# TOP NEWS OF J&K

JAMMU, TUESDAY, JUNE 04, 2024

Daily Evening Newspaper

**ENTERTAINMENT** 

16

**Amitabh Bachchan responds** to 'so called trended lingo': 'What a world we live in'



**NATIONAL** 

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**BJP will not win 370 seats** nor will NDA get 400: Former Rajasthan CM Ashok Gehlot

**INTERNATIONAL** 

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**Seoul fully suspends** inter-Korean military pact over trash balloons



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#### BRIEFLY

#### Sukhoi fighter Jet of IAF crashes: Pilot, Co-Pilot eject safely

MUMBAI, Jun 4 (Agencies): A Sukhoi fighter plane of the Indian Air Force crashed in Nashik district of Maharashtra on Tuesday, police said, adding the pilot and copilot ejected safelv.

They have been taken to the Hindustan Aeronautics Limited (HAL) hospital for further treatment, Special Inspector General of Nashik Range D R Karale told agency.

The Su-30 MKI plane crashed in a field near Shirasgaon village of Nifad tehsil, the IPS officer said. The fighter jet was being flown by Wing Commander Bokil and his second in command Biswas when it crashed at 1.20 pm.

The pilots have suffered minor injuries and were being treated at the HAL hospital. After it crashed, the aircraft caught fire which was doused. Upon impact, some parts of the plane were scattered over a 500 metre radius, police

said. Teams of Indian Air Force and HAL's security and technical wings visited the spot. Another police official said while the exact cause of the crash is yet to be ascertained, preliminary information points to techni-

cal factors. The aircraft was undergoing flight testing post overhaul and was under HAL's inventory for overhaul and testing purposes, IAF sources said. After overhauling and testing, the aircraft are handed back to IAF for operations, the sources added.

The Sukhoi Su-30MKI is a two-seater, twinjet multirole air superiority fighter developed by Russian aircraft manufacturer Sukhoi and built under licence by HAL for the Indian Air Force.

#### Woman injured in accidental firing in **Pulwama**

SRINAGAR, Jun 4 (Agencies): A woman was injured after a CRPF personnel accidentally discharged his firearm in Jammu and Kashmir's Pulwama district, officials said on Tuesday.

The incident took place during patrolling by CRPF and police at Syedabad Pastoona in Tral area of the south Kashmir district.

Turn to page 9

## Nitish, Naidu may dump NDA, help **INDIA Bloc form Govt: RJD**

NEW DELHI, Jun 4 (Agencies): The RJD on Tuesday afternoon claimed that Bihar Chief Minister Nitish Kumar and Telugu Desam Party president Chandrababu Naidu "shared a dislike for vendetta politics" which could lead them away from the BJP-led NDA

RJD national spokesperson Manoj Kumar Jha also recalled the forecast of Kumar, who heads the JD(U), that "those who came to power will be ousted in 2024", and the efforts he



made in laying the foundation of the INDIA bloc.

"We have been, formerly, in alliance with both Nitish Kumar and Chandrababu Naidu. We know they share a dislike for vendetta politics which the BJP stands for. Narendra Modi seems to be on his way out. We are hopeful that the two leaders will play a crucial role in the change of guard at the Centre," Jha told report-

third time: J&K BJP President

Asked whether leaders of his party, including national president Lalu Prasad and heir apparent Tejashwi Yadav, were in touch with Kumar, Jha cryptically replied "those who need to contact him are talking to him. Our leader Tejashwi Yadav has been saying for some time that Nitish Kumar will take a big decision around June 4".

He also made it clear, "I am making no appeal to Nitish Kumar or

Turn to page 9

## Rs 26 lakh crore investor wealth erased after Sensex tanks 3,690 points



MUMBAI, Jun 4 (Agencies): Indian equity indices saw a steep fall on Tuesday after early counting trends showed

a tough contest between the NDA and the opposition INDIA bloc in the Lok Sabha elections. Investors lost nearly

Rs 26 lakh crore due to a steep fall in the equity benchmarks after early trends of the elections started to trickle in Sat-

By 11 a.m. in Tuesday's session, BSE's market cap touched Rs 400 lakh crore, which was Rs 426 lakh crore when the market closed on Monday.

Indian markets opened with a steep fall on Tuesday. In early trade, Sensex slipped 2,713 points or 3.55 per cent, **Turn to page 9** 

'Accept

outcome

#### Sajjad Lone concedes defeat, congratulates arch rival **Engineer Rasheed**

SRINAGAR, Jun 4 (Agencies): People's Conference chief Sajad Gani Lone, once a prominent candidate in the Baramulla Lok Sabha constituency, accepted his defeat on Tuesday

Turn to page 9

JAMMU, Jun 4 (Agencies): The NDA will form government with Narendra Modi as prime minister for a third term, Jammu and Kashmir BJP president Ravinder Raina said on Tuesday.

cross the 300-mark. Counting of votes for the Lok Sabha elections is underway.

expressing hope that

the BJP-led alliance will



He also expressed satisfaction over BJP candidates — Jitendra Singh and Jugal Kishore

Sharma — leading in Udhampur and Jammu parliamentary seats in **Turn to page 9** 

## **BJP-Led NDA to form Govt for Rahul beats Sonia's** 2019 victory margin in Rae Bareli, leads by 2.22 lakh votes

LUCKNOW, Jun 4 (Agencies): Congress leader Rahul Gandhi has surpassed Sonia Gandhi's 2019 victory margin from the Rae Bareli constituency and is now leading by 2,27,535 votes against his nearest rival Dinesh

Pratap Singh of the BJP. Rahul Gandhi, who contested from Rae Bareli seat for the first time, was ahead of the BJP candidate since the beginning of the count-

Singh is also a Turn to page 9

#### with humility', says Altaf Bukhari over loss of **Apni Party** candidates in Srinagar, Anantnag

SRINAGAR, Jun 4 (Agencies): Apni Party president Syed Mohammad Altaf Bukhari Tuesday said that his party accepts the defeat with "grace and humility".

In a post on X, Bukhari said: "The people of Jammu and Kashmir have spoken, and their verdict is clear. With grace and humility, we accept the outcome of the elections. The rejection of dynastic politics and the defeat of the former two Chief Ministers of J&K is a resounding message, and we acknowledge the desire for change"

He congratulated the winning candidates on their success, saying Apni Party will use this opportunity to introspect, learn from mistakes and emerge stronger and more resilient.

"Congratulations to the winning candidates on their well-deserved success! We will use this opportunity to introspect, learn from our mistakes, and emerge stronger and more resilient. We respect the democratic process and the will of the people, and we look forward to a fresh start. May this new chapter bring prosperity, peace, and progress to Jammu and Kashmir," the post on X added.

Apni Party had fielded two of its candidates namely Mohammad Ashraf Mir and Zaffar Iqbal Manhas from Srinagar and Anantnag-Rajouri Parliamentary seats respectively. The ■Turn to page 9

## Omar Abdullah, Mehbooba Mufti concede defeat in Lok Sabha polls in J&K

SRINAGAR, Jun 4 (Agencies): Jammu and Kashmir former chief minister Omar Abdullah, who is trailing in Baramulla Lok Sabha constituency, has conceded defeat to independent candidate Er Abdul Rashid even as counting of votes is still underway.

According to latest updates, Er Rashid is leading by over 1.43 lakh votes against National Conference candidate Omar Abdullah.

Er Rashid as so far polled 310221 votes, while Omar Abdullah has polled 166678 so far even as counting of votes is



still underway. People's Conference chairman Sajad Lone polled 107863 so far, standing at third spot.

In a post on X, Omar Abdullah congratulated Er Rashid for his victory in Baramulla. "I think it's time to accept the inevitable. **Turn to page 9** 



#### ANTIM ARDAS

With profound grief and sorrow, we inform the untimely sad demise of our beloved RAVINDER PAL SINGH S/o Late S. Bupinder Singh Originally from Chatoosa Baramula. A/p Sector 3 Bhawani Vihar Extension H. No 587 Trikuta Nagar Jammu, who left for heavenly abode on 27/5/2024.

ARAMBH SHRI AKHAND PATH SAHIB WIII be performed at our Residence 3/6/2024 at 9 AM. BHOG SHRI AKHAND PATH SAHIB will be performed at our residence at Sec 3 Bhawani Vihar

Trikuta Nagar Jammu 09:00 AM on 5/6/2024. KIRTAN AND ANTIM ARDAS will be performed

GRIEF STRICKEN:-Ravinder Kour (Wife) Jagmohan Singh (Brother)



RAVINDER PAL SINGH

at Gurdwara Sahib Gurudwara Bala Pritam 10:30 AM to 12:00 NOON Followed by Guru Ka Langar.

Harman Pal Singh (Son)

#### TENTH DAY/KRIYA

With profound grief and sorrow, we regret to inform the sad demise of our beloved Sh. Sanjeev Singh Wazir on 27-05-2024. TENTH DAY will be performed on 05-06-2024 (Wednesday) at our residence H.No 66 Wazir Lane Bohri Talab Tillo at 10 A.M. KRIYA will be performed at our residence on 08-06-2024 (Saturday) at 12 Noon. IN GRIEF

Smt. Pushpa Wazir (Mother) Ex-Corporator Ward No. 41 Smt. Shweta Wazir (Wife)

Shreya & Aradhya (Daughters)

Sh. Ashok Singh & Smt. Apama Wazir (Brother & Sister-in-law)

Sh. Vinod Singh & Smt. Sushma Wazir (Brother & Sister-in-law) Sh. Rakesh Singh & Smt. Ranju Wazir (Brother & Sister-in-law)

Sh. Bikram Singh & Smt. Rachna Wazir (Brother & Sister-in-law)

Ishma & Abhishe k Jamwal (Daughter & Son in law)

Aditya Singh, Aryaman Singh, Shoorveer Singh, Rakshit Wazir, Rajyavardhan Singh, Aadev Singh, Aadhya Wazir (Nephews & Niece)

CONTACT: 9419117477, 8713084222, 9419611604, 9419211070, 9419103851.

#### 10TH DAY KRIYA/13TH DAY KRIYA/UTHALA

With profound grief and sorrow we inform the sad demise of our beloved Sh. Pritam Singh (Retd Tehsildar) S/o Lt Thakur Punjab Singh R/o Rani Park F-69 Jammu. 10TH DAY will be performed on 04-06-2024 Tuesday at our home Rani Park to proceed further for Rani Mandir at 10. AM. 13TH DAY KRIYA shall be performed at our residence Rani Park on 07-06-2024 SH. PRITAM SINGH (Friday) at 10.30 AM.



Sh. Sanjeev Singh Wazir

(RETD TEHSILDAR)

UTHALA will be performed on 07-06-2024

at Jain Hall (Back Side Prakash Mandir Rani Park) 4.30 PM. GRIEF STRICKEN

Smt Satya Devi- Wife

NARANIA FAMILY AND ALL NEARS AND DEARS CONTACT: 6005362689, +919149698221, 7006514950

### 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.

TENTH DAY KRIYA ceremony will be held in Panchkula on 06th Junt 2024.



Mrs. Sheela Kaul

Smt. Asha Kaul

(Sumitra Kaul)

**GRIEF STRICKEN FAMILIES:** Kauls, Karihaloos, Durgas, Sharmas 9872455255, 7814151798

#### **10TH DAY**

We regret to inform the sad demise of our beloved Mother Smt. Asha Kaul (Sumitra Kaul) W/o Late Sh. Moti Lal Kaul R/o Dwarka New Delhi, who left for her heavenly abode on 01.06.2024.

10TH DAY will be performed on 10.06.2024. We all pray for Moksha of the pious departed soul.

GRIEF STRICKEN: Son and Daughters

Jyoti Kaul and Veena Jatta Kaul (Mobile No. 9810189691)

Vasudha and Rakesh Malik Vandana Kaul

Grand Children: Ridhima Malik Tejaswi Kaul Dhand - Rishabh Dhand

Chaitanya Kaul Vibhor Malik

Family and Relatives: Smt. Ratni Wanchoo (Usha Saraf) W/o Late Dr. R. L. Saraf

Ram Krishen Koul & Usha Kaul Vijay Saraf and Reeta Saraf

Tej Kishen Saraf and Seema Saraf All Kaul's and Saraf's

#### 10TH DAY KRIYA

With profound grief & sorrow, we inform about the sad demise of our revered mother Smt Kanta Devi Tiku W/o Lt. Sh Bihari Lal Tiku originally resident of 'Natipura' Srinagar at present House No. 49 Lane 2A Roop Nagar Enclave Jammu on 31st May 2024.

The Tenth Day shall be performed on 9-06-2024 at Muthi Ghat near Directorate of School Education at 8 AM. Grief Stricken

Son & Daughter-in-law Pawan Tiku & Sunita Dhar (Tiku)

Daughter & Son-in-law

Promila Koul & Vinod Koul

Anupuma Raina & Ashok Raina Ashok Kachru & Neerja Kachru -Brother & Bhabi

Grand Children: Yashodra, Akshita, Danish & Kartik Ph. No. 9419131697, 9419198098



Smt Kanta Devi Tiku

## **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, De hi, on 27.05.2024.

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. Dilip Kumar Bhat (Daughter-in-Law and Son)

Smt. Birde and Sh. Sushil Chander Bhat (Daughter-in-Law and Son) Smt. Pinkey and Sh. Chandii Sadhu (Daughter and Son-in-Law)

Smt. Priye and Sh. Dhanajay Ji (Granddaughter and Grandson-in-Law)

Smt. Poojs and Sh. Ankur J (Granddaughter and Grandson-In-Law)

Smt. Preetu 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, ET C. Grandchildren: Anshu, Bhavnesh, Tanaya

PHONE NUMBERS: 6283666964, 9711158478, 9888872606, 6005627998

With profound grief and sorrow, we regret to inform the sad demise of our beloved mother Smt. Gia no Devi wife of Late Sh. Lachman Dass departed for the heavenly abode on 27 May 2024.

Tenth Day, Satsang/Prayer meeting will be performed on 5th June, 2024 at Sassan Banquet Hall, Opposite Pari Mahal, near Kunjwani, Jammu from 12.00 Noon to 1.00 PM.

GRIEF STRICKEN:-Sons and Daughter-in-Law P.N Srangal and Smt. Bimla Srangal Amar Srangal and Late Smt. Amrita Srangal

Ramesh Srangal and Smt. Savita Srangal Raj Srangal and Smt. Ritu Kumari Srangal Rakesh Srangal and Smt. Indu Srangal Daughters and Son-in-Law

Smt. Kamlesh and Sh. Dewan Chand

Smt. Santosh and Late Sh. Ram Krishen Grand Children

All other members of Srangal families MNo.8491093453, 9796217745, 9469214995, 9149544513

#### TENTH DAY

With profound grief and sorrow, we regret to inform the sad demise of Piary Lal Koul S/o Late Shridur Koul R/o Subhash Nagar Jammu at present B663 M2 Trehan Luxury Floors, Ansal Esencia Sector 67 Gurgaon.

Tenth Day will be held on 10th June at 8:00 AM at Gauri Shankar Mandir, Phase-1, Sector 109

New Palam Vihar, Gurgaon. GRIEF STRICKEN

Nancy Kaul -Wife

Satish Koul -Son

Sunita Mirakhur -Daughter

Pranit Kaul and Chakshoo Mirakhur - Grand Sons

Entire Kaul Family

Mobile No: 9818000745/9818502745/8700045742

#### 17TH DAY

With profound grief and sorrow, we inform the sad demise of our beloved Sh. Romesh Chander (ASI) JKP, R/o Ransoo, Shiv Khori on Dt. 22-5-2024 at GMC-Jammu.

17th Day on Friday, 07June 2024 by 11 am at Porajagir, Dadar Morh, Ransoo. Contact No-8492825842

Grief Stricken

Smt. Kamla Devi (Wife)

Bohram Sharma and Arti Devi (9596988183)

Raju Sharma and Isha Sharma

Arjun Sharma and Rekha Devi (Sons and Daughter-in-law)

Anita Sharma -Teacher and Tarlok Sharma -JKP (Daughter and Son in law) 7006981707 Subash Chander, Suraj Parkash, Ashok Kumar - Brother (JKP)

With profound grief & sorrow we regret to inform the sad demise of our beloved (Sh. Kanaya Lal Pandita) Sio Lt. Sh. Neel Kant Pandita original resident of village Shergund, Ananthag Kashmir, A/P Block No 89, Flat No. 06, Lane No. 18, Jagti, Nagrota, Jammu on 02/06/2024.

Mourning will be held at community hall, back side of Lane no. 17, Jagti Township, Nagrota, Jammu. 10th Day Kriya will be held at Muthi Ghat on 11th June 2024

Tuesday) at 8,00 AM. GRIEF STRICKEN

Smt & Sh. Bansi Lal Pandita (Brother and Bhabi) Smt. & Sh. Harday Nath Pandita (Brother and Bhabi) Smt & Sh. Jatin Pandita (S/o Lt. Sh. Somnath Pandita)

(Sister and Brother-in-law) 1. Smt. Probha & Sh. Janki Nath Raina Smt. & Sh. Ashwani Pandita (Son)

Smt & Sh. Rajeev Koul (Daughter)

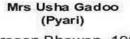
Smt & Sh. Vikas Koul (Daughter) and Samast Parivar

9018091811, 8219494492, 8899524869, 7006014143

#### TENTH DAY KRIYA

With profound grief and sorrow, we regret to inform the sad demise of our beloved Mrs Usha Gadoo (Pyari) W/o

10th Day Kriya will be held at Shree Gauri Shankar Mandir, Block T, New Palam Vihar, Sec 109, Mandir Lane, Gurgaon near DHBVN Office on 9th June at 10.00 AM.



Sh. Kanaya Lal Pandita

Followed by Prayer meet at Maharaja Aggrasen Bhawan 199, M Block Vikaspuri New Delhi From 4.00 PM to 5.30 PM. GRIEF STRICKEN

Gadoo's, Thussoo's Hastu's, Warikoo's and Mattoo's Contact Ph No's: 9958881435,9810403623.

#### 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 ALIKADAL BULBUL-LANKAR/ BARZULA SRINAGAR KASHMIR PRESENTL' RESIDING AT HOUSE NO:118,SECTOR-29 FARIDABAI

TENTH DAY WILL BE PERFORMED AT MURAD NAGAR GHATS ON 9TH JUNE 2024( SUNDAY) AT 8.30 AM

SMT NIRJA MATTOO MUNSH (DAUGHTER IN LAW)

W/O LATE RAVINDER MUNSH PH: 8130038 108 SMT. KRSHNA RAINA (BUA JI) ASHOK KUMAR KOUL (SON IN LAW) HO LATE GIRJA MUNSHI KOUL GRAND CHILDREN RICHA, RITU AND VIDHU SONIAAND RAKESH DAFTARI

SHIKHAAND ARUN KOUL

SH. JANKI NATH BHAT

Smt. Giano Devi

Piary Lal Koul

Sh. Romesh Chander

(ASI, JKP)



SMT. PRABHA MUNS

#### 10th Day, 13th Day Kirya, Rasam Pagri / Uthala

with profound grief and sorrow we inform the sad demise of our beloved Smt. Asha Jamwal w/o Mohan Singh Jamwal R/o Birpur at present- 42/14

Nanak Nagar Jammu. 10th Day will be performed on 5th June (Wednesday) at Gorkha Mandir Sector 4 Nanak Nagar Jammu at 10 am. 13th day /Kirya will be performed on 8th June (Saturday) 12 Noon at our residence 42/14 Nanak Nagar Jammu, Rasam Pagri/Uthala will take place on 8th of June (Saturday) at 4 PM to 5 PM a Laxmi Naryan Mandir Gandhi Nagar, Jammu Grief Stricken:

Smt. Asha Jamwal Mohan Singh Jamwal - Husband Manoj Singh & Mridhu - (Son & Daughter-in-law)
Dr. Madhu & Keshav Singh - (Daughter & Son-in-law)
Meharansh & Manya - (Grand-son & Grand-daughter)

Anish - Grand Son Mobile : 9469133234, 9419183232

SHADMOS AND MASWAR Shadmos and Maswar of our peloved Mother Karam Yogini Smt Raj Dulari (Jiji/Bentatahi) W/o Shri Krishen Lal Radha (rishen (Allied Motors Srinagar) will be performed at our Residence House No. 226 Sector 1-A Trikuta Nagar Near PNB Bank Jammu on 4th and 5th June.

With Remembrance & Love Shri Krishen Lal Radha Krishen Dr Jyoti & Dr Sunil Dhar Mrs. Leena & Shuban Kaul Dr Bhavna & Ashok Kaul Mrs Bindu Kaul



Karam Yogini Smt Raj Dulari (Jiji/ Bentatahi)

Smt Rupa Wali

#### निर्भयता संगठन आनंद 9419174268 - 9419041234 10TH DAY, KRIYA & UTHALA

profound grief and sorrow we inform the se of our beloved BADI MUMMY Smt. Pus demise of our beloved BADI MUMMY Smit. Puship Devi (Retired JK Medical Depti) Wio Late Sh Manoha Lai of Nai Basti Reasi at Present Gangyal Jammu. 10th Day will be performed on 04 June 2024 (Tuesday 11:00 am and Kriya will be performed on 07 June 2024 (Friday) 12:00 noon at our residence H No-3, Golder Lane, opposite Janta Flour Mills, Gangyat, Jammu. Uthala will take place on 07 June 2024 (Friday) 5:00 pm at DSST Hall, near Atal ji park, Gangyal.

Deeply Mourned by:-Daughters & Son-in-Law mt Kanta & Sh Yash Raj lephew & Daughter-in-law

Smt. Pushpa Devi Sh Kishore Kumar & Smt Neelam Kumari (Retired Ji Grand Sons and Grand Daughter-in-Law Coll Ashish Bhardwaj and Dr lesha Bhardwaj Mr Tushar Parashar, Mareger TATA Projects and Surbhi Parashar Mr Abishek Bhardwaj, Manager SJVN and Mrs Shikha Bhardwaj

rand Daughters and Grand Son-in-Law Irs Shivani and Mr Vijay Kar, AEE (PDD)

eat Grand Children ister Shikhar, Master Uhtkarsh, Master Srijanya, Mas Iraa, Mas Aura, Miss Siyona Contact Number:- 9419590998, 9419368949

#### TENTH DAY KRIYA

The **10th Day Kriya** of **Karamyogni Smt Rupa Wali** W/o Late Sh Brij Lal Wali original esident of Hanand Chowalgam Kashmir, shall be held on 6th June 2024 at Gang-Naher Casna Greater Noida and The Assembly shall e held at Parsvnath Edens Alpha 2 near Towe lock Greater Noida.

Grief Stricken : Sh Sham Lal Raina- Brother Smt Mohini Dhar-Sister

Smt Mohini Dhar-Sister Sister in laws Smt Aruna Jigri Smt Asnata Tickoo Smt Ashaji Bhat W/o Sh Soom Nath Bhat Sh Sandeep Wali-Son Smt Sunaina Wali-Daughter in law Daughters & Sons in law Smt Lalita Bhat & Sh TN Bhat

Late Bimla Raina & Sh P N Raina Smt Asha Zutshi & Sh M L Zutshi Late Neelam Kaul & Sh K L Koul AND GRAND CHILDREN

#### KRIYA & UTHALA

You live in our hearts and thoughts forever Our dearest Shri Arun Kumar Sharma left for savenly abode on May 27, 2024. Kriva 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 BEE ENN

lospital from 11 AM to 2 PM. Smt Shashi Sharma - Wife Daughters & Sons-in-law Shailja & Sanjeev Tania & Mohit Lav

Grand Children Mayan, Hridhaan, Manya Mobile: 9622085809, 9469050401, 9796819443

## **BHOG AND ANTIM ARDAS** With profound grief and sorrow, we have informed the sad demise of **S. Harjeet Singh**. S/o Sdn Gian Kour and S. Kahan Singh (Rawklakote Waley) R/o Basti Gobind Pura, Smbal Morft, who left for heavenly abode on 27-05-2024. Further programme for rest of his soul is detailed below: **Aramb Sri Akhand Path Sahib** on 3/6/2024 at 9 AM at Parti Cabind Day, weight of the soul is the same of the s

Basti Gobind Pura, residence. Smap pati Sri Akhand Path Sahib on 5/6/24 at 9 AM (at our residence) Antim Ardas at Gurudwara Singh Sabha, Basti Gobind

Kirtan - 10 AM to 11 AM Gurmit Vichar - 11AM to 11.30 AM Ardas at 11:45 AM Guru Ka Langer after Ardas Grief Stricken;
Sofin Hartans Kour (Wife)
Sofin Iarman Kour (Wife)
Sofin Iarmaet Kour and Onker Singh (Daughter & Son in law)
Sofin Tell Kour and Dr. Jaswant Singh (Retd. Director)
Sofin Tell Kour and Dr. Jaswant Singh (Retd. Director)
Sofin Rajincter Kour and S. Pottis Rei Isingh

On Rajincter (Kour and S. Pottis Rei Isingh



### TENTH DAY KRIYA With grief and sorrow it is informed that our beloved mother **Shmt Shiela Raina** W/o Late Sh Dwarka Nath Raina (R/o Kandi Khass, Kupwara/ Banamohalla, Srinagar, Kashmir) presently at Flat No. 3A Block B-3 The Leaf SS

Or Harproot Singh (Honey) (Nephew) Sdn Sandeep Kour and Sh Rohit Sharma (Niece and Son in law) M No. 9682311352, 7006469411, 9682397165

roup Sector-85, Gurgaon, Haryana obtained Iirvana on 1st June 2024. Tenth Day will be performed on 10th June 2024 (8 am) at Shree Gauri Shankar Mandir Trust, T-Block, Phase 1st Sector 109, New Palam Whar, Gurgaon, Haryana.

GRIEF STRICKEN

Sh Radha Krishn Raina and Shmt Kishni Raina -Daver & Devrani

Sh Ramesh Raina and Shmt Kaki Raina -Son & Daughter-in-law

Sh Kuldeep Raina and Shmt Sunita Raina -Son & Daughter-in-law

Sh Satish Raina & Shmt Shipa Raina -Son & Daughter-in-law

Sh Satish Raina & Shmt Shipa Raina -Son & Daughter-in-law

Sh Ashipali Bhat and Sh Ravinder Bhat -Daughter & Son-in-law

Sh Ashwani Pandita and Shmt Sandeep Pandita

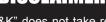
Sh Ashish Kaul & Shmt Superna Kaul

Grand Children: Rashika, Kathy, Sidhi, Ronit, Arul, Aryan, Leisha, Ahana, Samyra

And Entire Raina Family of Kandi Khass, Bhan Family of Gotangoo Kupwara Mobile No. 7889461663, 6005624146, 8800840901

#### DISCLAIMER

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The BJP marks its dominance in Jammu: Party leaders celebrating victory of Jammu Parliamentary Constituency Seat candidate, Jugal Kishore Sharma beating Congress candidate Raman Pic by AMAN SHARMA Bhalla by huge margin of over one lakh votes.

## Jammu Students Excel at 2023-24 Olympiad Awards

**Top News Report** 

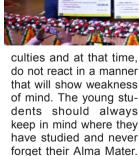
JAMMU, June 4: . Three students from Jammu have secured top ranks in the SOF Olympiad exam for 2023-24. Atharv, a first grade student from Oriental Academy Sr. Sec. School, achieved the first rank in the International General Knowledge Olympiad, earning an international gold medal and a merit certificate. RohinyaProch, a second grade student from Jodhamal Public School, also claimed the first rank in the the International General Knowledge Olympiad, receiving an international gold medal and a merit certificate. WaniyaBeig, a first grade student from K.C. InternationalSchool, claimed the first rank in the the International Mathematics Olympiad, receiving an International gold Medal and a merit certificate.

This year's SOF Olympiad saw participation from approximately millions of students across 70 countries, including over 23,813 students from Jammu. Notable schools from Jammu, includingJodhamal Public School, Heritage School, K.C. International School, were among the partici-

The Science Olympiad Foundation hosted an awards ceremony at New Delhi to honor the winners, their teachers, and principals for the academic year 2023-24. The event celebrated the top three worldwide rank holders from grade 1 to 12 who participated in seven different Olympiad exams. Distinguished guests like former Chief Justice of India, Justice DipakMisra, and renowned author and screenwriter ChetanBhagat graced the occasion.

At the ceremony, former chief Justice of India, Justice DipakMisra addressed the gathering of over 700 attendees, he said, "Competition or the effort to compete doesn't end here, that is the beauty of competition in Life. When you talk about competition, success follows it because everyone competes to succeed. Success is the

real achievement. He further highlighted that one may not be able to master the 'time' but they should be determined to manage time. Time management is a major step toward success. On the path of success one may, sometimes, face certain diffi-



that will show weakness of mind. The young students should always keep in mind where they have studied and never forget their Alma Mater. He underscored that the unique experience and intellect of a human mind can never be replicated by artificial intelligence During the event, 66

international rank-1 winners received a cash prize, a gold medal, and a merit certificate. The 66 rank-2 winners were given a silver medal and a merit certificate along with a cash prize, while the 66 rank-3 winners received a bronze medal, a merit certificate, and a cash prize. Additionally, the top 26 principals and top 60 teachers from 70 participating countries, whose students performed exceptionally well,

were honored with monetary awards, mementos, and citations.

Moreover, announced the launch of International Hindi Olympiad to encourage the Hindi language among the younger generation, nurturing a deeper appreciation and proficiency in their mother tongue. This new Olympiad aims to promote linguistic and cultural pride among stu-

dents globally. While interacting with students, ChetanBhagat, Indian Author and Columnist, said, "When you get recognition and awards for something, you feel, I should do it more. This is the recognition of your potential. Potential doesn't mean that the result is guaranteed. You have to do the work and then you turn that potential into something beau-

Speaking on the rise of Al he further added that while AI can make things easy but it can never truly replace humans. Al cannot create art, it lacks human touch.

Mahabir Singh, Founder Director of SOF, proudly announced the completion of 26 years of organizing Olympiad exams. He said, "In the 2023-24 academic year, over 91,000 schools from 70 countries participated, with millions of students involved.

received awards for top state-level ranks, and over 1,000,000 students were honored with "Gold Medals of Excellence" for excelling in their schools. Additionally, 3,500 principals and teachers were recognized for their dedication to enhancing students' academic knowledge.

Various initiatives were announced during the ceremony, including scholarships for meritorious girl children from economically weaker sections and students from Defense Services Families who excel in academics. Additionally, training programs, camps, and exhibitions were organized by SOF to further enhance students' aca-

demic knowledge. The award felicita-

tion ceremony was also graced by Guest of honour Prof. Y. S. Rajan, Former Vikram Sarabhai Distinguished Prof ISRO, Visionary Scientist, Author, Technologist, CS Ashish Mohan, Secretory, Institute of Company Secretaries of India (ICSI) and Mr. R. Ravi, CEO, Founder Epiance Software Pvt. Ltd. B'luru.

#### OFFICE OF THE EXECUTIVE ENGINEER PWD (R&B) DIVISION REASI

#### **CORRIGENDUM**

RESTORATION OF VARIOUS ROADS IN PWD [R&B] SUB DIVISION ARNAS BY WAY OF PROVIDING AND LAYING OF BITUMEN PENETRATION MACADAM Cancellation of tender thereof

Reference:- This office e-NIT No. 04 of 2024-25 Dated 16-04-2024

The above mentioned e-NIT for subject Work is hereby cancelled as after opening of financial bid it has been found that the rates quoted by two bidders are same (tied bid).

No-: - 1154-58 Dated: 01/06/2024

DIP/J-936/24

(Er.Bhopinder Kumar Banotra)

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## **EDITORIAL**

## COALITION GOVERNMENT

coalition government is a form of government in which multiple political parties cooperate, reducing the dominance of any one party within that coalition. The typical reason for such an arrangement is that no single party has achieved an absolute majority in the legislature following an election. Coalition governments are common in countries with proportional representation electoral systems, which often lead to a multi-party system.

In a coalition government, political power is distributed among several parties. This requires cooperation, negotiation, and compromise to form a unified government agenda and to pass legislation.

Cabinet positions are typically distributed among the coalition parties in proportion to the number of seats each party holds in the legislature. This ensures that all parties in the coalition have a stake in the government's decisions.

Parties within a coalition must negotiate and often compromise on their policy priorities. This can lead to more moderate and centrist policies, as extreme positions are less likely to be agreed upon by all coalition members.

These are formal agreements between the coalition parties that outline the policy agenda, the distribution of cabinet positions, and mechanisms for resolving disputes. These agreements are critical for maintaining the stability and functionality of the coalition government.

Broader Representation: Coalition governments can represent a wider spectrum of the electorate, leading to more inclusive governance. They often include smaller parties, which can bring attention to niche issues that might be overlooked by a single-party majority.

The necessity for compromise and negotiation can act as a check on the power of any single party, reducing the risk of autocratic decision-making.

Coalition governments can lead to more stable and consistent policies, as major changes require broad consensus among multiple

The need to work together can foster a more cooperative political culture, encouraging dialogue and consensus-building.

Coalition governments can be inherently unstable. If there are significant disagreements among coalition partners, it can lead to government collapse and early elections.

The need for compromise can result in diluted policies that do not fully satisfy any of the coalition partners or their supporters. This can lead to voter disillusionment.

The process of negotiation and compromise can slow down decision-making, making it difficult to respond swiftly to crises or to implement bold policy changes.

Internal power struggles and conflicts among coalition partners can distract from effective governance and lead to inefficiencies.

Germany frequently has coalition governments due to its proportional representation system. Angela Merkel's tenure as Chancellor saw several coalitions, most notably the Grand Coalition between the Christian Democratic Union (CDU) and the Social Democratic Party (SPD).

India often has coalition governments at both the national and state levels due to its multi-party system. The National Democratic Alliance (NDA) and the United Progressive Alliance (UPA) are examples of major coalition formations in India.

The UK, which primarily uses a first-past-the-post electoral system, occasionally forms coalition governments when no single party wins a majority. The Conservative-Liberal Democrat coalition from 2010 to 2015 is a recent example.

Coalition governments are a pragmatic solution to the political reality of multi-party systems. They can lead to more representative and inclusive governance but also come with challenges related to stability and policy coherence. Their effectiveness largely depends on the willingness of parties to cooperate and prioritize the collective good over individual party interests. As such, coalition governments can embody both the strengths and the challenges of democratic governance, reflecting the complex nature of balancing diverse political views and interests within a single governing framework.

## A bizarre controversy on the exit poll predictions

By: Sunil Gatade

n Tuesday, June 4, the nation will learn who will come to power after the 2024 Lok Sabha elections with the announcement of the muchawaited results that will decide the fate of Prime Minister Narendra Modi and his BJP, the world's largest party, as well as of the Opposition parties.

But before the actual counting, much drama and dispute has been seen over the exit poll predictions that have spoken of a landslide for the BJP under Mr Modi.

It has curiously run into a controversy with the Opposition seeking to dismiss the findings and insisting it was very much in the race to come to power. Such a counter-offensive by the opposition is an unprecedented move, turning the whole situation a little bizarre.

Shiv Sena's Sanjay Raut, himself a journalist, claimed the Opposition I.N.D.I.A. grouping is thick in the game and could win 295 of the total 543 seats, which has added much curiosity as to what is in store. His claim came a day after the meeting of I.N.D.I.A. leaders.

Never in the past has any Opposition questioned the outcome of the exit polls in such a forceful manner, questioning the very intent of the polling companies and suggesting that there is more to it than meets the eye.

The nation had seen such a landslide in 1971 and 1984 in the wake of the Bangladesh war and the assassination of Indira Gandhi. In contrast, the 2024 election is a "normal" one.

The exit poll predictions show unequivocally that the BJP under Mr Modi is way ahead in the Lok Sabha race against the I.N.D.I.A. grouping, one of whose main constituents is the Congress.

The actual numbers will put a stamp of approval/disapproval on the business of exit polls, prepoll surveys and such exercises in the world's largest democracy. The outcome is expected to reveal what has weighed on the minds of voters, what has gone wrong for the rival sides and what has helped them. It must be conceded that the just-concluded campaign was the toughest one for Prime Minister Modi, who has been on a winning spree since Gujarat days in 2002.

This election will go down in history as the most puzzling for Mr Modi, as the hero of many an electoral battle who was fighting in the dark this time. Many commentators had claimed that Mr Modi may have missed the bus this time as he had delayed the announcement of the polls, which according to them should have happened in January after the Ram Mandir's inauguration in Ayodhya.

The two-month-long election schedule too looked a bit troublesome with the BJP, which was intended for Mr Modi to have much time for campaigning but appeared too tiring for him for want of a narrative.

If the exit poll predictions prove true, the lesson for the Opposition is that they could be a fighting force in states where they have worked hard and joined hands in fierce combat, and that the same must be replicated at the national level.

The exit polls show that the Opposition is doing much better in states like Maharashtra and Bihar because there they not only worked hard but unitedly too.

The moral of the story is that Mr Modi is not invincible and could be contained or defeated if the Opposition works purposefully with a plan of action and has boots on the ground.

The Opposition leaders, such as Uddhav Thackeray, Sharad Pawar or Tejashwi Yadav, could make a mark due to their connection with the grassroots, running an effective campaign and playing the victim card aggressively in the face of the BJP juggernaut.

There have been pluses for the BJP side too. The TINA (There Is No Alternative) factor has been working in favour of Mr Modi. Besides, both Mr Modi and Amit Shah are known to be hard taskmasters when it comes to fighting the polls.

A section in the BJP, however, insists Mr Modi is the past master in the polarisation game. His Hindu-Muslim rhetoric has silently mobilised the majority and the Hindutva card will be seen in action. It feels a sizeable section of Hindus don't buy the caste census logic, which it feels is past its expiry date.

The reporters of a news website not known to be Modi admirers insisted that what they saw during the campaign was that the BJP was very much on the ground and fighting hard.

But the experience was also that in states like Uttar Pradesh, the BJP was suffering some losses due to its failure to change candidates. For the Opposition, the lesson of the 2024 election season is that you cannot win a poll if you start preparing at the last moment and fail to project a united face.

In West Bengal, where chief minister Mamata Banerjee appears under intense pressure, the Trinamul boss broke ranks with her I.N.D.I.A. allies to ensure that

only the TMC gets the maximum number of seats.

There have been minuses too for the BJP. Despite being hailed as "Sher" by his supporters, Mr Modi was at a loss to clinch an issue that would drive a big wedge in the rival camp and take the poll battle into their territory.

Issues like price rise, unemployment and growing inequality raised by the Opposition did have resonance in the polls.

On the face of it, it did not appear that Hindutva has raised much crescendo in the minds of the majority community.

The Prime Minister's failure to correctly gauge the mood of the people by harping on the right issues and raising the pitch speaks poorly of the mighty election machinery of the world's largest party. How can they go so wrong?

Mr Modi has been good at sensing the mood of the people and this was seen in 2014 and 2019.

This time, he was like a character in the story in which some blind men were asked to specify their impression about the elephant. So, shooting in the dark, Mr Modi used all cards: Ram Mandir, Pakistan, dynasty, appeasement politics. The name of the game was polarisation.

Two decades back, Subhash Ghai had come out with a film Yaadein, which was sold out at exorbitant rates in all regions and the music rights too fetched much moolah. But the film flopped at the box office, leaving just Yaadein.

One thing did happen after Yaadein. Ghai was no longer the magic man of Bollywood. Tuesday will reveal the fate of Mr Modi, but one thing is clear — this was not his best election.

### NEET Droppers vs Freshers: Pros and Cons of Taking a Gap Year for Exam Preparation

#### By: Vijay GarG

The decision of whether to take a gap year for exam **L** preparation, especially in highly competitive fields like medical education, is a topic of much debate and contemplation. In India, the National Eligibility cum Entrance Test (NEET) serves as the gateway to various prestigious medical colleges across the country. Aspiring medical students often find themselves at a crossroads, trying to decide between joining as freshers or becoming what is colloquially known as "NEET droppers." Both options have their own set of advantages and disadvantages, and this article aims to explore the pros and cons of each path.

The NEET Dropper Advantage: 1. Focused Preparation:

One of the primary advantages of being a NEET dropper is the luxury of time. Droppers can devote their entire year to exam preparation without any academic distractions. This allows for a more focused and intense study regimen, which can significantly enhance the chances of success.

2. Personalized Learning:

NEET droppers often have the opportunity to engage in personalized and self-directed learning. They can tailor their study schedule, choose their learning resources, and focus on their weak areas without being bound by the rigid structure of a school or college curriculum.

3. Enhanced Understanding: With the additional year, droppers often gain a deeper understanding of the subjects. This extended period allows them to revisit concepts, clarify doubts, and develop a comprehensive grasp of the syllabus, which

can ultimately reflect positively in

their exam performance.

4. Test-Taking Experience: Droppers might have an edge in

terms of test-taking experience. Having faced the NEET exam once before, they are likely to be more comfortable with the format, question patterns, and time management strategies, potentially reducing exam-related anxiety.

ing exam-related anxiety.

5. Maturity and Resilience:
The gap year can also foster personal growth. Droppers tend to develop a higher level of maturity, resilience, and perseverance as they navigate the challenges of intensive study and competition. This newfound maturity can serve them well in their future academic and professional endeavors.

The NEET Dropper Disadvantage:

1. Social Isolation:

While droppers may benefit from focused preparation, they can also experience social isolation. Missing out on the regular interactions and experiences of college life can impact their social skills and emotional well-being.

2. Pressure and Expectations:

Droppers often face increased pressure to perform well in the NEET exam after investing an entire year solely for preparation. This pressure can be overwhelming and may negatively affect their mental health.

3. Career Delay:

Opting for a gap year means delaying the start of a medical career by a year. This could impact long-term career prospects, earnings, and overall career trajectory.

4. Uncertainty:

The competitive nature of medical entrance exams means that success is not guaranteed, even for droppers. The risk of not achieving the desired results after investing a year

in preparation can lead to disappointment and regret.

The Freshers' Advantage:

1. Continuous Academic Progress: Freshers maintain a continuous academic momentum, which can help them stay updated with fundamental concepts and critical thinking skills. This can be particularly beneficial in subjects with evolving knowledge and scientific advancements.

2. Structured Environment:

Being part of an educational institution provides a structured and disciplined environment for learning. Freshers have access to regular classes, assignments, and interactions with teachers and peers, which can contribute to a holistic understanding of the subjects.

3. Early Entry to College:

Opting to join as a fresher ensures early entry into medical college, enabling students to kick-start their medical education journey and clinical exposure sooner.

4. Balanced Lifestyle:

Freshers often have a more balanced lifestyle, engaging in extracurricular activities, sports, and social interactions. This holistic approach can contribute to overall well-being and reduce the risk of burnout.

The Freshers' Disadvantage:

1. Limited Time for Preparation: Freshers have a relatively shorter time frame to prepare for the NEET exam compared to droppers. The rigorous demands of college life can restrict the amount of time they can allocate for focused exam preparation.

2. Lack of Intensive Focus:

Juggling between college coursework and NEET preparation can lead to divided attention and potentially hinder a deep understanding of the exam syllabus.

3. Competitive Pressure: Freshers might find it challenging to compete with NEET droppers who have dedicated an entire year to preparation. The intense com-

petition can add to the stress and anxiety levels.
4. Time Management Challenges:
Managing both college commitments and exam preparation requires excellent time management skills. Freshers must strike

a balance between academics, test

preparation, and personal life. Conclusion

In conclusion, the decision to become a NEET dropper or join as a fresher for exam preparation is a complex one, each with its own set of pros and cons. Droppers benefit from focused preparation, personalized learning, and enhanced understanding, but they also face the risks of social isolation, pressure, and uncertainty. Freshers, on the other hand, have the advantage of continuous academic progress, a structured environment, and early college entry, but they might struggle with limited time for preparation and competitive pressures.

Ultimately, the choice depends on individual circumstances, learning preferences, and aspirations. Both paths can lead to success, and it's essential for aspiring medical students to carefully weigh their options and make an informed decision that aligns with their goals and overall well-being. Whichever path they choose, dedication, hard work, and a growth mindset will be key factors in achieving success in the challenging journey of NEET preparation and medical education.

(Vijay GarG Retired Principal Educational columnist Malout)

## Adani stocks crash up to 18%, wipe out recent gains amid volatility

MUMBAI, Jun 4 (Agencies): Adani Group stocks faced a setback on June 4 as its stocks crashed by up to 18%. This sharp decline came after a period of gains in the past few trading ses-

The sudden plunge seems to be linked to investors unwinding their speculative positions. possibly to lock in profits or lower their exposure to the market.

This correction led to a substantial decrease in Adani Group's market capitalisation, wiping out over Rs 10 lakh crore.

In the previous trading session, the conglomerate's stocks had surged, adding Rs 1.4 lakh crore to its value, bringing the total market worth of the group's listed companies to nearly Rs 20 lakh crore.

During the morning trading hours, Adani Total Gas faced the most significant loss, dropping nearly 18%

Adani Energy Solutions followed with a slump

adani

of 12%, while Adani Power saw a decline of over 10%. Adani Green Energy and Adani Enterprises both experienced a 7% drop.

Adani Ports and SEZ plummeted by 8%, Adani Wilmar by 8.5%, Ambuja Cement by 9.6%, ACC by 9%, and NDTV by 12%.

The surge in Adani Group's stock prices had been fuelled by strong earnings performance for the fiscal year ending March 2024

The conglomerate's EBITDA (Earnings Before Interest, Taxes, Depreciation, and Amortization) soared by 40% Year over Year (YoY) to

Rs 66,000 crore in FY24. Adani Group's market capitalisation had taken a hit following the Hindenburg report in late

However, during FY24, the group focused on managing its debt and reducing founders' share pledges. The total

group EBITDA grew by 40% YoY in FY24, with a 5-year compound annual growth rate (CAGR) of

The group raised fresh funds through equity, debt, and strategic investors, while promoters increased their stake in group companies, leading to a rebound in the group's market capitali-

Jefferies India, in its note, said, "The group is back on an expansion

spree and eyeing a \$90 billion capital expenditure over the next decade. In the report, we discuss the group's FY24 performance and the way ahead."

Most of the group companies witnessed EBITDA growth ranging from 16% to 33%, except for Adani Wilmar, which experienced a decline.

The group's net debt, including debt related to the acquisition of the cement business, remained steady at Rs 2.2 lakh crore in FY24 compared to Rs 2.3 lakh

There was improvement in the net debt to EBITDA ratio, which decreased to 3.3x in FY24 from around 5x

Adani Ports and Adani Power saw a reduction in net debt during FY24. However, Adani Enterprises and Adani Green witnessed increased leverage due to new capital expenditure projects undertaken by the companies.

## BMI can assess fat levels in children not adults: Study

NEW DELHI, Jun 4 (Agencies): For children aged 8 to 19, BMI or body mass index is the best method of checking fat levels in the body.

According to a new study, published in Pediatrics, children and teenagers with a high body mass index were 29 times more likely to have a high fat index than youth with lower BMIs.

The researchers remarked that the BMI, which has been a controversial measuring tool for fat percentage in the body, has been considered a "very good screening tool" in this regard.

In children, elevated BMIs correlate with future cardiovascular disease risks. However. BMI's simplicity can be deceivina.

It fails to discern between fat and lean mass, leading to scenarios where athletes with substantial muscle mass may register as overweight or obese, while individuals with high fat content but little lean mass may fall within normal BMI ranges.

Additionally, BMI lacks insights into body fat distribution, crucial for understanding health risks. Furthermore, studies indicate that the BMIadiposity relationship can vary across racial and ethnic groups as well.

Amid this debate, David S. Freedman, from the US Centers for Disease Control and Prevention (CDC) in Atlanta, and colleagues examined the cross-sectional relation of BMI to adiposity (fat level) from 2011 through

2018 among 6,923 children aged 8 to 19 in the National Health and Nutrition Survey.

Participants underwent dual-energy X-ray absorptiometry. Adiposity was expressed as fat mass index (FMI) and percentage body fat (per-

centage fat). The study revealed that age and BMI explained 90 to 94% of the variation in FMI and lean mass index (LMI) across genders, with weaker associations observed for percentage fat.

The research also investigated the screening efficacy of a BMI equal to or greater than the CDC 95th percentile for identifying elevated levels of adiposity and LMI, setting cut-off points to match the prevalence of high BMI.

## Hyderabad man faints from laughing too hard, doctor shares diagnosis

to keep well-hydrated. I

cope, while rare, is a real

NEW DELHI, June 4 (Agencies) Laughter might be the best medicine, but for a 53-year-old man, it turned out to be a visit to the hospital.

Neurologist Dr Sudhir Kumar shared an incident on X about his patient "Mr Shyam" (name changed) who fainted after laughing for several minutes while watching a comedy show and drinking a cup

"Mr Shyam lost control over the teacup and the cup fell off his hand. Soon afterwards, his body leaned to one side. and he fell off the chair on to the ground. He had lost consciousness, and his daughter noticed a few jerky movements of his hands," wrote Dr Kumar

After he was rushed to the hospital, the doctor diagnosed his condition



While Mr Shyam recovered after a few minutes of hospitalisation, he had no memory of what happened.

In his post, Dr Kumar mentioned the triggers for this rare laughterinduced syncope to be excessive laughter, prolonged standing, and excessive physical exer-

"In addition, I asked him

as laughter-induced syn-

asked him to lie down, if he felt dizzy or if he had a sense of blacking out (symptoms of pre-syncope), so that the blood flow to brain would not reduce (in case of reduction in blood pressure)," the

neurologist wrote. In this case, no medication was prescribed. However, a heart evaluation was advised Laughter-induced syn-

According to Dr Ashray V, Consultant, Emergency Medicine, Aster Whitefield Hospital, Bengaluru. it's essentially fainting triggered by intense laughter.

"This phenomenon arises when excessive laughter leads to a momentary unconsciousness due to an abrupt reduction of brain blood supply, which is temporary in nature. Just consider this: while laughing heavily, you feel the pressure inside your chest increase. Sometimes this can momentarily reduce cerebral perfusion leading to light-headedness and occasionally syncope," said Dr Ashray.

This syncope (temporary loss of consciousness) is uncommon and happens in people with predisposing factors,

such as underlying heart conditions or neurologi-

cal disorders "The cardiovascular and nervous systems are primarily impacted during laughter-induced syncope. Individuals experiencing this condition may feel lightheaded or dizzy before losing consciousness briefly. Recovery usually occurs within a few seconds to minutes, but the individual may feel disoriented or fatigued later the episode," said Dr Ashray.

Early signs of this syncope include dizziness and shortness of breath. Stop laughing once you recognise these symptoms. Sit down or lie down with both legs and feet lifted above the body along with deep breaths to stabilise the blood pressure and heart rate.

Dr Ashray suggested.

## **Decomposed body found in drinking** water tank in Telangana's Nalgonda

(Agencies): A partially decomposed body of a man was found inside a drinking water tank in Telangana's Nalgonda town on Monday.

The municipal staff noticed the body inside the water tank located in the 12th ward of the municipality when they opened it for cleaning.

Police identified the man as a 27-year-old from the nearby Hanuman Nagar area, who was mentally unsound. He had been missing since May 24, officials

The preliminary medical report suggests that the man died two to three days ago and some injury



they are probing the case from different angles, including suicide and murder. According to the locals,

they have been consuming water from the tank and claimed a foul smell was emanating from it. The locals have demand-

ed immediate action and a thorough investigation to prevent such occurrences in the future and to ensure the safety and quality of their drinking water.

In another instance in April. carcasses of 20 monkeys were found in a water tank in Nandikonda town of Nalgonda district.

## Gold, silver price today, June 4, 2024: Precious metals record hike on MCX

NEW DELHI, Jun 4 (Agencies): Both gold and silver prices recorded a hike on the Multi Commodity Exchange MCX) on Tuesday, June 4, 2024.

Gold futures, maturing on August 5, 2024, stood at Rs 72,211 per 10 grams on the MCX, after recording a jump of Rs 8 or 0.01 per cent. The previous close was recorded at Rs 72,203.

Meanwhile, futures, maturing on July



5, 2024, witnessed a hike of Rs 475 or 0.52 per cent and were retailing at Rs

92,045 per kg on the MCX against the previous close of Rs 91,570.

## FSSAI directs food brands to remove 100% fruit juice claims from labels and ads



NEW DELHI, Jun 4 (Agencies): Food regulator FSSAI has asked food business operators to immediately remove claims of 100 percent fruit juices in advertisements as well as labels on packaged products.

According to an official statement, the Food Safety and Standards Authority of India (FSSAI) has issued a "directive mandating all Food Business Operators (FBOs) to remove any claim of '100% fruit juices' from the labels and advertisements of reconstituted fruit juices with an immediate effect.

All the FBOs have also been instructed to exhaust all existing preprinted packaging materials before 1st September 2024. "It has come to the attention of FSSAI that several FBOs have been inaccurately marketing various types of reconstituted fruit juices by claiming them to be 100 percent fruit juices," the statement

Upon thorough examination, FSSAI has concluded that, according to the Food Safety and Standards (Advertising and Claims) Regulations, 2018, there is no provision for making a '100%' claim.

"Such claims are misleading, particularly under conditions where the major ingredient of the fruit juice is water and the primary ingredient, for which the claim is made, is present only in limited concentrations, or when the fruit juice is reconstituted using water and fruit concentrates or pulp,"

FSSAI said. FBOs have been told to comply with the standards for fruit juices as specified under sub-regulation 2.3.6 of the Food Safety and Standards (Food

Products Standards & Food Additives) Regulation, 2011.

"This regulation states that products covered by this standard must be labelled in accordance with the Food Safety and Standards (Labelling and Display) Regulations, 2020," the statement said.

Specifically, in the ingredient list, the word "reconstituted" must be mentioned against the name of the juice that is reconstituted from the concentrate.

"Additionally, if added nutritive sweeteners exceed 15 gm/kg, the product must be labelled as 'Sweetened juice'," the regulator said. FSSAI said it is dedi-

cated to protecting and promoting public health through the regulation and supervision of food safety standards across the country.

## How carb restriction diet can help with diabetes

NEW DELHI, Jun 4 (Agencies): Therapeutic Carbohydrate Restriction (TCR) diets have been known to be an effective strategy for managing diabetes. These diets involve reducing the intake of carbohydrates to minimise the impact on blood sugar levels, thereby improving glycemic control.

Carbohydrates are a primary source of glucose, which is essential for energy but can be problematic for people with diabetes, as their bodies struggle to regulate blood sugar levels.

Therapeutic carbohydrate restriction diets typically involve limiting carbohydrates to a specific percentage of total daily caloric intake, often categorised into low-carb (under 130 grams of carbs per day) and very low-carb or ketogenic diets (under 50 grams per day).

By reducing carbohydrate intake, these diets help stabilise blood sugar levels. This is particularly beneficial for people with type 2 diabetes, who often experience spikes in blood sugar after consuming carbohydrates.

Lower carbohydrate intake reduces the need for insulin, helping maintain more consistent alucose levels.

Besides this, weight loss is a critical factor in managing type 2 diabetes, and carbohydrate restriction can aid in this process. By promoting satiety and reducing overall calorie intake low-carb diets help people achieve and maintain a healthy weight.

People with diabetes are at higher risk for cardiovascular disease. Carb restriction diets can improve lipid profiles by reducing triglycerides and increasing highdensity lipoprotein (HDL) cholesterol, thereby supporting heart health.

However, before going on a carb restriction diet, consult a healthcare professional

In this low-carb diet, one needs to emphasise having proteins, healthy fats, and non-starchy vegetables. Foods like lean meats, fish, eggs, nuts, seeds, avocados, and leafy greens are staples of the TCR diet.

While therapeutic car-

bohydrate restriction diets offer significant benefits, they are not without challenges. People may experience initial side effects like fatigue and irritability as the body adjusts, but it is crucial to ensure that one is taking enough nutrients in their

## Stock market sees worst day in 4 years, Rs 45 lakh crore gone



MUMBAI, Jun 4 (Agencies): The stock market tanked more than 6% as it registered its worst intraday percentage fall in four years on Tuesday.

The Sensex crashed 6.1% to 71,900 points while Nifty tumbled 6.2% to 21,824 points. This was their biggest single-day percentage drop since March 2020.

The sharp sell-off wiped out around Rs 45 lakh crore from the total market value of the companies.

It erased all the gains made on Monday when exit polls predicted a big win for the ruling BJP alli-

ance in the general elections.

Early vote counting trends on Tuesday showed Prime Minister Narendra Modi's alliance falling short of the landslide victory that was expected. News channels reported the BJPled NDA leading in nearly 300 seats

Volatility spiked, with the index jumping to 29.79 points, the highest level since March 2022.

Stocks across all sectors faced heavy selling. Banking shares plunged 7.8%, realty fell 9.1%, and infrastructure declined

Shares of Adani group companies were among the biggest losers, with Adani Enterprises and Adani Ports crashing 19% each. Other Adani stocks dropped between 9-19% after rallying on Monday.

rout happened because exit polls raised expectations of a stronger BJP majority. "Since exit polls were extremely favourable,

Market experts said the

anything short of that is obviously negative for markets," Geojit Financial's Anand James told Reuters. William O'Neil's Mayuresh Joshi added, "Mar-

kets were pricing in a bigger majority based on exit polls. The fear now is whether the current numbers will drop further, leading to an element of disappointment."

While the BJP seems set to form the next government, analysts feel markets may remain volatile in coming sessions until there is more clarity on government formation and policy announcements.

## Mandy Takhar is done chasing producers for her money or asking them to make films on particular subjects. So, she turns producer with Kikli, which she co-directs too

Lovely actress Mandy Takhar never fails to surprise. If for her upcoming film Haye Ni Meri Moto she dared to put on 45 kg, with Kikli she turned producer and co-director. Unfiltered and unpretentious, the actress known for films like Sardarji and Rabb Da Radio, the Sahiba of Mirza—The Untold Story speaks from the heart.

Take her rationale for turning producer. She says, "In the industry for 10 years I am done chasing producers for my money, asking them to make films on a particular subject. Besides, it's a lot more respectful if you are heading a project." Of course, taking the reins in one's hands is not easy and she has learnt the all-important lesson of patience. But if you think a producer's job, which has given her creative freedom is thankless, she counters, "Even an actors' job is not easy ... beyond fans chasing you, beyond the brighter side of fame, the behind the scenes is a different story."

As for Pollywood being largely male-centric, she thinks there has been a perceptible change in the last few years. Now, films with strong female characters are being made. But whether they get the appreciation they deserve is a different matter. She adds, "It is the same story in every film industry. Heroines' pay cheque is far less compared to our male counterparts.

Hmm... but when a woman is at the helm we do expect a strong woman's subject. Only Kikli, which apart from her also stars the rising star Wamiqa Gabbi is a love triangle. Her reasons for casting Wamiqa, 'a fabulous actor' are personal. Having known Wamiga since she was 17-18, she counts her and few others like Ammy Virk as dear friends. But Wamiqa's success in particular 'feels personal'. Actually so is of other Punjabis who have made the



switch from regional cinema to Bollywood and made a mark. Growing up in the UK, what triggered her interest in Punjabi cinema? She states. "Punjabis in the UK are more Punjabi than the ones in Punjab. Parents are concerned and worry that their children do not end up becoming poore angrez and we become full-on Punjabis. I can read and write Punjabi. Early on, it was ingrained in me that I want

to make my state proud." Precisely, why she would like to break the template, give new talent a chance in her production house. Since, she feels that our Punjabi industry is rather small which 'has more singer-actors than actor-actors', she cast Jobanpreet Singh in Kikli with whom she has earlier worked in Saak. Even at the risk of sounding politically correct, she is all praise for her co-actors and has learnt a lesson from each one of them — discipline from Diljit

Dosanjh, touching innocence

from late Sidhu Moosewala. She

muses, "Each one has their own

charm."

Punjabi cinema may not have the same reach today as Punjabi music. But she insists, "In the last five years, there has been a huge, if not a seismic shift." Indeed. Even today whether Hindi film audiences or South Indians watch Punjabi films is a big question. But makers and actors are experimenting for sure. Take Haye Ni Meri Moto, which busts more than one ste-

reotype about body shaming. She observes, "Body shaming has become so rampant. It's like the new hello. People will greet you with — 'oh you have put on weight or you have lost too much weight'. Gaining 45 kg for a film is no joke and she will not advise for or against it. But she opted for the weight gain as 'both prosthetics and body suits looked fake'. Haye Ni Meri Moto, she asserts, "deals with several issues, including our obsession with fair complexion."

On June 21, a supernatural romcom Mr Shudai starring her is set to hit the silver screens. True, comedy still remains the ultimate choice of Punjabi filmmakers and invariably viewers too. But she adds, "If audiences encourage us, Punjabi cinema would be tackling brave new subjects." At least she is determined to and five years from now would like Mandy Takhar

Studios to be known for entertaining and message-driven cinema

Talking point

What I say to trolls/haters make room for love in your hearts.

To aspiring actors my advice is - develop a thick skin and have a strong heart. Your failures as an actor become public.

On my wish-list — working with Jimmy Sheirgill who I think is one of the finest actors in Pollywood/ Bollywood.

Punjabi filmmakers' fascination for shooting in foreign locales stems from the fact that Punjabi diaspora finds these films relatable.

my first film Ekam and Ardaas, both of which dealt with serious concerns.

I have been most influenced by

Senseless comedy is not my

cup of tea. Marriage has given me more confidence. Today, I am not alone to deal with challenges, but have a friend in my husband (Shekhar Kaushal).

### Saiyami Kher on attempting the Ironman triathlon in Germany: Hopefully third time's the charm



Kher is putting her all

in to train for it. "I am

already in my six months

training. It comprises of

swimming, cycling and

running. Unfortunately,

in Mumbai there are no

roads left to cycle on as

everything is dug up.

So, I have got an indoor

training cycle at home.

I have also got a tread-

mill. Swimming training

becomes a challenge as

I can't get tanned, so I

have to go to the pool at

5 in the morning," she

informs, adding that

Actor Saiyami Kher first tried to attempt the grueling Ironman triathlon, which includes cycling, swimming and running, in 2020.

However, while she was fully trained, Covid hit and the race got cancelled. Last year, she aimed to do it again in New Zealand but she met with an accident. This September, she'll be giving it her third try in Germany. "Hopefully, third time's the charm," she says.

The prep for the race

my car and go to Nasik," she says The 31-year-old is required to put in 14-15 hours of training every week. She shares, "I love listening to Mohammad Rafi and Kishore Kumar's old songs when I run. But in Ironman training, you are not allowed to listen to music. So, it's even more challenging. It's eight hours with yourself and all your fears, anxieties and thoughts come out during this time as

her training comprises

of three swim sessions

a week, four cycle ses-

sions and three running

sessions. "I'll be swim-

ming in open water for

the race in a lake, so

I try to go to Nasik to

swim as I have access

to a lake there. When I

find time on the week-

ends, I take my cycle in

Kher has been showing how sports can help people through her films and real life.

you are all alone."

She is also one of the few Bollywood actors to do that. "Being a part of sports has kept me sane and helped me survive in the film industry by keeping me mentally stable.

It's meditative and therapeutic for me. It pulls me out of many lows of my life. I would love to be a torchbearer of fitness in Bollywood. I am hoping to call myself a triathlete after I finish this race," she ends.

#### **Amitabh Bachchan responds to 'so** called trended lingo': 'What a world we live in'

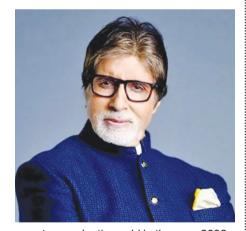
Megastar Amitabh Bachchan has talked about the 'trended lingo', expressing that he finds the expression 'next level' very clichéd.

The cine icon took to his blog and wrote, 'Oh! What a world we live in... and the lamentation is that, we, my generation, shall and does have extremely limited time to witness and evolve to the next level...

'Ah! Such a clichéd expression, 'next level,' used in all conversations and descriptions with impunity and not knowing how to express the moment or idea or achievement.'

The actor suggested using adjectives in place of the 'so-called trended lingo'. 'Just convert the moment to a selfdesigned adjective, and languish in its inventive prodigious masterpiece, than to be irritatingly rational and follow the 'so-called trended lingo',' he wrote.

On the work front, the thespian is gearing up for the release of his upcoming epic science fiction action film 'Kalki 2898 AD' by Nag Ashwin. Inspired by Hindu scriptures, the film is set in a



post-apocalyptic world in the year 2898

Amitabh will be seen playing the role of Ashwatthama, alongside Prabhas as Bhairav, Kamal Haasan as Kali and Deepika Padukone as Padma.

He will then appear in 'Vettaiyan' alongside Rajinikanth. The action drama film, written and directed by T J Gnanavel, also stars Fahadh Faasil, Rana Daggubati, Manju Warrier, Ritika Singh and Dushara Vijayan.

## Singer Sonu Nigam awarded Honorary Fellowship in UK for worldwide impact in music

who was in the UK for a concert series, has been awarded an Honorary Fellowship by a leading Indian diaspora students' organisation for his worldwide impact in the field of music.

The National Indian Students and Alumni Union (NISAU) UK conferred Nigam with the fellowship during his packed performance at Wembley Arena in London last weekend. It was presented on stage by veteran British Indian Labour MP Virendra Sharma and Professor Rachel Dwyer, Emeritus Professor of Indian Culture at the School of Oriental and African Studies (SOAS).

"You once mentioned that music is not just your profession but your reason for being. It is this passion, coupled with your commitment to give back to the community that resonates deeply with what we stand for at



NISAU," said NISAU UK Chair Sanam Arora in her speech at the ceremony.

"We strive to empower, to lead, and to inspire, principles you embody through your actions every day. You are not just a musical icon, but a bridge uniting hearts, minds and nations through music; and fostering community through your philanthropic efforts be it your fight for performers' rights or your championship of gender equality for instance through launching the world's first transgender band,"

she said. The Honorary Fellowship, pre-

Shabana Azmi, writer Javed Akhtar and spiritualist Sri Sri Ravi Shankar among others, acknowledges individuals who significantly impact Indian cultural exchange, education, and social improvement on a world stage.

"I am very touched to hear and read such kind words for me. Thank you NISAU for your love and this honour. I consider this as another precious gift from my Almighty," said Nigam on receiving the honour.

The 50-year-old multi-platinum selling Bollywood playback singer and Padma Shri concluded a UK-wide tour performing in London, Leeds, Glasgow, and Birmingham as part of a concert series celebrating 30 years of his chart-topping cinematic numbers including 'Kal Ho Naa Ho', 'Shukran Allah' and 'Kabhi Khushi Kabhie Gham'.

#### Sanjay Leela Bhansali's debut web series Heeramandi: The Diamond Bazaar renewed for Season 2

Netflix has renewed Sanjay Leela Bhansali's directorial web series Heeramandi: The Diamond Bazaar for a

second season. Within the first week of its May 1 launch, the series danced its way up the Netflix's worldwide non-English TV chart in 43 countries, becoming the most-viewed Indian series for the streamer globally. Spanning 1920 through 1947, when the subcontinent was partitioned into India and

Pakistan, Season 1 of the lavish story is set in the Heeramandi area of Lahore, British India, the milieu of the tawaifs. At the show's center are Mallikajaan (Manisha Koirala), the scheming queen of Heeramandi, and her vindictive niece Fareedan (Sonakshi Sinha). Richa Chadha, Sanjeeda Shaikh, Aditi Rao Hydari, Fardeen Khan, Shekhar Suman, and Taha Shah Badus-

sha also feature in it. Bhansali said, "It takes



a lot to make a series. This one has taken a lot. In Heeramandi 2, the women now come from Lahore to the film world. They leave Lahore after Partition and most of them settle in the Mumbai film industry or Kolkata film industry. They still have to dance and sing, but this time for the producers and not for the nawabs. That's the second season we are planning, let's see where it goes," Bhansali added.

#### Varun Dhawan, Natasha Dalal welcome first child



Actor Varun Dhawan and his wife Natasha Dalal have become parents to a baby girl.

The 37-year-old actor shared the news on Instagram, posting an animated video which stated that the baby was born on Monday. 'Our baby girl is here.

Thank u for all the good wishes for the mama and the baby,' Dhawan wrote in the caption. Several industry col-

leagues, including Karan Johar, actors Kareena Kapoor Khan, Abhishek Bachchan, Sanya Malhotra, Samantha Ruth Prabhu, Priyanka Chopra Jonas and Parineeti Chopra congratulated the couple.

## "PM Modi Should Take Moral Responsibility And **Resign": Jairam Ramesh**

NEW DELHI, Jun 4 (Agencies): As the Bharatiya Janata Party is still lagging behind the majority mark in the Lok Sabha polls, Congress leader Jairam Ramesh on Tuesday urged Prime Minister Narendra Modi to resign.

"He used to pretend that he was extraordinary. Now it has been proved that the outgoing Prime Minister is going to become former. Take moral responsibility and resign. This is the message of this election," Jairam Ramesh posted on X.

According to the Election Commission of India, BJP is currently ahead on 242 seats. The majority mark is 272.

Congress is leading on 95 seats, Samajwadi Party on 36, DMK on 21 seats, Trinamool Congress on 31, Shiv Sena



(Uddhav Thackeray) on 10 seats, NCP (SP) on 7 seats, CPI(M) on 4 seats and Aam Aadmi Party on 3 seats.

Prime Minister Narendra Modi is leading followed by the Congress' Ajay Rai from Varanasi. Around 642 million people

voted in Lok Sabha elections held over seven phases in a mammoth six-week period. The counting of votes began starting with postal ballot papers amid tight security.

The counting for State Legislative Assemblies of 175

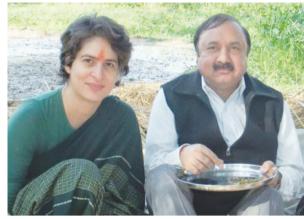
Assembly constituencies in Andhra Pradesh and 147 Assembly constituencies in Odisha and results of bypolls in 25 Assembly constituencies also began.

Strict security has been put in place for the smooth conduct of counting of votes for over 8,000 candidates in this general elec-

The Bharatiya Janata Party is eyeing a third straight term in power, while the Opposition under the umbrella of the INDIA bloc is seeking to wrest power from the ruling party.

Most exit polls predicted a straight term for Prime Minister Narendra Modi, with quite a few of them projecting a two-thirds majority for the ruling BJP-led NDA.

#### Was sure you would win: Priyanka Gandhi to Congress's Amethi pick Kishori Lal Sharma



NEW DELHI, Jun 4 (Agencies): Congress leader Priyanka Gandhi Vadra on Tuesday congratulated the party's Amethi candidate Kishori Lal Sharma as he looked on course to

win the Gandhi family bastion, saying she was sure from the beginning that he would win.

"Kishori bhaiya, I never had any doubts, I was sure from the beginning that you would win.

Hearty congratulations to you and my dear brothers and sisters of Amethi!", Priyanka Gandhi said in a post in Hindi on X.

Sharma was leading in the Amethi Lok Sabha constituency over Union minister and BJP leader Smriti Irani by more than 90,000 votes, according to the Election Commission data at 2.20 pm.

Priyanka Gandhi had camped in the family bastions of Rae Bareli and Amethi for about two weeks and campaigned extensively for Sharma and her brother Rahul Gandhi, who contested from Rae Bareli.

## NOTA gets over 1.7 lakh votes in Indore Lok Sabha seat, breaks previous record of Bihar's Gopalganj

BHOPAL, Jun 4 (Agencies): Following the Congress' appeal to electors in Madhya Pradesh's Indore to select the 'None of the Above' option, it has so far got more than 1.7 lakh votes in the Lok Sabha seat, breaking the previous NOTA record of Gopalganj in Bihar.

NOTA gives an option to voters to reject all candidates in a constituency.

In the 2019 elections, the Gopalganj Lok Sabha seat in Bihar recorded the maximum NOTA votes at 51,660, about 5 per cent of the total votes polled in the constituency.

As per the latest data available on the Election Commission's website amid vote counting underway on Tuesday, NOTA has so far got 1,72,798 votes in Indore, the second highest after BJP candidate Shankar Lalwani who



got 9,90,698 votes.

All the 13 other candidates in Indore have so far received less votes than NOTA.

Lalwani was ahead of his nearest BSP rival Sanjay Solanki by 9,48,603 votes.

Ahead of the 2024 Lok Sabha polls, Congress' Indore candidate Akshay Kanti Bam withdrew his nomination on April 29 and subse-

quently joined BJP. The Congress then appealed to the voters in Indore to press NOTA on the EVMs to teach the BJP "a lesson".

Following a decision the NOTA option was

introduced on the Electronic Voting Machines (EVMs) in September 2013.

In the 2014 Lok Sabha polls, Nilgiris in Tamil Nadu recorded 46,559 votes for NOTA, which was then around 5 per cent of the total votes polled in the constituency.

The Congress has been out of poll race in Indore for the first time in this Lok Sabha seat's 72-vear history.

Voting in Indore took place on May 13, with 61.75 per cent of the 25.27 lakh electors exercising their frantion Commission's data.

## BJP set to emerge as largest party in Northeast, but faces rejection in Manipur

GUWAHATI, Jun 4 (Agencies): The NDA looks all set to win most of the seats in the Northeast but it showing won't be as good as in 2019.

The Northeast has 25 seats - 14 in Assam, two each in Manipur, Tripura, Meghalaya and Arunachal Pradesh and one each in Nagaland, Mizoram and Sikkim. The BJP rules Assam, Arunachal, Tripura and Manipur and is a component of ruling coalitions in Nagaland and Meghalaya.

According to the latest updates, the BJP and allies were leading in 15 of them. The Congress was leading in 8 while others were leading in 2.

In 2019, the BJP-led NDA had bagged 19 of the 25 seats, UPA 4 and others 2.

In Assam, the BJP was leading in eight seats. allies Asom Gana Parishad and United People's Party Liberal in 1 each. The Congress was leading in four.

The BJP is also likely to win the four seats in Tripura and Arunachal Pradesh. It was leading by huge margins of votes in Tripura East and Tripura West seats. Former Chief Minister Biplab Kumar Deb contested from Tripura West.

In Arunachal, Union minister Kiren Rijiju (Arunachal West) and BJP MP Tapir Gao (Arunachal East) were maintaining steady leads.

Handling of ethnic violence singes BJP in Manipur

In ethnic violence-hit

Manipur, the Congress was leading in both seats - Inner Manipur and Outer Manipur. The BJP contested from Inner Manipur and allowed ally Naga People's Front (NPF) to contest from Outer Manipur.

In 2019, the BJP had won from Inner Manipur and NPF from Outer Manipur seats. When the state went to

polls this time around, there was simmering anger among people over how the BJP handled the situation arising out of the conflict between Meiteis and Kuki-Zo tribals. The violence had left at least 219 people dead and over 60,000 others displaced.

In all probability, BJP ally National People's Party (NPP), which rules Meghalaya, will suffer the biggest setback among the parties in the Northeast.

According to the latest updates, sitting MP Agatha Sangma of the NPP was trailing behind the Congress' Saleng A Sangma by over 1.55 lakh votes in Tura. The seat has been with the PA Sangma family since 1977 except for 2 years (1989-91).

In Shillong, Dr Ricky Andrew J Syngkon of the Voice of the People Party (VPP) was leading by over 3.7 lakh votes. The seat is currently with state Congress chief Vincent H Pala. The NPP was trailing behind VPP and Congress.

The VPP is a twoand-half-year-old party but growing fast. It had sprung a surprise in the 2023 state elections by winning 4 seats.

Nagaland surprises The Congress was leading in Nagaland, ruling Zoram People's Movement in Mizoram and ruling Sikkim Krantikari Morcha in Sikkim.

The Congress, which has been out of power in Nagaland since 2023 and was battling for survival, has not yet won the seat but the performance will surely resurrect the party. Party workers have already started celebrating.

Ahead of the polls, nobody counted on the Congress which took on the might of ruling Nationalist Democratic Progressive Party which was backed by ally BJP.

## NDA's Shambhavi Choudhary set to make history by becoming country's youngest MP from Bihar

Choudhary was leading against her rival Sunny Hazari, son of a JD(U) minister Maheshwar Hazari, by over 1 lakh votes till the last reports came in.

PATNA, Jun 4 (Agencies): Shambhavi Choudhary, the NDA candidate from Samastipur Lok Sabha seat in north Bihar is all set to create history by becoming the country's youngest MP in Lok Sabha.

Choudhary is only 25 years old, as per an affidavit filed in her nomination papers for the 2024 Lok Sabha election.

Choudhary, daughter of a senior JD(U) minister in the Nitish Kumarled NDA government Ashok Kumar Choudhary, is making her debut in electoral politics from this reserved constituency.

She was leading against her rival Sunny Hazari, son of a JD(U) minister Maheshwar Hazari, by over 1 lakh votes till the last reports

Sunny has been fielded by the Indian National Congress.

He had joined the



grand old party ahead of the Lok Sabha election. However, his father Maheshwar Hazari could not campaign in favour of Sunny due to difference in political interests.

Maheshwar is a JD(U) minister while his son is contesting on the ticket of Opposition INC. Prime Minister Narendra Modi had campaigned in favour of Shambhavi, daughterin-law of former IPS officer Kishore Kunal, who had played a key role in the case related to

Ayodhya Ram Temple. Kunal is also chairman of Mahavir Temple Trust in Patna.

Shambhavi formally joined Chirag Paswanled Lok Janshakti Party (Ram Vilas) ahead of the Lok Sabha election. In the 2019 Lok Sabha elections, the Samastipur seat was won by LJP candidate Prince Raj, son of former MP Ram Chandra Paswan. Ashok Ram of INC was the runner-up.

Ram Chandra, younger brother of former union minister late Ram Vilas Paswan, had won from Samastipur in the 2014 Lok Sabha election. Ashok Ram of INC had come in the second

#### BJP will not win 370 seats nor will NDA get 400: Former Rajasthan CM Ashok Gehlot JAIPUR, Jun 4 (Agencies): Former Chief Minister Ashok Gehlot on Tuesday claimed that the BJP will neither get 370 seats nor will NDA get 400 seats.

He said that given the situation, Modi should withdraw his name from the prime ministerial post.

In a post on X, Gehlot said, "Now it has become clear that neither BJP will get 370



seats nor NDA will get 400 seats. BJP is not able to get a clear

majority in the name of Prime Minister Modi. In such a situation, Shri

Narendra Modi should now withdraw his name from the candidature for the post of Prime Minister."

He said that the Prime Minister had claimed in Parliament that under his leadership, the BJP would cross 370 seats and NDA would cross 400.

He said that Modi completely focused the 2024 Lok Sabha elections on himself.

the campaign, phrases like Modi ki guarantee, and Modi sarkar again were heard and seen more than the word BJP.

Even bypassing the MP candidates, the entire election was run in the name of Modi ki guarantee.

Issues like inflation, unemployment, and increasing tension in the society became secondary in the election, he said.

## Clash between BJP, Samajwadi Party workers outside counting booth in Lucknow

LUCKNOW, Jun 4 (Agencies): A clash broke out between workers of the ruling BJP and the Samajwadi Party in Uttar Pradesh's Lucknow on Tuesday, with many facing severe injuries, officials said.

The scuffle broke out outside the Rama Bai Ambedkar booth in Lucknow where counting of votes for the Lok Sabha elections is underway.

A video of the clash has gone viral on social media which shows the cadre of both parties clashing outside the counting booth amid scorching heat.

As per witnesses, a verbal dispute between the two sides escalated into physical violence, with both sides engaging in kicking and hitting each other. One Samajwadi Party worker got severe head injuries in the

Police arrived at the scene and separated the two sides. Later, cops were deputed outside the



polling station to avoid such untoward incidents.

Uttar Pradesh is witnessing one of the fierce electoral contests between the BJP-led NDA and the Opposition-backed INDIA bloc.

The INDIA bloc was leading in 44 Lok Sabha seats in Uttar Pradesh and the NDA in 35, according to trends on the Election Commission website.

The Samajwadi Party and Congress were leading in 37 and 7 seats, the election panel's data for polls to the 80 parliamentary constituencies in the state showed. Meanwhile, the BJP, which

currently rules the populous state, was leading in 33 seats and its allies Rashtriya Lok Dal and Apna Dal in one seat each. Stalwart leaders who have taken comfortable leads over their rivals are Prime Minister Narendra Modi in Varanasi, Defence Minister Rajnath Singh in Lucknow, Samajwadi Party chief Akhilesh Yadav and his wife Dimple Yadav in Kannauj and Mainpuri, Congress candidates Rahul Gandhi and Kishori Lal Sharma in Rae Bareli and Amethi

The BJP's Hema Malini is leading in Mathura while Arun Govil is trailing in Meerut.

Senior BJP leaders Smriti Irani, Ajay Mishra Teni and Maneka Gandhi were trailing in the Amethi, Kheri, and Sultanpur while Anupriya Patel of the Apna Dal(S) is leading in the Mirzapur constituency.

, in Ghazipur, slain mafia Mukhtar Ansari's brother Afzal Ansari, who is an SP candidate, is leading by 56,326 votes against BJP's Paras Nath Rai.

## Seoul fully suspends inter-Korean military pact over trash balloons

Yoon's approval means the agreement is suspended with immediate effect.

SEOUL, Jun 4 (Agencies): South Korea's President Yoon Suk Yeol fully suspended on Tuesday a 2018 tension-reducing military deal with the North in response to a bombardment of trash-carrying balloons sent by Pyongyang last week.

The agreement, signed during a period of warmer ties, was already largely void as Seoul had partially suspended it last year in response to North Korea putting a spy satellite into orbit, prompting Pyongyang to say it would not honour it at all.

But Seoul's security officials said that respecting even some portions of the deal was hindering their ability to defend against the North's provocations, which include floating nearly 1,000 balloons carrying garbage such as cigarette butts and manure across the border last week.

President Yoon "has just approved the 'September 19 (2018) Military Agreement Suspension Proposal'," which the cabinet had already signed off on, his office said in a statement.

Yoon's approval means the



agreement is suspended with immediate effect.

The move will allow the South to resume live fire drills and restart loudspeaker propaganda campaigns along the border with the North.

The South has used the loudspeaker campaigns -- considered a psychological warfare tactic dating back to the 1950-53 Korean War -- as a countermeasure to what it deems serious North Korean provocations.

For example, it last deployed them from 2016, after Pyong-

yang conducted its fourth nuclear test, until calling them off days before the historic

2018 inter-Korean summit

where the tension-reducing

military deal was signed.

The loudspeaker campaigns involve South Korea using large megaphones to broadcast everything from K-pop to antiregime propaganda into areas close to the demilitarised zone separating the two countries, which remain technically at war.

The broadcasts infuriate Pyongyang, which has previously threatened artillery strikes against the loudspeaker units unless they were switched off.

Pyongyang said the trash balloons were retaliation for similar missives sent northwards by South Korean activists.

An anti-Pyongyang group in the South revealed on Monday that they had sent around 2,000 USB flash drives containing songs by South Korea's mega trot singer Lim Young-woong, as well as other K-pop music and K-drama series, via balloons into the North on May 10.

The hermit country is extremely sensitive about its people gaining access to South Korea's flourishing popular culture.

According to a report by the United Nations, Pyongyang enacted a law in 2020 which has enabled them to punish anyone possessing or distributing a large amount of media content from the South by life imprisonment or even the death penalty.

Seoul has also said Pyongyang attempted to jam GPS signals for several days last week.

The North called off the balloon bombardment Sunday, saying it had been an effective countermeasure -- but warning that more could come if needed.

## Hundreds in emergency shelters after volcano erupts in Philippines



MANILA, Jun 4 (Agencies): Hundreds of people sheltered in evacuation centres on Tuesday after a volcano erupted in the central Philippines.

Mount Kanlaon on Negros island exploded for six minutes on Monday night, sending a plume of ash, rocks and gases five kilometres into the sky.

The state volcanology agency raised the alert level for the volcano from one to two on a scale of zero to five, warning more explosive eruptions were possible.

At least 2,800 people have moved into emergency centres, according to official figures, due to falling ash, gases and the threat

of lahars from the vol-

cano.

Canlaon city, in Negros Oriental province, ordered people living next to rivers downstream of the volcano to leave their homes and said nonessential businesses should shut.

Multiple flights to and from Bacolod, the capital of Negros Occidental province and the nearest major airport

to the volcano, were cancelled.

"The smoke has dissipated already. We're not seeing any threatening activities from the volcano. Some municipalities can still smell the sulphur," Robert Araneta of the Negros Occidental provincial disaster agency told agency.

The Philippines is located in the seismically active Pacific "Ring of Fire" that hosts more than half of the world's volcanoes. Kanlaon is one of 24 active volcanoes in the archipelago nation.

Heavy ashfalls can collapse roofs of houses and gum up jet engines.

The most powerful volcanic explosion in the Philippines in recent years was the 1991 eruption of Pinatubo, about 100 kilometres (62 miles) from Manila, which killed more than 800 people.

### Indonesia's Mount Ibu Volcano Erupts, Spews Ash Clouds

JAKARTA, Jun 4 (Agencies): Indonesia's Mount Ibu volcano erupted on Tuesday, spewing thick columns of grey ash five km (three miles) into the sky, the volcanology agency said, but there were no immediate reports of evacuations.

The volcano on the eastern island of Halmahera erupted at 5:36 a.m. for about two minutes, said Heruningtyas Desi Purnamasari, an official of the PVMB agency, with all activities barred within seven kilometres (4.4 miles) of the crater.

"The volcano is recently active because there is an intense magma movement," Heruningtyas said, adding that its alert status was at the highest level, where it has been since May 16.

Clouds of grey ash



billowed into the sky from the crater in video images provided by the agency, PVMB, following a smaller eruption on Monday.

They are the latest in a series since May that spurred authorities to evacuate seven nearby villages, although Tuesday's incident forced no new evacuation, the BNPB disaster agency said.

Indonesia straddles the so-called "Pacific Ring of Fire," an area of high seismic activity where multiple tectonic plates meet.

Last month, the eruption of the Ruang volcano in North Sulawesi spewed incandescent lava, forcing the evacuation of more than 12,000 people.

More than 60 were killed after flash floods and cold lava flow from Mount Marapi, one of the most active volcanoes in the province of West Sumatra, inundated several nearby districts following torrential rain on May 11.

## China Lunar Probe Takes Off From Moon Carrying Samples

BEIJING, Jun 4 (Agencies): A module of a Chinese lunar probe successfully took off from the far side of the Moon on Tuesday carrying samples to be taken back to Earth, state media reported.

The achievement is a world first, and the latest leap for Beijing's decades-old space programme, which aims to send a crewed mission to the Moon by 2030.

The ascender module of the Chang'e-6 probe "lifted off from lunar surface", state news agency Xinhua said, citing the China National Space Administration (CNSA).

It described it as "an unprecedented feat in human lunar exploration history".

"The mission has withstood the test of high



temperature on the far side of the moon," the CNSA said.

After lift-off, the module "entered a preset orbit around the moon", it added.

The Chang'e-6 module touched down on Sunday in the Moon's immense South Pole-Aitken Basin, one of the largest known impact craters in the solar system, according to the CNSA.

The probe's technically

complex 53-day mission began on May 3.

The Chang'e-6 features two methods of sample collection: a drill to collect material under the surface and a robotic arm to grab specimens above the surface.

After successfully gathering its samples, "a Chinese national flag carried by the lander was unfurled for the first time on the far side of the moon", Xinhua said. Scientists say the

Moon's dark side -- socalled because it is invisible from Earth, not because it never catches the sun's rays -- holds great promise for research because its craters are less covered by ancient lava flows than the near side.

Material collected from the far side may better shed light on how the Moon formed in the first place.

'Space dream'

Plans for China's "space dream" have been put into overdrive under President Xi Jinping.

Beijing has poured huge resources into its space programme over the past decade, targeting a string of ambitious undertakings in an effort to close the gap with the two traditional space powers -- the United

States and Russia.

It has notched several

notable achievements, including building a space station called Tiangong, or "heavenly palace".

Beijing has landed robotic rovers on Mars and the Moon, and China is only the third country to independently put humans in orbit.

But Washington has warned that China's space programme is being used to mask military objectives and an effort to establish dominance in space.

China aims to send a crewed mission to the Moon by 2030 and plans to build a base on the lunar surface.

The United States is also planning to put astronauts back on the Moon by 2026 with its Artemis 3 mission.

## Rishi Sunak And Opposition Leader Keir Starmer Clash In Election Debate

LONDON, Jun 4 (Agencies): Britain's Conservative Prime Minister Rishi Sunak and Labour opposition leader Keir Starmer go head-to-head on Tuesday in the first televised debate of the UK general election campaign.

The hour-long spar between Sunak and the man widely tipped to replace him in Downing Street after the July 4 poll starts in front of a studio audience at 9:00 pm (2000 GMT).

It will air on ITV -- one of the country's most-watched TV channels -- and will see the leaders of the country's two main parties debate directly with each other and take questions from voters.

For Sunak, it represents a prime opportunity to try to narrow Labour's huge lead in the polls, which has held firm since he surprisingly called the election almost two weeks ago.

Labour has enjoyed doubledigit leads in surveys of voters for about 18 months as Britons appear to have grown weary with the Conservatives after 14 years of rule.

Sunak, 44, has made a series of headline-grabbing promises



in the campaign's early days as he seeks to shore up his rightwing base and claw back support from Labour.

If elected, he has said he would bring back a form of national service for 18 year olds, introduce greater protection for pensioners' incomes and amend Britain's equality law so that biological sex alone would determine who could use single-sex spaces.

Starmer, 61, has been playing it much safer, seeking to reassure voters that Labour will responsibly marshal the economy and Britain's defence as the centre-left party seeks to protect



its lead. String of TV debates

Tuesday's debate will be moderated by news anchor Julie Etchingham, who hosted debates in the previous three elections, in 2015, 2017 and

It is the first of several televised discussions involving political leaders and taking different formats in the run-up to the vote.

Public service broadcaster the BBC will host another Sunak-Starmer stand-off in Nottingham, central England, on June 26.

The BBC is also hosting a

debate this Friday between leading figures from the Conservatives and Labour, as well as from smaller parties the Liberal Democrats, Scottish National Party (SNP), Plaid Cymru, Green Party and Reform UK.

On June 20, the BBC will host a two-hour-long special with the leaders of the Conservatives, Labour, Lib Dems and SNP, who will answer questions from a studio audience for 30 minutes each.

ITV will also host a multi-party debate on June 13.

Polling has suggested little appetite for the events among the electorate, reflecting wider disregard towards the two main candidates, who face each other every week in parliament at prime minister's questions.

YouGov research released last week found only one in three are interested in watching a head-to-head debate, and just four percent wanted to see more than five such events.

Sunak announced the election in a rain-sodden speech outside 10 Downing Street on May 22, calling it six months earlier than he had to.

## Australia Opens Armed Forces For Non-Citizens Amid Recruitment Shortage



SYDNEY, Jun 4 (Agencies): Australia will allow non-citizens to join its armed forces, the government said Tuesday, as the sparsely populated nation struggles to meet recruitment targets.

Defence Minister Richard Marles said that from July, looser eligibility criteria would allow "permanent residents who have been living in Australia for 12 months" to serve.

Citizens from Britain, Canada, New Zealand and the United States are being favoured, he added. Australia has a coastline that would stretch one-and-a-bit times around the Earth, but a population of just 26 million. Canberra has surged

defence spending in recent years, buying fleets of submarines, jets and scores of fighting vehicles to meet mounting regional tensions.

But it has struggled to find enough pilots, mariners and troops to operate and maintain them.

Experts warn too few Australians do not have uniforms to meet even current requirements, much less a beefier military of tomorrow.

The Australian Defence Forces can today count on about 90,000 personnel, including reserves, according to the Australian Strategic Policy Institute.

China's military, by contrast, has an estimated two million personnel. Marles said growing

the Australian Defence
Force was "essential to
meet the nation's security challenges through
the next decade and
beyond".

## **Women Health Issues and Preventive Measures at Thanamandi, Rajouri**

**Top News Report** 

RAJOURI, Jun 4: The discrimination against girl child in remote areas of Pir Panjal plays an important role towards ignoring the health of the females. In many families limited resources available to pay for medical treatment are spent on the men of the household rather than the women. Women are taught to be patient and shy. The are told to endure pains and stress. This leads to serious consequences as the medical fitness complicate to a stage where they are difficult to be cured. To spread awareness about women health



issues and preventative measure, Indian Army organized a lecture at Thanamandi, for spread-

ing awareness amongst girls and women regarding multiple unpredictable health issues that

go undiagnosed most of the time. Aim of the event was to spread awareness amongst girls and

in the entire spectrum of a woman's life. At each stage of a woman's life, there are important preventive health care steps to follow in order to provide early detection of medical problems or to prevent them. Refreshments were also offered to the invitees. This gesture and effort by Army were highly appreciated by AWAM. This endeavor by Army to reach out to the population residing in remote areas, where civil administration has limited accessibility, will go a long way in developing and strengthening trust between JAWAN and AWAM.

women about health care

## Police seize 16 bullets from 2 Bhiwandi criminals, Duo arrested

MUMBAI, Jun 4 (Agencies): The Naigaon police made a seizure on Monday, recovering 16 live cartridges from two individuals travelling in a vehicle near Vasai. While the police managed to arrest the two men, a third suspect, allegedly in possession of a gun, evaded capture.

Acting on a tip-off about criminals from Bhiwandi entering the region, the police laid a trap near Ajanta Township in Naigaon (East) for over three hours. Around 2pm, they intercepted a suspicious car in the vicinity.

Upon investigation, the officers discovered the two accused, identified as Kalpesh Vaiti, 26, and Naresh Nandrukar, 21, inside the vehicle. A search of the car yielded 16 live rounds found concealed in the dashboard.

Witness the final chapter of the Lok Sabha Elections unfold on HT with live vote count and results. Explore now! Explore now! The apprehended indi-

viduals disclosed that their accomplice, identified as Vicky Mhatre, had managed to escape the scene. All three accused

are reported criminals living in Bhiwandi, with two of them facing charges related to murder and attempted murder in the area. Ramesh Bhame, the senior police inspector of Naigaon Police Station, expressed suspicion that Mhatre possessed the gun intended for use in a local bank robbery.

All accused have been charged under sections 3 and 35 of the Arms Act. In addition to the seizure of the ammunition, the police have also confiscated ₹26 lakh in cash from the suspects.

## Passing Out Parade of Agniveers at Ladakh Scouts Regimental Centre

**Top News Report** 

LEH, Jun 4: A Passing Out Parade was held at the Ladakh Scouts Regimental Centre. Leh on 04 Jun 2024 to welcome 402 well trained Agniveer recruits into the Ladakh Scouts Regiment. The impressive ceremony conducted in consonance with the highest traditions of the Indian

Army was reviewed by Chief of Staff, HQ 14 Corps and was attended by a spectrum of distinquished military officers. civil dignitaries and parents of Agniveers.

In his address to the young recruits, the Reviewing Officer congratulated them for the impressive parade and urged them to devote their life in service to the

Nation, as proud soldiers of the Indian Army. He also complimented the parents for motivating their wards to join Indian Army and instilling a sense of pride in them for the nation. He also complimented the Ladakh Scouts personnel for their outstanding performance in all spheres and praised their exceptional

valour and sacrifice while

upholding sovereignty of the Nation.

He exhorted the young soldiers to continue to strive hard in pursuit of excellence in all spheres and take a solemn vow to defend the sovereignty of the nation against all odds in the true spirits exemplified by the ethos of the Indian Army.

Six young Agniveers were also awarded

medals during the parade for their outstanding achievements in training. Gaurav Padak was presented to the proud parents whose wards have joined the Regiment as Agniveers. It was indeed a proud moment for the kin of the recruits, who had arrived from far flung areas to witness the grand cer-

## "Saga of Valour"- Motivational Lec by Gallantry Awardee at Thanamandi, Rajouri

**Top News Report** 

RAJOURI, Jun 4: With an aim to motivate the future of the nation, the school children, towards joining Armed Forces and to instill a sense of patriotism, the Indian Army organized a motivational talk by Gallantry Awardees on the occasion of 25th Kargil Vijay Divas at Higher Secondary School, Thanamandi. The gallantry awardees delivered inspiring moti-

vational talk where in, first-hand experience of the saga of bravery and undoubting spirit of valour that the soldier of Indian Army exhibit when called for duty to protect their motherland was shared, the journey and life stories which involved the accounts of dedication and courage motivated the student. This event also served as tribute to the heroes of Kargil War, who defended our country. This motivational

talk acted as a source of motivation for the aspiring youth who aim to join the Armed Forces. A sense of patriotism was felt in the environment while motivational talk was being delivered by the Gallantry Awardee. Motivational talk had a deep impact on young generation and motivated them to work hard and overcome all odds to be successful in their lives and become responsible citizens of our country.

## One Day Awareness Programme organise by Civil Defence, Jammu

**Top News Report** 

JAMMU, Jun 4: : One day awareness programme was held at NCC camp Nagrota, which was organized by Civil Defence, Jammu under the supervision of Dy. Controller Civil

Defence Jammu. Awareness about the basic knowledge of First Aid, Fire fighting especially on drug addictions. They were also made aware of all possible ways to avoid heatstroke during summer season. The main aim of the aware-

ness programme was to educate students with regard to preventive measures during disas-

The programme was organized in the premises of the NCC Camp, Nagrota where 500 NCC cadets/ staff have participated. Col. M. K Sharma 2nd J&K (I) Company NCC Bhadarwah appreciated the role of Civil Defence organization and thanked the Civil Defence team for organizing such important awareness-cum-demonstration programme.

## Bengaluru breaks 133-yr old record for highest daily rainfall in June

BENGALURU, Jun 4 (Agencies): The very first spell of rain during the Southwest Monsoon in Bengaluru on Sunday broke the 133-year-old record for the highest

According to the India Meteorological Department (IMD), Bengaluru city received 111.1 mm of rainfall on The previous highest was 101.6 mm recorded on June

16, 1891. The average rainfall in Bengaluru for June is IMD has said rainfall is expected to continue in Ben-

galuru for the next two days with overcast conditions, followed by light to moderate thundershowers. The heavy downpour, along with forecasts of more rainfall in the coming days, has put the city on course to

break its highest monthly rainfall for June. The current record is 228.2 mm recorded in 1996. According to the India Meteorological Department IMD), Bengaluru city received 111.1 mm of raintail on

Sunday. According to the India Meteorological Department (IMD), Bengaluru city received 111.1 mm of rainfall on Sunday. (Express photo by Jithendra M) Thundershowers coupled with gusty winds resulted in inundation and damages in several parts of Bengaluru.

According to the Bruhat Bengaluru Mahanagara Palike (BBMP), it received 285 complaints on Sunday, the majority of which were related to trees or branches falling on roads and vehicles.

BBMP said it received 206 tree fall complaints and 41 complaints of branches falling. The remaining 38 complaints were related to inundation and water stagnation.

## IN LOVING Ex Hony Captain Jagdish Raj Sharma Dear Dad, You have been there for us, no matter what bad choices we might have made... You lovingly repaired our broken spirit, helped us plot a new course, and set us free to fly on our own once again. There is no greater love than that. You will always be special to us, and no matter where life takes us, It is always pleasure to reand cherish all the memories we've had. There is a special kind of caring and a place on our heart that only you can own, dear dad. Missing you always... Barkhi is on 23.06.2024 (SUNDAY)

Deeply missed by PRASHER FAMILY

#### **Army Conducted Yoga Camp at Doda Top News Report**

DODA, Jun 4: Yoga has emerged as one of to boost physical and mental well-being. Regular practice of yoga can also alleviate chronic pain and improve posture. To promote 'Yoga' Indian Army organised a Yoga Camp for youth at Doda. People from all walks of life were invited to take part in the

celebration to perform voga exercises, asanas and pranavama to celebrate the day. Plans were afoot to involve maximum number of people in Yoga Day celebration in the district. 36 civilians took part in the said event. The Yoga Camp featured sessions led by experienced yoga instructors, designed to cater to both beginners and seasoned practitioners. Attendees had the

opportunity to engage in a variety of yoga practices aimed at improving flexibility, strength, mental clarity and relaxation. The session was later followed by an interaction between the participants and representative of Indian Army in which various health benefits of yoga were discussed. The Yoga Instructors shared with the gathering that Yoga embodies unity

of mind, body, thought and action. It not only brings harmony between man and nature but also inculcates holistic approach to health and well-being. They also shared that the benefit of Yoga is not restricted at the physical level, but is an ideal unification of the mind, body and breath. Yoga could significantly contribute to peace and development

#### FROM PAGE 1

### congratulates arch rival Engineer Rasheed

and extended congratulations to jailed candidate Engineer Rashid, poised to dominate the Baramulla Lok Sabha race.

"With all humility at my command I accept defeat. And it is time to congratulate Engineer Rashid," Sajad Lone said in a post

"I wanted to make a difference. I thought we should be empowered economically, socially and politically to be able to make a difference and be counted. We had suffered a lot in the past 30 yrs and been robbed of all our dignity," he said.

"The people's mandate is supreme. I accept the people mandate with all humility," Lone said.

#### **BJP-Led NDA to form Govt** for third time: J&K BJP **President**

the Jammu region.

"BJP-led NDA under the leadership of Modi is forming the government for the third consecutive term, given the trends which till now show that the Congress-led INDIA bloc is 100 seats behind us. The counting is underway and we are hopeful of getting over 300 seats for our alliance at the end of the counting," Raina told reporters at party headquarters here.

He said Singh and Sharma are maintaining lead since the start of the counting and "we are fully confident that we will win both the seats comfortably".

#### **Rahul beats Sonia's 2019** victory margin in Rae **Bareli, leads by 2.22 lakh** votes

minister in the Yogi Adityanath cabinet.

#### Omar Abdullah. **Mehbooba Mufti concede** defeat in Lok Sabha polls in J&K

Congratulations to Engineer Rashid for his victory in North Kashmir. I don't believe his victory will hasten his release from prison nor will the people of North Kashmir get the representation they have a right to but the voters have spoken and in a democracy that's all that matters," he said.

In another post, he also congratulated his colleagues Mian Altaf and Aga Ruhullah who are leading with massive margin in Anantnag-Rajouri and Srinagar constituencies respectively

"To my & Mian Altaf Sb my heartfelt congratulations. I'm sorry I won't be joining them in the Lok Sabha but I'm sure both of them will do an amazing job representing the people of J&K," he said.

Meanwhile, Mehbooba Mufti also conced-

ed her defeat against National Conference candidate Mian Altaf in Anantnag-Rajouri seat where she is trailing by over 2.30 lakh votes. Mian Altaf has polled 453498 votes, while Mehbooba Mufti polled 219901 votes even as counting is underway. "Respecting the verdict of the people I thank my PDP workers & leaders for their hard work & support despite all the odds. My deepest gratitude to the people who voted for me. Winning & losing is part of the game & wont deter us from our path. Congratulations to Mian sahab for his victory," Mehbooba Mufti said in a post on X.

#### 'Accept outcome with humility', says Altaf **Bukhari over loss of Appli Party candidates** in Srinagar, Anantnag

party had also endorsed electoral support to Peoples Conference candidate Sajad Gani Lone in north Kashmir's Baramulla

#### **Woman injured in** accidental firing in **Pulwama**

The injured woman has been identified as Shaheena (40), a resident of Syeadabad Pastoona Tral. She has been shifted to the Bone and Joint hospital where her condition is stated to be stable, the officials added.

#### Nitish. Naidu may dump NDA, help INDIA Bloc form **Govt: RJD**

Chandrababu Naidu. I am only expressing my hope, given the understanding I have of their temperament".

Notably, the JD(U) has put up a better than expected performance in Lok Sabha polls, establishing a lead in 14 out of the 16 seats it had contested, surpassing the BJP which had fought 17 but was trailing

In Bihar, the INDIA bloc was leading in only eight out of the 40 Lok Sabha seats but Jha was confident that the numbers would look up for the coalition in the state. even as he complained about the tardy pace of counting.

"We have written to the Election Commission drawing attention towards the extremely slow pace of counting. Only 3-4 lakh votes have been counted till afternoon in most seats in Bihar where, on an average, about 10 lakh people have exercised their franchise in each constituency," said

"We are confident that as the counting progresses, in many seats where we are trailing by slender margins, the picture will change. But we urge the Election Commission to carry out the exercise as per the rule book and not act on any telephone calls they may be getting from Delhi," said the Rajya Sabha MP, who has been alleging that the poll panel has often acted under pressure from the ruling BJP at the Centre.

"To all our cadres in the INDIA coalition, I would appeal not to let their guard down. Counting may continue till late in the evening. We must remain vigilant," said Jha.

Among the INDIA constituents in Bihar, RJD had contested 23 seats, out of which it was trailing in all but four, while Congress, which got nine seats, was leading in two. The CPI(ML) Liberation, which had contested three seats, was leading in two.

**Rs 26 lakh crore** 

investor wealth erased

## after Sensex tanks 3.690 points

while the Nifty slipped 838 points or 3.65 per cent.

At 11 am, Sensex was at 72,740, down 3,690 points or 4.83 per cent, while Nifty was at 22,119, down 1,144 points or 4.92

The India volatility index (India VIX) was up 33 per cent at 27.59 points.

There was a huge rise in the markets on Monday after the Exit Polls projected a favourable result for the current government in the Lok Sabha elections.

On Monday, Sensex closed 2,507 points or 3.39 per cent higher at 76,468 points, while Nifty ended 733 points or 3.25 per cent higher at 23,263 points.

**Sajjad Lone** concedes defeat.

## IndiGo to host IATA annual meeting in Delhi next year

NEW DELHI, Jun 4 (Agencies): IndiGo will host the annual general meeting (AGM) of the trade association of airlines —International Air Transport Association (IATA) - on June 8-10, 2025 in Delhi. India had last hosted the IATA AGM, a marquee global annual aviation event over four decades ago in 1983. Prior to that, India had hosted the meeting in 1958.

"With record aircraft orders, impressive growth, and world-class infrastructure developments, India is firmly on the trajectory to become the world's third largest aviation market within this decade. With such bright prospects, it's the perfect time for the IATA AGM to return to India and witness these exciting developments first hand,"



said Willie Walsh, IATA's Director General.

At the 80th AGM of the 330-airline strong association in Dubai, which concluded on Monday, IndiGo's Chief Executive Officer (CEO) Pieter Elbers took charge as the chair of IATA's board of

governors, succeeding RwandAir CEO Yvonne Manzi Makolo. Elbers's one-year term is expected to conclude with the 81st IATA AGM in Delhi next

"IndiGo is proud to be host airline for the 81st IATA AGM and looks scape over the last years has been nothing short of remarkable," the IndiGo CEO said. Civil Aviation Minister Jotiraditya Scindia termed

the global aviation land-

Jotiraditya Scindia termed IATA's decision to hold its next AGM in Delhi as a "proud moment for Indian aviation".

"Under PM @narendramodi Ji's leadership, the sector has grown tremendously with a record passenger count, development of world-class infrastructure, enhanced regional connectivity and historic aircraft orders. Certain that this will provide national and international stakeholders a platform to further explore the Indian aviation market and open new avenues for collaboration and sustainability," Scindia said in a post on social media platform X (formerly Twitter).

## Terrifying Tuesday: Sensex, Nifty crashes over 8 percent

MUMBAI, Jun 4 (Agencies): Benchmark indices, Sensex and Nifty crashed over 8 per cent in afternoon trades after the opposition INDIA bloc seat count improved compared to exit poll predictions.

The Opposition INDIA bloc has reversed all exit poll predictions, leading in at least 227 seats, according to the latest numbers. However, despite a stiff contest, the BJP-led NDA is inching closer towards the 300-mark, standing at 295 at the moment.

The Sensex crashed 6219.6 points, or 8.13 per cent, to an intraday low of 70,234.43. The broader Nifty also declined 1982 points, or 8.52 per cent to 21,281.45.

Market capitalization of BSE listed firms dropped by Rs 31 lakh crore to



Rs 395.22 lakh crore. The market cap of these companies surged by record Rs 14 lakh crore to Rs 425. 9 lakh crore on Monday.

All stocks of public sector companies got hammered. Nifty PSE and Nifty CPSE indices plummeted 18.14 per cent and 17.27 per cent, respectively. India VIX surged 42.2 per cent to an all-time high of 29.78. The fear index had fallen 15 per cent to 20.94 on

Monday.

Among the 30 BSE Sensex, 28 firms slipped into red, with Power Grid Corporation, State bank of India and NTPC declining 11.76 per cent, 13.82 per cent and 14.2 per cent, respectively.

Reliance Industries fell 7.34 per cent to Rs 2809.2 apiece on the BSE. Adani Enterprises declined 18.55, Adani Ports fell 21.09 and Adani Power dropped 15 percent.

# Is 'quiet vacationing' the new normal? What this workplace trend means for work-life balance



NEW DELHI, Jun 4 (Agencies): In the wake of the massive shift towards remote and hybrid work models, a new trend is emerging – "quiet vacationing". This reflects a deeper change in how employees view work-life balance and job satisfaction today.

What is quiet vacationing?

Quiet vacationing describes employees taking vacations without formally announcing or completely disconnecting from work. This trend is particularly prevalent among millennials, reshaping workplace dynamics. Traditional notions of time off are challenged as millennials grapple with the fear of being judged for taking a break.

Why don't employees use paid time off?

Amit Vasistha, founder and CEO of MyGALF, sheds light on the key drivers: "The fear of being perceived as a slacker, a heavy workload, and pressure always to be available," all contribute to the reluctance to utilise Paid Time Off (PTO) days. Employees worry about appearing disengaged or lacking commitment, leading them to resort to quiet vacationing as a coping mechanism in the blurred lines of a hybrid work environment.

The always-on culture While "quiet vacationing" may seem like a clever workaround, it highlights a deeper issue: the inability to truly disconnect from work. (Source: Shutterstock) While "quiet vacationing" may seem like a clever workaround, it highlights a deeper issue: the inability to truly disconnect from work. (Source: Shutterstock)

A 2023 study by the American Psychological Association revealed that 60 per cent of employees struggle to disconnect during time off. This fear of falling behind or being seen as less dedicated fuels the behaviour. A 33-year-old software engineer exemplifies this sentiment: "I fear missing out on projects. It's a constant battle, wanting to recharge but feeling guilty about letting go."

Further exacerbating this issue is a 2023 Harvard Business Review study, which found that 55 per cent of employees feel constant connectivity is the norm due to advancements in communication technology. Tools like Slack, Zoom, and email blur the lines between work and leisure.

Quiet vacationing: A double-edged sword

This trend affects both employees and employers significantly. The inability to fully disconnect can lead to burnout, reduced job satisfaction, and employee mental health issues. As Amit emphasises, "When employees don't fully disconnect, they miss out on the restorative benefits of a true break," ultimately harming productivity and well-being Employers are not

immune to the downsides. Quiet vacationing can lead to diminished employee wellbeing and engagement, impacting long-term retention and productivity.

How can one strike the right work-life balance?

i. Enforced disconnection policies

Smita Shetty Kapoor, CEO of Kelp, proposes implementing policies like mandatory vacation periods. For example, a two-week vacation with mandatory laptop surrender and restricted access to work tools can ensure a true disconnect and support employee wellbeing.

ii. Leading by example Vasistha emphasises the importance of leadership by setting an example. "Leadership can take their vacations and completely disconnect, demonstrating that it is acceptable and beneficial to do so."

iii. Open communication and reassurance about workload

Vasistha further suggests open communication. Employers can alleviate employee fears by stressing the importance of taking time off and reassuring them that work will be managed in their absence.

iv. Practicing digital detox

While technology can blur the lines between work and personal life, it can also be used to support work-life balance. Tools that facilitate efficient task management and collaboration can reduce the need for constant connectivity.

v. Promote a workplace culture of balance

Creating a workplace culture that values balance and well-being over perpetual availability is essential. This can be achieved through regular wellness programmes, mental health support, and recognising the importance of time off. The road ahead

In essence, quiet vacationing is a subtle yet significant shift in work-place dynamics, reflecting broader changes in how we approach work and personal life. As this trend continues to evolve, both employees and employers must recognise its impact and take proactive steps to foster a healthier, more sustainable work environment.

By promoting clear boundaries, encouraging genuine time off, and leveraging technology thoughtfully, organisations can support their workforce in achieving a better balance between work and leisure, ultimately leading to a more engaged and productive

team.

# Six PSU banks issued 1,071 look-out circulars against defaulters in last 5 years MUMBAI, Jun 4 (Agena person from travelfor other purposes, or

MUMBAI, Jun 4 (Agencies): In their bid to recover money stuck with absconding wilful defaulters, six public sector banks (PSUs) have issued 1,071 look-out circulars (LOCs) since 2018 to prevent them from fleeing to other countries, according to their replies to the Right to Information (RTI) requests filed by The Indian Express.

forward to welcoming

the global aviation com-

munity to Delhi in 2025.

India, becoming the third

largest economy within

the next few years and

leading the fourth indus-

trial revolution with the

use of AI, is a nation on

the move. India's rise in

The State Bank of India (SBI), the largest commercial bank in the country, said as many as 583 LOCs were issued by the bank. While RTI applications were filed with 11 PSU banks, three banks — Canara Bank, UCO Bank and Bank of Baroda (BoB) — refused to give the data and Bank of Maharashtra did not reply to the application even after a month. Reply from Indian Bank is awaited.

After SBI, Union Bank of India, Punjab National Bank (PNB) and Indian Overseas Bank (IOB) issued 260, 131, and 42 LOCs, respectively. Bank of India also issued 42 LOCs and Central Bank of India 13 circulars.

Public sector banks, PSU banks look-out notice, PSU circulars against defaulters, wilful defaulters, public sector banks, RTI requests, indian express news LOCs issued by PSU banks belonged to the wilful default category

wilful default category.
However, on April 23,
the Bombay High Court
(HC) held that public
sector banks do not have



powers to recommend or request the central government for issuance of LOCs against default borrowers who are Indian citizens or foreigners under the office memoranda (OM) of the central government.

LOCs issued by PSU banks belonged to the wilful default category. Banks have categorised 17,713 accounts involving loans of Rs 353,129 crore in the wilful default category as of December 2023. Banks were given permission to seek LOCs after a bevy of defaulters from Vijay Mallya, Nirav Modi to Jatin Mehta of Winsome Diamonds fled abroad after defaulting thousands of crores of rupees

Refusing to share the information, UCO Bank said, "this information is exempted from disclosure under section 8(1) (d) and 8(1) (e) of RTI Act, 2005."

"The information sought by you is not available with this PIO. Further, your query is vague and unclear," Canara Bank said in its RTI reply. BoB also refused to share the LOC data, saying, "the information sought with respect to the documents related to LOCs. The documents related to LOCs are classified in nature and such classified documents are not to be disclosed to any individuals."

When asked about the identity of the defaulters against whom LOCs were issued, SBI said, "the information cannot be provided as per section 8(1) (e) & (j) of the RTI Act 2005, being third party personal information available with the bank in fiduciary capacity." Other five banks also gave a similar reply on the identity of defaulters. "Banks issued LOCs against defaulters who refused to respond to bank notices and were suspected to be absconding or planning to flee or fled abroad after taking substantial loans. It's the depositors' money. We have to recover these loans," said an official of

a PSU bank.

The LOC circulars were amended from time to time and in September 2018, a new ground was introduced to issue LOC in the 'economic interest of India,' that restrained

ling abroad if his or her departure was detrimental to economic interest of the country. Another clause was introduced later, empowering the Chairman of SBI and the managing director and chief executive officer of all other PSUs to request immigration authorities to issue LOCs.

The LOCs were issued by the Bureau of Immigration of the Union Ministry of Home Affairs (MHA) that allow the authorities at any port of departure — mainly airports — to prevent a person from travelling outside India. The LOCs were issued based on a series of OMs or circulars of the ministry since October 27, 2010.

since October 27, 2010. The SBI alone has classified 2,048 accounts relating to Rs 81,673 crore as wilful defaults. Punjab National Bank has 2,279 wilful defaults for Rs 43,112 crore and Union Bank 1,967 accounts for Rs 37,241 crore.

As per the Reserve Bank of India classification, a 'wilful default' would be deemed to have occurred if the borrower has defaulted in meeting their repayment obligations to the lender even when they have the capacity to honour the obligations.

A wilful default happens when the borrower has not utilised the finance from the lender for the specific purpose for which finance was availed, and has diverted the funds

for other purposes, or siphoned off funds, or disposed of or removed the movable fixed assets or immovable property given for the purpose of securing a term loan without the knowledge of the bank.

Bombay HC said while

Bombay HC said while OMs of the central government were not ultra vires the Constitution or 'per se arbitrary', the subsequent empowerment of bank managers of PSUs to issue LOCs was arbitrary. "We do not expect public sector banks to do this (issue LOCs)," the bench said. The HC passed a judgment in a batch of petitions and set aside the LOCs issued to restrain persons indebted to public sector banks from travelling abroad. The HC said that the Bureau of Immigration will not act on the said LOCs. The bench also held that the fundamental right to travel abroad cannot be curtailed by executive or controlling statute.

LOCs issued by PSU banks belonged to the wilful default category. A wilful default happens when the borrower has not utilised the finance from the lender for the specific purpose for which finance was availed, and has diverted the funds for other purposes, or siphoned off funds, or disposed of or removed the movable fixed assets or immovable property given for the purpose of securing a term loan without the knowledge of the

## Kotak boss Nilesh Shah proposes 84-hour workweek, economist Sanjeev Sanyal says 'it is doable'

NEW DELHI, Jun 4 (Agencies): Kotak's Nilesh Shah said that Indians need to work for 84 hours a week to "accelerate India's growth" and "transfer everyone to middle and upper-income levels".

After NR Narayana Murthy's 70-hour workweek remark, Nilesh Shah - CEO of Kotak AMC - said that one generation of Indians must work 84 hours a week to "accelerate India's growth" and "transfer everyone to middle and upper-income levels".

Shah made this remark about longer work hours being beneficial for India's growth during the podcast "Invest Aaj For Kal with Anant Ladha".

He said, "Charlie Munger wrote in one of his books that people in Korea worked 84 hours a week for one generation.



That means 12 hours a day, every day, every month, every year."

"Recently in India, Narayana Murthy mentioned working 70 hours a week, which caused quite a stir. He said that one generation of Indians needs to work like Koreans, Chinese, and Japanese. If we work hard, there is no doubt that India's growth will continue, the pace will accelerate, and there will come a time when there will be no sub-Saharan Africa-level poverty in India. We will have transferred everyone to middle-income and upper-

income levels," he added. Economist Sanjeev Sanyal "agreed" with Shah's 12-hour workweek remark. He mentioned that the current and next generations need to put

in "effort" and "procreate" for the future. Sanyal also supports Shah's view on the 12-hour workweek, stating that it is "doable".

"I agree. One generation will have to put in that effort and unlike the examples mentioned, also remember to procreate. It is doable (with the occasional break). We are that generation and perhaps the next one,"

wrote Sanyal on X.

Infosys co-founder and former CEO Narayana Murthy sparked a debate on work-life balance after sharing his opinion on increasing India's work productivity. During his conversation with former Infosys CFO Mohandas Pai, Murthy stressed that youth should work for at least 70 hours a week. This, in his opinion, is needed for the country to remain competitive with nations like China and Japan.

Murthy said, "If we want to compete with the fastest growing countries like China and Japan, we need to boost up our work productivity. At the moment, India's work productivity is very low. The government also must reduce the time it takes for decision-making and curb corruption in bureaucracy."

## Fazalhaq Farooqi's Five-For, Rahmanullah Gurbaz, Ibrahim Zadran Power Afghanistan To 125-Run Win Over Uganda

GEORGETOWN (GUYANA), Jun 4 (Agencies): Afghanistan pacer Fazalhaq Farooqi produced a fiery spell after Rahmanullah Gurbaz and Ibrahim Zadran's solid opening partnership to begin their T20 World Cup campaign with a comprehensive 125-run victory over debutants Uganda in Guyana. Kolkata Knight Riders opener Gurbaz (76 off 45 balls) and his partner Zadran's (70 off 46 balls) struck fluent fifties to register the second highest opening partnership (154) in the men's T20 World Cup as Afghanistan posted a challenging 183/5 after being asked to bat. Left-arm pacer Farooqi (5/9) then knocked the wind out of the Ugandan batting line up with his maiden five-wicket haul as the debutants were shot out for 58 in 16 overs.

"The kind of start we wanted as a team. Does not matter who we play, it is about the mindset. The hard work we have done in the last few weeks, the way the openers started and the way our bowlers bowled - it was a great overall team effort," skipper and country's biggest cricket icon Rashid Khan said after the

The skipper, who himself polished off the tail, expressed his excitement of leading the country at a global event.



award.

"Super exciting, proud feeling to be leading the team in the World Cup. Enjoying it so far, and have some tough games coming up. That is the beauty of this team. We have so many options and that makes it easy as a captain," world's premier T20 spinner said.

Seamer Farooqi was twice on the brink of claiming a hat-trick. He was lethal with the new ball. After being hit for a four off his first delivery, he bowled a brilliant in-swinger which clipped off Ronak Patel's bat before crashing onto the stumps. He then trapped Roger Mukasa leg before wicket with another in swinger off consecutive balls.

"I have missed it (getting the hat-trick) a few times (smiles). Something that is not under my control and if I get a chance again, I will try to get that hattrick," Farooqi said while collecting his 'Player of the Match'

Faroogi then returned in the 13th over to snare three more wickets to register his career best figure in T20Is.

He first deceived Riazat Ali Shah with slower delivery to bowl him out before forcing skipper Brian Masaba to nick the ball with an eager Gurbaz collecting it.

He missed out on a hat-trick again but claimed is fifth victim in the last ball of the over.

"I kept it simple and wanted to hit the wickets. Playing franchise cricket helps you improve and helps on the big stage as well. Playing with so many big players, it helps in dealing with pressure and in bowling in the right areas," said Farooqi, who has played for SRH in previous

Earlier with the ball coming onto the bat nicely and a fast outfield, Afghanistan's openers started strong. Gurbaz assumed the role of the aggressor first as he smacked the second balls of the innings for a six.

Zadran quickly followed suit, hitting four consecutive boundaries in the sixth over off Dinesh Nakrani.

By the end of the first powerplay, Afghanistan was scoring at an impressive rate of 11 runs per over.

Gurbaz, who four boundraies and as many sixes, raced to his fifty off just 28 balls in the ninth over. While Zadran, who sent the the ball to the fence nine time and over it once, reached his half century in the 12th over.

Uganda's poor fielding only added to their woes. Gurabaz was dropped off a no

ball in the 14 over which yielded 25 runs as the Afghanistan raced to 150. It looked like the duo would

bat the full 20 overs but Uganda bowlers fought back and kept the total under 200. Afghanistan's next challenge

will be infinitely tougher against

a formidable New Zealand side. "Big game for us. It is about keeping things simple," said Rashid.

### **Anrich Nortje spells doom** for Sri Lanka

Pacer's fiery bowling scripts South Africa's commanding win over Sri Lankans



NEW YORK, Jun 4 (Agencies): Anrich Nortje demolished Sri Lanka with a careerbest figures as South Africa exploited the bounce on offer to secure a six-wicket win in their T20 World Cup opener here.

At a venue where India will play three of their four Group A league matches, Sri Lanka's decision to bat first backfired.

Nortje (4/7), Kagiso Rabada (2/21) and Keshav Maharaj (2/22) combined to take eight wickets in a dominant bowling performance as Sri Lanka folded for 77 in 19.1 overs, their lowest T20 total.

But it was not a walk in the park for South Africa either. In the challenging conditions of Nassau Stadium, the Proteas had to sweat it out after Sri Lanka reduced them to 27/2 inside the powerplay.

Sri Lankan wrist-spinner Wanindu Hasaranga led their bowling show with his 2/17 from three overs, taking the wickets of Quinton de Kock (20) and Tristan Stubbs (13)

in successive overs. But the lack of scoreboard pressure meant South Africa knocked off the target in 16.2 overs to give a major boost to

their net run-rate (NRR). South Africa now have two points with a NRR of 1.048 to lead the Group D standings. Bangladesh, Nepal and the Netherlands are the other teams in the group.

The in-form Heinrich Klaasen smashed Hasaranga for a massive six over long-on and followed it up with a straight boundary to bring up 11 runs in the 15th over and virtually kill the contest.

Brief scores: Sri Lanka: 77 all out in 19.1 overs (Kusal 19; Nortje 4/7, Maharaj 2/22); South Africa: 80/4 in 16.2 overs (de Kock 20, Klaasen 19\*; Hasaranga 2/22).

### **Beating India More Important** Than Winning WC? Mohammad Rizwan Reveals Ramiz Raja's **Stunning Message**

DALLAS, Jun 4 (Agencies): Pakistan ended their winless streak over India at World Cups during the 2021 T20 World Cup in the UAE. Prior to that contest, India had won all the matches against Pakistan at World Cups (ODI and T20). Shaheen Afridi broke the back of the Indian batting order by taking the wickets of KL Rahul, Rohit Sharma and Virat Kohli, who was the captain back then. Needing 15∠ to win, Babar Azam and Mohammad Rizwan then ensured that Pakistan finished off the chase without losing a single wicket and more than two overs to spare.

Pakistan captain Babar hit 68 off 52 while Rizwan was 79 not out in 55 balls. India, however, took their revenge a year later during the T20 World Cup in Australia, beating Pakistan by four wickets, courtesy of Kohli's unbeaten 82-run knock

With both teams set to meet in the T20 World Cup once again on June 9, Rizwan recalled the circumstances leading up to the match and

revealed the then PCB chairman's advice to the players.

Rizwan revealed that Ramiz had asked the players to win the game against India no matter what.

"We had never beaten India before that (in a World Cup). Ramiz Raja met us and said, you have to beat India. There was a long time to go for the World Cup when he first came in (as PCB president) but he had started developing this thought in the team from right then. As we got closer to the World Cup he said, regardless of whether you win the trophy or not, just don't lose to India. He used to say don't come under pressure, and then would put pressure on us," Rizwan said in an event in Dallas.

Rizwan also revealed that since it was his first time facing India at the global stage, he didn't really realise the importance of that result until

after the event. "India vs Pakistan always comes with pressure. People may not watch all matches in a tournament but this

is a game everyone sits down to watch, regardless of which country they belong to.

> At the time we had Matthew Hayden with us. He put his arms around me and the captain and asked how we are feeling. The captain said that we have worked hard and now we leave it all in the hands of God.

"For me it was all a first, whether it be playing in a World Cup or in such a big match. So I was feeling quite normal, I didn't think this was any different from any other match. But when we won, that is when I realised what we achieved. In Pakistan, say I go for shopping somewhere, people won't take money. Then I stopped going out for shopping because they just weren't taking money from us, they were all commending us for beating India. Everyone I met was commending us for the win. Once when I went to someone's room they had the match playing on television and said that they watch it everyday," he added.

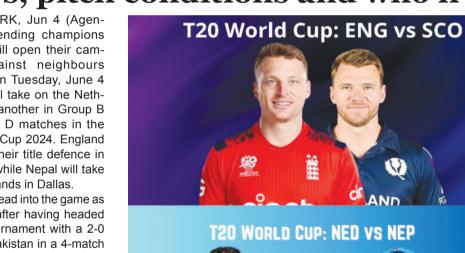
## **Today's T20 World Cup Matches Prediction:** England vs Scotland, Nepal vs Netherlands team news, pitch conditions and who'll win?

NEW YORK, Jun 4 (Agencies): Defending champions England will open their campaign against neighbours Scotland on Tuesday, June 4 while Nepal take on the Netherlands in another in Group B and Group D matches in the T20 World Cup 2024. England will begin their title defence in Barbados while Nepal will take on Netherlands in Dallas.

England head into the game as favourites after having headed into the tournament with a 2-0 win over Pakistan in a 4-match series at home. However, Jos Buttler and his men will keep in mind the lack of preparation time when they head into the group stage. Having played on batter-friendly pitches, the game against Scotland is likely to be played on a slow pitch at the Kensington Oval where Namibia defeated Oman in the first Group B match.

It is at the Kensington Oval where Paul Collingwood's men scripted history, winning England's maiden men's T20 World Cup crown. In the following decade, England have gone on to become one of the powerhouses in white-ball cricket. However, Jos Buttler and Matthew Mott have a task in hand to make sure they put behind the disappointment of the ODI World Cup.

England have an easier route to the Super 8 stage, considering they have only Australia as



the other Test-playing nation in Group. England would want to start their campaign on a dominant note.

On the other hand, Nepal will be looking to flex their strength against the Netherlands, who are considered dark horses in Group D. After having done extremely well in the ODI World Cup last year, the Dutch side will be keen on making a mark and clinching a couple of wins in a group that also has Sri Lanka. the South Africa and Bangladesh.

**HEAD-TO-HEAD RECORDS** 

- T20 WORLD CUP MATCHES England and Scotland are set to meet for the first time in men's T20 cricket.

On the other hand, Nepal and the Netherlands have a tight head-to-head record. Nepal have won 5 and lost 6 against the Netherlands in 12 meetings. PITCH AND CONDITIONS IN BARBADOS AND DALLAS

The pitch at the Kensington Oval in Barbados was a slow one during the match between Namibia and Oman. Namibia struggled to chase down 110 and needed David Wiese's bril-

teams did struggle to get going against spinners.

liance in the Super Over. Both

On the other hand, the Grand Prairie Stadium in Dallas offered a belter for the opening game of the T20 World Cup between USA and Canada. USA rode on Aaron James's brilliance to chase down 195 in just 17.3

TEAM NEWS - T20 World Cup

**England vs Scotland Predicted** 

England XI: Phil Salt, Jos Buttler (c/wk), Will Jacks, Jonny Bairstow, Harry Brook, Liam Livingstone, Moeen Ali, Sam Curran, Jofra Archer, Adil Rashid, Reece Topley.

Scotland XI: George Munsey, Ollie Hairs, Charlie Tear, Richie Berrington (c), Brandon McMullen, Matthew Cross (wk), Chris Greaves, Mark Watt, Christopher Sole, Safyaan Sharif, Bradley Currie.

Netherlands vs Nepal Predicted XIs

Netherlands XI: Michael Levitt. Max O'Dowd, Vikram Singh, Base de Leede, SA Engelbrecht, Scott Edwards, Tim Pringle, Logan van Beek, Arvan Dutt, Paul van Meekeren, Vivian Kingma.

Nepal XI: Aasif Sheikh, Kushal Bhurtel, Anil Sah, Rohit Paudel (c), Dipendra Singh Airee, Kushal Malla, Gulsan Jha, Sompal Kami, Pratis GC, Sagar Dhakal, Lalit Rajbanshi.

## Was always thinking about India selection for T20 World Cup even when I was busy with IPL: Sanju Samson

NEW YORK, Jun 4 (Agencies): Despite being focused on leading his team in the IPL, the thought of the impending T20 World Cup selections was at the back of his mind and he has come "most prepared" for the global showpiece, said Indian wicketkeeper-batter Sanju Samson.

The Rajasthan Royals skipper had another successful IPL season where he scored 531 runs including five halfcenturies and he finally got his due when he was selected in the 15-member India squad for the T20 World Cup in the US and West Indies. India play their opening match against Ireland on Wednesday.

"This is the most prepared or experienced Sanju Samson has come into this World Cup, actually," said Samson in video posted by the BCCI.

"Ten years of lots and lots of failures, few successes here and there. Life in cricket has taught me everything I needed to know before we come

to this crucial tourna-

A highly underrated wicketkeeper-batter, Samson despite his prolific run with the bat in the IPL, has played just 16 ODIs and 25 T20Is.

"The IPL covered all my mind space, I think. There was a lot to do, there was a lot to think being the captain of the side. I think my mind was always occupied, but somewhere at the back of the mind it was there, the World Cup selec-

tions are also around." The 29-year-old added that getting the call-up to represent the country in the World Cup was like a dream come true.

"It was a huge thing, actually. It was like one of the best things which could have happened to my career and those thoughts keep on play-

The Kerala cricketer said that despite having a remarkable season, where his side led the IPL table for most part, he knew securing a place in the India side was not a surety.

"I knew I've had a rea-

sonable good season in the IPL where I do have my chances to get in. But, at the same time, I knew how tough it is. It can be either both sides because it depends on what the team wants. the exact combination our team management or the selectors are looking for," said Samson.

"So the moment I got convinced that 'Sanju you are ready', I think the life and cricket gave it back to me. So, that's how I like to look at it. So, it was a great moment." Samson said failures

and successes in his career have taught him to always look at things in positive light. "I always look at

things in a more positive manner, even if it's a failure or a setback that's when you actually learn about it. When you are young and you are having lots and lots of success, you actually skip a few lessons actually. "I think I've been blessed to get some insane talent with my batting skills, that come very naturally to me, I don't do anything specific but I don't know how actually it comes. It just actually comes."

The cricketer said the moment he landed in New York, the IPL was completely off his mind and he was living in the

moment. "Right from the moment I landed here, IPL has been like completely off and it's been a completely different stage and I'm telling myself 'Sanju you are somewhere (else). I think lots and lots of people dream about and then its like 'Ok boss, what else I

need to do.

"I didn't have to motivate myself; it was like automatically, things were supposed to happen and it was happening and when you get into that atmosphere when you meet Rohit Sharma, Virat Kohli, you look at them and then you get inspired.

"Then you get motivated and then there is no looking back. You are only looking in front. How can a Sanju Samson help the team win more games," he added.

## **HGRG, SMVDU** investigates multiple Muscular **Dystrophy Cases in District Reasi**

**Top News Report** 

REASI, June 4: In response to reports of a mysterious disease affecting several families in the Panasa area of Reasi district, the Human Genetics Research Group (HGRG) from Shri Mata Vaishno Devi University (SMVDU) in Katra has launched a detailed investigation.

The disease, presumed to be a type of muscular dystrophy, has alarmed both local residents and healthcare authorities. A team comprising researchers from SMVDU, Doctors from District Hospital Reasi, World Health Organization (WHO) officials, and aided by the District Legal Service Authority (DLSA), visited the affected families to conduct an extensive assessment.

This collaborative effort aimed to gather essential data and offer immediate support to the patients.

During their visit, the team conducted thorough examinations of the patients, documenting symptoms and medical



They also carried out pedigree analyses to understand the hereditary patterns of the disease, a crucial step in uncovering potential genetic links. Samples were collected for further genetic testing and analysis

Dr. Rakesh Kumar, head of the Human Genetics Research Group at SMVDU, highlighted the significance of this study: "Understanding the genetic basis of muscular dystrophy in

these families is crucial. Our goal is to identify prominent mutations and other genetic factors contributing to the disease. This will not only help in providing accurate diagnoses but also pave the way for potential treat-

ments and interventions." The samples collected are set to undergo rigorous genetic analysis at SMVDU's advanced laboratory. Researchers aim to identify specific genetic mutations associated with the dis-

ing this health crisis. The support from District Hospital Reasic comprising Dr. Yusuf Khan, Dy CMO, Dr. Bilal, Dr. Adil, Dr. Meenali Rajput, has been pivotal in facilitating fieldwork and ensuring patients receive necessary medical attention. Dr. Ajmat from WHO did further investigation from disease perspective. As the investigation continues, there is hope that the findings will lead to significant breakthroughs in understanding and combating muscular dystrophy. The dedication of the research team is expected to bring new insights into the genetic underpinnings of this disease, offering hope to the affected families and contributing to global medical knowledge.

commitment to address-

Dr. Rakesh along with his team of Dr. Ruchi, Rajeshwer and Bhawani thanked the prompt action of CMO Reasi Dr. Ravinder Singh and Prof. Pragati Kumar, Vice chancellor of SMVDU, Katra for mitigating this local health burden.

## **Prof. Uppal addresses national** workshop on "Research Writing and Tools"

**Top News Report** 

JAMMU, June 4: During the week of May 27 to June 1, 2024, the Idyllic Institute of Management, Indore organized a oneweek national workshop/ training program on "Research Writing and Tools Applied".

Prof. R.K. Uppal was specially invited to share his research experience on the topic "Research Writing Skills, Referencing, Selection of Journals and How to Avoid Plagia-Prof Uppal said many

times research papers are rejected due the some prominent factors like pressure to publish in high-profile journals, poor research methodology, poor statistical knowledge, lack of proper data, poor language, grammatical mistakes, and manuscript not falling within the journal's aim and scope, another journal is reviewing research paper, the writing is strange, article doesn't follow the writing standard of the journal, research paper doesn't add value to the journal,

unclear hypothesis, lack

of supporting evidence and poor analysis.

He discussed very clearly how to review various research studies and draw a research gap. Good writing is crucial for a successful career and productive research. Writing and publishing a paper is a process. All researchers should concentrate on three aspects of what they plan to research. why it's worth researching? how do you plan to investigate? He said the findings should be beneficial for Govt. documents or Govt. Policy, findings should be useful for society, the size of the research paper should not be more than 10 to 12 pages, language-wise and grammar, it should be correct and use suitable language, divide the

small and no repetition. Dr. Rajinder Kumar Uppal, a prolific writer, a Man of Letters, a distinguished Professor of Emeritus, an acclaimed academician, a research stalwart, and the more ingenious guide has won

whole paper into sub-

parts, title of the research

paper should be very

accolades not only in the academic field but also

in the genre of research. Presently, he is serving in the most exalted institution, Baba Farid College of Management and Technology (Punjab), as a Professor-cum-Princi-

He is also MTC Global Chair Professor: Banking and Finance. Dr. Uppal is also a Research Professor in the Area of Finance at Indian Institute of Finance, New Delhi. Professor Uppal's influence extends beyond the hallowed halls of academia, shaping the discourse on banking and finance at both national and international levels. His leadership acumen, scholarly eminence, and unwavering commitment to excellence have earned him accolades. admiration, and reverence from peers, colleagues, and students alike. Prof Uppal emerges as a towering figure in the annals of academia, whose multifaceted contributions transcend disciplinary boundaries, inspire generations, and chart the course for a brighter future.

## **Chandel expresses** happiness over **BJP's victory**

**Top News Report** 

JAMMU, June 4: Raju Chandel, a BJP leader, expressed happiness over the BJP's victory, indicating the party's success in securing the majority of seats to form the government

Chandel advocated for the swift passing of a population control law. He expressed concerns about the growing population of those he referred to as "descendants of Mughals," implying that their increasing numbers could pose a threat to the Hindu majority in the country. He suggested that without such a law, Hindus might become country.

Chandel called for the abolition of the Waqf Board, which manages Islamic properties in

He questioned why land was allocated to Muslims during the partition, sug-



gesting that this should not have happened.

Chandel urged Prime Minister Narendra Modi to take steps to protect the interests of Sanatan Hindus, implying that the current population trends could lead to negative consequences for them.

Chandel emphasized that Hindus have high expectations from Modi to address these issues and protect their interests.

These statements reflect Chandel's concerns about demographic changes and his desire for legislative measures to address these issues.

## NC activists start plantation drive across City

ease, providing valuable

insights into its cause

and progression. This

data will also contribute

to the broader scientific

understanding of muscu-

lar dystrophy, potentially

benefiting affected indi-

approach, involving local

authorities, healthcare

professionals, interna-

tional organizations like

the WHO, and support

from Mr. Reyaz and Mr.

Balbir from DLSA, Reasi,

underscores a strong

cooperative

viduals globally.

**Top News Report** 

JAMMU, June 4: The activists of J&K National Conference (JKNC) today started a plantation drive at different locations of Jammu City to promote environmental

The event was inaugurated by Provincial Joint Secretary JKNC Ankush Abrol, who was the chief guest on the occasion. The programme was organized by Zonal Secretary and Coordinator Jammu District Urban, Dr. Vikas Sharma with the aim to enhance the green cover and promote sustainability in the

Ankush Abrol appealed to all the citizens of Jammu City to come forward and actively participate in the Plantation drive to make the drive a great success.

He said that the plants are the lifeline of people as they provide needed resistance to neutralize pollution having crossed



the admissible limits especially in urban sectors. Besides, plantation of trees enhances the level of oxygen and provides fresh air which mitigates the impact of global warming, rain deficit and pollution poor air quality.

While stressing on protecting nature, Abrol appealed to the general public to come forward and plant at least five trees to improve greenery for a pollution free atmosphere.

Speaking on the occasion, Dr Vikas Sharma claimed that trees are also the natural habitats for birds & several other

creatures like honey bees etc, he emphasised adding that it is the necessity of the hour to double our efforts to intensify the drive for tree plantation on a war footing to tackle increasing

During the drive, a large number of saplings of different categories including ornamental, herbal etc were planted in different parks as well as in vacant areas of the city.

The plantation drive was attended by Vikram Gupta, Ashwani Dubey, Roshan Sharma, Abishek Uppal, Vineet Gupta and

## ACD Kishtwar pays obeisance at Shree Sharda Mata Mandir Sharda Nagar



**Top News Report** 

KISHTWAR, June 4: Assistant Commissioner Development Kishtwar Phulail Singh Bandral along with BDO Thakraie Chahat Bharti and staff of Rural Development visited village Anjole wherein ACD Kishtwar along with BDO Thakraie visits the famous ancient temple of Shree Sharda Mata temple situated at

Sharda Nagar Anjole. ACD Kishtwar was warmly welcomed by the members of the Sharda Mata Jagran Development Trust led by Arjun Sharma. ACD Kishtwar Phulail Singh Bandral paid rich obeisance to the deity of Sharda Mata to get blessings of Jagat Janani Mother. He further carried plantation activities inside the temple premises along with BDO

Thakraie and advised local people to plant more and more trees in and around their surroundings to overcome the effects of global warming.

Later, he held a brief interaction with people and other elderly members of the village including ex PRIs and heard their grievance and assured them timely redressal of their grievances.

## June 2024 Term-End Examinations of DMCH launches 'Step Well' clinic **IGNOU** to start from June 7

**Top News Report** 

JAMMU, June 4: The June 2024 Term-end Examinations of the Indira Gandhi National Open University for various Academic Programmes offered by the University are commencing from 7th June 2024 across the Country including Jammu province. The examinations will conclude on 15th July 2024.

Under the Jammu Region, 31 Examination Centres have been established including three Examination Centres in District Jail Ambphalla, District Jail Udhampur and Central Jail Kot Bhalwal Jammu exclusively for Jail inmates and also one Examination Centre in Northern Command Udhampur exclusively for Army personnel.

A total of 32,000 eligible students have filled their examination forms under the Regional Centre Jammu who are appearing in the exams in around 1.90.000 sittings throughout the course of examinations. The examinations are being conducted in two sessions every



working day. The morning session would be from 10AM till 1PM and evening session would be from 2PM to 5PM. There would be no examination on Sundays and Govt. gazetted holidays.

The students may download the Hall Tickets from the University website. Direct online Link for downloading the Hall Ticket is as follows https://hall\_ticket.ignou.ac.in/ hall0624/ignouhallticketjun2024. aspx available on IGNOU website www.ignou.ac.in on the Front Page.

The Students must possess the valid Photo Identity Card issued by the University/Government during the Examination. Mobile phones and any other electronic gadgets are not permitted inside the examination halls.

Regional Director Dr. Jai Prakash Verma informed that the local administration has always been kind and cooperative to deploy security personnel at the Examination Centres for maintaining law and order and the Postal authorities always cooperate by way of accepting the sealed parcels from our Examination Centres beyond the working hours. He expressed hope to conduct the fair and smooth Term End Examinations across the region with the cooperation of administration, Higher Education Department, management and staff of RC and other stakeholders and field functionaries

## on World ClubFoot Day

**Top News Report** 

LUDHIANA, June 4: Dayanand Medical College and Hospital here has joined hands with Anushkaa Foundation to eliminate clubfoot which is one of the largest forms of disability in children in the developing world.

Under this initiative a super-speciality clinic 'Step Well Clinic' was launched at the department of orthopaedics on the occasion of World Clubfoot Day on Tuesday. The clinic will offer multidisciplinary team services comprising orthopaedics, paediatrics, physiotherapy and orthotics under one roof.

The clinic was inaugurated by Bipin Gupta, secretary DMCH managing society along with Mukesh Verma trea-



gynaecology. Sunil Kant Munjal, president DMCH managing society said," India accounts for 19% of the global clubfoot births. Around 33,000 children are born with clubfoot every year. In Punjab,

faculty members from

Ortho, paediatrics and

every year around 500 children are born with clubfoot. And less than 15% of affected children have access to treatment in low- and middleincome countries like India.

"India accounts for close to a fifth of clubfoot births. Untreated clubfoot children face a lifetime of disablement, abandonment, ostracism, and lost school opportunities. Yet clubfoot is very much curable, treated children live perfectly active and healthy lives and excel in every possible field. he said

Bipin Gupta said, "DMCH has been treating clubfooted patients for many years. I am delighted that we are deepening and broadening the scope of this treatment in partnership with the Anushkaa Foundation.

Meanwhile Anushkaa Foundation, formed primarily to eradicate clubfoot, is currently active in 140 districts in 10 different states in India.

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