

TOP NEWS OF J&K

JAMMU, SUNDAY, JUNE 02, 2024

Daily Evening Newspaper



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Iran's hard-line former President Mahmoud Ahmadinejad registers for June 28 presidential election



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BRIEFLY

11-year-old boy drowns to death in Ganderbal

SRINAGAR, Jun 2 (Agencies): An 11-year-old boy drowned to death in an irrigation canal in Thune area of Kangan in central Kashmir's Ganderbal district on Sunday, officials said.

An official told news agency—Kashmir News Observer (KNO) that the boy slipped into the irrigation canal, following which a rescue operation was launched.

He said that the boy was later retrieved and shifted to SDH Kangan, where he was pronounced dead on arrival.

The deceased has been identified as Asif Ahmad Thekray, son of Mumtaz Ahmad Thekray of Thune Kangan.

Wildlife official injured in bear attack in Kulgam

SRINAGAR, Jun 2 (Agencies): A wildlife official was injured after being attacked by a bear in Parigam area of Kulgam on Sunday.

An official told News Agency Kashmir Scroll that a wildlife official namely Bashir Ahd Bhat son of Gh Ahmad Bhat resident of Devsar was attacked by bear in Parigam.

He said that Bhat received injuries and was shifted to hospital in injured condition.

Mehbooba appeals MEA to repatriate body of Rajouri man from Saudi Arabia

SRINAGAR, Jun 2 (Agencies): PDP president Mehbooba Mufti Sunday appealed Ministry of External Affairs and Foreign Minister S Jaishankar to repatriate body of a Rajouri man from Saudi Arabia.

Kabir Khan who hails from J&K's Rajouri was working as a labourer in Saudi Arabia and passed away in a tragic road accident there.

Taking to micro-blogging site X (formerly Twitter) Mehbooba said: "Kabir Khan from Rajouri working as a labourer in Saudi Arabia has passed away in a tragic road accident. His family

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Nine counting centres set up for five Lok Sabha seats in J&K; One in Delhi

JAMMU, Jun 2 (Agencies): With two days left for the declaration of results of the Lok Sabha polls, nine centres have been set up counting of votes in five Lok Sabha constituencies in Jammu and Kashmir, officials said on Sunday.

In addition, one counting centre has also been set up in Delhi for the counting of Kashmiri migrant votes which were polled by the displaced community at specially set up polling stations in Srinagar, Baramulla and Anantnag-Rajouri Lok Sabha seats, they said.

The counting of votes, scheduled for Tuesday,



also covering Udhampur and Jammu parliamentary seats in J-K, will decide the fate of 100 candidates, including senior BJP leader and Union minister Jitendra Singh, two former chief ministers – Omar Abdullah of National Conference (NC) and Meh-

booba Mufti of Peoples Democratic Party (PDP). The other bigwigs include former ministers Raman Bhalla and Choudhary Lal Singh of Congress, GM Saroori of DPAP, Aga Ruhullah Mehdi and Mian Altaf of NC, Ashraf Mir of Apni Party, Sajjad Lone of

Peoples Conference. Former MLA Engineer Rashid is fighting from Tihar Jail.

Officials said all arrangements including security and deployment of staff have been made at all the 10 counting centres.

The Combined Voter Turnout (VTR) at the polling stations for the entire Union territory (five Lok Sabha seats) was 58.46 per cent – the highest poll participation in the last 35 years.

The voter turnout of 50.86 per cent from the three parliamentary constituencies in the Kashmir Valley witnessed a

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People who kept 'Hisab-Kitab' for Pak In the past queued up to vote this time: DGP Swain

SRINAGAR, Jun 2 (Agencies): People who kept 'hisab-kitab' (accounts) and acted as eyes and ears of the 'enemy' in the past took part in the electoral process this time as the Jammu and Kashmir administration and the police ensured a safe space free from external threats, DGP Rashmi Ranjan Swain said.

This year's Lok Sabha election saw a remarkable voter turnout in Jammu and Kashmir which signalled towards a shift in the region's political landscape, Swain told agency,



highlighting a newfound sense of freedom from fear among the people.

In the first major electoral battle in Jammu and Kashmir since the abrogation of Article 370 and the bifurcation of the erstwhile state into Union territories in August 2019, the three Lok Sabha seats in the Valley— Srinagar, Baramulla and Anant-

nag-Rajouri, recorded their highest-ever voter turnouts in the last three decades.

Director General of Police (DGP) Swain commended the security forces for their efforts in monitoring potential threats from external elements particularly 'proxies of Pakistan' who intended to disrupt the democratic process.

Speaking to agency after the completion of the poll process, Swain stressed the positive impact of the high voter turnout and said "I, my colleagues in J&K Police and the wider

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Mata Kheer Bhawani Yatra from Jammu on June 12

JAMMU, Jun 2 (Agencies): Hundreds of devotees from the Kashmiri Pandit community will leave for the annual Mata Kheer Bhawani Yatra in a fleet of Jammu and Kashmir Road Transport Corporation buses from Jammu to Kashmir on June 12.

The annual Mata Kheer Bhawani mela this year is to be celebrated on June 12 in Tulmula in Ganderbal district of Kashmir valley. "All arrangements are being made for the Mata Kheer Bhawani Yatra," said an official.

He said that the

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PDP opting out of INDIA Bloc not true: Mehbooba Mufti

SRINAGAR, Jun 2 (Agencies): PDP President Mehbooba Mufti refuted rumors on Sunday that the People's Democratic Party (PDP) is opting out of the INDIA Bloc.

Speaking to Kashmir News Service (KNS), Mehbooba clarified that her absence from the recent INDIA Bloc meet-



ing in New Delhi was due to her mother's eye surgery.

In the recent Lok Sabha elections, the

INDIA Bloc allocated five seats in Jammu and Kashmir: two to the Congress in Jammu and three to the National Conference (NC) in the Kashmir Valley. The PDP, being part of the INDI alliance ran separately in the race. During the elections, the Congress actively

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Wishful thinking is passed off as the National Narrative: Omar on Exit Polls

SRINAGAR, Jun 2 (Agencies): Former Jammu and Kashmir Chief Minister and National Conference Vice President Omar Abdullah on Sunday said wishful thinking is passed off as the national narrative.

He was reacting to Exit polls that have given the

BJP a major advantage.

5 years ago during the campaign – "he's gone back to Hindu-Muslim, the BJP is in trouble". Come to the exit polls – "have you seen the numbers? I'm depressed, this can't be happening". This year it's been the same – "he's relying on Muslim bashing, the BJP

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Next week likely to be rainy in J&K: MeT

SRINAGAR, Jun 2 (Agencies): Meteorological Centre Srinagar has forecast intermittent light to moderate rain coupled with thunder with gusty winds during the next week in Jammu and Kashmir. There will be 'no' heatwave over Kashmir division during the next eight days, it said.

The weather will generally remain hot and dry with 'heatwave' over plains of Jammu division till June 4.

Jammu recorded the maximum temperature at 42.9C on Saturday and it was 3.5C above normal during this period of the season.

The weather will remain partly cloudy with the possibility of light rain and thunder at a few places during the next 24 hours till Monday.

From June 4 to 7, the MeT office predicted the weather will be partly to generally cloudy with intermittent light to moderate rain/thunder at many places with gusty winds at few places. Few places may receive moderate intensity showers for a brief period over Jammu and Kashmir.

It said the weather will remain partly to generally cloudy during June 8 and 9 while it will be dry from June 10 to June 13.

The MeT office has advised farmers to suspend farm operations during June 5 and 6.

The minimum temperature at Qazigund, Pahalgam and Koker-nag weather stations of the Kashmir valley was recorded below normal during the intervening night of Saturday and Sunday.

Srinagar, the summer capital of Jammu and Kashmir, recorded the

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Forest fire breaks out at Gangera Hili In Udhampur

UDHAMPUR, Jun 2 (Agencies): A forest fire erupted in Gangera Hill in Udhampur district of Jammu and Kashmir on Sunday, said officials.

Upon receiving the information, forest department personnel

swung into action to contain the fire.

"The fire erupted in the morning. Upon receiving the information we reached the spot and started dousing the fire. It is still going on," Bharam Dutt Sharma,

block forest officer in Udhampur said.

According to the preliminary estimate of the forest officials, the fire has caused immense damage, razing down vast swathes of forest and causing an esti-

mated loss of crores of rupees in timber and other natural resources.

Another major forest fire has been raging in Daya Dhar of Ghordi Block, of Jammu and Kashmir's Udhampur District for the past three

days.

The fire has intensified over this period, and despite continuous firefighting efforts, it remains uncontained. The Daya Dhar forest area is home to a

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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

TENTH DAY/KRIYA/UTHALA

With profound grief and sorrow we regret to inform the sad demise of our beloved **SH. JUGAL KISHORE THAPPA (KAKU)**, S/O Lt. Sh. Mani Ram Thappa R/O 271/A, Last Morh Gandhi Nagar, Jammu. **Tenth Day** will be performed on 2nd June (Sunday) at 10.00 a.m & **Kriya** will be performed on 3rd June (Monday) at 12.00 a.m at our residence.

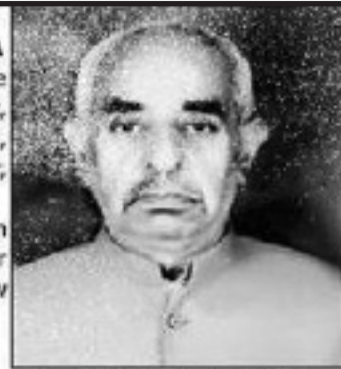


SH. JUGAL KISHORE THAPPA (KAKU)

UTHALA will be performed on 3rd June (Monday) at Shiv Mandir, Last Morh Gandhi Nagar, Jammu from 4.00 p.m to 5.00 p.m.
Grief Stricken
Smt. Sudesh Kumari - Wife
Mittav Thappa - Son
Daughters & Son-in-law
Smt. Karuna Sharma W/o Sh. Ashish Sharma
Smt. Shaluu Sharma W/o Sh. Rakesh Sharma
Brother and Sister in law
Smt. Kanta Sharma W/o Sh. Sham Sunder Thappa
Akhil & Abhishek - Nephews
Mobile no. 9697760543, 8716001443, 9419119731

10TH DAY KRIYA

With profound grief and sorrow, we inform you of the sad demise of our beloved **Sh. Janki Nath Bhat**, S/o Lt. Shree Dina Nath Bhat of Tikker Kupwara, presently residing at H.No 205, Shanti Vihar, Deenpur, Najafgarh, Delhi, on 27.05.2024.



SH. JANKI NATH BHAT

The **TENTH-DAY KRIYA** will be performed on Wednesday, 5.06.2024, at Shree Gauri Shankar Mandir Trust, T-block, Phase 1, Sector 109, New Palam Vihar, Gurugram, at 7 AM.
GRIEF STRICKEN:
Smt. Nime and Sh. Dip Kumar Bhat (Daughter-in-Law and Son)
Smt. Biria and Sh. Sushil Chander Bhat (Daughter-in-Law and Son)
Smt. Pinky and Sh. Chandji Sadhu (Daughter and Son-in-Law)
Smt. Priya and Sh. Dhyanjay Ji (Granddaughter and Grandson-in-Law)
Smt. Pooja and Sh. Ankur Ji (Granddaughter and Grandson-in-Law)
Smt. Preeti and Sh. Siddharth Ji (Granddaughter and Grandson-in-Law)
AND THE ENTIRE BHAT FAMILY OF TIKKER- KUPWARA AND BHAT'S, TICKOO'S, DHAR'S, MATTOO'S, SADHU'S, ETC.
Grandchildren: Anshu, Bhavnesh, Tanaya
PHONE NUMBERS: 628366964, 9711158478, 988872606, 6005627998

TENTH DAY

WITH PROFOUND GRIEF AND SORROW WE REGRET TO INFORM THE SAD DEMISE OF OUR BELOVED **KARAMYOGI SMT. PRABHA MUNSHI (RANI)** W/O LATE H.N. MUNSHI ORIGINALLY FROM ALKADAL BULBUL-LANKAR/ BARZULA SRINAGAR KASHMIR PRESENTLY RESIDING AT HOUSE NO.118, SECTOR-29 FARIDABAD HARYANA
TENTH DAY WILL BE PERFORMED AT MURAD NAGAR GHAT'S ON 9TH JUNE 2024 (SUNDAY) AT 8.30 AM.
GRIEVED:
SMT. NRIJA MATTOO MUNSHI (DAUGHTER IN LAW)
W/O LATE RAVINDER MUNSHI
PH: 8130038108
SMT. KRISHNA RANA (BUA Ji)
ASHOK KUMAR KOLU (SON IN LAW)
HO LATE GIRJA MUNSHI KOLU
GRAND CHILDREN
RISHA, RITU AND VIDHU
SONALAKH RAKESH DASTARI
SHRINANDAN ARUN KOLU



SMT. PRABHA MUNSHI (RANI) (KARAMYOGI)

10TH DAY KRIYA

(We miss you Boba Ji)
The 10th Day Kriya of our beloved **Sh. Chaman Lal Mattoo (Boba)** S/o Late Sh. Janki Nath Mattoo erstwhile R/o Karan Nagar, Sgr at present Sector 5, Pura Nagar near Yatri Niwas Jammu who breathed his last on 25th May 2024 will be held at Muthi Ghat (Near Director School Education) on 3rd June 2024 (Monday) at 9 AM.
GRIEF STRICKEN
Mrs Churi Mattoo - Wife
Dr. J.L. Mattoo & Mrs Nancy - Brother & Bhabhi
Er. Rajinder Mattoo - Brother
Mrs Phool Dhar & Mrs Jaya Raina - Sisters
Mr Ajay Mattoo & Mrs Deepa - Son & Daughter-in-law
Mrs. Archana & Mr. Rakesh Dhar - Daughter & Son-in-law
Grand Children, Mattoo & Wangnoo families
Mob: 9419681803, 8899645595



SH. CHAMAN LAL MATTOO (BOBA)

UTHALA

With profound grief and sorrow, we inform that our beloved **Smt. Lalita Devi** wife of Late Prof. K.L. Verma has left for her heavenly abode on 31st May 2024.



SMT. LALITA DEVI

UTHALA will be performed on 3rd Jun 2024 (Monday) from 4:30PM to 5:30 PM at Laxmi Narayan Mandir (Back side) Gandhi Nagar Jammu.
FONDLY REMEMBERED BY
Son & Daughter in law
Sanjay Verma & Deepika Verma
Grandson & Grand Daughter in Law
Ishan Verma & Czarina Verma
Son-in-laws & Daughters
Late Sh. S. L. Dhawan & Smt. Sudesh Dhawan.
Sh. Brij Mohan Gandotra & Smt. Neeta Gandotra.
Sh. Rajiv & Smt. Ashu Abrol (Mayaka)
Grandchildren & Spouses
Deepak & Rupali Dhawan
Dr. Vivek Gandotra & Dr. Jyotsna Suri
Dheeraj & Reena Dhawan
Poonam & Rajnesh Verma (IAF)
Nimisha & Vikas Abrol
M. 97699 08618

BHOG & ANTIM ARDAS

With profound grief and sorrow, we inform the untimely demise of our Son **Sd. Jasvinder Pal Singh** S/o Sd. Jattender Pal Singh Kala R/o H.No. 221, Sec 3, Basant Vihar Extension Trikuta Nagar. (Original resident of Khadnyar Baramulla) who expired on 26/5/2024.

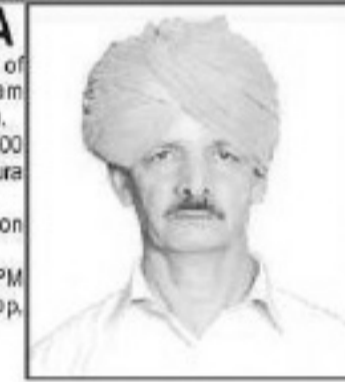


Sd. Jasvinder Pal Singh

PROGRAMME
Arambh Sri Akhand Path Sahib at our residence on 1/6/2024 at 9.00 am (Saturday).
Bhog Sri Akhand Path Sahib on 3/6/2024 (Monday) at our residence at 9.00 am.
Kirtan & Antim Ardas will be held at Gurudwara Singh Sabha Guru Nanak Nagar, Jammu from 10.30 am to 12.00 Noon on 3/6/2024
GRIEF STRICKEN
Sd. Inderjit Singh Kala - Taya Ji
Sdn. Joginder Kour & Sd. Jattender Pal Singh Kala (Mother & Father)
Sd. Prabhjot Singh (Son)
Sdn. Harpreet Kour (Wife)
Harjot Kour (Daughter)
Sd. Inderjit Singh Raina - Father-in-law

10TH DAY, KRIYA & UTHALA

With profound grief and sorrow, we inform the sad demise of our beloved **Sh. Mansa Ram Sharma** S/o Late Sh. Padam Nath H.No. 31, Lane No. 27, Rajpura Mangotrian, Jammu. **Tenth Day** will be performed on Friday 31/05/2024 at 10:00 AM at our residence H.No. 31, Lane No. 27, Rajpura Mangotrian, Jammu, Near Rajpura Park. **Kriya** will be performed on Saturday 1/6/2024 at 12:00 Noon at our residence.



Sh. Mansa Ram Sharma

UTHALA will be performed on Monday 3/6/2024 from 4.00 PM to 5.00 PM at Hari Mandir, Opp. Sanjay Stationary Shop, Rehari.
GRIEF STRICKEN
Smt. Suran Sharma (Wife)
Hirdyansh Sharma (Son)
Sakshi Sharma (Daughter)
(Daughter & Son-in-law)
Smt. Shivani Sharma and Sh. Sanjay Sharma
& All Family Members

10TH DAY KRIYA

With profound grief and sorrow, we regret to inform the sad demise of our Father **Sh. Mahraj Krishen Tickoo** S/o Late Manohar Lal Tickoo originally resident of Mattan at present Vinayak Vihar, Paloura, Jammu. The **Tenth Day Kriya** will be performed at Muthi Ghat on 3rd of June, 2024 (Monday) at 8.00 am.



Sh. Mahraj Krishen Tickoo

GRIEF STRICKEN
Son & Daughter-in-law
Sahil Tickoo & Kajal Tickoo
Daughter & Son-in-law
Sapna & Sahil Sapolia
M.No.: 8825010828, 9796267034

TENTH DAY/KRIYA

With profound grief, we inform you that our beloved **Mrs. Sheela Kaul** W/o Late Mr. Brijindra Kaul resident of 349/Sector 9 Panchkula passed away for her heavenly abode on 28th May 2024.



Mrs. Sheela Kaul

TENTH DAY KRIYA ceremony will be held in Panchkula on 06th June 2024.
GRIEF STRICKEN FAMILIES:
Kauls, Karihaloos, Durgas, Sharmas
9872455255, 7814151798

BHOG AND ANTIM ARDAS

ਜੇ ਦੀਸੈ ਜੇ ਸਗਲ ਬਿਨਾਸੈ ਜਿਉ ਬਾਦਰ ਕੀ ਛਾਈ ॥
Whatever is seen in this world shall all pass away, like the shadow of a cloud.



Sardar Brijnandan Singh Bali

With profound grief and sorrow, we inform the sad demise of our beloved **Sardar Brijnandan Singh Bali** S/o Late. S. Mutwal Singh Bali on 26-05-2024. Bhog and Antim Ardas shall take place at our residence Ushiera Road Baramulla Near Beacon House School as per following Programme:
Arambh Sri Akhand Path, 02-06-2024 (Sunday) at 9:00 hrs
Bhog Sri Akhand Path, 04-06-2024 (Tuesday) at 09:00 hrs
Followed by Kirtan, Antim Ardas from 9:00 hrs to 12:30 hrs and Guna Ka Langar thereafter
IN PROFOUND GRIEF
Sons: Rajinder Singh Bali & Sdri. Rajinder Kour. (Son and Daughter-in-law)
S. Muneesh Singh Bali & Sdri. Sanjeet Kour. (Son and Daughter-in-law)
S. Beant Singh Bali. (Brother)
Dr. Faja Singh Bali & Sdri. Preetinder Kour. (Brother and Sister-in-law)
Sdri. Mahinder Kour W/o Late S. Janki Singh Bali. (Sister-in-law)
S. Hardeep Singh, S. Neel Kamal Singh, S. Oudasp Singh. (Sons of Late S. Anoop Singh & Late Sdri. Jeeft Kaur (Sister)).
S. Kamjeet Singh & Mrs. Manmeet Kour. (Children of Late S. Hoshar Singh (Brother) & Late Sdri. Ujjar Kour)
Bhus. Onkar Singh & Sdri. Agni Kour. (Brother-in-law and Sister-in-law)
Tanika Bali, Gauravdeep Singh Bali, Preetinder Singh Bali. (Grand Children.)

TENTH DAY/KRIYA/UTHALA

With profound grief and sorrow, we inform the sad demise of our beloved **Sh. Arun Kumar Sharma** S/o Lt. Sh. Nand Kumar Sharma on 23rd May 2024 (Thursday).

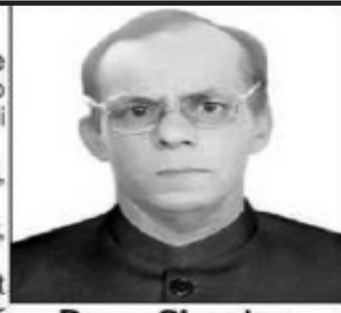


SH. ARUN KUMAR SHARMA

TENTH DAY will be performed at our residence Sanjay Nagar Jammu on 1st June 2024 (Saturday).
KRIYA shall be performed at our residence on 2nd June 2024 (Sunday).
UTHALA/RASAM PAGRI will be performed at Rani Talab Gurudwara Hall Sanjay Nagar Jammu on 3rd June 2024 (Monday) from 5 PM to 6 PM.
GRIEF STRICKEN
Smt Anu Radha Sharma - Wife
Lt. Maj. R.K Sharma (Bade Mama)
Lt. Smt. Vimala Sharma (Badi Mami)
Sh. Krishan Khajuria (Chote Mama)
Lt. Smt. Krishna Khajuria (Choti Mami)
Lt. Sh. Vijay Sharma (Bade Bhaiya)
Smt. Kamla Sharma (Bhabhi)
Abhimanyu Sharma (Son)
(Bhatija & Bahu)
Anshuman Sharma & Sarika Sharma (Beti & Damad)
Shilpa Sharma & Muneesh Sharma
MOB NO: 941927 6110, 9797153110, 6005658510

UTHALA

With profound grief and sorrow, we inform the sad demise of our beloved **Prem Shankar** S/o Late Sh. Dev Raj Sharma R/o H.No. 117, Gali Agnihotri, Kaachi Chawni (Panjirthi).

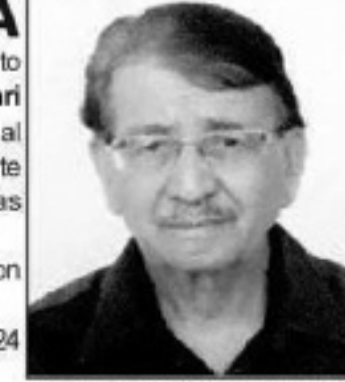


Prem Shankar

10th Day will be performed on 30/5/2024, Thursday at 10.00 am at our residence.
Kriya will be performed on 31.5.2024, Friday, 11.00 am at home
Uthala will be performed on 03.6.2024 at Sattanarayan Temple, Opposite Swarn Kar Sabha. Time 4.00 pm to 5.00 pm
GRIEF STRICKEN
Wife - Kamlesh Kumari
Son - Raghav Sharma
Babhi - Geeta Sharma W/o Late Uma Shankar
Brother - Usha Sharma W/o Suresh Kumar Sharma
Sister - Mohini Sharma W/o Girdhari Lal Sharma
Sashi Shori W/o Late Jugnehar Shori
Rajni Khajuria W/o Anil Khajuria
Kids- Vivek Abhishek, Swamkar Sabha

TENTH DAY/KRIYA

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Shri Mohinder Puri** S/o Late Shri Kashmiri Lal Puri, (Srinagar Wale) R/o H. No 39, Opposite Women's College Parade Road, Jammu, has left for heavenly abode on 24th May 2024.



SHRI MOHINDER PURI

TENTH DAY will be performed at Haridwar on 2nd June 2024 (Sunday).
KRIYA will be performed on 3rd June 2024 Monday at Haridwar.
GRIEF STRICKEN
Son & Daughter in Law
Sh. Atul Puri & Smt. Jyoti Puri
Sh. Anshu Puri & Smt. Purnima Puri
Sister & Brother in Law
Smt. Kusum Sharma & Sh. Dr. Joginder Sharma
Daughter: Miss Mitu Puri
Grand Children: Saanya, Anya, Aryan, Aavya
Mobile No: 8146654702, 9781114655

TENTH DAY

WITH PROFOUND GRIEF AND SORROW WE INFORM THE SAD DEMISE OF OUR BELOVED **MS. ANEETA PAJNOO** D/O LATE ML. PAJNOO ON 26 MAY 2024 (SUNDAY).
TENTH DAY WILL BE PERFORMED ON 4TH JUNE 2024 (TUESDAY) AT MUTHI GHAT 8.30 AM.
IN GRIEF:
BROTHER AND SISTER IN LAW
NARESH AND SUJATA PAJNOO
SON AND DAUGHTER IN LAW
ABHISHEK PAJNOO & PRIYANKA BHASIN
DAUGHTER AND SON IN LAW
DR ANUSHIKA AND RISHABH GOEL.
CONTACT- 9419203699, 7006896983



MS. ANEETA PAJNOO

TENTH DAY, KRIYA AND UTHALA/RASAM PAGRI

With profound grief and sorrow, we inform the sad demise of our beloved **Sh. Prithvi Raj Magotra** S/o Late Sh. Bawa Ditta Magotra R/o 40-B, Vaishnavi Enclave, Sector - 7 Extension, Channi Himmat, Jammu.
10TH DAY will be performed at our residence on 29th May 2024 (Wednesday) at 10 AM.
KRIYA shall be performed at our residence on 30th May 2024 (Thursday) at 12-30 PM.
UTHALA/RASAM PAGRI will be performed at our residence on 3rd June (Monday) from 5 PM to 6 PM.
GRIEF STRICKEN
WIFE
Smt. Anjana Magotra
Sons
Kumar Gourav Magotra
Kumar Sourabh Magotra
Rishabh Magotra
Contact : 9419205621, 9419690995, 9797446607, 8899958111



Sh Prithvi Raj Magotra

10TH DAY/KRIYA/UTHALA

With profound grief and sorrow, we inform that our beloved mother **Smt. Santosh Balwal** W/o Lt. Sh. P.N. Balwal (Retd. BCO) has left for heavenly abode on 24th May 2024 (Friday).
10TH DAY will be performed at Raj Palooa, Dhar Road on 2nd of June 2024 from 11:00 AM-12:00 Noon (Sunday).
KRIYA will be performed on 3rd of June 2024 (Monday) at Devika Ghat, Udhampur from 09:00 AM.
UTHALA will be performed at Raj Palooa, Dhar Road, on 3rd of June 2024 (Monday) from 04:00 PM -05:00 PM.
DEEPLY REMEMBERED BY:-
Daughter-in-law & Son
Smt. Roshni & Sh. Suresh Balwal (T. Pa. Badli Fakir) (AE. Rew. Udh)
Daughters & Son-in-laws
Smt. Sangeta & Sh. Agy Chauhan
Smt. Suna & Sh. Usha Ghai
Smt. Shifa & Sh. Rajesh Sumbra
Smt. Sheetal & Sh. Pranay Pasi
Smt. Tanve & Sh. Omeraj Sharma
Grand Children: Karishma, Harshik, Ushat, Ujva (Achal), Sameer, Vignesh, Animesh, Chaksham, Aashriya, Sahaj, DMIT
MOB: 9419158678, 9419967080



SMT. SANTOSH BALWAL

TENTH DAY/KRIYA/RASAM PAGRI

With profound grief and sorrow we inform the sad demise of our **Sh. Ajit Singh** R/o H.No. 226, Lane No.2 Friends Sector Sultan Nagar, Jammu, who left us for heavenly abode on 20-05-2024.
10th Day will be performed on 29-05-2024 (Wednesday) from 10:00 AM at our residence.
Kriya will be performed on 1 June 2024 (Saturday) at our residence.
Rasam Pagri will be performed on 3 June 2024 (Monday) at 1:30 PM at our residence.
GRIEF STRICKEN:-
Sh. Kalyan Singh - Brother
Smt. Rita Devi - Bhabhi
Sarvan Singh - Son
Reema - Daughter-in-law
Bhoomi - Grand Daughter
Savri - Grand Daughter
Asha Parag Singh - Grand Son
Daughter and Son-in-law
Sudma Devi and Ashok Singh
Rachna Devi and Suruch Singh
Anju Devi and Nitan Janswal
Contact No. 9419185235, 9713060060, 706323366



SH. AJIT SINGH

KRIYA & UTHALA

You live in our hearts and thoughts forever
Our dearest **Shri Arun Kumar Sharma** left for heavenly abode on May 27, 2024.
Kriya will be held on Thursday, 6th June 2024 from 12.30 PM - 2.00 PM at our residence.
Uthala will be held on Friday, 7th June, 2024 at Gurudwara Talli Sahib, Talab Tillo, Near BE ENN Hospital from 11 AM to 2 PM.
IN GRIEF
Smt. Shashi Sharma - Wife
Daughters & Sons-in-law
Shalja & Sanjeev
Tania & Mohit Lav
Grand Children
Mayan, Hindhaan, Manya
Mobile: 9622058009, 9469050401, 9796819443



Shri Arun Kumar Sharma

UTHALA

With profound grief and sorrow, we inform the sad demise of our beloved Mother **Smt. Champa Devi** W/o Late Sh. Rama Kant Dubey (Ex President VHP) on 23/5/2024.
Uthala will be held at Smt. Bhawan Geeta Mandir on Monday 3/6/2024 from 5.00 pm to 6.00 pm (Bakshi Nagar, Jammu)
GRIEF STRICKEN
Daughter & Son-in-law
Smt. Anuradha Sharma & Satish Pal Sharma
Sons & Daughters-in-law
Smt. Madhu Sharma (Dy. Comd, BSF) & Vijay Bhushan Dubey
Smt. Monika Dubey & Sh. Dev Rattan Dubey (Riju Dubey)
Smt. Kamla Dubey W/o Late Sh. Shiv Kumar Dubey - Dovanri & Dovar
Smt. Nirpuma Dubey W/o Ved Vyas Dubey - Devrani & Devar
Grand Children: Sharany Dubey, Aryan Dubey, Neemasa Dubey and Manya
Adarash Medical Hall
Shiv Medical Hall
Mobile: 7889946150, 9419191737



Smt. Champa Devi

TENTH DAY KRIYA

With profound grief and sorrow, we inform the sad demise of our beloved mother, **Smt. Mohini Mujo**, W/o Late Shri. Bansil Lal Mujo, originally from Syed Ali Akbar Raganath Mandir, Srinagar, currently residing at KC-1/333 Vikaspur, New Delhi.
TENTH DAY KRIYA will be performed on 4th June 2024, Tuesday, on the banks of Rohini Canal, near Badli Telephone Exchange at 8 a.m.
GRIEF STRICKEN
Pratibha Mujo - Sister-in-law (998851867)
Pinki Mujo & Rajesh Mujo - Daughter-in-law and Son (9810780499, 9818420651)
Rita Kaw & Rajesh Kaw - Daughter and Son-in-law (9419250778, 9906386497)
Anjali Kaul & Raj Kumar Kaul - Daughter and Son-in-law (9871285009, 8527024949)
Rush, Shivani, Diksha, Abhaay - Grand Children



Smt. Mohini Mujo

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Kavinder urges youth to embrace self-reliant through Govt Schemes

INAUGURATES TUMBLE DRY CLEAN & LAUNDRY IN JANIPUR

Top News Report

JAMMU, Jun 2: In a bid to foster a self-reliant and developed India (Viksit Bharat), senior BJP leader and former Deputy Chief Minister Kavinder Gupta has called upon the youth to embrace entrepreneurship and take advantage of the numerous schemes initiated by the Modi Government designed to empower them.

Speaking after inaugurating Tumble Dry Clean & Laundry service in Janipur area here today, the senior BJP leader emphasized that the Modi government's initiatives aim to make the country Atmanirbhar (self-reliant). He emphasized the need for young people to seize opportunities rather than waiting for government jobs, citing the numerous



schemes launched by the Modi government aimed at empowering youth across various sectors. "The Modi government has introduced numerous initiatives designed

to make our country Atmanirbhar (self-reliant). I encourage our youth to take full advantage of these schemes and contribute to building a Viksit Bharat," he added.

During the inauguration, Kavinder Gupta commended Shiv Rattan Gupta, Proprietor of Tumble Dry Clean & Laundry service in Janipur area for his entrepre-

neurial initiative, highlighting the importance of such ventures in driving local economic growth and creating employment opportunities.

He also highlighted that the Janipur area is rapidly becoming a business hub, with the presence of all major brands, further encouraging local entrepreneurship and economic development.

The inauguration ceremony was well-attended by local residents and dignitaries, who expressed their appreciation for the new facility and its potential to enhance the quality of life in the area. Those who were present include Yash Paul Sharma and Subash Sharma ex-Corporators, Anil, Nagesh, Jugal, Vinod Gupta, Charanjit, Sushil, Balbir, Gautam Sharma and others.

Aryans Scholarship Test on 3rd June 2024 at Rajouri (JK)



Top News Report

RAJOURI, Jun 2: A Scholarship Test cum Admission Counseling of Aryans Group of Colleges, Rajpura, near Chandigarh, would be held tomorrow on 3rd June at Lark Infotech Education Services Malik Market Rajouri Head Office. For the first time in the Pirpanjal region, Chandigarh based Aryans Group of Colleges has conducted a scholarship test for the students of the region.

Rayees Ahmed, Head, Jk Admission, Aryans Group said that the result of the test has been declared & merit list has also been prepared. The students would get 10%- 100% scholarship on merit cum mean basis. The students can also call on Aryans helpline number 80548-99888 for any admission related queries.

It is to be mentioned that, established in 2007, Aryans campus is located on Chandigarh-Pati-

ala highway, near Chandigarh and has lush green 20 acres pollution free campus and has become the destination for JK students. Aryans Group has been serving the educational and intellectual interests of the youth in a commendable manner. The Group is running Engineering College, Law College, Pharmacy College, Management College, Business School, Education College, Paramedical, Physiotherapy and Nursing College etc

JKNC leaders felicitates students of CBSE



Top News Report

JAMMU, Jun 2: In a simple but impressive function, J&K National Conference Leaders honoured the CBSE students of 10th and 12th classes for their outstanding performance in these examinations.

On this occasion, students were honoured with Mata ki Photos and Chunriya which included Ashvika Kerna with 96.5 percent marks in 12th class, Vhabhe Sharma with 86.5 percent in

10th class and Krishan Sharma with 82 percent in 12th class.

These promising students brought laurels by taking excellent marks in CBSE stream for their school and parents.

While speaking on this occasion, Jammu Provincial Joint Secretary, Ankush Abrol said that such children, who are the future of the nation, are required to be inspired and encouraged enabling them to do more better in their future career.

Zonal Secretary and

Coordinator Jammu District Urban, Dr. Vikas Sharma also spoke stressing on the need of organizing such felicitation programs for promising students because this enhances their level of self-confidence to face ups and downs in endeavor to achieve their career in the line.

Besides others, Rahul Mahajan, Sahil Kerna, Amit Sharma, Rajinder Singh Bhau, Rahul Gupta, Vikram Mahajan, Vicky Mehra, Chetan Singh were also present.

Conduct of Computer Training at Dharmari, Reasi



Top News Report

REASI, Jun 2: In continuous all out efforts to enhance skill of the youth of remote villages, Indian Army has undertaken Computer Training at Dharmari, Reasi District with effect from 18 May 2024 to 01 Jun 2024. The Computer training aims at imparting fundamental computer skills to the enthusiastic youth, so that it can bring economic independence. It's a channelized step by the Indian Army to empower the youth and reunite them with mainstream so that they contribute positively to the society. This project has benefited nearly 21 enthusiastic youth

residing in and around Dharmari. The response shown by the youths was overwhelming and they took keen interest in acquiring Computer knowledge as a new skill. One of the confident participant said 'The Computer training has come as a great boon for them to acquire fundamental knowledge of computers'. Post the successful completion of this training Indian Army will provide guidance and encouragement to the participants to begin their own venture. The Sarpanches appreciated the Indian Army's effort to empower youth and requested for more skill development capsules in future.

Natrang presents a hindi play 'Miss World Undeclared' by Satyendra

Top News Report

JAMMU, Jun 2: 'Miss World Undeclared', a play in Hindi, written by Satyendra Shrivastava and directed by Neeraj Kant, was staged here today at Natrang's Studio Theatre Kachi Chawni in its Weekly Theatre Series, Sunday Theatre.

The play 'Miss World Undeclared' presented at Natrang Studio unfolds the sad saga of all those people, particularly Asians who reside in the developed European Countries and are subject to racial discrimination and hatred from the natives as they think their resources are shared and reduced by them. This was showed from the point of view of a school going girl, 'Noorie' who was regularly bullied by her classmates who have fair complexion. They tease her for not being as beautiful as them to the extent that she decides to discontinue her education. But her mother, a very wise lady, makes her realize that the criteria for being beautiful is not being fair or having external beauty,



the real beauty is internal beauty and anyone with a good heart and calm mind is much more beautiful than those people who are just externally good looking. Motivated by her mother, she goes to the school and comes back very happy as on that day the result of Miss World pageant gets declared and the winner was an Indian girl. The play ends with a positive and inspirational note that "it does not matter how we look but it really matters what

we are" and that is the key to real and eternal happiness.

Natrang's young artists who presented a remarkable performance included Vrinda Gujral, Mehak Chib, Sanna Devi, Payal Khanna and Lalita Sharma. Lights were designed and operated by Neeraj Kant whereas the music was scored by Aadesh Dhar. The show was coordinated by Mohd. Yaseen and the presentations were done by Vandana Thakur.

Lagan Society for Art and Culture organize workshop on "Bhartiya Sangeet"

Top News Report

JAMMU, Jun 2: Lagan Society for Art and Culture (Regd.) organized workshop on "Bhartiya Sangeet" in the premises of Lagan Music Classes at Subash Nagar, Jammu which was witnessed by a large number of students and art lovers.

In today's fast-paced world, the quest for mental peace and physical well-being has never been more pressing. One ancient yet remarkably relevant solution is Bhartiya Sangeet, the traditional music of India, which has been shown to offer profound benefits for both health and mental stability. This being the focus Lagan Society for Art and Culture (Regd.) organized workshop today that brought together our resource person Mr. Yash Pal Yash (Renowned Writer and Composer) explores the therapeutic potentials of Indian Classical Music.

Bhartiya Sangeet, with its roots in the Vedic traditions, encompasses a rich tapestry of sounds and rhythms designed not only for aesthetic pleasure but also for promoting holistic wellness. The workshop highlighted several key aspects of how this ancient art form contributes to health improvements.

Participants learned about the Ragas system, a cornerstone of Indian Classical Music, which is known to evoke specific emotional responses. Listening to or performing certain ragas can



significantly reduce stress levels, lowers anxiety, and foster a sense of mental clarity.

Furthermore, engaging with Bhartiya Sangeet can stimulate cognitive functions, enhancing memory, attention and problem-solving skills. The intricate patterns and rhythms in compositions require active listening and mental engagement, which can help keep the mind sharp and agile. Regular practice or listening sessions can be especially beneficial for children and the elderly, aiding in cognitive development and delaying the onset of age-related cognitive decline.

Beyond individual benefits, Bhartiya Sangeet fosters a sense of community and cultural connectivity. Engaging in group performances or listening sessions can strengthen social bonds and provide a supportive environment for emotional expression. This communal aspect is crucial in combating feelings of isolation and promoting a sense of belonging and shared identity.

The workshop concluded with an interactive session where participants shared their personal experiences of how Bhartiya Sangeet had positively impacted their lives. From reducing chronic pain

to helping cope with grief, the testimonies underscored the transformative power of this ancient art form.

On the occasion, the participants were Lagan Verma, Parmita Sharma, Aditya Sharma, Vinod Kumar, Shingarika Malhotra, Sarthak Verma, Kritika Choudhary, Ram Sharma, Parvinder Singh, Adv. Sandeep Gupta (Patron, LSAC), Sonia Dogra (Treasurer, LSAC), Shubham Manmar (IT Incharge, LSAC), Rohit Bains (Joint Secretary, LSAC).

At the end, Mr. Rajesh Kumar Verma (President, LSAC) presented vote of thanks.

JALSHAKTIDPARTMENT, JAMMU

OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI (PHE) CITY DIVISION NO-1, JAMMU

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NOTICE INVITING SHORT TERM E-TENDER E-NITNo./J/PHECD-1/02 of 2024-25

For and on behalf of The Commissioner, Municipal Corporation, Jammu, of J&K Union Territory, E-Tender (Item Rate Based) is invited by the Executive Engineer Jal Shakti (PHE) City Division No-1, Jammu, from approved and eligible contractor of appropriate class registered with UT of Jammu and Kashmir/ other UT's or State Govt./CPWD/MES registered firms/contractors under two cover system, Cover 1 comprising of technical bid and cover 2 comprising of financial bid for the following work:-

S. No.	Name of work	Cost of Tender (In Rs)	Cost of Tender document Fees (In Rs.)	Earnest Money Deposit	Class of Contractor	Time of Completion
1	Providing water connection to sulabh toilet complex at Jewel Chowk under Deposit Contribution Work	Rs.38913/-	Rs.200/-	Rs. 800/-	A to D	10 days

Position of funds :Available

- Date of publishing:-31/05/2024 (1600Hrs)
- Biddocumentscanbeseenanddownloadedfromthewebsite-www.jktenders.gov.infrom31/05/2024 (1600Hrs) onwards.
- The bids shall be uploaded on the website www.jktenders.gov.in from 31/05/2024 (1600Hrs) to 08/06/2024 upto (1200Hrs).
- The complete bidding process shall be online.
- The technical bids received shall be opened online on 08/06/2024 after (1200Hrs) or anyother convenient later date in the office of The Executive Engineer Jal Shakti (PHE) CityDivisionNo-1,Jammu.

DIP/J-899/24

Sd/-
Executive Engineer
Jal Shakti (PHE) City Division No-1
Jammu

EDITORIAL

GENERATIVE AI
IN HEALTHCARE

Generative AI, a branch of artificial intelligence that involves algorithms capable of generating new data from existing data, is revolutionizing the healthcare sector. Its applications span across various domains, from drug discovery and personalized medicine to diagnostics and patient care, promising to enhance efficiency, accuracy, and patient outcomes.

One of the most significant impacts of generative AI is in drug discovery. Traditional drug development is a lengthy and costly process, often taking years and billions of dollars to bring a new drug to market. Generative AI can accelerate this process by identifying potential drug candidates more quickly. For example, AI models can generate novel chemical compounds and predict their interactions with biological targets, thereby streamlining the initial phases of drug discovery. This capability was particularly highlighted during the COVID-19 pandemic, where AI-assisted methods were employed to identify potential treatments in record time.

Generative AI is also pivotal in advancing personalized medicine, which aims to tailor treatments to individual patients based on their genetic makeup, lifestyle, and environment. AI algorithms can analyze vast amounts of genomic data to identify mutations and predict disease risks, enabling the development of personalized treatment plans. For instance, AI can generate synthetic patient data to enhance the training of predictive models without compromising patient privacy. This synthetic data can help in understanding rare diseases or conditions where real-world data is scarce.

In diagnostics, generative AI enhances the accuracy of medical imaging by improving image quality and aiding in the detection of abnormalities. AI algorithms can generate high-resolution images from low-quality scans, allowing for better diagnosis of conditions such as tumors or fractures. Furthermore, AI can assist radiologists by highlighting areas of concern in medical images, thus reducing the likelihood of human error. These capabilities are crucial in improving early detection rates and outcomes in diseases like cancer.

Generative AI is transforming patient care through the development of virtual healthcare assistants. These AI-driven chatbots and virtual assistants can provide 24/7 support to patients, answering questions about their health, reminding them to take medications, and even scheduling appointments. By generating natural language responses, these assistants can interact with patients in a conversational manner, improving patient engagement and adherence to treatment plans. Additionally, virtual assistants can alleviate some of the administrative burdens on healthcare professionals, allowing them to focus more on patient care.

Another innovative application of generative AI is the creation of digital twins—virtual replicas of physical entities such as organs, systems, or even entire patients. These digital twins can simulate different scenarios, such as the progression of a disease or the impact of a new treatment, providing valuable insights without the risk associated with real-world testing. For example, a digital twin of a patient's heart could be used to test the effects of a new medication or surgical procedure, thereby optimizing treatment plans and improving patient outcomes.

Despite its potential, the integration of generative AI in healthcare is not without challenges. Ensuring data privacy and security is paramount, especially when dealing with sensitive health information. There are also concerns about the transparency and interpretability of AI-generated results. Healthcare professionals need to trust and understand AI outputs to make informed decisions, which requires the development of explainable AI models. Moreover, the ethical implications of AI in healthcare, such as biases in AI algorithms and the potential for job displacement, must be carefully managed to ensure equitable and fair use.

Looking ahead, the role of generative AI in healthcare is expected to expand. Continued advancements in AI technology, coupled with increasing amounts of healthcare data, will likely lead to more sophisticated and effective AI applications. Collaborative efforts between technologists, healthcare providers, and policymakers will be crucial in harnessing the full potential of generative AI while addressing the associated challenges. As these technologies evolve, they hold the promise of transforming healthcare into a more personalized, efficient, and patient-centric system.

The unwelcome results of total virtual recall

By: Shashi Warriar

Some weeks ago, a young software engineer moved into a flat nearby. I struck up an acquaintance with him at the grocery shop at the top of the lane. His name is Shridhar, he's in his twenties, bright, speaks very well, but is painfully shy. I discovered soon after that he was teetotal until he started attending office parties a few months ago, and that he gets drunk very quickly.

So when he dropped in one evening, I offered him only tea. My wife Prita and I were sipping tea with him and searching desperately for something to say — I'm no good at small talk and he's awed by women — when the doorbell rang and there stood my ex-professor friend Raghavan, bottle in hand. "I was passing by so..." he said as I waved him in.

I fetched glasses and soda, and Raghavan poured himself an extra-large. Shridhar imitated Raghavan, and, misjudging the quantity because of an unsteady hand, poured himself an even larger drink. Ten minutes later, Raghavan was relaxing visibly while Shridhar, his tongue duly lubricated, had begun to talk of the only thing he knew about, software. I had spent the day spent with some software developers who had talked of nothing but software and I was fed to the teeth with the subject, but there was no stopping him.

"This big computer software company," he said, "is

doing something big. Its CEO just announced a new product called Reminder, or something like that. It takes snapshots of your computer screen every few seconds, and uses generative AI to scan those snapshots and tie matters together. And it'll store all those snapshots."

"Is something like that any use?" Prita asked.

"Oh, yes!" said Shridhar. "The distinction between words and images will go. So, if you want to find out at what price you bought a brown leather wallet six months ago, it'll search for words and images and find you everything you've had to do with brown leather wallets. Or, if you're an author who's changed a manuscript, saved it, and then wants to revert to an earlier version, and you're not tracking changes on your word-processor, this memory thing could do it. If you just store and view photos of all your product warranty documents, you'll find it easy to handle service calls if your washing machine breaks down... There's no limit to the kind of use you can put it to."

I nudged Prita before she could respond, but she too caught up in the subject to see that I was getting bored. "That's nice," she said. "Will it keep track of my electricity bills? The electricity people tell us we consumed 900 units last month, which seems unlikely since it's just the two of us. I want to dispute that, so I need to get my consumption history easily."

"Of course!" he replied. "Just

store and view photographs of all your electricity bills!"

"Nice!" she said.

"Yes," said Raghavan. "It's good to be able to track how ideas develop, and the mistakes we make along the way."

"I'm not so sure about that," said Shridhar. "If supervisors see some of the mistakes their subordinates make there could be trouble."

"Right," Raghavan said, suddenly sitting up straight. "What kind of security does this have? Who else can see it?"

"The CEO didn't say anything about that but I assume it'll be good," replied Shridhar. "Passwords, retinal images, fingerprints, voice recognition. And you can get the system to stop taking snapshots..."

"What if I forget to turn Reminder off when I need to?" Raghavan said. "Some of the reports I do for the company are confidential. Having to turn it on whenever I'd doing something I want to remember is also a pain. Unless the security is watertight, professionals won't use it."

"You should remember," said Shridhar. "It's like locking your house when you go out."

"Data thieves are smart," Raghavan said. "Imagine that you're working on something for which you can get a patent. A hacker could get into your system, see how your idea evolved, and adapt it just enough to beat the patent regulations, and maybe even beat you to it! It takes industrial espionage to a whole new level!"

I was so bored I even wished Murthy, with his nose for scotch, would turn up. And, to my surprise, the doorbell rang just then, and there was Murthy grinning on the doormat. "The elections are over in this part of the country," he said, "but practically everyone in my circles is talking of nothing but. Except you. So I thought I'd drop in."

"Perfect timing," I said. "Raghavan is here, and a new neighbour." I led him in and introduced him to Shridhar. "He's a political analyst," I added, hoping for a change of subject.

It didn't work. Prita had by now understood my desperation but Shridhar and Raghavan refreshed their drinks and rambled on about Reminder, with Murthy looking on with a smug, exasperating smile. Soon, I reached breaking point. "What's so funny?" I whispered to him, my duties as a host preventing me from breaking up the discussion. "It seems perfectly serious to me."

Murthy's smile widened. "It's not going to work," he said, over the voices of the others.

All eyes turned to him. "Why not?" I asked in the silence.

"Enough big shots watch porn on their computers," he replied, "and even more use their computers to work their Swiss bank accounts. And they're unlikely to remember to turn Reminder off and on when they need to. Do you think they want the police or ED getting hold of their Reminder database?"

How to Begin Your IIT JEE Preparation after Class 10?

By: Vijay GarG

The Indian Institutes of Technology Joint Entrance Examination (IIT JEE) is one of the most competitive and prestigious engineering entrance exams in India. It is the gateway to India's premier engineering institutions, the IITs. For students aspiring to pursue a career in engineering, starting their IIT JEE preparation after Class 10 can be an excellent decision. It allows them to build a strong foundation and maximize their chances of success. In this comprehensive guide, we will delve into the steps, strategies, and tips to kickstart your IIT JEE preparation journey after Class 10.

1. Set Clear Goals
One of the first and most critical steps in your IIT JEE preparation journey is to set clear and realistic goals. Define your aspirations, and establish a target rank or the specific IIT or engineering institution you want to secure admission into. Setting clear goals will help you stay motivated and focused throughout your preparation.

Tips for Goal Setting:
Break down your long-term goal into smaller milestones for Class 11 and Class 12.

Set achievable, incremental goals to track your progress.

2. Choose the Right Board
After completing your Class 10, you'll need to choose the right board for your Class 11 and Class 12 studies. It's advisable to select a board that aligns with the IIT JEE syllabus, which is typically based on the Central Board of Secondary Education (CBSE) curriculum. Choosing a board that aligns with the IIT JEE syllabus will make your preparation smoother and more effective.

Considerations for Choosing the Board:

Assess the board's curriculum and whether it covers the IIT JEE syllabus comprehensively.

Consult with teachers or mentors to make an informed decision.

3. Strengthen Your Fundamentals

A strong foundation in mathematics, physics, and chemistry is essential for IIT JEE preparation. Make sure you have a firm grasp of the fundamental concepts before delving into more advanced topics. Your Class 10 foundation plays a pivotal role in shaping your IIT JEE journey.

4. Select Suitable Study Material

Choosing the right study material is crucial for effective IIT JEE preparation. It's essential to have textbooks and reference materials that align with the IIT JEE syllabus. Some of the recommended books include:

5. Create a Study Schedule

Time management is a critical aspect of IIT JEE preparation. Develop a well-structured study schedule that allows you to allocate dedicated time to each subject. Balancing your study hours with relaxation and extracurricular activities is essential to prevent burnout.

Key Components of an Effective Study Schedule:

Allocate time for each subject, focusing on your strengths and weaknesses.

Include breaks to refresh your mind.

Plan revision sessions to reinforce your learning.

6. Join a Coaching Institute
Many students opt to join coaching classes to receive structured guidance and expert assistance. Enrolling in a reputable coaching institute can provide you with access to experienced teachers, comprehensive study materials, and a competitive environment that can enhance your preparation.

Benefits of Coaching Institutes:
Expert guidance and mentorship.

Structured study plans and schedules.

Regular mock tests and assessments.

7. Leverage Online Resources

In addition to traditional coaching, the Internet offers a wealth of online resources to support your IIT JEE preparation. Platforms like Khan Academy, Coursera, and YouTube provide free educational content, including video lectures and practice tests.

Online Resources to Consider:
Khan Academy: Offers video lessons on mathematics and science topics.

Coursera: Provides access to courses related to IIT JEE subjects.

YouTube: Features tutorials and lessons from expert educators.

Online resources can complement your classroom learning and allow for flexible self-study.

8. Practice Regularly

Practice is the key to mastering the IIT JEE syllabus. Regularly solving sample papers, taking mock tests, and practicing previous years' question papers are vital aspects of your preparation. Consistent practice helps improve your problem-solving skills and familiarizes you with the IIT JEE exam pattern.

Benefits of Regular Practice:
Enhances your time management skills during the exam.

Identifies your strong and weak areas.

Builds your confidence and reduces exam-related stress.

9. Seek Help and Clarify Doubts
It's important to seek help and clarify doubts when you encounter difficulties during your preparation. Don't hesitate to reach out to your teachers, mentors, or peers. Collaborative learning and discussions can provide

valuable insights and solutions to challenging problems.

Effective Ways to Clarify Doubts:

Attend doubt-clearing sessions at your coaching institute.

Join study groups with your peers to discuss and solve problems.

Utilize online forums and platforms where experts and students share their knowledge.

10. Stay Informed

Staying updated with any changes in the IIT JEE exam pattern, syllabus, or important dates is essential for your preparation. Being aware of any last-minute changes can help you adjust your strategy and ensure that you are well-prepared.

Stay Informed through Various Sources:

Keep an eye on official IIT JEE websites and notifications.

Subscribe to relevant educational newsletters and updates.

Stay connected with your coaching institute for timely information.

Conclusion

Beginning your IIT JEE preparation journey after Class 10 provides a valuable head start and ample time to build a strong foundation. By following the steps, strategies, and tips outlined in this comprehensive guide, you can enhance your chances of cracking the IIT JEE exam. Remember that consistency, dedication, and perseverance are the keys to success in this challenging journey. As you progress through your IIT JEE preparation, stay focused on your goals and maintain a disciplined study routine.

(Vijay GarG Retired
Principal Educational
columnist Malout)

Sadguru Madhuparamhans delivers Satsang in Rakhbandhu

Top News Report

JAMMU, Jun 2: Sadguru Shri Madhuparamhans Ji Maharaj of Sahib Bandgi, today, while keeping the Sangat with the nectar of his discourses in Rakhbandhu, said that a journalist asked me egoistic that you only take the voice of Kabir Sahib, the rest is so much in our world. Come, gave knowledge, you do not talk to them. I said that we respect all the sages and sages you are talking about. The achievements he achieved by doing gross practices, he gave it to the world. But all the elders who came, they all came in the womb. He was born. But there is only one Kabir Sahib, who did not bring the body from the mother's womb. He said that this is a legend by Kabir Panths



only. Not true. His mother was Neema, the father was Neeru. He was a musman. I said that this is not true. Kabir Sahib came from Satyalok. He comes in many of his spectacles. There are evidence. He did not even take food. Did not even receive water. Neema met on a lotus flower in the Lahartara pond and no

body of Kabir Sahib was found even while leaving. Only lotus flowers were found. It comes in many of Sahib's Vyas that I have come from that world. Nobody knows my distinction. I have brought the message of true man for creatures. Since time, man has been in search of how this world became.

Who made Where did fire, earth, water, air come from. Where did the sky come from? Aaj Tak people of the world have not been unanimous on these mysteries. Nobody knows the truth. Some say that there was water initially. Water is a mixture of two gases. Then what was God gas. No, these are five physical elements. All sages, sages, yogis finally reached the mind, formless, Omkar. The sky originated from that formless, air originated from the sky, fire caused fire and water originated from the fire. Then the earth became with water. Scientists are engaged. They are honest. They certify any fact and then speak. He claimed that we had understood the secret of creation. You have come to know how the world is formed and

how it disappears. Gave the secret of black hole. Our Rigveda is also saying this formless, Muslims are also speaking about this, this is what Christians are speaking.

You see that scientists are also trying to make humans alive. 600 people have got their bodies fridge. They believe that further science will be known to the technology to make humans alive. You see evidence in the scriptures. Kabir Sahib also alive both Kamal and Kamali who were dead. That is, it is a technology. At present, as much as scientist could understand the secret of the formless, our sages could not understand. You will be surprised. Even those who do big practices could not know the secret of the formless. Sahib gave further mystery.

Observation of No Tobacco Day in SCS GDC Mendhar



Top News Report

MENDHAR, Jun 2: In a concerted effort to raise awareness about the harmful effects of tobacco, the SCS Government Degree College Mendhar, Jammu and Kashmir, observed the annual No Tobacco Day in collaboration with NOCARD, the Red Ribbon Club, the NSS, and the NCC units of the college under the supervision of worthy Principal of College Dr. Mohammad Azam.

The event, held on the 31st of May, was marked by an impactful extension lecture delivered

by Prof. Qasim Mir, who eloquently highlighted the grave consequences of tobacco use and the importance of leading a tobacco-free lifestyle.

The program was graced by the presence of esteemed faculty members, including Prof. Rehit Naz Kosar, Dr. Mohd Riaz, Prof Inam Ul Haq, Dr. Gowhar Ahmad Shapoo, Dr. Showkat Ahmed Wani, and Mr. Zahid Ahmed, who lent their unwavering support to the initiative.

Throughout the event, the attendees, comprising a large number of students, enthusiastically chanted anti-tobacco

slogans, further reinforcing the message of a tobacco-free society.

The observation of No Tobacco Day at SCS GDC Mendhar underscores the institution's commitment to promoting a healthy and sustainable environment for its students and the community at large. By collaborating the various Committees, Clubs and student organizations, the college has demonstrated its dedication to empowering the youth and fostering a culture of responsible decision-making when it comes to personal health and well-being.

GDC Budhal Celebrates World No Tobacco Day, 2024



Top News Report

BUDHAL, Jun 2: The NSS Unit of Government Degree College Budhal organized an extension lecture to celebrate World No Tobacco Day, 2024. The event was centered on the crucial theme of "Protecting children from tobacco industry interference", highlighting the importance of safeguarding young minds from the influence of the tobacco industry.

The day's proceedings commenced with a warm

welcome address by Dr. Adil Hussain Khandey, Lecturer in Political Science at the college. Prof. Tahir Mahmood, HOD English, served as the resource person for the lecture. He delivered an insightful and engaging talk, shedding light on various strategies employed by the tobacco industry to target children and adolescents. He also discussed measures that can be taken to protect young people from these manipulative tactics.

The event was smoothly

conducted by Sayed Alyas Hussain Shah, Lecturer in Urdu at the College. Miss Anamika Sharma, Lecturer in Computer Applications, provided essential technical support.

The day concluded with a formal vote of thanks presented by Prof. Ishfaq Ahmed, HOD Kashmiri. He expressed gratitude to all those who contributed to the success of the event. He reiterated the importance of continued efforts to protect children from the harmful influence of the tobacco industry.

Acknowledging the NSS Unit's efforts in organizing the event, the College Principal, Prof. (Dr.) Mohd Mazammal Hussain emphasized that such endeavors reflect GDC Budhal's dedication to promoting awareness about significant issues like ill effects of tobacco and related products.

J&K Prajapati (Kumhar) Sabha organize 36th Death Anniversary of Mahatama Sant Ram



Top News Report

JAMMU, Jun 2: On the eve of 36th Death Anniversary of Mahatama Sant Ram B.A., J&K Prajapati (Kumhar) Sabha, J&K organised a program in the Chairmanship of its President, Sh Ayodhya Kumar Manawa, in which Mahavir Shashtri, Gen Secy, Akhil Bhartya Prajapati Sangh, New Delhi was chief guest. Kewal Fotra (Presidebt Sain Sabha) and Sham Lal Bassan (Geb Secy Ravidas Sabha Bahu) were Guests of honour. Rich Tributes were paid to Sant Ram B.A., a Great Social reformer, revolutionary writer, Social Reformer, and founder of "Jaat Paat Todak Mandal". A booklet on the life history along with notes books were distributed to the participating students.

After paying tributes to Sant Ram BA, Chairman said that Despite being born into a Kumhar family, a socially disadvantaged community in the Hoshiyarpur district of Punjab, his family was affluent enough to shield him from the grip of caste-based discrimination. Sant Ram BA was initially a front running worker of 'Arya Samaj'. He was close associate of Dr BR Ambedkar. He had become a staunch advocate of intercaste marriages. He is famous because of one incident with Ambedkar. He invited Dr Ambedkar in an Annual Conference of JPTM scheduled on 15-5-1936 at Lahore for keynote address but a controversy arose on the contents of Ambedkar's written speech, and invitation was cancelled. This experience left Santram deeply disheartened and led to suggestions to rename the Jat Pati Todo Mandal to reflect the organization's true caste-sustaining ideology. Dr Ambedkar's Key Note was later published as a book titled, "Annihilation of Caste". Sant Ram has written about 82 books popular among

them are "Mere Jeevan Ke Anubhav", "Namara Samaj", "Hamari Yah Jaat Paat", "Lok Vijay" etc.

Other speakers threw light of local issues of OBC community. Er Manga Ram spoke on the preamble of our constitution and appealed to the people for its safeguard and respect. Kewal Krishan Fotra spoke on the issue of Rural Tag to four of the OBC castes i.e Barber, Kumhar, Washermen and Teli and appealed to the Govt of India for early updation of central OBC list. Bansi Lal Choudhary, Convener OBC Mahasbha reiterated the demand of removal of General Castes from OBC list of the J&K UT. He said addition of Gen castes like west Pak Refusees is illogical and illegal.

Balwant Kataria, Gen Secretary All India OBC Federation said that recently announced 8% reservation to 41 caste of OBCs in J&K is arbitrary and illogical. It should be fixed at 27% because population OBCs in J&K is 30%. The figure 8% is just a political game and not based on any formula or criteria. Stage was managed by Master Ramesh Kumar Prajapati from Bishanah

Office bearers of Sabha like Madan Lal Baldotra, Sr Vice president of the Sabha, Jeet Singh Sangotra (Convener), Er GR Dafara, Krishan Lal Dafara, Ashok Kumar Baldotra & Master Kartar Singh from Akhnoor, Vijay Kumar from Bishanah, Dr Arjeet from RS Pura, Punu Ram from Kathua. Others who participated in this function include teachers & students from Savitribai Modern Public School; R.D Thapa; Mohd Shabir Sambyal from J&K Dhobi Welfare Committee, Raj Chalotra from Vishwakarma Sabha, Ambedkar Sangthan Bishanah, Joginder Angotra from Shree Vishwakarma Library New Plot, Raj Kumar & Darshan Kumar from Sansi Samaj.

GDC Doda organised Live Music Concert



Top News Report

DODA, Jun 2: The Cultural Committee of GDC Doda in association with Vishwagram Trust Gujarat organised a live music concert under able supervision of Principal GDC Doda, Dr. Attar Singh Kotwal. The concert started with welcome address by Satish Kumar HoD Urdu and Convener Cultural Committee followed by special

address by Principal GDC Doda. The main attraction of this mini concert was special performances by renowned folk singer Megha Sriram Dalton known as Melody of Jharkhand famous for title song of movie Shivaay. The highlight of her performance was songs Dheere dheere, Gandhi babaa, Har har including others. The whole event was completed by Dr. Barket

Ali, Assistant Professor Urdu. The concert was attended by faculty members of the college, students and civil citizens of Doda town. The program was well managed by cultural committee of the college that includes Assistant Professors namely Satish Kumar, Purnima Manhas, Upma Kumari, Sudesh Kumar, Sandesh Kumar, Dr. Barket Ali and Rahul Uttam.

CMO Doda Dr Om Kumar pays surprise visits to health centres



Top News Report

DODA, Jun 2: Maintaining proper work culture, regularity & punctuality, the Chief Medical Officer Doda Dr Om Kumar on 01-06-2024 paid surprise visit to many health centres situated in Medical Block Bhandarwah, District Doda.

The CMO Doda paid a surprise visit to AAM PHC Chinta, PHC Saringal, SC Basti and SC Nalthi to take stock of availability, functioning of the health centres and services being provided to the community.

During his visit, the CMO took a thorough round of

all sections of the health centres, interacted with the health staff and locals of the area and took direct feedback regarding their functioning.

While interacting with the health staff on duty, the CMO Doda advised them to perform their duties as per the devised roster besides performing duties with utmost dedication and great zeal to ensure better medicare facilities are being provided to the patients of the area.

The CMO also checked the attendance of the health functionaries and daily stock register of medicines including other relevant records pertain-

ing to them. The CMO also directed the concerned Block Medical Officer to personally monitor the functioning of all peripheral health centres falling under his jurisdiction and ensure that all healthcare facilities are being made available to the patients.

The comprehensive inspection visit and proactive approach undertaken by CMO Doda underscores the health department's commitment to ensuring the efficient delivery of essential services and maintaining high standards across health sector in District Doda.

Awareness Lecture on 'World No Tobacco Day'

Top News Report

RAJOURI, Jun 2: Indian Army conducted awareness lecture on 'World No Tobacco Day' at various villages of Rajouri, Reasi and Poonch District. The spirit behind organizing the event was to make residents aware about the menace of tobacco products on the human health. People were educated about the forms of

tobacco intake, harmful effects of tobacco such as biological, psychological and to the society in the lectures. The interactive session presented opportunity to the participants to clarify their queries on various other medical effects on health. The concept note was well understood by the participants. A collective resolution was taken for good health and avoiding tobacco.

Unnat NGO distributes essential items at Rehan Basera Shelter



Top News Report

JAMMU, Jun 2: The office bearers of Unnat NGO today visited Rehan Basera Shelter Home at Bahu Fort area and provided cooking items which included milk bags, spices, turmeric, chillies, different types of pulses etc.

The program was presided over by Sh Sudarshan Abrol, President of Unnat NGO. On this occasion, saplings were also planted by the visiting team of Unnat NGO. The General Secretary of Unnat Neena Abrol pointed out that

the menace of cutting trees has spoiled the environment to a greater extent which has entirely changed the weather conditions turning present atmosphere into unbearable sweltering heat. She strongly appealed to everyone to plant a sapling in our house.

While speaking on the occasion, Ex Councillor and member of the Home Sham Lal lauded the efforts of Unnat NGO for doing such a wonderful job to help needy people. The Treasurer of Unnat, Dr Anuradha said that the members of our

NGO came to the Rehan Basera shelter and tried to extend a helping hand to the elderly people living there. She further said that we will continue to provide such help in the future as well. Unnat NGO thanked the persons running this shelter. Lauding their efforts she said that we all should come forward and help such organizations.

Among those who were present on the occasion include Preety Gupta, Sunita Muthoo, Kanchan Sharma, Rita Verma, Rajani Chhabra, Vikram Gupta, Ashwani Dubey and others.

Sargun Mehta credits Ekta Kapoor for opening doors for women producers in TV

Actor Sargun Mehta says producer Ekta Kapoor paved the way for women filmmakers to come up in the Indian television industry and back content which resonates with them.

Mehta, who has made a name for herself as an actor in the television and Punjabi movie industry, has a host of projects lined up as a producer including TV show, 'Badal Pe Paon Hai'.

"In TV, Ekta Kapoor cleared the way for everyone. She left no stone unturned to make sure that we didn't have that hassle of being told, 'How will you do it (produce a show)?'. She has already done so much that nobody can question (a woman producer)."

"In Punjabi movies, they were not used to the idea of women producing, not that they mocked me, but they underestimated me. They didn't think that I'll pull it (films) off the way I've done," the actor said in an interview.

After producing Punjabi films and TV shows like 'Kala Shah Kala', 'Jhalle', 'Udaariyaan', and 'Junoonyat', among others, Mehta said she has realised acting is a far easier job than producing.

"I realised now that production is a thankless job. As an artist, when I come on set, I feel, 'I've a lot of work to do', but there are others like the unit (crew), cre-



ative team and producer who have been working for months or years.

"Sometimes when artists crib, I'm like, 'You've a fun job to do, do not crib'. I'm not saying it is an easy job. It's difficult to be an artist but the other job can override your perception of what one is doing. I do it (producing) because I like to have control over what I'm making," Mehta said.

She added being happy to have started her acting journey in the Punjabi movie industry, which has grown by leaps and bounds over the years.

"At the time, the Punjabi movie industry wasn't doing that great. Everybody asked me, 'Why are you doing it? I would be like, 'I love it and it's all good'. The industry has taken leaps and

bounds in terms of growth.

"There were four films being made earlier. Now, we are churning out 60 films a year, and touching Rs 100 crore at the box office. I'm happy to be part of a growing industry. You are not saturated that way. Everybody is hungry to do more and they are experimenting a lot." Mehta, who had acted alongside Akshay Kumar in 2022 critically-acclaimed Hindi film, 'Cuttpullii', said foraying into Bollywood a decade ago seemed like a far-fetched thing for her as she didn't know who to approach.

"At that point, Bollywood always felt like a far-fetched thing. I felt, 'Bollywood is very far, how will I go there?'. There are always steps to reach somewhere, besides I wanted to

hone my skills. There weren't so many famous casting directors. Those who were there knew who we were. The opportunities are now in millions because of OTT. You meet casting directors and people are on Instagram," she added.

Mehta made her feature film debut in 2015 with Punjabi romantic-comedy, 'Angrej', which emerged as one of the highest grossing films of the year. Some of her other notable works includes 'Love Punjab', 'Lahoriye', 'Qismat', 'Moh' and 'Jatt Nu Chudail Takri'.

Mehta's home production 'Badal Pe Paon Hai' is set to air on Sony SAB channel on June 10.

The family-drama narrates the story of a young girl (Amandeep Sidhu) with big dreams and her venture into the unfamiliar world of the stock market.

"I wanted to learn about stocks. A lot of my friends are into it. As I began to learn, I started to think of this character. There are women doing their best in all fields. You've to open career options for them other than the typical professions like cook and journalist. Women sitting at home don't know that they can do this (trade in share market). I felt this is a story waiting to be told."

Urvashi Rautela's mantra to deal with trolling is to not deal with it at all



Actress Urvashi Rautela, who has often been heavily trolled on

social media, says the best way to handle it is by not dealing with it at

all.

"Well, the best way to deal with trolling is to not deal with it at all. That's what I feel," Urvashi said when asked how she deals with trolling.

The actress added, "Also, given the kind of busy and hectic schedule that I have, I genuinely have no time to waste and ponder over things that's not relevant or constructive to me. So, there's no question of feeling trolled when you aren't even paying attention to it. That's how I deal with it."

Urvashi, who was in the national capital for a fashion show where she walked as the showstopper, will next be seen in 'JNU: Jahangir National University'.

Talking about her upcoming film, she said, "I play a JNU student in the film. Actually, in real life, my father, since my school days, wanted me to attend JNU. So it's like a dream coming true, though on screen."

The actress also has another film currently titled 'NBK109', starring Nandamuri Balakrishna.

Not just my achievement, whole country feels pride: Anasuya Sengupta on Cannes win

The best actress win in Cannes doesn't feel like a personal trophy with the whole country feeling a sense of pride in her accomplishment, says Anasuya Sengupta, struggling to find words to describe what it feels like to be the first Indian to win acting honours in the film gala.

The 37-year-old woman from Kolkata bagged the best actress trophy under the Un Certain Regard segment for Bulgarian director Konstantin Bojanov's Hindi language movie 'The Shameless'.

"I still don't have the right word for it. Maybe like the following Friday, I will know the exact word... Everyone feels a sense of pride in my moment of victory and it just elevates that. So it's really not a personal achievement for me... To do it with an entire country, it feels great," Sengupta said in an interview.

It was a special year for India at Cannes. And Sengupta wasn't the only reason for it.

Filmmaker Payal Kapadia's 'All We Imagine as Light' became the first film in 30 years to be nominated in the main competition and the first ever from India to win the Grand Prix Award at Cannes. Besides, FTII student Chidananda S Naik's 'Sunflowers Were the First Ones to Know' won the first prize in the La Cinef competition, making it a triple feat for India.

"We were a group of 15-20 people, maybe less. But it felt like we were representing a bigger feeling because that bigger feeling is there in our country. There's a sense of everybody feeling happy in my happiness."

"I am more proud of Payal's win than I am of mine. And I know she and her entire team feel the same way about me and my team... For the



rest of the world to see us there together, in support of each other, doing good work and getting recognised, I feel even more happy for that," Sengupta added.

Her co-stars from 'The Shameless'—Tanmay Dhanania and Omara Shetty—started celebrating the moment her name was announced, she said. In a haze, she made her way to the stage.

"What Vicky Krieps (jury member) said before announcing the award touched me a lot. She said, 'this year we decided to give it to someone who showed up, went down to hell and gave her skin every day for the film 'The Shameless''. And that meant a lot coming from artists that I have so much respect for."

'The Shameless', which premiered at Cannes on May 17, explores the distressing world of exploita-

tion. Sengupta plays the central character of Renuka, who escapes from a Delhi brothel after stabbing a policeman to death and takes refuge in a community of sex workers in northern India, where she meets Devika (Omara), a young girl condemned to a life of prostitution.

The queer drama is adapted from a story by author William Dalrymple's 2009 book 'Nine Lives: In Search of the Sacred in Modern India'.

What also resonated was Sengupta's acceptance speech dedicating the award "to the queer community and other marginalised communities" for bravely fighting for their rights all around the world.

Stressing on the importance of the "equal gaze" on every human being, she said what breaks her heart is that this needed to be "articulated separately".

"And I actually have a

lot of hope and love in my heart that I'm not the only one who feels that way. When you say it out there, you see that it resonates with people.

"I believe the majority of us want an equal world... all it takes is just being a good and decent person, and treating everyone equally and with respect," she said.

Sengupta said she has always pushed herself to explore her artistic sensibilities.

A graduate in English Literature from Jadavpur University, the actor said she had been interested in performing arts since childhood.

"I had a great set of parents who pushed me towards arts. I used to draw as a kid. When you grow up in a Bengali family, you really get pushed to the extra-curricular. And by the time I went to Jadavpur University, I had started doing theatre a little bit."

As part of a theatre troupe called Tin Can, Sengupta got her first film role in the Bengali movie 'Madly Bangalore'. She moved to Mumbai after that.

While she searched for good characters to play, she worked first as an assistant director and later headed the production design department for films and shows such as 'Ray', 'Masaba Masaba' and 'Chippa'.

"I started wanting to do and try something even more different, another art form. That's when I started illustrating. I decided to leave Mumbai and moved to Goa. I thought let's see where it takes me now."

It was around that time Konstantin contacted her on Facebook and asked to play the lead role in 'The Shameless'.

She read the script in one sitting, and immediately fell in love with Renuka, the lead character who she wanted to stand up for.

Banita Sandhu on her International debut: will open up different avenues for me in Bollywood



Banita Sandhu, aka Miss Malhotra in Bridgerton season 3, is on "cloud nine" after her Hollywood debut. "It was like a dream come true. It's the biggest show on Netflix right now. I have never been on a set like that. The makeup, costume, dance, and everything else felt like I was living in it, it felt so real while shooting," the actor shares and adds that the shoot felt like a "school trip". The best memories were when we were shooting in locations in these palaces outside London. The night shoots and

morning hours that we were all putting in, everything was so exciting, because everyone was into it so much."

The actor, who made her Bollywood debut with Varun Dhawan in October (2019), says that she doesn't think of it (Bridgerton) as a (Hollywood) debut. "Even when October released, I did not think of it as my debut in Bollywood, I just thought of it as my first film with a learning experience. As an actor, I really go with my heart and gut when making a decision about working with someone, it's not

really a strategic move that this is my entry in the industry. That can set a lot of pressure on expectations. I am more into the on-set experiences," she shares.

"With Bridgerton, I got so many comments like, 'Oh, you look so pretty!' I think in a lot of my Indian movies, I am hardly wearing makeup and I don't look my best. This is the first time that I got all dolled up for this global thing and that's why people are seeing that side of me as well," says the 26-year-old, highlighting her different role in the American TV series. "Of course, it will open up different avenues for me in Bollywood. In India, I haven't had that glamorous role yet. I have had great opportunities in India irrespective of what I do in the West. Moreover, I would genuinely love for my work in India should speak in the West because I am so proud of my Indian movies, especially October. The West is finally opening the eyes to International cinema. So, it should work the other way around too, like my work in India should open to opportunities in the West too," she further adds.

Sandhu also tells us that while she had her doubts initially, she was still sure about India's

power as an audience. "I spoke to my parents about this and said that I am not really sure if I'll have the kind of reaction I've already had, especially when there were so many incredible actors who had a bigger storyline," the actor continues, "But, it really speaks about the power of the Indian audiences and the love that you get from India, and that is something I will always cherish. OTT has a wider reach, but I do think that even if it was theatrical, the Indian audience would have supported one of their own."

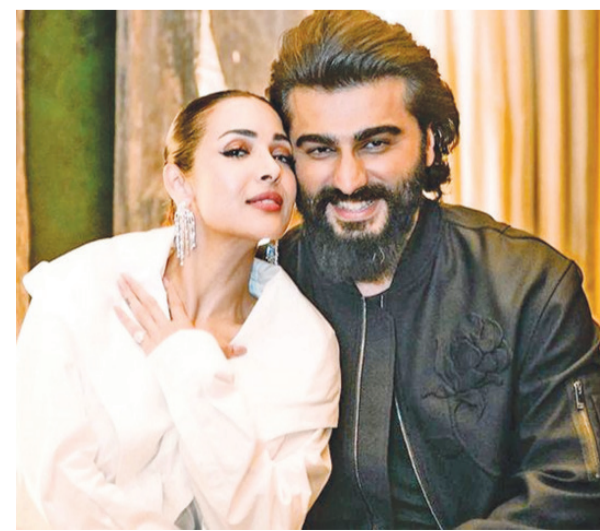
Further on, Sandhu's aim is to focus across various genres, whether it's in Bollywood or West. "I want to broaden my horizons into different genres. I am shooting for G2 (PAN India film) right now which is again a huge action movie, so it will be different for the audience to see me in that kind of a role. I have done a lot of emotional dramas and I would also love to explore the comedic space. Many people have said that I have a comedic presence in real life. I recently watched Crew and I loved it, so I think something of that sort would be really cool to do for me next," she concludes.

Arjun, Malaika 'peacefully' part ways

After dating for almost five years, actors Arjun Kapoor and Malaika Arora have parted ways 'peacefully' and are still 'amicable'.

"Going by Arjun's body language and how he is right now, it has happened.

They have been dating for so long; hence, it has been very peaceful, dignified, and respectful. Malaika and Arjun are still amicable with each other," a source con-



firmed.

In 2018, rumours about the two dating began to circulate after they were seen together at a fashion show.

The couple confirmed their relationship on Malaika's 45th birthday. After making it Instagram official, the two were often seen holidaying together, making appearances at events, and even spending time with each other's families.

Cong Govt in Telangana will leave no stone unturned to fulfil 'guarantees' to people: Sonia Gandhi

HYDERABAD, Jun 2 (Agencies): Congress leader Sonia Gandhi on Sunday said the party's Government in Telangana led by Chief Minister A Revanth Reddy will leave no stone unturned to fulfil the 'guarantees' made to people.

Gandhi's video message was played at the 10th Telangana state formation day celebrations organised by the State Government at the Parade Grounds here.

The former Congress president, who began her speech by paying homage to those who sacrificed their lives for the cause of statehood to Telangana, recalled that she had promised at Karimnagar in the state in 2004 that the grand old party would fulfil the people's demand for a separate state.

There was dissent within the party after the announcement, with many people quitting the party. However, the people's resolve gave her the strength



towards fulfilling the statehood demand, she said.

Telangana people have given her a lot of love and respect during the past 10 years, she observed.

The former Congress president said she considers it her duty to realise people's dreams to achieve a prosperous and developed Telangana and assured that the Revanth Reddy-led Government would

leave no stone unturned to fulfil its 'guarantees'.

The poll 'guarantees' of Congress in Telangana include free travel for women in state-run buses, free power supply up to 200 units to the poor and supply of LPG cylinders for Rs 500.

She also greeted people on the occasion for the state's progress.

The Telangana cabinet had recently decided to invite

Gandhi to the formation day celebrations.

Reddy on Saturday said there would be a video message from her if she is not able to attend the event due to health reasons.

At the state formation day event, the chief minister unveiled the state song 'Jaya Jaya he Telangana', penned by noted Telangana poet Ande Sri. Oscar-winning music director M M Keeravani composed the music.

Addressing the gathering, Reddy said his government is laying a strong foundation for the state's progress by conceiving long-term plans for future generations.

The Government is preparing "Green Telangana - 2050 Master Plan" for the entire state, he said.

The Chief Minister, who unfurled the national flag at the function, inspected the parade in an open jeep.

BJP returns to power in Arunachal Pradesh, secures 37 seats in 60-member Assembly

Saffron party had won 41 seats in 2019



ITANAGAR, Jun 2 (Agencies): The BJP on Sunday returned to power in Arunachal Pradesh for the third time in a row, as the party won 37 seats in the 60-member assembly and secured majori-

ty, Election Commission officials said.

Counting of votes is underway for 50 seats for which elections were held in the northeastern state along with Lok Sabha polls on April 19. The rest 10 seats were

won by the saffron party uncontested.

Of the 50 seats, the BJP has won 27 and is leading in eight others.

Chief Minister Pema Khandu is one of the 10 candidates who won unopposed.

The saffron party had won 41 seats in 2019.

The National People's Party (NPP) bagged three seats and is leading in equal number of constituencies, officials said.

The People's Party of Arunachal and the NCP secured two and one seat.

The Congress and an Independent candidate are leading in one seat each.

Fire in south Mumbai high-rise; one person injured, 30 rescued

MUMBAI, Jun 2 (Agencies): A 57-year-old man was injured while 25 to 30 persons were rescued after a fire broke out in a 62-storey residential building in south Mumbai's Byculla area around midnight, officials said on Sunday.

The blaze erupted in a flat on the 10th floor of the Monte South building's A wing in the Khatao Mill Compound in Byculla at 11.42 pm on Saturday, a fire official said, adding smoke filled the entire floor.

Some persons were stranded on the upper floors of the building, he said.

The official said 25 to 30 persons were rescued through the staircase.

A man, identified as Pandurang Shinde, was injured, he said.

It was a "level-2" blaze which was confined to



the electric wiring and installations, wooden furniture, household articles, wardrobe, mattresses, wooden beds, sofas, curtains, electronic appliances, false ceilings, doors, windows and modular kitchen of the 10th floor flat and curtains, window glass, etc of an apartment on the 11th floor, the official said.

Eight water tankers and six fire engines were rushed to the spot, the official said, adding that four hose lines and

nine motor pumps were in operation.

The blaze was extinguished at 2.45 am, he said.

While firefighting, an explosion of a refrigerator compressor occurred in the kitchen of the 10th floor flat, he said.

The cause of the fire was not yet known.

There were reports that the blaze erupted after suspected short-circuit in one of the flats on the 10th floor of the tower.

New IIM in Assam gets Centre's nod, CM Himanta Biswa calls it 'special gift' by PM Modi

The new IIM in Assam will come up at Marabhita in Kamrup district near Guwahati, chief minister Himanta Biswa announced on Sunday.

GUWAHATI, Jun 2 (Agencies): The Union government has approved the establishment of a new Indian Institute of Management (IIM) near Guwahati, Assam chief minister Himanta Biswa said on Sunday. Calling it a special gift by Prime Minister Narendra Modi, the chief minister announced that the prestigious Indian Institute of Management Ahmedabad (IIM Ahmedabad) will mentor the upcoming IIM, which will be located at Marabhita in Kamrup district.

IIM Ahmedabad will now take the lead in preparing the Detailed Project Report (DPR) for the new institute, working in close consultation with



the Assam government, a letter by the ministry of education shows.

Sarma extended his gratitude to Prime Minister Narendra Modi and education minister Dharmendra Pradhan

Ministry," said CM Sarma. "Assam offered premier land and logistical support for this endeavour. Now IIM Ahmedabad will mentor the upcoming IIM in Guwahati. This will be a game changer for Assam, making the state an education hub in Eastern India and also helping fulfill our economic aspirations."

Of the four plots identified by the state government, the site selection committee has finalised the plot at Marabhita. In a letter dated February 16, 2024, the higher education department of the Assam government confirmed the state's agreement to the recommendations made by the

site selection committee. Following this, education minister Dharmendra Pradhan granted in-principle approval for the establishment of the new IIM and designated IIM Ahmedabad as the mentor Institute for the project.

"Based on the report of the committee, approval of the Hon'ble Minister of Education is conveyed for the following: (i) in-principle approval of the proposal for establishment of new IIM at Marabhita in Kamrup District (near Guwahati), Assam; (ii) Approval that the IIM Ahmedabad shall be the Mentor Institute for establishment of the proposed new IIM at Kamrup," the letter read.

Lok Sabha election 2024: Kharge, Rahul hold key meet with party candidates, ask them to stay alert on counting day

NEW DELHI, Jun 2 (Agencies): Congress president Mallikarjun Kharge and former AICC chief Rahul Gandhi held a meeting on Sunday with the party's Lok Sabha candidates, legislative party leaders and state unit chiefs via video conferencing, and urged them to be alert and put in place measures to check any attempts of rigging on poll counting day, sources said.

Kharge, Gandhi, party general secretaries Jairam Ramesh and KC Venugopal, along with other senior leaders, interacted with the party's Lok Sabha candidates and reviewed the preparations for the counting day on June 4.

The meeting comes a day after exit polls predicted that Prime Minister Narendra Modi will retain power for a third straight term, with the BJP-led NDA



expected to win a big majority in the Lok Sabha polls.

Ramesh has said that the exit polls that came out Saturday evening are "completely bogus" and have been "orchestrated and masterminded by the man whose exit is inevitable and

guaranteed on June 4".

"These are all part of the psychological games being played by the outgoing prime minister (Narendra Modi) and the outgoing home minister (Amit Shah). The outgoing home minister calls up 150 District Magistrates

and collectors yesterday. The results that the exit polls have come up with bear no relation to reality," the Congress leader said.

Leaders of several INDIA bloc parties had also met here on Saturday and took stock of the opposition's preparations leading up to the June 4 counting of votes polled in the Lok Sabha elections, and asserted they will get more than 295 seats, enough for them to form the next government.

Addressing the media after two-and-a-half-hour confabulations at his residence, Kharge had said the leaders of the alliance dwelt on a host of issues, including the precautions to be taken on the counting day on Tuesday. He said they have instructed their party workers to not leave the counting halls till all formalities are completed.

Suspecting Affair, Bhopal Man Strangles Wife, Burns And Buries Body

The accused told the police he suspected his wife was in a relationship with another man, he said.



BHOPAL, Jun 2 (Agencies): A 26-year-old man strangled his wife to death after suspecting her of having an affair, took the body in his auto-rickshaw, burnt it and then buried it near a dump yard in Bhopal, police said on Sunday.

The incident took place on May 21 and the man, identified as Nadeem Uddin, was arrested on Saturday, said Nishatpura police station sub-inspector MD Ahirwar, who is the investigation officer in the case.

The police have also recovered some unburnt body parts of

the 22-year-old victim and sent them for an examination, he said.

The woman was staying at her parents' home in Murla Nagar after her relationship with her husband turned sour, he said.

She went missing on May 21 following which her parents lodged a police complaint.

The Nishatpura police started an investigation and picked up the man who, during questioning, admitted to have killed his wife, the official said.

The accused told the police he suspected his wife was in a relationship with another man,

he said. On May 21, the accused called his wife on her mobile phone and asked her to come to Karond crossing.

When she met him, the accused took her mobile phone and after seeing a video in it, he got angry and in a fit of rage, he allegedly strangled her to death, Ahirwar said.

He then took the body in his auto-rickshaw to a spot about 2 km away and burnt it after pouring kerosene on it at a waste dump where later buried it, the official said.

Some unburnt body parts have been recovered and sent for an examination, he said.

The accused has been booked under Indian Penal Code section 302 (murder) and other charges, the official said.

The police were interrogating the accused and conducting further investigation into the case, he added.

Delhi CM Arvind Kejriwal to visit Raj Ghat, Hanuman temple before surrendering at Tihar jail

NEW DELHI, Jun 2 (Agencies): Delhi Chief Minister Arvind Kejriwal said on Sunday he will surrender at Tihar Jail later in the day after paying obeisance at Mahatma Gandhi's memorial at the Raj Ghat and the Hanuman temple in Connaught

Place. Kejriwal was released from prison on May 10 on interim bail granted by the Supreme Court in a money-laundering case linked to the alleged Delhi excise policy scam to campaign in the Lok Sabha polls. The polls ended

on June 1.

"On orders of the honourable Supreme Court, I came out from prison for election campaign for 21 days. Many thanks to the honourable Supreme Court," he said in a post in Hindi on 'X'.

"Today I will go to

Tihar and surrender. I will leave home at 3 pm. First, I will go to Raj Ghat and pay homage to Mahatma Gandhi. From there, I will go to Hanuman Temple in Connaught Place to seek blessings of Hanuman ji. And from there, I will go to the party office

and meet with workers and party leaders. From there, I will leave for Tihar," the chief minister said.

"All of you take care of yourselves. I will be worried about you. If you are happy then your Kejriwal will also be happy in jail. Jai Hind," he added.

China lands uncrewed spacecraft on Moon's far side in historic sample-retrieval mission

The landing elevates China's space power status in a global rush to the Moon

BEIJING, Jun 2 (Agencies): China landed an uncrewed spacecraft on the far side of the Moon on Sunday, a landmark mission aiming to retrieve the world's first rock and soil samples from the dark lunar hemisphere, China's space agency said.

The landing elevates China's space power status in a global rush to the Moon, where countries including the United States are hoping to exploit lunar minerals to sustain long-term astronaut missions and moon bases within the next decade.

The Chang'e-6 craft, equipped with an array of tools and its own launcher, touched down in a gigantic impact crater called the South Pole-Aitken Basin on the moon's space-facing side at 6:23 a.m. Beijing time (22:23 GMT), the China National Space Administration said.

The mission "involves many engineering innovations, high risks and great difficulty", the agency said in a statement on its website. "The payloads carried by the Chang'e-6 lander will work as planned and carry out scientific exploration missions." The successful mission is China's second on the far side of the moon, a region no other country has reached. The side of the moon perpetually facing away from the Earth is dotted with deep and dark craters, making communications and robotic landing operations more



challenging.

The Chang'e-6 probe launched on May 3 on China's Long March 5 rocket from the Wenchang Satellite Launch Center on the southern island of Hainan, reaching the lunar vicinity roughly a week later before tightening its orbit in preparation for a landing.

Chang'e-6 marks the world's third lunar landing this year: Japan's SLIM lander touched down in January, followed the next month by a lander from US startup Intuitive Machines.

The other countries that have sent spacecraft to Earth's nearest neighbour are the then-Soviet Union and India. The United States is the only country to have landed humans on the moon, starting in 1969.

SAMPLING THE MOON

Using a scoop and drill, the Chang'e-6 lander will aim to col-

lect 2 kg (4.4 pounds) of lunar material over two days and bring it back to Earth.

The samples will be transferred to a rocket booster atop the lander, which will launch back into space, tag up with another spacecraft in lunar orbit and return, with a landing in China's Inner Mongolia region expected around June 25.

If all goes as planned, the mission will provide China with a pristine record of the moon's 4.5 billion-year history and yield new clues on the solar system's formation. It will also allow for an unprecedented comparison between the dark, unexplored region with the moon's better understood Earth-facing side.

A simulation lab for the Chang'e-6 probe will develop and verify sampling strategies and equipment control procedures, China's official Xinhua

news agency said. It will use a full-scale replica of the sampling area based on exploration results on the environment, rock distribution and lunar soil conditions around the landing site.

China's lunar strategy includes its first astronaut landing around 2030 in a programme that counts Russia as a partner. In 2020 China conducted its first lunar sample return mission with Chang'e-5, retrieving samples from the moon's nearer side.

The US Artemis programme envisions a crewed Moon landing by late 2026 or later. NASA has partnered with space agencies including those of Canada, Europe and Japan, whose astronauts will join US crews on an Artemis mission.

Artemis relies heavily on private companies, including Elon Musk's SpaceX, whose Starship rocket aims this decade to attempt the first astronaut landing since NASA's final Apollo mission in 1972.

On Saturday Japanese billionaire Yusaku Maezawa cancelled a private mission around the moon he had paid for, which was to have used SpaceX's Starship, citing schedule uncertainties in the rocket's development.

Boeing and NASA postponed the company's first crewed launch of Starliner, a long-delayed capsule meant to become the second U.S. space taxi to low-Earth orbit.

Chinese defense minister accuses US of causing friction with its support for Taiwan and Philippines



SINGAPORE, Jun 2 (Agencies): China's defense minister on Sunday acknowledged the importance of newly renewed military-to-military communications with the United States as tensions escalate in the Asia-Pacific, while at the same time accusing Washington of causing the friction with its support for Taiwan and the Philippines.

"We will not allow anyone to bring geopolitical conflicts or any war, whether hot or cold, into our region," Chinese Defense Minister Dong Jun told the Shangri-La defense forum in Singapore through a translator.

"We will not allow any country or any force to create conflict and chaos in our region," he added.

China has been increasingly assertive in pressing its claim to virtually the entire South China Sea, a key global shipping route, which has led to a growing number of conflicts, most notably with the Philippines, whose ships have been rammed by Chinese vessels and hit with water cannons.

Dong insisted that China's "strategic culture is anchored in universal love and non-aggression," before threatening the Philippines, which has grown rapidly pro-American since the election of Ferdinand

Marcos Jr. in 2022.

Since territorial hostilities with China surged last year in the South China Sea, Marcos Jr.'s administration has taken steps to forge new security alliances with a number of Asian and Western countries and allowed a larger U.S. military presence in more Philippine bases under a 2014 defense pact.

Dong accused the Philippines of deliberately provoking China, "emboldened by outside powers."

"China has recognized great restraint in the face of such infringements and provocations," he said. "But there is a limit to our restraint."

U.S. Defense Secretary Lloyd Austin on Saturday said that American support for the Philippines was "ironclad" and praised Marcos' Friday speech at the forum as a powerful statement "about how the Philippines is standing up for its sovereign rights under international law."

Austin also stressed the significance of renewing military-to-military communications between China and the U.S. to avoid "misperceptions" and prevent "miscalculations."

"There are a number of things that can happen at sea or in the air, we recognize that," he said. "But our goal is to make sure that we don't allow

things to spiral out of control unnecessarily."

Dong is a former naval commander who was appointed in late December after his predecessor, Li Shangfu, was abruptly removed from office.

Dong met with Austin on Friday on the sidelines of the Singapore forum, which were the first in-person talks between top Chinese and American defense officials since contacts between the two countries' militaries broke down in 2022 after then-U.S. House Speaker Nancy Pelosi visited Taiwan, infuriating Beijing.

China regards Taiwan as a renegade province that must come under its control, by force if necessary.

The U.S., like most countries, does not have formal diplomatic ties with Taiwan but is bound by its own laws to provide the island with the means to defend itself. Washington is Taiwan's biggest provider of military hardware and congressional delegations regularly visit Taiwan's leaders.

Dong said China remains "open to exchanges and cooperation with the U.S. military," but added "this requires efforts from both sides."

He accused the U.S. of emboldening Taiwan's new government, which refuses to accept Beijing's insistence that the island is part of China, of "pursuing separation in an incremental way."

"We will take resolute actions to curb Taiwan independence and make sure such a plot never succeeds," he said. "Anyone who dares to separate Taiwan from China will only end up in self-destruction."

N Korea Sends 600 Balloons Filled With Trash, Cigarette Butts To Seoul

SEOUL, Jun 2 (Agencies): North Korea has sent around 600 balloons carrying trash to South Korea, Seoul's military said on Sunday, despite a warning that South Korea would take "unendurably" painful measures against such provocative acts.

South Korea's Joint Chiefs of Staff (JCS) said it has detected around 600 balloons that floated across the Military Demarcation Line separating the two Koreas and fell in Seoul and the surrounding Gyeonggi province since 8 p.m. on Sat-

urday, Yonhap news agency reported.

The balloons carried various pieces of trash, such as cigarette butts, paper and plastic bags, just like the previous balloons, according to the JCS.

North Korea previously sent around 260

balloons carrying trash and excrement to the South on Tuesday and Wednesday after it warned of a "tit-for-tat action" against anti-Pyongyang leaflets sent by South Korea's activists. The JCS advised people not to touch the objects and to report

them to nearby military or police authorities and warned of possible danger from the balloons.

The Seoul city government also said on Sunday that it will operate an emergency centre 24 hours a day to respond to such objects.

Zelensky urges top defense officials to attend upcoming summit on ending Russia's war on Ukraine

SINGAPORE, Jun 2 (Agencies): Ukrainian President Volodymyr Zelensky urged a group of top defense officials at Asia's premier security conference on Sunday to attend an upcoming peace summit, saying Ukraine was ready to hear "various proposals and thoughts" on ending the war with Russia.

Zelensky told the group of more than 500 delegates from about 40 countries that he was "disappointed" some world leaders had not yet confirmed attendance at the conference in Switzerland in about two weeks.

He did not specify any country by name, but the possible participation of China, Russia's most important ally, has been seen as a key issue.

Chinese Defense Minister Dong Jun spoke earlier in the day at the Shangri-La conference but he did not appear to be in the room when Zelensky made his appeal.

Zelensky said that Ukraine had proposals to make at the summit as a basis for peace, addressing nuclear security, food security, the release of prisoners



of war and the return of Ukrainian children abducted by Russia.

"Time is running out, and the children are growing up in the Putin-land where they are taught to hate their homeland," he said.

At the same time, Zelensky said Ukraine is "ready to hear various proposals and thoughts that lead us ... to an end of the war and a sustainable and just peace."

The greater participation, the more likely it will be that Russia will have to listen, he said.

"The global majority can ensure with their involvement that what is agreed upon is truly implemented," he said.

Zelensky said he was later to meet one-on-one with Singapore's prime minister and would urge

him to participate in person in the Switzerland talks.

"The same goes for the countries in the region," Zelensky said through an interpreter. "We truly count on you supporting this summit, and that you will be present in Switzerland."

Singapore Defense Minister Ng Eng Hen, who shared the stage with Zelensky, did not say whether his country's leaders would attend, but did note Singapore had condemned the invasion and provided Ukraine with military ambulances.

"We stand with you, and I think your appearance at this Shangri-La Dialogue is the epitome of what we are all hoping for, a rules-based order that guarantees the

security and survival of large nations and small," he said.

Earlier in the day in his own address to the forum, Dong did not specifically mention the Switzerland meetings, but did say "on the Ukraine crisis, China has been promoting peace talks with a responsible attitude."

He added that China had not provided weapons to either side of the conflict.

"We have never done anything to fan the flames," he said. "We stand firmly on the side of peace and dialogue."

U.S. Defense Secretary Lloyd Austin also attended the conference and sat in the front row as Zelensky talked.

In an address Friday, Austin told the group that "Putin's war of aggression has provided us all with a preview of a world that none of us would want."

"We've all been inspired by the courage of Ukraine's troops and the resilience of Ukraine's people," Austin said. "People around the world have rushed to help Ukraine defend itself, including countries across the Indo-Pacific."

Iran's hard-line former President Mahmoud Ahmadinejad registers for June 28 presidential election



DUBAI, Jun 2 (Agencies): Iran's hard-line former President Mahmoud Ahmadinejad registered Sunday as a possible candidate for the presidential election, seeking to regain the country's top political position after a helicopter crash killed the nation's president.

The populist former leader's registration puts pressure on Supreme Leader Ayatollah Ali Khamenei. In office, Ahmadinejad openly challenged the 85-year-old cleric, and his attempt to run in 2021 was barred by authorities.

The firebrand, Holocaust-questioning politician's return comes at a time of heightened tensions between Iran and the West over Tehran's rapidly advancing nuclear program, its arming of Russia in its war on Ukraine and its wide-reaching crackdowns on dissent.

Associated Press journalists in Tehran saw Ahmadinejad arrive

at the Interior Ministry and begin the registration process. Before his arrival, his supporters chanted and waved Iranian flags.

He descended the stairs at the ministry, showing his passport as is custom to dozens of photographers and video journalists on hand for the registration process. As a woman processed his candidacy, he sat, turned to the journalists, nodding and smiling for the cameras. He was expected to give remarks after concluding his registration.

An election is planned June 28 to replace Khamenei's hard-line protégé President Ebrahim Raisi, who died in a helicopter crash in May along with seven other people.

Ahmadinejad previously served two four-year terms from 2005 to 2013. Under Iranian law, he became eligible to run again after four years out of office, but he

remains a polarizing figure even among fellow hard-liners. His disputed re-election in 2009 sparked massive "Green Movement" protests and a sweeping crackdown in which thousands of people were detained and dozens were killed.

Abroad, he became a caricature of Western perceptions of the Islamic Republic's worst attribute, questioning the Holocaust, insisting Iran had no gay or lesbian citizens and hinting Iran could build a nuclear weapon if it chose to do so.

But Ahmadinejad remains popular among the poor for his populist efforts and home-building programs. Since leaving office, he's raised his profile via social media and written widely publicized letters to world leaders. He's also criticized government corruption, though his own administration faced graft allegations and two of his former vice presidents were jailed.

Khamenei warned Ahmadinejad in 2017 that his standing for office again would be a "polarized situation" that would be "harmful for the county." Khamenei said nothing during Ahmadinejad's 2021 attempt, when his candidacy was rejected by the 12-member Guardian Council, a panel of clerics and jurists ultimately overseen by Khamenei. That panel has never accepted a woman or anyone calling for radical change to the country's governance.

That panel could reject Ahmadinejad again. However, the race to replace Raisi has yet to draw a candidate with clear, overwhelming support from Khamenei.

Dozens of youths join Shiv Sena Hindustan in Arnia

Top News Report

A meeting was organized by Shiv Sena Hindustan in Arnia under the chairmanship of Jammu and Kashmir President Pt Rajesh Kesri, in which dozens of youth, influenced by Shiv Sena Hindustan activities, joined the party. The new entrants include Satpal, Ravi Kumar, Ramesh Kumar, Somraj, Pawan Kumar, Vijay Kumari Garo Devi. Speaking on the occasion, Kesri said that nowadays drugs are being sold a lot in the border areas, keeping this in view, we have launched a campaign in every village to eradicate drug addiction, for this purpose a meeting was held today and all the youth were asked to



pledge that they will not consume any kind of drugs and will promote our party and will help the candidates contesting elections. For the last one year, Shiv Sena has been working in every village of Arnia, Bishnah and RS Pura border areas. Kesri urged the parents of the children in the meeting and even the small children of 14-15 years of age to stay away from

the consumption of drugs and other dry intoxicants which were growing in the society. He said young generation is a ray of hope of the society, which is the responsibility of every parent and every social worker to save. Kesri further said that as long as the young generation does not obey their parents and respect their elders, drug sellers will dominate the young gen-

eration. Today's young generation should also pay attention to the progress of the country and take care of their family and their health. Attention should also be paid to this because intoxication makes the body hollow from inside like a termite and destroys a person's thinking power, added Kesri. Kesri observed that because of this intoxication the children

in the border areas have lost their parents and siblings. They lost their lives at such a young age due to drug addiction. He requested the young generation to respect their elders and also pay attention towards their religious activities so that their mentality becomes capable of serving the country's progress and become great officers by focusing on their studies and health. Prominent among those present on the occasion include State Deputy Chief Balbir Kumar, Bishnah President Rajkumar Baba, Sanjeev Sharma Arnia President Balwant Saini, Suresh Kumar, Rajesh Kumar, Dheeraj Kumar, Darshana Devi, Rajni Devi, Vijay Devi, Geeta Devi besides others.

Everonn Aloha Abacus Center Handwara organise road race

Top News Report

HANDWARA, Jun 2: The Everonn Aloha Abacus Center Handwara on Sunday early morning organised the road race with the theme "Environmental Conservation" which took off from Fruit Mandi Crossing Handwara and culminated the Children's Park Handwara.

The SHO Handwara Showket Ahmad flagged off the race at 6:30 am near Fruit Mandi Crossing Handwara in presence of Aloha JK Officials and Center Head Handwara along other dignitaries.

A considerable number of Male & Female students from different Schools of Handwara participated in the event.

Addressing the gathering, the Center Head Aloha Handwara highlighted the importance of engaging in outdoor physical activities for maintaining a healthy lifestyle and emotional well-being. He also encouraged the



students to actively participate in such events, as it would enhance their chances of getting selected in police and other security forces.

For the successful conduct of the race. Besides, he expressed his grati-

tude to the Police and Health Administration of Handwara for their necessary logistic support.

The winners were presented with trophies, and appreciation certificates at the culmination ceremony.

Painting Competition Organised at Navapachchi, Kishtwar



Top News Report

KISHTWAR, Jun 2: Army undertook a noble initiative of organising a painting competition at Navapachchi, Kishtwar. Nearly 67 students exhibited their talent. The painting of students reflected the spirit of patriotism and love for country in the young minds. The creativity of

the students were commendable and praiseworthy. Various themes of the painting competition evoked patriotism on one hand and love for nature on the other. The Army officials gave away prizes to best student from each class and recognised their efforts. The Army officials praised the participants for showing gritty determination and also encouraged them to practice and excel in all such events in future. Teachers and students from the school highly appreciated the efforts of Indian Army towards providing the students with such activities which prove quite helpful in their all round development.

Motivational Lecture by Gallantry Awardees At Kandi, Rajouri



Top News Report

Rajouri, Jun 2: Army organized a 'Motivational lecture by Sub Jai Kishan, SM (Retd) in Govt Higher Secondary School, Kandi. The inspiring lecture by gallantry awardee was organized as part of 25th Kargil Vijay Diwas celebrations wherein, he shared first-hand experiences of sacrifices and the spirit of valour that Indian Army exhibited

during Kargil War, which motivated and reminded the students of the accounts of dedication and courage. This event served as a tribute to the heroes who defended our country and as a source of motivation for those aspiring to join the Indian Army. A sense of patriotism, was felt in the environment while the lecture was being delivered by the Veteran. Such lectures by the War Heroes, levies a

positive impact on young generation and motivates them to join Indian Army and become responsible citizens of our country. The students, teachers and villagers were quite enthusiastic and keenly participated in the interactive session. The residents paid keen interest and conveyed their gratitude for conducting such graceful event in a remote village to motivate the youth of Area.

Medical Patrol For Gujjar and Bakarwals at Kotli, Rajouri

Top News Report

RAJOURI, Jun 2: Medical camps play a crucial role in remote underdeveloped areas of south of Pir Panjal region by providing essential health care service to underserved communities particularly those residing in far-flung areas. Indian Army at Kotli, Rajouri district conducted medical

patrols dedicated in conjunction with Area Domination Patrols especially for Gujjar and Bakarwal communities. These patrols aim to provide essential medical assistance and healthcare services to remote areas where access is limited. The initiative underscores the army's commitment to the welfare of Gujjar and Bakarwal communities, ensuring



that no one is left behind in receiving crucial medical attention while

FROM PAGE 1

Nine counting centres set up for five Lok Sabha seats in J&K; One in Delhi

jump of 30 percentage points from the 2019 general elections when it was 19.16 per cent.

Srinagar, Baramulla and Anantnag-Rajouri in the valley recorded VTR of 38.49 per cent, 59.1 per cent and 54.84 percent respectively, which has been highest in the last three decades. The other two constituencies in the UT, namely Udhampur and Jammu in the Jammu region, recorded 68.27 per cent and 72.22 per cent voter turnout respectively.

The counting of votes in Udhampur constituency where Union minister Jitendra Singh is seeking his third consecutive term will be held at government degree college, Kathua.

Apart from Singh, there are 11 other candidates that includes Lal Singh, also a two-time former MP, and GM Saroori in the fray. Seven of the candidates are independents.

The counting of votes in Baramulla constituency will be held in Government Degree College (Boys), Baramulla. Omar Abdullah is pitted against 21 candidates in the constituency, prominent among them being Lone and Rashid. Among the 14 independents who are contesting in the seat, two are women.

In Anantnag-Rajouri constituency, divided by the mighty Pir Panjal range, officials said the counting of votes will be held at Government Degree College (Boys) Anantnag and Government PG College Rajouri. Mehbooba Mufti is seeking a victory from this constituency and is facing a major challenge from NC's Mian Altaf.

There are also 10 independents and eight other candidates, including the BJP-supported Apni Party's Zaffar Manhas.

The counting of votes in Srinagar parliamentary constituency, which has the highest number of 24 candidates, including 16 independents, will take place at Sher-i-Kashmir International Convention Cent (SKICC) along the banks of Dal Lake. NC's Ruhullah, Mir of Apni Party and PDP youth leader Waheed Para are the strong candidates from the constituency.

Counting of votes for the Jammu constituency, where BJP's Jugal Kishore is eyeing a hat-trick of wins, will be carried out at the premises comprising Government Polytechnic College and Government MAM college. Raman Bhalla, the working president of the J&K unit of Congress, is among the 21 other candidates in the fray from the seat.

Officials said counting of Kashmiri migrant votes will take place at Government College for Women Gandhi Nagar, Jammu, Government Girls Higher Secondary School, Udhampur and J&K House, New Delhi.

J-K Chief Electoral Officer (CEO) Pandurang K Pole had a comprehensive review of preparedness of the districts ahead of the final counting of votes at Nirvachan Bhawan here on Saturday, they said.

The meeting was attended by all the District Election Officers along with the concerned Assistant Returning Officers (ARO) and ARO Migrants (Jammu, Udhampur, and Delhi). The Returning Officers apprised the CEO of the arrangements in place for counting of votes, particularly the issuance of passes, security arrangements at the centres, welfare provisions for polling personnel and arrangement of facilitation centres for the media as well as contesting candidates and their counting agents, officials said.

Stressing the need for a smooth and incident-free counting process, the CEO directed the districts to properly train and sensitise the personnel involved in counting so that proper discipline and decorum at the counting centres is maintained.

He also asked the districts to ensure installation of CCTV cameras besides making appropriate arrangements for videography at the counting centres.

People who kept 'Hisab-Kitab' for Pak In the past queued up to vote this time: DGP Swain

administration of J&K's UT government, see it as an enabling environment where you have freed the people from fear."

He also drew attention to the campaigning activities that were held in the middle of night, besides roadshows and door-to-door campaigns conducted "without the lurking threat of the Pakistani gun".

"Security forces kept tabs on their (Pakistan) proxies and agents who once had this huge nuisance value of keeping a tab on all those who would think about bringing back democracy and electoral politics in its original form, the way it happens in the rest of the country," the DGP said.

Swain also acknowledged the past role of the banned Jamaat-e-Islami in monitoring and targeting individuals involved in electoral politics. He, however, noted a potential shift within the outfit, saying some of its members publicly participated in the recent elections which indicated a possible

change in their approach.

"The regime of intimidation works in two ways. It is not only the threat of the gun but as I said the lurking threat that somebody is watching, somebody is keeping 'hisab kitab' (accounts), somebody is trying to note who all are actually showing the tendency of participating in anything even remotely connected with electoral politics."

"It was Jamaat-e-Islami essentially in the villages, small towns and cities who had kind of worked as eyes and ears of the enemy to quietly note down who these persons were and then profile them and then have them harmed," the police chief said.

He added, "So when this very organisation, which scrupulously was pulling the strings, had a change of mind by way of making certain public statements and then coming out themselves and voting, I am sure the common man must have taken notice of it."

The participation of previously wary individuals and organisations like the Jamaat-e-Islami in the electoral process reflects a changing dynamic in the region, offering a hope for a more open and democratic future, Swain said.

He also suggested a growing confidence among the populace as it embraces political participation without fear of reprisal from external forces.

The J&K police chief discussed efforts to counter attempts aimed at disrupting the polls, emphasising the importance of deterring intimidation tactics used by adversaries. He also highlighted the use of legal measures rather than kinetic actions to address the challenges, noting the significant success achieved in maintaining law and order.

"It was also to counter and tell them that the tactics and the strategies which they (Pakistan) have traditionally employed to browbeat would be paid back in the same coin," asserted Swain.

The DGP said he would not like to accuse any particular societal institution, but added that Pakistan and its proxies had succeeded "in hijacking and taking over many of our institutions which existed for the good of the society".

In the last three-and-a-half years, "we did not use kinetic actions to control and handle these bullies. We used law, the force of law and the rule of law, and I think we succeeded to a substantive extent," Swain said.

On the progress made so far in achieving peace, the police chief said while the situation was a work in progress and substantial achievements have been made, there was a need for continued efforts.

"I think this is best described as a work in

progress. If the question is what percentage of road has been covered, it would slightly be difficult to quantify it but I must say that to a sizable extent," he said.

Swain emphasised the government's responsibility to maintain security and provide a sense of peace for its citizens, indicating a collective endorsement of these efforts by the public through their actions such as rejecting calls for strikes.

Overall, the police chief expressed a cautious optimism about the current state of affairs and acknowledged the need to further strengthen governance and security in the region.

"When calls for bandhs used to come from across, the way people refused to respond to it... if anyone says they were doing it under compulsion, I think it would be a lie. So to that extent, I think we have travelled a distance and we need to travel the whole hog, the full length of it," Swain added.

Mata Kheer Bhawani Yatra from Jammu on June 12

devotees will leave for Kashmir from Jammu at 6 am on June 12. "The arrangements like travel, boarding-lodging, food besides other requirements are being made by the administration," he added.

The devotees he said will also proceed to various destinations after paying obeisance at Tulmula in Ganderbal.

PDP opting out of INDIA Bloc not true: Mehbooba Mufti

campaigning for the National Conference but was notably absent from the PDP's roadshows and rallies, despite the PDP being part of the same alliance.

On Saturday, exit polls by several national TV channels showed the PDP winning one seat in the Kashmir Valley separately from the INDIA Bloc, sparking rumors of the party's exit from the alliance. However, Mehbooba Mufti dismissed these rumors and reaffirmed the PDP's commitment to the INDIA Bloc.

Wishful thinking is passed off as the National Narrative: Omar on Exit Polls

is in big trouble, they won't cross 250".

Exit poll time — "damn, I'm depressed. How can this be happening again?". Gotta love this little social media echo chamber where wishful thinking is passed off as the national narrative," Omar said in a post on X.

Forest fire breaks out at Gangera Hiliin Udhampur

significant population of peacocks, and the fire has undoubtedly caused harm to these magnificent birds. The loss of vegetation has not only impacted the peacocks but also other wildlife and the overall ecosystem.

The forest fires in Udhampur district pose a significant threat to the environment, wildlife, and local communities. The destruction of vegetation and the release of harmful pollutants into the atmosphere have far-reaching consequences. The loss of wildlife and the disruption of ecosystems are also major concerns.

Arti Sharma, BDC Ghordi, has appealed to the administration to deploy Indian Air Force helicopters to combat the Daya Dhar fire. She emphasized the urgency of the situation, highlighting the presence of a large number of peacocks and other wildlife in the area. The ongoing fire has caused immense damage to these creatures, and Sharma stressed the need for immediate action.

Next week likely to be rainy in J&K: MeT

minimum temperature at 13C, Qazigund 10C, Pahalgam 6.4C, Kokernag 10.2C and Gulmarg 8 C during the intervening night of Saturday and Sunday, the MeT office said.

Srinagar recorded the maximum temperature 27.5C on Saturday and it was 1.2C above normal, Pahalgam had a maximum 24.1C and it was 1.3C above normal for the tourist spot in south Kashmir. Picnic spot of Kokernag recorded the maximum at 27.2C and the famous ski resort of Gulmarg in north Kashmir recorded 17.3C the previous day, the MeT office said.

Mehbooba appeals MEA to repatriate body of Rajouri man from Saudi Arabia

awaits his mortal remains. Request @ MEAIndia @DrSJaishankar to kindly take up this issue at the earliest to repatriate his body. Nearest contact for the deceased in Saudi Arabia- Kafeel +966550568146".

Puravankara acquires 12.75 acre land parcel in Thane; potential GDV pegged at Rs 4,000 crores

The land has an estimated potential carpet area of 18.20 lakh sq ft and a potential Gross Development Value (GDV) of Rs 4,000 crores over the project lifecycle.

MUMBAI, Jun 2 (Agencies): Bengaluru-headquartered real estate developer Puravankara Limited announced the acquisition of 12.75 acres of land in Patlipada on Ghodbunder Road, Thane, by its wholly-owned subsidiary company, Purva Oak Private Limited.

The land has an estimated potential carpet area of 18.20 lakh sq ft and a potential Gross Development Value (GDV) of Rs 4,000 crores over the project lifecycle.

"We are thrilled to announce the acquisition of a prime 12.75-acre land parcel in Thane, further solidifying our commitment to MMR's sustainable and dynamic real estate market. This strategic expansion in Thane is in addition to our recent announcements of redevelopment projects in Pali Hill and Lokhandwala," said Ashish Puravankara, Managing Director, Puravankara Limited.

The MD added, "We have added over Rs 7,500 crores of GDV to our MMR portfolio between these three acquisitions. Our continued investment in MMR reflects our vision to



deliver international quality homes with trust and transparency."

In November 2023, Puravankara secured rights to undertake the redevelopment of two housing societies spanning 3 acres in the Lokhandwala area of Andheri West.

The project has a development potential of 5.8 lakh sq ft carpet area and a potential GDV of Rs 1,500 crores. In April 2024, the company was selected as the 'preferred developer'

for a 2.5-acre redevelopment project in Pali Hills with a development potential of 4.10 lakh sq ft carpet area and a potential GDV of over Rs 2,000 crores.

"The land parcel acquisition in Thane is the third major announcement from Puravankara in the past seven months.

We will build a high-end, mixed-use residential project with a GDV of Rs 4,000 crores. We look forward to launching this project during the festive season this financial year with

a vision to develop one of the finest projects in Thane," said Rajat Rastogi, CEO - West & Commercial Assets, Puravankara Limited.

The land parcel is located in Patlipada on Ghodbunder Road—a micro-market highly preferred by discerning home buyers due to the value-laden proposition, connectivity advantages, and robust social infrastructure, the company said.

The upcoming metro line 4 will further improve the area's connectivity.

Puravankara recently reported that its sales soared to Rs 1,947 crores in Q4FY24, showcasing a 93% Y-o-Y growth. Sales volume for the quarter stood at 2.35 msft (+94% Y-o-Y) with a collection of Rs 1,094 crores (+66% Y-o-Y). Total revenue for Q4FY24 was Rs 947 crores, up by 112% Y-o-Y.

For the full financial year 2023, sales stood at Rs 5,914 crores, a staggering 90% Y-o-Y increase. Sales volume increased by 84% to 7.36 msft with Rs 3,609 crores in collections (+60% Y-o-Y). Total revenue increased by 61% Y-o-Y to Rs 2,260 crore.

Car sales grew by four per cent in May to 3.50 lakh units



MUMBAI, Jun 2 (Agencies): Passenger vehicle (PV) sales during the month of May were in the slow lane as buyers' sentiments were impacted by general elections and extreme heat waves.

Growing by a modest 4%, PV dispatches from companies to dealers stood at 3,50,257 units in May 2024 as compared to 3,35,436 units in May 2023.

Maruti Suzuki (MSI) reported that its domestic PV sales rose marginally to 1,44,002 units last month from 1,43,708 units in the year-ago period.

"It has been discussed that growth this year will not be very high.

It will be in single digit because of the high base effect. Secondly, there were elections and the scorching temperatures also had an impact on the overall sales in May," said MSI Senior Executive Officer (Marketing & Sales) Partho Banerjee.

Sales growth of MSIL's entry-level and compact cars were again in negative territory. To revive the segment, MSIL announced new Dream limited editions for Alto K10, S-Presso and Celerio. All three cars will be similarly priced at Rs 4.99 lakh (ex-showroom).

Hyundai Motor India (HMIL) reported a 1% year-on-year increase

in domestic dispatch to 49,151 units last month. "In April also the industry grew by around 1.5%... so April plus May the industry growth should be around 2-2.5% over same period last year," said HMIL COO Tarun Garg. Kia India' May sales grew by 4% to 19,500 while Tata Motors' PV sales grew by 2% y-o-y to 47,075 units in May.

Meanwhile, SUV majors Mahindra & Mahindra and Toyota (TKM) continue to grow at a much faster pace than the industry. Mahindra reported a robust 31% increase in PV dispatches last month at 43,218 units. Toyota Kirloskar Motor (TKM) reported a 24% increase in total wholesale sales in May at 25,273 units.

Growing forward, industry experts believe sales tax pick up once election results are out and a stable government is formed. Car sales grew by 4% in May to 3.50 lakh units.

Tattoos pose inherent risks of hepatitis, HIV and cancers, warn doctors

NEW DELHI, Jun 2 (Agencies): Love to get tattooed? Beware, the ink and needle used may raise your risk of getting diseases like Hepatitis B, C, HIV, and even cancers of the liver and blood, warned doctors.

Tattoos have become very popular, especially among the youth, as a form of body art and a means of expressing their thoughts or passion.

A recent study of 11,905 individuals, by researchers at Lund University in Sweden, tattooed individuals were found to have a higher risk of lymphoma.

The risk of lymphoma was highest in individuals with less than two years since their first tattoo.

The risk associated with tattoo exposure seemed to be highest for large B-cell lymphoma and follicular lymphoma. "This is because the

tattoo ink, which may contain polycyclic aromatic hydrocarbon (PAH) -- a known carcinogen, is injected into the skin. The body treats it as a foreign object that should not be there, and the immune system gets activated. A large part of the ink is transported away from the skin, to the lymph nodes where it is deposited," said Tushar Tayal, Consultant, Internal Medicine, CK Birla Hospital, Gurugram.

Recently, Australia's Department of Health also surveyed the composition of tattoo inks and found a mismatch between the labelling and the contents.

They found PAHs in 20 per cent of the samples tested and in 83 per cent of the black inks. Other hazardous components found in the inks included heavy metals like mercury, barium, copper, amines, and various colourants.

"These hazardous chemicals may cause simple ailments like skin problems to the more dangerous skin cancers," Suhail said.

He explained that the "ink may get absorbed from the dermis (outer layer of the skin) into the lymphatic system of the body and may increase the risk of some other cancers like liver, urinary bladder as well as blood cancers like lymphoma and leukaemia". The hazardous chemicals in the tattoo ink are primarily responsible for these dangerous ailments and until the time health care authorities strictly regulate the contents of such inks, this risk will always remain.

"While not all tattoo inks contain these cancer-causing chemicals, we need to exercise caution while getting a tattoo since in India, there are no regulatory frameworks that govern this," Suhail said.

Obesity a possible contributor to early menarche in girls, study finds

NEW DELHI, Jun 2 (Agencies): Early menstruation, or periods, in young girls has been linked to childhood obesity and a higher risk of adverse health outcomes, such as cardiovascular disease and cancer, a new study has found.

The research was done on more than 70,000 women in the US.

The average age of getting the first period fell from 12.5 years among women born from 1950-1969 to 11.9 years among women born from 2000-2005, according to the study led by Harvard University's School of Public Health.

The trends were found to be more stark in women belonging to racial minorities like Black, Hispanic, Asian, or mixed race and in women rating themselves as low in socioeconomic status.



The study, published in The Journal of the American Medical Association (JAMA) Network Open, is the first to discern menstrual trends in women across races and social strata, according to the researchers.

"Continuing to investigate early menarche and its drivers is critical," said corresponding author Zifan Wang, a postdoctoral research fellow at Harvard's School of Public Health. "Early menarche is associated with higher risk of adverse health

outcomes, such as cardiovascular disease and cancer," he said.

"To address these health concerns, which our findings suggest may begin to impact more people, with disproportionate impact on already disadvantaged populations, we need much more investment in menstrual health research," Wang said.

The research also found that menstrual cycles are taking time before becoming regular, with 56 per cent of women born from 2000-2005 reporting regular

periods within the two years following their first period, compared to 76 per cent among those born from 1950-1969.

Using the Apple Women's Health Study's diverse dataset, the researchers enrolled 71,341 women between November 2018 and March 2023.

A subset of nearly 62,000 participants self-reported the time it took for their menstrual cycles to become regular, and another subset provided their body mass index (BMI) at the time of their first period.

"The mean age at menarche decreased from 12.5 years in 1950 to 1969 to 11.9 years in 2000 to 2005," the authors wrote.

"The number of individuals experiencing early menarche (before age 11 years) increased from 8.6 per cent to 15.5 per cent, the number of individuals experienc-

ing very early menarche (before age 9) increased from 0.6 per cent to 1.4 per cent, and the number of individuals experiencing late menarche (at age 16 or later) decreased from 5.5 per cent to 1.7 per cent," they wrote.

The researchers found that BMI, an indicator of obesity, could explain the early onset of menstruation in nearly half of the women reporting that information.

"Within a subset of 9,865 participants with data on BMI at menarche, exploratory mediation analysis estimated that 46 per cent of the temporal trend in age at menarche was explained by BMI," they wrote.

The findings provide a better understanding of menstrual health across the lifespan and how our lived environment impacts this critical vital sign, said the authors.

Studies show gene-based drugs to lower cholesterol in people with naturally high levels

NEW DELHI, Jun 2 (Agencies): Gene-based drugs could help lower cholesterol levels in patients with naturally high levels of the lipid in their blood, according to new studies published in the New England Journal of Medicine.

Researchers of the two studies said that the drugs can be given to patients by injection four times a year. The studies analyse the performance of two gene-based drugs plozasiran and zodasiran in early stage (phase-2b) clinical trials in terms of safety and efficacy.

These drugs are RNA-based, meaning they are made using small pieces of ribonucleic acid, which is present in all living organisms.

Formed from DNA, or deoxyribonucleic acid, RNA converts information present in DNA into proteins involved in all

bodily functions and processes. The RNA material present in the drugs binds with the RNA naturally present in the body and prevents it from making proteins known to play roles in regulating 'bad' cholesterol levels, the researchers explained.

While plozasiran helps limit the formation of the protein apolipoprotein C3, zodasiran reduces the production of the protein angiotensin-like 3 (ANGPTL3), according to the authors.

Both the drugs, developed by US-based Arrowhead Pharmaceuticals, were found to significantly lower triglyceride levels in patients with mixed hyperlipidemia, a congenital disease in which an individual has naturally higher levels of cholesterol and fat in their body. These patients were already taking cholesterol-low-

ering drugs, known as statins.

High triglyceride levels increase the chances of high 'bad' cholesterol in the body.

Plozasiran was trialled in a total of 353 participants, who were divided into cohorts. Two doses of 10 milligrams (mg), 25 mg, or 50 mg of plozasiran were administered once every 12 weeks or once every 24 weeks, the researchers said.

At week 24, triglyceride levels were found to have lowered by almost 50 per cent in the patients given the 10-mg-quarterly dose, whereas the levels were cut down by 56 per cent in the patients administered the 25-mg-quarterly dose.

Further, in the patients given the 50-mg quarterly dose, triglyceride levels fell by 62.4 per cent, while in the

patients given the 50-mg-half-yearly dose, these levels fell by 44.2 per cent, the researchers found.

Zodasiran was trialled in a total of 204 participants. Eligible patients were randomly assigned to receive subcutaneous injections of the drug (50, 100, or 200 mg) or placebo on day 1 and week 12 and were followed through week 36.

At week 24, the researchers observed "substantial" lowering in levels of ANGPTL3 protein, lower levels of which are linked with lower levels of cholesterol.

"Other differences in change from the baseline as compared with placebo included the following: for non-HDL cholesterol level, minus 29 percentage points with 50 mg, minus 29 percentage points with

100 mg, and minus 36 percentage points with 200 mg; and for LDL cholesterol level, minus 16 percentage points, minus 14 percentage points, and minus 20 percentage points, respectively," the authors wrote.

Zodasiran was also associated with lowered liver fat at week 24, with no adverse events related to liver function test changes reported so far, Arrowhead Pharmaceuticals said in a statement.

Further, plozasiran continued to show a favourable safety profile to date, according to the statement.

Arrowhead Pharmaceuticals develops RNA-based medicines for treating intractable diseases by silencing the genes that cause them, according to their website.

Cut marks on 4,000-yr-old skulls show ancient Egyptians tried to treat cancer

NEW DELHI, Jun 2 (Agencies): Ancient Egyptians attempted to operate on excessive tissue growth or learn more about cancerous disorders after a patient's death, revealed a study on two 4,000-year-old skulls.

Known to be the place of one of the early civilisations, ancient Egyptians have been known to identify, describe, and treat diseases and traumatic injuries, build prostheses, and put in dental fillings.

To understand their further prowess, an international team of researchers studied two human skulls—male and female and each thousands of years old. The cut marks on the skulls revealed the extent of traumatological and oncological treatments practised by the ancient Egyptians, they said in the paper published in the journal *Frontiers in Medicine*.

Edgard Camaros, a paleopathologist at the University of Santiago de Compostela in Spain called the discovery "unique and extraordinary" evidence of how ancient Egyptian medicine would have tried to deal with or explore cancer more than 4,000 years ago.

The two skulls—Skull and Mandible

236, dating from between 2687 and 2345 BCE, belonged to a male individual aged 30 to 35, while Skull E270, dating from between 663 and 343 BCE, belonged to a female individual who was older than 50 years.

Microscopic observation of skull 236 showed a big-sized lesion consistent with excessive tissue destruction, known as neoplasm.

Further, there were also 30 or so small and round metastasised lesions scattered across the skull, with cut marks probably made by a sharp object such as a metal instrument.

"When we first observed the cut marks under the microscope, we could not believe what was in front of us," said Tatiana Tondini, a researcher at the University of Tubingen in Germany.

Analysis of Skull E270 also showed a big lesion consistent with a cancerous tumour that led to bone destruction, and two lesions from traumatic injuries that received treatment.

"This may indicate that although today's lifestyle and cancer-causing substances in the environment increase cancer risk, it was also a common pathology in the past," the team said.

Hardik Pandya, Rishabh Pant shine as India crush Bangladesh in T20 World Cup warm-up

India slammed Bangladesh in their only warm-up match in the T20 World Cup 2024. Hardik Pandya, Rishabh Pant and India pacers were the stars of the show as the Men in Blue took a lot of confidence from the win.

NEW YORK, Jun 2 (Agencies): India hammered Bangladesh by 60 runs in their only warm-up match ahead of the group stage of the T20 World Cup 2024. Playing at the Nassau County International Stadium, where India will play the majority of their group stage matches - the Men in Blue crushed Bangladesh with a complete effort. Bangladesh batters were found wanting against the strong Indian bowling line-up and were restricted to just 122 runs after playing out their 20 overs.

Having opted to bat first on an unknown pitch in New York, India blew hot and cold with the bat but gave enough signs for the fans to be excited for this T20 World Cup campaign. Despite struggling with the pace of the pitch throughout the match, India managed to score 182 runs in the first innings putting Bangladesh in a really tough spot. Rishabh Pant was promoted to No. 3 position, where he did exceedingly well, hitting a rapid half-century. Apart from Pant, Hardik Pandya looked to be back in his groove, remaining unbeaten at 40 runs off just 23 balls. India put up a total of 182 runs on the tricky surface and eventually won the match by 60 runs.

Rohit-Samson Open
India captain Rohit Sharma and RR's captain in the IPL - Sanju Samson - opened with the bat on the day. Both batters found it difficult to get going and Samson was the first one



to depart after scoring just 1 run from 6 balls. Rohit Sharma also struggled for the majority of his innings but was able to get away with 23 off 19 balls due to a couple of big hits.

The combination might indicate India's willingness to open with Virat Kohli and Rohit Sharma in the tournament as Yashasvi Jaiswal was not given a chance on the day. After Sanju's dismissal, Rishabh Pant walked into the crease and slammed his way to a 32-ball 53 runs. Pant made it look like he was batting on a completely different pitch and retired right after completing his half century.

Pant Plays Out A Gem
If not for Rishabh Pant's counter-attack in the first half of the innings, India would not have reached their total. Pant announced his arrival on his comeback in India colours. The left-hander hit 3 sixes in the final over of the powerplay against veteran Shakib Al Hasan. Pant continued his assault throughout his innings and completed

his half-century in just 32 balls. Pant opted to retire after that and gave the other batters in the line-up a chance to get used to the conditions in New York.

While the rest of the Indian batters struggled in the two-paced drop-in pitch in the stadium, Pant made things look extremely easy. After hitting Shakib for six via a sweep shot, Rishabh brought out his trademark reverse lap and the slog sweep as well.

While the rest of the Indian batters struggled in the two-paced drop-in pitch in the stadium, Pant made things look extremely easy. After hitting Shakib for six via a sweep shot, Rishabh brought out his trademark reverse lap and the slog sweep as well.

Shivam Dube Struggles, Pandya Finds Form

After Pant retired, India were stuck in a rut, with the batters failing to hit big shots. To be fair to them, the pitch was two-paced and hitting shots was not easy at the start of the innings.

However, Shivam Dube made himself look really bat, failing to land some of his shots even outside the 30-yard-circle. However, India found a saviour in Hardik Pandya, who found his range at the right time.

Pandya remained unbeaten at 40 off 23 balls and was India's second-best batter on the day.

Fast Bowlers Hit the Ground Running

India pacers set the tone in the powerplay with Arshdeep Singh picking early wickets. Arshdeep bowled two overs in the powerplay, gave away 3 runs and picked up 2 wickets. He was ably supported by Mohammed Siraj, who bowled one over, gave away 2 runs and picked one wicket.

With Bangladesh down at 27/3 after 6 it was always going to be difficult to chase down 183, and they were put in further trouble as they lost two more wickets by the 9th over of the game.

The game slowed down after that, as the Bangladesh batters found it difficult to score runs. Bangladesh lost another flurry of wickets in the final overs of the match, losing 4 wickets in the final three overs of the match. Bangladesh finished with 122 for the loss of 9 wickets, losing the game by 60 runs.

For India Shivam Dube and Arshdeep picked 2 wickets each, while Jasprit Bumrah, Hardik Pandya, Axar Patel and Mohammed Siraj picked 1 wicket each.

India will now face Ireland in their tournament opener on June 5

"Trusting Seniors Hasn't Worked...": Ex-India Star Drops 'Rohit Sharma-Virat Kohli' Bombshell

MUMBAI, Jun 2 (Agencies): Former cricketer Sanjay Manjrekar says he would have picked a much younger Indian squad for the T20 World Cup since loading the side with seniors has not worked in the past. Manjrekar said now India have no other choice but to pair Rohit Sharma with Virat Kohli for opening slot when he would have preferred to add the flavour of young and talented Yashasvi Jaiswal. Rohit and Kohli did not feature in much of the T20 assignments for India last year but returned to the fold as selectors showed faith in the seasoned campaigners.

"Ideally, I would not have gone that way; I would have stuck with a slightly more younger kind of, core set of players but the selectors have committed themselves to the icons, Rohit Sharma and Virat Kohli," Manjrekar said on Star Sports.

"Now that they are in the squad, it's impossible to have Virat Kohli batting at No. 3 because then you don't get the full rally of Virat. Rohit Sharma has to open, so now, India in a way have forced themselves to have only one kind of combination — two right-handers," he said.

Manjrekar does not think Jaiswal would find place in the Indian XI.

"Unfortunately, Jaiswal will have to sit out. I would have gone completely with a new lot (and) then he would have had a lot more flair and it would be something different," he said.

"(But) India have trusted the seniors a move that hasn't worked over the years let's hope it works this time," Manjrekar added.

The former India batter

also dismissed suggestions that Mohammed Amir and Shaheen Shah Afridi would pose a threat to the Indian batters in the clash between the two arch-rivals on June 9.

"Mohammed Amir played his last international T20 seven years back. We have no idea what his form is like today. Shaheen Afridi is not the same bowler that he was two years ago."

"India have handled him really well, if you remember the Asia Cup, even in the 50-overs World Cup we had a one-sided match. I do not see Pakistan as a major threat to India, plus the names (of) Mohammed Amir and Shaheen Shah Afridi. I do not think this is a problem for India," he added.

Irfan Pathan, meanwhile, termed left-arm spinner Imad Wasim as a threat.

"As a left-arm spinner with the new ball, he is not bad. He is a smart, bowls stumps to stumps and if the ball grips then he could be a threat," he said.

Manjrekar backed Hardik Pandya to come good as a finisher.

"My vote will always go to Hardik Pandya. I know he had a pretty quiet IPL, but go back to the last T20 World Cup that India played, the last match, semis against England at Adelaide.

"Hardik Pandya got 60 off 30 balls at a strike rate of 190 after India had got 62 in their first 10 overs.

"When it comes to T20 World Cup — marquee events — but go those guys who actually excel on the big stage and for me it will always be Hardik Pandya and Rishabh Pant ahead of people like Shivam

Dube, until we see him on the big stage," he said.

Pathan said both Pandya and Dube will have different roles in the competition.

"Hardik Pandya and Shivam Dube will play different roles. Hardik will have a set role to finish the game and Shivam will play as a floater, as a reinforcer against the spinners," he said.

Manjrekar said India will also be cautious in the first round knowing what happened in the 50-overs World Cup in the Caribbean, wherein they had made a first-round exit in 2007.

"India will feel the pressure of the first round because (in) 2007 (in) the West Indies, funny things (had) happened. I see India up and running very quickly. (But) I'm just going to watch this Indian team in the matches that matter — semis and the finals," he said.

"For India, World Cups are not anymore about getting into the final round. It's about what you do in the final rounds," he added.

Manjrekar also claimed that Kohli tends to bat with additional pressure in knockout games due to his stature, which is not the case with Rohit.

"Virat does take it upon himself. You see that happening in all the big games to bat a little longer, perhaps feels obliged because of the kind of stature that he has in Indian cricket to bat longer rather than just come and bat freely," he said.

"But Rohit Sharma will do that, no matter his stature. We saw that in the ODI World Cup. But I'm worried about Virat really when it comes to semis and the finals," he added.

T20 World Cup: USA thump Canada by 7 wickets, begin tryst with top-flight cricket in style

DALLAS, Jun 2 (Agencies): Tournament co-hosts USA announced their arrival in top-flight cricket in spectacular fashion as Aaron Jones led a seven-wicket pasting of Canada with a 40-ball 94 in the opening match of the T20 World Cup here.

Batting first, Canada posted 194 for five, but USA turned what could have been a tricky chase into a cruise, completing the task with as many as 14 balls to spare.

America's very own Jones, who was born in Queens, a New York City borough, smashed 10 sixes and four boundaries to make a statement on behalf of the team full of expatriates.

While Jones was without an iota of doubt the

star batter of the match, Andries Gous too made an impression with his 65 off 46 balls.

Gous hit seven fours and three sixes during his stay in the middle, after USA lost two wickets with just 42 runs on the board.

It was fitting that Jones finished the chase with a pair of sixes.

Asked to bat first, Canada were off to a decent start with the opening duo of Navneet Dhaliwal and Aaron Johnson (23) putting on 43 runs in just over five overs at the Grand Prairie Stadium.

Mumbai-born left-arm spinner Harmeet Singh effected the first breakthrough of the tournament proper when he dismissed Johnson in the sixth over.

Pargat Singh, another player Canadian player of Indian origin, fell cheaply for five runs when he was run out in the eighth over.

However, Dhaliwal found an able ally in Nicholas Kirton, who got his runs at a brisk pace while hitting three boundaries and two sixes.

Dhaliwal found the fence thrice and cleared it six times during his 66-run partnership with the left-handed Kirton.

After the others have failed, it took former New Zealand player Corey Anderson to break the partnership between Dhaliwal and Kirton as he had the former caught by Jessy Singh at the start of the 15th over.



The dismissal of Dhaliwal did not have any bearing on Canada's game plan thanks to wicketkeeper Shreyas Movva's enterprise. The right-handed batter blazed away to 32 off 16 balls, striking two sixes and as many fours during his cameo to lift Canada's scoring rate.

Dilpreet Bajwa chipped in with a five-ball 11 after Kirton's departure, as

Canada posted a challenging total on the board.

The USA however, completed the task to open their account in their very first match in the World Cup.

The third-wicket stand between Jones and Gous produced 131 runs, laying the foundation of a fine victory on their home turf.

T20 World Cup 2024 Fixtures: Pakistan kick off campaign vs USA, to face India in New York

DALLAS, Jun 2 (Agencies): Pakistan have played 3 T20 World Cup finals and won once back in 2009. Hence, they have been a force to reckon in the history of the mega event. In 2022, Babar Azam's team finished as the runners-up after agonizingly losing to Jos Buttler's England in the final at the Melbourne Cricket Ground. Babar could not bring glory for the Men in Green in Australia, but has the chance to make amends this time around.

Pakistan will begin their campaign on Thursday, June 6 against the United States at the Grand Prairie Stadium in Dallas. They recently lost 0-2 to England in a T20I series, which was mostly marred by rain. USA is not a top-ranked team, but Pakistan may need to work hard to beat them, especially after



their 2-1 series win over Najmul Hossain Shanto's Bangladesh.

Pakistan will next be heading to New York where they will face arch-rivals India on Sunday, June 9 at the Nassau County International Cricket Stadium in New York. Pakistan have beaten

India only once back in 2021 by 10 wickets in Dubai. Last time around at the MCG, Virat Kohli's heroics helped India snatch victory from the jaws of defeat.

After the high-voltage clash, Pakistan will take on Canada on June 11. Their last and final

Group A match against Paul Stirling's Ireland is on June 16 at the Central Broward Regional Park Stadium Turf Ground in Lauderdale, Florida.

Pakistan's group schedule at T20 World Cup 2024:

Pakistan vs USA - Thu, 6 June, Texas

Pakistan vs India - Sun, 9 June, New York

Pakistan vs Canada - Tue, 11 June, New York

Pakistan vs Ireland - Sun, 16 June, Florida

2 teams from each of the 4 groups would qualify for the Super 8. Pakistan are one of the favourites to make their way through to the next round. However, with Ireland in the Group and even USA and Canada capable of pulling off surprises, Babar's men should not even think about dropping their guard.

French Open: Alexander Zverev survives huge scare, Mirra Andreeva into maiden Round 4



PARIS, Jun 2 (Agencies): World No.4 Alexander Zverev survived a huge scare in his Round 3 match of the French Open 2024 against Tallon Griekspoor. But after 4 hours and 14 minutes, the German beat Griekspoor 3-6, 6-4, 6-2, 4-6, 7-6 (10-3) on Court Philippe-Chatrier to make his way through to the fourth round of the men's singles at Roland Garros.

After losing the first set, Zverev came back to win the second and third sets. But Griekspoor held his nerve to force a decider. In the fifth set, Zverev conceded a break to go 3-4 down. That's where Zverev brought forth all his experience to earn the break back and take

the set into the tie-break where he completely dominated.

Zverev will now face the winner of the match between Holger Rune and Slovakia's Jozef Kovalik in the fourth round.

Mirra Andreeva keeps rising high

Mirra Andreeva, the 17-year-old prodigy, kept taking rapid strides in her career after advancing to her maiden fourth round at Roland Garros. Last year, she lost to 2022 runners-up Coco Gauff in the third round. This time around, Andreeva made amends after beating USA's Peyton Stearns 6-2, 6-1 on Court 2. It took the youngster an hour and 6 minutes to beat her American opponent.

Andreeva was on top of Stearns right from the outset, and she did not take a step backwards. She broke Stearns' serve 6 times to show her dominance. She had a win percentage of 67 from her first serves compared to Stearns' 67 and that turned out to be a crucial factor in the context of the game.

Australia's Alex de Minaur also qualified for the fourth round of the men's singles. He defeated Jan-Lennard Struff 4-6, 6-4, 6-3, 6-3 on Court 14. He won 7 breaks of serve to make the difference in the match. De Minaur will now be up against Russia's Daniil Medvedev, who got the better of Tomas Machac in the third round.

Development stalls without elected municipal committees across Samba, says Manjit Singh

Top News Report

BARI BRAHMANA, Jun 2: Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh has expressed concern over stalled developmental activities in Bari Brahmana without an elected body in the municipal committee Bari Brahmana and other municipalities in Samba District.

As per a press release, a meeting was organized at ward number 6 in Bari Brahmana in which detailed deliberations were held with the participation of the locals.

The people alleged that the development in the ward and other areas falling in the municipal committee of Bari Brahmana



has stopped even as the people continue to suffer.

Addressing the people, S. Manjit Singh said that the people have complained about the slow pace of development in the wards following the expiry of the term of municipal committees.

"The authorities have

failed to initiate developmental works at the ground level whether it is lane, drains, or to maintain proper sanitation. No one is worried about the people in Bari Brahmana suffering because of poor initiative taken by the authorities concerned," he added.

On the other hand, he also raised questions as to why the authorities have not supplied clean drinking water to the people especially when the temperature is constantly soaring, and it has touched over 44 Degree Celsius.

"The Govt should ask

the Jal Shakti Department to gear up and provide the drinking water supplies to the people as well as free supply of water tanker service to the kandi areas and wards in Bari Brahmana," he added.

He said that the situation of electricity has also worsened in Samba district with unprecedented power cuts amid the growing temperature.

"The people are being compelled to live under the unbearable heat wave without electricity for long hours," he added.

He demanded that the JPDCL and Jal Shakti Department should be held responsible for their inability to stream-line their work.

Pavneet Kour urges mandatory breaks for construction workers during extreme heatwave

Top News Report

JAMMU, Jun 2: Pavneet Kour, Provincial President of the Women Wing of Apni Party, has urged the LG Led Administration to implement urgent measures to protect construction workers from the severe heatwave gripping the Union Territory.

Drawing attention to similar steps taken by the administrations in Delhi and Gurugram, which have mandated a three-hour break for all construction workers, Kour emphasized the necessity for Jammu to adopt comparable protective measures.

"With temperatures reaching dangerously high levels, it is crucial that we prioritize the health and safety of our

labor force. I strongly urge the administration to enforce a compulsory break for all construction workers from 12 PM to 3 PM, the peak heat hours," Kour stated.

She further appealed to the administration to ensure that contractors and builders provide appropriate care for laborers, preventing them from working under the scorching sun. "It is essential that all workers have access to adequate water and shaded rest areas to prevent heat-related illnesses," Kour added.

In addition to construction workers, Kour expressed concern for the gig workforce, particularly those employed by online food delivery platforms such as Zomato and Swiggy. She

called on these companies to adopt measures that minimize operations during peak heat hours to protect their delivery personnel.

"It is the responsibility of both the administration and employers to safeguard the well-being of their workers. I urge food delivery aggregators to implement policies that reduce delivery demands during the hottest parts of the day to ensure the safety of their gig workers," Kour emphasized.

Kour's appeal highlights the critical need for immediate action to protect vulnerable workers from the extreme heat, urging a collaborative effort between the administration and employers to ensure the health and safety of all laborers in the Union Territory.

World No Tobacco Day celebrates at GDC Thathri



Top News Report

THATHRI, Jun 2: The NSS unit of Govt. Degree College Thathri in collaboration with Red Ribbon Club and Physical Education & Sports department observed world No Tobacco Day under the overall supervision of Principal Govt. Degree college Thathri.

The Programme was started with a welcome address by Dr Sanjay Kumar NSS Program officer, in which he threw light on the harmful effects of Tobacco use and promoting a healthier lifestyle among students and local community.

The days activity commenced with inaugural ceremony where the principal addressed the attendees, emphasizing the harmful effects of Tobacco on health and the importance of quitting tobacco use. He urged every one to join the fight against tobacco addiction free environment.

The Principal of college highlighted and emphasized the significance of a healthy lifestyle and the need to combat tobacco menace.

The campaign aimed to educate the public about the harmful effects of tobacco consumption and to promote healthy

living alternatives. The organiser extended their sincere gratitude to all participants and NSS volunteers whose collective efforts made this event successful.

The NSS unit with its partners raised the awareness about the danger of tobacco use and promoting a tobacco free lifestyle.

The event concluded with formal vote of thanks presented by Dr Javed Iqbal convener NSS and sports committee, and also thanks to all the faculty members who were present on the occasion to made this event successful.

India' will win in results on June 4: Sahni

Top News Report

JAMMU, Jun 2: Most of the 'exit poll' are busy dancing like puppets to the tune of 400 played by their masters, stated by Shiv Sena (UBT) Jammu-Kashmir unit chief Manish Sahni.

Expressing his reaction on the exit polls in front of media persons at the party's state central office, the party's Jammu-Kashmir chief Manish Sahni completely rejected all the exit polls which put BJP at 300-400 figures and said that the vote of the people in the actual results on June 4 will deny all exit polls.

Sahni said that most of the media channels are busy confusing the public with their exit 'poll dance' and proving their master's figure of 400.

Sahni said that the credibility of exit polls is



continuously decreasing. This sycophancy can prove to be fatal for democracy. Sahni said that BJP is sure to suffer huge losses in Maharashtra, Karnataka, Bihar, Rajasthan, Jammu-Kashmir, Ladakh, Haryana, West Bengal etc. But the Godi media has crossed all limits of sycophancy and is busy trying to build BJP's sand castle of 400 seats. He said that the decision of the people on June 4 will prove all exit polls wrong.

Neelam, Keshav inaugurates Ayushman, ABHA, registration camp



Top News Report

JAMMU, Jun 2: Former Municipal Councillor Ward No 40 Neelam Nargotra along with BJP Talab Tillo Mandal President Keshav Chopra inaugurates Free Ayushman Bharat, ABHA, Free Gas Connection KYC and Vishwakarma Yojana Registration Camp at Kabir Basti Talab Tillo.

Speaking on the Occasion Neelam Nargotra

hailed the Central government for Providing Free Health Insurance to every Citizen of Jammu and Kashmir and said that Motive of this Camp is to provide doorstep Services of the Schemes to the Poor at door step.

Keshav Chopra while speaking said that many people have taken the advantage of these camps and prepared their Ayushman Bharat cards, ABHA Cards, Registered for Vishwakarma Yojana

and now we are also providing the opportunity to the locals to do the KYC of their Gas Connection at their doorstep so that Women's of the Locality need not to go outside to get these services in this scorching heat.

Mandal President OBC Morcha Omkar Verma, Rahul Nargotra, Vikas Kumar, Sachin, Rahul Kumar, Bharat Bhushan, Veena and others were also present during the Camp.

GDC Udhampur observes two day awareness programme on "No-Tobacco Day"

Top News Report

UDHAMPUR, Jun 2: NCC Cadets, 2 J&K Girls Battalion and 2 J&K Boys Battalion, of GDC Udhampur observed World No-Tobacco Day under the flagship programme of "No-Tobacco Day", a series of events and activities were conducted. The whole programme was organized under the able guidance of the Principal, Prof.(Dr.) Romesh Kumar Gupta, and the directions of Col. Munish Jasrotia commanding officer 2 JK girls bn and Col Rajesh Jasrotia commanding officer 2 J&K boys bn.

On 31 May 2024, 23 SW cadets and 25 SD cadets took part in a Quiz competition on Nasha Mukta Abhiyan, organized by the Ministry of Social Justice and Empowerment government of India. On 01st of June 2024, 50 NCC including 25 SW cadets and 25 SD cadets Cadets of the college performed Nukkad Natak at Goal Market in Udhampur thereby sensitizing near about 300 shopkeepers and the general masses of Udhampur about the harmful effects of tobacco and its consumption. After the natak, the



cadets also conducted a rally by shouting slogans against the ill effects of tobacco consumption and urged and encouraged the onlookers and the citizens to choose a healthy lifestyle.

Following the rally, the college also organized a seminar on the theme "Say No To Tobacco" wherein two SW cadets namely Cadet Sneha and Cadet Eesha and Two SD cadets namely Cadet Kavya and Cadet Arnav Mahajan expressed their views on the harmful and deadly repercussions of tobacco consumption. Seven SW cadets and two SD cadets took part in poster making

competition and artistically portrayed the dangerous effects of tobacco use and how to refrain from it. The whole programme culminated with the regular NCC Class on the topic "Disaster Management" conducted by Captain (Prof) Shivani Sharma, ANO 2 J&K girls bn.

The Principal of the college, Prof.(Dr.) Romesh Kumar Gupta in his message, lauded the cadets for their dedication in making the public aware of the ill effects of tobacco consumption. He further advised the cadets to keep themselves away from tobacco and various harmful drugs and

also sensitize their near and dear ones. Dr. Gupta further added that "Your health is your wealth, don't let tobacco steal it." "Choose life, not tobacco." "Every cigarette you don't smoke is a step towards a healthier you." "Say no to tobacco and yes to life."

Principal, Prof.(Dr.) Romesh Kumar Gupta also appreciated the efforts of Prof (Capt) Shivani Sharma, ANO 2 J&K girls bn, and Prof Vijay Kumar, ANO 2 J&K boys bn for their commitment and consistent efforts to nurture and mould the cadets towards responsible citizens of the nation.

25th Kargil Vijay Diwas - Fit India Competition for Youth at Rajouri

Top News Report

RAJOURI, Jun 2: Army organized a 'FIT INDIA COMPETITION' at Manjakote, Rajouri District to honour the valour and sacrifices of the soldiers who fought in the Kargil War on the momentous occasion of 25th Kargil Vijay Diwas. The motive of the competition was to make students aware of the importance of physical fitness. More than 820 boys and girls' students of different age group of seven schools from Manjakote Zone participated in various sports events. An obstacle track was the main attraction consisting of 10 minor obstacles. The 'Fit India Competition' witnessed a huge spectators including Parents, representatives from civil administration, Teachers and civilians cheering for the participants. On culmination of the events, prizes were distributed to the participants. While addressing the august gathering, the chief guest emphasized the significance of fostering an environment that encourages active participation in sports. He also explained to the students that Fit India Movement is a nationwide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives.

NSS Unit of GDC Udhampur organize Awareness Lecture on 'Health and Hygiene'



Top News Report

UDHAMPUR, Jun 2: Under the flagship of Worthy Principal Prof. (Dr.) Romesh Kumar Gupta the NSS Units of GDC Udhampur in collaboration with Department of Psychology organized awareness lecture on Health and Hygiene.

The event featured presentation and interactive sessions led by Dr. Piyali Arora, HOD Psychology, the expert covered a range of topics including nutrition, hygiene practices, disease prevention and also laid emphasis on regular health checkups and balance diet. She

motivated volunteers to develop healthy eating habits and lifestyle to increase longevity.

Students were encouraged to engage actively during interacting sessions by asking questions and health related concerns with the resource person. The lecture aimed to instill practical health tips and habits in the student's emphasizing the importance of maintaining good health.

The event was highly successful in fostering a greater understanding of health and hygiene among the participants. The lecture was led by NSS PO'S Dr. Gurpre

et Kour and Prof. Sanjeet Singh which was a significant initiative towards promoting health education in adolescent age.

Worthy Principal Prof. (Dr.) Romesh Kumar Gupta in his message on the occasion exhorted that the initiative taken by NSS Units is the first step towards educating youth on vital health issues and promoting a healthier life style among the youths and urged NSS PO'S to organize such activities in the future also.

The lecture concluded with vote of thanks by Mr. Mohit Singh and ends with National anthem sung by all.