

# TOP NEWS OF J&K

JAMMU, THURSDAY, JUNE 20, 2024

Daily Evening Newspaper



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## BRIEFLY

### Akhnoor Bus Accident | DySP Traffic Rural Jammu suspended

JAMMU, Jun 20: Taking a serious note of a bus accident near Akhnoor on May 30, wherein several lives were lost, authorities have placed Satish Kumar DySP Traffic Rural Jammu under suspension.

### MeT predicts light rain, gusty winds in Kashmir till June 21, Heat wave in Jammu from June 22

SRINAGAR, Jun 20 (Agencies): The weatherman here on Thursday forecast possibility of light rain, thunder and gusty winds at many places of Kashmir Valley and few places of Jammu region till June 21.

From June 22-23, a meteorological department official here said that there is possibility of light rain and thunder at "isolated" places.

He said generally dry weather is expected from June 24-27 but possibility of light rain and thunder at isolated places can't be ruled out.

He said there is likelihood of heat wave over the plains of Jammu from June 22.

Regarding the temperature, he said, Srinagar recorded a low of 13.7°C against 18.0°C on the previous night and it was 2.1°C below normal for the summer capital of JK for this time of the year.

Qazigund recorded a minimum of 13.6°C against 14.8°C on the previous night and it was 0.8°C below normal for the gateway town of Kashmir, he said.

Pahalgam recorded a low of 10.7°C against 10.2°C on the previous night and it was 1.1°C below normal for the famous resort in south Kashmir.

Kokernag, also in south Kashmir, recorded a minimum of 13.7°C against 12.9°C and it was 0.5°C below normal, the official said.

Kupwara town recorded a low of 11.6°C against 13.6°C on the previous night and it was below normal by 2.8°C for the place, the official said.

Gulmarg recorded a minimum of 5.0°C against 11.2°C on the

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## PM Modi, Amit Shah, Other BJP Leaders extend wishes to President Murmu on her 66th Birthday



NEW DELHI, Jun 20 (Agencies): Prime Minister Narendra Modi along with Bharatiya Janata Party top leaders on Thursday extended their wishes to President Droupadi Murmu on her

66th birthday. In a post on X, PM Modi said, "Warm birthday wishes to Rashtrapati Ji. Her exemplary service and dedication to our nation inspire us all. Her wisdom and emphasis

on serving the poor and marginalized are a strong guiding force. Her life journey gives hope to crores of people. India will always be grateful to her for her tireless efforts and visionary

leadership. May she be blessed with a long and healthy life."

Union Home Minister Amit Shah also posted on X and said that the President's dedication to the development of the nation is an inspiration.

"Warm birthday greetings to the President of India, Droupadi Murmu Ji. Your dedication to the development of the nation and the upliftment of the poor and marginalized sections of society is an inspiration for all. I pray to God for your good health and a long life," Shah said.

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## 34 dead, over 100 hospitalised after consuming illicit liquor in Tamil Nadu's Kallakurichi



KALLAKURICHI/CHENNAI (Tamil Nadu), Jun 20 (Agencies): Thirty-four people belonging to Kallakurichi district have died following consumption of 'methanol mixed arrack,' Tamil Nadu Chief Minister M K

Stalin said on Thursday. Stalin also directed officials to notify a one-man commission to be led by retired Madras High Court Judge B Gokuldas to make recommendations to the government on measures to be taken

to prevent recurrence of such incidents and also look into the reasons for the Kallakurichi deaths.

The Chief Minister said four persons linked to the sale of poisonous arrack have been arrested so far and announced Rs 10 lakh assistance to each of the families of 34 people who died after consuming illicit arrack.

Also, he announced Rs 50,000 assistance to those who are being treated in hospitals. Also, the CM said the state Home Secretary and Director-General of

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## Army claims big success as Two Foreign Militants killed in Sopore



SRINAGAR, Jun 20 (Agencies): Security Forces claimed to have achieved a major success by killing two foreign militants in Hadipora, Rafiabad encounter on June 19.

Addressing a press conference at Pohrupet,

Commander 7 sector Rashtriya Rifles (RR) Depak said that since the last few days, there were continuous inputs about the presence of militants in Sopore's Rafiabad. "On June 19, a specific information was generated by the

J&K police about the presence of terrorists in a house at Hadipora, Rafiabad, after which the army, police and CRPF launched a joint operation. After zeroing in the house, two militants were eliminated in an encounter," he said.

The army officer was flanked by Deputy Inspector General of Police north Kashmir, Vivek Gupta and other officers of police and army.

The two slain militants were affiliated with the Lashkar-e-Taiba outfit and have been identified as Usman and

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## Modi Govt cannot conduct exams without leaks, frauds: Congress

NEW DELHI, Jun 20 (Agencies): Hitting out at Prime Minister Narendra Modi after the cancellation of the UGC-NET exam, the Congress on Thursday said every year he conducts a "grand tamasha" of what he calls 'Pareeksha pe Charcha' and yet his Government cannot even conduct an examination without "leaks and frauds".

The opposition party also asked the prime minister if he would "leak pe speak".

Congress president Mallikarjun Kharge asked what kind of 'Pariksha Pe Charcha' is this, where the question paper gets leaked



every day.

"How the Modi Government has ruined the country's education and recruitment system — Paper leaks, fraud and gross irregularities in NEET, UGC-NET, CUET (Common University Entrance Test) have now been exposed. The much-publicised NRA — National Recruitment

Agency is completely defunct," Kharge said in a post in Hindi on X.

In August 2020, Modi announced the NRA with great fanfare, Kharge said.

"With a lot of hype, he said — 'NRA will prove to be a boon for crores of youth. Through the Common Eligibility Test, it will eliminate multiple exams and save precious time as well as resources. This will also give a big boost to transparency'. For government jobs, the Modi government had claimed that the NRA will conduct a single recruitment exam for all jobs. Four years have passed, National Recruitment

Agency (NRA) has not conducted a single exam yet," he said.

A fund of Rs 1,517.57 crore was provided to NRA for three years but only Rs 20 crore was spent till December 2022, he said.

Whenever the Opposition sought answers in Parliament, the Modi Government kept procrastinating and making excuses, the Congress chief said.

"NRA was made merely an agency for screening candidates at the lower level, instead of being the sole agency for recruitment examinations," he claimed.

Kharge further said

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# MBA MOTORS

## MERCEDES - BMW - AUDI

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

📍 NAGROTA, JAMMU (J&K) ☎️ +91-9086207123

## BSF recovers Two China-Made Pak Drones in Amritsar

CHANDIGARH, Jun 20 (Agencies): The Border Security Force (BSF) said on Thursday that in extensive search operations based on specific inputs, two China-made Pakistani drones were recovered in Punjab.

In the first incident, BSF troops recovered a drone from Rattankhurd village in Amritsar district. In the second incident, troops and Punjab Police recovered a drone from Dal village in Taran Taran district.

Both drones are Chinese-made DJI Mavic 3 Classic models.

The reliable information and swift action of BSF troops thwarted yet another attempt at drone intrusion in Punjab from across the border, said the BSF.

The BSF, responsible for safeguarding the

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**OBITUARY/TENTH DAY**

With profound grief & sorrow, we inform the sad demise of our beloved Mother **Smt. Kamla Wati Bhan** W/o Late Sh. Neel Kanth Bhan originally R/o Rainawari Srinagar A/p Flat No. 7, Block-170, Lane No. 26, Jagti, Nagrota who left for the heavenly abode on 14/06/2024. The mourning shall be held at Community Hall, Lane No.4, Behind Block No. 19, Jagti Nagrota.



**SMT. KAMLA WATI BHAN**  
1930 - 2024

**10TH DAY KRIYA** will be performed at Muthi Ghat on 23/06/2024 at 8:00 AM and Assembly will be held there-after.  
**GRIEF STRICKEN**  
**Sons & Daughters-in-laws**  
Sh. Sangeet Prakash Bhan & Smt. Veena Bhan  
Smt. Kusum Bhan W/o Lt. Sh. Samvith Prakash Bhan  
Sh. Aular Krishan Bhan & Smt. Ratna Bhan  
Sh. Praduman Krishan Bhan & Smt. Sunita Bhan  
**Daughter & Son-in-law**  
Smt. Santosh Bhan & Sh. I.K Bhan  
**Grand Children**  
Priyanka, Shallen, Ashish, Supriya, Siddharth, Rahul, Aastha, Aditya, Mridula.  
**Mobile:- 7006381262, 7006847290, 9165022095, 7006141919**

**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 Shalamar 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 & Chanchal -**Brother & Bhabhi**  
Raj Kumar Dogra & Rani -**Brother & Bhabhi**  
Pawan Dogra & Neetu -**Brother & Bhabhi**  
Basant Kumar -**Jija Ji**  
**Mb. No. 9149428316, 9419106482, 7006311554**

**10TH DAY**

Profoundly grieved we inform the sad demise of our beloved **Smt Uma Shori Raina** on 13th June 2024.



**Smt Uma Shori Raina**

**10th Day** will be performed on 22/06/2024 at Muthi Camp Ghat at 6 am to 8 am.  
**DEEPLY REMEMBERED BY**  
**Sh. J.L.Raina (Husband)**  
**Sons & Daughters-in-law**  
Prediman & Lovely Raina  
Pooran & Anjali Raina  
**Daughters and Sons-in-law**  
Usha & Ashok Kumar Bhan  
Ranjan & Virender Jan  
**Grand daughter & Grand Son-in-law**  
Mehak & Vivek  
**Grand Children**  
Monika, Abhinav & Paras  
**Address: H.No 150 , Lane-4, Dream City Jammu (9419202281)**

**10TH DAY KRIYA**

सर्वधर्मन्मिरित्यज्य मामेकं शरणं ब्रज।  
अहं त्वा सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः।



**Sh Vidya Prakash Koul**  
Retd Principal

With profound grief we inform the sad demise of our beloved **Sh Vidya Prakash Koul Retd Principal** S/o Brij Lal Koul who attained Moksha on 12th June 2024.  
**10th Day Kriya** will be performed at Gupt Ganga Ghat, Bhadarwah on 21st June 2024, at 7:30 am.  
**Grief Stricken:**  
**Sons and Daughter in law**  
Smt and Sh Jayaant Koul, (Retd Vet Surgeon) # 9055116707  
Smt and Sh Sushil Koul (Retd AE) # 9149930928  
Smt Sudershana Koul W/o Amar Balidani Ruchir Kumar Koul, (Craft Teacher, Social Welfare Dept) # 9906323088  
Smt and Sh Pawan Koul, Retd Sr. Supervisor (NHPC) # 9906078096  
Smt and Sh Arvin Koul (Retd CEO Education Dept) # 9596652223  
Smt and Sh Sunil Koul (Businessman) # 9906234845  
**Deeply Remembered by Grand Children and Great Grand Children**  
ॐ नमो भगवते वासुदेवाय ।

**10TH DAY**

"With profound grief and sorrow we inform that our mother **Mrs Kanta Zalpuri** W/o Lt Ram Nath Zalpuri, original resident of Chinkral Mohalla, Srinagar, presently at 2474 HIG, Phase 2, Urban Estate, Dugri, Ludhiana, passed away on 16 June 2024 and the **10th Day** will be on 25 June 2024 at Cremation ground, Dugri near Glada Flats, Ludhiana.



**Mrs Kanta Zalpuri**

**GRIEF STRICKEN:**  
**Zalpuri's, Gorkhu's, Dhar's, Misri's, and Koul's"**

**10TH DAY KRIYA**

We inform you with heavy hearts and tearful eyes that our beloved **Smt. Meenakshi Kaul (Dimpy)**, resident of SF-69, Vardhan Apartment, Abhay Khand-3, Indirapuram, Ghaziabad, U.P. 201014, left for her heavenly abode on June 14, 2024.  
**10th Day Kriya** will be performed on June 22, 2024, at 8:00 AM at Ganga Canal Ghat (Chotta Haridwar) in Muradnagar, Uttar Pradesh.  
**Shanti Paath** will be held at 10:30 AM on the same day at the following Venue: ATS Advantage Phase 2 Club, ATS Advantage, Ahinsa Khand 1, Indirapuram, Ghaziabad, Uttar Pradesh, 201012.  
**GRIEF STRICKEN:**  
**Kaul's and Kuchroo's**



**Smt. Meenakshi Kaul (Dimpy)**

**TENTH DAY**

With heavy hearts and profound grief, we are sorry to inform the sad demise of our beloved **Sh. Harbans Lal Gupta** (Retd. Range Officer) S/o Late Sh Faqir Chand (Barwal Wale) at Ward No 18 Kathua.



**Sh. Harbans Lal Gupta**  
(Retd. Range Officer)

**Tenth Day** will be performed on 21-06-2024 (Friday) at Rajput Sabha Kathua (Near Ram Leela Ground) at 12 Noon.  
**GRIEF STRICKEN**  
**Wife** - Late Smt. Rajinder Mahajan  
**Sons & Daughter-in-Law**  
Sh Sandeep Gupta (Insp. PDD) & Smt. Baby Gupta  
Sh Deepak Gupta (M/s Stationary World) & Smt. Bandhana Gupta (Edr. Dept.)  
Sh. Kuldeep Gupta & Smt. Pratibha Gupta (M/S Kuldeep Kumar & Rajesh Kumar)  
Er. Rakesh Gupta (Retd. Chief Engineer) & Dr. Ari Pandoh Gupta (Assoc. Professor)  
Sh Rajesh Gupta & Smt. Suman Gupta (M/S Kuldeep Kumar & Rajesh Kumar)  
Er. Ajay Gupta & Er. Mania Gupta (PDD)  
**Daughter & Son-in-Law**  
Smt Pawan Gupta & Sh. Dina Nath Gupta. (Cloth Merchant Dayasia Chack)  
**Brother in law and Bhabhi**  
Sh Tarsem Gupta & Late Smt Sumita Devi (Pahankot)  
Late Sh Ashok Gupta & Smt Madhu Gupta (Pahankot)  
**Grand Son, Daughters & Daughters in laws**  
Manoj (Basi), Manish (Range officer), Rahul (City Electrical), Rahul (Basi), Kanav (Lt Commander), Rhythm (Canada), Er. Rakesh, Dr. Anshu, Akarshan, Aryaaveer, Sonam, Manvik, Raajyadree, Dr. Sary Rishi, Er. Maniya, Juhni, Karika, Nitya, Ra

**OBITUARY & TENTH DAY KRIYA**

With profound grief & sorrow, we inform you the sad demise of our beloved father **Shri O N Dhar (Daddy)** S/o Lt Sudharshan Dhar O/R Sheshyar, Habba Kadal, Srinagar at present Bhagwati Nagar, Jammu on 13th June 2024.



**Shri O N Dhar (Daddy)**

The **TENTH DAY KRIYA** will be performed on 22nd June 2024 at Shakti Nagar Ghat at 8 AM.  
**IN GRIEF :**  
**Smt Omashree Dhar-Wife**  
**Smt Tathi Dhar- Bhabhi**  
**Smt & Shri H K Dhar- Bhabhi & Brother**  
**Smt & Shri B L Dhar- Bhabhi & Brother**  
**Daughters & Son-in-laws**  
Smt & Shri Girja & Vijay Bhan  
Smt & Shri Veena & B L Sapru  
Smt & Shri Sarta & Sanjay Sahib  
**GRAND CHILDREN**  
Prema, Munisha, Shefali, Avni, Aarti, Aayush  
**Mourning** will be held at H No. 7, Lane No. 19 Mangotriar Rajpura Jammu.  
**GREAT GRAND DAUGHTER** - Myra  
**CONTACT : 8800676724, 9149711474, 979658 6545**

**KRIYA KARAM/UTHALA**

With heavy heart we inform the untimely demise of our dear Dady Ji in Vienna Austria.



**Sat Pal Sharma**

**SHARADH KARAM 21.6.2024 (Friday)**  
**Kriya Karam** - 12 Noon at our residence H.No 50 Sec 8 Nanak Nagar Jammu.  
**Rasam Pagdi/Uthala/Shradhanjali Sabha** - 5.30 to 6.30 pm on 21-06-2024 (Friday) at Shri Ram Mandir Nanak Nagar Sec 8.  
**GRIEF-STRICKEN**  
**Sons and Daughters-in-law**  
Dr.Sandeep Sharma and Dr.Sindhu Sharma  
Sh.Vishal Sharma and Smt Jyoti Sharma  
**Daughter and Son in law**  
Smt Sonia and Sh Rajesh Sharma  
**Grand children:** Drushika, Moksh, Jhanvi, Kushagra and Rishi

**OBITUARY/10TH DAY KRIYA**

With profound grief & sorrow we regret to inform the sad demise of our mother **Smt. Prabha Raina** W/o late Shri Radha Kiran Raina of Jawahar nagar, Srinagar and presently at 16-A, Bhawani Nagar, Janipur Jammu has left for her heavenly abode on 16th June 2024 at Jammu.



**Smt. Prabha Raina**

**10TH DAY KRIYA** will be performed on 25th June (Tuesday) at Muthi Ghat at 8:00 AM.  
**GRIEF STRICKEN**  
**Daughter & Son-in-law**  
Shashi & Late Sh. Kavi Rattan  
**Daughter-in-law & Son**  
Suneeta & Virender Raina  
**Grand Daughter & Son-in-law**  
Jharna & Himanshoo  
**Marsi Rattan - Grand Daughter**  
Dheeraj & Dr. Suhasini- **Grand Son-in-law & Grand Daughter**  
**Great Grand Children :** Ishita, Aryanam, Manya, Ashmit, Shivaansh  
**Mob.: 9419155536, 9419182609**

**FIFTH DAY**

With heavy hearts, we announce the untimely passing of our dear **Smt. Jyoti Gupta**, daughter of Late Sh. S.P. Gupta and W/o Sh. Nand Kumar Gupta.



**Smt. Jyoti Gupta**

The **Fifth Day Ceremony** will be held on Friday, 21st June 2024, from 10 AM to 11 AM at Lakshmi Narayan Mandir, Backgate, Gandhi Nagar, Jammu.  
**In mourning:**  
**Sister-in-law and Brothers**  
Monika and Harish Gupta (Retd. D.O. UIIC)  
Vivek Gupta  
**Sister and Brother-in-law**  
Lata and Sanjay Gupta  
**Contact: 9419192352, 9320681198**  
**Residence: 698/A, Gandhi Nagar, Jammu**

**TENTH DAY / KRIYA/UTHALA**

With profound grief & sorrow, we inform the sad demise of our beloved mother **Smt Kamla Rani Gandotra** W/o Late Sh Dharam Brat Gandotra R/o H. No. JMC-363, Lane No.3, Anand Vihar, Bohri, Jammu who left for heavenly abode on 09-06-2024.



**Smt Kamla Rani Gandotra**

**10th Day** shall be performed on 18/06/2024 (Tuesday) at 10.30 am at Shri Radha Krishan Mandir adjacent to Dewan Modern Breweries, Ltd, Bohri Jammu.  
**Kriya** will be performed on 21/06/2024 (Friday) at our residence.  
**Uthala** will be performed on 21/06/2024 (Friday) at 5 pm to 6 pm at Arya Samaj Mandir, opp Hotel PR Bakshi Nagar, Jammu  
**Grief Stricken :**  
**Sons & Daughters in law**  
Ajay Gandotra & Pooja Gandotra  
Abhay Gandotra & Sonika Gandotra  
Ajeet Gandotra & Bhawana Gandotra  
**Grand Children :-**  
Vansh, Beantika, Udhay, Parul, Harsh, Dhanvhi  
**Mobile :- 9469214010, 7006175766, 9419620812**

**TENTH DAY KRIYA**

WITH PROFOUND GRIEF AND SORROW WE INFORM THE SAD DEMISE OF OUR BELOVED FATHER **LATE OMKAR NATH RAINA (BOBAJI)** S/O LATE DEV LAL RAINA OF WADHAWA, PAHALGANGA, A/P H. NO.25, SEC.6, JAWALALI COLONY GANWAL, JAMMU ON 17TH JUNE 2024.

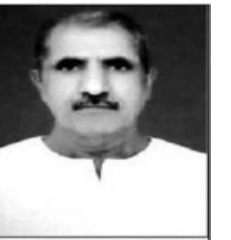


**LATE OMKAR NATH RAINA (BOBAJI)**

**TENTH DAY KRIYA** will be performed on 26TH OF JUNE AT MUTHI GHAT NEAR DIRECTORATE OF SCHOOL EDUCATION AT 08.30AM.  
**GRIEF STRICKEN:-**  
SHYAMA PYARI-WIFE  
SWARAN KUMAR RAZDAN-SON  
SMT DAZY RAZDAN-DAUGHTER-IN-LAW  
DAUGHTERS AND SON IN LAWS:-  
DAZY W/O SUNIL KUMAR BHAT  
CHAMPA W/O SANJEEV PANDITA  
SISTER:-  
PHOLA PANDITA W/O LATE P N PANDITA  
**BROTHERS & BHABHIS:-**  
SHIBAN KRISHAN RAINA & SANTOSH RAINA  
RAVI J RAINA & PRAMILA RAINA  
SHRAWAN KUMAR RAINA & LALITA RAINA  
**CONTACT NO:**  
9086563249, 9419143154,  
9419121641, 9419173752

**OBITUARY AND TENTH DAY KRIYA**

With profound grief and sorrow, we regret to inform that our beloved **Sh. Sham Lal Dhar** S/o Late Sh. Sarwanand Dhar, originally R/o Verkhosipora Gageund, Kashmir, left for heavenly abode at Ahmednagar Gujarat on 17.06.2024.



**SH. SHAM LAL DHAR**

**Mourning** will be observed at B-32(A) Bharat Nagar, Bantialab Jammu from 22.06.2024. **TENTH DAY KRIYA** will be performed on 26.06.2024 at Muthi Ghat (Near office of Director Education) at 9 AM.  
**GRIEF STRICKEN:**  
Smt. Ranjini Dhar (Wife)  
Kapil Dhar (Son)  
(Daughter and Son-in-law)  
Smt. Meenakshi and Sh. Indar Kumar Kandoo  
Smt. Roopa Ji Koul (Sister)  
Sh. Omkar Nath Dhar (Brother)  
Sh. H.N Dhar and Smt. Asha Ji (Brother and Sister-in-law)  
Sh. S.N.Dhar and Smt. Seema Ji (Brother and Sister-in-law)  
**Grandson: Master Vishesh Kandoo.**  
**Contact numbers: 9622423283, 9589102801, 8454044604 and 9665525744.**

**10TH DAY KRIYA**

With profound grief and sorrow, we inform the sad demise of our beloved father **Late Dwarika Nath Bhat** S/o Late Lakshman Bhat of R/o Maimot-Magam District Baramulla Kashmir. At present Block No. 15 Flat No. 03, Lane No. 03 Jagti Colony Nagrota, Jammu departed heavenly abode on 14th June 2024 at 11.15 PM (Friday).



**Late Dwarika Nath Bhat**

**10th Day** will be performed on 23rd June, 2024 Sunday at Muthi Ghat near DSE Jammu at 8.00 AM.  
**Mourn** will be held at Backside of Lane No. 01 Community Hall Jagti Colony Nagrota, Jammu.  
**GRIEF STRICKEN**  
Mr. Kanya Lal Bhat & Mrs. Renu Bhat (Son & DIL)  
Bhavika Bhat (Grand Child)  
**Mobile No. 94196-94665, 60061-63993**  
**Brother & Bhabhi**  
Mrs. Uma Shori W/o Lt. Janki Nath Bhat  
Mr. Moti Lal Bhat (Brother)  
**SAMAST BHAT PARIWAR**

**TENTH DAY KRIYA**

With profound grief and sorrow, we inform you of the sad demise of our beloved mother **Smt. Mohan Rani Nehru** W/o Sh. Brij Mohan Nehru of Panzala Baramulla, Kashmir on 14-06-2024.



**Smt. Mohan Rani Nehru**

The **Tenth Day Kriya** will be performed on Sunday 23-06-2024 at residence Panzala, Baramulla, Kashmir at 9:00 AM.  
**GRIEF STRICKEN**  
Sh. Brij Mohan Nehru - Husband  
Smt. Rishi Nehru - Sister-in-law  
Sister-in-law & Brother-in-law  
Smt. Reena & Sh. G.K. Neuru  
Smt. Sushma Nehru - Sister-in-law  
Sisters-in-law & Brothers-in-law  
Smt. Dazy & Sh. Tej Krishan Nehru  
Smt. Sarta & Sh. B.N. Raina  
Smt. Renu & Sh. Bushan Sharma  
**Sons & Daughters-in-law**  
Sh. Santosh Nehru & Smt. Rinki  
Sh. Rajinder Nehru & Smt. Sushma  
**Daughters & Sons-in-law**  
Smt. Sunika & Sh. Sunil Pandita  
Smt. Anita & Sh. Manish Koul  
**Grand Children:** Yuktha, Reshoo, Shivam, Nishan, Richima, Veeraj, Dev, Dishant, Devleena  
**Mobile No: 9906162592, 9810295675, 9622219211, 9811131618, 9711923224, 9541678890, 9419651551**

**OBITUARY AND TENTH DAY KRIYA**

WITH PROFOUND GRIEF AND DEEP SORROW WE INFORM THE SAD DEMISE OF OUR BELOVED **SMT. PHOOLA RAINA (PYAR)** W/O SH. CHIRAN LAL RAINA, OF KHAYAR ANANTNAG PRESENTLY RESIDING AT 62/A BUTA NAGAR ENCLAVE (SHY TEMPLE LANE) JAMMU ON 16TH JUNE 2024.



**SMT. PHOOLA RAINA (PYAR)**

THE **TENTH DAY KRIYA** WILL BE PERFORMED ON 25/06/2024 AT MUTHI GHAT NEAR DIRECTORATE OF SCHOOL EDUCATION JAMMU AT 8:30 AM  
**GRIEF STRICKEN**  
SH. CHAMAN LAL RAINA (HUSBAND)  
**SISTERS IN LAW**  
SMT. SHYAMA JI PANDITA  
SMT. CHOONI GANDOTRA  
**BROTHERS IN LAW & SISTERS IN LAW**  
SH. MOTI LAL RAINA AND SMT. GEETA RAINA  
SH. SHADI LAL RAINA AND SMT. BITA RAINA  
**DAUGHTERS AND SONS IN LAW**  
SMT. DOLLY KULL & SH. RAMESH JI KULL  
SMT. ANULEE KULL AND SH. SANJAY KULL  
SMT. BABITA & SH. SHAILESH JI  
SMT. HANISHI RAINA & SH. AKHIL BHAT  
**SONS AND DAUGHTERS IN LAW**  
SH. NITISH RAINA & SMT. RASHI RAINA  
SH. HITESH RAINA & SMT. PREETI PANDITA  
**GRAND CHILDREN**  
NKHIL KULL, HARDIK KULL, AASHRAY KULL, IKAAN RAINA, KAASHI RAINA  
**CONTACT DETAILS: 9796483263, 9993782926, 9419271977, 7968044163**

**10TH DAY / KRIYA / UTHALA**

With profound grief and sorrow, we regret to inform the sad and untimely demise of our beloved **Shri Bharat Bhushan Raina** S/o Late Sh. Bansilal Raina R/o House No. 72, Rampura, Gandhi Nagar, Jammu, who left us on 10 June 2024 for eternal journey to heavenly abode.



**Shri Bharat Bhushan Raina (Bittu)**

**TENTH DAY** will be performed on 19 June 2024 (Wednesday) 11:00 am at Durga Bhawan, Rampura, Gandhi Nagar, Jammu.  
**KRIYA** will be performed on 20 June 2024 (Thursday) after 11:00 am at our residence.  
**UTHALA** will be held on 21 June 2024 (Friday) 4:00-5:00 pm at Durga Bhawan, Rampura, Gandhi Nagar, Jammu.  
**DEEPLY MOURNED BY**  
Kousalya Devi - Mother  
Umil Raina - Wife  
Abhinandan - Raina & Primal Raj - Son & Daughter-in-law  
Ashish Raina - Son  
Neelam Langer & Late Vijay Kumar Langer - Sister & Brother-in-law  
Sunita Chopra & Virender Chopra - Sister & Brother-in-law  
**Nephews & Nieces:**  
Vikas Langer, Anshul Gupta, Khushboo Langer, Sachin Chopra, Pankaj Gupta, Atul Sharma.  
**ALL NEARS AND DEARS**  
**CONTACT: 788557136**

**10th DAY/KRIYA/UTHALA**

With profound grief and sorrow we inform the sad demise of our beloved **Smt. Nirmal Anand** W/o Sh. Banarsi Lal Anand R/o H.No. 29, Sector 9, Roop Nagar, Jammu.



**Smt. Nirmal Anand**

**TENTH DAY** will be performed on Wednesday, 19-06-2024 from 10:00 AM to 11:00 AM at Tri Murti Mandir, Janipur Colony, Jammu.  
**KRIYA** will be performed on Saturday, 22-06-2024 at our residence.  
**UTHALA / RASAM PAGRI** will be performed on Saturday, 22-06-2024 from 05:00 PM to 06:00 PM at Tri Murti Mandir, Janipur Colony, Jammu.  
**GRIEF STRICKEN**  
Banarsi Lal Anand (Husband)  
Rupali & Vishal Anand (Daughter in Law & Son)  
Sonia Anand Khulair (Daughter)  
Gaurik, Raghav, Kabeer, Divya (Grand Children)  
**Mob. 9622022331, 9810998531, 9419129042**

**TENTH DAY KRIYA**

WITH PROFOUND GRIEF AND SORROW WE INFORM THE SAD DEMISE ON 13TH JUNE 2024, OF **SMT. MOHINI KAUL** WIFE OF SH. TRILOK KAU OF SHALLA KADAL SRINAGAR (PRESENTLY HOUSE NO 111, LANE NO.1, NASIBNAGAR, JANIPUR, JAMMU).



**SMT. MOHINI KAUL**

**TENTH DAY KRIYA** - MUTHI GHAT, 22ND JUNE 2024 (SATURDAY) AT 5:00 AM.  
**GRIEF STRICKEN** -  
TRILOK KAU -HUSBAND  
**DAUGHTER & SON IN LAW**  
VEENA RAINA W/O DR CHAND RAINA  
**GRAND DAUGHTERS AND SPOUSES** -  
RASHI RAINA & SUEVER KAKROO  
SHEETAL RAINA & ATUL KOU  
SHEERA RAINA & VIKAS DHAR  
**MOB. NO.: 9419198183, 9419140486, 9419208333**

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# Sudhmahadev Chhari Yatra to take on June 22

Top News Report

JAMMU, June 20: The Sudhmahadev Chhari Yatra Samiti has announced the 6th Chhari Yatra from Jammu to Sudhmahadev, set to take place on June 22nd, a Saturday.

The announcement was made during a press conference at the ancient Panjbakhtar Temple (Rupaye Wale Mandir) in Jammu. Key Samiti members present included Narinder Sharma, Ram Magotra, Rajesh Behal, Ritu Choudhary, Raj Kumar Sodhi, Radhika Gupta, and Pandit Sahil Sharma.

The Samiti highlighted the religious significance of Sudhmahadev, which is referred in texts like the Padam Puran and Shiv Puran. Manta-



lai, a significant location on the Yatra route, is believed to be where Lord Shiva married Mata Parvati. The temple at Sudhmahadev

still houses the Trishul of Lord Shiva, which he used to kill the demon Sudanshu. The Yatra will commence after the Chhari Pujan on June 21st

at 11:00 PM at the Panjbakhtar Temple. The Chhari Yatra will start from the Panjbakhtar Temple on June 22nd at 6:30 AM, led by Sant 1008 Swami Damodar Dass Ji Maharaj from Vrindavan. The route includes stops at several temples for puja and ceremonies, such as the Shiv Temple at Dhok Waziran in Nagrota, the Devika Temples in Udhampur, the Shiv Cave in Chenani, the Mukteshwar Temple, and the Gourikund Temple, finally reaching the Shul Paneshwar Temple in Sudhmahadev.

The Samiti has invited all Jammuites and Shiv Bhakts to participate in the Chhari Yatra and requested them to register individually or in groups at the Panjbakhtar Temple between 6:00 to 8:00 PM daily before the Yatra.

# 626th Kabir Jayanti to celebrate on June 22

Top News Report

JAMMU, June 20: The 626th Kabir Jayanti will be celebrated collectively by the All J&K Sadguru Kabir Sabha, Bhagat Mahasabha (JK Unit), and J&K Megh Sabha at the premises of JK Megh Sabha, Old Rehari, Jammu, on June 22nd (Saturday). The event will feature a satsang delivered by Mahant Ajay Dass Ji from Gaddi Tata Nagar, Jharkhand, from 11:30 AM to 1:00 PM, followed by a Shradanjali at 1:30



PM and Guru ka Langar from 2:00 PM onwards. Presidents F.C Bhagat, Narinder Datt, and Mohinder Bhagat have appealed to the public

to participate with great zeal, highlighting the celebration as an opportunity to unite in devotion to Sadguru Kabir Sahib.

# PoJK DP's Front urges PM to redress pending demands



Top News Report

JAMMU, June 20: The PoJK DP's Front gathered at Maharaja Hari Singh Park on Thursday under the chairmanship of President Captain (Retd.) Yudhvir Singh Chib, along with General Secretary J.P. Sharma and Secretary K.S. Chib.

A significant number of PoJK DPs gathered to highlight their long-pending issues. Many carried placards, banners, and flags, and attempted to march towards the Secretariat, led by Captain Yudhvir Singh Chib, J.P. Sharma, and K.S. Chib. However, their progress was halted by a heavy police contingent near Dogra Chowk.

During the last rally on April 15, 2024, it was declared that PoJK DPs would vote for BJP candidates—Jugal Kishore from Jammu Reasi and Dr. Jitendra Singh from Kathua Udhampur Doda—to support Modi at the center.

Following this, PoJK DPs voted significantly for these candidates, leading to a substantial victory margin over the Congress candidates,

Raman Bhalla and Ch. Lal Singh. The PoJK DP's Front thanked all DPs for their support in the elections and urged continued unity.

Captain Yudhvir Singh Chib noted that despite Prime Minister Narendra Modi's allocation of Rs. 30 lakh per family for PoJK DPs through a JPC recommendation and the release of Rs. 2,000 crore under the Pradhan Mantri Package, only 80% of the DPs have received Rs. 5.5 lakh per family. Economic constraints persist, and there is a call for the final package to be released promptly.

Captain Chib expressed confidence in Modi's continued support during his third term as Prime Minister. He called for the resolution of issues faced by non-camp PoJK DPs, emphasizing the need for immediate action from the authorities. They demanded Land retrieved from illegal occupation should be allotted to non-camp DPs at a minimum of 10 Marlas for housing, Granting ST status to PoJK refugees to provide educational and professional opportunities, Allocation of 4 acres of irri-

gated or 6 acres of non-irrigated land per family from the land retrieved from illegal possession, as per the 1954 Cabinet Order, Release and allot 12 out of the 24 Assembly seats held in abeyance to PoJK refugees, Expedite the payment of Rs. 5.5 lakh to PoJK DPs, as files have been pending since March 2022, address the eviction of refugees cultivating land along the Chenab River, ensuring ownership rights, Regularize and grant ownership rights to DPs allotted agricultural land but deprived of ownership, enabling them to benefit from the PM package. General Secretary J.P. Sharma and Secretary K.S. Chib urged refugees to remain united and vote strategically in the upcoming J&K Assembly elections, expected in September, to ensure their demands are met.

Prominent attendees included J.P. Sharma, Kuldeep Singh Chib, Kulbir Singh Chib, Sakandya Devi (Mahila Wing), Kehar Singh Chib, Master Raghunath Singh, Thoru Ram Chib, Sham Singh Chib, Hoshnaki Ram, and Kamal Sharma.

# Jammu celebrates International Yoga Day at Press Club

Top News Report

JAMMU, June 20: Siba Event Management & Innovations Cooperative Limited in association with Yogatvam, Press Club Jammu, Shoppers Stop and EETOOS Bakery successfully organized a Yoga session on Thursday at Press Club Jammu to celebrate International Yoga Day. The session was led by Sahil Mehra, a devoted disciple of Yoga Guru Sanjay Asin from Yogatvam.

The event featured an inspiring yoga session followed by a demonstration of advanced postures, showcasing



the physical and mental benefits of this ancient practice. The Yogatvam

team participating in the event included Riya Gupta, Kapil Mehra,

Uttam Bogia, and Uma Bogia. The event received

generous support from Eeeto Bakery, Amandeep Hospitals, Sharp Sight Eye Hospitals, and DBN Vidya Mandir Jammu, The First Note, Roatry Club, Inner Wheel Club, Physiotherapist team, contributing to its grand success.

SIBA team Sidharth Verma & Baljeet Singh co-founders along with team members Ishan, Ramneek kour, Meenakshi Verma, Jasmeet kour managed the event.

The celebration highlighted the importance of yoga in promoting overall well-being and encouraged participants to incorporate yoga into their daily lives.

# Shiv Sena demands toll tax exemption on Amarnath Yatra vehicles

Top News Report

JAMMU, June 20: Tilak Shan, President Shiv Sena Chenab Valley, appealed to Amarnath Yatra Shrine Board Chairman LT Governor Manoj sinha that all the tolls and taxes at the various places should be exempt for the trucks that carry the food and other necessary items for the Langar as well as Amarnath pilgrims.

Shan also request to LT Governor J&K UT that there should be a fixed rate card for travelling towards Phalgam and Baltal for the public and no one should loot them with higher rates if anyone does such thing then there would be a penalty to that person.

# Director SKPA holds interaction session with Prob DySPs

Top News Report

UDHAMPUR, June 20: Garib Dass, IPS ADGP, Director SKPAU holds an interaction session with the 16th Batch of Prob. DySPs. The aim and objective for organizing the lecture was to clear the doubts of trainees in various subjects and make them familiar about the plan of final examina-

tion. W/Director stressed upon the trainee officers to develop grip over the law, acquire knowledge and skills to become professional officers. They were told that academy had imparted them quality during the session and now they have to prove themselves on ground and serve the country. During this healthy interaction, participants were

also made aware about the field challenges and tactics to be adopted to counter them effectively. Since their syllabus has been covered but, Dy. Director (Outdoor), Dy. Director (Admn) and CPO SKPAU have been advised to take their extra classes if required for Indoor or Outdoor trainings. Feedback was also taken from Prob. DySPs

on various subjects during question answer session and examination tips were also shared among them for their success in final examination. Rajesh Bali, IPS, Dy. Director (Outdoor), Ramnish Gupta, JKPS Dy. Director (Admn) and Rakesh Sambyal, CPO SKPAU and other officers were also present on the occasion.

75th Anniversary of Amrit Mahotsav

UNION TERRITORY OF JAMMU & KASHMIR  
OFFICE THE EXECUTIVE ENGINEER PWD (R&B) DIVISION GANDHI NAGAR JAMMU  
e-mail : xenpwddivgandhinagar@gmail.com

## SHORT NOTICE INVITING TENDER

Short e-NIT No. DGN/12 of 2024-25 Dated 15-06-2024

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	Advertised Cost (in lacs)	Cost of document (in )	Earnest Money (in )	Time Allowed for complete on	Time and date of opening of tender	Class of Contractor
1	Macadamization of Main Chowadhi Birpur road in stretches (Under City & Town Programme for the year 2024-25)	PWD (R&B) Division Gandhi Nagar	35.00	600	70000 (2% of the Advertised Cost)	02 Months	(1200 Hrs) on or after 25-06-2024	"A" & "B" Class
2	Macadamization of Main road from Railway Station to Greater Jammu Left & Right Tube (Under City & Town Programme for the year 2024-25)	PWD (R&B) Division Gandhi Nagar	32.00	600	64000 (2% of the Advertised Cost)	02 Months	(1200 Hrs) on or after 25-06-2024	"A" & "B" Class
3	Macadamization of Main road of Greater Kailash Chowk to NH Kalu Chak and allied roads (Under City & Town Programme for the year 2024-25)	PWD (R&B) Division Gandhi Nagar	23.00	600	46000 (2% of the Advertised Cost)	02 Months	(1200 Hrs) on or after 25-06-2024	"A", "B" & "C" Class
4	Macadamization of road near Grand Banquet & near H.o Rajeshwar at Chowadhi (Under City & Town Programme for the year 2024-25)	PWD (R&B) Division Gandhi Nagar	18.00	600	36000 (2% of the Advertised Cost)	02 Months	(1200 Hrs) on or after 25-06-2024	"A", "B" & "C" Class
5	Macadamization of Main road Bathindi upto Madrasa and allied roads (Under City & Town Programme for the year 2024-25)	PWD (R&B) Division Gandhi Nagar	31.00	600	62000 (2% of the Advertised Cost)	02 Months	(1200 Hrs) on or after 25-06-2024	"A" & "B" Class
6	Macadamization of Main road from NH to Sunjwan Matador Stand (Under City & Town Programme for the year 2024-25)	PWD (R&B) Division Gandhi Nagar	31.05	600	62100 (2% of the Advertised Cost)	02 Months	(1200 Hrs) on or after 25-06-2024	"A" & "B" Class
7	Macadamization of Main road in Marble Market and allied links (Under City & Town Programme for the year 2024-25)	PWD (R&B) Division Gandhi Nagar	38.00	600	76000 (2% of the Advertised Cost)	02 Months	(1200 Hrs) on or after 25-06-2024	"A" & "B" Class
8	Macadamization of road on back side of Jamkash Bodyshop at Chowadhi (Under City & Town Programme for the year 2024-25)	PWD (R&B) Division Gandhi Nagar	15.00	600	30000 (2% of the Advertised Cost)	02 Months	(1200 Hrs) on or after 25-06-2024	"A", "B", "C" & "D" Class

- Position of AAA** :- Accorded by Superintending Engineer PWD (R&B) Circle South Jammu's order No. 25 of 2024 dated 13-06-2024.
- Position of TS** :- Sanctioned by Executive Engineer PWD (R&B) Division Gandhi Nagar vide order No. 09, 10, 11, 12, 13, 14, 15, 16/PWD Div. Gandhi Nagar/2024-25 dated 14-06-2024.
- Project Authority** :- Superintending Engineer PWD (R&B) Circle South Jammu.
- Major Head of Account** :- Under City & Town Programme 2024-25.

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	15-06-2024
2	Period of downloading of bidding documents	From 15-06-2024 to 24-06-2024, 1800 Hrs
3	Date, Time and place of pre-bid meeting	19-06-2024 at 1300 Hrs. in the Office of Executive Engineer PWD (R&B) Division Gandhi Nagar Jammu
4	Bid submission Start Date	15-06-2024
5	Bid Submission End Date	24-06-2024 upto 1800 Hrs
6	Date & time of opening of Technical Bids (Online)	25-06-2024 on or after 1200 Hrs in the Office of Executive Engineer PWD (R&B) Division Gandhi Nagar Jammu
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

DIP/J-1636/24

.. Sd ..  
Executive Engineer  
PWD (R&B) Division  
Gandhi Nagar

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## EDITORIAL

Yoga- Need  
of the Day

In today's fast-paced world, characterized by a relentless pursuit of success and material wealth, the ancient practice of yoga has emerged as a crucial antidote to modern life's myriad stresses and health issues. Far from being merely a form of exercise, yoga is a comprehensive system that promotes physical, mental, and spiritual well-being. It integrates various techniques, including postures (asanas), breath control (pranayama), meditation (dhyana), and ethical principles (yamas and niyamas). This holistic approach addresses the core issues affecting contemporary society and underscores why yoga is the need of the day.

One of the most immediate and tangible benefits of yoga is its impact on physical health. Unlike high-intensity workouts, yoga offers a low-impact yet highly effective way to improve flexibility, strength, and balance. Regular practice can alleviate chronic pain, enhance cardiovascular health, and boost the immune system. For instance, specific yoga poses can target back pain, arthritis, and even digestive disorders. In an era where sedentary lifestyles and poor dietary habits are prevalent, yoga provides a sustainable way to maintain physical fitness and prevent lifestyle-related diseases such as diabetes, hypertension, and obesity.

Beyond the physical, yoga significantly contributes to mental health. Stress, anxiety, and depression are rampant in modern society, often exacerbated by constant connectivity and information overload. Yoga promotes relaxation and mental clarity, primarily through breath control and meditation. Practices like deep breathing and mindfulness meditation activate the parasympathetic nervous system, reducing the body's stress response. This leads to lower levels of cortisol, the stress hormone, and fosters a sense of calm and well-being. Regular yoga practitioners report improved mood, better sleep, and enhanced cognitive functions, including memory and concentration.

At its core, yoga is also a spiritual discipline that encourages self-awareness and inner growth. The ethical guidelines provided in the yamas and niyamas offer a moral compass for living a balanced and harmonious life. These principles advocate non-violence, truthfulness, non-stealing, and contentment, among others. By integrating these values into daily life, individuals can cultivate a more compassionate and mindful existence, contributing to personal growth and societal harmony.

Yoga's benefits extend to the community level as well. Group yoga sessions foster a sense of belonging and support, essential for combating feelings of isolation and loneliness. In many cultures, yoga classes and retreats serve as communal spaces where individuals can share experiences, support each other, and build strong social networks. This sense of community is particularly important in urban environments, where social fragmentation is common.

One of yoga's most significant strengths is its adaptability. It can be tailored to suit people of all ages, fitness levels, and health conditions. Whether practiced in a studio, at home, or even in a corporate setting, yoga offers accessible and flexible options for everyone. Online platforms have further democratized access to yoga, enabling people from all walks of life to benefit from its practices.

Lastly, yoga promotes a profound connection with nature and the environment. The practice encourages mindfulness and a deeper appreciation of the natural world, fostering an environmental consciousness that is crucial in today's ecological crisis. By promoting sustainable living and a minimalist lifestyle, yoga practitioners often adopt eco-friendly habits, contributing to broader efforts to protect the planet.

In conclusion, yoga addresses some of the most pressing issues of contemporary life, from physical ailments and mental health challenges to social isolation and environmental degradation. Its holistic approach, encompassing physical, mental, and spiritual dimensions, makes it uniquely suited to meet the diverse needs of today's society. As the world grapples with unprecedented changes and challenges, integrating yoga into daily life can offer a path to resilience, well-being, and harmony. Indeed, yoga is not just a practice but a vital necessity in our quest for a balanced and fulfilling life.

## Include Tomatoes In Your Skincare Routine

By: Shahnaz Husain

Readily available in almost every kitchen and loved by all, tomatoes can be used in almost any form in skin care.

When it comes to preventing tanning, managing oil production, and enlivening a dull complexion, tomato for face is a game-changer. Tomatoes contain vitamin C, vitamin E, and beta carotene – all of which lighten, brighten, and reveal the skin's natural colour. Pectin and Flavonoids in tomatoes have cleansing and antioxidant ingredients that can lighten skin texture. Tomatoes are also a great option for your regular cleansing, toning, and moisturizing skincare routine. The best part about it is that is so easily available in every house

Slightly acidic in nature, tomatoes are exceptionally beneficial for people who want to lose weight and maintain their blood pressure levels. It comes in numerous varieties that are grown in temperate climates in various parts of the world. Tomatoes, the beauty guru are grown in numerous colours such as yellow, green, orange, black, brown, pink, white, brown, and purple, but are available mostly in their distinctive red colour.

Tomatoes, a staple in every kitchen are a huge reservoir of beauty-enhancing properties. Everyone knows the health benefits of a juicy, sweet tomato but

on other hand it also protects skin from ultraviolet (UV) rays, thereby delaying skin ageing and protecting against skin cancer. Not only do tomatoes taste great but has immense cosmetic benefits which can also help you get flawless, radiant and attractive skin. The ordinary tomato is a treasure trove of beauty ingredients which can treat rashes, sunburn, dull skin, acne and large pores

Tomato is particularly beneficial for the health of the skin, as it also helps to restore the pH balance of the skin, which can get disrupted by harsh soaps and make-up cosmetics. Tomato also contains lycopene, which is a powerful antioxidant and therefore, has anti-ageing benefits when applied on the skin. Tomato pulp or tomato juice also helps to reduce oiliness and lightens skin colour over a period of time.

Tomato is most beneficial for preventing acne, as it closes the pores and keeps it free from clogged oil. Preventing clogged pores is a way of preventing blackheads, which is the primary acne lesion.

They contain lycopene which is antioxidant and works as sunscreen from within and also help in fighting cellular damage and reddening of skin. Daily intake of 25 milligrams of lycopene reduce the number of free radicals in the body and also help to retain the moisture in body during summers. You don't need to spend your hard-earned money on expensive

cosmetic treatments if you can use this common ingredient from your kitchen to enhance your beauty.

Apply tomato juice or tomato pulp on the face and wash off with plain water after 15 minutes. Tomato pulp can be applied on skin with acne and gradually helps to control and acne condition.

Mix tomato juice with baking powder (bicarbonate of soda) into a paste. Apply on oily and black-head prone areas of the face. Wash off after 5 minutes. It helps to prevent blackheads.

Mix one teaspoon each tomato and cucumber juice and apply it on the face to control oiliness of the skin. Over a period of time it will also help to remove tan and lighten skin colour.

For normal to oily and combination skin, mix 3 teaspoons oats with a little egg white and 2 teaspoons tomato juice into a paste. It should be of a consistency that does not drip. Apply on the face, avoiding the lips and area around eyes. Wash it off after 20 to 30 minutes, or when it dries.

You can also mix tomato juice with the pulp of avocado for normal to oily skin. While tomato reduces oiliness and has an astringent effect, avocado moisturizes the skin without making it oily.

For sun burnt skin, mix tomato juice with powdered milk into a paste and apply on the face. It will help to remove tan.

Take some tomato and grind it. Rub the pulp onto your scalp and

hair gently. Or, you can directly use the tomato juice on to your hair also. Leave it on for 15 to 30 minutes and wash it off. Regular application improves hair texture and repairs the damage caused by sun and dust.

For dry skin, mix tomato juice with almond oil and apply on the face to remove tan and lighten skin colour. Olive oil can also be combined with tomato juice to lighten skin colour.

Take 1 teaspoon tomato juice mix few drops of aloe vera gel. Apply the mixture on the under eye area carefully. Let it dry for 15 minutes and then rinse it off. Apply this once daily for quick results. Tomato pulp possesses skin bleaching properties that will lighten the darkened skin under the eyes. Aloe vera contain antioxidants and anti-inflammatory compounds that will rejuvenate the skin and also reduce the signs of aging.

Tomato juice or pulp can also be added to fruits to make a fruit mask. Mashed banana, ripe papaya and grated apple can be used with tomato juice for a nourishing and cleansing pack for all skin types.

*(The author is international fame beauty expert and is called herbal queen of India)*

## Army Vs Air Force - A Better Career Choice

By: Vijay GarG

To choose the Indian Armed Forces as a career is different from other career alternatives. It is not an easy job. The majority of people that enrol in the Indian Armed Forces do that due to a certain view of nationalism and thinking about the initiative of the Nation. No matter if the person is a soldier, a clerk, a technical assistant, a cartographer, or even a tradesman in the Indian Armed Forces; the majority of them join this with the sense of nationalism.

The Armed Forces include the Indian Army, the Indian Navy, and the Indian Air Force. All these three wings have their individual methods of admission and different structures.

The Indian Army is in charge of defending the land, honour of the nation against all the external aggression as well as internal disturbances. During the war, the army is liable to protect the country against external violence, whereas, in the peacetime, it offers help to the national authorities in case of natural calamities, and also helps in maintaining law & order when necessary.

The Indian Air Force is liable for country's Air Defense, playing both defensive and offensive roles.

**Work Nature**

The Indian Army is primarily divided into the Combat Arms and other Services.

The Combat Arms include the Artillery, the Infantry, and the Armored Corps and they are responsible for the real combat.

The services include Army Ordnance Corps, Army Service Corps, Army Medical Corps, Army Postal services, Intelligence Corps, and Army Education Corps. These services are responsible to make sure continuous stream of essential supplies and ordnance, including food for animal and men, Fuel for the vehicles, ammunition, and tanks.

Different branches of the Indian Air Force include Flying Branch, Ground Duty (Administrative), and Technical Branch. Postgraduates that enter into the Air Force are ineligible for the Flying Branch, however, can work in the Ground Duty Branch and the Technical Branch.

The Flying branch consists of Fighter Pilots that fly fighter planes or combat carrying missiles and ammunition; Transport Pilots that fly planes carrying men or materials and the Helicopter Pilots that offer air assistance to the moving Army.

The Technical Branch consists of

engineering sections and it is liable for the weapons systems and engineering equipment in the Air Force.

The Administrative (Ground Duty) Branch consists of all the departments which offer Logistical, Educational, Meteorological, and Administrative help in the technical and flying branches.

**Personality**

A career being an officer or a soldier needs a special kind of character. The screening tests which the Indian Army organizes are mainly designed for checking a candidate's character. More importance is given to the candidate's character than his physical abilities.

The SSB (Services Selection Board) tries and find out if the candidate is having the ability to handle physical and mental pressure. As the life of an officer or a soldier involves war and the cruel realism of it, very few people can handle the physical and mental pressure. These tests, which the SSB organizes, are not physically demanding, but they are meant for evaluating the candidate's psychological character.

A successful applicant needs to survive the mental and physical pressure. The courses of the NDA (National Defense Academy) or the IMA (Indian Military Academy) test candidate's ability to handle the pressure to the extreme. Punishments (that are the only type of ragging permitted in these institutions) are validated by including them as part of their training. They are intended to construct a future officer or soldier's capability to survive and not surrender under extreme physical or mental pressure.

There are Multiple Ways through which One may enter the IMA.

There is a Direct Entry system where one needs to apply to the advertisements in the March/April or October/November for the admissions in January or July correspondingly. One needs to have an age limit between 19 to 24 years in January/July (depends on the semester or term which you are applying for). One needs to have a degree from a recognized university (minimum Bachelor's degree) at the admission time (January/July). Then one needs to appear in the CDSE (Combined Defense Services Exam) and then go for the UPSC along with SSB interview.

There is a university entrance system for the engineering students also. One needs to apply against the July advertisements for the admissions of subsequent July. The system is relevant for the pre-final year and final year engineering students. One

has to be between the age limit of 19-25 years at the admission time if somebody is in the final year and between the age limit of 18-24 years if somebody is in the pre-final year. One needs to appear for the SSB interview and campus interview for this type of entry. The applicant isn't required to sit in the written test.

One may also apply whereas in the school, however rather than enrolling for the NDA, one may join in the IMA. It is only valid for the students having Physics, Mathematics, and Chemistry in the 12th class and needs a minimum of 70% total for applying. One needs to reply to the advertisements in May/November for the admissions in January/July correspondingly and one should have an age between 16.5- 19.5 years in January/July. One needs to apply straight to the Recruitment Directorate.

The SSC (Short Services Commission) permits the candidates to provide a time duration of five years. When this tenure is ended, one may go to the Permanent Commission. Instead, one may also go for the 5-year expansion and may select to give resignation from the post during that period.

**Air Force Roles**

The Air Force focuses completely on the aerial missions, including flying fighter aircraft or offering aerial support to the land-based troops. Though, Air Force officials could also be associated with the launch of rockets and satellites into space for intelligence objectives. Enrolled Air Force persons are normally assigned practical roles like information technology or weapons maintenance services. Both the enrolled persons and officers have to be mathematically expert and technical-minded, despite the positions they assume.

**Army Positions**

The Army offers possibly the widest range of roles in all the military branches. Officers could take a profession path as infantry, armour, artillery commanders, or aviators. Enrolled troops will have similar roles, even though they won't take flight unless they step forward to warrant the official status. Having the right credentials and education, you may also become the Army physician or attorney counselling commanders and protecting soldiers at the court-martial. Majority of Army roles are on the battlefield, taking the direct fight with the enemy to secure vital strategic locations.

**Special Operations**

The Air Force provides "Army-like" positions with special operations like a 'Tactical Air Patrol Party Specialist'.

These experts work on the grounds, entrenched with the Army or Marine forces. Their main role is communicating precise information and coordinates so that pilots can offer precise air support to the ground troops. The Air Force Para Rescue Jumpers are sent to the unfavourable territory to find downed airmen, with the help of battling skills to take everybody home safely. The special troops of the Army include the Special Forces. These units can get assignments, anything from arresting enemy places like an airport or assassinating higher value targets.

**Promotion and Advancement**

With both branches, getting promotions involves the exhibition of leadership and competence to commanders and supervisors. You are suggested for promotion after passing through the preliminary enlisted ranks, whereas the majority of promotions are automated. Officers have to display adequate leadership and control capabilities to keep progress. In all the military branches, getting passed more than twice for the advancement is the signal that you wouldn't be considered for higher rankings any further. The Air Force and the Army employ panels for the non-commissioned officers, and their achievements are assessed to decide advancement opportunities.

**Remunerations**

The remuneration with other reimbursements available to the officers may be seen in the Army Pay and Benefits and Allowances. As you can see the compensation is significant both with cash salaries and also additional benefits.

**Conclusion**

The Army and the Air Force both are gratifying career paths. The Army and the Air Force are having both differences and similarities and a few of them might not be clearly evident. For instance, even though you could think about the Air Force like a military division, which focuses only on aviation, you may also associate with the land-based special operations. If you compare career path alternatives, educational requirements, and average "day in the life," then you can take a more well-versed decision about which is a better career choice for you.

*(Vijay GarG Retired Principal Educational columnist Malout)*

## Abdul Majeed Bichoo honoured for his yeoman services

### Top News Report

DODA, June 20: A team of peacemakers from various parts of India, including Gujarat, Uttar Pradesh, Andaman, Haryana, and Delhi, came together to honour Abdul Majeed Bichoo, a renowned peace activist from Jammu and Kashmir.

The evening session of the program recognized Bichoo's tireless efforts in maintaining peace, brotherhood, and communal harmony since 1991.

The delegation praised Bichoo for his dedication to fostering unity and reducing communal tensions. Romesh Bhai, a close associate of Bichoo since the 1990s, emphasized the impor-



tance of involving youth in social activities to further strengthen communal bonds. Contributions and experiences were also shared by Jagdeesh Chaudhary from Haryana, Sanjay Rai, and other notable participants.

Abdul Majeed Bichoo extended his thanks to all members of the visiting team and especially acknowledged the efforts of Sanjay Parihar, Advocate Kuldeep ji, and Jenab Riyaz Ah. Zargar.

Their hard work in organizing such a significant peace program in Kishtwar has provided a platform for the community to think and act on minimizing gaps between communities. The event highlighted the importance of

utilizing the experiences of different societies to empower the youth and strengthen the nation.

It is worthwhile to mention here that the legacy lives on through the contributions of A.M.Bichoo to various causes, leaving an indelible mark on the social, cultural landscape. His role as the Chairman of Youth for Peace and the founder of the NGO Safe and Save the Animal World, Asian Peace Mission highlights his enduring commitment to building a better world for all.

The gathering not only honored the past efforts but also laid a foundation for continued cooperation and peacebuilding among diverse communities across India.

## GDC Budhal organizes a series of activities as Part of 10th Int'l Yoga Day Celebrations

### Top News Report

BUDHAL, June 20: The NSS and NCC Units of GDC Budhal collaboratively organized a series of activities in celebration of International Yoga Day, 2024.

The event commenced with a cordial welcome address by Prof. Kumar Rabani Chowdhary, NCC CTO of the College, and featured an extension lecture by Prof. Manzoor Ahmed Dar, HoD Botany on "Yoga for Women Empowerment," highlighting yoga's role in enhancing physical health, mental well-being, and self-confidence among women. The lecture underscored the importance of yoga in managing daily activities, reducing stress, and more. The proceedings



of the event were carried out by Prof. Tahir Nadeem, NSS Programme Officer of the College.

Following the lecture, students and staff actively participated in practicing various Yoga Asanas under the guidance of experienced instructors. The celebration underscored the significance of yoga in daily life, particularly for women.

The event ended with

formal vote of thanks presented by Prof. Atal Bharti, HoD Physics.

In acknowledgment of the NSS and NCC Units' efforts in organizing the series of activities in celebration of the International Yoga Day, 2024, the College Principal, Prof. (Dr.) Mohd Mazam Hussain, expressed that this event will go a long way in educating students about benefits of yoga.

## Yoga Workshop organized at SCS GDC Mendhar



### Top News Report

MENDHAR, June 20: The Department of Physical Education and Sports at SCS Government Degree College (GDC) Mendhar, in collaboration with the NCC and NSS units, successfully organized a series of enriching events centered around yoga.

Under the leadership of Principal Prof. Dr. Mohammed Azam, the activities were spearheaded by Dr. Mohd Ibrahim, Head Department of Physical Education; Dr.

Rehfit Naz Koser, NSS Programme Officer; Prof. Mohd Qasim Mir, Head Department of Geography; Dr. Likiyakat Hussain, Assistant Professor of English; Dr. Mohd Riaz, Assistant Professor of Urdu; and Prof. Inam ul Haq, Assistant Professor of Department of Zoology.

The day commenced with an insightful lecture delivered by Prof. Mohd Qasim Mir on the profound significance of yoga in everyday life. Following this, Dr. Mohd Ibrahim conducted an

interactive yoga workshop, engaging both students and staff in practical sessions that highlighted the holistic benefits of yoga for physical and mental well-being.

In addition to these activities, an outreach program titled "Yoga for Self and Society" was conducted in the villages of Dharana and Ari Plesar.

This initiative, led by members of the NCC units, Saika Khanam and Taiba Khanam, aimed to raise awareness about yoga's advantages among local residents, fostering a culture of health and wellness.

The event was made possible through the guidance and support of Prof. Sarshad Hussain, IQAC Coordinator & Head of the Department of Zoology, whose expertise ensured the seamless execution of these impactful initiatives.

These efforts underscore SCS GDC Mendhar's commitment to promoting holistic development through educational and community-driven initiatives. The college looks forward to continuing its efforts in nurturing a healthy and mindful community through such endeavors.

## Nomad lady injured in bear attack in Kund



### Top News Report

KULGAM, June 20: A nomad lady was injured in a bear attack in Batangoo kund area of south Kashmir's Kulgam district on Thursday Morning.

Official sources said that a nomad woman from Poonch district of Jammu and Kashmir was with his flock of sheep and goat in Batangoo village of kund, when a black bear attacked her.

The nomad lady identified as Safeena banoo

wife of Mohd Iqbal khan resident of Poonch district, received serious injuries, some locals of the area reached the spot and chase the beast, they shift the injured lady emergency Hospital Quazigund for treatment.

Meanwhile, the officials said that the incident took place in the Batangoo kund areas, however a team of wildlife department will visit the spot and make a report.

## Security beefed up along Jammu-Srinagar NH ahead of PM Modi's visit



### Top News Report

QAZIGUND, June 20: Ahead of PM Modi's visit to Kashmir, the security arrangements have been tightened along Jammu-Srinagar national highway in Qazigund and adjoining areas to thwart any untoward incident, officials on Thursday said.

An official told that on

the directions of Senior Superintendent of Police (SSP), Kulgam, Sahil Sarangal from last few days, the process of searches have been going at various places including Navyug tunnel.

"Multiple checkpoints have been placed along the Srinagar-Jammu highway in Qazigund to monitor to keep track of the commuters and frisk-

ing has been intensified at Major spots. Security personnel are seen at many places stopping and checking the vehicles", he said.

Prime Minister would celebrate the 10th International Yoga Day at Sher-e-Kashmir International Convention Complex (SKICC) by the banks of the famous Dal Lake in Srinagar tomorrow.

## Rangyug launches Summer Internship Program in Performing Arts for female students of Jammu Colleges

### Top News Report

JAMMU, June 20: As part of its 40 years celebration, Rangyug, a Performing Arts Foundation of Jammu, proudly announces the commencement of a pioneering Summer Internship Program (SIP) in Performing Arts, exclusively designed for the students of Padma Shri Padma Sachdev Government College for Women, Gandhi Nagar, and Government College for Women, Parade Ground. This groundbreaking initiative marks the first of its kind in Jammu, focusing on empowering young women through the performing arts.

This 60 hours programme was inaugurated by Dr. Ravender Kumar Tickoo Principal GCW Parade, in the presence of Shri Deepak Kumar, Director Rangyug, distinguished faculty members from the different colleges, and renowned personalities including Ashutosh Sharma, Pankaj Pradhan, Ama-raj Singh, RJ Juhie (92.7 Big FM), Ashish

Sharma, Shivan Gupta, Dr. Naveen Sharma among others.

Speaking on the occasion, Dr. Ravender Kumar Tickoo commended the initiative and encouraged the students to make the most of this unique opportunity. He highlighted that the program offers an enriching and immersive experience across various disciplines of performing arts. Sessions will be conducted by renowned experts from the fields of Music, Dance and Theatre, ensuring participants receive top-notch guidance and mentorship. Dr. Tickoo appreciated the implementation of NEP 2020 in J&K, emphasizing the potential to nurture a new generation of confident and professional artists under real-world mentorship.

Addressing the gathering, Deepak Kumar described the internship as a significant step toward nurturing artistic talents among young women in Jammu. "We are committed to providing these students with the necessary tools and

guidance to excel in their chosen fields. Our goal is to create an environment that not only fosters creativity but also instills confidence and professionalism," he said.

RJ Juhie in the later session interacted with the students and shared her journey from Theatre to present position. She also motivated the students to explore different possibilities of professions beyond traditional choices.

Rngyug's Summer Internship Program promises to be a transformative experience for participants, paving the way for future collaborations and continued support for female students in the arts. The foundation eagerly anticipates witnessing the growth and success of these young artists as they embark on this exciting journey.

Seventy students from PSPS, GCW Gandhi Nagar, and GCW Parade are participating in this Summer Internship Program to explore and develop their artistic skills.

## J&K Students Association calls for ban on NTA and Supreme Court-monitored Investigation into Irregularities in UGC NET

### Top News Report

JAMMU, June 20: The Jammu and Kashmir Students Association here on Thursday vehemently condemned the extreme irresponsibility of the National Testing Agency (NTA) and the Ministry of Education in conducting national examinations.

In a Statement Association National Convenor of Association Nasir Khuehami expressed deep concern & disappointment over the cancellation of the UGC NET exam held on 19th of June.

He said that this abrupt cancellation, following closely on the heels of the alleged NEET examination scam, speaks volumes about the sorry state of affairs in the system of conducting entrance examinations in our country. The scams in examinations

have become routine now, putting the careers of countless students in jeopardy. These back-to-back scams should serve as a clarion call to the Education Ministry to take concrete measures to prevent the recurrence of such scams.

This cannot go on for long. First, there was the NEET scam, followed by a series of cover-ups, and now the cancellation of important exams like the UGC NET. Due to this cancellation, 10 lakh students have seen their efforts go to waste. This will have a huge impact on their careers, delaying admissions and causing a loss of six months to a year, he said.

The pressure and anxiety a student goes through in such situations are immense, something that those responsible for these failures will never understand. It is

traumatic to invest so much time and effort into preparation only to see it all rendered futile. All students who appeared for the exam need to be compensated for their time. Why should they suffer because of the system's incompetence, he asked?

He asserted that the National Testing Agency (NTA) has failed to maintain the sanctity of these exams. The time, efforts, and hard work of lakhs of students have gone in vain. The NTA should understand the pain, hard work, and expectations of the candidates appearing for these exams. It is imperative that the Education Ministry takes example-setting actions to prevent such failures in the future.

The Government has been making a mockery of the entire education system since the inception of the NTA. Exami-

nation agencies have turned these crucial tests into a joke. Thousands of students travel long distances to take these exams, and when they are cancelled, it wastes their time and disrupts their exam cycle, he emphasized.

The association called for urgent reforms and accountability in the Educational and examination system. The future of our nation's students depends on a robust and trustworthy examination system. It is high time the authorities take resolute steps to end these endless scams and uphold the sanctity of our educational assessments. The student's hard work, time, and future should not be compromised due to systemic incompetence and corruption.

Khuehami strongly urged the immediate banning of the National

Testing Agency (NTA) and called for strict measures to prevent future scams. He appealed to Union Education Minister Dharmendra Pradhan to take decisive action, including banning the NTA and initiating legal proceedings against its officials. The central government must take immediate steps to resolve this crisis and ensure a fair, transparent and reliable examination process.

He also demanded a Supreme Court-monitored investigation to fully expose the scam. He said that repeated incompetence in conducting exams like UGC-NET cannot be accepted. He emphasized the necessity of such an investigation to ensure transparency and accountability, stating that only through rigorous scrutiny can the truth be unveiled and justice served.

## HMD, Makers of Nokia Phones, launches 'Bharosa Wohi, Shuruat Nayi' Campaign

### Top News Report

JAMMU, June 20: HMD on Thursday announced the launch of its highly anticipated HMD 105 device. Building upon the company's legacy of groundbreaking products, the HMD 105 represents a major technological leap forward, combining

exceptional performance, sleek design, and industry-leading specifications. The phone comes with an inbuilt UPI application, combining the trusted reliability of HMD phones with the convenience and accessibility of UPI, enabling users to securely and seamlessly perform UPI payment transactions

even without a smartphone.

HMD 105 phone comes with advanced industry leading attributes including excellent multimedia features, voice assistance and large display with immersive clarity and enhanced visibility. The phone also comes with an assured one year replace-

ment guarantee making it a reliable option for the users.

Ravi Kunwar, VP-India & APAC, HMD Global, commented on the launch "The HMD 105 and HMD 110 are our first feature phones to be launched in India with stylish new designs and UPI capabilities. These devices under-

score our commitment to providing accessible technology. The feature-packed HMD 105 and HMD 110 aim to bridge the digital divide and enhance financial access for all within our feature phone category. These phones embody our 'more for less' philosophy as we continue our multi-brand journey."

## As Bollywood superstar Anil Kapoor gets ready to host Bigg Boss OTT, he talks about embracing challenges, importance of consistency and his evolving career choices

You can't fit him into a mould because he doesn't confine himself to one. He has a 'yes' mind-set. He laughs often to keep the mood light and easy, chuckles at little things and is open to all questions. There's a warmth that emanates when he talks about his life and experiences. Anil Kapoor, the Bollywood icon known for his infectious energy and versatile acting, is gearing up for a new adventure as the host of Bigg Boss OTT.

"I'm honestly looking forward to it," Kapoor says. To be at the helm of this popular reality show, he adds, is a great opportunity. "When they approached me, I felt honoured. The platform, the organisation—when they say they believe in you, it's a good feeling. It's something new for me, and I'm enjoying every moment of it." Reflecting on the show's enduring popularity, Kapoor highlights the diverse interactions it fosters. "The Indian audience loves Bigg Boss," he observes. "I'll get to meet people from all walks of life. It's a format that has been successful worldwide, so there's obviously something about it that resonates deeply."

On any changes he might bring to the show, Kapoor talks about the importance of evolution while maintaining the essence that viewers cherish. "People like change, but they also want to feel the soul of the show," he explains. "You can upgrade, but you can't lose what makes it special. Just like you change your car but you can't play much with the engine... or how you style your clothes differently but the basic fabric remains... there's a certain kind of excitement that comes with



the newness and the plan is to do just that."

Bonding with Salman

Addressing the inevitable comparison with Salman Khan, who has been synonymous with Bigg Boss for years, Kapoor expresses gratitude for Khan's support. "Salman and I share a bond of deep respect and friendship," Kapoor shares. "We had a conversation about this and he was incredibly supportive of my decision to take on this role, which made things easier for me."

The transition may have happened, but it surely comes with a certain pressure to fill those shoes. Kapoor explains, "It's not the first time. I've done projects like 24 and Night Manager, where my roles were originally played by Kiefer Sutherland and Hugh Laurie, respectively. There were other Hindi remakes of films that had Kamal Haasan or Rajinikanth as the leads. These comparisons are unavoidable.

I go with the flow. Even with a great team and strong content, success fluctuates and why should it matter at this stage? I approach each opportunity with positivity, an open mind, focusing on success and avoiding negative thoughts."

Going the distance

This isn't the first time Kapoor has stepped into a new role. We recently saw him experiment as an anti-hero in Animal and also as the antagonist in Night Manager. On his evolving career choices, Kapoor reflects, "I have always embraced challenges, even if they are detrimental to my stardom. There was a time when I couldn't make choices, but today I can and I want to try everything."

As we talk about the show, the actor admits the Bigg Boss at home is his wife Sunita Kapoor. So, what goes into his personal life to shape him as the timeless actor that he is? Kapoor

happily sheds light on his disciplined approach to maintaining personal and professional vitality. If you are also among those who agree that he is age-reversing, the actor smiles, "It obviously feels good to hear such things and be in that zone physically and mentally, but a lot of hard work has gone into it for so many years. Consistency is the key. I was never delusional. I learnt from my mistakes. I have looked after myself and I do my best each time, at every front of life, over and over again." And his dedication extends beyond fitness to everyday choices, as he continues, "Some may call me boring for leaving parties early or refusing another drink. But that's who I am. I prioritise feeling fresh for my workouts and the day ahead. Do what makes you feel good. Be consistent about it."

This commitment also translates into his relationships. Life is not only about work for Kapoor. "It's not just fitness or food habits or just the work or just professionally. That's who I am for my relationships too... as a citizen of this country, this universe, as a neighbour, as a friend, as a common man, I just try to do my best to my capacity for everything."

Coming up

Looking ahead, the megastar is excited about his upcoming projects, including production ventures with his daughters. "Acting-wise, I am thrilled about Subedar. When it comes to production, after the success of Crew, all our energies are into developing new content. We have a lot of things; I cannot disclose names yet but they will fructify in 2025."

## Ariana Grande says her 'voice change' was intentional after the internet went into a spiral



Ariana Grande addresses the whirlwind criticism over her 'voice change' in a viral video and says it was intentional.

Grande sparked widespread speculation and subsequent defence after a noticeable "voice change" during her recent appearance on Penn Badgley's "Pod-crushed" podcast.

Grande playfully addressed the criticism on TikTok and said, "I've always done this."

In a video response, Grande commented beneath a TikTok clip showcasing the vocal shift, stating, "habit (speaking like this for two years) and also vocal health," and

spending a lot of time playing Glinda in the upcoming Wicked films.

She further clarified, "I intentionally change my vocal placement (high / low) often depending on how much singing I'm doing. I've always done this BYE."

In the original viral clip the "thank u, next" single initially speaking in a deeper tone before transitioning to a higher, softer octave while discussing her music.

This prompted various reactions, with some users humorously relating to the change, such as one commenting, "Me when I have to use my customer service voice."

While another quipped,

"Me accidentally slipping my other personalities around the wrong people."

Grande's fans swiftly came to her defence amidst the online chatter.

One supporter pointed out, "Y'all acting like y'all's voices don't change in certain spaces and settings," and added, "her interview voice is no different, especially cause singers use to preserve their vocals. don't bring no dumb s-t over here."

One fan suggested, "Bet you she does this voice change to help ease into the operatic resonance she needs to use for when she sings Glinda s-t."

The Sam & Cat actor herself has discussed the rigorous preparations for her role as Glinda. In an interview on The Zach Sang Show, she revealed, "Everything about me, I had to deconstruct to prove to them I could handle taking on this other person."

"I had to completely erase popstar Ari, the person they know so well, because it's even harder to believe someone as someone else when you're so branded as one thing," and added, "had to go all the way to strip that down, come into my callback with no makeup, my hair down, I looked like I was 11 years old."

## Heeramandi actor Sharmin Segal: 'Sometimes I wish I looked like Bella Hadid'

Ever since the release of Heeramandi last month, actor Sharmin Segal has been receiving flak for her performance. The actor talked about beauty standards and accepting one's own body in a new interview with News18. She said that changes on one's body might be tough, but one must put in that effort 'knowing that it may not show.'

In the interview, Sharmin said, "I love my body but there are days when I'm not happy with the way I look. I feel bloated sometimes. If I eat French fries for dinner, I feel bloated the very next day. Coming to terms with how you look is a slow process because your body keeps changing."

She went on to add, "Coming to terms with those changes that are out of our control and still be comfortable with yourself and work towards being the best version of yourself that makes you happy is tough. Sometimes you may work out every day but that might not show on your body. But you need to be okay with putting in that effort knowing that it may not show. And yes, sometimes I wish I looked like Bella Hadid."

Sharmin, who is Sanjay Leela Bhansali's niece, played the character of Alamzeb, Manisha Koirala aka Mallikajaan's younger daughter in Heeramandi. Her performance received mixed reviews upon release, where many social media



users criticized her for appearing 'expressionless'. She even disabled her comment section on Instagram.

She previously worked as an assistant director on the films Mary Kom, starring Priyanka Chopra, and Bajirao

Mastani, featuring Ranveer Singh, Deepika Padukone, and Priyanka.

Heeramandi is available to stream on Netflix. A second season of the show has already been announced.

## Parents-to-be Deepika Padukone, Ranveer Singh make stylish statement at Mumbai airport

Parents-to-be, Bollywood power couple Deepika Padukone and Ranveer Singh were spotted at the airport in Mumbai early on Thursday morning, setting major couple goals for their fans.

The duo, who are expecting their first child together, were seen twinning in chic black outfits.

Deepika Padukone exuded grace in a black bodycon dress paired with a stylish black shirt, accessorized with trendy shades and white sneakers. Ranveer Singh, known for his flamboyant fashion choices, complemented Deepika's elegance by opting for a classic black T-shirt and jeans ensemble.

Singh was seen attentively assisting Deepika out of their car, ensuring her comfort and safety, before tenderly holding her hand as they made their way



through the airport terminals. The couple's airport appear-

ance quickly became a talking point on social media, with fans

and admirers showering praise on their chemistry.

In another notable event, Deepika Padukone recently stole the spotlight at the pre-release event of Nag Ashwin's 'Kalki 2898 AD' in Mumbai.

Deepika graced the occasion in a stunning black dress, joined by co-stars Prabhas and Amitabh Bachchan, who also opted for black attire.

The event saw a gathering of Bollywood luminaries including Kamal Haasan, adding to the buzz surrounding the film's imminent release.

'Kalki 2898 AD,' directed by Nag Ashwin, promises to be a groundbreaking sci-fi drama inspired by Hindu scriptures, set in a dystopian future of the year 2898 AD.

Anticipation is mounting as the film gears up for its theatrical debut on June 27.

## Chandrika Dixit, aka Viral vada pav girl, to be seen in 'Bigg Boss OTT 3'

Chandrika Dixit, aka Viral Vada pav girl, is all set to participate in 'Bigg Boss OTT 3', which will be hosted by veteran actor Anil Kapoor.

Bigg Boss OTT season 3 has created a lot of buzz among the audience from the new host to contestants participating.

JioCinema dropped a few blurred images of the first contestant, hinting at the participation of Chandrika Dixit.

Sharing the images, Jio Cinema captioned the post, "Who's the first contestant of #BiggBossOTT3? Head over to #JioCinemaPremium to get a sneak peek of this #TeekhiMirchi. Bigg Boss OTT 3 streaming



exclusively on JioCinema Premium starting 21 June, 9 pm." After the pictures were shared, curious BB fans guessed that the participant is none other than Vada Pav girl.

If you are not an avid social media user and wondering who is Vada pav girl, then don't worry. We have got you covered.

Chandrika Dixit is a social media sensation

and became a popular figure through her videos of selling Mumbai's iconic street food, vada pav in Delhi.

Her energetic way of interaction drew a lot of consumers and other online content creators.

'Bigg Boss OTT 3' will be out on JioCinema from June 21.

Bigg Boss OTT, a spin-off of the immensely popular Bigg Boss franchise, first debuted on Voot, with filmmaker Karan Johar as the host. However, the reins were later handed over to Bollywood megastar Salman Khan for the second season.

Excited to host the third season of 'Bigg Boss OTT', Anil Kapoor

in a statement earlier said, "Bigg Boss OTT and I are a dream team! We're both young at heart; people often say - jokingly - that I'm reverse ageing, but Bigg Boss is - seriously - timeless. It feels a bit like going back to school, trying something new and exciting." He added,

"Having said that, I've always approached all my projects with sincerity and a commitment to hard work and I'm going to bring that same energy (times 10!) to Bigg Boss! Unscripted reality has something for everyone - laughter, drama, and surprising twists, and I can't wait to bring my own flavour to it."

## 110 deaths and over forty thousand suspected cases of heatstroke in India

NEW DELHI, Jun 20 (Agencies): The unrelenting heat wave has killed at least 110 people across the country and has left over 40,000 people grappling with suspected heat stroke between March 1 and June 18, official sources said on Thursday.

According to ministry sources, Uttar Pradesh is the worst affected, followed by Bihar, Rajasthan, and Odisha.

According to the data compiled under the National Heat-Related Illness and Death Surveillance by the National Centre for Disease Control (NCDC), on June 18, six deaths due to heat stroke were confirmed.

On Wednesday, Union Health Minister J.P. Nadda held a review meeting and directed states and union territories to submit these data from all health facilities daily and investigate suspected heat-related deaths by medical officers.

The direction came in the absence of any official data on cases and deaths due to heat stroke in the country.

Officials said that they are still compiling the data submitted by the states, so the numbers could be higher upon further scrutiny.

The minister also asked the states to disseminate early warnings of heat waves issued by the India Meteorological Department (IMD) daily after 4 p.m., with forecasts for the next four days, to health facilities and vulnerable populations.

He also said special heat wave units should be started in the central government hospitals to cater to those falling ill due to heat stroke.

Northern and eastern India have been in the grip of an intense heat wave, leading to

increasing heat stroke casualties.

Following Nadda's directions, the union health ministry also issued an advisory for the State Health Department on the 'Heat Wave Season 2024'.

The advisory said the states should investigate suspected heat-related illness deaths by a medical officer/epidemiologist for each case.

They have been asked to ensure the dissemination of the National Action Plan on Heat-Related Illnesses (HRI) to all districts and strengthen health systems preparedness for HRI.

The advisory also directed health facility preparedness for the prevention and management of severe HRI and procurement and supply of adequate quantities of ORS packs, essential medicines, IV fluids, ice packs, and equipment to support the

management of volume depletion, electrolyte imbalance, etc.

It also called for ensuring the availability of sufficient drinking water at all health facilities, general cooling appliances in waiting and patient treatment areas, and their functioning, and stressed that cases with suspected heatstroke should be rapidly assessed and actively cooled using standard treatment protocols.

The centre has issued several advisories to the states and UTs since May.

The Director General of Health Services (DGHS) again wrote to states on Wednesday and asked central government hospitals in Delhi, all AIIMS, and state government institutions to ensure that all health professionals, ambulances, and health facilities give immediate attention to such HRI patients.

## Supreme Court notice to government, NTA on pleas for cancelling NEET-UG 2024

NEW DELHI, Jun 20 (Agencies): The Supreme Court on Thursday sought responses from the Centre, the National Testing Agency (NTA) and others on petitions seeking the cancellation of NEET-UG 2024, and a court-monitored probe into the alleged irregularities in the medical entrance exam.

A vacation bench of Justices Vikram Nath and SVN Bhatti also sought responses from the parties on separate pleas filed by the NTA seeking the transfer of some pending petitions from the high courts to

the apex court.

The bench posted these pleas for hearing on July 8.

One of the petitions, filed by 20 students who appeared in the medical entrance exam, also sought a direction to the NTA and others to conduct the test afresh.

While hearing separate pleas concerning the National Eligibility-cum-Entrance Test (Undergraduate)-2024 examination, the apex court had on June 18 said even if there was "0.001 per cent negligence" on the part of anyone in the conduct of the examination, it

should be thoroughly dealt with.

The NTA conducts the all India pre-medical entrance test.

While hearing separate petitions raising grievances over the NEET-UG 2024, the apex court had last week sought responses from the Centre and the NTA on a plea for a Central Bureau of Investigation (CBI) probe into allegations of question paper leak and other irregularities in the exam.

The examination was held on May 5 across 4,750 centres and around 24 lakh candidates took it.

## ED raids in Delhi-NCR, Mumbai, Nagpur in over Rs 20,000 crore bank fraud case

NEW DELHI, Jun 20 (Agencies): The Enforcement Directorate on Thursday searched about 35 premises in Delhi-NCR, Mumbai and Nagpur as part of a money laundering probe against a company and its promoters accused of perpetrating an alleged bank loan fraud of more than Rs 20,000 crore, official sources said.

The raids are being carried out on the Amtek Group and its directors, including Arvind Dham, Gautam Malhotra and others. About 35 business and residential premises in Delhi, Gurugram, Noida, Mumbai and Nagpur are being raided since this morning, the sources said.

The probe stems from a CBI FIR against a group entity of Amtek—ACIL Limited—on alle-



gations of a bank fraud of more than Rs 20,000 crore in a number of listed companies which were finally taken over in NCLT proceedings at nominal price leaving the consortium of banks with nominal recovery, they said.

The Supreme Court too had sought an ED probe, the sources said. This, as per the ED, led to a loss of about Rs 10,000-Rs 15,000 crore to the exchequer, the sources said.

The ED believes that loan funds were "siphoned off" to invest

in real estate, foreign investment and investment in new ventures.

Bogus sales, capital assets, debtors and profit were shown in group concerns to get more loans so that it doesn't get non-performing assets (NPA) tag, the sources said.

It is alleged that the shares of listed companies were "rigged", books of account were window dressed for obtaining higher loans through collusion of auditors/professionals.

Thousands of crores of assets have been allegedly parked in the name of shell companies, a number of foreign assets have been created and money is still parked under the new names through benami directors and shareholders, the ED found.

## Patna High Court strikes down Bihar's 50 to 65 per cent quota hike

PATNA, Jun 20 (Agencies): In a setback to the Nitish Kumar Government in Bihar, the Patna High Court on Thursday struck down its last year's decision to raise quotas for Dalits, backward classes and tribals from 50 to 65 per cent.

A Division Bench headed by Chief Justice K Vinod Chandran passed the order on a bunch of petitions which had opposed the legislation brought by the state government in November 2023.

The quotas were increased following a comprehensive survey of castes which gave a fresh estimate of the population of SCs, STs, OBCs and extremely backward classes (EBCs) in Bihar.

The Nitish Kumar Government on November 21 last year issued

gazette notifications for raising the quota for deprived castes from 50 to 65 per cent in state government jobs and educational institutions.

"On our plea that the amendments violated Articles 14, 16 and 20 of the Constitution, the court had reserved its judgment in March. Today, the court allowed the petitions," said Ritika Rani, one of the counsels who appeared on behalf of the petitioners.

These articles deal with equality before the law and equal protection of the laws (Art 14), equality of opportunity for all citizens in matters relating to employment (Art 16) and safeguarding certain rights in criminal proceedings (Art 20).

Another counsel for the petitioners, Nirbhay Prashant, said the state government defended

the move stressing that it was based on the caste survey.

"However, we had contested it citing Supreme Court's judgements in the Indra Sawhney case, and more recently, in the matter relating to reservations for Marathas. The Apex Court has made it clear that no state government can introduce quotas that exceed the 50 per cent cap," he told agency.

The state government had on October 2 last year come out with its report on a caste survey that was conducted after the Centre expressed its inability to undertake a headcount of social groups other than SCs and STs as part of the census.

According to the survey, OBCs and EBCs comprised a whopping 63 per cent of the state's total population while

SCs and STs, taken together, accounted for more than 21 per cent.

The state government took the view that the Supreme Court's cap on reservations at 50 per cent had already been breached with the introduction of 10 per cent quotas for economically weaker sections (EWS) by the Centre and replicated in provinces, including Bihar.

The state government then amended its reservation laws whereby the quotas for SCs, STs, OBCs and EBCs were raised from 50 per cent to 65 per cent. Taken together with the quotas for EWS, reserved seats in the state rose to 75 per cent of the total population.

The state government had also requested the Centre to place the amended reservation laws in the Constitution's

Ninth Schedule.

The Ninth Schedule of the Constitution includes a list of Central and state laws that cannot be challenged in courts. In 1992, the Supreme Court capped reservations for the backward classes at 50 per cent.

The amended quota laws had created a strong buzz and may have inspired the Congress, which was then sharing power with Nitish Kumar's JD(U) in Bihar, to promise a nationwide caste survey if it forms the government at the Centre.

The BJP, which found itself back in power in the state with the latest volte-face by Kumar, had also been demanding its share of credit, pointing out that the survey was ordered in 2022, while it was a part of the ruling coalition.

## Man's lynching: Aligarh Administration on alert, chief cleric appeals for peace

ALIGARH (UP), Jun 20 (Agencies): A day after tension gripped the area over the lynching of a man, the police and district administration remained on alert on Thursday to ensure law and order in maintained while the chief cleric of Aligarh appealed for peace.

Police have arrested six people after a mob fatally attacked Fareed on Tuesday night in Mamu Bhanja locality. The incident triggered communal tension in the area.

Additional District

Magistrate (ADM) Amit Kumar said on Thursday the situation is peaceful and under control.

"We are keeping a close eye on the situation and an adequate number of police personnel has been deputed in the affected area," he said.

Aligarh chief mufti Khalid Hameed called for peace and Hindu-Muslims amity in the city. He said police should investigate the matter and arrest guilty persons "without succumbing to any sort of political pressure".



According to a complaint filed by Fareed's family, he was returning home from work on Tuesday night when he was mobbed and thrashed by some residents in the Mamu Bhanja locality over suspicion of theft, Superintendent of Police City M Shekhar Pathak said on Wednesday.

By the time police reached the spot, Fareed was seriously injured and was rushed to the Malkhan Singh Hospital, where he succumbed to injuries, Pathak added.

As the news of the incident spread, many people gathered at the hospital and demanded the arrest of the

accused, he said.

Pathak said the arrests have been made based on CCTV footage, and some other unidentified people have also been booked. Further investigation is underway.

SSP Sanjay Suman told reporters on Wednesday that all precautionary measures have been enforced. Police and RAF (Rapid Action Force) personnel have been deployed in sensitive localities, including Subzi Mandi and Abdul Kareem Chowk.

## 'I am not secure with current Kolkata Police contingent in Raj Bhavan', says Bengal Governor Bose



KOLKATA, Jun 20 (Agencies): West Bengal Governor CV Ananda Bose on Thursday said that he was apprehending a threat to his security because of the presence of the current contingent of Kolkata Police posted at Raj Bhavan here.

His statement came days after he

ordered the police personnel to vacate the Raj Bhavan premises. They, however, are still on duty in the Governor House.

"I have reasons to believe that the presence of the current officer-in-charge and his team is a threat to my personal security," Bose told agency.

"I have informed Bengal CM Mamata Banerjee that I am insecure with Kolkata Police in Raj Bhavan, but there was no action," he said.

Sources in the Governor House said Bose has complained to the state government that there has been constant snooping by the police personnel posted in Raj Bhavan and he could sense that they were doing it on the insistence of "influencers" from outside.

## Delhi Court reserves decision on Kejriwal's bail in money laundering case

NEW DELHI, Jun 20 (Agencies): A Delhi court on Thursday reserved its order on Chief Minister Arvind Kejriwal's bail application in a money laundering case related to the alleged excise scam.

Special Judge Niyay Bindu reserved the order after hearing arguments from the accused as well the Enforcement Directorate on the application.

The court on Wednesday



day extended Kejriwal's judicial custody till July 3 in the case.

The judge extended the custody after he

was produced before the court through video conference as the judicial custody granted earlier had expired.

## IIT-Bombay imposes up to Rs 1.2 lakh fine on 8 students for performing play that 'mocked' Lord Ram

MUMBAI, Jun 20 (Agencies): The Indian Institute of India (IIT) Bombay has imposed a fine of up to Rs 1.2 lakh on eight students, who performed a play that allegedly mocked Lord Ram and portrayed the 'Ramayana' in a bad light, a fellow student said on Thursday.

The students had presented the play named 'Raahovan' on March 31 this year, as part of the Performing Arts Festival (PAF).

"The play that was presented mocked Lord Ram and portrayed the

Ramayana in a vulgar and derogatory manner," said a Masters student at the institute.

The student, who declined to be named, is one of those who lodged a complaint against the play with the administration. Another student affiliated to the Ambedkar Periyar Phule Study Circle (APPSC) at the IIT-Bombay also confirmed that students were fined for presenting the play. The APPSC is a left-leaning student's body.

"Following the complaint, each of the eight

students was fined in the range of Rs 40,000 to Rs 1,20,000," the student said.

A notice issued by the IIT-Bombay registrar's office dated June 4 said the fine has to be paid by the students by July 30.

The IIT Bombay has declined to comment on the issue.

"We welcome disciplinary action taken by the @iitbombay administration against those involved in the play 'Raahovan,' which depicted the Ramayana in a derogatory manner.

These students abused their academic freedom to mock Lord Ram, Mata Sita, and Lord Laxman," said @IITBforBharat on social media site X on June 19.

The @IITBforBharat is an account on X which calls itself a group of volunteers aimed at having a common space for Indic civilisational values. The group on April 8 demanded an action against students involved in the play dubbing it as an act of Hinduophobia.

"We urge the @iitbombay administration to

establish guidelines to ensure that no religion is ridiculed under the guise of freedom of expression on the campus in any form. Also, an apology letter regarding this action and the objectionable PAF event is expected from the @iitbombay administration to the @iitbombay community.

"According to the sources, two different punishments were executed, one for the students who are passing this July and another for the regular students," @IITBforBharat said.

## North Korea says deal between Putin and Kim requires immediate military assistance in event of war

*The deal could mark the strongest connection between Moscow and Pyongyang since the end of the Cold War*

SEOUL, Jun 20 (Agencies): A new agreement between Russia and North Korea reached by their leaders requires the countries to use all available means to provide immediate military assistance in the event of war, North Korean state media said.

The North's official Korean Central News Agency on Thursday reported the language of the comprehensive strategic partnership agreement reached by its leader Kim Jong Un and Russian President Vladimir Putin in Pyongyang on Wednesday. The agency said Article 4 of the agreement states that if one of the countries gets invaded and is pushed into a state of war, the other must deploy "all means at its disposal without delay" to provide "military and other assistance".

The deal could mark the strongest connection between Moscow and Pyongyang since the end of the Cold War. Both Kim and Putin described it as a major upgrade of their relations, covering security, trade, invest-



ment, cultural and humanitarian ties.

The summit came as the US and its allies expressed growing concerns over a possible arms arrangement in which Pyongyang provides Moscow with badly needed munitions for its war in Ukraine, in exchange for economic assistance and technology transfers that could enhance the threat posed by Kim's nuclear weapons and missile programme.

Following their summit, Kim

said the two countries had a "fiery friendship", and that the deal was their "strongest-ever treaty", putting the relationship at the level of an alliance. He vowed full support for Russia's war in Ukraine. Putin called it a "breakthrough document" reflecting shared desires to move relations to a higher level.

North Korea and the former Soviet Union signed a treaty in 1961, which experts say necessitated Moscow's military intervention if the North came under

attack. The deal was discarded after the collapse of the USSR, replaced by one in 2000 that offered weaker security assurances.

South Korean officials said they were still interpreting the results of the summit, including what Russia's response might be if the North comes under attack, and whether the new deal promises a similar level of protection with the 1961 treaty. South Korean officials didn't immediately comment on the North Korean report about the details of the deal.

Tensions on the Korean Peninsula are at their highest point in years, with the pace of both Kim's weapons tests and combined military exercises involving the US, South Korea and Japan intensifying in a tit-for-tat cycle.

The Koreans also have engaged in Cold War-style psychological warfare that involved North Korea dropping tons of trash on the South with balloons, and the South broadcasting anti-North Korean propaganda with its loudspeakers.

## After US, Now Canada Puts Iran's Revolutionary Guards On Terror List

*Iran rebukes Canada's designation of Revolutionary Guards as terrorists, arguing it won't affect the Revolutionary Guards' legitimate and deterrent power.*



DUBAI, Jun 20 (Agencies): Iran condemned Canada's listing of Iran's Islamic Revolutionary Guard Corps as a terrorist organization as "an unwise and unconventional politically-motivated step," Foreign Ministry spokesperson Nasser Kanaani was quoted as saying by news agency on Thursday.

"Canada's action will not have any effect on the Revolutionary Guards' legitimate and deterrent power," Kanaani said, adding that Tehran reserves the right to respond accordingly to the listing.

On Wednesday, Ottawa listed the Revolutionary Guards as a terrorist organisation, a step that could lead to the investigation of former senior Iranian officials now living in Canada.

The United States took a similar step in 2019 against the Revolutionary Guards, which Western nations accuse of carrying out a global terrorist campaign.

Tehran rejects such claims, saying that the elite force is a sovereign institution responsible for safeguarding national security.

## Australia boosting aid to Papua New Guinea for landslide recovery and security

NEWCASTLE, Jun 20 (Agencies): Australia will provide a further 2 million Australian dollars (\$1.3 million) to support reconstruction efforts in Papua New Guinea after last month's deadly landslide, the government said Thursday.

The South Pacific island nation off Australia's northern coast is still struggling with the aftermath of the disaster in Enga province in its mountainous interior, which the United Nations estimated killed 670 villagers and immediately displaced 1,650 survivors. Papua New Guinea's government has told the United Nations it thinks more than 2,000 people were buried when the mountainside tumbled onto the settlement of Yambali as people slept.

"Road access is critical for essential services as well as food and fuel supply chains," Australian Foreign Minister Penny Wong said in a statement that coincided with a visit to the site of the landslide with Papua New Guinea's Defense Minister Billy Joseph and Enga Gov. Peter Ipatas.

"The additional support of \$2 million announced today is in response to PNG's request to restore connectivity of the Highlands Highway – the transport artery of the region," Wong added.

Wong said the aid would also support local health care services and the provision of more than 1,000 learning packs for children.

Australia's initial assistance of \$2.5 million provided emergency supplies, support for humanitarian partners and disaster responders and technical experts in the days after the landslide on May 24.

Deputy Prime Minister Richard Marles and Wong, with other senior government officials are in Papua New Guinea for a ministerial forum, the most significant such bilateral gathering for Australia among South Pacific island nations.

PNG has a population of nearly 10 million people and is the most populous Pacific island nation.

During the visit, they unveiled a comprehensive aid package aimed at bolstering Papua New Guinea's internal security and advancing law and justice priorities under a bilateral security agreement established last year as part of Australia's attempts to ward off growing Chinese influence in the region.

Key components of the package involve supporting a weapons management program and enhancing PNG's legal framework to combat financial crime.

"A safe and secure Papua New Guinea is good for Papua New Guinea, it's good for Australia and it's good for the region," Wong said Thursday on Channel Nine's Today show.

"So, we have an interest, Australians have an interest in making sure we work with Papua New Guinea, our closest neighbor, to ensure security and stability," she added.

Already this year, PNG has been beset by deadly riots in its two largest cities, Port Moresby and Lae, while long-running tribal feuds led to at least 26 men being killed in an ambush in February, as well as a clash between two rival clans that killed eight last month.

## Malaysian leader Anwar says China a 'true friend' and not to be feared at end of Premier Li's visit

KUALA LUMPUR, Jun 20 (Agencies): Malaysian Prime Minister Anwar Ibrahim on Thursday rejected the notion that China's dominance is to be feared, calling China a "true friend" at the end of Premier Li Qiang's visit to mark 50 years of diplomatic ties between their countries.

While the leaders raised some contentious bilateral issues, Anwar said they discussed them as "equal partners, as trusted friends." He didn't give details but likely referred to the prickly issue of overlapping territorial claims in the South China Sea.

"People say, well, Malaysia is a growing economy. Don't let China abuse its privilege and extort from the country. I said no. To the contrary, we want to benefit from one another, we want to learn from one another and we want to profit from this engagement," Anwar told some 200 business leaders at a luncheon attended by Li.

Anwar said he rebuked the "incessant propaganda that we should cast aspersions and fear the dominance of China economically, militarily, technologically."

"We do not. We in Malaysia, having a neutral stance, have the resolve to work with all countries and with China," he



said. "We see Premier Li Qiang as a friend that would work together with us."

Li, the first Chinese premier to visit Malaysia since 2015, flew in for a three-day visit on Tuesday on the last leg of a regional tour. Li, China's No. 2 leader after President Xi Jinping, was also the first Chinese premier to visit New Zealand and then Australia in seven years.

The two leaders on Wednesday agreed that China and other claimant countries in Southeast Asia should tackle the South China Sea dispute "independently and properly" through dialogue and cooperation, and via bilateral settlement.

No details were given but the statement came amid concerns the dispute could escalate tensions between the U.S. and

China. The U.S. renewed a warning Tuesday that it is obligated to defend treaty ally Philippines, after Chinese forces seized two Philippine boats delivering food and supplies to a military outpost in a disputed shoal and injured several Filipino navy personnel.

Vietnam, Brunei, Malaysia, the Philippines and Taiwan all dispute Beijing's claims to almost the entire South China Sea. Malaysia's government prefers diplomatic channels and rarely criticizes Beijing publicly, even though Chinese coast guard ships have sailed near Malaysia's waters. This is partly to protect economic ties as China has been Malaysia's top trading partner since 2009. Bilateral trade surged to \$98.8 billion last year, accounting for

17% of Malaysia's global trade.

At the luncheon, Li urged businesses to expand cooperation in emerging fields such as green development, digital economy and artificial intelligence.

"The journey of China and Malaysia over the past 50 years... is like an expedition where two people have joined hands and waded through mountains and rivers, and won a milestone full of achievements. It also marks the official beginning of the next journey full of hope," Li said.

Li was given a red carpet ceremonial send-off and an honor guard as he departed for home later Thursday.

The two countries renewed a five-year trade and economic cooperation pact on Wednesday and inked a rash of pacts to cooperate in various sectors.

The Trade Ministry said 11 more memorandum of understandings were signed between Malaysian and Chinese entities on Thursday that could bring in potential investment of 13.2 billion ringgit (\$2.8 billion). These included proposed collaborations in high value-added sector such as oil and gas, energy, education, agriculture, automotive and utility services, it said in a statement.

## UK gambling watchdog investigating a second candidate over election betting, reports say

*A senior Conservative Party lawmaker says it would be "reprehensible" for someone to use inside information to bet on the date of Britain's national election amid growing allegations that politicians or people close to them used their positions to prof..*

LONDON, Jun 20 (Agencies): A senior Conservative Party lawmaker said Thursday it would be "reprehensible" for someone to use inside information to bet on the date of Britain's national election amid growing allegations that politicians or people close to them used their positions to profit on the vote.

Asked Thursday about reports that the U.K.'s Gambling Commission was investigating a second Conservative candidate for placing a bet on the date of the election, Michael Gove told the BBC that if people used inside infor-

mation to bet, it would be "deeply wrong."

"What I can't do is sort of get too much into the detail of the case while an investigation is going on," Gove said. "But I can talk about the broad principle and you're absolutely right, it's reprehensible."

Prime Minister Rishi Sunak announced May 22 that parliamentary elections would be held on July 4.

The date had been a closely guarded secret and many, even those in Sunak's governing Conservative Party, were taken by surprise as a vote had been expected in the fall.

The Conservative Party said Britain's Gambling Commission contacted it over a "small number of individuals" in connection with the investigation. The BBC reported.

The party declined to immediately comment on the fresh allegation.

The broadening scandal came after reports Wednesday that one of Sunak's police bodyguards was arrested over alleged bets on the date of Britain's national election made before it was announced.

The constable in the Royalty and Specialist Protection Command was arrested Monday

on suspicion of misconduct in public office, the Metropolitan Police force said.

Last week, Sunak aide Craig Williams, who is running to be reelected to Parliament, acknowledged he was being investigated by the Gambling Commission for placing a 100 pound (\$128) bet on a July election before the date had been announced.

Betting is popular in the U.K., with bookies offering odds on everything from sports to elections.

Cheating by acting on inside information is a criminal offense.

## Russia hammers Ukraine's power grid again and Kyiv's drones target enemy oil depots

KYIV, Jun 20 (Agencies): Russia resumed its aerial pounding of Ukraine's power grid and Kyiv's forces again targeted Russian oil facilities with cross-border drone strikes, officials said Thursday.

With no major changes reported along the 1,000-kilometer (600-mile) front line, where a recent push by the Kremlin's forces in eastern and northeastern Ukraine has made only incremental gains, both sides in the war have taken aim at distant infrastructure targets.

In its seventh major attack on Ukrainian power plants since Moscow intensified energy infrastructure attacks three months ago, Russia fired nine

missiles and 27 Shahed drones at energy facilities and critical infrastructure in central and eastern Ukraine, the Ukrainian air force said. Air defenses intercepted all the drones and five cruise missiles, it said.

The attack hit power structures in the Donetsk, Dnipropetrovsk, Kyiv and Vinnytsia regions of Ukraine, according to national power company Ukrenepo.

Private energy company DTEK said one of its power plants was hit in the overnight attack but did not specify its location. Three company employees were injured and the plant's equipment was severely damaged, DTEK said on social media.

Among the most damaging recent strikes on Ukraine's energy supply were an April barrage that damaged Kyiv's largest thermal power plant and a massive attack on May 8 that targeted power generation and transmission facilities in several regions.

Rolling blackouts have affected Ukrainian households and industry.

In Russia, meanwhile, authorities in two regions reported fires at oil storage depots after drone attacks, two days after a Ukrainian strike started a huge blaze at another refinery.

Ukraine has in recent months stepped up aerial assaults on Russian soil, targeting refin-

eries and oil terminals in an effort to disrupt the Kremlin's war machine.

Murat Kumpilov, head of Russia's Adygea region, said a Ukrainian drone attack sparked a fire at an oil depot in the town of Enem that was later extinguished.

The head of the Tambov region, Maxim Yegorov, said an oil reservoir went ablaze at an oil depot there.

Krasnodar region Gov. Veniamin Kondratyev said a drone hit a private house in the town of Slaviansk, killing a woman.

Russia's Defense Ministry said air defenses downed 15 Ukrainian drones over three regions but didn't mention any damage.



## ABVP MAM College Unit holds tribute ceremony for martyred soldiers, civilians

Top News Report

JAMMU, June 20: The Akhil Bharatiya Vidyarthi Parishad (ABVP) Jammu Mahanagar's MAM PG College unit today organized a heartfelt tribute ceremony to honor the soldiers and civilians who lost their lives in terrorist attacks. The ceremony took place at MAM PG College at 12:45 PM, with special attendance by ABVP Jammu Mahanagar Joint Secretary, Manik Goswami.

The event witnessed the presence of numerous students, faculty members, and ABVP activists, all gathered to pay their respects and stand in solidarity with the families of the martyrs.

On this occasion ABVP Jammu Mahanagar Joint Secretary Manik Goswami was especially present their at the moment. Manik Goswami while addressing the karyakartas said "We are here today to honor the supreme sacrifices made by our brave

soldiers and innocent civilians who have fallen victim to terrorism. Their courage and dedication to our nation shall never be forgotten. We, as students and responsible citizens, must pledge to work towards a peaceful and secure future for our country."

Abhay Pratap Singh, President ABVP MAM PG College said "Today's tribute ceremony is a reminder of the constant threat our nation faces from terrorism. It is essential

for us to remember and honor those who have laid down their lives protecting our freedom and security. Their legacy inspires us to remain vigilant and committed to the cause of national integrity."

Ishika Mahajan, Secretary ABVP MAM PG College said "The sacrifices of our martyrs serve as a beacon of hope and resilience. It is our duty to ensure that their sacrifices are not in vain. We must strive to uphold the values they fought for and

contribute to building a stronger and safer India."

The event concluded with a moment of silence and the lighting of candles in memory of the martyrs. ABVP Jammu Mahanagar's MAM PG College unit reiterates its commitment to fostering patriotism and unity among students and the larger community. The karyakartas present their at the moment were Madhav Raina, Madhav Sharma, Aniket, Keetan, Ria and many more.

## Skill/Vocational Courses in Ladakh to be strengthened; LSDM, NIELIT & UoL sign MoU

Top News Report

LEH, June 20: A tripartite Memorandum of Understanding was signed between Ladakh Skill Development Mission (LSDM), National Institute of Electronics & Information Technology (NIELIT) Leh, and University of Ladakh (UoL) to introduce skill and vocational courses, upgrade laboratory infrastructure, and implement Skill Development Programmes in Government Degree Colleges of the Union Territory of Ladakh. The primary focus of this partnership is to introduce skill courses in the colleges of UT Ladakh under the National Education Policy Framework, in collaboration with NIELIT and UoL.

The main objective of onboarding NIELIT as technical/knowledge partners is to ensure that NSQF-aligned curricula

for different job roles are delivered in the colleges. These curricula will be modular in nature, with students receiving modular certificates upon the successful completion of each semester module. Upon completion of a complete job role training hours, students will be assessed by NIELIT HQ through a proctored mode and will be awarded NSQF aligned STT certificate.

The skill courses will also be included in the credit-based system of the University of Ladakh as part of the students degree courses.

The MoU was signed by the Commissioner/Secretary Technical Education & Skill Development Department UT Ladakh, Padma Angmo; Director NIELIT, Leh, Phuntsog Toldan; and Dean Academic Affairs, UoL, Dr. Sonam Joldan, in the presence of Under Secretary Technical

Education & Skill Development, Rigzin Yangdol, and Abied Hussain, Superintendent ITI.

Under this initiative, LSDM, NIELIT, and UoL endeavour to provide training to enhance the employability of the youth of Ladakh, with an emphasis on employability and entrepreneurship training so that the youth of Ladakh are prepared for industry-oriented job roles," stated Commissioner/Secretary Padma Angmo. The Commissioner/Secretary believes that this initiative will further accelerate the various efforts undertaken by LSDM to create an empowered workforce by providing adequate training in market-relevant skills. She further added that similar skill courses have been in progress in various degree colleges since August 2023, in collaboration with various Sector Skill Councils.

## Present Administration failed to meet public expectations: Uday, Hari Singh

Top News Report

JAMMU, June 20: Uday Bhanu Chib, former President of Youth Congress Jammu and Kashmir and currently National General Secretary of Indian Youth Congress (IYC), and Hari Singh Chib, Vice President of Jammu & Kashmir Pradesh Congress Committee (JKPCC), criticized the current administration for its failure to meet the expectations of the general public.

The senior Congress leaders voiced their concerns during a Nukkad meeting at Taku Chak Panchayat in Domana, part of the Jammu North Assembly segment. The meeting, organized by local leaders Bishan Singh Jasrotia and Chamal Singh Chib, served as a platform for residents to discuss pressing issues directly with their political representatives.

People of the area con-



veyed their grievances to the senior Congress leaders, emphasizing the lack of basic infrastructure such as roads and drainage systems in ward Taku Chak of Panchayat Domana. Despite repeatedly addressing these issues with the authorities, no action has been taken.

Uday Bhanu Chib and Hari Singh Chib criticized the current administration for its failure to meet the expectations of the

general public, especially road connectivity and drainage. They assured the residents that their legitimate demands would be taken up with the concerned authorities. He specifically pointed out the irregular power and water supply, stressing that despite timely bill payments, residents are not receiving these essential services consistently.

Hari Singh Chib urged the public to support

the Congress Party in the upcoming Assembly elections, emphasizing that a change in government is necessary to address and resolve the myriad issues facing the region. They assured the people that a Congress-led government would prioritize their needs and work diligently to improve their living conditions like replacing smart meters by old meter system, removing property tax and will pro-

vide basic amenities to the public.

The senior Congress leaders underscored Party's commitment to listening to and addressing the concerns of the people, reaffirming their dedication to bringing about positive change in Jammu and Kashmir.

Among the attendees at the meeting were prominent local figures including Som Nath Sharma, Master Jagpal Singh, Shammi, Sansar Chand, Kuldeep Singh Bawa, Bakshi Sudershan, Jaipal Singh, Ashok Kumar, Ranjeet Singh, Jagdish Chander, Surinder Singh, Jaswant Singh, Suresh Singh, Ashok Kumar, Choudhary Saif Ali, Surinder Kumar, Kamal Singh, Jung Bahadur Singh, Kaka Ram Neeta Chib, Pummy Manhas, Tarun Vaid, and Sunil Singh, the Youth Congress Assembly President for Jammu North.

## Tiny Scholars School celebrates International Yoga Day

Top News Report

JAMMU, June 20: To celebrate the physical and spiritual prowess that Yoga has brought to the world, "International Yoga Day", was celebrated on 21st June '24.

The health enthusiasts of Tiny Scholars School celebrated International Yoga Day with great zeal. Teachers and Students demonstrated various yoga asanas under the guidance of Yoga Instructor Sunita Verma. Warm



up exercises were taken and all the teachers performed sitting and standing asana, importance of these were explained simultaneously.

The Managing Director of Tiny Scholars School II, Manisha Gupta was

honoured by Yoga expert Sunita Verma for being there to support and promote such yoga events.

At last, Sunita Verma was felicitated by Managing Director and Principal of the School with a token of love.

## FROM PAGE 1

### PM Modi, Amit Shah, Other BJP Leaders extend wishes to President Murmu on her 66th Birthday

Defence Minister Rajnath Singh also wished the President and said that India has deeply benefitted from her insights and contributions.

"Greetings and my best wishes to the President of India, Droupadi Murmu on her birthday. She is widely respected for her statesmanship and vision for India's all-round development. India has deeply benefitted from her insights and contributions. Her passion for the welfare and empowerment of the poor & weaker sections of our society is commendable. Praying for her good health and long life," Rajnath said on X.

Union Minister JP Nadda while extending his wishes to President Murmu, said, "I extend my heartfelt wishes to President Droupadi Murmu ji on her birthday. Your dedication to public service, public welfare and the upliftment of the underprivileged inspires us. I pray to God for your good health and long life."

Assam Chief Minister Himanta Biswa Sarma said that the President stands as a beacon of wisdom and dignity.

"Heartiest birthday wishes to Hon'ble President of India, Droupadi Murmu ji. Rashtrapati ji stands as a beacon of wisdom and dignity. Her commitment to the welfare of our people and her inspiring life journey continues to motivate the entire nation. We, in Assam, seek her continued blessings and guidance in the days ahead. I pray to Maa Kamakhya and Srimanta Sankardev to bless her with a long life in the service of the nation," he said.

Uttarakhand CM Pushkar Singh Dhami also prayed for the long and healthy life of President Murmu.

"Heartly congratulations and best wishes to respected President Mrs. Droupadi Murmu ji on her birthday. I pray to Lord Badri Vishal for your healthy, long and auspicious life," he said.

President Droupadi Murmu visited the Jagannath Mandir in Delhi and offered prayers today.

### 34 dead, over 100 hospitalised after consum-

### ing illicit liquor in Tamil Nadu's Kallakurichi

Police will submit a report on the hooch tragedy following inspection.

Earlier on Thursday, Kallakurichi District Collector M S Prasanth said that 109 people were being treated in a number of hospitals and the status of those in a critical stage 'keeps changing' and it would be updated later.

State Minister (Highways) EV Velu said two women and one transgender were among the victims.

Prasanth further said sufficient medical professionals, including specialists from nearby government medical colleges have been deployed in the district to handle the situation, even as more number of ambulances with life-support have been stationed.

Briefing reporters here, senior Minister EV Velu said it should not be assumed as if 'illicit arrack sale' has happened only under the DMK rule and such incidents have been occurring during all the regimes.

"Every government (be it DMK or AIADMK governments) has taken tough action, this government has been taking stern action continuously."

Furthermore, he told reporters: "As far as the government is concerned there is no necessity for it to encourage illicit liquor peddlers and we are taking tough action."

"The government will not spare anyone," he said, adding that two women and one transgender were among the victims.

"I don't like to justify the mistake, this incident must not have happened and since this has happened the chief minister has directed tough action."

Be it brewers of illicit arrack or those who sell it, the government has been taking stern action including under Goondas Act. Velu and Health Minister Ma Subramanian are camping in Kallakurichi to render help to the affected people.

Actor-politician Vijay, Tamilaga Vettri Kazhagam chief blamed the negligence of the government for the incident and demanded that the state take 'tough' precautionary measures to prevent recurrence.

### Army claims big success as Two Foreign Militants killed in Sopore

Umar. "Usman has been active in Kashmir since 2020," the army officer said.

He said that arms and ammunition in a large quantity was recovered from the site of the encounter.

"The killing of two militants is a big success for the security forces. Since the past few weeks, there is a high operational momentum which is bearing good results in the form of elimination of militants," he said. "We are enjoying the continuous support of people."

Meanwhile, a statement issued by the army said that over the past few weeks there has been constant information of the movement of a terrorist group in the Sopore-Rafiabad area of Baramulla District. "A specific intelligence was received through JKP that two terrorists were holed up in a house in Hadipura village of Rafiabad area. Consequently, Indian Army, JKP and CRPF launched a joint operation, swiftly cordoning off the area. Following standard procedures, civilians were safely evacuated from adjacent houses and the area was secured. The target house was thoroughly cordoned off and on the search being commenced, terrorists opened fire on the security forces. In the ensuing fire-fight, two terrorists were neutralized," the statement said. "The killed terrorists have been identified as Usman and Umar, both of Pakistan Origin and associated with LeT. Usman has been active in the Kashmir Valley since 2020. Significant quantities of weapons and ammunition have been recovered after the operation."

The statement said that elimination of these terrorists marks another major success for the security forces. "Over the past few months, we have maintained a high operational tempo, resulting in some major achievements. The success is also attributed to the complete cooperation of the Kashmiri people. Security Forces will continue to make sustained efforts to maintain peace and stability in Kashmir," it said.

### Modi Govt cannot conduct exams without leaks, frauds: Congress

that 30 lakh Government jobs are vacant and alleged that by not filling these, the Modi Government has hatched a "planned conspiracy" to snatch the right to reservation from SC, ST, OBC and EWS youth.

"Instead of promoting scientific thinking in NCERT books, it is being given a political colour. The autonomy of institutions such as UGC, CBSE, IIT, IIM has been abolished," the Congress president said. "According to RTI, expenditure on PM

Modi's 'Panksha pe Charcha' has increased by 175 per cent in six years. The showering of knowledge on students during the 'exam' by the head of a Government which cannot conduct a nationwide examination without rigging is dishonesty!" he said.

"Having pushed millions of youth into the quagmire of unemployment by making false promises, Modi ji was roaming around universities yesterday under the shadow of cameras!" he said.

Kharge said the Congress will maintain its agenda of "Pehli Naukri Pakki (first job secure)", "right to reservation" and "freedom from paper leak".

"Our struggle for the rights of the youth will continue from the streets to the Parliament," Kharge said.

Amid a raging row over the medical entrance exam NEET, the Union education ministry on Wednesday ordered the cancellation of the UGC-NET following inputs that the exam's integrity may have been compromised, and handed over the matter to the CBI for an investigation.

UGC-NET is a test to determine the eligibility of Indian nationals for the award of junior research fellowship, for appointment as assistant professors and admission to PhD in Indian universities and colleges.

The Ministry also sought a report from the Bihar Police's Economic Offences Unit regarding alleged irregularities in the conduct of the National Eligibility-cum-Entrance Test (UG) 2024 in Patna and said further action would be taken based on the report.

Congress general secretary Jairam Ramesh said every year the PM conducts a "grand tamasha of what he calls 'Pareeksha pe Charcha'."

"Yet, his Government cannot even conduct an examination without leaks and frauds," he added.

Ramesh said the NEET UG 2024 Examination faces very serious questions that even the Education Minister has been forced to acknowledge.

The integrity of the National Testing Agency (NTA) is under severe doubt, he said.

Now the UGC-NET conducted just the day before yesterday has been cancelled last night, he said.

In fact, the Government has been ruinous for India's education system with the CUET (Common University Entrance Test) making a complete mockery of Class XII exams, Ramesh said.

The professionalism of NCERT, UGC, and CBSE has been destroyed, he claimed. "The New Education Policy of 2020, rather

than preparing India's education system for the future, only serves as the Nagpur Education Policy 2020," he alleged.

"This is the legacy of the MA in Entire Political Science. Will he ever 'Leak pe Speak?'" Ramesh said.

Soon after the cancellation of UGC-NET, the Congress on Wednesday dubbed the Modi Government as "paper leak government" and asked whether the Education Minister would take responsibility now.

The opposition's attack also comes amid the row over medical entrance exam NEET. The NEET-UG examination is conducted by the NTA for admissions to MBBS, BDS, AYUSH and other related courses in government and private institutions across the country. There have been media reports on paper leak and other discrepancies in the exam. The examination was held on May 5 across 4,750 centres and around 24 lakh candidates appeared for it. Its results were expected to be declared on June 14 but were announced on June 4, apparently because the evaluation of the answer sheets was completed earlier.

### BSF recovers Two China-Made Pak Drones in Amritsar

553-km long varied, tough and challenging India-Pakistan border in Punjab, said that in 2023 it detected and shot down 107 drones and seized 442.395 kg of heroin.

Last year, the BSF troopers of the Punjab Frontier handed over 12 Pakistani nationals, who had inadvertently crossed the International Border, to Pakistan Rangers.

Braving innumerable challenges, including inclement weather conditions and the spate of smuggling, BSF men are guarding borders around the clock with unflinching dedication.

### MeT predicts light rain, gusty winds in Kashmir till June 21, Heat wave in Jammu from June 22

previous night and it was below normal by 5.1°C for the world famous skiing resort in north Kashmir's Baramulla district.

Jammu, he said, recorded a low of 23.5°C against 28.0°C on the previous night and it was below normal by 0.3°C for the winter capital of J&K. Banihal recorded a low of 15.3°C, Batote 15.0°C and Baderwah 14.9°C, he said.

## Not acting on unsecured lending could have created bigger problem; RBI actions slowed growth: Guv Das

NEW DELHI, Jun 20 (Agencies): RBI Governor Shaktikanta Das, on Thursday, said not acting on unsecured lending could have created a "bigger problem", and RBI's actions on such practices have had the desired impact of slowing down growth in the riskier segment.

Addressing an international conference on financial resilience at the RBI's College of Supervisors in Mumbai, Das said restrictions on unsecured lending were the result of a view that there could be a potential problem in the credit market because of growth in unsecured lending.



The overall headline parameters were looking good, but there was "clear evidence" of dilution of underwriting standards, lack of proper appraisals

and a mentality to join the bandwagon for driving up the unsecured lending among some lenders, he added. "We thought if left unattended, these vulnerabil-

ties can become a bigger problem. So, we thought it is better to act in advance and slow down the credit growth," Das said.

He expressed satisfaction that the RBI's action has had the desired impact, as the growth in unsecured lending has indeed slowed down.

Das said the growth in credit card portfolios has slowed down to 23 per cent from 30 per cent before the RBI (Reserve Bank of India) action, while growth in bank lending to Non-bank Finance Companies (NBFC) has slowed to 18 per cent from the earlier 29 per cent. It can be noted that on

November 16 last year, the RBI increased the risk weights on unsecured lending and exposure to NBFCs, which will make banks set aside larger amounts of capital on such assets.

"India's domestic financial system is now in a much stronger position than it was before we entered the period of the COVID crisis. Indian financial system is now in a much stronger position, characterised by robust capital adequacy, low levels of non-performing assets, and healthy profitability of banks and non-banking lenders, that is NBFCs", said Das.

## Lt Gen MK Katiyar, AVSM GOC-in-C Western Command visits APS Damana



JAMMU, June 20: Lt Gen MK Katiyar, AVSM GOC-in-C WESTERN COMMAND alongwith Lt Gen S P Singh, YSM GOC 9 Corps and Maj Gen Gaurav Gautam, GOC Tiger Division visited Army Public School Damana on 20 June 2024. Welcomed by Brig Vivek Puri, SM, Chairman Army Public School Damana, the officials were warmly received by Mrs Pushpinder Kaur Principal APS Damana.

The dignitaries took a round of the school campus which included

visit to Atal Tinkering Lab, English Language Lab, Sports Room, NDA Room, Art Room, Music Room and other specific areas. He was also apprised with the newly installed Interactive Smart Boards and Hybrid Classrooms. The concerned teachers briefed them about the specifications of the Smart Classes and Interactive Panels. The foremost idea of the visit was to ensure the proper functioning as well as security of the school.

He expressed his

immense satisfaction over the recent achievements of the school in Academics as well as in Co-curricular Activities. He applauded the robust infrastructure of the school besides appreciating artistic manifestation of the students, their craft work, resplendent array of projects and models. Further, he insisted upon providing good education to the students in the healthy environment. He wished that the school should continue to strive for excellence and persistent growth.

## Do we need to worry about a market crash uglier than 2008? Here's NSE chief's advice to Indian investors



NEW DELHI, Jun 20 (Agencies): Days after US economist Harry Dent warned of an impending market crash that could be far worse than the Great Recession, National Stock Exchange Managing Director and CEO Ashishkumar Chauhan asked Indian investors to be cautious to avoid losses.

"Many experts predict such crashes at regular intervals. Sometimes such predictions also turn true. Thus, investors need to be cautious and invest in a way that they do not incur any loss when such things really happen," he said. Chauhan was speaking to media in Ahmedabad on Wednesday evening after addressing the con-

vocation ceremony of Ahmedabad-based Entrepreneurship Development Institute of India (EDII).

Dent, 71, who is also a financial author, pointed out that current market stability is deceptive and that when the "everything" bubble bursts, it will be the "crash of a lifetime".

Speaking to Fox News Digital earlier this week, the author of 2009 New York Times Bestseller 'The Great Depression Ahead', said pumping more money into the market might seem to improve the economy in the long term, but the real impact will only be revealed when the bubble bursts.

Citing the recent rally in stock of chip maker

Nvidia, which became the most valued company in the world, Dent said, "In 1925 to '29, it was a natural bubble. There was no stimulus behind that, artificial stimulus per se. So this is new. This has never happened."

"What do you do if you want to cure a hangover? You drink more. And that's what they've been doing. Flooding the economy with extra money forever might actually enhance the overall economy long-term. But we'll only see when we see this bubble burst," he explained.

"And again, this bubble has been going 14 years. Instead of most bubbles [going] five to six, it's been stretched higher, longer. So you'd have to expect a bigger crash than we got in 2008 to '09," warned Dent.

Predicting the possible numbers of the crash, the economist said, "I think we're going to see the S&P go down 86 per cent from the top, and the Nasdaq 92 per cent. A hero stock like Nvidia, as good as it is, and it is a great company, [goes] down 98 per cent. Boy, this is over."

## Quiz Competition for School Children at Doda



Top News Report

DODA, June 20: Army is taking continuous efforts to motivate the youth of the Nation and is undertaking a variety of programmes. Continuation as a run up event to commemorate '25th Kargil Vijay Diwas', Indian Army organised a 'Quiz Competition for School students' at Gahan High School in Doda. The aim of the competition was to Educate and Inspire the younger generation of the sacrifices and valour exhibited by Indian Army during the Kargil War. The competition comprised of challenging questions, testing the students' knowledge of historical events, strategic maneuvers and indomitable spirit of the Armed Forces during the Kargil Conflict. Participants had an opportunity to showcase their knowledge and understand the series of challenging and engaging questions related to the Kargil War, its aftermath, and the brave soldiers who played a crucial role

in securing our nation's borders. The students took part in the competition with full zeal, enthusiasm and showcased their aptitude. A total of 67 students participated in the competition. This event is not only a tribute to our Armed Forces but also a platform to foster a sense of patriotism and awareness among the youth. The event motivated the students to study and to be active contributors to 'Nation's Social and Cultural Growth'. The event proved to be another milestone in fostering bond of friendship between the local populace and Army. It was a small step towards identifying and showing the immense and unexplored talent of students of the region. The winners and runners up were suitably awarded. Students, Teachers and resident populace expressed their gratitude for undertaking such kind of initiatives by Army and channelising the enormous talent of the youth in the right direction.

## GSI organizes workshop on 'Landslide Disaster Management'

Top News Report

JAMMU, June 20: Geological Survey of India, UT J&K and UT Ladakh organized a one-day workshop on Thursday at Jammu, on the topic of "Landslide Disaster Management" under the theme Landslide Disaster Risk Reduction: Need for Coordination, Cooperation, Skill Enhancement and Implementation Strategy.

The objective of this workshop is to provide a platform for the participants to create landslide awareness, landslide disaster management, causes and remedial measures of landslide.

The workshop was attended by representatives from different stakeholder institutions like State Disaster Management Relief, Rehabilitation & Reconstruction, J&K, National Institute of Hydrology, Jammu, Cen-



tral University, Jammu, University of Jammu, University of Kashmir, Cluster University, Jammu, Department of Geology and Mining, Jammu and Centre Ground Water Board, Jammu.

The workshop was conducted under the chairmanship of Sh. Rajinder Kumar, Additional Director General and HOD, NR, GSI, Lucknow and convened by P. S. Misra, Dy. DG, UT: J&K and UT: Ladakh, GSI.

Retired senior officers of GSI also participated in

the workshop and shared valuable knowledge. The workshop also provided an opportunity for the participants to interact with experts in the field and share their experiences about landslide studies in UT: Jammu and Kashmir and UT: Ladakh. During the workshop discussion and deliberations were held on the Landslide Disaster Management data generated by the GSI and its use by the different Stakeholders for the societal benefit and sustainable development.

## Blood Donation Camp At Poonch



POONCH, June 20: Army conducted a highly successful blood donation camp at Poonch. This initiative was part of our ongoing commitment to contribute positively to the health and well-being of the community, that we serve. The event witnessed enthusiastic participation from service personnel and civilians including health officers of Poonch district leading to donation of 42 Blood Units. This overwhelming response exemplifies the spirit of solidarity and compassion among Indian Army and Aawam. The blood donation camp was aimed to address the critical shortage of

blood supply in Poonch District. The contributions made by our soldiers and civilian volunteers will go a long way in saving lives and supporting medical emergencies in our region. District Hospital Poonch expressed its heartfelt gratitude to Indian Army's generous support which made this event possible. Our commitment to community welfare aligns perfectly with our values of service and responsibility. We remain dedicated to organizing such impactful initiatives in the future, underscoring our unwavering commitment to serving our nation both on and off the battlefield.

## 200 times increase in Space StartUps in 2 years: Dr Jitendra

Top News Report

NEW DELHI/JAMMU, June 20: "There has been around 200 times increase in Space Start-Ups in just about two years," said Dr. Jitendra Singh, Union Minister of State (Independent Charge) for Science & Technology, Minister of State (Independent Charge) for Earth Sciences, MoS PMO, Department of Atomic Energy, Department of Space, Personnel, Public Grievances and Pensions, here today.

This quantum jump has been possible because of a major policy decision taken by Prime Minister Narendra Modi to open up the Space sector to private sector and allow public-private participation in a big way, said the Minister.

Dr Jitendra was chairing a high-level meeting to review the 100 days Action Plan of the Department of Space. He took stock of the present status, the opportunities and future space missions of India's space sector.

Chairman ISRO, S. Somanath, his team and senior officials were present in the meeting

During the meeting, the Minister mentioned that Space StartUps have increased from 1 in 2022 to nearly 200 in 2024, witnessing an unprec-

edented rise of 200 times in these years. In the year 2023 alone, nearly INR 1000 crore was invested in the space sector of India in just about eight months.

Further, the industry caters to nearly 450 MSMEs affirming the PM's vision of "Sabka Prayas" during the Amrit kaal period.

Giving further insights into the space sector, Dr. Jitendra Singh said that the share of India in the global space economy in 2030 is going to rise 4 times in comparison to 2021. In 2021, the Indian space industry contributed 2% to global share. This is expected to rise to 8% by 2030 and further to 15% by the year 2047.

DoPT minister and Chairman ISRO also briefly touched upon the rising involvement of the private sector in the space missions. Presently India allows 100% FDI in the space sector thereby unleashing new horizons of innovation and growth to the sector.

According to Jitendra Singh the private sector can offer new solutions to development of advanced small satellites, geospatial technologies, orbital transfer vehicles and so forth.

Further touching upon the contribution of science to Indian society, Dr. Singh said that private

players will play a huge role in sectors such as agriculture, environment, governance etc.

Dr. Jitendra Singh directed officials about the Transfer of Technology (ToT) by ISRO to the private players. So far, there are 403 such transfers by 2020 and additional 50 by NSIL/INSPACE till today.

Dr. Jitendra Singh enquired and discussed the next 100 days plans of ISRO and its scheduled launches. This includes the NISAR programme which is a joint Earth-observing mission between NASA and the Indian Space Research Organisation (ISRO). NASA and ISRO are providing two radars that are optimised each in their own way to allow the mission to observe a wider range of changes than either one alone.

Dr. Jitendra Singh was also briefed upon other programs in the list containing GSAT-20, Landing exercise of reusable launch vehicle, Space docking experiment etc.

## FM Sitharaman, economists meet: Focus on China, inflation targeting

NEW DELHI, Jun 20 (Agencies): Amid sustained food inflation and high dependence on Chinese goods, economists and policymakers discussed several challenges and possible solutions ranging from the need to revisit inflation targeting mandate, boosting private investment, consumption and China's over capacity during the first pre-Budget consultation meeting chaired by Finance Minister Nirmala Sitharaman on Wednesday.

The Finance Secretary, Secretaries of Departments of Economic Affairs, Revenue, Financial Services and Corporate Affairs; and Chief Economic Adviser along with prominent economists from corporates, rating agencies and academics were present in the meeting ahead of the General Budget 2024-25 presentation next month.

Ashwani Mahajan, the National Co-Convenor of Swadeshi Jagaran Manch (SJM) said there was a consensus that the steps taken by the government for protecting the domestic industry and promoting manufacturing through PLI are proving to be good and it should continue and that there is need to push private investment and consumption.



"Measures should be adopted to boost investments from the Indian venture capitalist (VC) and the startups. We also need measures to boost urban demand. In the past few years, especially after COVID-19 there has been an improvement in the public investment and along with the capex. There is further need to boost private investment. And for that, whatever measures can be adopted in the budget should be adopted," Mahajan, who was among the economists in the meeting, said.

Another member who took part in the meeting said that concerns were flagged regarding China's over capacity and the emanating threat to the Indian industry. This comes after the US and EU recently slapped tariffs on Chinese electric vehicles (EVs) which has

left Indian manufacturers and exporters worried over dumping in Indian markets.

Former Chief Statistician of India TCA Anant suggested that there is a need to revisit the inflation targeting mandate with the divergence between Wholesale Price Index (WPI) and Consumer price index (CPI) witnessed during the last decade and that India should move towards Producer Price Index.

"My suggestions on how to strengthen statistics better included that the finance ministry should make use of the GST data better. They should create an institutional framework in which it can be used. It will help address a lot of the questions which people are raising about what's happening to domestic trade, international trade," Anant said.

## T20 World Cup: Salt assault leads England to smooth eight-wicket win over West Indies

Defending champions England waltz to 181 for 2 in 17.3 overs in their Group 2 match

GROS ISLET (SAINT LUCIA), Jun 20 (Agencies): Phil Salt slammed a belligerent unbeaten 87 as defending champions England began their T20 World Cup Super Eight campaign with a crushing eight-wicket win over the West Indies here.

Coming off a scorching display against Afghanistan, West Indies amassed a competitive 180 for four, but England waltzed to 181 for two in 17.3 overs in their Group 2 match.

Salt led their charge with a bruising innings that came off 47 balls with seven fours and five sixes. The opener received copious help from Jonny Bairstow (48 not out, 26b, 5x4, 2x6). But equal amount of credit should be given to the English bowlers too for producing as many as 51 dot balls with Jofra Archer (1/34) and Adil Rashid (1/21) accounting for 22 of them in their tidy spells.

Salt made full use of his reprieve by Nicholas Pooran on seven to cart the Windies bowlers around in the company of Bairstow as the Englishmen together milked 97 runs from 44 balls for the third wicket, while negotiating the hosts' spin attack in the middle overs.



After a sedate start, England broke loose in the second over when skipper Jos Buttler struck two boundaries off Romario Sheperd to take 12 runs. Salt then came to his own, hammering an Andre Russell slower one for a six.

The duo continued their assault and Salt finished the power play smashing Alzarri Joseph for a four and a six to lift England to 58 for no loss in six overs, the best powerplay score by any team against the Caribbean in this tournament.

Off-spinner Roston Chase finally gave the breakthrough when he noticed Buttler step-

ping forward and speared in a 108.9 kph delivery to catch the England skipper off guard.

The ball hit him hard and low on the front pad to be trapped leg before but it was a minor aberration as England pressed forward with determination towards a win.

Earlier, Windies got off to a splendid start as Brandon King and Johnson Charles opened with authority. The pair had the Windies flying at 40 for no loss in the fifth over, before they were hit with a cruel blow.

Attempting to drive Sam Curran down the ground, King (23; 13b) picked up what

appeared to be a side strain and had to retire hurt.

The in-form Pooran joined Charles at the crease, lifting them to 54 in the power-play. Pooran smoked Mark Wood for a leg-side six to start the eighth over, but England managed to tighten the screws after the drinks.

That was the final boundary before the mid-innings break.

Charles then ended a brief lull by smashing Rashid for a six.

But in the next over, England struck with Moeen Ali dismissing Charles (38; 34b), who holed out to Harry Brook at long-on.

Captain Rovman Powell took on off-spinner Ali with a maximum and went on to smash Liam Livingstone for three sixes in five balls in a 20-run over.

But Livingstone had the last laugh, picking up the crucial wicket of Powell (36 off 17) off his last delivery.

The English found some fight in the final five overs.

Archer found the edge of Pooran's bat, as the heavy hitter removed for 36 off 32. Rutherford then dominated the strike in the last few overs to lift their total but that was not enough for them.

## "Thanks A Lot Buddy": Rahul Dravid Loses Cool At Reporter Over 97 Test Question



BRIDGETOWN, Jun 20 (Agencies): India head coach Rahul Dravid was reminded of some bitter memories as he attended the press conference ahead of the T20 World Cup 2024 match against Afghanistan. Dravid, who took up the coaching job on the back of an astounding career with the Indian team, doesn't have the best of numbers behind him in Barbados as a player. As a reporter reminded him of his poor stats at the venue, the India head coach was visibly irked and lost his cool at the question.

Dravid gave the reporter the complete gyan of his psyche, saying he is someone who moves on quickly and is only looking to do well as a coach, not thinking about his performances as a player in the past.

Reporter: "Rahul, you as a player, you have played here. Not the best memories of the 97 Test?"

Dravid: "Geez, thanks a lot buddy! I

have had some other decent memories here as well."

Reporter: "That is actually my question. A chance for you to probably make new and much better memories today?"

Dravid: "God man! I am not trying to make new anything man!"

Dravid came to Barbados in 1997 when India took on West Indies. Dravid scored 78 and 2 as the Indian team lost the Test by 38 runs in Bridgetown. Now the coach of the Indian team, the legendary cricketer is only thinking of the task at hand, and not what happened more than 25 years ago.

"I move on from things very quickly. That's one of my things. I don't look back on things. I try and look at what I am doing now, at the moment. I am not concerned about what happened in 97 or some other year."

"By winning this... you know. If you had told me that by winning this, we would have not scored 80-odd and scored 121, then I would be bothered. But, even if we win this match tomorrow, unfortunately, that is still going to remain 80 on the scorecard, however much I try and will it. No I don't think about any retribution. I move on from things. What's in front of me, good or bad?"

"I don't think of myself much as a player anymore. Yeah, just move on. Focus on today, and try and get a good result today," he said in the press conference.

## T20 World Cup: Batmen rise

Batters take centre stage as action shifts to WI | India start Super 8 stage with Afghanistan test

BRIDGETOWN, Jun 20 (Agencies): Virat Kohli will be expected to hit his straps after a lean run while left-arm wrist spinner Kuldeep Yadav will anxiously wait for his chance when title favourites India face a sprightly Afghanistan in their opening Super 8 fixture of the T20 World Cup here today.

The big talking point ahead of the game is the Indian team combination. Will India go with the same line-up that worked for them in the group stage or bring in their best spinner over the last 12 months, Kuldeep, at the expense of a specialist pacer now? At the start of the tournament, skipper Rohit Sharma had expressed his keenness to include all four all-rounders — Hardik Pandya, Shivam Dube, Axar Patel, and Ravindra Jadeja — in the playing XI.

That strategy suited the Indian team in the bowler-friendly conditions in New York and

the captain is expected to retain the winning combination that stretches their batting till No. 8. The only way to fit Kuldeep into the team is to either drop Mohammed Siraj or Arshdeep Singh. If that does happen, Siraj is most likely to be benched. If the two practice sessions of the Indian team are an indication, the pitch could offer plenty to the spinners, making Kuldeep's case stronger. With the gentle breeze blowing across the Kensington Oval, the pacers should get the ball to swing in the powerplay.

As is often the case, all eyes will be on Kohli, who is yet to log a double-digit score in the tournament. His strategy to go for his strokes did not yield the desired results in New York but he is expected to be at his imperious best on the better wickets in the Caribbean. The 35-year-old is always operating at 100 per

cent and the intensity he showed during the training sessions was a testament to his exemplary work ethic.

Shivam Dube, who was brought into the side to hammer sixes in the middle and death overs, has sent the ball out of the park only once in this competition. The pitches in USA did not allow him to go after the spinners. He would be expected to change that in the Super 8s and beyond.

India's premier T20 batter Suryakumar Yadav too was back among runs against USA, albeit not in his usual swashbuckling style. Runs are also pending from the bat of Hardik Pandya, who has been exceptional with the ball. On the bowling front, Arshdeep Singh has grown in confidence with each passing game, playing the perfect wingman to Jasprit Bumrah in both the powerplay and death overs.

## South Africa clinch 18-run win over spirited USA in T20 World Cup Super Eight clash

NORTH SOUND (ANTIGUA), Jun 20 (Agencies): Resilient Andries Gous led a sensational fightback for USA but South Africa's experienced professionals pulled off an 18-run victory in their Group 2 Super Eight match of the T20 World Cup, here.

South Africa-born Gous led a stunning fightback for USA with a 47-ball 80 not out studded with five sixes and as many fours to keep his side alive in the contest right until the final over, but the Proteas had the final laugh as they opened their account with two points in kitty.

Chasing 195 even on a batting-friendly deck here at Sir Vivian Richards Stadium was going to be a monumental task for USA against South Africa's bowling attack, but the Associate nation showed incredible gumption in finishing with 176 for six in reply.

The South African-born Gous waged a



alone battle of sorts for the majority of USA's reply, putting on an incredible 91-run stand for the sixth wicket with Harmeet Singh (38, 22 balls, 2x4s, 3x6s), but South Africa had just too many on the board.

Even though Steven Taylor (24 off 14 balls, 4x4s, 1x6s) set the tone early for the USA at the top, others like Nitish Kumar (8), skipper Aaron Jones (0), Corey Anderson (12) and Shayan Jahangir (3) flopped with the bat which almost shut the doors on their side.

Reduced to 76/5 in the 12th over with another 119 runs to win, USA

appeared down and out.

But Gous, who has played U-19s for South Africa, and colts World Cup winner Harmeet went on a carnage of sorts to take their side as close as possible. He swung his bat at will and found gaps with precision as South African bowlers, who had almost set up a comfortable win, were scurrying for cover.

In tow, the left-handed Harmeet also dealt a few lusty blows, especially against Tabraiz Shamsi towards the end to keep USA in the hunt even if the asking rate hovered around 15 runs per over.

But at the end, it was Kagiso Rabada's (4-0-18-3) brilliance which ensured Proteas' win after he broke their stubborn partnership and allowed a mere two runs in the penultimate over.

USA's resistance also ate into a significant chunk of South Africa's margin of win which would have been far bigger had the two not added 91 for the sixth wicket.

Earlier, Quinton de Kock led the charge with a 40-ball 74 which set the tone for South Africa, whose top order finally came through with a robust show to power them to 194 for

four in the first half.

On a pitch expected to be slow and spin-friendly, De Kock defied odds to put the USA bowlers to sword while bringing up his maiden fifty in the tournament, while South Africa put on 194 for four in 20 overs.

De Kock's fireworks at the top and skipper Aiden Markram's fluent 46 also helped South Africa banish their top-order woes after the frontline batters had flopped collectively in the group stage.

Towards the end, Heinrich Klaasen (36 not out) and Tristan Stubbs (20 not out) added 53 runs unbeaten for the fifth wicket in just five overs.

De Kock led South Africa's charge following a meek start which saw Reeza Hendricks (11) being Saurabh Netravalkar's (2/21) latest victim in the powerplay, putting on 110 runs from a mere 60 balls for the second wicket with Markram.

## Michael Vaughan on fighting 'awful' stress-related illness: I was embarrassed

LONDON, Jun 20 (Agencies): Former English cricketer Michael Vaughan opened up on the mental health struggles he has been battling for the last nine months. One of England's most charismatic captains, Vaughan, talked about the times when he had to resort to medication after going into a slump due to a stress-related illness. The 49-year-old revealed the troubles he faced in his day-to-day life and was 'embarrassed' to go out of his home.

Vaughan, who played 82 Tests, 86 ODIs and 2 T20Is, said that he would be grateful if his revelation could help people find their way out of mental trauma. The veteran dropped a post on his social media handle. He also thanked

his doctor for prescribing him the right medicines and helping him survive through the tumultuous times.

"Hope I can help one or two people" "Today I have spoken about the stress-related illness I have been fighting for 9 months. I don't want sympathy as I was lucky enough to see a specialist early to give me the best medication. If this helps one person, it has been worth it," Vaughan wrote on X.

"I'll be honest with you; I was never going to speak about it. But then I thought, 'Wait a minute, there are probably quite a few people who go through similar and stay silent'. I don't want this to appear as if I'm after any sympathy, because I'm not. I just hope I can help one or



two people," Vaughan told The Telegraph.

"There were loads of times when I wouldn't go out, because I was embarrassed. Even climbing in and out of a car was awful. I would try to walk over the road to Starbucks, and I'd be hobbling. Somebody would ask if I was OK. 'Fine,' I'd reply. 'Just a dodgy knee.'"

"Do not ever think you can't get treated"

Vaughan who last played international cricket back in 2008,

said that mental illness isn't a 'visible injury' but can pile up over time, making life tougher for a person. He reckoned that instead of concealing mental health struggles, one should ask for help and consult psychologists and psychiatrists.

"People always talk about mental illness being the hardest to detect because it's not a visible injury; it is just something that happens inside your mind. It's similar to this illness.

Over time, it just builds up," Vaughan said.

"In the end, we're men, aren't we? If we can do something tomorrow, we'll do it tomorrow. But I've had this warning in my life, where my state got so bad, so quickly, that I had to go and see someone. Don't ever think you can't get treated for something or you can't get through it. And if you do have the signs of some inflammatory disorder, go to your doctor as soon as possible," Vaughan added.

After retiring from cricket, Vaughan took up commentary as a profession. He also became active on social media platforms, giving his opinions on various topics. Vaughan also engages in friendly banter with former Indian cricketer Wasim Jaffer.

## Double impact: Smriti Mandhana, Harmanpreet Kaur tons sink South Africa



BENGALURU, Jun 20 (Agencies): Hundreds from Smriti Mandhana and Harmanpreet Kaur were nearly upended by remarkable centuries from Laura Wolvaardt and Marizanne Kapp but India kept their nerves to beat South Africa by four runs in a last-over thriller to take an unassailable 2-0 in ODI series here.

It was a matter of margin once India posted an imposing 325/3, riding on Mandhana's 136 off 120 balls, with 18 fours and 2 sixes and Harmanpreet's unbeaten 103 off 88 balls, with 9 fours

and 3 sixes). Mandhana has equalled Mithali Raj's record of most ODI centuries by an Indian woman, while Harmanpreet is one behind.

However, the Proteas fought back through Kapp (114 off 94 balls, with 11 fours and 3 sixes) and Wolvaardt (135 not out off 135 balls, with 12 fours and 3 sixes). The duo added 184 runs off 170 balls for the fourth wicket.

The Chinnaswamy pitch stayed truer as compared to the previous match and the Indian bowlers had to be precise in their line and length on this day to be effective. They did just that. At no point, the home bowlers allowed SA batters a free run, picking up wickets at regular intervals.

However, Mandhana gave the crowd the moment of the day when she accounted for Sune Luus, caught behind by Richa Ghosh, to bag her maiden international wicket.

Brief scores: India: 325/3 (Mandhana 136, Harmanpreet 103\*; Mlaba 2/51); South Africa: 321/6 (Wolvaardt 135\*, Kapp 114; Deepti 2/56, Vastrakar 2/54).

## BDA- a cruel joke with people, tourists & Tourism Department: AAP

Top News Report

JAMMU, June 20: The Senior AAP leader, Kuldeep Kumar Rao, in a press statement issued here has expressed great shock & anguishes over the neglect of LAMBI-JAI, of Bhadarwah Constituency in District Doda, a most mesmerizing natural scenic spot which, if exploited, can become a most attractive spot for the Tourists. Mr. Rao said that in "JAI Valley", some huts have been constructed by the Government Agency within a radius of around 100 sq. mts leaving/ ignored a vast adjoining area of LAMBI-JAI having potential of so many scenic tourists' structures/ huts and a beautiful lake within an area of more than 2 kms.

Rao has urged upon the Lt. Governor- Manoj Sinha & Dr. Jatindra Singh, MP, Kathua- Udhampur-Doda, to look into the matter personally and deeply & direct the concerned to



visit on spot and make a detailed Project Report-DPR for the development of the LAMBI-JAI, having a great potential of vast lake having source of natural stream & its surrounding spots so that tourists flow is ensured & development of the area ushers in giving fillip to the economic conditions of the nearby villagers. He also urged the Bhadarwah Development authority for maintenance of tourist spots Khellani top & Gatha Park, of

Bhadarwah Constituency in District Doda.

Rao has also appealed to the Lt. Governor of J&K UT & Dr. Jatindra Singh, concerned MP, to look deep into the left over work on the road projects of the area and issue directions to the concerned to take immediate necessary steps to complete the below mentioned very small projects, on priority bases, so that a population of about 5 Tehsils, comprises of Tehsils, Kahara, Thathri,

Phaqsoo, Bhella & Chirrala, is benefited giving an end to the age-old hardships to the people besides the area also comes on tourism maps, again benefiting the whole population of all these Tehsils. He further said that for achieving full advantage of the Tourism development schemes in erstwhile Doda District and for ensuring greater opportunities of employment, the left-over work on some roads needs to be completed on priority. He said that Kahara Jai road, which is complete up to Joura Kalan, needs to be completed from Joura to Jai (10 kms length).

It will not only provide employment to the poor people of the area but also boost tourism. It is one of the links in the circuit network. The 19 Kms sanctioned Thathri- Chirra road project is complete from its initial point Jangalwar Nallah to Chirra (length

14 Kms) & the remaining 5 Kms from Chirra to Gallu Top be kindly constructed immediately. Further, if Gallu Top is linked to Joura (2kms only) on Kahara-Jai road, 90% link between tourist places will be achieved. Still further, if Joura Khurd (road already complete) is linked to Chirala- Panshaee road by only a 5 kms stretch, the circuit of roads will be complete. It will greatly boost tourism and also provide employment to thousands of unemployed people. Mr. Rao has appealed the Lt. Governor of J&K UT, Sh. Manoj Sinha & Dr. Jatindra Singh, concerned MP that two of the above mentioned Joura to Jai and Chira to Gallu Top (sanctioned projects) be kindly taken up immediately on priority. Kahara-Jai road is perhaps the longest pending project in erstwhile Doda District & this fact should be given due consideration.

## AJBRCEAK extends welcome to PM Modi on Kashmir visit on International Yoga Day

Pins hope for early notification of comprehensive Transfer Policy

Top News Report

JAMMU, June 20: All Jammu Based Reserved Category Employees Association Kashmir has extended warm welcome to Prime Minister Narendra Modi on Kashmir Visit for International Yoga Day 2024.

In a Press statement AJBRCEAK Chairman Vipen Kumar has expressed that it is the right time to notify much awaited comprehensive transfer policy for all Jammu Based Reserved Category Employees as per their aspirations. As not only employees but entire community is looking with high hopes this time around. While interacting with media fraternity Vipen Kumar stated that all Jammu Based reserved category Employees working in Kashmir Division are anticipating that this time around PM's Visit will bring good news for them. We are always retriated that LG Administration has taken several measures

for the employees of Jammu Division posted in valley, and long pending demand of Comprehensive Transfer Policy is one such Demand which has been associated with the sentiments of thousands of employees as well as with particular section of society of Jammu region. Chairman AJBRCEAK added.

On PM's Visit employees are very much excited to see how things stands and definitely administration will come out with notification of Comprehensive Transfer Policy for them. Moreover We are also waiting for restoration of reservation in promotion in J&K which is also a Likely step for boosting the confidence of reserved category Employees. Chairman AJBRCEAK stated.

Vipen Kumar while expressing satisfaction over the steps taken by LG Administration regarding the welfare of Jammu Based Reserved Category Employees working in Kashmir said

that the "employees are always optimistic about the Govt. initiatives for providing relief to employees in Kashmir Division, more particularly after some unfortunate incidents and all credit to administration under the dynamic leadership Hon'ble LG Manoj Sinah Sahb for boosting the confidence of Jammu Based employees in valley.

While President AJBRCEAK Anil Radhey in his statement again expressed high hopes that the possible steps for resolving the genuine issues of employees are on cards, and Visit of PM is definitely has given new hopes to employees in general.

He further added that we are expecting much more from Hon'ble Prime Minister's Visit and hopefully will get our due.

All other office bearers of AJBRCEAK have also greeted people of J&K on international yoga day and pinned a strong hope for positive news.

## Raj Kumar, Sahil releases Bhajan Mata Mindal Wali



Top News Report

JAMMU, June 20: An album named 'Itihaas Mindal Mata' comprising devotional songs of Mata Mindal Wali, sung by Abhishek Abhi was released.

Raj Kumar Gupta (Bittu) Social Activist & Sahil Mahajan Maa Bawe Wali Records (MD) released the album and praised the artists for recognising the divinity of the Mindal Mata in such a melodious composition.

The event was conducted in the presence of Manish and Muskan.

The lyrics of the song were composed by Abhishek Abhi himself and special credit goes to Sahil Mahajan anchor for the composition. Special mention goes for various creative artists' contribution such as Mix by Naresh NB,

Video by Neeraj and Musical Mafia, Music by Label Maa Kangre Wali Records.

Social Activist Raj Kumar Gupta got felicitated for being the chief guest of the event. In return, the Social Activist felicitated the young artists for presenting their talent in the glory of Mata Mindal Wali. Thereafter, the album was released with the display of the poster.

Sahil Mahajan congratulated the whole team for their bringing out their talent to public and inspiring the youth to come forward. In order to be role models and catalysts of change, he said, youth should be taught and educated about our traditional value systems which are the foundations of our age old heritage. He requested all to shun westernisation

in letter and spirit which has eroded and degraded our spiritual life.

Raj Kumar Gupta asserted, "In this busy age of fear and anxiety, the remembrance of God and repetition of His name is a means of liberation that is accessible to all. Devotional singing (bhajan) must become an unbroken stream of bliss on your tongues and in your hearts; it must confer on you the uninterrupted awareness of the unity of you and God which would eventually lead to purifying of the environment and the spontaneous manifestation of inner ecstasy."

Sahil Mahajan remarked, "The shrine of Mindal Mata in chamba district of Himachal Pradesh temple has emboldened our spirits. Rebuilding is a civilisational responsibility we owe to ourselves - and more significantly, to our ancestors, as well as to future generations. It is a statement to the world that we will not die. We are sanatani. We are eternal.

This devotional song displays our affection for spreading the message of love and unity for the society.

## Kashmiris beseech Modi 3.0 to prioritise 'Gharwapsi' of Pandits: Ashok Bhan



Top News Report

JAMMU/ NEW DELHI, Jun 20: Addressing a joint meeting of human rights activists, law students, and Kashmiri Pandit refugees on the eve of World Refugee Day, Senior Supreme Court lawyer and prominent Kashmiri leader Ashok Bhan delivered a poignant message highlighting the plight of Kashmiri refugees who have been displaced for over three decades.

Bhan lamented the violence that forced hundreds of thousands of Kashmiri Pandits to flee their homeland, rendering them homeless and rootless. "It has been thirty-five years of living in exile, enduring colossal miseries, trauma, and harsh living conditions," Bhan remarked, underscoring the urgency of addressing their plight.

"The Union government has palpably failed in the last decade to plan a structured return and

rehabilitation of refugee populations back to their homes in Kashmir," Bhan criticized, emphasizing a national consensus and overwhelming societal support in Kashmir for the return of Kashmiri Pandits. "Kashmiris beseech Modi 3.0 to prioritize the 'Gharwapsi' (return home) of native Kashmiri population," he urged.

World Refugee Day, designated by the United Nations to honor refugees globally, serves to spotlight the strength and courage of those forced to flee violence, conflict, or persecution. It falls annually on June 20th and aims to mobilize political will and resources to support refugees in thriving, not just surviving.

"Kashmir is incomplete without the physical presence of Kashmiri Pandits," Bhan said, echoing the sentiments of many Kashmiris yearning for reconciliation and restoration of their communities.

World Refugee Day is marked by various events worldwide, engaging refugees themselves, government officials, host communities, and the public in activities that foster support and awareness.

## Dimple celebrates Urs Mubarak of Hazrat Peer Baba Budan Ali Shah



Top News Report

JAMMU, June 20: Sunil Dimple, president of the Mission Statehood Jammu Kashmir, visited and celebrated the annual Urs Mubarak of Hazrat Peer Baba Budan Ali Shah at Peer Baba Satwari in Jammu, alongside Muslim brothers.

He greeted the community on this auspicious occasion, laid down a chadar at the shrine, and prayed for peace, normalcy, and happiness in Jammu & Kashmir, as well as for the restoration

of its statehood.

During the celebrations, Dimple emphasized the importance of love, communal harmony, and brotherhood, praying for an end to bloodshed and innocent killings in the region.

He conveyed a message of peace and communal harmony from the people of Jammu and Kashmir to the nation and the world, urging misguided youths to abandon violence and join the national mainstream, highlighting that no religion condones

bloodshed.

Addressing the media, Dimple praised the communal harmony in Jammu & Kashmir, where people celebrate all religious festivals together. He also called for the early restoration of J&K's statehood and the initiation of a democratic process. Responding to media questions, he urged Prime Minister Modi to honor his promise by announcing the restoration of Jammu and Kashmir's statehood and to apologize for the BJP's decisions on August 5.

## 5 days yoga camp concludes

Top News Report

JAMMU, June 20: A 5 days yoga camp was concluded at Panch Mandir, Chhanni Himmat. Dr Goutam Mengi, Retired Principal, Government Dental College, Social activist and State Sanchalak RSS was Chief Guest on the occasion. It was organised by Shivalik branch of Bharat Vikas Parishad, in collaboration with Bhartiya Yog Sansthan. Yogasans were practiced by the Yoga teachers of Yog Sanshan, Ravindra Gupta, President Bahu District, Shakti Kumar, Secretary Bahu, Vinay Saraf, State body Member and Anupama Puri, organising Secretary, in a very

simple and effective manner.

Dr Shreyansh Kumar Jain, State yoga Commissioner, President Vichar Kranti Manch International, State Chairman Indian Yoga Association and State Convener (Yoga) Bharat Vikas Parishad, expressed his views on role of lifestyle in Yoga. Yoga places a great importance on a proper and healthy lifetime, its main components are Achar (Healthy activities), Vichar (Healthy thoughts), Aahar (Healthy food) and Vihar (Healthy recreation).

Yoga is not only a set of postures to keep you fit, but also life style and philosophy, which enhances one's mind



body and soul. With the Hustle and bustle of our daily life, we need something to anchor our mind and soul. Yoga is a pathway to live a life brimming with your mind with joy.

Ashok Gupta, State Vice President talked about the significance of yoga, with focus on Patanjali's 8 fold Yoga, and Shuth Darshan, Vedant, Yoga, Mimansa, Shankhya etc Three

main Philosophies as Jain, Bodhya and Charvah were mentioned, all believe in Yoga. Gupta exercised some Special types of Hasya Yoga. Dr Jain said that though yoga is not invented to

cure diseases, it is a Lifestyle, even then, it has been taken as therapy. he explained common ailments with their treatment through yogasans. High BP: Paschimotanasan, Shashakasan, Shav,

Matsya, Padam & Chanderbhedhi Pranayam. Low Blood Pressure : Pawanmuktasan, Yogmudra, & Suryabhedhi. Heart Disease: Bhujangasan, Shalbhasan, Padotan, Shav & Anulom Vilom Pranayama. Anemia: Yog Mudra, Paschimotan, Bhujang, Shav. Asthma : Shashank, Gaumukh, Ustr, Kon, Deep/ Long Breathing, Diabetes : Ardhamatsyendrasan, HAL Vakra, Mandook, Yogmudra and Agnisar, Constipation: Bhujang, Shaibh, Kati Chakra, Malasan & Adequate yogasans of Shankh prakshalan. Yogasans for Gas, acidity, piles, Obesity, kidney stone, nervous disability, tension, and Insomnia were also explained.

The yoga asanas were demonstrated by Bireswar Singh and Vinay Saraf. Jia Lal Sharma, General Secretary Bhartiya Yog Sansthan, also spoke on the occasion. The proceedings of the program were conducted by Ashok Khajuria, Branch Secretary, welcome address presented by HC Vaid, Branch President. Other dignitaries were BB Sharma, State President Bharat Vikas Parishad, Shivram Sharma General Secretary, Arun Sharma Regional Executive Member, Sunita Gupta, State Finance Secretary, Subhash Gupta, Vice president Bahu, program was decorated by their gracious presence. Vaid presented vote of thanks.