senjam Chirang, they said. Koutruk village has been witness to intense

gunfights between village volunteers of two warring communities since ethnic violence broke out on May 3 last year. It has been identified as one of the most vulnerable areas for gun attacks. More than 200 people have been killed and thousands rendered homeless in ethnic strife between Imphal Valley-based Meiteis and adjoining hills-based Kukis since May 3 last year. Meanwhile, denouncing the killing, the Kangpokpi district-based Committee on Tribal Unity (COTU) has called for a 12-hour shutdown in the district from noon of April 28.

Cab driver, 2 others injured as speeding Jaguar hits 3 vehicles in Delhi

NEW DELHI, Apr 28 (Agencies): A cab driver and two more people sustained serious injuries after a speeding luxury car hit their vehicle here, police said on Sunday.

The incident took place early in the morning when a speeding Jaguar hit the cab and two other vehicles before coming to a halt near the Dhaula Kaun area of southwest Delhi, the police said.

"A PCR call was received at about 4.55 am regarding the accident of three vehicles and three injured individuals. A team, which was sent to the spot, found

that the injured had been shifted to hospital," Deputy Commissioner of Police (southwest) Rohit Meena said.

Later, at 8.32 am, the police received information from AIIMS Hospital regarding the cab driver, identified as Harjeet Singh, and two other people, who were travelling in the same cab, "We have identified the owner of the Jaguar car, who fled the scene after the accident. Teams have been sent to nab the accused," he said.

DCP Meena said investigations are under way and the police are trying to find out if more people were injured in the accident.

Chants of 'shame on you' greet guests arriving for annual White House correspondents' dinner

Criticism of Biden administration's support for Israel's 6-month-old military offensive in Gaza has spread through American college campuses, with students pitching encampments in effort to force their universities to divest from Israel

WASHINGTON, Apr 28 (Agencies): An election-year roast of President Joe Biden before journalists, celebrities and politicians at the annual White House correspondents' dinner Saturday butted up against growing public discord over the Israel-Hamas war, with large protests outside the event condemning both Biden's handling of the conflict and the Western news' media coverage of it.

In previous years, Biden, like most of his predecessors, has used the glitzy annual White House Correspondents' Association gala to needle media coverage of his administration and jab at political rivals, notably Republican rival Donald Trump.

With hundreds of protesters rallying against the war in Gaza outside the event and concerns over the conflict and humanitarian crisis in Gaza and the perils for journalists covering the conflict, the war hung over this year's event.

"Shame on you!" protesters draped in the traditional Palestinian keffiyeh cloth shouted, running after men in tuxedos and suits and women in long dresses who were holding clutch purses, as guests and other participants hurried inside.

Chants accused US journalists of undercovering the war and misrepresenting it. "Western media we see you, and all the horrors that you hide," crowds chanted at one point.

Other protesters lay sprawled motionless on the pavement, next to mock-ups of flak vests with "press" insignia.

Ralliers cried "Free, free Pal-



estine." They cheered when at one point someone inside the Washington Hilton — where the dinner has been held for decades — unfurled a Palestinian flag from a top-floor hotel window.

Criticism of the Biden administration's support for Israel's 6-month-old military offensive in Gaza has spread through American college campuses, with students pitching encampments in an effort to force their universities to divest from Israel. Counter protests back Israel's offensive and complain of anti-semitism.

Biden's speech before an expected crowd of nearly 3,000 people was being followed by entertainer Colin Jost from "Saturday Night Live."

There will also likely be a spotlight on the many journalistic duties detained and otherwise persecuted around the globe for doing their jobs, including Wall Street Journal reporter Evan Gershkovich, who has been imprisoned in Russia since March 2023.

Law enforcement, including the Secret Service, have insti-

tuted extra street closures and other measures to ensure what Secret Service spokesman Anthony Guglielmi said would be the "highest levels of safety and security for attendees."

The agency was working with Washington police to protect demonstrators' right to assemble, Guglielmi said. However, "we will remain intolerant to any violent or destructive behavior."

Protest organizers said they wanted to bring attention to the high numbers of Palestinian and other Arab journalists killed by Israel's military since the war began in October.

More than two dozen journalists in Gaza wrote a letter last week calling on their colleagues in Washington to boycott the dinner altogether.

"The toll exacted on us for merely fulfilling our journalistic duties is staggering," the letter states. "We are subjected to detentions, interrogations, and torture by the Israeli military, all for the crime of journalistic integrity."

One organizer complained that the White House Correspondents' Association — which

represents the hundreds of journalists who cover the president — largely has been silent since the first weeks of the war about the killings of Palestinian journalists. WHCA did not respond to request for comment.

According to a preliminary investigation released Friday by the Committee to Protect Journalists, nearly 100 journalists have been killed covering the war in Gaza. Israel has defended its actions, saying it has been targeting militants.

"Since the Israel-Gaza war began, journalists have been paying the highest price—their lives—to defend our right to the truth. Each time a journalist dies or is injured, we lose a fragment of that truth," CPJ Program Director Carlos Martinez de la Serna said in a statement.

Sandra Tamari, executive director of Adalah Justice Project, a US-based Palestinian advocacy group that helped organize the letter from journalists in Gaza, said "it is shameful for the media to dine and laugh with President Biden while he enables the Israeli devastation and starvation of Palestinians in Gaza."

In addition, Adalah Justice Project started an email campaign targeting 12 media executives at various news outlets — including The Associated Press — expected to attend the dinner who previously signed onto a letter calling for the protection of journalists in Gaza.

"How can you still go when your colleagues in Gaza asked you not to?" a demonstrator asked guests heading in. "You are complicit."

Bangladesh reopens schools despite heat alert

Extensive scientific research has found climate change is causing heat waves to become longer, more frequent and more intense.



DHAKA, Apr 28 (Agencies): Millions of students returned to their reopened schools across Bangladesh Sunday despite a lingering heatwave that prompted a nationwide classroom shutdown order last weekend.

Average maximum temperatures in the capital Dhaka over the past week have been 4-5 degrees Celsius (7.2-9 degrees Fahrenheit) higher than the 30-year average for the same period, with several more days of hot weather forecast.

Extensive scientific research has found climate change is causing heat waves to become longer, more frequent and more intense.

Classes resumed with anxious relatives accompanying their children to school gates for the start of classes in Bangladesh, which follows the Sunday-

Thursday Islamic work week.

"I went to the school with my 13-year-old daughter. She was happy her school was open. But I was tense," said Lucky Begum whose daughter is enrolled at a state-run school in Dhaka.

"The heat is too much," she told agency. "She already got heat rashes from sweating. I hope she does not get sick."

Around 32 million students were kept at home by the school shutdown, Save the Children said in a statement this week.

A directive from education authorities announcing the resumption of classes said pre-schools would remain shut, while primary school hours would be shortened.

Bangladesh's weather bureau said Sunday the heatwave would continue for at least the next three days.

Forecaster Kazi Jebunnesa said rain would likely bring some relief after Thursday.

Another weather bureau meteorologist, Muhammad Abul Kalam Mallik, told agency Bangladesh had not seen such an intense heatwave since records began in 1948.

"It is a record as far as the duration and the coverage area in the country are concerned," he said, adding that the searing temperatures were affecting about three-quarters of the country.

Mallik said climate change and man-made causes including rapid urbanisation, forest clearance, shrinking water bodies and increased usage of air conditioning were to blame.

"The trouble is, we will see more such severe heatwaves in the future," he said.

Indonesia Volcano Erupts, Sends Ash Cloud 3.5 km Into The Sky

JAKARTA, Apr 28 (Agencies): A volcano in eastern Indonesia erupted on Sunday morning, spewing an ash tower more than two miles into the sky and prompting officials to warn people to keep away.

Mount Ibu, located on the island of Halmahera in North Maluku province, erupted at 12:37 am (1537 GMT Saturday) and sent a thick column of dark smoke and ash west of the peak.

The eruption lasted more than three minutes and the ash towered 3.5 kilometres (2.2 miles) above the peak, an official at Mount Ibu's monitoring post, Axl Roeroe, said in a statement on Sunday.

"To residents and tourists near Mount Ibu,



please do not conduct any activity within a two-kilometre radius (of the crater)," he said.

The alert level for the 1,325-metre (4,347-foot) volcano remained at a two on the four-tiered system and there was no evacuation order after the eruption.

But authorities urged people to wear face masks and glasses when doing outdoor activities and to anticipate falling volcanic ash. Indonesia, a vast

archipelago nation, experiences frequent seismic and volcanic activity due to its position on the Pacific "Ring of Fire".

Earlier this month, Mount Ruang in North Sulawesi erupted, forcing thousands of people to evacuate.

The Sam Ratulangi International Airport in the city of Manado, located more than 100 kilometres (62 miles) from the crater, was also shut for days.

Host Saudi warns of economic fallout from Gaza war at global summit

RIYADH, Apr 28 (Agencies): Saudi Arabia on Sunday called for regional "stability", warning of the effects of the ongoing Israel-Hamas war on global economic sentiment at the start of a summit attended by a host of Gaza mediators.

US Secretary of State Antony Blinken, Palestinian leaders and high-ranking officials from other countries trying to broker a ceasefire between Israel and Hamas are on the guest list for the summit in Riyadh, capital of the world's biggest crude oil exporter.

The Gaza war along with conflicts in Ukraine and elsewhere put "a lot of pressure" on the economic "mood", Saudi Finance Minister Mohammed al-Jadaan said at one of the first panel discussions of the two-day World Economic Forum (WEF) special meeting.

"I think cool-headed countries and leaders and people need to prevail, and you need to make sure that you actually de-escalate," Jadaan said.

"The region needs stability."

The war in Gaza, which has sent regional tensions soaring, began with an unprecedented attack on southern Israel by Palestinian militant group Hamas on October 7.

The attack resulted in the deaths of about 1,170 people, mostly civilians, according to



an agency tally of Israeli official figures.

Israel estimates that 129 hostages seized by militants on October 7 are still being held in Gaza, including 34 the military says are dead.

Vowing to destroy Hamas, Israel's retaliatory offensive has killed at least 34,388 people in Gaza, mostly women and children, according to the health ministry.

"The world is today walking a tightrope right now, trying to balance security and prosperity," Saudi planning minister Faisal al-Abrahim told a press conference on Saturday previewing the summit.

"We meet at a moment when one miscalculation or one miscommunication will further exacerbate our challenges."

'New momentum' in hostage talks

WEF president Borge Brende told Saturday's press conference there was "some new momentum now in the talks around the hostages,

and also for... a possible way out of the impasse we are faced with in Gaza".

However there will be no Israeli participation at the summit and Brende noted that formal mediation involving Qatar and Egypt was unfolding elsewhere.

"This is more an opportunity to have structured discussions" with "the key players", he said.

"There will be discussions, of course, on the ongoing humanitarian situation in Gaza" as well as on Iran, which backs Hamas and Lebanon's Hezbollah group, he added.

The US State Department said Blinken will "discuss ongoing efforts to achieve a ceasefire in Gaza that secures the release of hostages and how it is Hamas that is standing between the Palestinian people and a ceasefire".

Hamas said on Saturday it was studying the latest Israeli counterproposal regarding a potential ceasefire in Gaza, a

to open up to the world, luring business leaders and non-religious tourists.

Hosting international events such as the WEF meeting allows the kingdom to showcase social changes including the reintroduction of cinemas and the lifting of a ban on women driving.

"Eight years into Vision 2030, we have demonstrated our willingness to lead the way towards a model of transformative growth that is innovative, inclusive and sustainable. And we've seen some of the results," Ibrahim said on Saturday.

Yet questions persist about just how much of Vision 2030 will be achieved and when, with special scrutiny falling on signature projects such as NEOM, a planned futuristic megacity.

In December, Jadaan, the Saudi finance minister, said officials had decided to push the timeframe for some major projects past 2030, without specifying which ones, though he also noted that others would be accelerated.

Saudi Arabia is projecting budget deficits through 2026 and GDP growth was nearly flat last year after a series of oil production cuts.

Jadaan stressed on Sunday that non-oil GDP growth was "very healthy" at 4.4 percent and that "Vision 2030 is about, actually, the non-oil GDP".

Days After Postponing India Trip, Elon Musk Heads To China



SHANGHAI, Apr 28 (Agencies): Tesla CEO Elon Musk has headed to China on Sunday on a surprise visit to the country, which is also the second biggest market of the electric vehicle giant, news agency reported citing two people with knowledge of the matter.

Musk's visit to China comes a week after his visit to India was postponed due to 'Tesla obligations.' He was scheduled to meet with Prime Minister Narendra Modi and announce plans to enter the Indian market.

Meanwhile, as of now, Musk is seeking to meet senior Chinese officials in

Beijing to discuss the rollout of Full-Self Driving (FSD) software in China and to obtain approval to transfer data collected in the country abroad to train algorithms for its autonomous driving technologies, Reuters said, citing one of the two people.

In response to a query on social media platform X, the Musk stated that Tesla may make FSD available to customers in China "very soon." Notably, Musk's visit to China was not made prominently visible in public eyes.

According to agency, Tesla, since 2021, has stored all data collected by its Chinese fleet in Shanghai as required by Chinese regulators and has not transferred any, back to the United States.

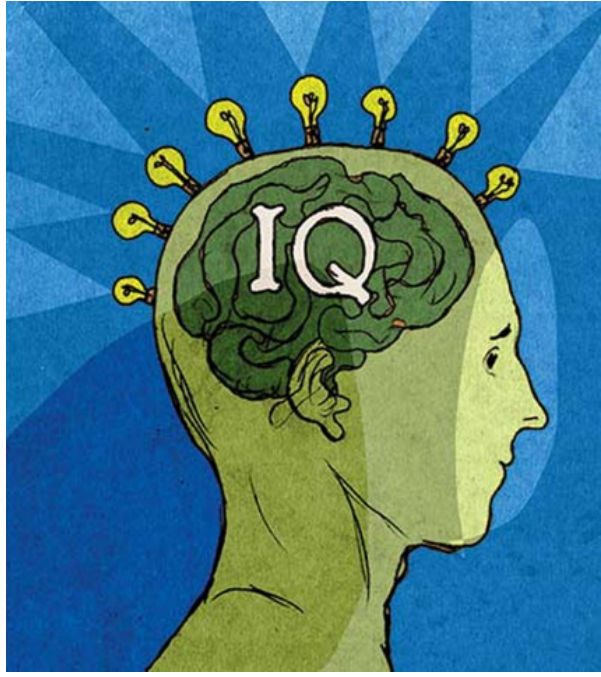
The US EV maker rolled out FSD, the most autonomous version of its Autopilot software, four years ago but has yet to make it available in China despite customers urging it to do so.

Balanced diet boosts brain health and cognitive function

NEW DELHI, Apr 28 (Agencies): Researchers from the University of Warwick have unveiled a profound link between dietary choices and brain health. The study, which involved the analysis of 181,990 participants from the UK Biobank, has shed new light on the impact of food preferences on both physical and mental well-being.

The research delved into a range of physical evaluations, including cognitive function, blood metabolic biomarkers, brain imaging, and genetics, to gain insights into the relationship between nutrition and overall well-being. The participants' food preferences were collected through an online questionnaire, and with the help of machine learning, the researchers categorized the data into 10 groups, such as alcohol, fruits, and meats.

The findings, published in *Nature*, revealed that a healthy and balanced diet is associated with superior brain health, enhanced cognitive function, and improved



mental well-being. Participants who adhered to a balanced diet exhibited higher amounts of grey matter in the brain, which is linked to intelligence, compared to those with a less varied diet.

Moreover, the study emphasized the need for gradual dietary modifications, especially for individuals accustomed to

highly palatable but nutritionally deficient foods. By gradually reducing sugar and fat intake over time, individuals may naturally gravitate towards healthier food choices.

The researchers also highlighted the influence of genetic factors on the association between diet and brain health, emphasizing how a combination

of genetic predispositions and lifestyle choices shapes overall wellbeing. Lead Author Professor Jianfeng Feng of the University of Warwick stressed the importance of establishing healthy food preferences early in life, stating, "Developing a healthy balanced diet from an early age is crucial for healthy growth. Both families and schools should offer a diverse range of nutritious meals and cultivate an environment that supports physical and mental health."

Addressing the broader implications of the research, Professor Feng emphasized the role of public policy in promoting accessible and affordable healthy eating options. He stated, "Since dietary choices can be influenced by socioeconomic status, it's crucial to ensure that this does not hinder individuals from adopting a healthy balanced dietary profile. Implementing affordable nutritious food policies is essential for governments to empower the general public to make

informed and healthier dietary choices, thereby promoting overall public health."

Co-Author Wei Cheng from Fudan University underscored the importance of promoting nutritional awareness and fostering healthier eating habits across diverse populations, urging for concerted efforts in this direction.

Dr. Richard Pembrton, a Certified Lifestyle Physician and GP at Hexagon Health, who was not involved in the study, commented on the research, saying, "This exciting research further demonstrates that a poor diet detrimentally impacts not only our physical health but also our mental and brain health. This study supports the need for urgent government action to optimize health in our children, protecting future generations. We also hope this provides further evidence to motivate us all to make better lifestyle choices, to improve our health and reduce the risk of developing chronic disease."

Can zero soda or soda water be good for you?



NEW DELHI, Apr 28 (Agencies): Is your parched throat craving soda? But before you reach out for one instinctively, consider its variety. The regular sugar-laden varieties are universally regarded as unhealthy due to their high sugar content and lack of nutritional value. So, they are a no-no. However, the rise of zero-calorie sodas, often marketed as "diet" or "zero," are not necessarily a healthier alternative.

Zero sodas are free from added sugars, which are known to accelerate weight gain, obesity and trigger Type 2 diabetes and heart disease. They do not have empty calories. However, the key ingredient that gives zero sodas their distinctive taste is an artificial sweetener, such as aspartame, saccharin, sucralose or stevia. While these sweeteners are generally recognised as safe for consumption by regulatory bodies like the US Food and Drug Administration (FDA), there is ongoing debate about their potential long-term effects on health.

Some studies have suggested that artificial sweeteners may contribute to increased appetite and cravings for sweet foods, potentially leading to weight gain over time. Ingesting them frequently may increase your desire for reward-seeking and high-calorie foods, putting you at a greater risk of weight gain. In fact, a study has found that people with obesity, who switched to diet soda, were likely to consume more calories in food than their counterparts who drank regular soda. In fact, those who drank diet soda reported a higher body mass index (BMI) than their counterparts.

In another study, individuals who consumed a specific artificial sweetener (sucralose) had increases in both insulin and blood glucose levels. Frequent rises in insulin have been linked to insulin resistance and an increased risk of diabetes.

Additionally, there are concerns that these sweeteners may disrupt the gut microbiome, potentially impacting digestion and overall health.

Another point of con-

attention is the acidity of zero sodas. Like their regular counterparts, zero sodas often contain phosphoric acid, which can potentially contribute to tooth enamel erosion, kidney stone formation and other health issues if consumed in excess.

Many might wonder if carbonated water without artificial sweeteners could be safe. But a study among students found that when they drank any carbonated beverage (regular soda, diet soda, or carbonated water), their ghrelin or hunger hormone rose to higher levels than when they drank water or flat soda. So this might lead to hunger, increased food consumption and weight gain.

I would say if you want to consume zero sodas at all, consume them in moderation. They are not a substitute for water, which remains the healthiest beverage choice for hydration and overall well-being. For those seeking a healthier alternative to regular soda, cold teas or water infused with fresh fruit can provide a refreshing and healthy option without the added sugars or artificial sweeteners.

Another point of con-

Heart health and diabetes: How can diabetic patients tackle cardiac arrest

NEW DELHI, Apr 28 (Agencies): Diabetes significantly increases the risk of cardiovascular disease, including cardiac arrest where high levels of blood sugar over time can damage blood vessels and nerves that control the heart. Diabetes is often associated with other risk factors for heart disease, such as high blood pressure, high cholesterol levels and obesity.

In an interview with HT Lifestyle, Dr TS Kler, Chairman and HOD at BLK-Max Heart and Vascular Institute in BLK Max Super Speciality Hospital, explained, "Individuals with diabetes are more prone to developing coronary artery disease, which can lead to heart attacks and ultimately cardiac arrest. Heart failure is a long term impact of diabetes, and people with diabetes tend to develop heart disease at younger age than people without diabetes. We will need to maintain a proper management of diabetes through medication, life-

style changes, and regular medical check-ups is essential in reducing the risk of cardiovascular complications, including cardiac arrest. People need to follow a certain plan and a systematic approach to attain a longer and healthy lifestyle."

Managing Blood Sugar Levels - Keeping blood sugar levels within a target range helps reduce the risk of cardiovascular complications.

Healthy Diet - Following a balanced diet low in saturated fats, cholesterol, and sodium while high in fruits, vegetables, whole grains, and lean proteins supports heart health. Food rich in Omega-3 fatty acids helps in preventing heart failure.

Regular Exercise - Engaging in regular physical activity helps control blood sugar levels, improves circulation, and strengthens the heart.

Medication Adherence - Taking prescribed medications, such as insulin or oral medica-

tions, as directed by healthcare providers helps manage diabetes and reduces cardiovascular risks.

Monitoring Blood Pressure and Cholesterol - Keeping blood pressure and cholesterol levels in check through regular monitoring and medication if necessary reduces the risk of heart disease.

Lifestyle Modifications - Avoiding smoking, limiting alcohol consumption, and managing stress effectively contribute to overall cardiovascular health.

Muscle Mass - People with low muscle mass have a higher risk of cardiovascular disease mortality and all cause mortality. Increase in muscle mass help in tackling the issue.

Regular Medical Check-ups - Routine check-ups with healthcare providers help monitor diabetes management and detect any signs of cardiovascular issues early.

Echoing that for

patients managing diabetes, the risk of cardiac arrest can be a daunting concern however, proactive steps can significantly mitigate this risk and enhance overall cardiovascular health. Dr Sumit Sawhney, Physician at Shivam Hospital, shared, "First, maintaining optimal blood glucose levels through consistent monitoring, medication adherence, and a balanced diet is paramount. Stable blood sugar levels help reduce strain on the heart and minimize the risk of complications leading to cardiac events."

He revealed, "Regular physical activity tailored to individual capabilities and medical recommendations plays a pivotal role in cardiovascular health. Exercise not only improves insulin sensitivity but also strengthens the heart muscle, enhances circulation, and helps manage weight, all of which are crucial for preventing cardiac issues. Equally vital is the management of addi-

tional risk factors such as hypertension, high cholesterol, and smoking, which can exacerbate cardiovascular complications in diabetic patients. Collaborating closely with healthcare providers to develop personalized management plans, including regular check-ups and screenings, empowers individuals to proactively address potential concerns and make informed decisions regarding their cardiac health."

Dr Sumit Sawhney advised, "By prioritising comprehensive diabetes management, adopting a heart-healthy lifestyle, and fostering open communication with healthcare professionals, diabetic patients can effectively reduce the risk of cardiac arrest and safeguard their long-term well-being. As the saying goes, "In the journey to heart health, proactive management of diabetes serves as the compass guiding individuals toward a path of vitality and longevity."

FROM PAGE 1

Village Defence Guard killed in gunfight with terrorists in Panara village, Search operation underway

Kathua to Basantgarh. One of the groups with five members was confronted, while there was no trace of the other group, which has four members and whose movement was last reported in the Machedi top area bordering Kathua, they said.

The sources said the terrorists are believed to have infiltrated from Kathua district and are heading to Kashmir via Chenab valley, taking advantage of the dense forest.

The Army airdropped Special Forces in the forest area and a massive search operation is underway to track and neutralise the terrorists, the sources said.

They said there was no fresh contact with the terrorists.

Property worth lakhs seized under UAPA in Pulwama

empowers law enforcement to detain individuals involved in unlawful activities posing a threat to the state.

The law's main objective is to prevent unlawful activities that threaten India's sovereignty and integrity.

Rains drench plains, snow over higher reaches in J&K

Regarding temperature, he said, Srinagar recorded a minimum of 10.5°C, same as on

the previous night and it was 1.2°C above normal for the summer capital of JK for this time of the year.

Qazigund recorded a minimum of 8.4°C against 7.8°C on the previous night and it 0.6°C above normal for the gateway town of Kashmir, he said.

Pahalgam recorded a low of 6.3°C against 5.2°C on the previous night and it was 1.9°C above normal for the famous resort in south Kashmir.

Kokernag, also in south Kashmir, recorded a minimum of 7.9°C against 9.3°C on the previous night and it was 0.2°C below normal, the official said.

Kupwara town recorded a low of 8.1°C against 8.5°C on the previous night and it was 0.3°C above normal there, the official said.

Gulmarg recorded a low of 2.4°C against 4.8°C on the previous night and it was below normal by 1.8°C for the world famous skiing resort in north Kashmir's Baramulla district.

Jammu, he said, recorded a minimum of 19.3°C against 20.8°C on the previous night and it was below normal by 2.6°C for the winter capital of J&K.

Banihal recorded a low of 10.2°C, Batote 9.7°C and Bhandarwah 9.8°C, he said.

Elderly woman allegedly murdered by brother-in-law in Akhnoor

Accused has been identified as Pooran Chand son of Amar Nath resident of village Bardal Khurd.

The woman was allegedly crushed to death by stone pelting by her brother-in-law.

Meanwhile the case has been registered vide FIR no. 72/2024 and accused has been arrested by the concerned police sta-

tion while further investigation has been taken up.

Just 8% of women candidates in first two phases of Lok Sabha Polls

constituting nearly half of India's electorate, their under representation in the candidate pool raises broader questions about the barriers hindering women's full participation in the political sphere. Dr. Iftekhar Ahmad Ansari, Associate Professor at the Aligarh Muslim University (AMU), said.

Beyond the symbolic gestures and promises, he stressed the importance of structural reforms to ensure equal opportunities for women in politics.

He highlighted the critical role of party leadership in promoting gender diversity.

"Political parties must prioritise gender inclusion in candidate selection and provide adequate support to women aspirants," she emphasised.

The issue of women's political representation extends beyond numerical quotas to encompass systemic changes in party dynamics and electoral processes, Farhat Jahan, a retired faculty member at the Abdullah Women's College at the AMU said while emphasising the need for gender-sensitive policies that address challenges faced by women in politics.

"The upcoming phases of the elections present an opportunity for political parties to demonstrate their commitment to gender equality through concrete actions. Initiatives such as mentorship programs, capacity-building workshops, and awareness campaigns can empower women to actively participate in the electoral process and pursue leadership roles," she added.

Prof. Mohammad Aftab Alam from the political science department at the AMU

pointed out the challenges women often face in forming independent political opinions amidst societal influences.

"Even the ones elected are often relegated to symbolic roles," he remarked, highlighting broader issues of token representation.

The BJD is the only party, which as a policy, gives 33 per cent tickets to female candidates.

Meera Parida, state vice president of the Biju Mahila Dal of the BJD, stressed the need for substantive action in women's empowerment and praised her party's initiative of reserving 33 per cent of seats for women.

"Reserving seats alone is not enough. We need a cultural shift where women are seen as leaders and decision-makers," she emphasised, advocating for comprehensive reforms.

Both major parties — the Bharatiya Janata Party (BJP) and the Congress— have listed women-centric initiatives in their manifestoes.

The BJP's manifesto promises to implement the Nari Shakti Vandan Adhiniyam to honour and empower women, integrate women Self-Help Groups (SHGs) into the service sector to enhance their economic participation and expand health services.

The Congress has pledged legislative reforms for women's empowerment, including the immediate enactment of the Women's Reservation Bill.

However, these commitments are yet to translate into substantial numbers of women contesting elections.

Alka Lamba, Chief of Congress Women's Wing, highlighted the Congress's commitment to gender equality across sectors.

"The Congress has extended political, economic, and social rights to women," Lamba affirmed, outlining ambitious targets for women's representation in leadership roles.

As the Lok Sabha elections progress, the

spotlight is on political parties to address these concerns and demonstrate tangible commitments towards fostering women's participation and representation in governance.

The upcoming poll phases will be closely monitored to assess whether there is a meaningful shift towards greater gender inclusivity in the political landscape especially after the hype over passage of the Women's Reservation Bill, Aftab said.

"While parties are vocal about empowering women, the lack of women candidates reflects a deeper issue of gender bias within political systems," noted Dr. Ramaswamy.

The Lok Sabha polls are being held in seven phases beginning from April 19 and the counting of votes will take place on June 4 for the world's biggest election exercise.

The second phase was held on April 26 while other phases are scheduled for May 7, May 13, May 20, May 25 and June 1.

BRO rescues 35 vehicles stranded in snow at Razdan Top

places," the BRO added. Also, due to the fresh snowfall on Razdan Top and the slippery conditions of the roads, the authorities have closed 86 kilometres-long Gurez-Bandipora road until there is an improvement in weather conditions.

Teen dies in road accident in Doda village

deep gorge in a stream near Hambal village. He said that after getting the information, police team from Khelani police post rushed to the spot and recovered the body.

iPhone exports double to \$10 billion, India now woos component makers

NEW DELHI, Apr 28 (Agencies): In the government's efforts to make India a key player in electronics manufacturing, one name that stands out is Apple. The Cupertino-based company, which had so far relied on facilities in China to manufacture iPhones, has shifted a sizable base of its assembly operations to India.

India exported smartphones worth around \$15 billion in 2023-24, of which iPhones contributed 65 per cent, or about \$10 billion — up from \$5 billion in the previous year. While the world's biggest electronics contract manufacturer, Foxconn of Taiwan, has major operations in India to assemble iPhones, for the first time, an Indian company, Tata Electronics, too secured a contract to assemble iPhones.

Apple has also become a major employer, a large part being women, at its assembly factories in India. "Apple currently directly employs 1.5 lakh people and that number will increase significantly going forward," Union Minister of Electronics and IT Ashwini Vaishnav told The Indian Express. Over the next three years, officials in the IT ministry estimate, the supplier chain ecosystem would so expand as to employ almost 5 lakh individuals.

The company's expansion has also set in motion a number of its foreign suppliers to set up shop in the country. "Every major entity in the component supply chain ecosystem, be it for camera modules, communications, power supply or digital signal processing are actively looking to set up a base in India," Vaishnav said.

This automatically lends itself to much better infrastructure in the vicinity. At Sriperumbudur, Apple's main manufacturing base about 40 km from Tamil Nadu capital Chen-



nai, where Foxconn has two big iPhone assembly plants, two massive dormitories, primarily for women workers, are coming up, modelled after China's iPhone city, Zhengzhou.

As per a Bloomberg estimate, in FY24 one in seven iPhones sold globally was made in India. By 2028, the government expects a quarter of all iPhones to be made in India, with some of its accessories, such as AirPods also being assembled in the country. In the next two-three years, Apple wants to ramp up its iPhone production in India to more than 50 million units per year.

While the efficiency of the new iPhone unit in India is yet to match up with factories in China, New Delhi's unfavourable stance towards companies from the mainland, and high tariff rates for component imports, are also hurdles faced by Apple's suppliers planning a base in India.

According to Apple's suppliers' list for 2023, as many as 157 contractors manufactured in mainland China, up from 151 the previous year. The number of Indian suppliers, however, has remained stagnant at 14 — suggesting limited success so far in translating the tech giant's growing footprint in India and Southeast Asia to

a reduced reliance on China.

But government subsidies under the production-linked incentive (PLI) scheme for smartphone production, a worsening relationship between the US and China, and Beijing's tough Covid-19 curbs, have all prompted Apple to move a respectable portion of iPhone assembly to India.

Apple's contract manufacturers Foxconn, Pegatron and Wistron (which was acquired by Tata last October) have managed to meet sales and investment thresholds essential for securing payouts under the PLI scheme. While the government does not share the breakdown of payouts for individual entities, it is understood that the three Apple assemblers along with Samsung and homegrown electronics manufacturer Dixon are expected to receive upwards of Rs 4,500 crore for meeting their FY23 PLI targets.

Foxconn, which has the biggest iPhone assembly operations in India, currently hires more than 40,000 people at its plants in Tamil Nadu. Pegatron has a relatively smaller operation and employs around 10,000 workers. Wintron plant, acquired recently by Tata, employs 27,000.

Apple's expansion has spurred interest from companies like Google

and enclosures for AirPods which are shipped to China and Vietnam where the earphones are finally assembled. Apple sources its chargers from the China-based Lingyi iTech (Guangdong) Company which has a plant in Chennai.

While some foreign suppliers have started manufacturing in India, this number is a fraction compared with Apple's suppliers in China. The industry believes India needs to fix its act on the import tariff front. Earlier this year, the India Cellular and Electronics Association in a report said that India has among the highest tariff lines for smartphone components — its simple average Most Favoured Nation (MFN) tariff for inputs is 8.5 per cent, higher than China's 3.7 per cent.

High import tariffs are typically put in place to prioritise the domestic industry, but experts have argued that in the absence of a local industry — as is the case with component makers in India — such high tax rates act as a deterrent for companies to invest in the country. An IT Ministry official said the government is aware of these concerns and the ministry was working with the Commerce Ministry to reduce or remove tariff rates for several components.

"Globally there are 2-4 tax rates so it becomes easy to bring in components, but that number is much higher in India. We are moving to harmonise it so companies don't have to worry about classification. The reason for increasing tariffs during the growth stage is that a country wants to develop their own companies. But, the question is that if you want to bring more suppliers to India then we need to have the right mix between high and low tax rates," the official said.

Foxlink, a subsidiary of Taiwanese Cheng Uei Precision Industry Co Ltd, based in Andhra Pradesh, makes cables for iPhone chargers. Apple sources battery packs from the US-based Flex Ltd, which has factories in Pune, Chennai, and Bengaluru, among others. China-based Sunwoda Electronic Company Ltd, which has a plant in Uttar Pradesh, is also a battery supplier to Apple. Jabal, from its plant in Pune, makes plastic casings

and enclosures for AirPods which are shipped to China and Vietnam where the earphones are finally assembled. Apple sources its chargers from the China-based Lingyi iTech (Guangdong) Company which has a plant in Chennai.

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Mcap tracker: SBI, ICICI Bank gained most in Top 10, Reliance, HDFC Bank major laggards



NEW DELHI, Apr 28 (Agencies): State Bank of India and ICICI Bank were the top gainers in terms of market capitalisation last week, which mostly witnessed a bull run on Dalal Street.

The market valuation of SBI, the largest PSU, surged by Rs 45,158.54 crore to reach Rs 7,15,218.40 crore while ICICI Bank, which is the fourth largest Indian company in terms of market cap, saw a jump of Rs 28,726.33 crore in its valuation, ending the week at Rs 7,77,750.22 crore.

Overall, the combined market cap of six of the Top 10 market heavyweights increased Rs 1,30,734.57 crore last week, pushing the BSE benchmark by 641.83 points, which translates

to 0.87 per cent.

Other companies in the Top 10 that saw a rise in their market cap include Bharti Airtel, ITC, Life Insurance Corporation of India (LIC) and Infosys.

Bharti Airtel's mcap touched Rs 7,51,406.35 crore last week after leaping by Rs 20,747.99 crore, while ITC soared Rs 18,914.35 crore to reach a market capitalisation of Rs 5,49,265.32 crore.

LIC valuation surged by Rs 9,487.5 crore to Rs 6,24,941.40 crore and tech giant Infosys climbed by Rs 7,699.86 crore to Rs 5,93,636.31 crore.

Four of the index heavyweights in the Top 10, including Reliance Industries, HDFC Bank, Tata Consultancy Services and Hindustan Uni-

lever Limited saw their mcap getting eroded last week.

Reliance Industries, the largest Indian company in terms of market cap, plunged by Rs 26,115.56 crore to Rs 19,64,079.96 crore.

The valuation of HDFC Bank, the country's largest private lender, slumped by Rs 16,371.34 crore to Rs 11,46,943.59 crore.

TCS tumbled by Rs 5,282.41 crore to Rs 13,79,522.50 crore while Hindustan Unilever diminished by Rs 2,525.81 crore to Rs 5,21,961.70 crore.

In terms of market cap, Reliance has the highest valuation, followed by TCS, HDFC Bank, ICICI Bank, Bharti Airtel, SBI, LIC, Infosys, ITC and Hindustan Unilever.

ICICI Bank posts 17.4% rise in profit, proposes Rs 10 dividend

NEW DELHI, APR 28 (Agencies): Aided by strong loan growth, ICICI Bank, the second largest private sector lender, has reported a 17.4 per cent growth in its standalone profit after tax (PAT) at Rs 10,707.53 crore for the March quarter (Q4) of 2024 against Rs 9,121.87 crore in the same period of last year. The board has proposed a dividend of Rs 10 per share for the year.

Total income of the bank rose to Rs 43,597

crore for Q4 as against Rs 42,791.64 crore a year ago. The core net interest income (NII) increased 8.1 per cent to Rs 19,093 crore on a 16.8 per cent growth in loans and a marginal compression in net interest margin (NIM) to 4.40 per cent. The bank's fourth quarter consolidated net profit grew 18.5 per cent to Rs 11,672 crore from Rs 9,853 crore in the year-ago period.

On Friday, the bank's

shares declined by 0.53 per cent at Rs 1,107.15 on the BSE.

The non-interest income, excluding the performance of the treasury, came at Rs 5,930 crore, 15.7 per cent higher than the year-ago period. The provisions more than halved to Rs 718 crore for the reporting quarter, as per the exchange filing by the lender.

According to ICICI Bank's executive director Sandeep Batra, the

bank was focussed on risk-calibrated operating profit.

Our objective is to maximise overall profitability which includes all levers like NIM, expenses, fees and provisions," he said.

According to the bank, the gross NPA ratio declined to 2.16 per cent at March 2024 from 2.30 per cent as of December 2023. The net NPA ratio was 0.42 per cent at March 2024 compared to 0.44 per cent in December 2023 and 0.48 per

cent as of March 2023.

The net additions to gross NPAs, excluding write-offs and sale, were Rs 1,221 crore in Q4-2024 compared to Rs 363 crore in Q3-2024.

The gross NPA additions were Rs 5,139 crore in Q4-2024 compared to Rs 5,714 crore in Q3-2024. Recoveries and upgrades of NPAs, excluding write-offs and sale, were Rs 3,918 crore in Q4-2024 compared to Rs 5,351 crore in Q3-2024.

From Q4 results to monthly auto figures, here's what will drive stock market this week

MUMBAI, Apr 28 (Agencies): Quarterly earnings from corporates, the US Fed interest rate decision and other global trends will be the major driving factors for determining movement in the domestic equity market in a holiday-shortened week ahead, analysts said.

Besides, factors like trading activity of foreign investors, global oil benchmark Brent crude and rupee-dollar trend would also influence trading.

Domestic equity markets would remain closed on Wednesday on account of Maharashtra Day.

"Domestically, the next batch of Q4 earnings reports will drive stock-specific movements," said Santosh Meena,



Head of Research, Swastika Investmart Ltd.

Monthly auto sales figures will be announced at the beginning of May, and the next phase of voting will be significant, he said.

"On the global front,

the outcome of the US Federal Open Market Committee (FOMC) meeting on May 1st will be important. Economic data releases from China and the US, along with movement in the global currency market, will also

be the factors to consider," Meena added.

Major corporate earnings announcements this week are from Tata Chemicals, Central Bank of India, IOC, Adani Power, Adani Enterprises, Adani Green Energy,

MRF and Titan.

"The upcoming US Fed policy, US non-farm payroll data will dictate the global market, while the ongoing Q4 earnings reports are poised to influence the domestic market dynamics," said Vinod Nair, Head of Research, Geojit Financial Services.

"We expect market momentum to resume with a focus on stock-specific action due to the ongoing result season and sector rotation at play," said Siddhartha Khemka, Head - Retail Research, Motilal Oswal Financial Services Ltd.

Last week, the BSE benchmark advanced 641.83 points or 0.87 per cent, and the NSE Nifty climbed 272.95 points or 1.23 per cent.

Bank holidays 2024: No bank operations on these days in May

NEW DELHI, Apr 28 (Agencies): Banks will be closed on nine days excluding the weekends in May. According to the Reserve Bank of India, there will be bank holidays due to voting for the ongoing Lok Sabha elections that began on April 19 and the second phase was held on April 26.

Here's a list of bank holidays for May 2024:-
May 1: Bank operations will remain suspended in major cities due to May Day. Also, Mumbai, Nagpur and Belapur are observing bank holiday on account of Maharashtra Day.

May 7: On this day, there will be bank holidays in Ahmedabad,

Panaji, Bhopal and Raipur due to voting for the Lok Sabha elections.

May 8: Banks in Kolkata will remain shut due to Rabindranath Tagore birth anniversary.

May 10: Bengaluru will observe bank holiday on this day due to Basava Jayanti.

May 13: Banks will remain closed in Srinagar on this day due to Lok Sabha elections.

May 16: Sikkim's capital Gangtok will observe bank holiday due to State Day celebrations.
May 23: Banks will be closed in major cities due to Buddha Purnima.
May 25: Banks will be closed in Agartala and Bhubaneswar because of the Lok Sabha elec-

tions. Besides these, the banks are closed on second and fourth Saturday, as well as on all four Sundays.

Bank holidays are classified into three categories:- Holiday under Negotiable Instruments Act, Holiday under Negotiable Instruments Act and Real Time Gross Settlement Holiday, Banks' Closing of Accounts.

The Lok Sabha elections are being held in seven phases, the first two held on April 19 and 26. The remaining phases will be held on May 7, 13, 20, 25 and June 1. The counting of votes will be held on June 4.

T20 World Cup squad selection: Agarkar to meet Rohit for informal meeting in Delhi

Chairman of the national selection committee Ajit Agarkar and skipper Rohit Sharma are expected to have an informal meeting in the national capital on a possible 15-member squad for the T20 World Cup in the Americas.

NEW DELHI, Apr 28 (Agencies): Chairman of the national selection committee Ajit Agarkar and skipper Rohit Sharma are expected to have an informal meeting in the national capital on a possible 15-member squad for the T20 World Cup in the Americas.

The formal announcement might happen in Mumbai on May 1, the cut-off date for the ICC event.

It is understood, Agarkar specially flew into Delhi for Saturday's IPL match between Mumbai Indians and Delhi Capitals as he would also get a chance to chat up with skipper Rohit and get further clarity before he sits with his colleagues to pick the final team. There are a couple of slots



which will be up for discussion as most of the team picks itself. There won't be many surprises and the only thing that the selection committee and team management needs to be convinced about is Hardik Pandya's bowling fitness.

If Hardik is slotted in the 15, then only one among Shivam Dube and Rinku Singh can be accommodated, while it seems that KL Rahul, one of the favourites of the current coaching dispensation headed by Rahul Dravid, has left his nearest

competitor Sanju Samson far behind.

There is very little possibility of a left-field selection and one option could be Mumbai Indians batter Tilak Varma, who is a flamboyant southpaw and can also bowl handy off-spin in case the opposition has more left-handers.

However, it can't be ascertained how much is the possibility of that happening, as Axar Patel and Ravi Bishnoi are fighting for the third spinner's slot.

Yuzvendra Chahal, the country's most skillful white ball wrist spinner, is reportedly not a priority choice for an influential member of the coaching staff, who has a lot of say in selection matters.

IPL 2024: Sanju Samson sends message to T20 World Cup selectors with his blistering knock against LSG



LUCKNOW, Apr 28 (Agencies): Rajasthan Royals skipper Sanju Samson did his chances of making it to the Indian team for the T20 World Cup no harm with a blistering knock against Lucknow Super Giants in an Indian Premier League match on Saturday.

Samson, who was named the Player of the Match for his unbeaten 71 off 33 balls while chasing 197, sent a 'roaring' message to the selectors with a match-winning show.

The fight for the wicketkeeper's slot for the T20 World Cup 2024 is intense with KL Rahul believed to be slightly

ahead of Samson in the race.

The national selection panel is expected to announce the 15-member squad for the WT20 in Americas on May 1, the cut-off date for the ICC event.

Meanwhile, Samson feels mistakes are part and parcel of T20 cricket and they will have to stick to their process despite enjoying a dream run in the ongoing IPL.

Rajasthan beat LSG on Saturday by seven wickets to take their points tally to 16 from nine matches.

"We have been a little lucky as well. We have to stick to the right processes. Mistakes are supposed to happen in T20 cricket, and we reiterate to stick to the process. The results are coming our way, so it is clear that we are doing something right," said Samson in the post-match presentation ceremony.

Samson also praised Dhruv Jurel for his unbeaten 52 off 34 balls as the wicketkeeper-batter finally regained form. They shared an unbeaten 121-run partnership.

Ishan Kishan Reprimanded, Fined 10 Per Cent Of Match Fee For This Reason

NEW DELHI, Apr 28 (Agencies): Mumbai Indians wicketkeeper-batter Ishan Kishan was on Saturday reprimanded and fined 10 per cent of his match fees for breaching the IPL Code of Conduct during a match against Delhi Capitals at the Arun Jaitley Stadium.

"Kishan committed a Level 1 offence under Article 2.2 of the IPL's Code of Conduct. He admitted to the offence and accepted the Match Referee's sanction," an IPL statement read.

"For Level 1 breaches of the Code of Conduct, the Match Referee's decision is final and binding." Article 2.2 includes any action(s) outside the course of normal cricket actions, such as hitting or kick-



ing the wickets and any action(s) which deliberately (i.e. intentionally), recklessly or negligently (in either case even if accidental) results in damage to the advertising boards, boundary fences, dressing room doors, mirrors, windows

and other fixtures and fittings. It also includes abuse of cricket equipment or clothing, ground equipment or fixtures and fittings during a match, even though the IPL organisers didn't clarify Kishan's offence.

Uber Cup: India women thrash Singapore 4-1 to seal quarter-final spot

CHENGDU, Apr 28 (Agencies): Indian women's team assured themselves of quarter-finals spot in the BWF Thomas and Uber Cup 2024 with a dominating 4-1 win over Singapore in their Group A clash in Chengdu, China, on Sunday, 28 April. The young squad, which had defeated Canada 4-1 in their group opener, came back after Yeo Jia Min got the better of Ashmita Chaliha 21-15, 21-18 in the first singles.

National champions Priya Konjengbam and Shruti Mishra restored parity by winning the doubles rubber 21-15, 21-16 against Xiao En Heng and Yu Jia Jin before Isharani Baruah gave the Asian Champions the lead, beating Insyirah Khan 21-13, 21-16 in just 31 minutes. Former junior national champions Simran Singhi and Ritika Thaker then wrapped up the tie for India with a thumping 21-8, 21-11 win over Yi Ting Elsa Lai and Michelle Zan.



Anmol Kharab then maintained her unbeaten record in the third and final singles with a 21-15, 21-13 win over Lee Xin Yi Megan.

India will now be facing formidable China in the last group clash on Tuesday.

India vs Singapore: Results Ashmita Chaliha lost to Yeo Jia Min 15-21, 18-21

Priya Konjengbam/Shruti Mishra bt Xiao En Heng/Yu Jia Jin 21-15, 21-16

upset Canada's Michelle Li, ranked 28 places above her, 26-24, 24-22 in a 42-minute clash that saw the Indian save a total of six game points across the two games.

The doubles combination of Priya Konjengbam and Shruti Mishra then doubled India's lead with a 21-12, 21-10 win over Catherine Choi and Jeslyn Chow.

Isharani Baruah then put the result beyond doubt as she packed off Wen Yu Zhang 21-13, 21-12 in just 29 minutes to give India an unassailable lead.

Canada finally scored their first point when Jackie Dent and Crystal Lai defeated Simran Singhi and Ritika Thaker 21-19, 21-15 in the second doubles rubber.

India's star in the successful Asian Team Championship campaign, Anmol Kharab then wrapped up the tie with a 21-15, 21-11 win over Eliana Zhang.

Mohammed Shami's absence hurting GT: Ashish Kapoor ahead of RCB clash

AHMEDABAD, Apr 28 (Agencies): GT team's assistant coach Ashish Kapoor admitted that the franchise has been missing out on the services of their ace speedster Mohammed Shami in IPL 2024. Shami, who was the Purple Cap winner in the last edition of the league with 28 wickets in 17 matches, was ruled out of this season. He had undergone heel surgery in late February and is currently under rehabilitation at the NCA.

Ashish, while speaking to the media in the pre-match press conference, suggested that Shami, with his 4 overs, has definitely proven as the point of difference in

the team's performance this season. However, he understood that the team could not complain and had to look at the other options.

"Mohammed Shami is a world-class performer, anybody would miss him, right? He has done well for us in the last two seasons, those four overs will obviously make a little bit of difference," Ashish said.

"But then you can't keep cribbing. You have to look at different options and move on."

Gujarat, have not been able to find the perfect replacement for Shami in the powerplay. They have been mostly reliant on the spin trio of Rashid Khan, Noor Ahmad and



Sai Kishore for most of their wickets.

Mohit Sharma, who picked up 27 wickets in the last edition, has failed to impress this season. In GT's encounter against DC, Mohit conceded 73 runs in his 4-over quota, the most expensive figures in the IPL history.

Ashish felt that bowling has not been a concern for GT and might be for RCB, whom they will be facing at the Narendra Modi Stadium on April 28, Sunday.

"I don't think bowling has been our problem this year. They might be having problems, but not our bowling."

Ashish admitted that at this stage of the tournament, every team has a chance of making it to the playoffs. He did not rule out RCB's chances, who have been languishing at the bottom half of the table.

"The place where we are in the tournament currently, the mid-section, even though we have to keep winning games. They (RCB) still will be thinking that they have a chance if they win all the remaining games. At the moment every team has a chance," he said.

GT have blown hot and cold in the tournament so far with 4 wins in 9 matches.

CSK batting coach Hussey backs Ravindra Jadeja, Ajinkya Rahane to deliver in SRH clash

CSK batting coach Michael Hussey has backed Ajinkya Rahane and Ravindra Jadeja to deliver in the upcoming IPL 2024 match against SRH.



KOLKATA, Apr 28 (Agencies): CSK batting coach Michael Hussey spoke about Ravindra Jadeja's new role as the No. 4 batter, praising him for his adaptability to play according to the situation. Jadeja, who is known for his finisher's position alongside MS Dhoni, is seen batting at number four this season, where he has had mixed results. "He is playing a different role (batting at number four). He has been coming in very late in the last few years. He has done a good job so far at adapting to the situation and playing accordingly," Hussey said ahead of their match against Hyderabad. "He is in a good frame of mind, hitting the ball well in the nets, and there is

no concern. He played a quick innings in Lucknow, and his strength is being able to work the ball around the gaps, use his pace and run between the wickets, picking the right time to attack the right bowlers."

CSK suffered consecutive losses in their last two matches, while the high-flying SRH is also coming off a setback to RCB. Conditions at Chepauk in the previous encounter against LSG were not ideal, with heavy dew contributing to CSK's first home defeat of the season. "In the last few games, the dew has been really challenging for the bowlers, taking them out of the game. But, we have always had good spinners, and the condi-

tions here have also been friendly," Hussey said. "The other night, the spinners found it very difficult to hold the ball, and they couldn't get spin on it. The ball was skidding nicely onto the bat, which made it really challenging. "But again, there is no excuse it is pretty much the same for both teams, and we have to deal with it as best as we can.

Ajinkya Rahane, CSK's top-order batter, has been removed for single digit scores in two of his last three games. Hussey, on the other hand, voiced trust in the 35-year-old Indian batsman and suggested that a calf niggle had caused him problems. "We are 100 per cent backing Ajinkya Rahane, he is batting really well. He just got out a couple of times early, which can happen to anyone. "He did have a niggle in his calf, which probably sent him back a little bit, but overall, we are very happy with what he has done."

Fraser-McGurk shines as DC beat MI by 10 runs

AHMEDABAD, Apr 28 (Agencies): Jake Fraser-McGurk produced a power-hitting masterclass as Delhi Capitals kept themselves in the race for the IPL playoffs with a 10-run win over Mumbai Indians here.

Bringing his big-hitting prowess to the fore, Fraser-McGurk sizzled in the scorching Delhi heat with a 27-ball 84, powering DC to 257/4 after they were asked to bat.

Tilak Varma (63) and

Hardik Pandya (46) played some lofty shots to give MI a glimmer of hope but DC's bowlers, led by Rasikh Salam (3/34), kept striking at regular intervals to stop MI at 247/9.

The win elevated DC to the fifth spot, while MI continued to occupy the 9th spot.

While Fraser-McGurk sparkled, Tristan Stubbs dazzled with an unbeaten 48 off 25 balls at the death overs as DC put up a superlative batting

effort to register their highest-ever score in the IPL.

In reply, MI suffered an early jolt as Khaleel Ahmed drew first blood in the form of Rohit Sharma (8).

With more than 250 runs to score, MI's batters had to go hard and that led to Ishan Kishan (20) and Suryakumar Yadav's (26) wickets.

Three wickets down and the required run rate increasing, Pandya took

things in his own hands, plundering 19 runs in the ninth over off DC's star spinner Kuldeep Yadav. Tilak Varma joined in with a boundary and a six off Axar Patel as the duo stitched a 71-run stand.

But impact player Salam not only broke the partnership, claiming Pandya's wicket, but also got rid of Nehal Wadhwa in the same over. Varma then found an ally in Tim David but

he was run out in the final over.

Brief scores DC: 257/4 in 20 overs (Fraser-McGurk 84, Stubbs 48*, Hope 41; Nabi 1/20) vs MI: 247/9 in 20 overs (Hardik 46, Varma 63, David 37; Salam 3/34, Mukesh 3/59).

LSG: 196/5 in 20 overs (Rahul 76, Hooda 50; Sandeep 2/31) vs RR: 199/3 in 19 overs (Samson 71*, Jurel 52*; Amit 1/20).

BJP betrayed JK people, robbed them of everything: Abrol

Top News Report

JAMMU, Apr 28: Taking a dig at BJP, Joint Secretary Jammu Province, Ankush Abrol today said that party had betrayed the people of Jammu and Kashmir by making tall claims and promising them "Acchhe Din" under their rule but, they ruined everything and now people are feeling suffocated under the present regime.

During the meeting Ankush Abrol deliberated in detail the various aspects imperative to strengthen the party at the grass root level.

While speaking on the occasion Abrol said that the National Conference is committed to fighting for the rights of Jammu and Kashmir. He said that few forces are working to divide people on the communal and regional lines which will be given a befitting reply. "The country is presently going through a state of crisis. The graph of inflation is constantly



on rise, the prices of essential commodities are skyrocketing and still BJP is claiming good governance" he added. "BJP made several promises with the people of Jammu and Kashmir, and gave them a dream of a golden era. They promised jobs, development, corruption free governance and many more things. But now their tall claims stand exposed,"

he said. He also said, "BJP indulged in just 'Jumlebaazi' to befool the masses for political gains but in reality this party has nothing to do with the poor masses. Also speaking, Dr Vikas Sharma, Coordinator Jammu District (Urban) and Zonal Secretary JKNC, severely criticized the present dispensation and said that BJP robbed everything

from people of J&K. Post August 5, 2019, the rights and resources of people have been snatched and they have been left on the mercy of god.

He reminded people of the National Conference era when Sher-e-Kashmir introduced historic Land Reforms Act and gave land to landless and made them owners of the land which they only used till. "The suc-

cessive NC governments in J&K took several measures for the upliftment of masses and never made them feel alone but the present dispensation has let loose a reign of terror by imposing a series of taxes and other restrictions on people," he said. BJP snatched statehood from people of J&K and deprived them of elected government and now we are being subjected to heavy taxation in different forms, he said and added that nobody listens to the people and they are made subservient to bureaucrats. He urged the people to strengthen the hands of Dr Farooq Abdullah and Jenab Omar Abdullah so that NC could once again form a popular government in J&K and mitigate the sufferings of poor masses.

The others who spoke on the occasion include Rahul Mahajan, Arun Paul Singh, Dhevin Sharma, Tariq, and others.

UNNAT NGO organizes embroidery workshop in Nardi

Top News Report

JAMMU, Apr 28: Unnat NGO today organized an embroidery workshop in Jawahar Navodaya Vidyalaya (JNV) Nardi, Akhnour and taught the methods of making embroidery in different ways to female students. The program was presided over by Sh Sudarshan Kumar Abrol, President of Unnat NGO.

Addressing the staff and students, Sudarshan Kumar Abrol, President of Unnat NGO said that our NGO has been imparting training to youth for skill orientation and making different types of things for the last one year

He further informed that in the first year, our NGO taught children and other people to make candles inspiring them to start their own work, he said adding that it is a matter of immense satisfaction that some people have made candles and are sending them in the market to earn money. She expressed her



General Secretary of Unnat, Neena Abrol said that today we got the opportunity to come to this school and taught children how to work for making embroidery in different ways. She further said that for the last one year our NGO has been getting full support from every school for this purpose.

gratitude to school management for giving us the opportunity to impart skill development training to students, she added. Among those executive members who were present on the occasion include Dr Anuradha (Treasurer), Sunita Muthoo, Kanchan Sharma, Preeti Gupta, Lata Rani, Isha, Nidhi and others.

Natrang presents famous story 'Kafan



Top News Report

JAMMU, Apr 28: Natrang staged a dramatic presentation of Munshi Prem Chand's famous short story, 'Kafan' here today at Natrang Studio Theatre in its Sunday Theatre Series. The play was directed by Neeraj Kant. Though written many years ago by country's most celebrated and visionary writer, the story appears timeless and still has a lot to convey to the present generation and even generations to come and it is a very precise satire on the degradation of

human values. The play revolves around a father and his son who work as laborers in a village. The son's wife is near the end of her pregnancy and is in need of medical attention, which the family certainly cannot afford. The poor lady cries in pain as 'Ghisu' and his son 'Madhav' watch helplessly. She eventually dies during childbirth, adding to the problems of the father and son. Driven to extreme poverty and despair, they have no money or means to perform the last rites for the unfortunate woman. They cannot ignore the

dead body lying in their hut, and set out to ask the villagers for some monetary assistance which they get after some effort but when it comes to the purchase the shroud for her, they change their mind and rather buy liquor out of that charity money, giving consolation to their sinful souls that what would a dead woman do with that piece of cloth, she does not need anything but blessings. The play very emotionally exposes the monster of alcoholism and the story seems to be so relevant and close to the contemporary times. The play shows that people ruin their life and lives of their dependents in lust of alcohol and those who are captured in its trap may have nothing to eat and feed their family but will go out of ways to muster resources for the acquisition of liquor. Kafan which translates to a shroud in English describes the degradation of human beings to the lowest level possible. Natrang young actors who performed in the play included Sanket Bhagat, Vishal Sharma, Chaitanaya Shekhar, Kushal Bhat, Aadesh Dhar and Payal Khanna. Lights of the play were designed and executed by Neeraj Kant whereas Kananpreet Kaur rendered the music of the play. The show was coordinated by Brijesh Avtar Sharma.

JKBS members express deep grief over unfortunate demise of Ram Paul Tugga

Top News Report

JAMMU, Apr 28: The Jammu and Kashmir Batwal Sabha members at a meeting held here today expressed deep grief over the sad, sudden and untimely demise of Shri Ram Paul Tugga, who hailed from Village Sohagani and died of an accident.

The JKBS members described the deceased as most kind and respectful person.

All present prayed to Almighty to grant eternal peace to the departed soul and give immense strength to the bereaved family to bear this immeasurable loss.

Among those who attended the meeting included Messers R.L.Kaith, Hans Raj Loria, Tilak Raj Motan, Des Raj Kaith, Birender Kaith, Tilak Raj Bassa, Naresh Kumar Kaith, Hari Chand Tugga and Jagdish Raj Kaith.

Shiv Sena condemned police torture and consoled the victim's family



Top News Report

JAMMU, Apr 28: Shiv Sena (UBT) Jammu and Kashmir unit leaders have strongly condemned the behaviour of police officer and demanded strict legal action against the guilty officers and help of one crore to the victim's family from the account of the accused police officer after a person committed suicide due to harassment by the police in Jammu yesterday.

A team of party state leaders led by party state chief Manish Sahni today met the family of the deceased and expressed their condolences and consoled the family. Along with this, Manish Sahni has demanded strict legal action against the accused police officers. Sahni said that recently the Jammu and Kashmir High Court,

while cancelling the detention of a Kashmiri citizen under the Public Safety Act (PSA), had made a strong comment that "India is not a police state but a democratic country".

Sahni said that the arbitrariness of bureaucrats has been increasing in Jammu and Kashmir for the last few years.

He said that according to the information received from the members of the victim's family, the deceased and his family members were being harassed by the police in a case registered against him 19 years ago, although he was acquitted by the Hon'ble Court in the said case. Sahni said that fed up with the constant harassment and harassment by the police, this 47-year-old man hanged himself from a fan at his residence. The deceased made a video before committing suicide and also wrote a suicide note, in which the police officers have been accused of constantly harassing him and his family. Sahni has demanded strict legal action against the accused police officers and financial assistance of Rs 1 crore to the family of the deceased from the police fund.

Rajesh Gupta urges Amit Shah to stop discrimination with JKP on RHA issue

Top News Report

JAMMU, Apr 28: Bahujan Samaj Party (BSP) J&K General Secretary and Media Head Rajesh Gupta raised the concern and questions the union government why Jammu Kashmir Police (JKP) getting lesser amount of risk and hardship allowance (RHA)? Which is being paid to different security forces deployed in Jammu and Kashmir Union Territory (UT) with J&K Police (JKP) getting a meager amount. Gupta urged Union Home Minister Amit Shah to stop this discrimination with JKP Jawans those always stands 24x7 for our safety in J&K and level their RHA with other forces.

Gupta said, though all of them work in same risky conditions yet there are variations in RHA J&K UT has International Border (IB) and Line of Control (LoC) with belligerent neighbour Pakistan while the UT of Ladakh which was carved out of erstwhile J&K State on August 5, 2019 has border with China and LoC with Pakistan.

Gupta added that despite the fact that all these forces face similar type of challenge and hardship, yet, there are variations in RHA being paid to them.

An Inspector rank policeman of JKP is getting Rs. 175 per month as risk allowance and his hardship allowance



remained 10 per cent of his basic salary. As the menace terrorism and border skirmishes has badly affected J&K, many security forces apart from Indian Army and local JKP have been deployed here for the last about four decades to maintain peace and in doing so many of the personnel of these forces have been martyred.

BSP leader informed that hardship allowance of 10 per cent of the basic salary in the force is same for all the ranks. He said that hardship allowance of other forces in J&K is about 34 per cent.

He said RHA in the Army depends upon the area of deployment and is different for the areas of peace, counter insur-

gency/counter terrorism (CI/CT) and high altitude. Rajesh Gupta said that in places like Jammu, RHA is paid for deployments even at places like Nagrota, Domana and Sunjwan.

He said that RHA also varies with rank and is not same for all the personnel of Army.

"It is Rs. 6000 for Junior Commissioner Officers and Other Ranks and Rs. 10500 for officers in peace," he said adding that it is not paid for every posting in Jammu but is more at border and LoC posting.

"In places like Siachen it is 42500 for officers and 30000 for Junior Commissioner Officers and Other Ranks," Gupta maintained.

'Unemployment at Kishtwar, Doda and Ramban of Chenab Valley Zone is at alarming stage'

Top News Report

KISHTWAR, Apr 28: Jammu and Kashmir National Conference Sr. Leader, Spokesperson Ajeet Bhagat said during different under construction Hydroelectric Power Projects under the banner of different multinational companies our skilled, unskilled, semiskilled employee are not recruited as per their desire skill due to that

youth of Kishtwar, Doda and Ramban Districts of Chenab Valley Zone diverted it's mind towards frustration, drugs, and in different criminal activities.

Bhagat said that the constructed different online offline recruiting scheme still haven't any result on ground for proper free and fare recruitment processes by districts administration Kishtwar, Doda and

Ramban Districts of Chenab Valley Zone and multinational companies from past so many years. Ajeet Bhagat request to Lt. Governor Manoj Sinha and Chief Secretary Atal Dulloo kindly, intervene this issues and recruit our talented and needy youth as earlier as possible only for betterment and developmental point of view in different Companies and departments.

Ajeet Bhagat requests CS Atal Dulloo and others to release Subsidy for PMEGP Loan Cases

Top News Report

KISHTWAR, Apr 28: Jammu and Kashmir Chief Secretary Atal Dulloo IAS, Dr. Hina Shafi Bhat Chairperson Jammu and Kashmir Khadi and Village Industries Board (J&KB) has requested the Chairman of the Jammu and Kashmir Khadi and Village Industries Board (J&K). KVIB) and Deputy Commissioner Kishtwar,

Doda and Ramban Districts to release subsidy for PMEGP cases which has been stopped for the past one year.

The National Conference Senior Leader and Spokesperson said that businessmen of Kishtwar, Doda and Ramban districts of Chenab Valley Zone have been badly affected by the crazy behavior of Jammu and Kashmir Bank.

