

TOP NEWS OF J&K

JAMMU, SUNDAY, JUNE 16, 2024

Daily Evening Newspaper



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BRIEFLY

Woman dies in Budgam road accident

SRINAGAR, Jun 16 (Agencies): A woman died in a road accident in Razwan area of central Kashmir's Budgam district on Sunday.

An official told news agency Kashmir Scroll that an accident took place in Razwan Budgam that a truck (Trailer) bearing Registration number Jk03F-5211 hit one pedestrian lady namely Khalida Ali resident of Razwan Budgam who received critical injuries.

He said that the injured lady shifted to District Hospital Budgam for treatment where doctors declared her brought dead.

Meanwhile police have taken cognizance and started investigation.

Police along with Civil administration intensifies Market Checking in Kulgam

SRINAGAR, Jun 16 (Agencies): A day ahead of Eid-ul-Adha, markets in Srinagar and other parts of the Kashmir Valley wore a festive look with people happily shopping in large numbers from morn till night.

The Eid-ul-Adha will be celebrated on Monday across the valley and other parts of the country. The festival remembers the willingness of Prophet Ibrahim to sacrifice his son, Ismail, when God ordered.

The festival is also called Bakri Eid because believers sacrifice an animal, usually a goat, to mark the event. In Srinagar, shoppers were seen mostly making purchases of bakery items, mutton, chicken and garments.

There was also a reasonable rush for sacrificial goats at several market places here and across the valley. In the Srinagar Eidgah sacrificial animals brought from other parts of the country were also put on sale and were a huge draw.

Major shopping centres displayed

Amit Shah advises security forces to crush terrorism in J&K at all cost



NEW DELHI, Jun 16 (Agencies): Union Home Minister Amit Shah on Sunday reviewed the security situation in Jammu and Kashmir in the wake of several terror incidents in the region recently, sources

said. The home minister also reviewed the preparations for the annual Amarnath pilgrimage scheduled to begin on June 29.

Sources said the home minister has been given

a thorough briefing on the prevailing situation in Jammu and Kashmir where security forces are expected to intensify counter-terror operations in the coming days. The operations against the terrorists will be carried

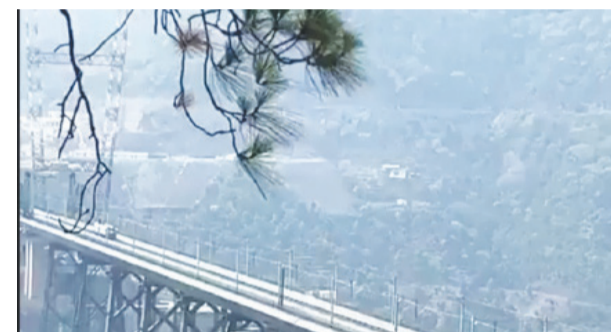
ried out in line with the prime minister's directive, they said.

Shah presided over the high-level meeting here at North Block, three days after Prime Minister Narendra Modi held a similar meeting where he directed officials to deploy the "full spectrum of counter-terror capabilities" after a spate of terror incidents, including an attack on a bus carrying pilgrims.

National Security Adviser Ajit Doval, Lieutenant Governor of Jammu and Kashmir Manoj Sinha, Army Chief General Manoj Pande, Army Chief-designate Lt. General Upendra Dwivedi, Union Home Secretary

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CRS to conduct 2-day inspection of Railway line as 'Dream Project' inches closer in J&K



JAMMU, Jun 16 (Agencies): Commissioner of Railways Safety (CRS) D C Deshwal will conduct a two-day inspection of the 46-km Sangaldan-Reasi section, which passes through the world's highest steel arch rail bridge over Chenab and major tunnels, later this month, an official said on Sunday.

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with us on WhatsApp Chief Public Relations Officer, Northern Railway, Deepak Kumar said the commissioning of this section depends on the CRS's inspection of this vital section of the ambitious Udhampur-Srinagar-Baramulla Rail link (USBRL) on June 27 and 28.

The works of Sangaldan to Reasi will be

completed before the scheduled inspection of CRS," he said.

Out of the total 272 km USBRL project, 209 km was commissioned in phases with the first phase of the 118 km Qazigund-Baramulla section commissioned in October 2009 followed by 18 km Banihal-Qazigund in June 2013, 25 km Udhampur-Katra in July 2014 and 48.1 km long Banihal-Sangaldan stretch in February, this year.

With the commissioning of the 46 km Sangaldan-Reasi section, the work on only a 17 km stretch between Reasi and Katra remains pending which is likely to be

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Amaranth Yatra | Online helicopter booking begins for pilgrims for both routes

JAMMU, Jun 16 (Agencies): The wait is finally over for the pilgrims waiting for online helicopter ticket booking services as the Shri Amarnath Shrine Board has started the facility for both Baltal and Pahalgam yatra routes for this year's 52-day Shri Amarnath Yatra starting on June 29.

The annual pilgrimage of Baba Amarnath is starting on June 29 and will conclude on August 19, on the day of Raksha Bandhan.



As per official details, for the Baltal route, helicopter service is being provided on Neelgrath-Panjtarni-Neelgrath, and for Pahalgam route, it will be available on Pahalgam-Panjtarni-

Pahalgam route. However, official sources said online booking of helicopter service can be availed of by visiting the official website JKASASB.nic.in adding,

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Ahead of Eid, Kashmir markets abuzz with shoppers

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The festival is also called Bakri Eid because believers sacrifice an animal, usually a goat,



to mark the event. In Srinagar, shoppers were seen mostly making purchases of bakery items, mutton, chicken and garments.

There was also a reasonable rush for sacrificial goats at several market places here and

across the valley. In the Srinagar Eidgah sacrificial animals brought from other parts of the country were also put on sale and were a huge draw.

Major shopping centres displayed

Turn to page 9

Thieves gang busted, stolen property recovered in J&K's Ganderbal

SRINAGAR, Jun 16 (Agencies): A gang of thieves involved in various thefts were arrested and police in Jammu Kashmir's Ganderbal district recovered stolen property including gold ornaments worth in lakhs.

The police on Sunday said Lar police station received a written complaint on April 18 regarding a theft at a house when gold items and cash were looted.

A case was registered and during investigation some suspects were narrowed down to. During the questioning of Tariq Ahmad Rather and Manzoor Ahmad Chopan, they admitted to the crime.

"The duo revealed that they along with their other associates, who had fled to Kargil, had carried out some more thefts.

Three more accused — Sheraz Ahmad Guroo, Showket Ahmad Saad and a juvenile were apprehended.

Stolen property worth in lakhs including cash amount of Rs 10,000, seven gold rings, four heavy gold earrings, eight golden earrings, a gold brooch among others were recovered from their possession.

Further investigation was underway.

MBA MOTORS

MERCEDES - BMW - AUDI

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

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TENTH DAY /UTHALA

With profound grief & sorrow, we inform the sad demise of our beloved **Sh Vinod Gupta S/o Lt Sh Banarsi Lal Gupta** on June 5, 2024 (Wednesday).



Sh Vinod Gupta

TENTH DAY will be performed at Mahajan Hall (Shalimar Road, Jammu, near Ranbireswar Temple) on June 13, 2024 (Thursday) from 12 PM to 1 PM.

UTHALA will be performed at Kalgidhar Gurudwara Sahib (Rehari Chung, Jammu) on June 17, 2024 (Monday) from 4 PM to 5 PM.

GRIEF STRICKEN :

Smt Varsha Gupta (Wife)
Karan Gupta (Son)
Kanika & Sahil Gupta (Daughter & Son-in-law)
ALL GUPTA FAMILY MEMBERS
PH : 90868-37773/ 98161-09953
ADDRESS : House No. 24, Exchange Road, Kacchi Chawni, Jammu

TENTH DAY/KRIYA/ RASAM PAGRI & UTHALA

With profound grief and sorrow we inform that our dear **CAPT. RAM SARAN VAID S/o Late Sh. Tej Ram Vaid R/o near post office, Village Bhalwal, Jammu** had left for his heavenly abode on 08th of June 2024 (Saturday).



CAPT. RAM SARAN VAID

TENTH DAY, KRIYA, RASAM PAGRI & UTHALA will be performed at our residence village Bhalwal as under:

Tenth Day : 17th June 2024 (Monday) 10.00 A.M
Kriya : 18th June 2024 (Tuesday)
Rasam Pagri & Uthala : 19th June 2024 (Wednesday) 2.00 to 3.00 PM
Grief Stricken
Smt. Kailash Vaid - Wife
Son & Daughter-in-law
Sh. Dinesh Vaid & Smt. Santosh Vaid
Sh. Rajesh Vaid & Smt. Seema Vaid
Daughter & Son-in-law
Sh. Sanjay Raina & Smt. Renu Vaid
Grand Kids : Nandini, Nandan, Madhvan, Ira, Prashant & Himanshu
Mob : 9419168433, 9469185900

TENTH DAY/ KRIYA/UTHALA

With profound grief we inform the sad demise of our beloved mother **Smt. Ratna Devi W/o Late Sh. Surinder Nath Sharma** of Punamdi on 06th of June 2024.



SMT. RATNA DEVI

The **10TH DAY** shall be performed at their residence No. 2, Sector 2, Shri Sri Vinay Lower Rop Nagar Jammu on 15th June 2024 (Saturday) at 10 am.
KRIYA/ KARAM shall be performed on 16th June at the residence.
RASAM PAGRI/ UTHALA shall be performed at Aap Shambhu temple upper Rop Nagar Jammu on 17th June (Monday) at 5 pm.
GRIEF STRICKEN:
Sons & Daughter-in-law:
Archana and Sh. Rajivmohan Sharma.
Ari and Dharminder Sharma.
Shruai and Vinod Sharma.
Daughters-in-law and Nephew:
Sunita & Jai Krishan Bani
Daughters and Sons in law:
Vijaya and Jagdish Sharma.
Surman and Darshan Sharma
Sunita and Late Sh. J.F. Sharma
Shashi and Late Sh. Subhash Chander Sharma.
Upasara and Sunil Sharma.

Grand Children
Achyut, Sakshi, Virenia, Vibhava and Avikshit.

10TH DAY/KRIYA/RASAM PAGRI

"Quietly Remembered everyday
No longer in our life to share, but in our hearts,
Dear mother you're a lady there".



Smt Reva Gupta (Reld ZPEO)

With profound grief & sorrow, we regret to inform the sad demise of our beloved **Smt Reva Gupta (Reld ZPEO)** W/o Sh. Suresh Gupta (Plasswale) R/o Ward No. 3, Krishna Colony, Kathua on 4th June, 2024.

Tenth Day will be performed at our residence on Thursday 13th June 2024 from 10.00 am to 11.00 am.
Kriya will be performed at our residence on Sunday 16th June, 2024 at 11.30 am.
Rasam Pagri will be performed at our residence on Monday 17th June, 2024 at 11 am.

GRIEF STRICKEN:
Sh. Suresh Gupta (Husband)
Smt. Dulari Rani (Mother-in-law)
Praveer Gupta (Son)
Rishi & Nishu Gupta (Daughter & Son-in-law)
Rohini Gupta & Anika Gupta (Daughter & Daughter)
Grand Children : Mohini & Rishu

R. S TRADERS, KATHUA
Ph. 7780811094, 9419108402

KIRTAN & ARDAS

REGRET TO INFORM THE SAD DEMISE OF **RANA ROMINDER SINGH S/O LATE S. UTTAM SINGH KHORANA**, WHO PASSED AWAY ON 4TH JUNE 2024 IN USA.



RANA ROMINDER SINGH

KIRTAN AND ARDAS IN HIS LOVING MEMORY ON **MONDAY 17TH JUNE 2024**, FROM 5 TO 6 PM AT BABA FATEH SINGH JI GURUDWARA GANDHINAGAR JAMMU, FOLLOWED BY LANGAR.

GRIEF STRICKEN:
DAUGHTERS & SONS-IN-LAW
RENU & J S MODI EX DY COMM.
KAVITA & J S CHHABRA, USA
SANGEETA & PAWAN SINGH, DUBAI
GRAND CHILDREN:
RAJA MODI-SUMI MODI
VICKY MODI-EMMA MODI
J S MODI- ESHA MODI
AMAN, PRAJEET MEHAR, KARUNA
GREAT GRAND CHILDREN: YUVRAJ JEET, JANNAT, ANAHITA, AYRA
MOB: 9419196101, 941923707

TENTH DAY KRIYA

With profound grief and sorrow we inform the sad demise of our beloved mother **Smt. Shama Bhat W/o Lt. Paly Lal Bhat of Gurd Gauri Kopyara** at present: Flat No 0006 Tower 5 Sec 54 Gulshan: Hariyana, Jammu address: Patli Bhatina on 10th June 2024.



SMT. SHAMA BHAT

TENTH DAY KRIYA will be held on 16th June 2024 at Gurdwara Sharada Mandir Trust: Book Phase 1 Sector 100 New Palam Vihar Gurugram at 7:00 AM.

GRIEF STRICKEN:
Sh. Khatu Bhat-Son
Sh. Khatu Bhat-Son's Son and Daughter in law
Smt. Jitendra Bhat-Son's Daughter and Son in law
Smt. & Sh. Anshu Lal Bhat-Daughter in law and Son in law
Sh. Pratik Nath Bhat-Daughter in law
Smt. Usha Bhat-Son's in law
And Grand children
Purnesh Bhat-Daughter and Grand child
MOB: 9419196101, 941923707

TENTH DAY/KRIYA

With profound grief and sorrow, we inform the sad demise of our beloved **Sh Rajinder Kumar (Manager, Union Bank of India, Hoshiarpur)** S/o Sh. Charan Dass R/o House No. 39A, Lane No. 1, Ekta Vihar, Gangyal, who left for his heavenly abode on 09.06.2024.



Sh Rajinder Kumar

Tenth Day shall be performed on 16-6-24 (Tuesday) at Indian Farms, Near Seotra Dental college.

Satsang timing : 12 Noon
GRIEF STRICKEN:
Wife and Kids
Brothers and Sisters-in-law
Sister and Brother-in-law
Father and Mother
Uncles and Aunties
In -Laws
Contact us : 9906263452/9419138787

BHOG AND ANTIM ARDAS

WITH PROFOUND GRIEF AND SORROW, WE SADLY INFORM THAT OUR BELOVED **S. GURCHARAN SINGH S/O LATE S. CHAMRAN SINGH R/O TRINGLA** BATOTE LEFT FOR HEAVENLY ABODE ON 09TH OF JUNE 2024.



S. GURCHARAN SINGH

ARAMBH SRI AKHAND PATH SHALL BE HELD ON 16/06/2024 (SUNDAY) AT 9.30 A.M.

BHOG SRI AKHAND PATH SHALL BE HELD ON 18/06/2024 (TUESDAY) AT 9.30 AM AT OUR RESIDENCE (BATOTE).

ANTIM ARDAS FOR THE DEPARTED SOUL SHALL BE HELD AT GURDWARA SINGH SABHA BATOTE FROM 10.30 AM TO 12.30 PM ON 18TH OF JUNE 2024.
GRIEF STRICKEN
SDN. JAGIT KAUR (WIFE)
S. RAMNIK SINGH (SHINTU) & SDN. TAVINDER KOUR (SON & DAUGHTER-IN-LAW)
S. SATINDER PAL SINGH (MICKU) (KASHMIR FREIGHT CARRIER)
& SDN. GURPREET KOUR (SON & DAUGHTER-IN-LAW)
SDN. TANVEET KOUR & S. GURMEET SINGH (DAUGHTER & SON-IN-LAW)
DR HARPREET KOUR & S. INDER DEEP SINGH (DAUGHTER & SON-IN-LAW)
CONTACT: 9419166273, 8416013004

TENTH DAY KRIYA

With profound grief & sorrow, we inform the sad demise of our beloved mother **Smt. Lalita W/o Lt. Sh. Vasdev of Zalinder Mohalla Habba Kadal Srinagar** on 06/06/2024 (Sunday) presently at H.No. 35, Laxmi Pura Chhinore Jammu.



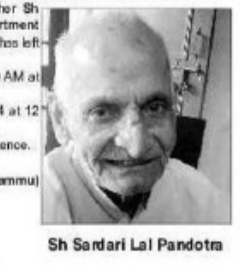
Smt. Lalita

Tenth Day Kriya will be performed on 16/6/24 (Tuesday) at Muthi Ghat (Near Director Office) & Assembly will be at 9:00 AM.

GRIEF STRICKEN
Moti Lal Ji & Dulari Ji - Son & Daughter-in-law
Krishen Ji & Usha Ji - Son & Daughter-in-law
Ashok Ji & Artie - Son & Daughter-in-law
Santosh & Kamal Ji - Daughter & Son-in-law
Phoola & Pawan Ji - Daughter & Son-in-law
Suneeta & Dileep Ji - Daughter & Son-in-law
Veena & Vijesh Ji - Daughter & Son-in-law
All Grand Children
Mob.: 9906309158

TENTH DAY/KRIYA/RASAM PAGRI

With profound grief and sorrow, we inform that our father **Sh. Sardari Lal Pandotra** (Retired SO J&K Judicial) Department and Ex Vice President, Jammu Yatri Bhawan, Hariwarid) has left us for his heavenly abode on 06.06.2024.



Sh Sardari Lal Pandotra

Tenth Day shall be performed on Saturday 15-06-2024, 9 AM at our residence Chhagwal.

Kriya shall be performed next day on Sunday 16-06-2024 at 12 Noon at our residence Chhagwal.

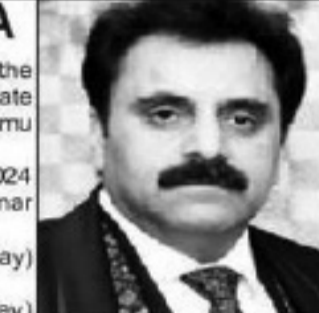
Rasam Pagri on Monday 17-06-2024 at 11 PM at our residence.
GRIEF STRICKEN:
Chhavi Sharma (Retired Tech Officer University of Jammu) & Sandhya Sharma
Late Thakur Dass Sharma (Retired SO Sale Tax Deptt)
& Surma Devi
Durga Dasa & Sandhya
Ghoshal Lal Sharma (Retired AEE PWD) & Anita Sharma
Lokeshi Kaur Sharma & Sushita Sharma
GRAND SONS AND DAUGHTERS-IN-LAW
Grand Daughters and Sons-in-law
Great Grand Children
789773826, 7006130951

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10TH DAY/KRIYA/UTHALA

With profound grief & sorrow, we regret to inform the sad demise of our beloved **Sh Ravi Dogra S/o Late Sh B R Dogra R/o H.No. 08, Mohalla Ustad Jammu** who left for heavenly abode on 08-06-2024.



Sh Ravi Dogra

10th Day shall be performed on 17-06-2024 (Monday) at 11 AM at Mahajan Hall Shalimar Jammu.

Kriya shall be performed on 20-06-2024 (Thursday) at our residence Ustad Mohalla Jammu.

Uthala will be performed on 21-06-2024 (Friday) from 4 PM to 5 PM at Brahman Sabha Parade Jammu.
Grief Stricken
Nisha Dogra -Wife
Riyansh Dogra (Rudra) -Son
Ashok Dogra & Chandhal -Brother & Bhabhi
Raj Kumar Dogra & Rani -Brother & Bhabhi
Pawan Dogra & Neetu -Brother & Bhabhi
Basant Kumar -Jija Ji
Mb. No. 9149428316, 9419106482, 7006311554

10TH DAY/ KRIYA/ RASAM PAGRI/UTHALA

WITH PROFOUND GRIEF AND SORROW, WE INFORM THE SAD DEMISE OF OUR BELOVED **SMT. SHAKUNTLA SHARMA (RETD. SENIOR TEACHER, DBN SCHOOL)**, W/O LATE SH. DAWARKA NATH SHARMA (RETD. PRINCIPAL D.I.E.T) R/O F-869, TALAB TILLO, JAMMU, WHO EXPIRED ON 8-06-2024.



SMT. SHAKUNTLA SHARMA (RETD. SENIOR TEACHER, DBN SCHOOL)

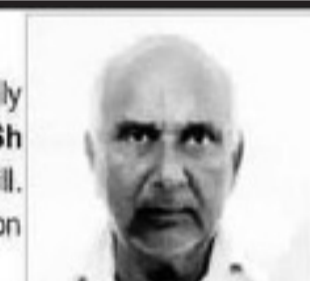
10TH DAY AND KRIYA WILL BE PERFORMED ON 17/6/24 (MONDAY) AT 12 NOON, AT OUR PRESENT RESIDENCE: ROYAL NEST CHANDAN FLATS, SATYAM ROAD, TRIKUTA NAGAR EXTENSION 1 A, JAMMU.

RASAM PAGRI/UTHALA WILL TAKE PLACE ON 17/6/2024 (MONDAY) FROM 3 TO 4 PM AT OUR PRESENT ADDRESS : ROYAL NEST CHANDAN FLATS, SATYAM ROAD, TRIKUTA NAGAR EXTENSION 1 A JAMMU.

GRIEF STRICKEN:
DAUGHTER IN LAW & SON
DR RASHMI & DR AMIT BASNOTRA
SON IN LAW & DAUGHTER:
SH. PRATUL & DR. RICHA SHARMA
GRANDSON:
AMAY BASNOTRA

10th Day/Satsang

With profound grief and sorrow, we painfully inform the sad demise of our beloved **Lt Sh Swarn Raj S/o Lt Sh Shankar Das R/o Vill. Kallah Sidh-Swankha, Ramgarh** expired on 08-06-2024.



Lt. Sh Swarn Raj Ji

10th Day and Satsang will be performed on 17-06-2024, Monday at Noon at Khajuria Palace, Gho-Rakwalan, Swankha Road.

Grief Stricken :
Smt Pushpa Devi (Wife)
Brothers & Jangral Families
Ph. 9622206090, 7780836529

TENTH DAY/KRIYA

With profound grief and sorrow we inform the sad demise of our beloved father **Sh Charanjil Lal Kapoor S/o Lt Sh. Mursahi Ram Kapoor R/o H. No. 230 Lane No 9 Shakti Nagar Jammu.**



Late Sh Charanjil Lal Kapoor 11-07-1944/09-06-2024 (Founder of Sarawati Gold Smith)

TENTH DAY will be performed on 17th June 2024 (Monday) at Om Palace Shakti Nagar Jammu at 11 A.M.

KRIYA will be performed on 19th June 2024 (Wednesday) at our residence on 12 noon.

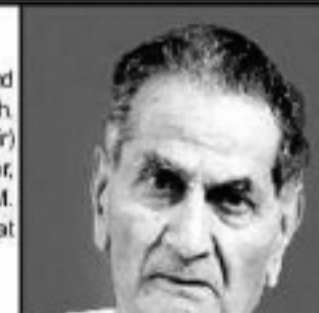
RASAM PAGRI will be performed at Om Palace Shakti Nagar Jammu at 5 PM (19th June 2024).

GRIEF STRICKEN
Smt. Ratna Devi W/o Late Sh Charanjil Lal Kapoor
Sons and Daughters in law
Smt. Sunita and Sh. Rajat Lal Kapoor
Kashmir Jewellers Trikuta Ngr Sh. Sanjay Kapoor
Smt. Meenakshi and Sh. Rishi Kapoor SARASWATI GOLD SMITH, SHAKTI NAGAR Daughters and Sons in law
Smt. Lata and Sh. Hari Lal Verma
Smt. Neelam and Sh. Ashok Abrol (Late Chand Lal Abrol Jewellers Udh.)
Grand Daughters and Grand Sons
Ms. Niya and Mr. Rabal Kapoor
Ms. Sarbhi and Mr. Rajat Kapoor
Sahil Kapoor (Grand Son)

Sanchita Kapoor (Grand Daughter)
Rakshita Kapoor (Grand Daughter)
Shavi Kapoor (Grand Daughter)
Alokita Kapoor (Great Grand Daughter)
9103637733, 9906040680, 8825082946

TENTH DAY

Our family mourns the loss of our most respected and beloved father **Sh. Mohan Lal Ji Gareeb S/o Lt. Sh. Gobind Ram (R/o 7A New Colony, Sopore, Kashmir)** presently at House No. 21, Ward No. 1, Bherat Nagar, Udhampur, J&K attained Nivana on 08th June 2024 at 4 AM.



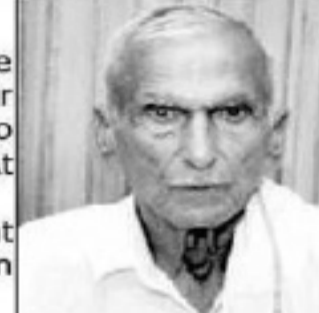
SH. MOHAN LAL JI GAREEB

Tenth Day will be performed on 16th June 2024 (9 AM) at Devika Ghat, Udhampur.

GRIEF STRICKEN
Smt. Jai Kishori (Wife)
(Sons & Daughters-in-Law)
Sh. Roshan Lal Gareeb & Smt. Neelam Gareeb
Sh. Sanjay Kumar Gareeb & Smt. Rita Gareeb (Daughters & Sons-in-Law)
Smt. Phoola Parasher & Sh. Parmesh Chand Parasher
Smt. Santosh Pangtey & Sh. Dinash Pangtey
Son & Daughter-in-Law
Sh. Bhushan Lal Gareeb & Smt. Lajwanti Gareeb
Grand Children, Great Grand Children, & entire Gareeb family

10th DAY

With Profound grief and sorrow, We painfully inform the sad demise of our beloved father **Mr. Frangi Ram S/o Late Shree Daya Ram (Platan wale)** At present Mishriwala.



Mr. Frangi Ram

10th DAY will be performed at Mishriwala (Near HP Gas Agency) on 17/06/2024 (Monday).

ASSEMBLY will be at 9.00 am
GRIEF STRICKEN
KAMAL JEET SHARMA (SON)
YASH PAUL (SON)
MOB:- 9697500823 , 9419100823

TENTH DAY KRIYA

We inform with heavy hearts and teary eyes that our beloved **Shri Vijay Kaul** resident of H No. 135, Sector 1, Indira Vihar, Old Janipur, Jammu at present N-1103, Grand Ajnara, Heritage Sector -74 Noida (UP) left for his heavenly abode on 10th June, Monday 2024.



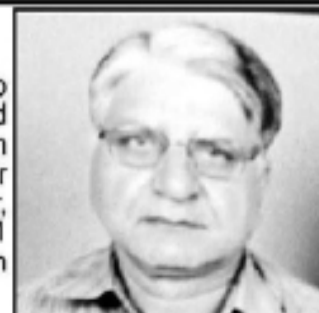
Shri Vijay Kaul

10th Day Kriya will be performed on 20th June, Thursday, 2024 at Garh Ganga Ghat, Mukhteshwar at 8.00 am.

Grief Stricken :
Sumedha Kaul - (Wife)
Shachi and Saavni Kaul (Daughters)
Surinder Kaul (Father)
Tej Krishan and Rajinder Kaul (Uncles)
Veena Kaul (Aunty)
Dalzy and Mohan Krishan Mongha (Bua and Fufa Ji)
Utpal and Hina Kaul, Puneet and Niharika Kaul, Priyanka and Rohit Bhat, Ankit and Neha Kaul, Kavya and Akshata Mongha, Ashish Kaul and Gyanshwar Mongha
Mobile Nos :- 9958729719, 7678464315, 7233919845

10TH DAY KRIYA

With profound grief and sorrow we regret to inform the sad demise of our beloved **Sh. Kaka Ji Chowdhary S/o Neel Kanth Chowdhary R/o Naidyar Rainawari - Srinagar** presently at H.No. 249, Sec 1, Durga Nagar, Roop Nagar, Jammu on 08.06.2024 at 2:00 PM.



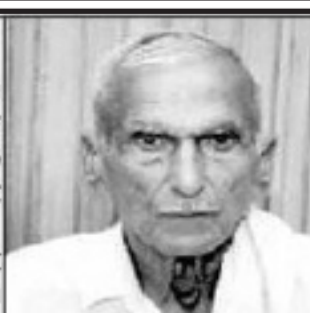
Sh. Kaka Ji Chowdhary

10th day kriya will be held at Muthi Ghat on 17th June 2024 (Monday) at 08:00 AM.

Grief Stricken:-
Smt. Purnima Chowdhary (Wife)
Mr. Kunal Chowdhary (Son)
Daughter & Son-in-law
Pratiba Chowdhary & Rajesh Tickoo
Brother & Bhabhi
Smt. Basanti Chowdhary W/o Late Raj Nath Chowdhary
Smt. Ujla Chowdhary W/o Lt. Nanajee Chowdhary
Sh. Ajay Chowdhary & Smt. Vijay Chowdhary
Mob: 9718790444, 9810185770

10th DAY

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Mr. Frangi Ram

10th DAY will be performed at Mishriwala (Near HP Gas Agency) on 17/06/2024 (Monday).

ASSEMBLY will be at 9.00 am
GRIEF STRICKEN
KAMAL JEET SHARMA (SON)
YASH PAUL (SON)
MOB:- 9697500823 , 9419100823

Sant Nirankari Mission organised a Blood Donation Camp at Domana

Top News Report

JAMMU, Jun 16: With the blessings of Her Holiness Satguru Mata Sudiksha Ji Maharaj Sant Nirankari Charitable Foundation a Social Wing of Sant Nirankari Mission organises a Voluntarily Blood Donation Camp at Sant Nirankari Sat-sang Bhawan Domana to spread the message of Baba Hardev Singh Ji "Blood Should Flow In Veins, Not In Drains". Volunteers from Sant Nirankari Mission Branch Gurah Brahmana also participated in this Camp. A total of 100 units of blood donated by the volunteers. The Camp was inaugurated by Sher Singh JKAS Additional Deputy Commissioner Jammu.



While speaking on the occasion he congratulated Sant Nirankari Mission for organising regular Voluntarily Blood Donation Camps for the needy peoples. Blood Donation

is a unique donation and since 1986 Sant Nirankari Mission selflessly serves the Humanity. Let us all unite for this noble cause. Ajit Singh Zonal Incharge Sant Nirankari

Mission Jammu said that Sant Nirankari Mission is establishing Universal Brotherhood by Donating Blood as all humans are members of one global family and each

one of us is a reflection of Almighty Nirankar. Till today more than 13 Lakh units of blood donated by the mission and nearly 600 camps organized by the mission throughout the year.

Parshotam Singh Mukhi Domana welcome the chief guest and donors presented on the occasion.

Other dignitaries presented on the occasion were Dr Major Sahil Gorka, from Blood Bank GMC Jammu, BR Lachotra former Director General planning J&K, Gian Chand Khetriya Sanchalak Jammu. The camp was held in collaboration with blood & transfusion dept. of Govt. Medical College Jammu and JKASCS.

Continuous attacks by terrorists threat to safety and security of our citizens: Kesri

Top News Report

ARNIA, Jun 16: Shiv Sena Hindustan J&K President Pt Rajesh Kesri today in a press conference at village Treva of Arnia Block expressed serious concern over recent back to back attacks in Jammu region and also appreciating security forces for upholding the sovereignty and integrity of our great nation which is at the heart of every Indian citizen. Addressing media persons, Kesri observed that J&K Police has been relentlessly pursuing the goal of uprooting the terrorist ecosystem which can be gauged from the fact that 21 local terrorists including top commanders of different terror outfits were neutralized, 89 terror modules & 291 terror suspects/associates arrested last year. Notwithstanding the progress made, however there is no room for complacency. "The continuous attacks by terrorists are a serious threat to the safety and security of our citizens. It is imperative that we take strong action against those responsible and their supporters. He strongly condemned the series of terror attacks and questioned the sudden spurt in terror incidents, on the eve of Shri Amarnath Ji Yatra and Assembly elec-



tions which is worrisome. He demanded that firm action be taken to check rising militancy, which has been spreading in entire Jammu. Kesri claimed that terrorist attacks in Reasi, Hiranagar and Doda are a serious threat to national security perpetrated by Pakistan who is unnerved and frustrated by the normalcy returning to J&K and the peaceful overwhelming participation of people of the UT in recently concluded Parliamentary elections. He said the security forces are effectively working on the ground and have brought terrorism to its last legs in J&K. The way number of terrorists neutralized in J&K has proved that security forces have the ability to fight the menace of terrorism with its uncompromising zero tolerance policy towards terrorism, terrorists, their perpetrators, overground workers and their sympathizers which has led to peace on the streets of J&K.

We all in J&K irrespec-tive of religion, region caste or creed want peace and have a high stake in normalcy. Near normalcy in last five years has led to resurgent transformed buoyant J&K. Let us all who belong to J&K unitedly rise to the occasion and together provide all support to the Security Forces and the administration to fight this menace of terrorism unleashed by the enemy Neighbour. While showing his serious concern over increasing terror attacks in Jammu region, Kesri termed it a part of big conspiracy of Pakistan which wants to create unrest in the UT of J&K. He said in view of coming Amarnath Ji Yatra the Government should take stringent measures to curb terrorism. Prominent among those present on the occasion include Balveer Kumar, Balwant Fauji, Rajesh Kumar, Sanjeev Sharma, Rajkumar Baba, Suresh Kumar, Captain Gharam, Darshana Devi, Rajni Devi, Vijay Devi, Neeru Devi and dozens of Shiv Sainiks.

Secretary Horticulture Visited MFPN, Chakroi



Top News Report

JAMMU, Jun 16: Secretary Horticulture Smt. Vivek sharma visited Mega Fruit Plant Nursery Chakroi along with Director Horticulture Sh. Chaman Lal Sharma and Technical officer Sh. Anil Chibber. She inspected the various components of the Nursery viz Automation, Mother orchards, High tech houses, Insect proof Houses, Screen houses etc. Director Horticulture informed the secretary that the nursery is spread over an area of 40 hectare and is equipped with all modern facilities required for the High-tech nursery. It is biggest nursery of

Jammu division. He told on the occasion that the nursery has started producing more than one lac plants per annum just after the one and half year of inauguration and will be able to produce more than four lac plants per annum after two years when mother plants will become young. Sharma also informed the secretary, that the it is full filling the need of the farmers Jammu division for sub-tropical Fruit plants like Mango, Guava, Litchi, Citrus, etc. The Secretary Horticulture appreciated the work done by the officers of the Department in the far flung area of the Boarder Village.

Former President CCI Jammu Congratulates Dr Jitendra Singh MOS/ PMO

Top News Report

JAMMU, Jun 16: The Former President of Chamber of Commerce & Industry, Jammu, Sh. Rakesh Gupta in a Press Statement said that it gives me immense pleasure and a feeling of pride in congratulating Dr. Jitendra Singh MOS at PMO on scoring a hat trick and winning as the Member of Parliament from Udhampur - Kathua-Doda Lok Sabha Constituency against a strong coalition front in the Union Territory of Jammu & Kashmir. He attributed this third time successive win to his Vision, Diligence, Resolve and Commitment towards the people at large as desired by the Hon'ble PM Sh. Narendra Modi.



Rakesh Gupta further expressed his gratitude to Dr. Jitendra Singh for his numerous contributions including 190 Cr. Devika Project, Chenani-Nashri Tunnel, Vande Bharat Train, First Industrial Biotech Park, Prime rating in PMGSY, Purple Revolution, Atal Setu Cable-Stayed Bridge, Karta - Delhi Express Road Corridor, Additional Medical Colleges, Ujh Multipurpose Projects revival, Mansar Lake Rejuvenation Project, Mantalai International Yoga Centre cum Wellness Centre, Tele Medicine Services, Maharaja Gulab Singh Statue, World's Highest Rail Bridge, North India's First Space Centre, Juthana Bridge, Inclusion of Katra in Inter Model Station, Solar Village at Palli, First Seed Processing Plant at Kathua, 1000 MV Pakal

Dul Dydro Power Project, GI certification for Basholi Paintings, Revival of Shahpur Kandi Dam Project, Banihal - Qazigund Tunnel and Mata Vaishno Devi Railway Station.

He also thanked Dr. Jitendra Singh for his co operation and sincere follow up in getting the prestigious AIIMS at Vijaypur, BSF Parade at Suchetgarh, Revival of Tawi Lake Project in Jammu. He said that he felt assured that Dr. Jitendra Singh would continue to do much more in future with his far sighted vision and immense knowledge. He further welcomed the decision of Hon'ble Prime Minister to include Dr. Jitendra Singh in his Cabinet of Ministers for the third time in a row that spoke of his Calibre, Achievements and Dedication towards the Nation sending a clear and loud message to one and all, demolishing the pseudo stand of all critics and negative forces.

Natrang presents a new Hindi play 'Laadli'



Top News Report

JAMMU, Jun 16: Natrang presented a new Hindi play 'Laadli' written by Manjul Bhardwaj and directed by Neeraj Kant here today at Natrang Studio Theatre, Jammu under Natrang's weekly theatre series 'Sunday Theatre'. The play based on gender inequality, echoes the crying voices of countless unborn girls. Highlighting the Indian mindset and attitude towards girls, the play strongly advocates the celebration of the birth of the girl child and her life. The play begins with the crying echo of a

female fetus, where the girl in an embryo form establishes a dialogue with her mother and says, "O mother! Don't kill me, I want to come into this world, want to see this beautiful world, don't kill me." In the next scene, a woman is forced to undergo an amniotic fluid test and is later forced to abort the pregnancy after discovering that the pregnancy is a girl. In this poignant scene, the father's expression of his inability to raise dowry for the girl and his pleading that the grandparents' lineage should not grow is presented very effectively. The girl's grand-

father talks about getting his son married for the second time. After this, the artists spread across the stage searching for girls and then educate audiences about the boy-girl ratio in different states of India.

After this, the girl in the female fetus talks to her parents, grandparents and the doctor and says that she should be allowed to be born, because nowadays girls are not weak, they are able to stand on their own feet after being educated, they can help their parents. Addressing the doctor, the girl says that your job is to give life, not to take it. Why do you want to kill me even before I am born? I want to live, I want to come into this world, don't kill me. At last, the mother musters the courage to give birth to her child and all the actors sing and dance to express happiness and the play ends.

Natrang's young actors who performed in the play included Priyal Gupta, Payal Khanna, Sanna Devi, Lalita Sharma, Kushal Bhat, Aadish Dhar and Mehak Chib. Lights were operated by Neeraj Kant and the show was coordinated by Mohd. Yaseen.

Army along with Govt Animal husbandry Department organised Medical, Veterinary Camp at Sauni, Poonch



Top News Report

POONCH, Jun 16: Army along with Government Animal husbandry department organised a free medical and veterinary camp under the theme of tour of medical teams in remote areas and with primary aim of providing basic medical facilities to Gujar & Bakarwal community and their heard of animal's residing in this remote and inaccessible Village Sauni and adjoining areas. Army doctors along with local civilian doctors were present to assist the patients. Free health check ups & medicines were provided to the patients. Requisite consultation, vaccination and medicines for the

livestock were provided to a total strength of 114 (40 Females, 45 Males, 13 Boys, 16 Girls) and 45 animals. The medical camp was organized to help the resident populace who are residing at remote areas of Poonch District for leading a normal and healthy life, which otherwise is challenging considering the terrain and weather conditions.

A lecture was also organized during this medical and veterinary camp to emphasize on the importance of good eating habits, balanced diet plan and maintaining personal hygiene and sanitation to increase happiness quotient amongst the august gathering.

UNION TERRITORY OF JAMMU & KASHMIR
OFFICE THE EXECUTIVE ENGINEER PWD (R&B) DIVISION JAMMU EAST
E-MAIL: eastdivisionjammu@gmail.com

SHORT NOTICE INVITING TENDER

Short e-NIT No. 16 of 2024-2025/Jammu East Dated 12-06-2024

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir e-tenders are invited on percentage basis from approved and eligible Contractors registered with Union Territory of J&K, CPWD, Railways, MES and other State / Central Governments for each of the following works :-

S. No	Name of Work	Name of Division	Advertise d Cost (Rs. Lakh)	Cost of document (in Rs.)	Earnest Money (in Rs.)	Time Allowed for complete on	Time and date of opening of tender	Class of Contractor
1	Stage contract for day to day maintn. / general upkeeping during the financial year 2024-25 on Janipur Ambgrota road Km 1st to Km 4th and allied links incl. New Plot, Lakkar Mandi, Pamposh Colony, Lower roop Nagar upto Muthi Ranbir Canal Bridge And some parts of Janipur area. (Under Non-Plan)	PWD (R&B) Division Jammu East	15.00	600	2% of Advertised Cost	Upto March 2025	(1300 Hrs) on or after 21-06-2024	A, B, C & D
2	Stage contract for General Maintn., Emergent nature of various roads in Jammu City viz Rehari, Paloura, Subash Nagar, Patoli, Toph, Jammu West and allied links for the FY 2024-2025. (Under Non-Plan)	PWD (R&B) Division Jammu East	15.00	600	2% of Advertised Cost	Upto March 2025	(1300 Hrs) on or after 21-06-2024	A, B, C & D
3	Day to day Maintenance General up-keeping during the FY 2024-25 on Janipur Ambgrota road Km 5th to Km 7th and allied links	PWD (R&B) Division Jammu East	10.00	600	2% of Advertised Cost	Upto March 2025	(1300 Hrs) on or after 21-06-2024	A, B, C & D
4	Day to Day maintn. works of Tawi Bridge / Flyover / BC Road from Shakuntla Crossing to Manda falling in the jurisdiction of PWD (R&B) Sub Division City-II Jammu incl. Indep. Day, Republic Day and VVIP's visit to Jammu during FY 24-25.	PWD (R&B) Division Jammu East	15.00	600	2% of Advertised Cost	Upto March 2025	(1300 Hrs) on or after 21-06-2024	A, B, C & D
5	Special arrangements on occasions of festivals like Dusshera, Gurupurav, EID, VVIP's visits and others. (3 rd Call)	PWD (R&B) Division Jammu East	9.97	600	2% of Advertised Cost	Upto March 2025	(1300 Hrs) on or after 21-06-2024	A, B, C & D

Head of Account : Non - Plan
Position of AAA : Under Process
Position of Technical Sanction : Under Process

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen / downloaded from the departmental website <http://jktenders.gov.in> as per below schedule :-

1	Date of Issue of Tender Notice	12-06-2024
2	Period of downloading of bidding documents	From 14-06-2024 to 20-06-2024 upto 1800 Hrs
3	Date, Time and place of pre-bid meeting	XXXXXXXX at XXXX Hrs. in the Office of Executive Engineer PWD (R&B) Division Jammu East
4	Bid submission Start Date	14-06-2024
5	Bid Submission End Date	20-06-2024 upto 1800 Hrs
6	Date & time of opening of Technical Bids (Online)	21-06-2024 on or after 1300 Hrs in the Office of Executive Engineer PWD (R&B) Division Jammu East
7	Date & time of opening of Financial Bids	To be notified after technical bid evaluation is completed

1. Bids must be accompanied with cost of Tender document in shape of e-challan through Treasury indicating Treasury Voucher No. & date, e-NIT No. and name of work duly crediting to MH 0059 (Revenue) favoring Executive Engineer PWD (R&B) Division Jammu East and upload the same i.e treasury challan/ receipt, Earnest money/Bid security in shape of CDR/FDR/BG pledged to Executive Engineer PWD (R&B) Division Jammu East. The CDR/FDR/BG shall be valid for 45 Days beyond the bid validity period. The original instruments in respect of cost of documents, EMD and relevant documents of LI be submitted to the Executive Engineer PWD (R&B) Division Jammu East at the time of allotment.

No :- 2000-2009
Dated :- 12-06-2024

Sd/-
(E. Sarabh Bhagat)
Executive Engineer
PWD (R&B) Division
Jammu East

DIP/J-1497/24

EDITORIAL

STOP
CORRUPTION

Corruption is earning money through illegal means, in corruption a person exploits the wealth of the country for his personal gain. This is the biggest obstacle on the path of progress of the country. The amount of corruption in the country increases when there is a defect in the personality of the person.

Corruption is such an unethical practice, in which a person does not take any time to put the country in danger to fulfill his own small desires. The scam done by the corrupt leaders of the country is not only corruption, but mixing water in milk by a cowherd is also a form of corruption.

Corruption is the problem of developing country, the main reason for corruption here is the flexible law of the country. Most of the corrupt are acquitted on the basis of money, the culprit has no fear of punishment.

Greed and dissatisfaction is a disorder that compels a person to stoop very low. A strong desire always arises in the mind of a person to increase his wealth.

Habit has a deep impact on a person's personality. A military retired officer carries the discipline acquired during his training throughout his life even after retirement. Similarly, due to the rampant corruption in the country, people have got used to corruption.

It is not impossible to do any work when a person is determined, similarly one of the main reasons for corruption is the person's desire.

Corruption is that termite in the country which is hollowing the country from inside. It is a mirror of a person's personality which shows how a person can take advantage of the opportunity due to disorders like greed, dissatisfaction, habit and mind.

For doing government work, in the office, from the peon to the higher officer, they take money from you. For this work they get salary from the government they are there to help us. Along with this, the citizens of the country also give them money to get their work done quickly, so it is corruption.

Money, land, many gifts and drugs are distributed openly to the people during elections by the politicians of the country. This election rigging is actually corruption.

People promote nepotism by misusing their position and power. He gives the responsibility of the post to someone dear to him, which he does not deserve. In such a situation, the right of a deserving person is snatched away from him.

A fixed scale has been fixed in each country for paying tax by the citizens. But some people do not give correct details of their income to the government and evade tax. It is marked in the category of corruption.

In the field of education and sports, people do not give seats to meritorious and deserving candidates by taking bribe, but give them to those who bribe them.

Corruption prevailing in the society is the biggest obstacle in the progress of the country. Because of this the poor are becoming poorer. The amount of unemployment, bribery, crime is increasing day by day in the country, this is the result of corruption. Due to corruption prevailing in a country, the result is that the law and order of the country is questioned globally.

Corruption causes a lot of damage to the society. As responsible citizens of the society, all of us should take this vow, neither do corruption nor let it happen.

Paramedical Courses After 10th: A Successful Healthcare Career Pathway

By: Vijay GarG

A vast army of experts is required to keep the healthcare industry running smoothly. Each professional, from doctors to nurses to technicians, is crucial for maintaining people's health and wellness. The paramedics are one of these experts who work with medical specialists to deliver quick help and care. Students who take paramedical courses after 10th will be given the knowledge and skills they need to work as allied healthcare providers. Also, taking paramedical classes after 10th grade gives students a quick start on their medical careers because they can get real-world training and experience in their chosen fields.

The demand for paramedics is increasing along with the demand for healthcare services. Paramedics are important in many healthcare contexts, including diagnostic labs and emergency medical services. Students who want to pursue a profession in healthcare but may not be interested in standard medical courses are taking paramedical courses after 10th in increasing numbers. The many paramedical courses after the 10th grade, together with their eligibility, duration, career prospects and much more will be covered in this blog. We hope that the information provided will assist students in making smart career choices and encourage them to seek successful careers in the healthcare sector.

Emergency Medical Services
Paramedical Courses after 10th are created to give students a solid foundation in both the theoretical and practical facets of their chosen area. In addition to learning about disciplines like anatomy, physiology, pharmacology, and pathology, students also get practical training in clinics and hospitals. Paramedical courses after 10th also offer many prolific career options.

List of Paramedical Courses After 10th

There are various types of paramedical courses after 10th available for the students to enroll in. You must make a wise step ahead in order to pursue the right paramedical course. Don't worry folks! We are here to help you out. There are some of the best paramedical courses after 10th available in the market domain for you. Here, in this section, we will select the top 10 paramedical courses after 10th that can be a perfect fit for you in near future.

The list of the top 10 paramedical courses is:

Diploma in Nursing: This course is designed to train students to become registered nurses and provide basic patient care.

Diploma in Medical Laboratory Technology: This course teaches students how to perform laboratory tests and procedures, analyze samples, and report results.

Diploma in Radiography: This course trains students in the use of imaging techniques such as X-rays, CT scans, and MRIs to diagnose and treat medical conditions.

Diploma in Physiotherapy: This course teaches students how to use physical therapy techniques to treat injuries, illnesses, and disabilities.

Diploma in Dental Hygiene: This course focuses on teaching students how to maintain oral health and prevent dental problems.

Diploma in Optometry: This course trains students to perform eye exams, diagnose and treat eye problems, and prescribe corrective lenses.

Diploma in Medical Records Technology: This course teaches students how to manage medical records, maintain patient confidentiality, and ensure data accuracy.

Diploma in Operation Theatre Technology: This course trains students to assist surgeons during operations, maintain surgical equipment, and ensure a sterile environment.

Diploma in Emergency Medical Services: This course teaches students how to provide emergency

medical care and transport patients safely to hospitals.

Diploma in Dialysis Technology: This course focuses on training students to operate dialysis machines, monitor patients during treatment, and ensure proper sanitation practices.

Diploma in Nursing

A paramedical course after 10th called "Diploma in Nursing" prepares students to work as registered nurses and deliver fundamental patient care. Anatomy, physiology, pharmacology, nursing ethics, and patient care are some of the subjects covered in the course. In order to get real-world experience in nursing and patient care, students also undergo hands-on training in hospitals and healthcare facilities.

Diploma in Medical Laboratory Technology

A paramedical course called the Diploma in Medical Laboratory Technology focuses on educating students in laboratory medicine, testing, and analysis. Students examine materials, report findings, and learn about various laboratory tests and methods. Also, they learn about data management, quality assurance, and laboratory safety.

Diploma in Dental Hygiene

A paramedical course called "Diploma in Dental Hygiene" teaches students how to care for their teeth and assist dentists during procedures. Dental anatomy, oral hygiene, dental radiography, pharmacology, and dental materials are some of the subjects covered in the course. In order to get real-world dental hygiene experience, students also undergo hands-on training at dental clinics.

Diploma in Medical Records Technology

A diploma in Medical Record Technology is one of the paramedical courses after 10th that focuses on training students in the management and maintenance of medical records in healthcare institutions. The course covers topics such as medical terminology, health information management, medical

coding, data analysis, and legal and ethical aspects of medical records.

Diploma in Operation Theatre Technology

A paramedical course called "Diploma in Operation Theatre Technology" teaches students about the technical and medical aspects of operating rooms. Anatomy, surgical techniques, surgical instruments, sterilizing methods, patient care, and anesthesia are some of the topics covered in the course.

Diploma in Dialysis Technology

Dialysis and renal care are the main topics of the paramedical course diploma in Dialysis Technologies. The course teaches students how to manage medical emergencies while doing dialysis as well as how to operate and maintain dialysis equipment and get patients ready for treatment.

Paramedical courses after 10th provide a range of opportunities for students who desire to work in the healthcare sector. Students who complete these courses will have the specialized knowledge and abilities required to work in various healthcare environments. Students have a wide range of alternatives, including diploma programs in nursing, medical laboratory technology, radiography, and dental hygiene as well as physiotherapy, optometry, medical record technology, operation theater technology, emergency medical services, and dialysis technology.

Students who successfully complete these courses can find employment as healthcare specialists in hospitals, clinics, diagnostic facilities, research labs, and other healthcare establishments.

*(Vijay GarG Retired
Principal Educational
columnist Malout)*

Attention Please! Preservatives are making you unhealthy

By: Dr. Anurag Pathak

The process of treating and handling food to stop or slow down food spoilage and the deterioration of quality, thus allowing food for longer storage, is called food preservation.

Food has a natural expiration process that is the result of bacteria, fungus, and molds taking over the food. By adding preservatives, whether they be natural, artificial, or a combination of both — it prevents these foods from expiring as fast. Preservatives are also used to help keep the food color, shape, smell, and size — which can make the food item more appealing to the consumer.

This is a practice frequently found in fast food chains and grocery stores. Most consumers may be aware of the numerous preservatives that are added to food, however, this doesn't seem to affect fast-food consumption in the United States. In fact, fast-food consumption continues to rise, despite the public's awareness of potentially harmful ingredients.

Intaking too many artificial preservatives, no matter where they come from can lead to numerous health

complications such as gastroesophageal reflux disease (GERD). This is why it is important to limit or avoid these foods entirely when trying to mitigate reflux or control symptoms.

Modern industries are adopting the use of chemical preservatives. There are 3 types of chemical preservatives used for food preservation. Benzoates (such as sodium benzoate), sulfites (such as Sulphur dioxide), and nitrites (such as sodium nitrite). Before adding any chemical preservative, food goes through various processes like irradiation, cooking, and pasteurization in which ionizing radiations, heat, and high energy which kill bacteria and fungi that increase the shelf life of food. Food items such as cereals, jams, meat, juices, and many more can be preserved by these chemical preservatives.

These preservatives are artificially produced and also synthetic in nature. Food products that have artificial preservatives come with 'additive' food labels. Jams, different types of spreads, packed juices, ketchup, and baked foods are loaded with artificial preservatives. This is the reason why you need

to check the food label carefully before purchasing a food item.

Using a lot of preservatives has a negative impact on your health.

Cardiovascular diseases have become quite common and the presence of preservatives on food items is one of the main causes of increasing heart problems. Research conducted by InChem suggested that food preservatives can weaken the heart tissues. When you consume food items that have a residue of the preservative on the surface, it can increase the chances of heart damage.

Preservatives and chemicals present in food items also increase the chances of breathing problems. According to research by MayoClinic, removing foods with preservatives from the diet can help in reducing the symptoms as well as the severity of breathing problems and asthma. Some of the preservatives present in food items such as aspartame, sulfites, and benzoates aggravate breathing problems.

One of the most harmful effects of preservatives on food items is their ability to transform into carcinogen agents. Some of the food

items consist of nitrosamines, a preservative that has nitrites and nitrates, which mix with the gastric acids and form cancer-causing agents. To ensure that you avoid eating this preservative, you need to avoid snacks or meals that are loaded with nitrites and nitrates.

Those were some of the harmful effects of preservatives on your health. Considering these harmful effects, it is advisable to pay special attention to what you eat. Avoid junk as much as possible and make sure you wash the fruits and vegetables with care. Depending on the type of preservative and how they're used, they can, in fact, be extremely beneficial. But when used incorrectly or too frequently, preservatives are extremely harmful. To prevent any confusion, it is better to avoid any and all unnatural preservatives entirely. You can start by eating healthy, reviewing ingredients in your cosmetics, and researching questionable additives that you may not be aware of.

*Dr. Anurag Pathak
Lucknow*

JKMEF & JKFMHPW Associations holds press briefing, celebrates victories for 2211 Head

Top News Report

JAMMU, Jun 16: Jammu Kashmir Medical Employees' Federations and Jammu Kashmir Female Multipurpose Health Workers Association hold Joint Press Briefing under the presidentship of Sushil Sudan and Neelam Kumari for achieving one more milestone and convey gratitude to Govt led by Lt Governor Manoj Sinha for unridled 40 year long pending demands of female Multipurpose Health Workers Association who were struggling from last 40year for settlement of their salary. They have knocked every door but all seem to be futile.



Now the present administration paid heed to genuine demands of FMPHW and others getting salary from 2211 Head. Settled it in one stroke. Jammu Kashmir medical employees Federation welcome the decision of State Administrative Councils for regularizing the salary of 2211 Head

from the State Coffer. Jammu Kashmir medical employees' federation pay gratitude to worthy Sh. Rajeev Bhatnagar Adviser to LG, chief Secretary Sh Atal Dulloo, Dr Mandeep K. Bhandari Pricpal Secretary to LG for taking keen interest for settlement of salary of 2211head.. Federation

also thankful to Principal Secretary Finance Sh. Santosh D Vaidya IAS Administrative Secretary Health and Medical Education Sh. Dr. Syed Abid Rasheed IAS and Director Family Welfare Smt. Dr. Tabasum Jabeen (Retired) and Madan Lal Chief Account Officer (Family Welfare).

Now we hope that female Multipurpose Health Workers Association of UT and employees of 2211head now will get their regular salary from the government coffor and put their best efforts to serve the humanity. We also request to the government to expedite process for issue of final order and also release the pending salaries. Those who attended the press Conference Bharat Bhushan Bhagat, Pawan Singh Jamwal, Anita Bhagat, Geeta Devi, Vijay Bharti, Suriya Akhter, Madan Lal, Bahadur Singh, Kulwant Singh, Ashwani Gupta, Raman Sharma, Anju Kumari, Jeevan Jyoti, R.P. Singh.

JD(U) Leaders Extends Warm Wishes on Eid Ul Adha

Top News Report

SRINAGAR, Jun 16: JD(U) State President G M Shaheen, State General Secretary Vivek Bali & District President Baramulla Ayaz Darwi extends his heartfelt greetings to all Muslims celebrating Eid Ul Adha. In his message, G M Shaheen expressed his hopes for the joyous occasion, stating, "May the guidance of Allah lead all Muslims to eternal happiness, success, and peace. Eid-ul-Adha Mubarak." Eid Ul Adha, also known as the Festival of Sacrifice, It is a time for prayer, reflection, and community. Vivek Bali emphasized the importance of



this festival in fostering unity, compassion, and understanding among people of different backgrounds. "This occasion reminds us of the values of sacrifice, generosity, and gratitude. Let us come together to cel-

ebate these values and strengthen the bonds of friendship and solidarity. "Ayaz Darwi concluded his message by wishing everyone a blessed and joyous Eid Ul Adha, filled with moments of happiness and togetherness.

Meat inspection drives on eve of Eid-ul-Adha



Top News Report

JAMMU, Jun 16: On the directions of Commissioner, JMC, Mr. Rahul Yadav, IAS, a joint team of Jammu Municipal Corporation and Doctors deputed by Sheep Husbandry Department viz. Dr. Ramandeep Singh & Dr. Jiwan Lal along with Municipal Veterinary Officer, Dr. Divya Sharma, conducted various surprise Meat inspection drives on the eve of Eid-ul-Adha 2024 in different areas of Jammu City to ensure the sale of wholesome, good quality meat and meat byproducts to the consumers. The surprise drives were conducted in Talab Tillo, Bohri, Muthi,

Bantalab, Paloura, Janipur, Ambphalla, CPO chowk, Narwal, Gandhi Nagar, Gangyal, Satwari, Talab Khatikan & Shahidi Chowk etc. During the drives, various meat shops, chicken shops & fishmongers were inspected and about 25 Kg of substandard meat was seized and later on disposed off scientifically. Also a fine of Rs. 10,000/- was imposed to the meat sellers for selling unstamped, unhygienic & substandard meat. Meat & chicken shop vendors were also instructed to keep separate bins to collect the daily waste generated on account of refused/

inedible meat & chicken parts for further proper disposal through JMC vehicles. MVO, JMC, Dr. Divya Sharma also sensitize all the shopkeepers/ Vendors dealing with meat/chicken products to maintain hygienic environment in and around their shops and adhere with the various provisions of Food Safety Act, 2006, Municipal Corporation Act, 2000 and other directions & guidelines issued by the JMC from time to time so that good quality hygienic meat shall reach to the consumers. Also, dustbins were distributed among various meat/chicken shop owners for proper waste collection.

Mohammed Yousuf Tarigami greets people on Eid-ul-Adha

Top News Report

KULGAM, Jun 16: CPI-M Leader Mohammed Yousuf Tarigami greets to the people on the eve of Eid-ul-Adha. In his message, Tarigami said that Eid-ul-Adha teaches us to be kind, Charitable and to work

for the greater good of humanity. It is our constant endeavour that the festival should be celebrated in the spirit of love, peace and brotherhood amongst all faith, he said. He also prays for happiness and prosperity for people of Jammu and Kashmir.

MD Baan Construction greets people on the eve of Eid-ul-Adha

Top News Report

KULGAM, Jun 16: MD Baan construction Dr. Sartaj has extended his heartfelt greetings to the people of kulgam on the auspicious occasions of Eid ul Adha In his message of felicitations, observed that these auspicious

occasions provide an opportunity to pray and seek blessings from the almighty. May the festivity of the holy Eid ul zuha strengthen the bond of brotherhood amongst all the sections of society and bring sustained peace, progress, and prosperity in J&K.

NHM union of block Mandi condole death of Harmeeet Kour

Top News Report

MANDI, Jun 16: National health mission (NHM) Block Mandi today express his grief and shock over the sad demise of Mr, S Gurdev singh Father of Harmeeet kour (BAM) Mandi. Meanwhile as Senior representative of NHM block mandi Raza Ganai in his condolence message termed the death of S Gurdev singh as a big loss to the family, but to a society as well. Ganai prayed for the eternal peace to departed soul, beside a place for him in

swarg and a courage to family members to bear this irreparable loss. Meanwhile the Executive member's of NHM union block Mandi Dr Rahul sharma, Dr Manoj bali, Dr Ali mohd, Dr arshad Baba, Dr jahangir, Dr S Misri, Dr Wajahat, Dr zeeshan, Dr babishan, Dr zahida, Amardheep singh, Navneet Paul, Shamim Malik, Yasar Arafat, lokesh, Tasneem hamdani, Anayat husaain, express grief over the untimely demise of Mr. S Gurdev Sing and extended heartfelt condolence to bereaved family.

Journalist Union of Kulgam Extends Eid-ul-Adha Greetings

Top News Report

KULGAM, jun 16: The Journalist Union of Kulgam has extended warm greetings to the people on the occasion of Eid-ul-Adha. In a heartfelt message, the union conveyed its best wishes, emphasizing the festival's significance in promoting values of sacrifice, compassion, and unity. "Eid-ul-Adha is a time for reflection, gratitude, and coming together as a community. We hope this auspicious occa-

sion brings peace, happiness, and prosperity to everyone.. The union also urged people to celebrate responsibly, keeping in mind the prevailing health guidelines. As we partake in the festivities, let's ensure the safety and well-being of our families and communities by adhering to the necessary precautions," the union added. Concluding their message, the Journalist Union of Kulgam prayed for continued harmony and prosperity for all.

Ration quota for Kashmiri Migrants be released forthwith

Top News Report

JAMMU, Jun 16: The ration Quota for displaced Kashmir Migrants for the month of May and June has not been released and issued so far and with the result poor migrant relief holders for facing a hot hardships for want of rice etc, thus has put them on great discomfort. In Press Statement issued today by notable kashmir Pandit lead-

ers and representatives, Vinod Pandita, Ashwani Bhat, Vishal Jotshi and Ashok Kumar Koul have appealed to Relief and Rehabilitation Commissioner Migrants J&K to take cognizance of this important issue and get the ration Quota for the month of May and June released from concerned Department forthwith as the poor migrants who are solely dependent on it are facing a lot hardships on this count to eke out

their honourable living. Pandita and Bhat also appealed to Government of India to enhance the monthly cash assistance from Rs. 13000/ to 25000/ per month keeping in view the big hike in price rise of essential commodities and other daily needed items. They have expressed full faith in present regime as they have sanguine hope that this genuine demand would be considered on priority basis.

Higher Secondary School Gandoh Celebrates "Environmental Fortnight"



Top News Report

GANDOH, Jun 16: In consonance with worldwide awareness campaigns related to Environment, fortnight long diversified programs which started on 5th of June concluded here in Govt HSS Gandoh on Saturday. During these programs, Debates, seminars, rallies, Drawing & Painting competitions were held in different educational institutions of Gandoh cluster. A press release in this regard said that the programme that had commenced on the "World Environment Day" on 5th of June, 2024 continued in the whole cluster involving different educational institutions, civilians and parents.

"The purpose of fortnight programme was to bring the mass awareness utilising the human resource of the department of education. The educational institutions from primary to middle and secondary and higher secondary level students, staff and local inhabitants took active part in these programmes displaying enthusiasm and sense of belonging towards the socio environmental system," release said. It added that on the concluding day, a total of eleven schools participated at cluster level in the event. On this occasion, an attractive display of variety cultural programs, debate cum seminar and Drawing and Painting competitions were organised. "In debate competition section, 33 students of different classes took part. The speakers expressed

their concerns on different themes and topics highlighting the degradation of environment and ecological system in wake of the rising human interference in different forms," release further added. In debate cum seminar category Alifa Banoo of class 4th PS Kuluthan stood first while Shazia Banoo and Shabina Banoo bagged 2nd and 3rd positions respectively. Similarly, Tahir Bilal, Rohit Kumar and Mohd Abrar were declared first, second and 3rd in Middle and Junior Secondary category. In 3rd category of Secondary and Higher Secondary level, Adnan of class 12th bagged first position, 2nd position was shared by Nindya and Palvi while Mehak was adjudged third in the contest.

In Drawing and Painting competition Shabnam, Tahir Hussain and Rutba Kousar were adjudged first, second and third respectively under Primary level. Likewise, Arif Basharat, Rohit and Rahul Thakur were declared first, 2nd and 3rd in middle and Junior Secondary Categories respectively. Under Secondary and Higher Secondary category, Rabia Banoo bagged first position while Gungun manhas got second position and the third position was shared by Sanjana and kashish. Earlier, rallies and awareness area marches were organised in different schools of cluster Gandoh in which students, parents, teaching and non teaching staff took part. Under swatch Bharath

Dynamic Disaster Preparedness training conducted for Cadets at CATC-J1 by SDRF 2nd Battalion Jammu



Top News Report

NAGROTA, Jun 16: In a remarkable effort to bolster disaster readiness and response, a comprehensive lecture-cum-demonstration session was conducted for the cadets participating in the Combined Annual Training Camp -J1 at NCC Training Academy, Nagrota. This initiative, aligned with the 'Yuva Aapda Mitra' program, was meticulously organized under the aegis of NCC Group Headquarters Jammu by the team from the State Disaster Response Force, 2nd Battalion Jammu. The session was spearheaded by SGCT Kuldeep Singh and Aman Singh, along with other dedicated team members.

The session was designed to be both informative and engaging, aiming to equip the young cadets with essential skills and knowledge in disaster management. The SDRF team showcased a wide array of cutting-edge equipment used in various types of rescue operations. Through detailed demonstrations, cadets were enlightened about the critical applications of these tools in real-life disaster scenarios. In addition to rescue techniques, the session covered essential first aid practices. The cadets were taught how to administer basic medical aid to injured individuals before professional medical help arrives. This knowledge is particularly invaluable in

the immediate aftermath of a disaster, where timely intervention can make a significant difference. Through this dynamic and immersive training session, the cadets of CATC-J1 were not only educated but also inspired to be proactive and prepared in the face of disasters. The hands-on experience and the expert guidance have undoubtedly fortified the cadets' understanding and readiness for disaster management. This collaborative effort between the Yuva Aapda Mitra initiative and SDRF stands as a testament to the commitment of the NCC towards nurturing a resilient and prepared young generation, capable of responding efficiently to any disaster.

Fardeen Khan opens up about depression, facing tough times: 'It's a natural process everyone goes through'

Actor Fardeen Khan, who recently returned with Heeramandi: The Diamond Bazaar after a 14-year hiatus, has spoken about the tough times and depression in his life. Speaking with agency, Fardeen said that sometimes he goes "into a shell" and "just sits and thinks about things."

Fardeen talks about 'death and resurrection'

Fardeen said that 'sometimes you slip into depression, you don't feel positive, things don't have meaning or purpose but in my experience that is a way you find yourself'. He added, "I think the treasure lies in that deep dark cave. It's a constant cycle of death and resurrection. Of course, some days are tough. I sometimes go into a shell. I like to just sit and think about things. People who know me sometimes say I overthink but when I am down I kind of sit and ponder about it for a few days to figure out why exactly I am feeling down. Once I find that, it's much less challenging to get back to being normal."

What Fardeen said about depression

Talking about depression, Fardeen added, "It's a natural process everyone goes through. We have to safeguard ourselves



from this desire to always want to be happy. If there are things that are depressing you, it is actually a signal for you to think about something that is unfulfilled in your life. There's something that you are not aligned with, there's something not in sync."

Fardeen's last project

Fardeen was recently seen in Sanjay Leela Bhansali's debut web series, Heeramandi. Set against the backdrop of India's struggle for independence in the 1940s, the show explores the lives of courtesans and their patrons, delving into the cultural dynamics of Heera Mandi. The show also features Manisha Koirala, Sonakshi Sinha, Aditi Rao Hydari, Sharmin Sehgal, Sanjeeda Sheikh, Taha Shah Badussha, Shekhar Suman, and Adhyayan Suman. Heeramandi released on Netflix.

Fardeen's career

Fardeen made his acting debut with Prem Aggan (1998), for which he won a Filmfare Award for Best Male Debut. He went on to feature in Jungle (2000), Pyaar Tune Kya Kiya (2001), Bhoot (2003), Dev (2004), No Entry (2005), and All the Best (2009). After starring in Dulha Mil Gaya in 2010, he took a break from acting.

Mandira Bedi opens up on coping with husband's sudden death: 'I have to support my family & myself'



Actress Mandira Bedi, who was recently seen in the limited miniseries 'The Railway Men', has opened up on her husband Raj Kaushal's demise.

Raj Kaushal passed away in June 2021 due to a heart attack. The actress said that initially, she couldn't talk

about her husband without crying. She recently appeared on the 'Humans of Bombay' podcast and shared that the first year after Raj's death was the hardest for her.

However, she mentioned that things are a bit easier for her now. She said: "The only

way out is through. Of course, my children and I think of him every day. It's not like we've forgotten him. The first year was very, very, very, very hard. The first birthday, the first anniversary, the first Diwali, the first Christmas, the first New Year. The second one is a little bit easier, the third one is a little bit easier."

She further mentioned that there are moments when the family remembers him because of a song. She revealed that she has undergone the therapy that she needed, and still does it if a need arises.

"As human beings, we are always a work in progress. What I can do now is talk about it. It makes me emotional, but I can. There was a time I couldn't. But I won't break down. I started working two months after it happened. I have to support my family and myself. I need to do it for my children," she added.

'Heartbroken and bummed': Rapper Badshah issues statement after his Dallas show stopped midway

Rapper Badshah has issued a statement after his show was stopped midway in Dallas, Texas. The rapper said the show promoter was at fault for not coordinating properly with the local administration.

Stating that he is "heartbroken and bummed about what happened", Badshah said he was really looking forward to performing in Dallas but due to a discrepancy between the local promoters and the production company, he was forced to cut short the set and stop the show midway.

"Promoters need to be better equipped, especially for large-format shows and this kind of nonchalance is just unacceptable to most performing artistes. It takes a considerable amount of energy and effort to put together a tour of considerable scale.

"This isn't fair to the fans who spend their hard-earned money to purchase tickets, and it definitely isn't fair to the whole crew who



pours their hearts into putting on these tours. We rehearse for weeks, plan for months, and travel tirelessly to give you the best possible experience," he said in the statement.

Badshah also said that the music industry is all about respect - respect for the fans as much as it is about respect for the artistes and the support crew.

"My management tried everything in their control to salvage the

situation and ensure a smooth run. We sincerely apologise for the inconvenience, disappointment and irritation caused due to this sheer lack of management from the promoter's end.

"We will make sure things are better managed in the future with a more competent promoter team that prioritises a quality experience and understands that music and touring is a serious business," the rapper added.

Pashmina Roshan talks about being depressed, says she wasn't 'artistically satisfied': After a lot of rejections...

Hrithik Roshan's cousin Pashmina Roshan, who is all set to make her Bollywood debut with Ishq Vishk Rebound, revealed the reason for being depressed in the past. She also opened up about her love for acting and shared how it started on the sets of Koi Mil Gaya.

During a conversation with agency, she recalled being "depressed". She said, "In the initial years, I was very confused if I can be a good actor or not. Though, I did theatres in school but I was not sure. So, I had applied to different universities in the UK for marketing. I got my visa, rooms were booked and it was summer holiday. I was very depressed. All my friends would go for parties and they would do everything. I used to just sleep in the afternoon."

Pashmina Roshan shared that after analysing everything, she realized that she was not satisfied with what she was planning to do. "I wasn't artistically satisfied in marketing, I don't think I was good enough,



good for it. Since then I took a photo shoot actually to see what was in me. I showed it to my father and my uncle, and they said yes, there is something in everyone, but you have to polish it. From that time, I did back to back acting and dance classes. I learned Bharatanatyam and other dance forms.

I started giving back-to-back auditions."

After facing many rejections, finally, Pashmina got an opportunity to be part of Ishq Vishk Rebound. "After a lot of rejections, after continuously evaluating myself and taking feedback from family, after many years, I got this opportunity and this film. And

I am very grateful for that," she added.

She recalled how her interest in acting started on the sets of Koi Mil Gaya, starring Hrithik Roshan and Preity Zinta. "At a very young age, me and my sister used to go on the sets of Koi Mil Gaya. The makers have created Kasauli (the town of Koi Mil Gaya) in the film city. We used to enjoy there so much that never wanted to go back home. From there my interest in films started. Later, I did theatres and we had a very good teacher because of whom we all became very dedicated to acting."

Ishq Vishk Rebound also stars Rohit Saraf, Naila Grewal and Jibraan Khan. Talking about her working experience with Rohit and Jibraan, she shared, "I used to call them multiple times. I used to cry over phone and they both pacified me, which I found the cutest thing about both of them. I also fought a lot with Rohit."

Recently, the makers unveiled the trailer of the

film. It showed actors Rohit Saraf, Pashmina Roshan, Naila Grewal, and Jibraan Khan in romantic avatars. Sharing the trailer on social media, Rohit Saraf took to Instagram and wrote, "Ab hoga #PyaarKaSecondRound, with #IshqVishkRebound Full Trailer Out Now - Link in bio In theatres on 21st June 2024!"

The trailer revolves around best friends who have fallen in love with each other and are now navigating the rough waters of their relationship.

At an earlier event, Rohit Saraf said that Ishq Vishk Rebound is "not a remake or sequel of Ishq Vishk. The thing common between the two films is that they belong to the same franchise. But it's a new story altogether, a love story about Gen Z."

The movie, directed by Nipun Avinash Dharmadhikari, produced by Ramesh Taurani and co-produced by Jaya Taurani under the banner Tips Films Limited, is all set to release in theatres on June 21.

Dolly Singh on her 'love-hate' relationship with her body: Recently, I started avoiding people because of my weight loss

Recently, content creator and actor Dolly Singh shared an Instagram post about her body insecurities and weight fluctuations. Now, she has revealed she is still on a journey to accept her body the way it is, sharing that there are still days when she avoids people to escape getting feedback on her weight fluctuations.

In her Instagram post, Dolly opened up about how she gets shamed for her weight. She said that there are only a few people and places that make her comfortable in her own skin, but her home is not one of those places.

Love-Hate relationship Talking about her reason to share the post, she tells us, "Like every-

body else, I've had a journey with my body of accepting it, not accepting it, Hating it and loving it and all of that. I think why or what prompted me to post about that right now was just something on my mind. I recently lost a bunch of weight, which in my case is very normal because I tend to lose weight more than gain, and of course that also invites a lot of scrutiny with the fluctuating weight much like everybody else and I just happened to think about how I was avoiding a few of people just because I felt that this new weight or my new look will not invite great things from them or they will not be welcoming it maybe, wonder how safe space in the scenario is so

important, it's only a few people in your life that really let you be and enjoy and don't make everything about how you look and your weight and everything else so I felt sad".

"That was something that I wanted to talk about and also knowing that I was sure that a lot of people will be in the same boat. So yeah decided to share it through my Insta post," added the actor, who was last seen in Bollywood film Thank You For Coming.

Constant journey Dolly, who found fame through social media, admits that her journey to accept her body is still work in progress.

Recalling her journey, she says, "It has been a



long journey much like every woman, I started

with obviously as a kid, you don't really know,

and then suddenly you're very aware of how you look and how people perceive you and that you don't meet the beauty standards, even as kids and I think it took me many many years to really come to terms with the way I am, accept it if not love it".

"If I'm being honest, I think it was only around when I was 25/26 is when I really felt like I was happy with who I was and how I looked and it didn't matter. Of course there are still bad days but most are good. And honestly, I actually owe it to people on the Internet who follow me and say nice things because it has given me such a confidence boost and people who constantly put out such

body positive content, so I think in the sense social media has definitely helped me a lot," she says.

Not an easy process Here, Dolly admits that the journey of self acceptance has not been a smooth sail.

Talking about her biggest challenge, she says, "I think it definitely has been constantly picking yourself up from pieces because it's not like once you start loving yourself there are no bad days, so I think the hardest part is to keep doing it and keep reminding yourself that what you have is great and of course you can be fitter and whatever your goal maybe, but that doesn't mean that what you have right now,

the body that is providing for you is doing any less, or you should be hating it.

"Because sometimes I try to look at my body as a friend and that's when I start feeling bad for how I treat it sometimes or how I say mean things to it sometimes so even if others are saying it, I think it's hard to constantly remind yourself that that's not how it is," she says.

Ask her if she is completely comfortable with your body now, Dolly exclaims, "It is a journey. And it can be a rollercoaster, but I think with age and wisdom, it's definitely been easier to navigate through the fluctuating way and body looks and skin, but it never stops".

NEET row: Serious questions on integrity of NTA, how the exam is conducted, says Congress

Jairam Naresh emphasises the need for thorough analysis to address concerns regarding fairness, access, and the overall impact of NEET on students across different educational backgrounds and states

NEW DELHI, Jun 16 (Agencies): Amid raging Congress General Secretary Jairam Ramesh on Sunday triggered a debate over the National Eligibility-cum-Entrance Test (NEET), calling for a comprehensive review of its impact and administration by the Parliamentary Standing Committee.

Ramesh, who served on Parliament's Standing Committee on Health and Family Welfare from 2014 to 2019, highlighted concerns surrounding NEET's potential bias towards CBSE-affiliated students, disadvantaging those from non-CBSE backgrounds, particularly in states like Tamil Nadu.

During his tenure on the committee, Ramesh noted broad support for NEET but acknowledged dissenting voices, particularly from Tamil Nadu MPs, who cautioned that the standardised test might favour students educated under the CBSE curriculum. He expressed the need for a critical examination of NEET whether it perpetuates discrimination against students



from economically disadvantaged backgrounds, denying them equitable educational opportunities.

"I do think now that this CBSE issue needs proper analysis. Is NEET discriminatory? Are students from poorer backgrounds being denied opportunities? Other states like Maharashtra also have expressed grave doubts on NEET. There are also serious questions on the

integrity of the National Testing Agency itself and the manner in which NEET is designed and administered. NCERT itself has lost all professionalism in the last decade", he shared a post on his account X.

Ramesh also raised doubts about the integrity of the National Testing Agency (NTA), responsible for conducting NEET, questioning the agency's transparency and the fairness of

NEET's design and administration. Furthermore, he criticised the National Council of Educational Research and Training (NCERT), alleging a decline in professionalism over the past decade.

The Congress leader stressed the urgency for the newly constituted Standing Committees to prioritise an in-depth review of NEET, NTA, and NCERT. He emphasised the need for a thorough analysis to address concerns regarding fairness, access, and the overall impact of NEET on students across different educational backgrounds and states, citing Maharashtra's apprehensions as well stressed the urgency for the newly constituted Standing Committees to prioritise an in-depth review of NEET, NTA, and NCERT.

Ramesh also recalled debates and protests in Tamil Nadu and other states, where NEET has faced significant opposition over alleged biases and barriers it poses to students aspiring for medical education.

INDIA bloc will try to ensure support for TDP if it contests Lok Sabha Speaker's post: Sanjay Raut



MUMBAI, Jun 16 (Agencies): Shiv Sena (UBT) leader Sanjay Raut on Sunday said all partners of the opposition INDIA bloc will try to ensure support for the ruling ally Telugu Desam Party (TDP) if it fields a candidate for the Lok Sabha Speaker's election.

Talking to reporters here, Raut claimed the Lok Sabha Speaker's election will be crucial and if the BJP gets the post, it will break the government-supporting parties like the TDP, JD(U) and the political outfits of Chirag Paswan and Jayant Chaudhary. "We have the experi-

ence that BJP betrays the people who support it," Raut claimed.

"I hear the TDP wants to field its candidate. If that happens, INDIA bloc partners will discuss the issue and will try to ensure that all the INDIA alliance partners extend support to the TDP," he said.

The Opposition should get the Deputy Speaker's post as per rule, the Rajya Sabha member said.

He claimed the NDA Government is not a stable regime.

Asked about recent statements made by some Rashtriya Swayamsevak Sangh leaders

on the BJP after the Lok Sabha polls, Raut said it is good if the RSS wants to correct "mistakes" of the past.

"We are keeping a watch over the unfolding developments," he said.

During a meeting of the National Democratic Alliance in the Central Hall of Parliament on June 7, Prime Minister Narendra Modi was elected as leader of the NDA Parliamentary Party, the BJP Parliamentary Party and the leader of the BJP in the Lok Sabha.

Raut claimed Modi was elected leader in the NDA parliamentary meeting and not in the BJP parliamentary party meet.

"The BJP parliamentary party meeting did not take place. If the issue of leadership had come in the BJP parliamentary meeting, the result may have been different. So, Modi was elected leader in the NDA parliamentary meeting. This is a serious matter," he claimed.

17-Year-Old JEE Aspirant Dies By Suicide In Kota, 11th Such Death This Year

JAIPUR, Jun 16 (Agencies): A 17-year-old youth preparing for IIT-JEE competitive exam died by suicide by hanging himself at his room in Rajasthan's Kota city, police said on Sunday.

Ayush Jaiswal, a resident of Bihar's Motihari, was staying at a paying guest house near Samrat Chowk of Mahaveer Nagar area for two years to prepare for the competitive exam.

His friends informed the paying guest house owner when he did not come out of his room till Saturday night, police said.

"A boy preparing for competitive exam died by suicide on Saturday night. He was found



hanging in his room. No suicide note has been recovered yet. The post-mortem will be conducted after his family members arrive here," said Mahaveer Nagar SHO Mahendra Maru.

On receiving information, a team reached the

spot and broke the door lock and found the student hanging.

The police brought him down and took him to the New Medical College Hospital, where the doctors declared him dead.

This is the 11th suicide committed by any student preparing for a competitive exam in education hub Kota this year so far.

58 Children Forced To Work In Madhya Pradesh Distillery Rescued

A team led by NCPCR chairman Priyank Kanoongo rescued 58 children, 19 girls and 39 boys, from Som Distillery.

RAISEN, Jun 16 (Agencies): As many as 39 boys and 19 girls were rescued from a distillery in Madhya Pradesh's Raizen district, an official said on Sunday.

The National Commission for Protection of Child Rights (NCPCR) with the Association of Voluntary Action, also known as Bachpan Bachao Andolan (BBA), led the crackdown at Som Distillery on Saturday, a release stated.

A team led by NCPCR chairman Priyank Kanoongo rescued 58 children, 19 girls and 39 boys, from Som Distillery, the BBA stated.

"Children bore burn wounds on their hands



from exposure to harsh chemicals and alcohol. They were transported daily by their employer in a school bus and worked 12-14 hours daily," it said.

In a post on 'X', Chief Minister Mohan Yadav said the raid at the facto-

ry was a serious matter. "Received detailed information from the labour, excise and police departments, and direction has been given for taking appropriate action. Strict action will be taken against the guilty," Yadav wrote.

Som Distilleries & Breweries is an ISO-certified group of companies manufacturing and supplying beer, IMFL (India-made Foreign Liquor) and RTD (Ready To Drink) beverages. BBA director Manish

Sharma, who was also part of the team, said, "The stench of alcohol and chemicals was unbearable. It is unimaginable the children worked in these conditions for such long hours every day.

We appeal for strict action against the employers." Despite repeated attempts, Alok Arora, the director of Som Group of Companies, could not be reached for comment, and Raizen collector Arvind Dube also remained unavailable.

Two days ago, NCPCR, on the complaint of BBA, rescued 36 children from three factories in Mandideep town in Raizen district.

Amid crippling water crisis, Delhi minister Atishi asks police to guard water pipelines

NEW DELHI, Jun 16 (Agencies): Delhi Water minister Atishi on Sunday wrote to Police Commissioner Sanjay Arora requesting deployment of personnel for patrolling and protecting major pipelines for next 15 days, as the national capital grapples with a water crisis.

In her letter, the minister said Delhi is reeling under a severe heat wave and a water crisis.

"Due to shortage of water being received in the Yamuna, water production has fallen by around 70 MGD and many parts of Delhi are experiencing water shortage. In this situation, every drop of water becomes precious," the letter said.

The Delhi Jal Board has deployed patrol teams for the main water distribution network that carries raw water to the Water Treatment Plants

(WTPs) and then from them to the main underground reservoirs in different parts of the city, Atishi said in the letter.

"In addition, we have deployed teams under the supervision of ADMs to support in this work."

The minister said that on Saturday the DJB's ground patrolling team reported a major leakage in its south Delhi Rising Mains -- the main water pipeline that carries water from Sonia Vihar WTP to south Delhi.

"This was near the DTL sub station in Garhi Medhu.

Our patrolling team found that several large 375 mm bolts and one 12 inch bolt had been cut from the pipeline causing the leakage.

The fact that several large bolts had been cut seems to indicate foul play and sabotage," the letter read.

Atishi requested Arora for deployment of police patrol and protect the city's major pipelines for the next 15 days and prevent "miscreants or people with ulterior motives" from tampering with water pipelines. "At this juncture any foul play and sabotage will worsen the already difficult water shortage being faced by the people of Delhi," she wrote.

About the pipeline that was damaged, she said a maintenance team worked for six hours in one stretch and repaired the leak.

"But this meant that we had to stop pumping of water for 6 hours and 20 MGD of water was not pumped during this time.

As a consequence a further 25% of water shortage will be experienced in South Delhi," the minister said.

Four labourers killed in truck collision in UP's Ghaziabad



GHAZIABAD, Jun 16 (Agencies): Four people died and 18 were injured when the truck they were in was hit by another truck coming from behind near Muradnagar, a police officer said on Sunday.

According to Additional DCP Traffic, Ghaziabad, Veerendra Kumar, the incident happened at around 1.15 am Sunday when the trucks were passing the Peripheral Expressway under the Muradnagar Police Station area.

The truck was on its way from Sonipat in Haryana to Hardoi carrying some brick kiln workers, Kumar said. "(When) some people got down to urinate. A truck coming from behind hit the Eicher Canter from side, causing it to overturn. As a result, four persons died, while 18 others were injured. There were 35 passengers in the Eicher Canter," he said.

The deceased have been identified as Mayadevi, 45, Irshad, 30, Najuman, 60, and Shamina, 20, all residents of Hardoi district, Kumar told agency.

The injured were rushed to the nearest community health centre from where they were referred to the Ghaziabad district hospital. Nine injured were sent to GTB Hospital in Delhi, Kumar said.

Firing outside Salman Khan's house: Mumbai Police register new case; 1 held from Rajasthan

MUMBAI, Jun 16 (Agencies): The Mumbai Police have registered a new case in connection with firing outside actor Salman Khan's residence here in April and arrested one person from Rajasthan on charges of criminal intimidation, an official said on Sunday.

The accused has been identified as Banwarilal Laturilal Gujar (25), hailing from Bundi in Rajasthan, the crime branch official said.

Gurjar had allegedly uploaded a video on his YouTube channel in which he said "Lawrence Bishnoi, Goldy Brar and other gang members are with me and I am going to kill Salman Khan as he did not apologise yet", the official said.

The accused made the video on a highway in Rajasthan and uploaded it on his channel.

Considering the seri-

ousness of the case, a team was sent to Rajasthan for an investigation and it apprehended the accused, the official said, adding the case has been registered at a cyber police station in Mumbai.

"We are checking if accused Gujar having any previous criminal background.

He has been arrested under relevant sections of the Indian Penal Code, including 506(2) (punishment for criminal intimidation), and provisions of the Information Technology (IT) Act. Further investigation is underway," the official said.

Two motorbike-borne men fired multiple rounds outside Salman Khan's residence in Bandra area here in the early hours of April 14.

A total of six persons were arrested in that case.

One of them, Anuj

Thapan, allegedly hanged himself in police lock-up on May 1.

In a separate case, Navi Mumbai Police had arrested five persons, including an alleged member of Bishnoi and Goldy Brar gangs from Haryana, in connection with a plot to attack Salman Khan.

Four gang members had reced Khan's farmhouse in Panvel, the area around his home in Bandra, and places he visited for film shooting, police earlier said.

Lawrence Bishnoi is currently lodged in the Sabarmati Central Prison in Gujarat's Ahmedabad in a different case and Mumbai police will move a court to seek his custody, they said.

His brother Anmol, believed to be in Canada, has been shown as a wanted accused in the firing case.

Shooting at Detroit area water park leaves 9 people injured; 8-year-old boy shot in head, critical

8-year-old boy's mother also in critical condition after being wounded in the abdomen and leg

ROCHESTER HILLS (US), Jun 16 (Agencies): Nine people were injured, including two young children and their mother, after a shooter opened fire at a splash pad in a Detroit suburb where families gathered to escape the summer heat Saturday. Law enforcement tracked a suspect to a home, where the man died by a self-inflicted gunshot wound, authorities said today.

An 8-year-old boy was shot in the head and in critical condition on Saturday night, Oakland County Sheriff Mike Bouchard said during a news conference. The boy's mother also was in critical condition after being wounded in the abdomen and leg, and his 4-year-old brother was in stable condition with a leg wound.

Authorities initially said they believed as many as 10 people had gunshot wounds from the shooting in Rochester Hills, but that number was revised after they checked with area hospitals.

The other six victims, all 30 or older, were in stable condition, Bouchard said. They included a husband-and-wife couple and a 78-year-old man.

The shooting happened just after 5 p.m. at a city park featuring a recreation area with a non-slip surface where people can turn on sprays and fountains of water to play in. Bouchard said the attack appeared to be random, with the shooter driving up to the park, walking to the splash pad and firing as many as 28 times, stopping multiple times to reload.

At least one witness reported that the shooter appeared to use two handguns during the attack, but that has not yet been confirmed, the sheriff said.



In the chaos, "People were falling, getting hit, trying to run," Bouchard said. "Terrible things that unfortunately all of us in our law enforcement business have seen way too much."

The gunman was "apparently in no rush. Just calmly walked back to his car," the sheriff said.

Police heard the 911 call reporting the shooting as it came in, Bouchard said, because the agency uses a service that simultaneously sends emergency calls to first responders. An officer was at the scene within two minutes, he said.

Bouchard said the first deputies who arrived immediately began providing first aid including tourniquets. Officers also were able to quickly come up with a likely address, and a car matching the suspect's vehicle was at the residence.

Deputies surrounded the home and tried to make contact with the suspect inside, to no avail, Bouchard said. They sent a drone inside the home and then entered to find the suspect was dead.

Another weapon was found inside. The quick containment of the suspect may have pre-

vented a "second chapter" to the shooting, the sheriff said, displaying a photo of a semiautomatic rifle on a table inside the home.

The suspect did not live in Rochester Hills and investigators do not yet know why he went to the splash pad, according to Bouchard.

Officials did not release the man's name. Bouchard described him as a 42-year-old white man and said officials believe he lived with his mother. The man's mother was notified, Bouchard said.

"In terms of the why, I don't know," Bouchard said of the gunman's motive.

At the splash pad, authorities found a handgun, three empty magazines and 28 spent shell casings. At the home, they recovered a semiautomatic rifle and another handgun believed to have been used by the suspect to take his life, Bouchard said.

Police cordoned off the area with tape and dozens of yellow evidence markers lay on the ground among colorful folding chairs.

"When I got on scene I started

to cry because I know what a splash pad is supposed to be," a place where people gather and have fun, Rochester Hills Mayor Bryan Barnett said.

The shooting was a reminder "that we live in a fragile place," Barnett said.

Rochester Hills is about 15 miles (24 kilometers) south of Oxford, where in 2021 a 15-year-old fatally shot four high school students.

Counseling would be made available at a local public service office on Sunday to anyone in need, Bouchard said. The Oxford Resiliency Center, established to help those impacted by the 2021 shooting at Oxford High School, remains in operation and can assist community members, he said.

"Our most fervent hope, at least at his point, is that all of the injured victims have speedy recoveries," Bouchard said. "None of us ... anticipated going into Father's Day weekend with this kind of tragedy that families will be deeply affected by forever."

Saturday's shooting came at the end of the first full week of summer vacation for students attending Rochester Community schools.

Bouchard called it "a gut punch" for the county.

"We've gone through so many tragedies," the sheriff said. "You know, we're not even fully comprehending what happened at Oxford. And, you know, now we have another complete tragedy that we're dealing with."

Michigan Gov. Gretchen Whitmer said on the social platform X that she was heartbroken to learn of the shooting and was in touch with local officials.

Singapore rushes to clean-up oil slick after boat hits stationary fuel supply ship

On Sunday, workers in orange suit were seen scooping up sand in a clean-up operation at an empty beach in Sentosa.



KUALA LUMPUR, Jun 16 (Agencies): An oil spill caused by a dredger boat hitting a stationary cargo tanker has blackened part of Singapore's southern coastline, including the popular resort island of Sentosa, and sparked concerns it may threaten marine wildlife as a clean-up operation was underway Sunday.

The Netherlands-flagged dredger Vox Maxima struck the Singaporean fuel supply ship Marine Honor on Friday. It damaged the cargo tank on Marine Honor, which leaked oil into the sea.

Singapore's Maritime and Port Authority said in a statement late Saturday the oil leak from the vessel had been contained, and that the oil that escaped from the damaged tanker had been treated with dispersants.

But due to the tidal current, it said the treated oil had landed along shorelines including at Sentosa and other southern islands, a nature reserve and a public beach park. Sentosa, which attracts millions of visitors annually, houses one of Singapore's two casinos, golf courses and Southeast Asia's only Universal Studios theme park.

Part of the beachfront at the public park and at the nature reserve have been closed to facilitate clean-up

efforts, it said. The Sentosa beach will remain open to the public but sea activities and swimming are prohibited.

On Sunday, workers in orange suit were seen scooping up sand in a clean-up operation at an empty beach in Sentosa. Black water washed up on the oil-stained shore.

Authorities have deployed 18 crafts for the clean-up efforts and laid close to 1,500 meters of container booms, temporary floating barriers to trap the oil spill.

"More will be laid over the next few days to prevent further spread of oil onto the shore, and facilitate the recovery of the trapped oil off the affected shorelines and lagoons to prevent them from going back to sea," the statement said.

Conservationists and biologists are monitoring the full extent of the damage on marine and wildlife.

Local conservation group Marine Stewards reportedly said there were photos of dead fish, otters and kingfishers covered in oil slick.

Group founder Sue Ye told Singapore Straits Times that oil spills smother and suffocate fish, birds and marine animals that have to go to the surface for air, such as turtles and dolphins.

Taiwan president says China's 'strong rise' is greatest challenge

KAOHSIUNG, Jun 16 (Agencies): President Lai Ching-te warned cadets of Taiwan's military academy on Sunday that their biggest challenge was "the strong rise of China", which he said regards the "elimination" of the self-ruled island as a national cause.

China claims democratic Taiwan as part of its territory, and Chinese leaders have escalated their rhetoric in recent years to suggest "unification" is an "inevitability".

Beijing has also stepped up military pressures, most recently launching war games that encircled the island with warplanes and naval vessels days after Lai was sworn into office last month.

Speaking Sunday at the centennial anniversary of the founding of Taiwan's Whampoa military academy, Lai said teachers and cadets must recognise "the challenges and missions of the new era".

"The greatest challenge is to face the strong rise of China, which has been destroying the status quo in the Taiwan Strait," he said.

"(It) aims for the annexation and the elimination of the Republic of China for its cause of great national revival," Lai said, referring to Taiwan by its official name.

"The highest mission is to bravely take up the heavy responsibility and grand task of protecting Taiwan, and safeguarding the peace and stability



in the Taiwan Strait."

The academy was founded in 1924 in Guangzhou, southern China. It moved to Kaohsiung, in southern Taiwan, after the defeated Nationalists fled to the island in 1949.

Lai is regarded as a "dangerous separatist" by China, which said before the launch of war games in May that his inaugural speech was akin to a "confession of Taiwan independence".

Lai had vowed in his speech to defend Taiwan's democracy and freedom, while also calling for dialogue with China -- which has been severed since 2016.

Like his predecessor Tsai Ing-wen, Lai maintains that Taiwan does not need to have a formal declaration of independence -- a redline for China -- as it is "already independent".

Israel Announces "Tactical Pause" In South Gaza To Allow Aid Deliveries

PALESTINIAN TERRITORIES, Jun 16 (Agencies): Israel's military said Sunday it would "pause" fighting around a south Gaza route daily to facilitate aid deliveries, following months of warnings of famine in the besieged Palestinian territory.

The announcement of a "local, tactical pause of military activity" during daylight hours in an area of Rafah came a day after eight Israeli soldiers were killed in a blast near the far-southern city and three more troops died elsewhere, in one of the heaviest losses for the army in its war against Hamas militants.

UN agencies and aid groups have repeatedly sounded the alarm of dire shortages of food and other essentials in the Gaza Strip, exacerbated by overland access restrictions and the closure of the key Rafah crossing with Egypt since Israeli forces seized it in early May.

Israel has long defended its efforts to let aid into Gaza including via its Kerem Shalom border near Rafah, blaming militants for looting supplies and humanitarian workers for failing to distribute them to civilians.

"A local, tactical pause of military activity for humanitarian purposes will take place from 8:00 am (0500 GMT) until 7:00 pm (1600 GMT) every day until further notice along the road that leads from the Kerem Shalom crossing to the Salah al-Din road and then northwards," a military statement said.

A map released by the army showed the declared humanitarian route extending until Rafah's European Hospital, about 10 kilometres (six miles) from Kerem Shalom.

Agency correspondents in Gaza said there were no reports of strikes, shelling or fighting on Sunday morning, though the military stressed in a statement there was "no cessation of hostilities in the southern Gaza Strip".



The decision, which the military said was already in effect, was part of efforts to "increase the volumes of humanitarian aid entering the Gaza Strip" following discussions with the UN and other organisations, it said.

The announcement also comes on the eve of the Muslim holiday of Eid al-Adha.

The United States, which has been pressing close ally Israel as well as Hamas to agree to a ceasefire plan laid out by President Joe Biden, on Friday imposed sanctions on an extremist Israeli group for blocking and attacking Gaza-bound aid convoys.

In Gaza City, in the territory's north, "there is nothing left" to eat, said resident Umm Ahmed Abu Rass.

"What is this life?" she told agency. "There is no fuel, no access to medical treatment... and there is no food or water."

"We want to live."

Israel to 'cling' to war goals The military said the eight soldiers killed Saturday were hit by an explosion as they were travelling in an armoured vehicle near Rafah, where troops were engaged in fierce street battles against Palestinian militants.

Military spokesman Rear Admiral Daniel Hagari told a televised briefing that the blast was "apparently from an explosive device planted in the area or from the firing of an anti-tank missile".

Separately, two soldiers were

killed in fighting in northern Gaza and another succumbed to wounds inflicted in recent fighting.

Saturday's losses were among the heaviest for the military since it began its ground offensive in Gaza on October 27, taking its overall toll since then to 309 deaths.

Israeli Prime Minister Benjamin Netanyahu offered his condolences following "this terrible loss".

In a statement, he said that "despite the heavy and unsettling price, we must cling to the goals of the war".

Israel has vowed to destroy Hamas following the Palestinian group's unprecedented October 7 attack that resulted in the deaths of 1,194 people, mostly civilians, according to an agency tally based on Israeli official figures.

The militants also seized 251 hostages. Of these, 116 remain in Gaza, although the army says 41 are dead.

Israel's retaliatory offensive has killed at least 37,296 people in Gaza, also mostly civilians, according to the health ministry in the Hamas-ruled territory.

World Food Programme deputy executive director Carl Skau said recently that "with lawlessness inside the Strip... and active conflict", it has become "close to impossible to deliver the level of aid that meets the growing demands on the ground".

Pak man tries to marry off underage daughter to 72-year-old, cops save her

KHYBER PAKHTUNKHWA, Jun 16 (Agencies): Police in Peshawar, in Pakistan's Khyber Pakhtunkhwa province, arrested a 72-year-old man for attempting to marry a 12-year-old girl, according to news agency.

Authorities intervened before the nikkah could take place. The girl's father, Alam Syed, is accused of agreeing to sell his daughter to the 72-year-old groom, Habib Khan, for 500,000 Pakistani rupees. Habib Khan was arrested, but the girl's father managed to escape. A case was registered under the Child Marriage Restraint Act against both the 72-year-old man and the girl's father. The nikah registrar involved in the arrangement was also arrested.

Pakistan has one of the highest rates

of child marriage in the world, with an estimated 30 per cent of girls married before 18. The legal age of marriage is 16, but enforcement remains a challenge. While the British-era Child Marriage Restraint Act sets the minimum age for marriage, it prescribes a maximum penalty of one month imprisonment and a fine of Rs 1,000, seen as insufficient to deter offenders.

Khyber Pakhtunkhwa, the province where the attempted marriage occurred, is one of two provinces that haven't enacted more robust legislation to address child marriage.

According to Unicef, a staggering 18.9 million girls in Pakistan are married before they reach the age of 18, and 4.6 million are wedded before turning 16.

Civil Defence hold wardens meeting

Top News Report

JAMMU, Jun 16: A meeting of Civil Defence warden/ volunteers was held at Civil Defence Control Room, Jammu in the conference hall which was chaired by Dy. SP. Anita Pawar, Dy. Controller Civil Defence Jammu. The meeting was attended by the following Wardens district Jammu:-

Paramjit Kumar Chief Warden CD, Jammu.
R. Vijay Magotra Dy. Chief Warden CD Jammu
Vinod Kumar Divisional Warden CD, Jammu
Raj Kumar Gupta Divisional Warden CD, Jammu
Swarn Singh Chib, Dy. Div Warden Jammu



Harcham Singh Post Warden CD Jammu
Sat Paul Sharma Post Warden CD, Jammu
Vimal Pandita, Post warden Jammu

Gurdeep Kour, Post warden Jammu
Besides number of Sector wardens/volunteers also attended the wardens meeting.

The main objective of the meeting was to brief the CD Wardens/Volunteers deployed for Shri Amarnathji Yatra Duty 2024 at various Yatra

points to assist the Civil Administration during the Yatra. While addressing the meeting Dy. Controller CD Jammu interacted with the CD wardens and appreciated the role of Civil Defence Wardens/volunteers for their selfless services rendered for the cause of the general public. She urged the Civil Defence wardens to perform their duties with dedication and maintain discipline in their respective points where they have been deployed by the Civil Defence Jammu for Yatra duties.

At the end of the meeting Sh. Paramjit Kumar Chief Warden CD Jammu presented vote of thanks.

A Patriotic Journey to Suchetgarh BOP a transformative Experience for NCC Cadets



Top News Report

JAMMU, Jun 16: In a remarkable initiative to instill patriotism and provide an exhilarating experience to cadets, 2 J&K Girls Battalion, under the aegis of NCC Group Headquarters Jammu, organized a motivational visit to the historic Suchetgarh Border Outpost (BOP) for 50 SD/ SW/JD/JW cadets of CATC-J1 camp on 15 Jun 2024.

The visit was aimed to introduce the cadets to the rich historical and martial history of the region. The cadets were not only exposed to the strategic significance of the border outpost but also had the rare opportunity to witness the captivating Beating Retreat Ceremony and

the mesmerizing drill at the border outpost.

The event commenced with a warm welcome by the Border Security Personnel, who shared insights into the daily operations and the pivotal role of the Suchetgarh BOP in regional security. The cadets were enthralled by the disciplined and synchronized drill performances, which evoked a profound sense of pride and respect for the armed forces.

The highlight of the visit was the Beating Retreat ceremony, a display of ceremonial grandeur and military precision. The cadets observed the lowering of the national flag with bated breath, feeling the thrill and patriotic fervour of the moment. This

exposure to such a solemn and significant tradition left an indelible mark on the young minds, reinforcing the values of discipline, unity, and love for the nation.

Cadets hailing from remote areas were given a platform to broaden their horizons and understand the significance of border security. The visit to Suchetgarh BOP proved to be an enlightening and inspiring experience for the cadets. It not only reinforced the sense of national pride but also motivated them to aspire towards a future of service and dedication to the country. The cadets returned with a renewed sense of purpose and ready to embody the spirit of patriotism in their own lives.

Chugh, Raina, Koul address series of meetings at BJP headquarters



Top News Report

JAMMU, Jun 16: BJP National General Secretary & J&K Prabhari Tarun Chugh, J&K BJP President Ravinder Raina, General Secretary (organization) Ashok Koul, MP Lok Sabha Jugal Kishore Sharma, MP Rajya Sabha Er. Gulam Ali Khatana, former Dy. CM Kavinder Gupta and former MP (Rajya Sabha) Shamsher Singh Manhas addressed a series of meetings at party headquarters, Trikuta Nagar, Jammu.

Separate meetings of former MPs, MLAs & MLCs, Kashmiri Pandit leaders, and prominent SC leaders were held during the day-long schedule at the party headquarters.

Tarun Chugh, while addressing these meetings, spoke on the unparalleled works of the Modi government for the spe-

cific communities during the previous 10 years of Union government and added that the good works of the governments will be taken forward with even more speed in the next 5 years under the Modi 3.0.

Chugh asked the elected representatives and other party leaders to take the achievements of the Modi government to the public as the BJP is the only party that remains active throughout the year. The BJP workers work selflessly for the welfare of the nation and its people. He said that due to the good works of the BJP activists for the welfare of society, the party MPs have received the overwhelming support of the voters and asked the party leaders to continue their work in the public.

Ravinder Raina, in his address, hailed the effort of all party leaders in win-

ning both the Parliament seats for the consecutive third time and said that the ground-level activist is the biggest asset of the party, which works day and night to strengthen the party. He assured the senior party leadership that the party cadre would leave no stone unturned to bring up the best results in the next elections in Jammu & Kashmir and at the same time asked the party leaders to work in their respective constituencies, areas and communities to gain further support for the party.

Ashok Koul, in his address, prompted the party leaders to share their experiences during the just concluded Lok Sabha elections. He also enquired from them about their specific issues in their respective areas and communities and asked them to work upon them in preparation for the future elections.

Dr Suhail greets people on the eve of Eid-ul-Adha

Top News Report

KULGAM, Jun 16: G.M Vira Foods and feeds Dr Suhail Ahmad Bhat has extended his heartiest greetings to the people of Kashmir on the auspicious occasions of Eid ul Adha

In his message of felicitations, observed that these auspicious occasions provide an opportunity to pray and seek blessings from the almighty.

May the festivity of the holy Eid ul zuha strength-



en the bond of brotherhood amongst all the sections of society and bring sustained peace, progress, and prosperity in J&K.

Sat Sharma inaugurates Food Point at Rehari

Top News Report

JAMMU, Jun 16: Sat Sharma, former Cabinet Minister and former J&K BJP President inaugurated a Food Point near Baby Caterers, in ward no 24, at Rehari Colony, Jammu.

The 'Hot & Tasty Food Point' is opened by Sher Singh and Surinder Singh Parihar, Paddy Brothers at Rehari, which will provide employment to 6 persons as well and benefit and provide livelihood

to their families.

Sat Sharma, while inaugurating the food point, congratulated the owners for their enterprise, said that many schemes of the Modi Government have created job avenues, and added that the enthusiastic youth of Jammu & Kashmir is now moving forward to become job providers instead of job-seekers, which is going to boost the economy of the state and the nation. He said, that following the



appeal of PM Narendra Modi of Aatmanirbhar Bharat, the youth of J&K

is showing their potential. Sat Sharma, was apprised by the owners

that the prepared food will be hygienic, and strictly under quality control to provide tasty and quality food to the people at nominal prices. He wished them all good luck in their endeavour and asked them to serve society while earning profits for them.

Kushant, Raman Anand, Pardeep Sharma, Parminder, Sandeep, Meenakshi, Arti, Shivani, and many others were also present on the occasion.

FROM PAGE 1

Amit Shah advises security forces to crush terrorism in J&K at all cost

Ajay Bhalla, Director of Intelligence Bureau Tapan Deka, Director General of CRPF Anish Dayal Singh, DG of BSF Nitin Agarwal, Director General of Jammu and Kashmir Police R R Swain and other top security officials attended the meeting.

Earlier at a meeting on Friday last, Shah was briefed about the security situation in Jammu and Kashmir, the deployment of forces along the International Border and Line of Control, infiltration attempts, and the status of ongoing anti-terror operations and the strength of terrorists operating in the Union Territory, the sources said.

Terrorists struck at four places in Reasi, Kathua and Doda districts of Jammu and Kashmir within four days last week, killing nine pilgrims and a CRPF jawan and leaving seven security personnel and several others injured.

Two suspected Pakistani terrorists were also killed in an encounter with security forces in Kathua district.

On June 9, terrorists opened fire on a 53-seater bus carrying pilgrims when it was en route to the Mata Vaishno Devi shrine in Katra from the Shiv Khori temple.

The bus, ferrying pilgrims from Uttar Pradesh, Rajasthan and Delhi, plunged into a deep gorge following the gunfire, killing nine people and injuring 41 others.

On June 11, terrorists fired at a joint checkpoint of the Rashtriya Rifles and police at Chattergalla in Bhaderwah while a search party in the Gandoh area of Doda district was attacked on June 12, resulting in injuries to seven security personnel, including a policeman.

On June 13, Modi spoke to the home minister and discussed the deployment of security forces and counter-terror operations.

The prime minister also spoke to the Jammu and Kashmir Lt Governor as well and took stock of the situation in the Union Territory.

Sinha briefed him on the efforts being undertaken by the local administration.

In the meeting, the prime minister was given a full overview of the security-related situation in the region and was apprised of the counter-terror efforts being undertaken.

The attacks took place ahead of the annual pilgrimage to the shrine of Amarnath, located at a height of 3,880 metres in the south Kashmir Himalayas, which will begin on June 29 and will continue till August 19.

The Amarnath pilgrims travel through two routes — Baital and Pahalgam — in Jammu and Kashmir.

Sources said last year over 4.28 lakh people visited the shrine and the figure could go up to five lakh this time.

All pilgrims are expected to be given RFID cards so that their real-time location can be traced and everyone will be given Rs 5 lakh insurance cover.

There will also be an insurance cover of Rs 50,000 for each animal carrying the pilgrims.

Shah has been stressing on providing smooth arrangements on the route from the airport and railway station to the pilgrimage base camp and proper security of all pilgrims, the sources said.

CRS to conduct 2-day inspection of Railway line as 'Dream Project' inches closer in J&K

completed by the year's end to connect Kashmir with the rest of the country by train — a dream project on which the work started in 1997 and has missed several deadlines given geological, topographical, and meteorological challenges.

Official sources said the flagging of the first train between Sangaldan to Reasi is likely to be done on June 30, connecting the Reasi district in Jammu to Kashmir via railway line.

Last month, the General Manager of Northern Railway Shobhan Chaudhuri inspected the Chenab Bridge up to Sangaldan station via Motor Trolley, assessing the track, Electrical and Mechanical system and signal telecom works in the Bakkal-Duggar-Sawalkote-Sangaldan section.

Chaudhuri also conducted balance activities for completing the work of Sawalkote yard, Tunnels T-42 and T-43 with engineers of Northern Railway, IRCON and Konkan Railway Corporation Limited (KRCL).

"The train service from #Ramban (Sangaldan) to #Reasi via the world's highest railway bridge built on river Chenab to begin soon. The #Udhampur-Srinagar-Baramulla Rail Link (#USBRL) project will be completed by year-end," Union Minister Jitendra Singh wrote on 'X'.

The 1.3 km Chenab rail bridge located 359 meters above the riverbed, 35 meters higher than the iconic Eiffel Tower in Paris, forms a crucial link of the project. The Jammu and Kashmir Administration had already announced plans to develop the bridge as a 'tourist spot'.

The base of the steel and concrete arch bridge between Bakkal and Kauri, 42 km from Reasi town, was completed in November 2017, allowing for the start of the construction of the main arch which was done in April 2021.

Another milestone on the bridge was achieved in August 2022 when the over-arch deck of the bridge was completed with a 'Golden Joint', paving the way for the laying of the track which was completed the next year. Deputy Commissioner, Reasi Vishesh Paul Mahajan, who recently inspected the railway line, said the people of the district are eagerly waiting to listen to the train's siren and its chugging on the trek.

"The commissioning of the Sangaldan-Reasi section means an alternate link between Reasi in Jammu and Kashmir. This will be followed by linking Katra station to Kashmir, heralding a new phase and the biggest achievement with the valley getting connected to Kanyakumari," he told PTI.

Mahajan said when the train crosses the Chenab bridge, anytime soon it will be a proud moment for the country that "our engineers have gifted the highest railway bridge to the world."

"This entire railway project is full of engineering marvels as most of the 111-km section between Katra and Banihal passes through tunnels and bridges. We have India's first cable-stayed rail bridge (Anji Khad) also here," he said, saluting the rail-

way for inching closer to completing the 'dream project'.

Amaranth Yatra | Online helicopter booking begins for pilgrims for both routes

"offline tickets or priority will not be available, hence the booking will be on first come first serve basis and will be provided directly to the devotees."

As far as fare is concerned, they said one way fare from Pahalgam to Panjtarni has been fixed at Rs 4900, two way fare at Rs 9800, one way fare from Neelgrath to Panjtarni has been fixed at Rs 3250 and both way fare at Rs 6500.

"The pilgrims undergoing the yatra must have a health certificate while booking the helicopter tickets," they said, and added that the journey from the Panjtarni helipad to the holy cave and back takes time, so the available slots for the pilgrims will be visible with a gap of at least 5 to 6 hours between the trips.

"The traveller must carry original photo identity card and a health certificate during the journey while the pilgrims must reach the respective helipads at least 30 minutes before the booked slot time," said an official.

He stated that the charter booking is only allowed for travel between Srinagar and Neelgrath with priority seats in the connecting service running between Neelgrath and Panjtarni.

The preparations for the pilgrimage are in full swing. The advance registration for pilgrims has already started from April 15.

Meanwhile, this year, 125 langars have been permitted to be installed up to the holy cave.

Jammu and Kashmir Lieutenant Governor Manoj Sinha, on May 16, during his visit to Katra urged devotees to become messengers and spread Bhagavat's message, and invited pilgrims from across the country and abroad for this year's Shri Amarnath Yatra.

Ahead of Eid, Kashmir

markets abuzz with shoppers

colourful items to lure the customers. However, many business owners in city centres complained of sluggish sales.

Some even complained of the on-going 'Srinagar Smart City Project' that caused inconvenience hampering the sales marginally. Most areas of downtown Srinagar including Jamia Masjid, Nowhatta, Rajouri Kadal and Khawaja Bazar were abuzz with the shoppers making purchases from the branded outlets.

The business hub Lal Chowk and other markets including Amirakadal, Hari Singh High Street, Goni Khan and Maharaja Bazar also witnessed a rush of shoppers.

However, some shopkeepers were complaining of less business as people were making on-line purchases. At several uptown markets people were seen making purchases from the road side vendors also.

Despite the bustling activities, traders have voiced concerns over lower-than-expected sales and decreased business this time. They said the skyrocketing prices of the items have further hampered sales, with the Government opting to eliminate price regulation mechanisms instead of decontrolling prices.

Chairman Kashmir Chamber of Commerce and Industries (KCCI) Javid Teng said that there was a financial meltdown all across the world which has also hit the region. Teng also blamed the on-line purchasing of goods that has lowered the business. He said people should encourage the shopkeepers as they provide employment to a major chunk of population.

Police along with Civil administration intensifies Market Checking in Kulgam

in illegal activities." By signing up, you agree to our Terms of Use and acknowledge the data practices in our Privacy Policy. You may unsubscribe at any time.

Tata Nexon sales hit 7 lakh unit milestones, offering discounts of up to Rs 1 lakh

The company said that all Tata Motors passenger vehicle dealers and showrooms across the country are organising special events to celebrate the Nexon.

MUMBAI, Jun 16 (Agencies): Homegrown auto major Tata Motors said that sales of its compact SUV - Nexon - have breached the 7 lakh unit milestone. Launched in 2017, Nexon has been India's largest-selling SUV for three consecutive years from 2021 to 2023.

The company said that all Tata Motors passenger vehicle dealers and showrooms across the country are organising special events to celebrate the Nexon. Tata Motors said that it is giving benefits up to Rs 1 lakh (depending on model and variant) for customers who have booked and await delivery of their Nexon along with those booking afresh or wanting to upgrade their existing Nexon to its new avatar.

Nexon comes at a starting price of Rs 7.99 lakh and goes up to Rs 15.50 lakh for the top



variant. Vivek Srivatsa, Chief Commercial Officer, Tata Passenger Electric Mobility Ltd., said, "Over the past seven years, the unwavering support and love of its expanding customer base have made the Nexon an iconic brand in the industry.

With a wide choice of powertrains and personas, we have ensured that there is an ideal Nexon for every evolving need and discerning

choice of our customers. To celebrate this landmark achievement of 7 lakh sales in 7 years and to express our sincere gratitude to the growing Nexon family, we are passing on exciting price benefits for both existing and new customers."

The Nexon comes with two engine options - a 1.2-litre turbo petrol engine that churns out 120 hp and 170 Nm and a 1.5-litre diesel engine that produces 115 hp

and 260 Nm. The two engines are available with 6-speed MT and 6-speed AMT options. Additionally, the petrol engine offers a 5-speed manual or a 7-speed dual-clutch automatic gearbox with paddle shifters, depending on the variant. The SUV is also available in electric powertrain.

Nexon was India's 1st GNCAP 5 star rated vehicle in 2018. In Feb 2024, the new gen Nexon received its

GNCAP 5 star rating as per the enhanced 2022 protocol, which was soon followed with the Nexon. ev achieving the prestigious 5-star rating from Bharat-NCAP, this month.

Nexon faced competition from the Maruti Suzuki Brezza, Kia Sonet and Hyundai Venue. Competition in this high volume segment has intensified since the launch of Mahindra & Mahindra XUV 3XO.

Nexon's journey to the 7 lakh milestone:

- 1 Lakh: August 2019 (25 months).
- 2 Lakh: May 2021 (20 months).
- 3 Lakh: March 2022 (10 months).
- 4 Lakh: October 2022 (7 months).
- 5 Lakh: April 2023 (6 months).
- 6 Lakh: December 2023 (8 months).
- 7 Lakh: July 2024 (7 months).

May trade deficit widens to seven-month high at USD 23.78 billion



NEW DELHI, Jun 16 (Agencies): The country's goods exports grew 9.1% to \$38.13 billion in May, with double-digit growth witnessed in several sectors including engineering goods, electronics, drugs and pharmaceutical products, the government data showed.

Imports surged by 7.7% to \$61.91 billion, with merchandise trade deficit widening to a 7-month high of \$23.78 billion. The trade deficit was also 5.5% higher than a year-ago period. Commerce Secretary Sunil Barthwal while briefing the media highlighted a more optimistic outlook for trade

this year. He said even the sectors like textiles saw a healthy growth of 9.8% after a period of sluggish growth.

"With the inflationary pressures coming down in advanced countries, there will be demand for imports. It's a positive trend that will continue," Barthwal said. As per official data, petroleum products exports grew by 15.75% year-on-year (YoY) to \$6.78 billion in May 2024, engineering goods surged by 7.39% to \$9.99 billion, electronic goods by 22.97% to \$2.97 billion, and drugs and pharmaceuticals exports saw YoY growth of 10.45%

to \$2.30 billion.

Crude oil imports grew by 28% to \$20 billion in May. On the other hand, gold imports declined slightly to \$3.33 billion in May this year from \$3.69 billion in the corresponding month of FY24.

For the period of April-May this fiscal year, exports increased by 5.1% to reach \$73.12 billion, while imports rose by 8.89% to \$116 billion, as per the data. Commerce secretary Sunil Barthwal said that India's higher economic growth compared to the global average is driving up domestic demand for imports and reducing the exportable surplus, which is a contributing factor to the widening trade gap. He added that widening trade deficit is not a concern considering foreign direct investment (FDI) and foreign exchange inflows. He also highlighted the impressive growth in devices exports.

Despite improved WHO regulations, the world remains ill-prepared for the next pandemic

NEW DELHI, Jun 16 (Agencies): The international community's recent failure to conclude a global pandemic agreement leaves large gaps in our capacity to deal with the next major infectious disease emergency.

The risk of another pandemic like COVID - the worst in a century - is increasing.

The World Health Organization (WHO) took an important step by adopting useful revisions to the existing legally-binding International Health Regulations.

But while this advance is something to celebrate, it is not enough. Even if governments approve the revised regulations, our best chance of preventing history repeating itself lies in a pandemic agreement.

Global responses to health hazards that cross borders date back to an international sanitary conference in 1851 which focused on measures to limit the spread of cholera. Since then, several initiatives have aimed to improve global health security, including the formation of the WHO itself in 1946.

The International Health Regulations of 2005 were a major step in this evolution. They ushered in the modern era of risk assessment and created a global surveillance system for public health emergencies of international concern. Nonetheless, it was soon evident the new tools were limited in dealing with the increasingly complex and fast moving threat of zoonotic diseases (when an animal pathogen "spills over" to infect people).

Key changes to the International Health Regulations

Earlier this month, the 194 members of the WHO World Health Assembly passed by consensus several important amendments to the International Health Regulations, including:

adding a definition of a "pandemic emergency" to emphasise the importance of such events within the broader category of public health emergencies of international concern

increasing the focus on prevention with specific mention of "preparedness" strengthening equitable access to medical products and finance, with specific mention of "equity and solidarity", and a dedicated "coordinating financial mechanism"

requiring each state to establish a "national authority" to improve the implementation of the international health regulations within and among countries

requiring countries to build a core capacity for "risk communication including addressing misinformation and disinformation"

and modifying the "decision instrument" to enhance the detection of emerging respiratory infections with high pandemic potential.

The proposals that didn't make it Not all proposed amendment were achieved. Some commentators had advocated to incorporate the experi-

ence of countries in the Asia-Pacific region that used an elimination strategy to delay the spread of COVID, giving time to roll out vaccines and other interventions.

Such measures protected both high-income islands (Aotearoa New Zealand, Australia, Singapore, Taiwan) as well as low and middle-income countries in continental Asia (Vietnam, Thailand, Cambodia, Laos, Mongolia).

These nations generally achieved lower excess mortality than countries where the pandemic was less controlled. Similarly, the concept of elimination at source (sometimes called containment) wasn't included in this revision.

A range of other potential improvements also failed to make it into the final text. These included an emphasis on preventing zoonotic spillovers from animals, enhanced sharing of scientific data and specimens, and strengthened accountability.

All WHO member states now have 18 months to consider the proposed revisions. They may enter reservations to parts they disagree with, even though this may weaken the coherence of the proposed amendments.

Why we need greater global cooperation

A pandemic agreement could address the many needed reforms that go beyond the International Health Regulations.

But the negotiations to reach global agreement are proving contentious. There have been deep divisions between rich and poorer countries over the sharing and affordable pricing of vaccines, treatments and diagnostics for developing states. The sharing of pathogen data has also proven problematic.

The negotiations have been further undermined by completely unfounded assertions that the WHO will be given power to impose restrictive measures such as lockdowns and vaccine mandates. It is not clear whether New Zealand's changed negotiating position to focus more on national sovereignty influenced these discussions.

Due to these challenges, the international community has not yet agreed on a text for a pandemic agreement. The WHO has announced the next steps for further negotiations, which are already years past their start date.

From the threats of war to environmental devastation and pandemics, no country can unilaterally protect its citizens from the gravest shared threats to humanity. But while the need for global solidarity and cooperation is greater than ever, support for many of the key areas of international law is failing.

We owe it to the memory of the more than 27 million people estimated to have died so far from COVID, and the rising threats to future generations, to do the best we can to achieve a safer and more secure world.

Eating disorder may raise psychiatric conditions, early death risk

NEW DELHI, Jun 16 (Agencies): People with anorexia nervosa—an eating disorder—may be at high risk of developing psychiatric conditions and early death, according to a study.

The Mayo Clinic defines anorexia nervosa as an eating disorder where people suffer from an abnormally low body weight and intense fear of gaining weight.

The study, published in the International Journal of Eating Disorders, showed that mortality rates are high in patients



with anorexia nervosa and nearly double when coupled with psychiatric conditions.

For the study, investigators analysed data on 14,774 patients who were followed for a

median time of 9.1 years (and up to 40 years).

The results showed that people with anorexia nervosa had a 4.5 times higher risk of dying during follow-up compared with those in the general population.

Of all the patients, 47 per cent reported psychiatric conditions, which raised their risk of early death by 1.9-fold compared with those without.

When diagnosed between age 6 and 25 years, anorexia nervosa coupled with a psychiat-

ric condition was associated with a 4-fold higher risk of 10-year mortality.

The mortality risk was similar according to sex. Also, 13.9 per cent of all deaths in patients with anorexia nervosa were due to suicide.

"These findings highlight the crucial need for clinicians to recognise additional mental health disorders in adolescents and adults with anorexia," said Mette Soeby, a doctoral student at Aarhus University Hospital in Denmark.

Heatwaves affect people with disabilities more, Lancet study finds

NEW DELHI, Jun 16 (Agencies): People with disabilities are hit harder by heatwaves, compared to those without, according to a new research that found increased hospitalisations from being exposed to extreme

heat. Researchers from Pusan National University in South Korea examined how exposure to heat impacted emergency admissions during warm seasons in the country - June to September. They looked

at people with four types of disabilities - physical, brain lesion disorders, vision, and hearing impairments. The study, published in The Lancet Planetary Health journal, found that this section of society was at twice the risk of hospitalisation

compared to the general population, especially due to mental and respiratory diseases. The researchers found a fourfold increase in emergency admissions and seven times higher medical costs in people with disabilities.

Further, among those with disabilities, people having brain lesion disorders and severe physical disabilities, along with women and those older than 65 years, were found to be more vulnerable to extreme heat.

Pregnant women at lower risk of 'caesarean' births after Covid vaccination: Study

NEW DELHI, Jun 16 (Agencies): Pregnant women who have been vaccinated against Covid-19 are at lower risk of having a caesarean section or experiencing hypertension, a new study said.

Using data from December 2019 to January 2023, the study published in the journal BMJ Global Health evaluated evidence from global studies to determine whether Covid vaccinations were effective for pregnant women who were at higher risk for illness from the virus.

The study found that women who had been fully vaccinated had a 61 per cent drop in the likelihood of getting

Covid, and 94 per cent reduced odds of hospital admission.

Moreover, the meta-analysis of 67 studies which included more than 1.8 million women suggested that vaccination leads to a 9 per cent decline in caesarean section risk, a 12 per cent reduction in hypertensive disorders in pregnancy, and an 8 per cent drop in the risk of intensive care unit admission for newborn babies born to vaccinated mothers.

"Our findings show how beneficial the vaccination programme against Covid-19 has been for pregnant women. As well as the expected benefits from



reduced infections, we have also seen a significant reduction in pregnancy complications including hypertension and caesarean sections," said Professor Shakila Thangaratnam, Dame Hilda Lloyd Chair of Maternal and Perinatal Health at the University of Birmingham and lead author of the study.

The research team, however, noted that there have been too few cases and studies relating to adverse impacts such as thrombotic events or Guillan Barre syndrome from Covid-19 vaccination to draw any meaningful results and that cases of several known impacts are very low.

T20 World Cup: Despite washout against Canada, India wind up group stage positively

India have already qualified for Super Eight from Group A with 3 wins from as many matches

LAUDERHILL (USA), Jun 16 (Agencies): Inclement weather hindered India's hopes of reinforcing their preparation for Super Eight through a match against Canada here on Saturday, but they will travel to the Caribbean as a confident unit after a robust T20 World Cup group stage campaign.

India's final Group A league match against Canada was abandoned without a ball being bowled due to a wet outfield.

Both teams shared one point each, as India advanced as Group A toppers with seven points. USA (five points) were the second team to qualify from the Group. Canada finished third with three points.

India's confidence primarily stems from the pacers' effort in three group matches. Lead quick Jasprit Bumrah, Arshdeep Singh, Hardik Pandya and Mohammed Siraj combined to bag 20 wickets among them.

Of course, they had a spiteful, double-paced drop-in pitch for assistance at the Nassau County stadium in those matches, and they will have traditional surfaces to play on in the West Indies for the rest of the ICC showpiece.

But if their outings in New York can be taken as an indication, then the opposition will have a lot to worry.

Pitch certainly played its part, but the Indian pacers also



showed the technical nous and understanding of conditions to exploit what was on offer to them.

None displayed it better than Arshdeep. The left-arm quick made the ball curve back from over the wicket into Shayan Jahangir to trap the USA batter plumb in front.

A few balls later, the ultra-aggressive Andries Gous could not negate a short-pitched ball that skidded on to him at a fair clip. Those two deliveries would have potentially fetched him wickets on any kind of pitch.

The runs from skipper Rohit Sharma, Rishabh Pant and Suryakumar Yadav is another positive sign but for different reasons.

Both Rohit and Suryakumar had an underwhelming IPL 2024, and here they showed

some sparks that they would like to ignite further in the Super Eight.

In contrast, Pant had some fruitful outings in the IPL while leading Delhi Capitals, but a lot of people would have been keen to know his readiness for the rigours of top-of-the-draw cricket.

Pant aced the test with aplomb. There were those shots patented by the left-hander on view -- stand-and-deliver flicks, tumble-down scoops and those one-handed smashes to various corners of the field.

His effort behind the wicket too was equally commendable, diving, running and leaping around for catches and stops like an acrobat.

Hardik too seemed to have found his assured self in the World Cup after looking reti-

cent in the IPL while leading the Mumbai Indians, a period when he was painted in social media as a silent villain.

While his batting is yet to hit the top gear, Hardik the bowler oozed a lot of purpose, troubling batters with pace and variations.

However, everything is not rosy. The spinners, except Axar Patel to a certain extent, hardly got any game time in the group matches, courtesy the nature of the pitch in the Big Apple.

Axar bowled six overs spread across three matches, taking three wickets but second spinner Ravindra Jadeja bowled just three overs in the group stage against Ireland and Pakistan. The left-arm spinner was not even employed against the USA.

Other spinners in the squad, Kuldeep Yadav and Yuzvendra Chahal will enter the Super Eight with zero game time under their belt. They might have got some in the park had the match against Canada held as per the schedule.

It might not be the best scenario either as pitches in the West Indies are expected to progressively help the spinners. But then this bunch of Indian players have shown a propensity to tame pressure points with ease, and they will have to invoke that tradition once more in the West Indies.

New Zealand ace Trent Boult confirms ongoing T20 World Cup will be his last



TAROUBA (TRINIDAD), Jun 16 (Agencies): Veteran pacer Trent Boult has confirmed the ongoing T20 World Cup will be his final appearance for New Zealand in the marquee-tournament.

Since his debut in 2011, Boult has been a key member of the Black Caps' golden generation, participating in multiple finals across all three formats for New Zealand. Additionally, the left-arm pacer has featured in four editions of the T20 World Cup since 2014.

"Speaking on behalf of myself, this will be my last T20 World Cup. That's all I have to say," Boult said at the press conference after New Zealand's nine-wicket win over Uganda.

Whether Boult will continue to play for New Zealand in any capacity remains uncertain as he has opted out of a central contract in 2022, choosing to play T20 franchise cricket around the world instead.

Despite the huge win against Uganda and a game left in hand, New Zealand have already been eliminated from the race to Super Eight with Afghanistan and West Indies clinching the two spots from Group C.

Effectively, New Zealand's last group game against Papua New Guinea will be the 34-year-old's last T20 World Cup outing.

"Definitely (it was) not the start we wanted in the tournament. A hard one to take. Just gutted we're not going any further. But any time you get to represent the country, it's a proud moment.

"New Zealand have been a picture of consistency, having qualified made the semifinals of the showpiece every time since 2014.

"There's a lot of pride in the dressing room and in playing for the country, we've had some great records across however many years. Unfortunately we've been off the ball the last couple of weeks and that's what it takes to not qualify.

"It's unfortunate, but there's still some tremendous talent inside that dressing room and coming through the ranks in New Zealand cricket, so we're a proud nation and we'll continue to go that way," he said.

Meanwhile, bowlers have had a successful run in the tournament at the expense of batters' misery on tough wickets in the T20 World Cup, which has had just one 200 plus score thus far. Boult has made the call for restoration of the balance.

"Yeah, it's been a challenge, there's no doubt about it. There's been some very low scores. I've played cricket all around the world recently and you come up with a lot of different conditions.

"It's always a challenge in adapting to conditions, but I think the balance has been far too much on the bowler's side, but they just haven't been very good wickets. It's been a good challenge for bat and ball but it's interesting to see in a world tournament."

T20 World Cup: Australia defeat Scotland by 5 wickets

GROS ISLET (ST LUCIA), Jun 16 (Agencies): Australia defeated Scotland by five wickets after Travis Head (68) and Marcus Stoinis (59) hit vital fifties in their Group B match of the T20 World Cup here.

Chasing 181, Australia appeared to be struggling early on but Head and Stoinis led their recovery while the finishing touches were provided by Matthew Wade (4*) and Tim David (24*). Australia made 186/5 in 19.4 overs.

Scotland's defeat paved the way for England's entry into the Super Eight stage of the tournament as the second team from



Group B. Earlier, Brandon McMullen hit 60 from 34 balls with six sixes and two fours to bolster Scotland while adding 89 runs for the second wicket with George Munsey (35).

Scotland captain Richie Berrington played a crucial innings of 42 not out and was involved in several partnerships

late in the innings to push his team's total to 180 for five.

Brief scores: Scotland 180/5 in 20 overs (George Munsey 35, Brandon McMullen 60, Richie Berrington 42*, Glenn Maxwell 2/44) lost to Australia 186/5 in 19.4 overs (Travis Head 68, Marcus Stoinis 59, Tim David 24*, Mark Watt 2/34) by 5 wickets.

Pakistan Cricket Board to enforce two-NOC policy strictly after T20 World Cup flop show

KARACHI, Jun 16 (Agencies): Pakistan Cricket Board will enforce its two-NOC policy for T20 leagues strictly following the national team's embarrassing performance and first-round exit in the T20 World Cup in Americas.

Pakistan's elimination was confirmed on Friday when USA joined arch-rivals India as the second team from Group A in the Super Eight round, following a washout at Lauderhill in Florida.

All players, who sign central and domestic contracts in Pakistan cricket, have to adhere



to a clause which states that a player can only be issued a NOC for a maximum of two overseas leagues besides playing in the Pakistan Super League in a year.

The board has yet not issued any NOCs to youngsters Azam Khan and Saim Ayub to play in

the Caribbean Premier League even though both were retained by their respective teams for this season.

Both Azam and Saim are part of Pakistan's T20 World Cup squad.

"The other players have also been given a clear message that the

two NOCs rule applies to both centrally and domestic contracted players and the board also reserves the right to turn down any NOC request from any player," an official source in the board said.

The board also holds the right to refuse any NOC if it feels the player's workload and fitness is at stake and he is required to play at home.

The source said that recently in the case of Pakistan leg-spinner Usama Mir, who signed a contract for the Vitality Blast and The Hundred in England, was told he has already played his

quota of two leagues this year.

"Mir took the argument that since he was free of any international commitments and there was no domestic event he should be allowed to play in England, he was told in clear terms this is not for him but for the board to decide," the source said.

The board has also recently made it clear to all other cricket boards and their franchises organising their T20 leagues that until a player (s) is able to produce a PCB-issued NOC, they would be signing him at their own risk.

For Test cricket to thrive, powerhouse India have leadership role to play: Cricket West Indies CEO Grave

BRIDGETOWN, Jun 16 (Agencies): Test cricket remains in danger and powerhouse India has a "leadership role to play" in ensuring the five-day game not just survives but thrives in smaller regions like the West Indies, its CEO Johnny Grave told agency.

Grave, who joined Cricket West Indies (CWI) back in 2017, lauded the BCCI's unwavering commitment to Test cricket despite a gruelling calendar but said more needs to be done at the ICC level to protect the red-ball game outside the big three comprising India, England and Australia.

Only the big three out of the nine competing ICC full members will play a five-match series in the 2023-2025 World Test Championship cycle. Three full members—Ireland, Afghanistan and Zimbabwe—have never been part of the championship introduced in 2019.

Grave, currently busy with co-hosting of the T20 World Cup, spoke his mind on future of the game and the role he expects the BCCI to play.

"India have a leadership role to play. They're now the number one board when it comes to power, influence, and resources. To date, they've been fantastic in how they've continued to play all three formats of the game, their commitment to Test cricket. I don't think

it has ever been as strong as it is now," said Grave.

With the ICC being a members' body, the BCCI's stance on any subject carries huge significance. Are they doing enough in the leadership role?

"I think they are. They're becoming increasingly influential in the key decisions that the ICC makes. The BCCI were hugely supportive in one of the biggest things the ICC has achieved in the last 12 months, which is getting cricket back into the Olympics.

"The fact that India came on board and supported that bid was absolutely, in my opinion, crucial for the result that the ICC got, which was the acceptance of cricket into the LA Games.



lish broadcasters to keep the game afloat in the Caribbean.

As of the now, series in the WTC cycle are staged like bilateral rubbers with the home board pocketing all broadcast revenues and the visiting teams having to pay for their own travel.

Grave wants the ICC to centralise at least the travel costs as the West Indies have to spend the most in crisscrossing the world.

"We have to have a league mentality that we're all in it together as the Test playing nations. And I think the World Test Championship is a start to that. I think it's gaining some momentum. I think it can be improved.

"Centralise flights and accommodation within the World Test Championship and take on those costs

as the costs of the league rather than placing all that burden on the participating teams as we're so negatively disadvantaged by that," said the CWI CEO.

T20 World Cup to make economic boost of USD300 million in region

In Grave's words, the CWI has not been in a better place financially after multiple tours from India and England in the post-COVID era. The T20 World Cup, which is the first ICC men's event held in the Caribbean since 2010, will also add to the coffers of CWI which generates an annual revenue of USD 50 million.

The six chosen venues needed urgent renovation for being World Cup ready and that has been done at a cost of USD 50 million approxi-

mately, with half of them spent on the Kensington Oval in Barbados, where the final will be staged.

"It's been 14 years since we hosted our last men's event. And it's hugely important (that we get to host world events).

"... (building infrastructure) It's a huge part of hosting a World Cup because the legacy of that means that the six grounds that are hosting or playing hosts for this World Cup will have facilities that we, Cricket West Indies and our home boards, can benefit from for hopefully the next decade," he said.

The West Indies are co-hosting the T20 showpiece with USA and going forward, more world events will be jointly hosted and not just by the big three, as it has been the case in the last 10 years.

"We made the point that we think there should be more equal revenue sharing of ICC distributions (India gets the lion share of that). And part of that equality was the spreading around the men's events.

"Some of the bigger host countries could be making a hundred million US dollars from hosting a men's events based on the revenues that they would keep.

"And therefore, it's another way in which if you're not spreading around those events, that the few nations that do host are benefiting

more than others, as well as getting the on the field home advantage and playing in home conditions that they should know better and be able to adapt better.

"It's an important part of the change of the next cycle, there's going to be multiple teams hosting," said Grave.

Don't see BCCI releasing their players for overseas leagues ever

A record three Indian female cricketers will participate in the upcoming Women's CPL but Grave doesn't see their male counterparts getting the time to play outside the IPL.

"There are already non-stop cricket. So, I don't see it happening."

If West Indies win T20 World Cup, party will go on for months

CWI has got itself into a secure place financially but it will take a special effort from the home team to revitalise the game in the region.

"It's (the pride of playing for West Indies) has always been there. It's probably hasn't been articulated as well by the players as it has been, but we've got very good relations with them.

"I can guarantee you, if the West Indies lift this trophy, a record third trophy in the T20, the party in the Caribbean will be going for many, many months afterwards," added Grave.

INTERNATIONAL DAY OF YOGA 2024

NCC, NSS Units of SCS GDC Mendhar organized Poster and Selfie Making Competitions collaboration with DoPE&S

Top News Report

MENDHAR, Jun 16: The International Yoga Day 2024, Department of Physical Education & Sports (DoPE&S) at SCS GDC Mendhar, in partnership with the NCC and NSS units, organized a poster-making competition centered around the theme "Yoga for Women Empowerment." The event, held under the patronage and guidance of Principal Dr. Mohammed Azam, aimed to underscore the transformative impact of yoga on women's empowerment. The competition saw



enthusiastic participation from 20 students, each showcasing their creativity and interpretation of the theme through unique artistic expressions. The posters vividly portrayed various facets of yoga, highlighting its profound influence on the physical, mental,

and emotional well-being of women. They emphasized how yoga serves as a potent tool for empowering women across different spheres of life. The event garnered praise for its success in providing a platform for students to articulate

their perspectives on yoga, raising awareness about its holistic benefits. Judged by Prof. Sarshad Hussain, IQAC Coordinator and HOD of the Zoology Department, the posters were evaluated based on criteria such as creativity, relevance to the theme, and overall presentation. Dr. Mohd Ibrahim, HOD of Physical Education, along with faculty members Prof. Mohd Qasim Mir (HOD of Geography) and Prof. Liyakat Hussain (Assistant Professor of English), played pivotal roles in organizing and overseeing the event. The competition was

attended by both teaching and non-teaching faculty members, whose collective efforts ensured its seamless execution and resounding success. The Department of Physical Education & Sports, in conjunction with the NCC and NSS units, expressed gratitude to all participants for their enthusiastic involvement and encouraged them to continue exploring yoga's benefits. The competition not only celebrated International Yoga Day but also fostered a deeper understanding of how yoga can enrich lives and promote overall well-being.

2-Days of Devotional Music, Standing Ovations: Vomedh's Spiritual Festival sets new records



Top News Report

GANDERBAL, Jun 16: A two-day spiritual festival, organized by Vomedh in collaboration with the Relief & Rehabilitation Organisation and J&K Academy of Art Culture and Languages, concluded on June 14th at the revered Mata Kheer Bhawani Temple in Tulmulla, Ganderbal. The festival, which commenced on June 13th, culminated with a standing ovation from the audience, marking a resounding success. The first day of the festival was a devotional musical extravaganza with a Bhajan Sandhya featuring renowned artists from Jammu and Kashmir. Nirjala Koul and Pallavi Koul, Haseena Akhtar, Rajesh Khari, and Sanam Sajjad captivated the audience with their soul-stirring renditions. Day two witnessed the inauguration of a spiritual exhibition showcasing devotional tools and paraphernalia used for

Shivratri, Yagnyopavit, and Hawan Yagyas. The exhibition also featured spiritual paintings by Veer Ji Sumbli, a renowned artist, painter, sculptor, and art designer from Jammu and Kashmir. The highlight of the exhibition was Sumbli's LIVE PAINTING of the Mata Maharagya Devi Temple, completed within three days on the temple premises. The Bhajan Sandhya was graced by prominent dignitaries including Commissioner Relief Organisation Dr Arvind Karwani, DC Relief Vijay Sharma, Additional Secretary JKAACL Sanjeev Rana, Program Director DD Jammu & Akashvani Jammu Anjana Badyal, and Socio-Political Activist M K Yogi. Dr Karwani, expressing his appreciation for the event, commended the efforts of Team Vomedh and the artists from the J&K Academy of Art Culture and Languages. He assured attendees of improved facilities for future events, aiming to

minimize hardships for Yatris. He also commended Bindya Raina Tikoo, the host of the Bhajan Sandhya, for her mastery of Kashmiri language and her exceptional ability to engage the audience. DC Relief Vijay Sharma lauded the performances of the artists and the efforts of Vomedh, highlighting the universal language of music and its ability to touch the soul. Rohit Bhat, Director Founder of Vomedh, expressed his gratitude to the Ganderbal Administration, Relief and Rehabilitation Organisation, J&K Academy of Art Culture and Languages, Yatris, PM Package Employees, and locals for their unwavering support and collaboration. He assured the audience of a more impactful spiritual festival in the future, fuelled by the continued support of the community. He also expressed his heartfelt thanks to all the devotees who graced the Bhajan Sandhya, making this two-day spiritual festival a grand success.

KDPW of DPAP demand resettlement/rehabilitation of kashmiri displaced hindus back in valley

Top News Report

JAMMU, Jun 16: In a joint statement issued by KDPW of DPAP through its President Shri Sanjay Dhar, Chairman Shri Piaray Lal Pandita, General Secretary Shri Raj Kumar Ticku, Navveen Gosani Youth President and other Leaders have demanded that successive Govts. have failed to devise a concrete resettlement, Rehabilitation Policy to settle back the Displaced Kashmiri Hindus Back in Valley Birth Places except using the displacement as a political tool during elections. The Leaders have expressed grave concern regarding the hollow assurances staged by the Leaders of Political Govt. since 2014 and which were also repeated during the Election campaigning of 2024 by the Party won election during 2024. The Leaders have appealed the Present Central Government that it is beyond the tolerance of Displaced Kashmiri Community to yet visit the Kashmiri Displaced People birth places as tourists to our Shrines

and Temples even being the original inhabitants of Kashmir having a thousand years certificate carved as original stake Holders of Kashmiriyet. The Leaders have appealed that Govt. of India must take into cognizance the love and affection of Displaced Kashmiri Community towards their birth places with the recent visit of thousands to Kheerbawani Shrines of the Valley from India as well as from Jammu Province. The Leaders have appealed the Present established Govt. to work out a one time return policy of Kashmiri Displaced People to Valley in the first session of Parliament but with consultation of real sufferers/ stake Holders of displacement especially languishing in Camps. The Leaders have demanded earliest restoration of STATEHOOD to J&K with conducting of much awaited Assembly Elections in J&K to form a public Govt. for enabling a confidence in the Public and Common masses. The Leaders have rejected earliest reser-

vation process of two seats declaration in State Legislature on nomination basis. and have appealed all the Registered Political Parties of J&K and National Level to jointly reserve two Political seats in Valley specifically reserved for Kashmiri Displaced people, on Election basis, so that our Community can represent on behalf of our Community. The Leaders have appealed the Govt. of India as well as U.T. Govt. to make efforts for favour creation of employment avenues to the Kashmiri Hindu Displaced Youth in U.T. as well as in Central Govt. with announcement a special recruitment of three police battalions, with relaxation of norms from Kashmiri Displaced People Youth which can attract our Youth to serve our own people and can mix up back with our lost culture. The Leaders have expressed their earnest hope that the Present Govt. will consider our demands for one time dignified Rehabilitation back to Valley and will not repeat the process adopted through dust bins in past.

JKBS congrats Khushi Devi for her excellent result in 10th class

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JAMMU, June 16: The Jammu and Kashmir Batwal Sabha members: R.L. Kaith, Hans Raj Loria, Darshan Kumar Bassa, Des Raj Kaith, Tilak Raj Bassa, Naresh Kumar Kaith and Jagdish Raj Kaith, who met here today congratulated Khushi Devi for bringing grace to her family and community by securing 94.8% marks in her 10th class examination. JKBS members said that her outstanding performance in exams is a testament to her hard work and brilliance. JKBS members also



congratulated her father Tilak Raj Sargotra and mother Naseebo Devi on her daughter's tremendous achievement and wished Khushi Devi much more success ahead.

Er Sajad Reshi, IT Head J&K, BJP Minority Morcha extends warm greetings on Eid-UI-Adha

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SRINAGAR, Jun 16: Er. Sajad Reshi, the IT Head of J&K for BJP Minority Morcha, extends his heartfelt greetings to the people of Jammu & Kashmir on the auspicious occasion of Eid-UI-Adha. Eid-UI-Adha, also known as the "Festival of Sacrifice," is a significant event in the Islamic calendar, symbolizing the spirit of sacrifice, devotion, and unity. As families and communities come together to celebrate this joyous occasion, Er. Sajad Reshi emphasizes the importance of fostering peace, harmony, and mutual respect among all. In his message, Er. Sajad Reshi stated, "On this blessed day of Eid-UI-Adha, I extend my warmest greetings to everyone. May this festival bring abundant blessings, joy, and prosperity to all. Let us embrace the true spirit of Eid by showing compassion and generosity towards those in need and by strengthening the

bonds of unity and brotherhood in our society." Er. Sajad Reshi also highlighted the role of technology and innovation in connecting people during these festive times, especially in the current digital era. He reiterated his commitment to leveraging IT solutions to bridge gaps and enhance communication among the people of Jammu & Kashmir. "Technology has the power to bring us closer, even when we are physically apart. Let us utilize these tools to share our joy and to support each other, not just during Eid but every day," he added. On behalf of the BJP Minority Morcha, Er. Sajad Reshi conveys his best wishes for a peaceful and prosperous Eid-UI-Adha to all the residents of Jammu & Kashmir.

Nirjala Ekadashi Fast on June 18: Mahant Rohit Shastri

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JAMMU, Jun 16: There are 24 Ekadashis in a year, but when an extra month (Adhik Maas) occurs, their number increases to 26. The Ekadashi of the Shukla Paksha in the month of Jyeshtha is called Nirjala Ekadashi. Mahant Rohit Shastri, the head of the Shri Kailash Jyotish avim Vedic sansthan Trust, stated that in this fast, even drinking water is forbidden, which is why it is called Nirjala Ekadashi. Nirjala Ekadashi is also known as Pandava Ekadashi or Bhimasena Ekadashi. Observing this fast grants a person longevity and salvation. According to the Padma Purana, fasting on Nirjala Ekadashi in the Shukla Paksha of Jyeshtha month is equivalent to bathing in all the sacred pilgrimages, and it grants the merit of all the Ekadashis of the year. Both men and women can

observe this fast. This year, the Ekadashi tithi of the Shukla Paksha in Jyeshtha month begins at 4:44 AM on Monday, June 17, and ends at 6:25 AM on Tuesday, June 18. According to the Panchang, this year the Ekadashi tithi of the Shukla Paksha in Jyeshtha month lasts for the whole day of June 17 and continues on June 18, Tuesday, without any overlap with the Dwadashi tithi. In this situation, according to religious texts, both Vaishnav and Smarta sects should observe the Nirjala Ekadashi fast on the day of Ekadashi that coincides with Dwadashi. Therefore, this year, Vaishnav and Smarta sects should observe the Nirjala Ekadashi fast on Tuesday, June 18. The Parana (breaking of the fast) time for Nirjala Ekadashi in 2024 will be from 5:24 AM to 7:28 AM on Wednesday, June 19. On this day, donating to Brahmins and the needy

eradicates all sins and grants the highest spiritual abode. It is considered auspicious to donate umbrellas, wooden slippers, gooseberries, mangoes, melons, clothes, water-filled pots (kalash), fans, barley, cows, etc., to Brahmins and the needy. One should donate sweets and money according to their ability. On this day, people set up stalls serving sweet water. Donation, charity, and bathing in the Ganges are especially significant on Nirjala Ekadashi. If unable to bathe in rivers, one can bathe at home and donate to the needy nearby to gain full merit. On Ekadashi, one should chant the mantra "Om Namo Vasudevaya." The Ekadashi fast holds not only religious significance but also mental and physical health benefits. The fast is dedicated to the worship of Lord Vishnu. It teaches self-control and provides new energy to the body.

MK Yogi expresses satisfaction and happiness over smooth and successful conduct of Mata Kheerbhawani Yatra

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JAMMU, Jun 16: M.K. Yogi has extended heartiest gratitude to His Excellency Lt. Governor J&K for making spectacular arrangements for the pilgrims from Jammu to Mata Kheerbhawani Shrine, Devsar, tikkar, Lokat pur etc regarding free transportation, boarding and lodging arrangements etc. He also appreciated the historical steps taken by the LG administration in constructing a Yatri Niwas whose foundation stone was also laid during the Yatra period by His Excellency for the convenience of pilgrims. M.K. Yogi also said that the Role Relief organization J&K particularly Relief Commissioner Migrants J&K and his staff is laudable in all its forms for facilitation and coordination of pilgrim-



age of Mata Kheerbhawani and such machinations would go a long way in cementing communal harmony, brotherhood and Amity among different sections of the society. Yogi also greeted

people on the auspicious occasion of Eid especially to muslim brethren and prayed to Almighty God for showering peace, progress and prosperity to the people of the country in general and J&K in particular.

Army organised Lecture on 'Women Empowerment' at Surankote, Poonch

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POONCH, Jun 16: Army conducted a lecture on 'Women Empowerment' at Surankote. The event was aimed to raise awareness amongst women of the society for empowerment, equipping and allowing them

to make life-determining decisions through the different societal problems. By providing women with valuable insights and inspiration, the lecture focused on their empowerment. They emphasized the importance of education, self-reliance,

and the pursuit of professional careers. The speakers also discussed the various challenges women face in society and offered practical advice on overcoming these obstacles. The army representative also informed them about

various initiatives and projects like Women Driving Cadre, NDA preparation classes, Computer Classes for women etc. The lecture also covered the need for women to believe in their capabilities and take active steps towards achieving it.