

TOP NEWS OF J&K

JAMMU, THURSDAY, JULY 04, 2024

Daily Evening Newspaper



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BRIEFLY

Soldier dies of heart attack in Rajouri

JAMMU, Jul 4 (Agencies): A soldier died of heart attack in Rajouri district, officials said on Thursday.

They told GNS that the 42-year-old soldier, Hav R B Shaik, was posted at Battle School (CBS) in Rajouri district who died due to sudden heart attack late in the afternoon on July 3.

Cop dies in Srinagar road accident

SRINAGAR, Jul 4 (Agencies): A cop lost his life in a road accident in 90 feet Soura area of Central Kashmir Srinagar district on Thursday.

An official told news agency Kashmir Scroll that an accident took place at 90 feet Srinagar in between Scooty rider and a Truck resulting in on spot death of scooty rider.

The deceased has been identified as Mohammad Amin Bhat son of Mohammad Yousuf Bhat resident of Repora Lar Ganderbal, SgCt in J&K Police presently posted in DPL Srinagar.

Meanwhile police have taken cognizance and started investigation.

Man dies of electrocution while repairing heater in North Kashmir

SRINAGAR, Jul 4 (Agencies): A man was electrocuted to death in North Kashmir's Baramulla district late Wednesday night, officials said.

Quoting an official, local news agency Kashmir Scroll reported that Mohammad Sadiq Chichi, aged about 36 years, son of Noor Mohammad Chichi, a resident of Frasdub Hudpora, was electrocuted while repairing a heater at his home, resulting in his immediate death.

After the completion of medico-legal formalities, the dead body was handed over to his legal heirs, he said.

Further proceedings in this matter have been initiated.

Sanjeev Vaid elevated as Chairman, Rotary Means Business J&K Chapter

JAMMU, Jul 4 (Agencies): The Rotary Means Business (RMB) Chapter for Jammu City was officially launched today, marking a significant milestone in local Rotary community efforts to foster business

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PM Modi meets victorious ICC T20 World Cup team at his residence



NEW DELHI, Jul 4 (Agencies): Prime Minister Narendra Modi met the ICC T20 World Cup winning Indian cricket team over breakfast at his residence on Thursday.

Post-meeting, the victorious cricketers

departed to the Delhi airport to take a flight to Mumbai where a grand victory parade has been prepared for them at the Marine Drive and Wankhede Stadium.

Shiv Sena leader Pratap Sarnaik told ANI that India captain Rohit

Sharma, Suryakumar Yadav, Shivam Dubey and Yashasvi Jaiswal will meet Maharashtra Chief Minister Eknath Shinde on Friday at the Assembly.

"Today's program in Mumbai has been organised by BCCI.

Team India players from Mumbai including Captain Rohit Sharma, Suryakumar Yadav, Shivam Dubey and Yashasvi Jaiswal will come to the Maharashtra Assembly tomorrow to meet CM Eknath

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Battles of toloing, Tiger hill proved to be decisive: Kargil Heroes on 25th Anniversary of War

NEW DELHI, Jul 4 (Agencies): Barely four months into his service, a young Lieutenant Balwan Singh led the Indian Army's Ghatak Platoon in a strategic assault on Pakistani intruders during the Kargil war and was among the brave

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Build sustainable and safe Cities that serve the needs of people: LG Sinha

SRINAGAR, Jul 4 (Agencies): Jammu and Kashmir Lieutenant Governor Manoj Sinha on Thursday called upon the town planners and experts to build sustainable and safe cities



which serve the needs of people.

Addressing the Srinagar Conclave of High-level Committee on Urban planning MoHUA (Ministry of Housing and

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Assembly Polls: J P Nadda to visit Jammu on July 6

SRINAGAR, Jul 4 (Agencies): BJP National President and Union Minister J P Nadda will visit Jammu on July 6 to set the party into motion by announcing plans for the upcoming assembly polls in Jammu and Kashmir.

Nadda, who will receive a warm reception in Jammu following the BJP's third consecutive victory, will review the party's operations.

This move is crucial as the Election Commission of India (ECI) begins updating the electoral rolls in the Union Terri-



tory, paving the way for the assembly elections in Jammu and Kashmir along with other states.

"Nadda is arriving in Jammu to assess the party's functioning and discuss strategies for the upcoming assem-

bly elections in Jammu and Kashmir," Jammu and Kashmir Bharatiya Janata Party (BJP) chief Ravinder Raina told.

Upon his arrival, Nadda will address the BJP's executive meeting starting on July 5 to be attended by over 2,000 senior party leaders and officials. The agenda includes reviewing operations, election strategies and planning future actions related to the elections.

Accompanying Nadda will be J&K election in-charge G Kishan Reddy.

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Over one lakh perform Amarnath Yatra in five days



JAMMU, Jul 4 (Agencies): The Annual Amarnath Yatra 2024 is set to break all previous

records as over one lakh devotees performed the ongoing Yatra in five days as another batch

of 5,696 pilgrims left for Kashmir on Thursday. Officials of the Shri Amarnathji Shrine Board

(SASB), which manages the affairs of the Yatra, said over one lakh devotees had 'darshan' since it started on June 29.

"Another batch of 5696 Yatris left Bhagwati Nagar Yatri Niwas in Jammu today for the Valley in two escorted convoys. Of these, 2028 Yatris left in an escorted convoy of 97 vehicles at 3.13 a.m. for the north Kashmir Baltal base camp while 3,668 left in another escorted convoy of 122 vehicles at 3.40 a.m. for south Kashmir

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MBA MOTORS

MERCEDES - BMW - AUDI

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

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Udhampur's Birmah bridge reconstruction project approved



UDHAMPUR, Jul 4 (Agencies): The project for reconstructing the Birmah Bridge in Udhampur city has been approved, said Saloni Rai, Deputy Commissioner Udhampur.

The district administration said that the project cost is approximately Rs. 15 crores. The work is expected to be completed by December 2024.

"The Birmah Bridge, which was damaged in 2020, has been approved for new construction. The work is

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Divisive politics is dangerous for J&K, nation: Bhalla

Top News Report

JAMMU, July 4: A meeting of District Congress Committee Jammu Urban was held here today at PCC HQ Jammu to take stock of the upcoming elections besides discussing the burning issues of the people. The meeting was chaired by PCC President Vikar Rasool Wani and Working President Raman Bhalla was the guest of honour.

The meeting was organized by District Congress Committee Jammu Urban led by Th. Manmohan Singh and attended by Senior leaders of PCC, DCC, Block & Ward Presidents, Frontal Organizations heads and others. Prominent among them include PCC Vice Presidents Yogesh Sawhney (Ex-Minister), Ved Mahajan (Ex-MLC), Rajnish Sharma (Treasurer), Smt. Kanta Bhan, Pawan Raina, Shashi Sharma, T.S. Tony, Namrata Sharma, Suresh Dogra, Amrit Bali, Satish Sharma, General Secretary IYC Uday Chib, INTUC President Shiv Kumar Sharma, Seva Dal Chief Vijay Sharma, Chairman Social Media Jatin K Raina, Bhavishya Sudan, Bhanu Mahajan, S. Harbinder Singh Mehta, Sanjeev Sharma (Panda), Rajvir Singh, Michael Wazir,



Nasar Masih, Dr. RK Khajuria, Latish Sharma, Ricky Dalotra, Ram Parkash Magotra, S.P Sapolia, Chandher Shekhar, Pawan dev Singh, Rakesh Sharma, Kewal Krishan Jogi, Nageshwar Narayan, Vinay Sharma, Ram Magotra, Dewan Chand, Manjeet Singh Bedi, Baldev Singh Wazir, Balwinder Singh, Shamsheer Chand, and others. The meeting took feedback from the grass root level party functionaries of district Jammu regarding just concluded Parliament elections in their respective areas and asked the party cadres to gear up for next elections and defeat the anti people anti youth, anti students, anti farmers, BJP regime. The party also sought input from block and Ward presidents regarding the activities of the party. Speaking on the occasion Vikar Rasool Wani said that BJP cannot face LOP Shri Rahul Gandhi and Congress in the Parliamentary debate, resorting to hooliganism on streets. They don't believe in debate, dialogue in democracy and resorting to cheap publicity tactics. Congress ready to take on BJP in democratic manner and would defeat their divisive politics in coming elections. He criticized BJP for exploiting the sentiments of the people on various emotional issues for vote bank politics but utterly failed to deliver. He asked the party functionaries to make aware the people of the communal agenda of BJP and defeat the nefarious designs of communal, divisive and separatist forces. He complimented the people of Jammu region for believing in togetherness and religious harmony despite

grave provocations by vested interests. He said that BJP Govt. in its 10 years rule under the prime minister ship of Shri Narinder Modi has ruined the country in every field. Every section of the society is suffering due to its wrong policies and wrong decisions. The people of Jammu and Kashmir are the most sufferers. The Modi Govt. has snatched the right of jobs and land from the people of J&K by downgrading a full-fledged state into Union Territory. The property tax, toll plazas, smart meters, unemployment has added more in the miseries of people of Jammu and Kashmir, Wani added. Raman Bhalla said that unemployment is increasing day by day. Govt. advertizes jobs, Sell application forms by charging heavy fee and then cancel these jobs

on various reasons. In this process many youth have become over aged and frustrated for their future. The people, especially youth will certainly ask the local leaders of BJP, what they have done for them. He criticized BJP leadership for ignoring and neglecting the mandate of Jammu who remained as mute spectators for the sake of power. The people are deeply hurt over attitude of BJP leaders in the Govt. but unfortunately the people are exploited in the name of religion and castes. Such a divisive politics is dangerous for the state and nation. He asked the leaders and activists of Jammu Urban to fan out in their areas and educate the masses about the failures of BJP Govt. at the Centre and State. Th. Manmohan Singh stressed upon the need to counter the false propaganda of BJP claiming to be champions of Jammu for last seven decades but miserably failed when they got huge mandate on falsehood and unachievable slogans. BJP stands exposed totally and it can no longer befool the masses of Jammu region. The people must reject all opportunists and exploitative politics in coming elections, he added.

Delegation from Lamdon Jamyang School Khaltse & yoga teacher Phonsok Ladakhi call on LG Mishra

Top News Report

LEH, July 4: A delegation from Lamdon Jamyang School, Khaltse comprising Chairwomen, Kunzes Dolma and Principal, Tsewang Dolma, called on the Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), at the Lieutenant Governor's Secretariat, School Education Department, Sanjiv Khirwar, and Commissioner/Secretary to the LG, L Franklin, were present in the meeting.

Kunzes informed the LG that Lamdon Jamyang School is a charity school with an enrolment of around 200 students. She also informed that the school is located on the left side of the Leh-Srinagar National Highway while the playground is on the other side of the

road due to which students are at great risk while crossing the road. She requested for the construction of a subway or a foot-over bridge to ensure the safety of students.

The LG called the Chief Engineer of Project Vijayak, Brigadier Vinay Bahl and asked him to prepare the detailed project report (DPR) of a foot-over bridge at a suitable place near the school to benefit students and also villagers of Khaltse and submit the DPR to Secretary, PWD and share a copy of the DPR to Principal Secretary, School Education Department. He also asked Brigadier Bahl to complete the construction of the foot-over bridge at the earliest for the convenience of students and villagers of Khaltse. Yoga teacher and singer Phonsok Ladakhi

called on the Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), at the Lieutenant Governor's Secretariat, Commissioner/Secretary to the LG, L Franklin, was present in the meeting.

Phonsok informed the HLG that he is a filmmaker, singer and yoga teacher who has also worked closely with the Indian Army. He informed the LG of his plan to popularise yoga in Ladakh along with popularising the region as the land of yogis.

The LG asked Phonsok to select an area, plan a yoga camp and then conduct the yoga camp in another area to transfer the knowledge of yoga practice among the youth and elderly alike. He also asked him to plan lodging and transportation facilities in totality for the benefit of the people of Ladakh.

Former J&K Minister Bukhari rejoins PDP

SRINAGAR, Jul 4 (Agencies): Former Jammu and Kashmir Minister in the PDP-BJP government Syed Basharat Bukhari on Thursday rejoined the Peoples Democratic Party after nearly six years.

"I have always fulfilled my responsibility to represent the aspirations of the people," Bukhari said after joining the party. He said that he met Party President Mehbooba Mufti on Wednesday and decided to join.



Bukhari was expelled by the PDP in 2018 on charges of anti-party activities after the PDP-BJP coalition government fell in Jammu and Kashmir. In December 2018, Bukhari joined the National Conference.

Again in 2021, he left the National Conference and joined Sajad Lone led People's Conference, from where he was also expelled in June 2023.

Bukhari had joined the PDP in 2003 and got elected from the Sangrama constituency in north Kashmir's Baramulla district in 2008 and 2014. He was Minister for Law, Justice and Parliamentary Affairs, Relief and Rehabilitation in the previous PDP-BJP government.

Property Tax, Smart Meters on Water to increase burden on common people: Uday Bhanu Chib

Top News Report

JAMMU, July 4: Uday Bhanu Chib, former President of Youth Congress Jammu and Kashmir and presently National General Secretary of the Indian Youth Congress (IYC), today accused the BJP of misrule over the past decade, asserting that the party has not only failed to fulfill its promises but has also exacerbated the difficulties faced by the common people.

While addressing a meeting in Ward No. 36, Jammu North Assembly segment, here today, the Youth Congress leader said that people's miseries have increased manifold in the last 10 years under BJP rule, emphasizing the government's inability to deliver on its commitments.



Uday Chib highlighted the BJP's promise from 2014 to create two crore jobs annually and bring 'Achhe Din' (good days) for the common people. However, he argued that the reality has been starkly different. "The Modi government has only brought many miseries for the common people through huge

taxations amidst unprecedented price hikes and record unemployment," he said. Uday Chib further criticized the government for a series of recruitment scams, which he claimed have left the youth frustrated and disillusioned. He also highlighted that the introduction of property tax and Smart

Meters on water will further add to the burden on common people. He pointed out that the government's promises of transparency and efficiency have fallen flat, as evidenced by the persistent corruption and mismanagement. "The youth are losing hope in the system, and the common people are

struggling to make ends meet. It's high time the government acts responsibly and addresses these pressing issues," he concluded.

The senior Youth Congress leader appealed to the people to support the Congress Party in the ensuing assembly polls, urging them to vote for change and a better future. "It is time for the people to make their voices heard and choose a government that truly works for their welfare," he emphasized.

Today's meeting was organised by Karan, Youth Congress President Ward No 36. Among those who were present in the meeting include Soam Nath, Parshotam Singh, Surinder Kumar, T.N Sharma, Pummy Manhas, Kaka Ram and Karan.

JKBS expresses sadness on the demise of Janak Raj Targotra

Top News Report

JAMMU, July 4: To mourn the demise of Janak Raj Targotra of Bishnah's Ward No. 6, the Jammu and Kashmir Batwal Sabha members held a condolence meet here today.

His son Vijay Targotra said people would highly respect his father for

various reasons, mainly because of his self-confidence. No matter how hard life was, he never gave up. He stood up for himself and his close ones. He always portrayed himself as a bold-independent man.

All present in the meet prayed to Almighty to grant eternal peace to the departed soul and give immense strength

to the bereaved family to bear this immeasurable loss boldly.

Hony Captain Kamal Dass Kaith, R.L. Kaith, Hans Raj Loria, Darshan Kumar Bassa, Des Raj Kaith, Madan Raj Kaith, Tilak Raj Bassa, Naresh Kumar Kaith and Jagdish Raj Kaith were among others who attended the meet.

NORTHERN RAILWAY								
Notice Inviting Tender								
Sr. DEE/TRD/FZR acting for and on behalf of the President of India invites E-Tenders for the works as under. Bidders will be able to submit their original revised bids upto closing date 25.07.2024 at 15:00 Hrs. only Manual offers are not allowed against this tender and any such manual offer received shall not be considered.								
Tender No.	Name of work	App Cost (Rs.)	Cost of Tender form (Rs.)	Date & Time for submission of tender	Earnest Money # (Rs.)	Completion period	Opening of tender	Particulars
699-TRD-FZR-2024-25	Provision of False Caterway at Level Crossing Gates to avoid falling of Gate boom directly on live OHE over Firapour division.	43,05,830.33	NIL	Upto 25.07.2024 15:00 Hrs	86,100/-	One Year (12 Months)	25.07.2024 after 15:00 Hrs.	www.ircp.gov.in
Note: #								
(Tenderer's) may please note that offers received without Bid Security either in cash through e-payment gateway or as Bank Guarantee bond from a scheduled commercial bank of India or as mentioned in tender documents (as per Annexure-21) valid for a period of 90 days beyond the bid validity period, will be considered as incomplete & invalid offer and for which contractor shall have no claim on Railway.								
No. 699-TRD-FZR-2024-25 Dated: 03.07.2024							2016/2024	
Serving Customers With A Smile								

NISD Beauty & Designing Institute Udhampur hosts first Bridal Fashion Show

Top News Report

UDHAMPUR, July 4: NISD Beauty & Designing Institute Udhampur hosted historic first BRIDAL Fashion Show in Udhampur.

DC Udhampur Saloni Roy was the Chief Guest of the landmark event titled "NISD GLAM GALA - 2024: an Evening for Bridal" which was held at the prestigious Neelam Orchid Hall in Udhampur.

Event glamorous evening featured 33 local models and 33 talented makeup artists to showcase their skills and creativity in bridal fashion and makeup artistry. The NISD Glam Gala - 2024 promised to be an enchanting event, celebrating the beauty and elegance of bridal wear, while providing a platform for local talent to shine.

Around 33 Local Models and 33 Makeup artist were participated in the event. "We are thrilled to bring Udhampur's first-ever bridal fashion show to life," said Manju Bala (Founder & Director, NISD Beauty



and Designing Institute) Mentor. "NISD GLAM GALA - 2024 is more than just a fashion show; it's a celebration of the artistry and talent present in our community. We are proud to provide a platform for local models and makeup artists to showcase their incredible skills," she said. Attendees can expect an evening filled with stunning bridal ensembles, breathtaking makeup designs, and an ambiance of sophistication and elegance. This event marks a significant milestone in

Udhampur's cultural and fashion landscape, setting a new precedent for future events in the town.

In the event Ritesh Kumar Director NISD Udhampur) organizer, Ritesh Kumar (Centre Head, NISD Udhampur), Veeru Ornament (Gold Jewellery, Sponsor), Simran Lehnga House (Bridal Lehnga and Jewellery, Sponsor) and Prince (Owner Neelam Orchid Banquet Hall, Sponsor) and Director NISD Sanjeev Kumar were also present.

Meanwhile NISD Beauty & Designing Institute: NISD Beauty & Designing Institute is a premier institution dedicated to providing top-notch education and training in beauty and fashion design. With a commitment to excellence, NISD aims to nurture and develop the talents of its students, preparing them for successful careers in the beauty and fashion industry.

And have a status of the Most Awarded Institute of J&K in fashion and designing.

UNION TERRITORY OF JAMMU AND KASHMIR
OFFICE OF THE EXECUTIVE ENGINEER, JAL SHAKTI DEPARTMENT
PHE MECHANICAL DIVISION SOUTH JAMMU
NOTICE INVITING TENDER
e-NIT PHE/JMS/37 of 2024-25 Dated 28-06-2024

Executive Engineer PHE Mechanical Division South Jammu, on behalf of Lieutenant Governor of Union Territory of Jammu & Kashmir, invites tenders by e-tendering mode from registered/reputed firms.

Name of the Work	Name of the Division	Cost of Tender Document/Tender Fee(In Rs)	Earnest Money Deposit (EMD)	Validity of Rates
Repairs to 1.00 Lac GPH x 120 mtr. HC Pumping Unit - 09 installed at CPS Boria under Non Plan	PHE Mech. Division South Jammu	Rs. 200.00 (Non-Refundable) In the shape of e-challan/single window challan of JMC pledged to Executive Engineer, Jal Shakti Mech. Division South Jammu/tender fee receipt through online payment through the JMC link http://www.jmcjammu.org/online-payment.html	@ 2% of estimated cost/ tender value in the shape of CDR/FDR pledged to Executive Engineer, Jal Shakti PHE Mechanical Division South Jammu	Bid shall be valid for 180 days

- Bid documents can be seen at and downloaded from the website: <http://jktenders.gov.in> from 29-06-2024 (10:00 AM) and uploaded from 01-07-2024 (04:00 PM) to 06-07-2024 (11:00 PM). The complete bidding process will be online <http://jktenders.gov.in>.
- Bids must be accompanied by EMD and cost of Tender Document as specified in column 3 & 4 of the table.
- The bid shall remain open for acceptance for a period of 180 days from the date of opening of bids. If any bidder/ tenderer withdraws his bid/ tender before the said period or makes any modifications in the terms and conditions of the bid, the tenderer shall be debarred from participating in tendering process for a period of 1 year.
- The Technical Bids of the tender document received shall be opened online in the office of Executive Engineer Jal Shakti Department PHE Mechanical Division South Jammu on 08-07-2024 at 3:00 P.M or any other day convenient to the Ex. Engineer in the Office chambers of Executive Engineer, PHE Mechanical Division South Jammu.
- The Financial Bids of the tender document of the qualified bidders shall also be opened online in the office of the Executive Engineer Jal Shakti Department PHE Mechanical Division South Jammu during office hours and shall be communicated separately.
- Cost of bidding document in shape of e-challan/single window challan of JMC pledged to Executive Engineer, Jal Shakti Mech. Division South Jammu/tender fee receipt through online payment through the JMC link <http://www.jmcjammu.org/online-payment.html>
- The original instruments in respect of cost of document, EMD in the shape of CDR/FDR and other relevant document of L1 bidder will be required to be submitted to the Executive Engineer Jal Shakti Mech. Division South Jammu within 05 days after opening of financial bids on line. No separate intimation about opening of financial bids will be sent by this office / by the tender opening authority. In case the original documents are not submitted by the L1 bidder within 05 days after opening of financial bid, the tender will be cancelled and the bidder will not be allowed to participate in any further / future tendering process in the division for a period of one year.
- Other details can be seen inside the detailed tender document.

No: PHE/JMS/1317-21
Dated:- 28-06-2024
DIP/J-2277/24

A.E.E Sub Div-I
Jal Shakti (PHE) Mech. Division South Jammu
Executive Engineer

EDITORIAL

STAMPEDE

INCIDENTS-A CONCERN

Stampede incidents represent harrowing moments of chaos and tragedy that unfold during crowded events worldwide. These incidents, marked by sudden surges of panicked crowds, often result in severe injuries and loss of life. Understanding the causes, consequences, and preventive measures surrounding stampedes is crucial for enhancing safety protocols and mitigating risks in various settings.

Stampedes typically arise from a complex interplay of factors. High-density crowds in confined spaces, such as narrow corridors or bottlenecked exits, can quickly lead to overcrowding and restricted movement, increasing the risk of a stampede. A sudden stimulus, like a loud noise, false alarm, or perceived threat, can trigger panic among attendees. Panic escalates swiftly within a crowd, leading to irrational behavior and a stampede-like situation. Inadequate planning and implementation of crowd management strategies, including insufficient crowd flow monitoring, poorly designated entry and exit points, and inadequate staffing, can exacerbate the risk of stampedes. Venue layouts that lack sufficient exits, barriers, or safety features can contribute to congestion and hinder safe evacuation during emergencies. Cultural events and religious pilgrimages often draw massive crowds, where participants may have varying levels of familiarity with crowd etiquette and safety protocols, further complicating crowd dynamics.

The consequences of stampedes are profound and far-reaching. Stampedes can result in fatalities and injuries due to trampling, suffocation, or crush injuries as individuals attempt to escape or navigate through crowded spaces. Survivors, witnesses, and families of victims often experience profound psychological trauma, including post-traumatic stress disorder (PTSD), anxiety disorders, and survivor guilt. Stampede incidents disrupt public order, strain emergency response systems, and have economic repercussions for affected communities, venues, and organizers.

Numerous stampede incidents have occurred globally, highlighting the severity and complexity of managing large crowds.

Tragic stampedes during the annual Hajj pilgrimage in Mecca, Saudi Arabia, have claimed hundreds of lives over the years. These incidents typically occur during rituals that draw millions of pilgrims converging at specific sites.

Stadium stampedes, such as the Hillsborough disaster in 1989 and the Accra Sports Stadium disaster in 2001, have resulted in fatalities due to overcrowding, inadequate crowd management, and structural flaws.

Events like the Love Parade stampede in Duisburg, Germany, in 2010, witnessed fatalities when overcrowded conditions overwhelmed venue entrances and exits, leading to chaotic scenes.

Stampedes during religious festivals and processions in countries like India, Nigeria, and Indonesia have claimed lives due to overcrowding and sudden crowd movements.

Efforts to prevent and mitigate stampede incidents. Implementing robust crowd control measures, including crowd flow management, designated entry and exit points, and trained personnel to monitor and guide crowds. Ensuring venues are designed with adequate space, clear signage, and multiple exits to facilitate safe evacuation and minimize congestion during emergencies. Enhancing communication strategies, including public announcements, emergency drills, and crowd behavior awareness campaigns, to inform and guide attendees during events. Utilizing technology such as CCTV surveillance, crowd monitoring systems, and real-time data analytics to anticipate and respond to crowd dynamics effectively. Educating event organizers, security personnel, and attendees about crowd safety protocols, emergency procedures, and the importance of calm and orderly behavior in crowded settings.

In conclusion, stampede incidents represent critical challenges in managing large-scale gatherings and events globally. Understanding the root causes, devastating consequences, and proactive measures to prevent stampedes is essential for safeguarding public safety and enhancing emergency preparedness. By prioritizing effective crowd management strategies, infrastructure improvements, and comprehensive safety protocols, stakeholders can work towards creating safer environments for individuals attending mass gatherings. Ultimately, the goal is to minimize the occurrence and impact of stampede incidents, ensuring that events remain spaces of celebration, unity, and safety for all participants.

End turmoil in Manipur & tame the radicals now

By: Wasbir Hussain

Fourteen months after a blistering ethnic war broke out between the majority Meiteis and the Kuki tribal people in Manipur, the state continues to be in a crisis of humongous proportions. The Kukis cannot set foot in the Imphal Valley, the heartland of the Meiteis and the most developed part of Manipur, where the state capital Imphal is located, and the Meiteis cannot venture into the hills, to districts like Churachandpur, Tengnoupal, Kangpokpi and others. It is because of fear for their lives. This also goes on to explain the level of animosity and distrust among the communities who had, otherwise, lived together in relative harmony for ages. And yes, 10 Kuki-Zo legislators, including two ministers in chief minister N. Biren Singh's Cabinet, too, have not come to the capital Imphal during the past 14 months and neither have they attended proceedings in the State Assembly or visited their offices.

A year into the ethnic conflagration, the dynamics have changed a lot. The phase of euphoria over the looting of arms and ammunition from police and paramilitary armouries in the Imphal Valley seems to be over. Well, estimates said around 5,000 weapons and 500,000 rounds of ammunition were looted by mobs during the peak of the violence, turning Manipur into one of the most militarised regions in the country. The ordinary people of the state appear to have come down to taking stock of their day-to-day lives, like the education of their children, trade and business and attending to or finding jobs. It is certain there has been a flight of

capital from Manipur with those who have the means purchasing apartments in peaceful cities in the neighbourhood, like Guwahati, for example.

This week, local politicians admitted they were under pressure from their electorate and constituents to resolve the situation, end the violence and restore order in Manipur. The question that saner elements in society were asking for so long was why the government, both at the Centre and in the state, have failed thus far to bring about an end to the violence.

Now, this question has turned into a chorus. Last week, chief minister N. Biren Singh chaired a meeting of the BJP-led NDA MLAs in Imphal and heard them. There are murmurs among the ruling combine MLAs, some of whom are in favour of resigning since they have not succeeded in bringing back peace in the state.

It is a fact that the failure of the Centre and the Biren Singh government to restore order and end the 14-month-long conflict has cost the BJP dear. The NDA has lost both the Manipur Lok Sabha seats to the Congress in the just-concluded parliamentary elections. Now, the Biren Singh government and the alliance partners - the BJP, JD-U, Nationalist People Party (NPP) and the Naga People's Front (NPF) -- are feeling the heat. Many of the MLAs landed in New Delhi last week to meet senior national leaders and plead with the Centre to end the violence in Manipur.

Just before the MLAs had arrived in the national capital, Union home minister Amit Shah reviewed the security situation with the state governor and the

nation's top security brass, including the Army Chief. But the big question is this: was that security review by the Union home minister an initiative that was too little, too late?

On Monday (July 1), as chief minister Biren Singh said in Imphal that now was not the time for him as the chief minister or other leaders to step down because they have to steer the state from this crisis, in Parliament, Leader of the Opposition Rahul Gandhi launched a scathing attack on Prime Minister Narendra Modi for not visiting Manipur and the Modi government for allowing the situation to drift.

On Wednesday though, Prime Minister Narendra Modi finally addressed the issue in the Rajya Sabha, saying violence in Manipur was on the decline and that the Centre and the state government were making all efforts to restore peace in the state. The Prime Minister said that Manipur was placed under President's Rule 10 times in the past obviously because there were problems, and that did not happen during BJP rule. He asked the Congress not to add fuel to the fire. This can be taken as an indication that the BJP-led Biren Singh government in Manipur is there to stay undisturbed.

But, the road ahead in Manipur is fraught with challenges. First, it is a challenge to bring the two communities together, face-to-face for talks. This is because they are stuck firmly to their own positions, and second, because the talks must happen, if at all, in a neutral location. Finding a neutral location may be easy, but making them budge from their stands is difficult. The Kukis are saying they cannot live or function any

more with the Meiteis and should, therefore, get a "separate administration", which could mean a Union territory.

The Meiteis are for a united Manipur, but without the Kukis who they claim have infiltrated from Myanmar and should, therefore, be pushed back. Chief minister N. Biren Singh says not all Kukis are illegal migrants and that they are only against the real illegal migrants. The Meitei civil society is pushing for a National Register of Citizens to come up in Manipur. The battle lines are clearly drawn.

It is important that peace returns to Manipur and the place be demilitarised. The authorities must get the looted weapons back. There were already 30 or more active insurgent groups in Manipur and, now, following the ethnic riots, civilians or radical groups have come to possess automatic weapons which are part of the loot.

Manipur, through Myanmar, is India's gateway to Southeast Asia and is, therefore, right at the centre of India's "Act East" policy. Manipur is a land bridge between India and the Association of Southeast Asian Nations (Asean) and as such is vital to India's neighbourhood first policy. Such a strategic frontier province in such chaos and that too for over a year is something beyond comprehension. Moreover, Myanmar itself is in turmoil with anti-junta forces pushing the military dictators to the wall. In this backdrop, the leaders in New Delhi are expected to wake up from their slumber. Many things may happen if the state is ignored further -- it might intensify separatist sentiments and give life to pre-merger ideas.

Travel Tips during Monsoon

By: Shahnaz Husain

Monsoons are the most awaited season to explore destinations while enjoying the refreshing rains.

The monsoons are a welcome relief from the blazing sun when the rain settles down all the pollution and dust around bringing out clean green surroundings.

Travelling during monsoon is one of the most adventurous and fun experiences you can have when dark clouds shower drops of bliss on earthlings. Monsoon season is one of the best times of year for travellers to explore a rainforest, a beachside town or a hilly city which offers ecstasy, beauty, and divine delight.

As a traveller, you must be careful while wandering around during monsoon due to extreme weather conditions. The wet season can make travel more complicated.

If you're planning a trip during this rainy season, the constant temperature shifts can take a toll on your skin and leave it irritated and oily. The high humidity can affect skin health negatively.

Like any trip to a faraway destination, preparation is key. The following practical tips explain how to travel during the rainy season:

1--- Use Waterproof Sunscreen

Despite the rain and cloud cover during monsoon season, UV rays can still harm our skin, even on overcast days.

Sun is barely visible in this season, so people tend to skip the sunscreen thinking their skin will not get damaged as the weather is cloudy and rainy. However, UV radiation can be higher during cloudy days because the clouds can reflect and scatter the UV rays, increasing their intensity.

The weather is humid and the thick

formulation of sunscreens can make your skin oily, sticky, and sweat all day.

So it would be a good idea to pick something that's gel-based lightweight and does not end up clogging your pores. For the monsoon season, one must opt for water-resistant sunscreen. A single application will not protect your skin the entire day. Sunscreen must be reapplied every three hours for the best result and strictly to reapply after prolonged sun exposure, heavy sweating, swimming, or heavy exercising.

2--Keep it Minimal

Applying makeup can be challenging during humid weather during travelling as they might have a chance of melting in the rain.

In the monsoon season, less is always more. So, you may want to consider pausing the usage of heavy moisturisers and facial oils for skin preps.

Embrace a minimalistic approach to your makeup routine. Opt for a natural, dewy look with gel-based moisturisers and lightweight serums enriched with hyaluronic products that enhance your features rather than masking them. For your base, you can also substitute a foundation with a BB or CC cream to even out your complexion followed up with a hydrating concealer to cover up any blemishes

3-Antifungal Treatment -----

A jump in a puddle in the rain might satisfy your inner child but this could cause a host of fungal infections to you.

High levels of humidity in the air allow bacteria and infections to multiply with ease which leads to problems like itching, swelling, and a foul smell. The air is saturated with moisture during the rainy season that makes it an ideal breeding season for bacteria, viruses and fungi.

In humans, fungal infections happen when an attacking fungus takes over a part of your body, and your immune system is not capable enough to ward it off.

Lotion based moisturizers are better than cream based ones in this season. Pure coconut oil provides instant relief. In its unheated form, coconut oil works as a potent antifungal agent. Applying it over the skin makes it a good, safe topical medicine.

Neem oil is considered a natural antifungal. Neem is easily available and works as one of the best treatments for fungal infections. Washing the infected area with neem water helps in treating fungal infections. To make neem water, boil neem leaves in water for a few minutes and let it cool. It can be used to massage the feet and can be applied to the toes. Lightly dab the neem oil onto the area using a cotton swab or cotton ball, and allow it to soak in for up to 30 minutes. Wash off the oil with warm water.

Dry and crush some neem leaves. Add this powder to sandalwood powder and make it a paste with rose water. Now apply this paste to the area where you have the infection. in feet and nails

4---Waterproof Shoes

Whether you've got caught in a downpour or you've been forced to walk through an unavoidable puddle, Waterproof boots are rightfully beloved for their ability to shield your feet from the discomfort of damp conditions.

So Waterproof shoes are essential for maintaining comfort and dryness during the rainy season travelling. Choosing the right pair of waterproof shoes can be a daunting task for travellers. It's critical to try shoes before you buy them whenever possible to ensure the upper fits the way you

like. Preferably buy sneakers, that are comfortable to walk in and are skid-free.

Invest in a pair of popular brand waterproof, windproof and breathable socks that live up to their name.

Not only will they keep your feet safe from dirty water and slippery paths, but they also make for a great statement piece for your outfits!

5--- Hydration

Dehydration is a common complaint during travelling in hot and humid weather.

The increased humidity during the monsoon can increase your sweat rate, which can cause dehydration. It can make you sweat incessantly, losing more water. Dehydration strips the cells of water and vital minerals and hence a person feels tired, lethargic and dizzy. It's essential to drink water regularly, regardless of your thirst level, especially during the rainy season when you might not feel as thirsty due to cooler temperatures.

Water makes up 70% of our body mass and is one of the most vital nutrients.

On average, an adult needs 2-3 litres of water daily to stay well-hydrated

During monsoon, your drinking water may get contaminated and hence packaged mineral water is best during monsoon because it is loaded with essential minerals and nutrients. You must try

tender coconut water, lime water, kokum squash, buttermilk, soups and fruits-vegetables with high water content like watermelon, cantaloupe, cucumber etc. to keep the body hydrated

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

Vibrant Village Program: GOC 3 Inf Div Maj Gen Pande interacts with NCC Cadets of 1 Ladakh Bn NCC

Top News Report

LEH, July 4: GOC 3 Inf Div Maj Gen Madanraj Pande SM, VSM interacted with the NCC Cadets of 1 Ladakh Bn NCC at Kharu during the Vibrant Village Program being undertaken by the NCC Cadets.

He was accompanied by Swati Pande and other officers who were briefed about the activities carried out by the NCC Cadets during the Vibrant Village Program at Nyoma, Hanle and Karzok.

The GOC lauded the efforts of the Cadets and the Unit and distributed prizes to the outstanding Cadets. Maj Gen Madanraj Pande SM,



VSM then addressed the NCC Cadets of 1 Ladakh Bn NCC and encouraged

them to carry on the excellent job of motivating the youth to join the

mainstream. Mrs Swati Pande also interacted with the cadets and

appreciated the efforts of the Girl Cadets and their contribution to the society.

The Vibrant Village Program is the vision of our Hon'ble PM. 229 Cadets and ANOs and PI Staff of 1 Ladakh Bn NCC participated in this initiative from 26 Jun 2024 to 05 July 2024 in which the villages of Nyoma, Hanle and Karzok have been covered. The Cadets participated in social welfare activities and social awareness programs in these areas and also lead by personal example in motivating the youth in these areas to join the NCC, belt forces or be better citizens in the country.

Samsung opens pre-reserve for next Galaxy Z series foldable smartphones

Top News Report

JAMMU, July 4: Samsung, India's largest electronics brand, in a press release issued here, said consumers can now pre-reserve its next Galaxy Z series foldable smartphones to become eligible for early access and special offers.

Customers can pre-reserve the next Galaxy Z series foldable smartphones by paying a token amount of Rs 2000 on Samsung.com, Samsung Exclusive Stores, Amazon.in, Flipkart.com and leading retail outlets across India. Consumers who pre-reserve the next Galaxy Z series smartphones will get benefits worth up to Rs 7000 on

purchase of these products.

Samsung had recently announced that it would launch the next generation of Galaxy Z series smartphones and ecosystem devices at its global event on July 10. The Galaxy Unpacked event will be hosted in Paris — where the iconic cultural nexus and trend epicentre becomes the perfect backdrop for the rollout of our latest cutting-edge innovations, Samsung said in a statement.

"The next frontier of Galaxy AI is coming. Prepare to discover the power of Galaxy AI, now infused into the latest Galaxy Z series and the entire Galaxy ecosystem.

Get ready for a world of possibilities as we enter a new phase of mobile AI," the company added in the press release.

Samsung India also announced pre-reserve for the next Samsung Galaxy wearable and hearable devices. Customers can pre-reserve Samsung's next Galaxy ecosystem products with a token amount of INR 1999 and avail benefits worth up to Rs 6499 on purchase of these products.

Samsung will optimize the Galaxy AI experience for the upcoming foldable devices to deliver a completely new and unique AI experience, according to analysts, the release further said.

Mohd Ramzan Shah elected president Auqaf Committee Gundipora Devser

Top News Report

KULGAM, July 4: The Elections for the post of president of Auqaf Committee Gundipora devser were held on Wednesday

On the occasion, Mohd Ramzan Shah has been elected as president as he secured 162 votes, while as his opponents Bashir Ahmad Shah 154 and Reyaz Ahmad Shah 46. Mohd Ramzan has been elected as President claimed 162 votes out of 362 votes.

The election was held on Wednesday and all the villagers of Gundipora have cast their votes in favour of their candidates.

The results were declared at 11:00 am in



which Mohd Ramzan Shah was declared winner by a margin of 162 votes. Meanwhile, Villagers of Gundipora Devser congratulated Mohd Ramzan

Shah for being elected as President Gundipora Auqaf Committee. They said that Hope he will work for the betterment village.

Kulgam boy invents innovative new solar powered water motor

Top News Report

KULGAM, July 4: Not all innovations in the field of electronic come from major makers. Sometimes, it's the work of bright young minds that leads the way to a more sustainable future.

One of those young minds belongs to Sajid Ahmad Bhat 14-year-old inventor from Wazipora area of Kulgam district, who has created a new type of solar powered water motor.

The solar powered motor which is made by, can be charged by Sunlight. The motor will be very effective and conducive for air pollution. The solar-powered motor will be excretion free which is good for environment.



"He can bring laurels to his country, if government would provide him financial assistance to shape his ideas," added Sajid's father, Mohd Abbas Bhat.

"We appeal Deputy Commissioner (DC) Kulgam, Athar Amir Khan to assist my son so that it would empower them further", he said.

Horticulture Deptt organizes farmers' interaction programme

Top News Report

JAMMU, July 4: The Department of Horticulture Jammu organized a one-day farmers interaction programme in the border area of Panchayat Palanwalla, Khour under the chairmanship of Director Horticulture Jammu, Chaman Lal Sharma.

He was accompanied by Chief Horticulture Officer Jammu, Rakesh Kotwal, MCC Uttam Lal and Horticulture Development Officer Khour, Amit Saraf. The event saw a large number of participants, with a notable presence of women and unemployed youth, underscoring the community's keen interest in agricultural development.

Speaking on the occasion, Director Horticulture

highlighted the various centrally and state-sponsored schemes available to farmers, with a special focus on the Holistic Agriculture Development Programme (HADP). He elaborated on the benefits these schemes offer, particularly to unemployed youth and women farmers. By setting up small-scale fruit processing units and forming self-help groups, farmers can achieve self-reliance and create employment opportunities within their communities.

He also stressed the importance of these initiatives in promoting sustainable agricultural practices and enhancing the economic stability of farmers. "The HADP is designed to provide comprehensive support, enabling farmers to har-

ness modern techniques and resources for better productivity and profitability," he said.

During the programme Director also handed over keys of Tractors to the beneficiaries under HADP (Farm Mechanization & Automation).

Chief Horticulture Officer Jammu, Rakesh Kotwal, urged farmers, particularly the educated youth to come forward and take maximum benefits from the schemes under HADP to enhance the production and increase income under the Horticulture sector. He also emphasized the ease and accessibility of the online HADP portal, encouraging farmers to make full use of the available resources to enhance their horticultural practices.

Empowering Youth through Sports – A strategic initiative by Department of Social Welfare Ramban

Top News Report

RAMBAN, July 4: The Department of Social Welfare, Ramban, has launched a series of sports activities aimed at channeling the energy of the youth across the district and steering them away from the perils of drug abuse. This initiative is a key component of the district's comprehensive anti-drug campaign.

Spearheaded by Deputy Commissioner Baseer-Ul-Haq Chaudhary and executed by District Social Welfare Officer (DSWO) Rahul Gupta, the initiative has made a significant positive impact on young lives.

The sports activities, meticulously organized, engage youth in constructive pursuits, promoting teamwork,

discipline, and resilience—attributes that deter substance abuse. The DSWO's hands-on approach and keen oversight have ensured the activities are well-organized and accessible to all youth across the district.

On the field, the initiative is led by Shahrugh Naik from the One Stop Centre (OSC) Sakhi Ramban. His leadership has inspired widespread participation and fostered a sense of community spirit.

The sports programs include activities like volleyball, cricket, and athletics, engaging hundreds of young individuals and showcasing their talents. The enthusiasm and energy at these events highlight the success of the initiative in engaging the district's youth.

Bukhari urges administration to ensure adequate arrangements in view of Muharram-ul-Haram

Top News Report

SRINAGAR, July 4: Apni Party President Syed Mohammad Altaf Bukhari, on Thursday, urged the administration to ensure adequate arrangements for the smooth observance of the holy month of Muharram-ul-Haram.

In a statement, Apni Party president, said, "As the sacred month of Muharram-ul-Haram is about to begin, I urge the administration to ensure all necessary arrangements for its smooth observance. The administration must ensure the availability of essentials, medical facilities, and an uninterrupted supply of potable water and electricity throughout this revered month, especially in Shia-dominated areas across Jammu and Kashmir. The relevant departments should ensure proper cleanliness and sanitation measures in and around Imambaras and other significant religious places."

Health team visits Sarak Marmat; holds awareness session on Leprosy

Top News Report

DODA, July 4: After detection of a new Leprosy Case in Village Sarak Marmat, falling under Medical Block Assar, the village hot spot survey has been started in the village by the health team from CMO Office Doda.

On this occasion, on day first an awareness programme regarding Leprosy was organised at Village Sarak, Govt Middle Schools Sarak and Labbar and similarly during 2nd and 3rd day house to house survey shall be conducted and on 6th June 2024 skin examination camp shall be held at AAM Labbar. Sr Paramedical Supervisor, Surinder Bijayal who

was also part of the team, urged the participants to know the strategy to control leprosy and also threw light on NLEP.

He said that highly effective treatment is available to cure leprosy adding that early detection and timely treatment and dosage are essential to eradicate leprosy.

Moreover, along with Leprosy awareness regarding Malaria was also given to the general public by the visiting team.

The team comprises Dr Javed Parry Medical Officer Leprosy, Surinder Singh (Paramedical Supervisor), Krishan Chand (Sr.PMA), Ram Raj (PMA) and Farooq Ahmed (JHI) from Malaria Unit Doda.

JKLUF holds meeting at Handwara Kupwara

Top News Report

HANDWARA, July 4: In a grand meeting of Jammu Kashmir Ladakh pensioners united front at Handwara under the presidentship of Shiekh Bashir Ahmad, scores of its leaders put forth their suggestions to strengthen the union for resolving the Genuine issues of pensioners.

The IJLAAS was held at Iqra coaching centre Handwara under the directions of Chairman of civil society forum cum pensioners united front Ab Qayoom Wani.

Central senior leader Mir Fayaz was chief guest in the sumptuous meeting at Handwara.

Mir Fayaz presented agenda in the function and deliberated upon it. He said that Jammu Kashmir Ladakh pensioners united front is the voice of voiceless pensioners and has become a messiah for pensioners, who are at the fag end of their lives. It was also unanimously decided by all members that a magnificent and elegant convention shall



be held at district headquarters of Kupwara and a committee was framed to clear the modalities for ensuing convention.

The leaders put forth some healthy suggestions before Mir Fayaz and Mir Fayaz jotted down all the suggestions and opinions and assured them that they are under active consideration.

Shiekh Bashir Ahmad in his presidential address said that pensioners united front will reach to all pensioners and redress all issues on war footing basis and thanked all participants for showing their enthusiasm for this noble cause.

He vociferously advo-

ated that pensioners united front is led by a dynamic and prolific leader Ab Qayoom Wani, who has the power to change the direction of wind.

President Civil Society Forum Kupwara Pirzada Shabir presented welcome address and Ab Ahad Bhat concluded the function with vote of thanks, while Arshad Mohiuddin acted as Dias Incharge.

The others who spoke on the occasion were Manzoor Ahmad Mir, Ab Majeed Mir, Gh Hassan Malik, Sayed Mehrajuddin Geelani, Dr Gh Rasool Malik, Ab Qayoom Zargar and others.

Dumping of dead animals on Churat Kulgam main road creates problems to residents

Top News Report

KULGAM, July 4: Some unknown elements are dumping dead animals on road side of Kulgam Quazigund main road at churat in South Kashmir's Kulgam district, people fear if dead animals are not disposed off forthwith it can lead to epidemic breaking out in the area.

Locals said that some miscreants left dead animals on road which is giving foul smell this posing serious threat of the life of people living nearby, adding that the stink emanating from these animals is unbearable. "The stagnant water is getting contaminated with each passing day.

They also said that situation gets more serious as the whole area is being supplied potable



water from the same source where these dead animals have been thrown by some unknown miscreants.

They appealed to the district administration, Kulgam to look into the matter and take strict action culprits who are

involved in the practice.

Meanwhile, when contacted to Tehsildar Devser Raqib Ahmad Ganie he said that he would identify the culprits who are involved in the crime and strict action will be taken against them.

GDC Thannamandi organizes Essay Competition on Cyber Security

Top News Report

THANNAMANDI, July 4: The Department of Computer Science, Government Degree College (GDC) Thannamandi organized an online essay competition on the topic "Cyber Security and its Importance" under the patron ship of the Principal of the college, Prof. Dr. Farooq Ahmed.

The competition was one of the series of monthly events organized in the Institution under the programme "Cyber Jagrukta Awareness Diwas" a program by the Ministry of Home Affairs and Higher Education Department J&K for implementing

the scheme called "Indian Cyber Crime Coordination Centre (I4C)".

10 Students participated in the competition in which the students expressed their views on Cyber related crimes and security.

Umar Farooq and Mohd Rafiq students of Govt. Degree College Thannamandi bagged the first position, Nidaa Qaisar adjudged as second and Zulfikar Ali student of Govt. P. G. College Rajouri got the third position. Prof Supriya Gupta, HOD Computer Science and Nodal officer Cyber Jagrukta awareness programme of the college organized the programme.

Hina Khan's mom weeps as actor cuts her hair short amid breast cancer treatment

Actor Hina Khan, who is battling stage 3 breast cancer, has shared a new video of herself, cutting her hair short. Taking to Instagram on Thursday, Hina posted the clip in which her mom was also heard wailing. Though emotional, Hina kept a smile on her face throughout the video.

Hina cuts her hair very short. The video started with Hina sitting in front of the mirror as her friend braided her hair. Next to the actor, her mom sat on the bed. She was heard crying as Hina consoled her and extended her hand. The actor said, "Ro nahi (Don't cry) please mummy. It's just hair, mummy. Baal hain, aap nahi cut karte ho (It's hair, don't you cut it)?" When her mother couldn't stop crying, Hina said, "Bas. Aapki tabiyat kharab hojayege (Stop. You will fall ill)."

Hina pens a long note. Hina cut the first pigtail of her hair and her friend snipped off the rest of her hair. In the video, Hina was seen with short hair. After her final look, her mother came in and hugged her. Hina also kissed her on the cheeks.



Smiling, Hina said, "Not bad. I feel liberated." Sharing the video, Hina wrote, "You can hear my mother's wailing voice in Kashmiri (blessing me) in the background as she prepared herself to witness something she never dared to imagine. Not all of us have the same tools at our disposal to manage heart-breaking emotions."

Hina says she is choosing to win

"To all the beautiful people out there, especially women who are fighting the same battle, I know it's hard, I know for most of us, our hair is the crown we never take off. But what if you're facing a battle so tough that you

have to lose your hair—your pride, your crown? If you want to win you've got to take some tough decisions. And I choose to win," she added.

Hina wrote she chose to cut her hair before it 'starts falling off'

"I have decided to give myself every chance possible to win this battle. I choose to let go of my beautiful hair before it starts falling off. I didn't want to endure this mental breakdown for weeks. So, I choose to let go of my crown because I've realized my real crown is my COURAGE, my STRENGTH, and the love I have for myself. Aur haan (Also).. I have decided

to use my own hair to make a nice Wig for this phase. Hair will grow back, eyebrows will return, scars will fade, but the spirit must remain whole," she continued.

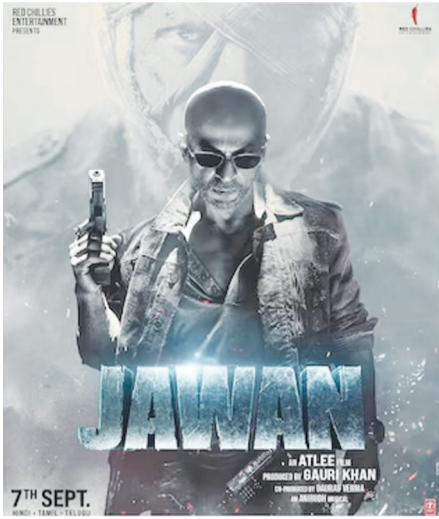
Hina asks her fans to pray for her

"I am recording my story, my journey, to ensure that my efforts to embrace myself reach everyone out there. If my story can make even one day of this heartwarming yet excruciating experience better for someone, it's worth it...May God ease our pain and give us strength to be victorious. Plz Pray Pray Pray for me," Hina concluded.

Hina was diagnosed with cancer in June

A few days ago, Hina shared a video of her visiting a hospital for her first chemotherapy session right after attending an award show. In the video, Hina posed for the paparazzi on the red carpet and received an award at an event. Then, she was seen in the hospital for her chemo. Hina, on June 28, confirmed that she has been diagnosed with stage three breast cancer.

Shah Rukh Khan's 'Jawan' set to hit Japanese theatres in November



After achieving remarkable success and breaking multiple box office records worldwide last year, Shah Rukh Khan's blockbuster film 'Jawan' is now ready to take over the Japanese market. The movie is scheduled for release in Japan on November 29, 2024.

Twin, a renowned distributor of Indian cinema in Japan, will handle the release of 'Jawan' in the country, marking the film's debut in the Japanese market. Advanced bookings will commence on July 5, 2024, a full four months ahead of its release. As a special treat, people who secure their tickets in advance

will receive exclusive posters featuring Shah Rukh Khan from the hit song 'Chaleya.'

With this strategic release, 'Jawan' is poised to make a significant impact in Japan, further expanding its global footprint and reinforcing Shah Rukh Khan's international appeal.

Previously, Japanese video game designer Hideo Kojima had praised Shah Rukh Khan's film 'Pathaan,' showcasing his love for the Bollywood superstar's work.

Kojima tweeted last year, "Too busy these days, mentally and physically exhausted. Need to refill my high-octane tank. So, I saw the Indian movie 'PATHAAN' in IMAX! Well, it was awesome! I was numb! It opened my blood vessels! It was a MAD MAX level of energy! After seeing this, I think I'll be able to hold it for a while! Mission Impossible, 007, RRR, John Woo, the whole shebang! A few Metal Gear elements too! There was applause after the screening. Highly recommended! (sic)."

'Jawan' was a monumental hit, earning Rs 761.98 crore in India and Rs 386.34 crore internationally within days of its initial release last year. In total, it amassed Rs 1148.32 crore worldwide, solidifying its status as a major success.

Neha Dhupia on her 23 kgs weight loss: I have started getting more work

Mother of two, actor Neha Dhupia, who is making headlines for her drastic weight loss, says she has overcome the challenges of postpartum weight gain and loss with consistency, resilience and determination. The 43-year-old, known for her candidness, reveals that each pregnancy led her to gain more weight than usual—around 23-25 kgs—well above the typical 17 kg mark. "After Mehr (her daughter), we went into lockdown. I eventually lost the weight as we were at home and I could work on a deficit (diet). I lost that weight, but then I got pregnant again," she tells us adding, "It was a crazy span of four years, where I lost and put on weight time and again. Having said that, when I was pregnant, I wasn't worried about how I was going to look during postpartum."

Dhupia, who would be seen in Bad News, shares that for her, the weight loss journey didn't kick off immediately post-delivery. "I breastfed both my children for a year, which kept my appetite high and energy levels low. It wasn't until a year ago that I really committed to exercise and a proper diet, shedding a total of 23 kgs since then," she adds and continues, "I still haven't reached exactly where I wanted to in terms of my weight and inch size, but I am sure I will get there in the near future."

The actor reveals the transformation post weight loss not only impacted her physical well-being but also rejuvenated her career. "I feel so much better, especially in a profession where physical appearance matters a great deal. But, I have always embraced who I am," she reflects adding that despite the push for inclusivity, there's still a preference for fit actors. "Professionally, I've noticed an increase in offers now, and I feel and look better in my clothes," Dhupia says.

Ask Dhupia about her regimen and she tells us that today, it involves monitored eating habits and a balanced exercise routine. "I don't go on dras-



tic calorie deficits because as a working mom, I need the energy," Dhupia explains adding, "I enjoy running and occasionally hit the gym. I've cut out sugar, fried foods, and gluten but otherwise maintain a balanced diet. I don't deliberately do intermittent fasting but it happens because of the lifestyle I have. I have dinner with my kids at 7:00 pm which is very helpful, and breakfast with my husband at 11 am. All of this helps."

Beyond the physical benefits, Dhupia shares the positive impact of weight loss on her mental health. "Being healthier allows me to keep up with my children and boosts my confidence," she says adding, "My mental well-being is closely tied to my physical health."

Despite her public persona, the actor remains grounded and offers advice to fellow mothers. She shares that losing postpartum weight is challenging. "It's important for new moms to take it slow and not compare themselves with others. Self-compassion is key, especially in the face of societal scrutiny," she wraps up.

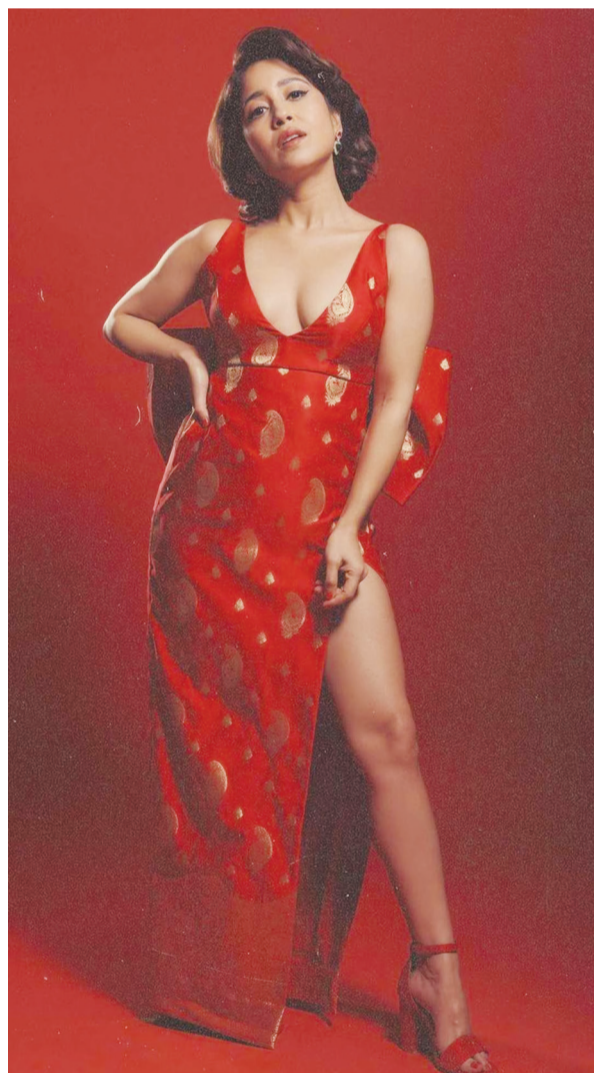
'Mirzapur', 'Masaan' made me want to tell stories that investigate humanity: Shweta Tripathi Sharma

Actor Shweta Tripathi Sharma says she wanted to be a conventional big-screen heroine who would dress up in a yellow salwar-suit and run across a farm, until she became a part of acclaimed films such as "Masaan", "Haraamkhor", and popular web series "Mirzapur".

Shweta said she found "joy" in doing projects that gave her an opportunity to investigate humanity through different characters and stories.

Before she tasted nationwide fame as Gajagami 'Golu' Gupta, her "Mirzapur" character, the 38-year-old had also made a name for herself with acting credits in "Haraamkhor", "The Trip" and "Suite Life of Karan and Kabir".

"It is important to remember why you wanted to act... I wanted to become a heroine wearing a yellow suit and dupatta in a farm because I didn't know that this kind of world ('Mirzapur') exists, I was interested in acting. Thankfully, when 'Masaan' or 'Haraamkhor' happened to me, I realised that there's a joy in doing these kinds of films. "When I did those films, I realised this is what I want to do, I want to do cinema that tells stories where the perspective and heart



(of a film) is emotions... Investigating humanity through characters and stories, and getting to know and understanding their pain, loss and happiness, but we don't talk about all these emotions (often)," Shweta said in an interview here.

The drama and getting into the skin of her char-

acter is a major draw for her. "You'll have to break stereotypes and it is not easy because people love to put actors in boxes as we don't want to imagine (different things). What's amazing is the casting of Rasika (Dugal) for the role of Beena or Divyendu as Munna, so this casting

is a testament that as actors we should keep trying (to do different things).

"As actors, you have to keep at it no matter what, there are days when you are frustrated and crying, and you feel, 'When will I get that work that I want to do'. But I realised that this journey is long and projects will be coming in, what we have to do is keep trying (to do different things)", she added.

Over the two seasons of the gangster drama, Shweta's Golu has undergone a major arc shift from an intelligent college student, who advocates non-violence, to a woman seeking to avenge the murder of her loved ones. "I haven't seen a character like this before and this has nothing to do with gender. But someone's graph is such because of the situation and events that have happened in her life. Her dreams are snatched away, she wanted to get into a different direction but now it is survival of the fittest. "So, that purpose or dream of life... No matter how much you plan, life can throw surprises and bombs at you and (it's about) how you respond to that. For me, as an actor, this journey has been satisfying," she added.

With a day to go for season three premiere,

the actor said the new chapter has some of her favourite scenes.

"In season three, there are few of my favourite scenes in my acting journey and I had them on sets of 'Mirzapur'... We give our heart and soul for it..."

"When we shot the climax of season two, I messaged him (director), and thanked him, because the power I felt as Golu, is also the same power that I felt as an actor, Shweta, and that felt like a pat on everybody's back," she added.

Shweta said she feels "overwhelmed" by the fandom around "Mirzapur" and Golu.

Recounting one of the encounters with fans, the actor said she hid behind her co-star Ali Fazal (who plays Guddu Pandit) when scores of admirers came up to her as they were filming for the second season in Varanasi. "There's a craze everywhere... We were shooting in a small lane and Ali was standing in front of me... It can get overwhelming when you see a crowd coming towards you and saying, 'Guddu, Golu, Didi, Bhaiya'."

"That love is beautiful. As I saw the crowd, as Golu might do it, I literally went (and hid) behind Ali. I'm glad that Guddu is the way he is because I felt protected."

Divya Dutta Reveals She Feared Being Typecast As The "Heroine's Best Friend" After Veer-Zaara

Bollywood actor Divya Dutta, who played the role of Shabina Ibrahim, the best friend of Preity Zinta in Veer Zaara, recently revealed that she initially feared the role might typecast her as the perennial "heroine's best friend". "I was sitting at the movie's premiere holding my mother's hand. It's a Yash Chopra film, so the whole world would be watching it. I enjoyed it a lot. But, at the same time, I was worried I would be stereotyped as the best friend of all heroines in the industry. There is a herd mentality in our industry. Everyone runs after the one who looks good and leaves the rest behind," she said during a chat with Siddharth Kannan.

She continued, "At the time of the movie's interval, I ran away hold-



ing my mother's hand. Mumma said she was very proud of me for the performance. I said, 'Thank you, Mumma, even I am loving being a part of this film.' When we stepped out, I hid a little behind her. I didn't want to hear any friend calling me because my dream was to become a 'Yash Chopra heroine'. While I was hiding there, Yash uncle saw me and called me over. As I went up to him, I was crowded and surrounded by people."

In Veer-Zaara, Divya Dutta played the role of Shabbo, Zaara's (Preity Zinta) friend. The 2004 film also featured Rani Mukerji and Amitabh Bachchan in prominent roles. In addition to Veer-Zaara, Divya Dutta and Shah Rukh Khan worked together in Baadshah, Shakti: The Power and Silsilay.

'Kill' director defends violence criticism: Like horror films scaring people

Kill director Nikhil Nagesh Bhat recently opened up about the criticism the film has been receiving due to the amount of violence depicted in it. He said that Kill is a genre film and criticising it on the basis of the violence it shows is akin to criticising a horror movie for scaring people.

Speaking to agency, director Bhat said, "If Animal was criticised on one hand, it was also widely appreciated and was a huge blockbuster hit. As a filmmaker, I am always willing to experiment and push myself and my craft. I am a very greedy filmmaker, so if someone criticises it with a valid reason, I will definitely take learning points from the criticism. But having said this, Kill is a genre film. It's an extremely violent film, so if it gets criticised for violence, it's almost like a horror film being criticised for scaring people."



The filmmaker also spoke about the love the movie has been receiving globally. Kill had earlier premiered in the Midnight Madness section of the Toronto International Film Festival in 2023: "It's one thing to find a good response outside the country, but when your own people shower praise and love, it's a very different feel-

ing. It's a feeling of validation and immense satisfaction," Nikhil stated. The director was referring to the praise the film had gotten by director Anurag Kashyap, who had called it country's best film.

Also starring Ashish Vidyarthi, Raghav Juyal and Tanya Maniktala, Kill releases in cinemas on July 5.

PM Modi pays tribute to Swami Vivekananda on his death anniversary

Swami Vivekanand died on July 4, 1902

NEW DELHI, Jul 4 (Agencies): Prime Minister Narendra Modi paid homage to Swami Vivekananda on his death anniversary on Thursday and said that "we reiterate our commitment to fulfil his dream of a prosperous and progressive society".

In a post on X, Modi said, "I pay homage to Swami Vivekananda on his Punya Tihi. His teachings give



strength to millions. His profound wisdom and relentless pursuit of knowledge are also very motivating." "We reiterate our



commitment to fulfill his dream of a prosperous and progressive society," he said. Swami Vivekanand died on July 4, 1902.

BJP MP Bansuri Swaraj Gets Appointed To New Delhi Municipal Council

NEW DELHI, Jul 4 (Agencies): The Union Ministry of Home Affairs (MHA) has notified the appointment of Lok Sabha MP Bansuri Swaraj as a member of the New Delhi Municipal Council (NDMC).

Bansuri Swaraj, daughter of the late BJP stalwart Sushma Swaraj, currently represents the New Delhi constituency in the Lok Sabha.

This appointment follows Bansuri Swaraj's electoral debut from the New Delhi seat, succeeding Meenakshi Lekhi, who held the position for the past decade but was not included in the BJP's candidate list for the upcoming elections.

The MHA made the declaration to appoint Bansuri Swaraj as a member of NDMC in a notification issued on July 3 evening.

A member of the NDMC plays a significant role in the governance and administration of the New Delhi municipal area.

The NDMC members contribute to the formulation and implementation of policies related to urban planning, includ-



ing land use, zoning regulations, and infrastructure development.

The members of the NDMC are also responsible for overseeing the provision and maintenance of essential public services such as water supply, electricity, sewage, and waste management. They ensure that these services are delivered efficiently and meet the needs of the residents.

Ensuring public health standards are met by overseeing sanitation services, managing healthcare facilities, and implementing public health campaigns are also among the key responsibilities of an NDMC member.

Supervising the management of municipal schools and welfare programs aimed at improving the quality of life for residents, including schemes for marginalized communities, as well as enforce-

ing building codes, health regulations, and other municipal bylaws to ensure orderly development and compliance with legal standards, are other responsibilities of the NDMC members.

Participating in the budgeting process, approving expenditures, and ensuring financial discipline within the council's operations are other key focus areas of NDMC members, along with serving as a liaison between the citizens and the council, addressing public grievances, and ensuring that the concerns of the residents are heard and addressed in council meetings.

Encouraging public participation in municipal governance through community meetings, consultations, and feedback mechanisms are other major responsibilities of an NDMC member.

By fulfilling these roles, NDMC members contribute to the overall development, maintenance, and governance of New Delhi, ensuring it remains a well-managed and vibrant urban area.

Form Of War Rapidly Transforming: Chief Of Defence Staff Anil Chauhan

NEW DELHI, Jul 4 (Agencies): Chief of Defence Staff Gen Anil Chauhan on Thursday said the form of war is transforming rapidly due to technological advancements and the country's armed forces will have to be ready to accept this change.

He made the remarks while addressing a gathering of Army officers, junior commissioned officers (JCOs) and soldiers drawn from 18 Grenadiers to mark 25 years of the battles of Tololing and Tiger Hill fought during the Kargil war in 1999.

Tiger Hill top was captured by the Indian Army on July 4, 1999. The 18 Grenadiers battalion played a pivotal role in the Kargil conflict. 'Vijay Diwas' is celebrated on July 26 every year to mark India's victory over Pakistan in the 1999 Kargil war.

"People of the country have faith in our capabilities and due to that, we have this immense prestige. The legacy that has been bequeathed to you has been earned by our ancestors. We may not have made a direct contribution but we are reaping its fruits," Gen Chauhan told the gathering.

This also "entrusts on us



responsibilities", both individually and as a community, he said. One cannot make a mistake as a soldier and as a community, the trust can never be lowered, the chief of defence staff (CDS) added.

In his address, Gen Chauhan said, "We are going through an age of transformation. In today's era, the form of a war is rapidly changing. Therefore, we will always have to be ready to accept this change." "We want to become a professional armed force and a superpower... India. It is our desire. This can happen only if we work with new energy, new zeal and new thoughts".

Quoting scientists and philoso-

phers, the CDS underlined that change is the only constant and the Indian armed forces "cannot stay away from this change" "Due to rapid technological developments, the form of the war is changing rapidly. In the past, it was found that valour was an essential element in winning a battle. But in future wars, valour alone is not enough... We will have to be flexible and imaginative and keep an open mind," he added.

As many weapons get upgraded with better technology, tactics and strategies also change and it is very rapid now, the CDS told the gathering.

"Today we are talking of a

multi-domain warfare. Instead of just conventional domains like land, sea, maritime and air, the cyber, electromagnetic spectrum and space domains are also added to augment our military strength," he said.

The CDS said that people love and trust the armed forces and if "we have to maintain it, we will have to bring change. "We cannot fail in a war," he asserted, adding that unlike sports, there are no runners-up in war as winner takes it all.

"To maintain that trust, you will have to understand and adapt to these new things. This is the main reason why the government has made the post of a CDS and it is part of reforms that we are endeavouring to implement," Gen Chauhan said.

He said that as CDS, his mandate is to bring jointness and integration among the three Services, that all must work in consonance. "A unit works like a human body where any ailment impacts overall health," he said.

Gen Chauhan extended his greetings to members of the 18 Grenadiers battalion and also the Veer Nari, whose sons or husbands made the supreme sacrifice for the nation.

Bihar bridge collapse: Another one goes down in Saran, 12th in 17 days

SARAN, Jul 4 (Agencies): At least 12 bridges have collapsed across Bihar in the past 17 days, with the latest incident occurring on Thursday in Saran district. This marks the third bridge collapse in Saran within just two days, according to District Magistrate Aman Samir.

No casualties were reported in the collapse of the 15-year-old bridge over the Gandaki River, which connected villages in Saran to neighbouring Siwan district. The cause is still under investigation, but officials mentioned recent desilting work in the area.

Out of the three bridges in Saran, two on the Gandak River, barely a kilometer apart, collapsed within two hours on Wednesday. One bridge, constructed in 2004, was near the Dodh Nath Temple. The other was a British-era structure.

A third bridge, a 15-year-old structure over the Gandaki, collapsed on Thursday. This incident comes a day after Chief Minister Nitish Kumar ordered a survey of all old bridges in the state to identify those needing urgent repairs. The Chief Minister has called for improved bridge maintenance policies from both the road construction and rural works departments.

Apart from Saran, bridge col-

lapses were reported in Siwan, Chhapra, Madhubani, Araria, East Champaran and Kishanganj districts in over a fortnight.

Two bridges collapsed back to back in Kisanganj between June 27 and June 30.

One was reported in the village of Khoshi Dangi in Thakurganj, where a pillar of a bridge constructed in 2007-2008 with funds from then MP Taslimuddin was damaged on June 27 due to heavy downpour and subsequent increase in water discharge in the river. Close to 50,000 people are claimed to be affected by this, according to local Mukhiya Jawahar Singh.

Another bridge was damaged on the Maria river in Kisanganj's Bahadurganj area. This bridge was built back in 2011 under NDA rule by the state rural works department at an estimated cost of Rs 25 lakh.

An under-construction bridge collapsed in the Ghodasahan area of East Champaran. The construction work was being conducted at an estimated cost of Rs 1.5 crore by Dheerendra Construction Company. The locals blamed it on irresponsible construction.

A makeshift bamboo bridge was reported damaged on the Baghmati river in the Aurai block of Muzaffarpur district on July 1, with videos going viral on social

media. Locals claimed that they build makeshift bridges for commuting every year at their own cost, which get damaged during this season.

Three bridges collapsed back to back in the Maharajganj block of Siwan district on July 3. One collapse was reported in the village of Sikandarpur, another in Deoria panchayat, and the third one in Bhikhabandh. All of these constructions were funded by then MP Prabhunath Singh and are over thirty years old.

Another under-construction bridge on the Bakra river collapsed in Bihar's Araria on June 18. The project was initiated at an estimated cost of close to Rs 8 crore back in May 2021 and was supposed to be completed by 2023. Locals claim that additional funds were needed to finish the construction of its approach road, without which it was rendered useless. It is claimed that a population of over 2 lakh is directly impacted by the delayed and substandard construction. On July 2, a small bridge over the Gandaki River in Deoria of Siwan and another small bridge reportedly met the same fate in Teghra block of the district. With today's collapse, the total number in the past 17 days now stands at 12.

While the government cites de-siltation drives conducted

in the rivers across the state and heavy rain as a possible contributing factor to the series of bridge failures in the state, opposition parties launched an all-out attack on the Nitish Kumar government alleging corruption and lack of action.

Criticising the NDA government, senior RJD leader, Tejashwi Yadav, wrote on X, "Four bridges collapsed in Bihar in a single day! The CM and both Dy CMs of the state are silent over it. The NDA government should tell us who is guilty, the former deputy chief minister said.

"Apparently, since BJP is in the government, corruption and crime are no longer issues," he alleged. Meanwhile, a Public Interest Litigation (PIL) has been filed in the Supreme Court seeking directions for the Bihar government to undertake a structural audit and set up an expert committee to identify bridges that can be either strengthened or demolished based on the findings.

The petition, which raised concerns about the safety and longevity of the bridges in the state, sought directions to set up a high-level expert panel and implement real-time monitoring of the bridges according to the parameters of the Union Ministry of Road Transport and Highways.

Assam flood situation deteriorates; 16.50 lakh people affected in 29 districts

Death toll in this year's flood, landslide and storm reaches 56

GUWAHATI, Jul 4 (Agencies): The flood situation in Assam further deteriorated with over 16.50 lakh population affected in 29 districts with the major rivers flowing above the danger level across the state on Thursday, an official bulletin said.

An alert has been sounded in Kamrup (Metro) district with the Brahmaputra, Digaru and Kollong rivers flowing above the red mark with vast tracts of land inundated.

Chief Minister Himanta Biswa Sarma is scheduled to visit flood-affected areas in Maligaon, Pandu Port and Temple Ghat areas in Guwahati Metropolitan area on Thursday to take stock of the situation.

Sarma chaired a meeting on the flood situation with all District Commissioners late on

Wednesday night and directed them to be liberal in granting relief as per norms, complete all rehabilitation claims as per norms before August 15 and provide accurate information to the headquarters so that adequate relief can be ensured.

Cabinet ministers will also be camping in the flood-affected districts for the next three days from Thursday.

The severely affected flood districts are Barpeta, Biswanath, Cachar, Charaideo, Chirang, Darrang, Dhemaji, Dhubri, Dibrugarh, Goalpara, Golaghat, Hailakandi, Hojai, Jorhat, Kamrup, Kamrup Metropolitan, East Karbi Anglong, West Karbi Anglong, Karimganj, Lakhimpur, Majuli, Morigaon, Nagaon, Nalbari, Sivasagar, Sonitpur and Tinsukia districts.



Dhubri is the worst hit with over 2.23 lakh people suffering, followed by Darrang with nearly 1.84 lakh people and Lakhimpur with more than 1.66 lakh people reeling under flood waters. Brahmaputra is flowing above the danger marks at Nimatighat, Tezpur, Guwahati, Goalpara and Dhubri. Its tributaries Subansiri at Badatighat, Burhi Dihing at Chenimari, Dikhau at Siva-

sagar, Disang at Nanglamuraghat, Dhanisiri at Numaligarh, and Kopili at Kamrup and Dharamtul are flowing above the danger levels.

The Barak river is flowing above the danger mark at AP Ghat, BP Ghat, Chota Bakra and Fuletrak, while its tributaries Dhaleswari at Ghamura, Katakhal at Matizuri and Kushiyara at Karimganj town and are also flowing above the danger marks.

2 women among 6 sevadars arrested over Hathras stampede that killed 121 people

HATHRAS, Jul 4 (Agencies): The Uttar Pradesh police said on Thursday that they have arrested six 'sevadars', including two women, in connection with the Hathras stampede that killed 121 people.

The only accused named in the FIR is at large while preacher Surajpal alias Narayan Sakar Hari alias Bhole Baba will be questioned if required during investigation, a senior officer said.

"All six persons who have been arrested worked as sevadars (volunteers) at the 'satsang'," Inspector General of Police (Aligarh Range) Shalabh Mathur told reporters here.

"A reward of Rs 1 lakh will be announced soon and non-bailable warrant (NBW) will also be issued against key accused Devprakash Madhukar," Mathura said.

The preacher Surajpal was not mentioned



as accused in the FIR lodged at the local Sikandra Rau police station on Tuesday after the stampede at Phulrai village that left 121 people dead in its wake.

Meanwhile, the bodies of all victims have been identified and handed over to their families, said District Magistrate Ashish Kumar.

A total of 121 people, mostly women, died and 31 were injured in the stampede at the preacher Baba Bhole's satsang in Hathras on Tuesday.

After the stampede, 21 bodies were taken

to Agra, 28 to Etah, 34 were in Hathras and 38 in Aligarh, according to officials.

"All the bodies have been identified and handed over (to respective families)," Kumar told agency here on Thursday.

He said of the three bodies that were unidentified till Wednesday, two were recognised late in the night and one through video call on Thursday morning.

"The last body was identified by the family over a video call. They are on their way to Aligarh hospital (to get

the body)," the district magistrate added.

Kumar, a 2015-batch IAS officer who joined as Hathras DM barely a week before the stampede, said there is no report of any missing person now.

"We had deployed district administration personnel to count the number of people who had gone to the event ('satsang') and returned," he said.

The Uttar Pradesh government has announced a monetary relief of Rs 2 lakh to the kin of the dead and Rs 50,000 for those injured," the officer said.

The Uttar Pradesh government on Wednesday formed a three-member judicial commission headed by a retired high court judge to probe the Hathras tragedy, also looking into the possibility that a "conspiracy" was behind the stampede. The panel will submit its report in two months.

Voting begins in UK polls; future of Rishi Sunak as PM hangs in balance

The 2019 General Election resulted in a Conservative victory, the party won 365 seats

LONDON, Jul 4 (Agencies): The future of Rishi Sunak as Britain's Prime Minister and leader of the Conservative Party hangs in the balance as polling booths opened across the UK on Thursday, with millions expected to turn out to cast their votes in the general election.

Sunak, 44, is up against voter angst towards the incumbent Tories after 14 years in power and has had to contend with trailing far behind 61-year-old Keir Starmer led Labour Party throughout the six-week campaign.

Both leaders wrapped up their poll pitches with contrasting messages — Sunak urging voters to not hand “tax-raising” Labour a “supermajority” and Starmer playing down the prospect of a landslide win for fear of a low turnout impacting the final outcome.

Candidates are being fielded for 650 constituencies across England, Scotland, Wales, and Northern Ireland, with 326 required for a majority in the first past the post system. Besides the two main parties, voters will be choosing from a list of candidates representing the Liberal Democrats, Green Party, Scottish National Party (SNP), SDLP, Democratic Unionist Party (DUP), Sinn Féin, Plaid Cymru, the anti-immigration Reform Party and several contesting as Independent.

Around 40,000 polling booths opened across the country at 7am local time as an estimat-



ed 46 million registered voters began turning out to mark a cross next to their chosen candidate on a paper ballot. Since this year, carrying an identification document to the polling booth has become compulsory in UK elections, which are open to all registered adult voters resident in the UK — including Indians as Commonwealth citizens. Several voters have already cast their vote in a postal ballot, which can also be handed in to their local councils if pending.

Once the votes are cast and the booths officially close at 10pm local time, the focus shifts to the definitive exit poll soon after which gives a fair snapshot of what can be expected UK-wide. Counting commences up and down the country right away, with the first results expected just before midnight local time.

“Stop Labour’s supermajority” is the central message British Prime Minister Sunak was trying to drive home as he wrapped

up his campaign, even as most of the incumbent Conservatives all but conceded defeat in the general election.

“Labour will put up your taxes. Again and again and again,” posted Sunak on social media as the catch-all message to wind up the campaign trail.

The British Indian leader and his team’s strategy in the final hours was to canvass their traditional voters to narrow the gap of a widely expected defeat after clear Tory majorities in the last three general elections. The Opposition dubbed it as fear tactics to jolt Tory voters into action, with the hope of keeping the Labour majority under that won by former prime minister Tony Blair led Labour Party in 1997 of 179 seats.

The Labour Party, meanwhile, was keen to override this message of its win as a foregone conclusion to fight against any complacency within the ranks and among its own voter base. “It isn’t ‘job done,’” cautioned

Starmer.

Polling experts have forecast a low turnout, which stood at 67 per cent in the last general election in December 2019 when Johnson won a solid majority on his “get Brexit done” message. If opinion polls are to be believed, the incumbent Tories are in line to win anywhere between 53 and 150 seats, with Labour projected to win a landslide. This will lead to Keir Starmer taking over as Prime Minister, the first Labour leader after Gordon Brown to enter 10 Downing Street since 2010.

The last general election was held in December 2019, when Boris Johnson won 365 seats, giving him an 80-seat majority. Labour won 202 seats, the Scottish National Party (SNP) 48, the Liberal Democrats 11, the Democratic Unionist Party (DUP) eight, Sinn Féin seven, Plaid Cymru four, the SDLP two, the Alliance party one, and the Greens one.

The UK has a five-year general election cycle and Sunak had until January 2025 to go to the polls but chose a surprise summer election when he named July 4 as the date in May. It is the first time he is seeking the voters’ mandate, having been chosen Tory leader and Britain’s first Indian heritage Prime Minister by the party membership following political turmoil in October 2022. It is also the first test at the ballot box for Keir Starmer, who took over from Jeremy Corbyn after Labour’s defeat in 2019.

Remains of girl snatched by crocodile while swimming found after 36 hours



MELBOURNE, Jul 4 (Agencies): Police on Thursday found the remains of a 12-year-old girl, two days after she was snatched by a crocodile while swimming in a creek in remote northern Australia.

The remains were found in the river system near where the girl vanished at the Indigenous community of Palumpa, southwest of the Northern Territory capital Darwin, Police Senior Sgt. Erica Gibson said.

Injuries confirmed a crocodile attack, Gibson said.

“The recovery has been made. It was particularly gruesome and a sad, devastating outcome,” Gibson told reporters.

Efforts were continuing to trap the killer crocodile, she said. Saltwater crocodiles are territorial and the killer is likely to remain in nearby waterways.

The girl’s disappearance triggered an intense 36-hour land, water and air search.

The crocodile population has exploded across the country’s tropical north since they became a protected species under Australian law in 1970s. Because saltwater crocodiles can live up to 70 years and grow throughout their lives — reaching up to 7 meters (23 feet) in length — the proportion of large crocodiles is also rising.

Crocodiles are considered a risk in most of the Northern Territory’s waterways.

Russia sizzles under record-breaking heat wave, breaks record set in 1917

MOSCOW, Jul 4 (Agencies): Russians were braving some of the hottest weather seen in more than a century on Thursday with Moscow breaking a 1917 record and cities across the world’s biggest country sizzling in temperatures well above 35 degrees Celsius (95 Fahrenheit).

In Moscow, where temperatures can fall to minus 40 degrees Celsius in the legendary Russian winter, the mercury rose to 32.7 degrees Celsius

on July 3, breaking the 1917 record for that day by half a degree, the FOMOS weather centre said.

Records were broken from Russia’s Pacific coast and the wilds of Siberia to the European parts of Russia, FOMOS said.

The hot weather triggered soaring demand for air conditioners and fans, while Muscovites guzzled record amounts of ice creams and downed cold beverages. Water was handed out to passengers in

the metro and on many trains. Moscow Mayor Sergei Sobyenin urged the residents of the Moscow metropolitan area, which has a population of well above 20 million, to take precautions and avoid going outside at the hottest times of the day.

“During the day, the air temperature will exceed the climatic norm and rise above 30 degrees again,” Sobyenin said.

He said thunderstorms were forecast for Friday and there was a possibility of hail.

Hurricane Beryl Powers Towards Mexico, Cayman Islands After Battering Jamaica

Beryl weakened to a Category 3 storm overnight, sustaining winds of 125 miles (200 kilometres) an hour, but is forecast to be “at or near major hurricane intensity” while it passes by the Caymans, according to the US National Hurricane Center (NHC).

KINGSTON, Jul 4 (Agencies): Hurricane Beryl powered towards Mexico and the Cayman Islands early Thursday, threatening strong winds and a storm surge after battering Jamaica’s southern coast.

Beryl weakened to a Category 3 storm overnight, sustaining winds of 125 miles (200 kilometres) an hour, but is forecast to be “at or near major hurricane intensity” while it passes by the Caymans, according to the US National Hurricane Center (NHC).

“Strong winds, dangerous storm surge and damaging winds” were expected across the Cayman Islands overnight, the NHC said early Thursday.

The storm has left a trail of destruction across the Caribbean, killing at least seven people and bringing with it flash floods and mudslides as it moves towards Mexico’s Yucatan Peninsula.

The storm is the first since NHC records began to reach the Category 4 level in June and the earliest to reach Category 5 in July.

Mexican officials have scrambled to prepare, with the NHC warning Beryl will remain a hurricane until it makes landfall on the Yucatan Peninsula.

“We will have intense rains and wind gusts” from Thursday, Civil Protection national coordinator Laura Velazquez said, announcing the deployment of hundreds



of military personnel, marines and electricity workers in anticipation of damage.

The government has prepared 112 shelters with a capacity for around 20,000 people and suspended school in the state of Quintana Roo, where Beryl will likely hit.

In Jamaica, more than 400,000 people were without power, according to the Jamaica Gleaner newspaper, citing a public service company.

Jamaica Prime Minister Andrew Holness had declared a curfew from 6:00 am to 6:00 pm across the island of 2.8 million and urged Jamaicans to comply with evacuation orders.

Desmon Brown, manager of the National Stadium in Kingston, said his staff had scrambled to be ready.

“We’ve taped up our windows, covered our equipment — including computers, printers and that sort of thing. Apart from that, it’s mainly concrete so there’s not much we can do,”

Brown told the Jamaica Observer newspaper.

“No communication” Beryl has already left a trail of death with at least three people killed in Grenada, where the storm made landfall Monday, as well as one in St Vincent and the Grenadines and three in Venezuela.

Ralph Gonsalves, prime minister of St Vincent and the Grenadines, said that it would take a “herculean effort” to rebuild after the substantial destruction and that “90-odd percent of the houses were blown away” on Union Island.

“Most of the country doesn’t have electricity, and more than half without water at the moment,” he said.

Grenada’s Prime Minister Dickon Mitchell said the island of Carriacou, which was struck by the eye of the storm, has been all but cut off, with houses, telecommunications and fuel facilities there flattened.

The 13.5-square mile (35-square kilometre) island is home to around 9,000 people. At least

two people there died, Mitchell said, with a third killed on the country’s main island of Grenada when a tree fell on a house.

In St Vincent and the Grenadines, one person on the island of Bequia was reported dead from the storm, while a man died in Venezuela’s northeastern coastal state of Sucre when he was swept away by a flooded river, officials there said.

Climate change It is extremely rare for such a powerful storm to form this early in the Atlantic hurricane season, which runs from early June to late November.

Warm ocean temperatures are key for hurricanes, and North Atlantic waters are currently between two and five degrees Fahrenheit (1-3 degrees Celsius) warmer than normal, according to the US National Oceanic and Atmospheric Administration (NOAA).

UN climate chief Simon Stiell, who has family on the island of Carriacou, said climate change was “pushing disasters to record-breaking new levels of destruction.”

“Disasters on a scale that used to be the stuff of science fiction are becoming meteorological facts, and the climate crisis is the chief culprit,” he said Monday, reporting that his parents’ property was damaged.

Hezbollah fires over 200 rockets into Israel after killing of senior commander



BEIRUT, Jul 4 (Agencies): The Lebanese Hezbollah group says it has launched over 200 rockets at several military bases in Israel in retaliation for a strike that killed one of its senior commanders.

The attack by the Iran-backed militant group on Thursday was one of the largest in the months-long conflict along the Lebanon-Israel border, with tensions boiling in recent weeks.

The Israeli military said “numerous projectiles and suspicious aerial targets” had entered its territory from Lebanon, many of which it said were intercepted. There were no immediate reports of casualties.

It acknowledged on Wednesday that it had killed Mohammad Naameh Nasser, who headed one of Hezbollah’s three regional divisions in southern Lebanon, a

day earlier.

Hours later, Hezbollah launched scores of Katyusha rockets and Falaq rockets with heavy warheads into northern Israel and the occupied Syrian Golan Heights. It launched more rockets on Thursday and said it had also sent exploding drones into several bases.

The U.S. and France are continuing to scramble to prevent the skirmishes from spiraling into an all-out war, which they fear could spill over across the region.

The relatively low-level conflict erupted shortly after the outbreak of the war in Gaza. Hezbollah says it is striking Israel in solidarity with Hamas, another Iran-allied group that ignited the war in Gaza with its Oct. 7 attack into southern Israel.

The fighting has displaced tens of thousands of people on both sides of the border. In northern Israel, 16 soldiers and 11 civilians have been killed. In Lebanon, more than 450 people — mostly fighters but also dozens of civilians — have been killed.

Ukrainian Forces Withdraw From Key Eastern Town As Russia Claims Control

KYIV, Jul 4 (Agencies): Ukraine said Thursday its forces had withdrawn from a district in the key eastern town of Chasiv Yar, where Russian forces have recently claimed several advances.

The fall of the small hilltop town is a worrying prospect for Ukraine because it would likely accelerate Russian advances towards large civilian hubs in the wider eastern Donetsk region.

“It became impractical to hold the Kanal district, which the enemy had entered because it threatened the lives and well-being of our soldiers,” a Ukrainian military spokesman said on state-run television. “Our defenders’ positions had been destroyed. The command decided to retreat to better protected and prepared positions,” Nazar Voloshyn added.

Russia had said earlier this



week that its forces had advanced around Chasiv Yar but it was unclear if it was claiming its forces had crossed a canal that runs through the eastern part of the town.

Chasiv Yar — a prized military hub that was once a sleepy home to some 12,000 people — lies near the larger towns of Kostyantynivka

and Kramatorsk, which are both important military centres, too.

The Kremlin says the industrial Donetsk region is part of Russia and the region has borne the brunt of fighting after Russian forces invaded Ukraine in February 2022.

Kremlin-supported separatist forces have controlled parts of Donetsk since 2014.

Kalki Movement thanks JK Police for capturing cow slaughterers

Top News Report

JAMMU, July 4: Kalki Movement expressed thanks to Jammu and Kashmir Police for arresting the accused who had circulated a video of cow slaughter on social media by the Jammu and Kashmir Police.

The members of the Kalki Movement praised the efforts of the Jammu and Kashmir Police and emphasized that the cow, revered as "Gau Mata," is believed to house 33 crore deities.

They also highlighted that cow's milk is highly beneficial for infants and contains unique elements



not found elsewhere. The cow is the only animal with a Surya Ketu Nadi, which absorbs gold particles from the sun, imparting a yellowish hue to the milk, making it highly nutritious and beneficial for the brain and body. Every product derived from the cow, including its urine and

dung, has significant uses. Cow urine is scientifically proven to cure diseases like cancer, and cow dung, used in various rituals from birth to death, is antibacterial.

The Kalki Movement demanded that the government enact strict laws to protect cows, similar to the stringent laws against

drug trafficking.

They stated that the properties of those involved in cow slaughter should be confiscated, their vehicles seized, and they should be given the death penalty to ensure a complete ban on cow slaughter.

Kalki Movement member Kushal Sharma mentioned that incidents like these are frequently carried out by animal traffickers, who are also involved in drug trafficking, terrorism, and other illegal activities. Strict action should be taken against them.

Thakur Arjun Singh, another member of the

Kalki Movement, called for the cow to be declared the national animal to ensure a complete ban on cow slaughter. He praised the Jammu and Kashmir Police and emphasized the need for strict action against these criminals to prevent any future incidents of cow slaughter in Jammu and Kashmir.

The press conference was attended by Kushal Sharma, Thakur Arjun Singh, Sanjeev Dubey, Vikram Mahajan, Ashutosh, Rajkumar, Tanveer Singh Manhas, Jaswant Singh, Sumit Singh, and other members.

INTACH Kathua Subchapter Conducts Natural Heritage Cleanliness Drive at Badnota Waterfall

Top News Report

KATHUA, July 4: Members of the INTACH Kathua Subchapter recently visited the Badnota Waterfall in the Lohai Malhar block of Kathua district.

Situated approximately 20 kilometers from Machchedi and accessible via a 4-kilometer trek, the waterfall is recognized as one of the largest and most stunning natural attractions in the Union Territory, with significant potential to draw tourists from across India.

The visiting team, comprising Ankush Sharma, Devinder Kumar, and Raman Sharma aimed

to catalog and explore the natural heritage of the Kathua district. Squadron Leader Sumit Sharmahad also joined them. Upon reaching the waterfall, the team was disheartened to find the site littered with plastic bags, food packets, and alcohol bottles, detracting from its natural beauty.

In response, the team immediately initiated a cleanliness drive, using the resources available to them. Members and volunteers collected the scattered garbage, though their efforts were interrupted by a sudden rainfall. To further discourage littering, they inscribed a message on

a stone, urging visitors to keep the area clean. Additionally, the team engaged with local villagers to raise awareness about the environmental impact of littering.

Ankush Sharma, head of the INTACH Kathua Subchapter, emphasized the importance of developing Badnota Waterfall as a tourist destination while addressing the environmental challenges it faces. "The beauty of Badnota Waterfall holds immense potential for tourism," Sharma stated. "However, it is crucial that we address the environmental threats to preserve its natural heritage for future generations."

Raju Chandel remembers Swami Vivekananda

Top News Report

JAMMU, July 4: Raju Chandel remembered Swami Vivekananda on his Nirvana Day, highlighting him as a great philosopher, orator, and inspirational figure for youth. He specifically recalls Vivekananda's famous declaration of being a true Sanatani Hindu during his historic speech at the Parliament of the World's Religions in Chicago. This tribute sets the tone for Chandel's overarching theme of Hindu pride and identity.

Chandel criticized politicians whom he accuses of insulting Hinduism and Sanatan Dharma (the eternal religion) by por-

traying Hindus as violent. This criticism suggests a defensive posture against what he perceives as attacks on Hindu culture and values by political adversaries.

Chandel expressed concern about Hindus being a minority in Jammu & Kashmir. He advocates for increasing the Hindu population in the region by relocating Hindus from states like Uttar Pradesh, Bihar, Jharkhand, and Madhya Pradesh. This demographic strategy is framed as essential for maintaining Hindu pride and power in a region historically plagued by religious and political tensions.

Chandel proposed

a plan to increase the Hindu population in Pakistan-Occupied Kashmir (POK). He suggests that willing Hindus should be allocated land in POK, presumably to assert Indian influence and control over the region, which India claims as its own.

Chandel warned against what he views as a concerted effort to Islamize certain states within India. He accuses politicians and external influences of attempting to transform these states into Islamic states, akin to the creation of East Pakistan (now Bangladesh). This narrative of threat serves to justify his call for bolstering Hindu demographics and

influence in these states to prevent such alleged transformations.

Chandel called upon the Modi government to prioritize initiatives that strengthen Hindu demographics across India. He suggests government-supported plans for the rehabilitation of Hindus in states where they are minorities, coupled with policies that provide maximum facilities to support this demographic shift.

Chandel's statement reflects a nationalist and Hindu-centric viewpoint, advocating for measures to consolidate Hindu presence and influence both within India and in disputed regions like POK. His concerns about

demographic balance and religious identity are framed within a narrative of defending Hindu culture and countering perceived threats from political opponents and neighboring countries.

Chandel's stance underscores broader debates in India regarding identity politics, demographic shifts, and national security concerns, particularly in regions with religious diversity and historical tensions. His statements resonate with sentiments often articulated by certain factions within India's political and cultural landscape, highlighting ongoing discussions about religion, identity, and national unity.

Enforcement action against illegal tobacco sales near Schools

Top News Report

LEH, July 4: In a coordinated effort to enforce the provisions of the Cigarettes and Other Tobacco Products Act (COTPA), 2003, an enforcement team comprising members from the Health Department, Drug Controller, Municipality authorities, along with the Police conducted a raid on shops near Lamdon School and Kunfan Model

School.

During the operation, a banned substance known as 'cop' was recovered.

The seized substances were destroyed in the presence of the Coordination Committee members to ensure compliance with legal and safety standards. Shopkeepers are once again reminded to refrain from selling Cool Lip, loose cigarettes, and cigarettes without the mandatory health statu-

tory warnings.

It is reiterated that the sale of tobacco products within 100 yards of educational institutions is a punishable offence under COTPA 2003. The licenses of shopkeepers found violating these provisions will be cancelled.

The authorities urge all shopkeepers to comply with the law to protect the health and well-being of the community, especially young students.

FROM PAGE 1

PM Modi meets victorious ICC T20 World Cup team at his residence

Shinde. Being a member of MCA, I invited the players and they have accepted my invitation...." Sarnaik said.

Mumbai Cricket Association (MCA) Secretary Ajinkya Naik has said that free entry will be given to the public for the Indian team's grand victory parade celebrating their win.

MCA member Jitendra Awhad said, "It's a good feeling. After a long time, India won the World Cup and after winning the World Cup, they are going to be welcomed at the land of Cricket, Mumbai. Not only in Mumbai but Cricket is a religion in the entire India..."

Earlier today the T20 World Cup-winning Indian team touched down in the national capital Delhi to a warm welcome from fans who were awaiting eagerly to catch a glimpse of their favourite heroes and the trophy.

During their meeting with the Prime Minister, the 'Men in Blue' wore a special jersey sporting two stars over the BCCI's emblem. The stars represented the two T20 World Cup wins. The word 'CHAMPIONS' was written on the jersey in bold letters.

India ended a 13-year ICC World Cup trophy drought with victory in the final, defeating South Africa by seven runs on Saturday. Virat Kohli's 76 helped India reach 176/7 while Hardik Pandya (3/20) and Jasprit Bumrah (2/18) helped India restrict Proteas to 169/8 despite Heinrich Klaasen's 52 in just 27 balls. Bumrah, who got 15 scalps throughout the tournament at a stunning economy rate of 4.17, got the 'Player of the Tournament' honours.

The squad members, support staff, their families and media were stuck in Barbados, which was hit by Hurricane Beryl, at that stage a category four hurricane that passed through Barbados, with Grantley Adams International Airport in Bridgetown shut for three days.

The flight was organised by the Board of Control for Cricket in India (BCCI) secretary Jay Shah and departed on July 2 before arriving in Delhi at around 6:00 AM on Thursday morning. Board officials and members of the media contingent from the tournament were also on the flight.

From the airport, Team India reached the ITC Maurya hotel, where they stayed before their meeting with Prime Minister Narendra Modi.

A special cake featuring the T20 World Cup trophy was cut at the hotel to celebrate the win. Rohit, Virat, Dravid and all-rounder Hardik Pandya were among the stars who took part in the cake-cutting. The cake featured the trophy and some pictures of Indian stars.

Much like other teams do after winning titles, the Rohit-led side will have an open-top bus ride in Mumbai at Marine Drive

and the iconic Wankhede Stadium from 5:00 pm onwards to celebrate. After their meeting with PM Modi, Men in Blue will depart for Mumbai for the grand celebratory parade.

Battles of Tololing, Tiger hill proved to be decisive: Kargil Heroes on 25th Anniversary of War

soldiers who captured Tiger Hill on July 4, 1999.

"There was no looking back from there. It was victory after the capture of the Tiger Hill," recalls Singh, now a colonel with the famed 18 Grenadiers, who was injured while fighting the enemy but continued to fight.

He was honoured with Maha Vir Chakra for his valour.

Raised in 1976, the 18 Grenadiers played a pivotal role in the war. The battalion was conferred with 52 honours, including a Param Vir Chakra, two Maha Vir Chakra, six Vir Chakra, several Sena Medals and a Commendation Card of the Chief of the Army Staff. On Wednesday, Col Singh and many other Kargil heroes from the battalion recalled the heroics of its bravehearts in Operation Vijay.

The war was declared over on July 26, 1999, after the Indian forces successfully pushed back the Pakistani forces which had stealthily occupied important heights in Ladakh.

On the night of July 3, 1999, soldiers of 18 Grenadiers, also called the Pole Star Battalion, embarked on their mission to capture Tiger Hill and had accomplished the task by the next morning, said Brig (ret'd) Khushal Thakur, who commanded the battalion during the crucial battles of Tololing and Tiger Hill.

"On June 12-13, 1999, we won Tololing and it was a big turning point in this war. It boosted the morale of our armed forces and the countrymen and dipped the morale of the Pakistani side. One by one, we kept capturing the peaks in Mushkow or Bataik sector and the next task was Tiger Hill," Brig (ret'd) Thakur, who was a colonel during the war, told agency.

"For the Tiger Hill, I had adequate time for reconnaissance. I had artillery guns, multi-barrel rocket launchers and high-altitude warfare equipment... Despite all the losses suffered, the morale of the men of 18 Grenadiers was sky high and our brave men captured the Tiger Hill, planting the Indian flag on top," he said.

There weren't many TV channels back then but the defining images of Indian soldiers celebrating the conquest of the Tiger Hill became a symbol of their bravery.

Col Singh said the battles of Tololing and Tiger Hill were decisive battles.

"Initially, we captured Tololing. Tololing is very near to NH-1 Alpha (National Highway-1A). It is just 3 km from NH-1 Alpha. The same is the case with Tiger Hill, an 8-10 km stretch of NH-1 Alpha is visible from the top of the Tiger Hill. You can't do any movement on this road," he said.

"They (infiltrators) were having all kinds of weapons, automatics, anti-aircraft guns and other missiles on Tololing and Tiger Hill and both the features were very, very important to capture," he added.

The Indian Army will mark 25 years of the Kargil victory on July 26. Many programmes have been held in the run-up to the main commemorative event in Kargil later this month.

Col Sachin Annarao Nimbalkar, who was about 23 years old and serving with the 18 Grenadiers as a captain during the conflict, was among the soldiers honoured with a Sena Medal for their bravery during the war.

"We were fighting with our backs to the wall and every inch that we had to capture was a big fight. The victory in the Kargil war was attained with great sacrifices made by various units.

"If I talk about my unit, 18 Grenadiers, we are bravehearts, two officers, two JCOs, and 30 other ranks sacrificed their lives (in this war) and many others were injured and some disabled for life," Col Nimbalkar told PTI after paying homage to fallen heroes at the National War Memorial.

"So, this tells the cost of capturing the features of Tololing and Tiger Hill as far as my battalion was concerned," he said.

The Army officer, who hails from Maharashtra, proudly shows the regimental insignia bearing the motto 'Sarvada Shaktishali' emblazoned on his military cap and explains its origin.

"We are now celebrating the 25th year of Kargil Vijay Diwas... I remember when we were successful, I remember when we were facing casualties, I remember Lt Col Viswanathan, who sacrificed his life during the battle of Tololing," he said.

Col Nimbalkar paid homage to his Indian Military Academy (IMA) coursemate Capt Manoj Pandey and hero of the Tiger Hill battle on his death anniversary at the memorial.

"There are mixed emotions. There is a sense of achievement but it has come at a great cost. Today is the day for all of us to collectively acknowledge the efforts of our heroes and sacrifices (they) made for the nation," he said.

Build sustainable and safe Cities that serve the needs of people: LG Sinha

Urban Affairs) India, Sinha called upon town Planners, Urban designers and experts to focus on building future-ready

cities. "Given the extreme weather events, impact of climate change and unpredictable weather patterns, it is imperative to focus on resilient urban planning for future-proof cities", the Lt Governor said.

The two-day long deliberations with all the states and Urban Planners and recommendations will help in formulating the final report of the Committee on reform in urban Planning in the country.

"Our primary objective is to build sustainable, inclusive, resilient, and safe cities which serve the needs of people and are able to effectively tackle economic, social and climate challenges", Sinha said and added "we need collective efforts from stakeholders and community to unlock urban potential".

"Our cities are growth engines of the country and also play a key role in fulfilling the dreams and aspirations of the citizens", he said.

The Lt Governor said that increasing urbanization reflects the growing aspiration. Urban planning should be able to build sustainable infra and enable residents to prosper, he added.

Assembly Polls: J P Nadda to visit Jammu on July 6

He is expected to announce the election-related programmes. "We anticipate the ECI will announce the elections soon," Raina said.

The party's primary focus will be on forming a BJP-led government in Jammu and Kashmir, he said.

J&K BJP in-charge Tarun Chugh, Co-incharge Ashish Sood, both MPs from Jammu and Udhampur, senior BJP and RSS leaders will also participate in this important meeting.

Over one lakh perform Amarnath Yatra in five days

Nunwan (Pahalgam) base camp." Last year, in the first five days of the yatra around 50,000 pilgrims trooped to the shrine.

The Meteorological (MeT) department has forecast generally cloudy weather on both the Yatra routes with the possibility of light rain/thunder during the day.

Yatris take either the 48 km long traditional Pahalgam route or the shorter 14 km long Baltal route to perform the Yatra.

Those using the Pahalgam route take four days to reach the cave shrine while those taking the Baltal route return to the base camp the same day after having 'darshan'.

The cave shrine located at 3888 metres above sea level houses an ice stalagmite structure that wanes and waxes with the phases of the moon.

Devotees believe that the ice stalagmite

structure symbolises the mythical powers of Lord Shiva.

Extensive arrangements for security have been made this year all along the nearly 300 km long Jammu-Srinagar highway, at the twin Yatra routes, the two base camps and the cave shrine to ensure a smooth, incident-free Yatra.

Over 124 'langars' (community kitchens) have been set up along both the routes and also at the transit camps and near the cave shrine.

Over 7,000 'Sevadars' (Volunteers) are serving the Yatris during this year's Yatra. Helicopter services are also available for the Yatris on both routes.

Udhampur's Birmah bridge reconstruction project approved

currently in progress. The estimated project cost is approximately Rs. 15 crores. We expect that the construction will be completed by December 2024. The sanctioned period for the project is until June 2025," Saloni Rai said.

The bridge considered the lifeline of the city suffered significant damage during the 2020 flash floods and heavy rain, causing major disruptions for residents and businesses.

Sanjeev Vaid elevated as Chairman, Rotary Means Business J&K Chapter

connections and professional development among its members.

Past District Governor Dr Dushyant Choudhary, elevated Rtn. Sanjeev Vaid as Chairman, RMB, J&K Chapter and Rtn Harish Gulati as Secretary in the presence of Rtn Dhanya Nair, Chairperson RMB, Rtn Rajesh Bahri, Trainer and Dr Ruchi Gaur.

In his address Rtn Sanjeev Vaid welcomed the gathering and emphasized the importance of RMB. While addressing the gathering, Dr Dushyant Choudhary gave details about RMB to the gathering and underscored the importance of RMB initiative in promoting ethical business practices and community service. The RMB Chapter aims to create a platform where Rotarians can support each other in their business endeavors while upholding the Rotary values of integrity and service.

The launch event was attended by RMB members, Jatinder Gandhok, K K Sharma, Pooja Malhotra, Chakshu Kapoor, Adeep Mehta, Rohit Gupta, Chandar Goel, Joginder Pal Singh, Deepak Gupta, Pawan Dhunna along with prominent business people and esteemed members of other Rotary Clubs.

IIM Jammu's MDP for Life Insurance Professionals of PNB MetLife Second Batch off to a grand start

Top News Report

JAMMU, July 4: Indian Institute of Management (IIM) Jammu under the leadership of Prof. B.S. Sahay, Director, IIM Jammu inaugurated the Life Insurance Professionals Program for the second batch (Module-1) for PNB MetLife India Insurance Company Limited on Thursday at its state-of-the-art campus at Jagli.

The Module-1 of this program will continue till 05th July 2024. Present on the occasion were Rajesh Verma, Senior Regional Head, Bancassurance Sales, PNB MetLife, Dr. Kriti Khurana Manager L&D, PNB MetLife, Dr. Ateeque Shaikh, and Dr. Baljeet Singh, Program Director, IIM Jammu. The objective and scope of the programme is designed to help Life Insurance Professionals develop mana-



gerial acumen with broad objectives, such as developing expertise, improving sales acumen, enhancing product knowledge, fostering customer service excellence, and promoting regulatory compliance.

The program commenced with a symbolic lamp lighting ceremony, followed by the welcome address and overview of the programme by Dr. Baljeet Singh, Program Director, IIM Jammu.

Dr. Ateeque Shaikh, Pro-

gram Director and Chairperson, Executive Education and Consultancy (EE & C), IIM Jammu, gave an overview of Executive Education at IIM Jammu and its activities. He shared that the programme is meticulously crafted to equip participants with the essential skills and knowledge required to excel in the dynamic field of life insurance. He emphasized that their goal is to foster a learning environment that

enhances professional growth and industry readiness.

Rajesh Verma, Senior Regional Head, Bancassurance Sales, PNB MetLife emphasized the critical link between effective management and financial performance. He noted that well-trained and efficient managers can optimize resources, implement cost-saving measures, and drive revenue growth. By enhancing management capabilities, the company can achieve improved profitability and sustainable financial success.

Dr. Kriti Khurana, Manager L&D, PNB MetLife, highlighted the benefits of the training programme, mentioning that this initiative will significantly increase the knowledge and awareness of the business situation and environment among their administrative staff,

enabling them to tackle present and future challenges effectively.

The inaugural programme concluded on a positive note, with all attendees expressing enthusiasm for the upcoming sessions. The vote of thanks was proposed by Dr. Baljeet Singh, Program Director, IIM Jammu and the inaugural ceremony culminated with the national anthem.

IIM Jammu is committed to fostering industry-relevant experiences and continues to play a pivotal role in shaping the next generation of leaders in various sectors. The event was coordinated by the Executive Education and Consultancy (EE & C) team at IIM Jammu, showcasing the Institute's dedication to providing cutting-edge management education and consultancy services.

37th INSPIRE science camp: unleashing curiosity and creativity at Shoolini University

Top News Report

SOLAN/JAMMU, July 4: The 37th INSPIRE Science Camp, being organised at Shoolini University, was marked by a series of enriching and engaging activities. Sponsored by the Department of Science and Technology (DST), Government of India, the camp continued to inspire and educate young minds with a blend of quizzes, lectures, and hands-on learning sessions.

The day commenced with an engaging Biology and Mathematics quiz, conducted by Dr. Dhriti Kapoor, Assistant Professor at the School of Biological and Environmental Sciences, and Dr. Neeraj Gandotra, Professor at Shoolini University. The competitive and interactive format of the quizzes energized the students, setting a dynamic tone for the day's activities.

Following the quiz, Dr. Renu Bhardwaj, Professor and Director of Research at Guru Nanak Dev University, Amritsar, Punjab, delivered the first lecture of the day. Dr. Bhardwaj, a researcher with over 500 publications, five patents, 15 major research projects, and 41 Ph.D. students

under her guidance, captivated the audience with her talk on "Phytoremediation: Nature's Green Clean Technology." She elucidated the significance of phytoremediation in addressing environmental challenges such as climate change, natural water contamination, and river pollution. Dr. Bhardwaj also emphasised the need for eco-friendly technologies to tackle pollutants without disrupting ecosystems. Her lecture was well-received, with students actively participating in the discussion.

The second lecture, "Algebra and Cryptography," was presented by Prof. RK Sharma, the ConsenSys Blockchain Chair Professor and former Head of the Department of Mathematics at IIT Delhi. Prof. Sharma highlighted the applications of algebra in cryptography and its significance in secure communications and data protection. This intellectually stimulating lecture exposed students to the cutting-edge intersections of mathematics and technology.

The afternoon session was dedicated to hands-on learning during Practical Session II for Life Sci-

ences, led by Dr. Rohit Goyal, Professor at the Faculty of Pharmaceutical Sciences. Students conducted experiments including plant drug extraction techniques like Soxhlet extraction, quantifying phytoconstituents using High-Performance Liquid Chromatography (HPLC), performing disintegration and friability tests for tablets, formulating tablets using a Kambert punching machine, studying the rate of dissolution of solid dosage forms, and observing the common characteristics of animals used in research. These practical exercises provided invaluable hands-on experience, reinforcing theoretical knowledge with real-world applications.

In the camp students also had the opportunity to participate in various activities. These included Computer-AI Classes led by Dr. Piyush Sewal, a science documentary session managed by Mr. Amit Kumar, indoor sports supervised by Mr. Vikrant Chauhan, and a visit to the Yogananda Library organised by Dr. Radha. Additionally, the screening of the movie "12th Fail" provided an inspiring narrative on resilience and determination.

CCI Jammu expresses gratitude to Nitin Gadkari

Top News Report

JAMMU, July 4: Arun Gupta, President CCI expressed gratitude to Nitin Gadkari, Union Minister for Road Transport and Highway and thanks to Tarun Chugh, BJP National General Secretary and Incharge Jammu Kashmir Party Affairs and Jugal Kishore Sharma, Member Parliament for their efforts resolving the issue pertaining to the disputed fly-over from Kunjwani-Narwal sector.

Arun Gupta stated that we had always welcomed the express way but were seeking fly-over instead of RE wall as the blind walls on the both sides of express way may disrupt the vital connections between shops, business houses and residential areas.

The decision taken at the high level meeting of

National Highway Authority of India chaired by Nitin Gadkari will address the concerns of stakeholders as the blind wall based flyover would have spoiled all the commercial establishments and also created obstacles in free movement of traffic. The decision has brought cheer to the people in general & respite to the stakeholders/business establishments on out strikes of Jammu city.

We had taken up this issue with the Union Minister for Road Transport & Highways wherein we have clearly mentioned that the Expressway from Delhi to Katra nowhere passes through residential area upto Kunjwani, but the Expressway from Kunjwani onwards is passing through the city area disturbing the lakhs of people.

The land use of this area is mainly commer-

cial, varies types of commercial activities in the form of wholesale outlets, Malls, Hospitals, retail outlets, and small-scale services are carried out in this area.

The area from Kunjwani to Narwal encompasses residential and commercial areas, and we believe that a community-friendly pillar-based design for the Expressway Flyover would be more suitable. This modification would not only address the concerns of the local community but also contribute to the overall success of the Expressway project.

Now while acknowledging the gravity of the situation, in a high level meeting of the National Highway Authority of India presided over by Hon'ble Union Minister for Road Transport & Highway Sh. Nitin Gadkari Ji the issue has been resolved.

Truck drivers, Co-Drivers, Helpers registered for e-Shram in Ramban

Top News Report

RAMBAN, July 4: Office of the Assistant Labourers Commissioner Ramban Organized two days on spot Registration and awareness camps at different places along the National Highway-44 for Registration of Truck drivers and allied workers on e-shram portal.

The camps were held on 3rd and 4th of July 2024 at Seri, Chanderkote, Karol, Bus Stand Ramban, Bustand Bahinal, Lambar Near Navyuga Tunnel and Railway Station Bahinal.

During the camp, the officials of the Labour Department made the Truck drivers aware regarding the benefits

of the e-shram Registration and registered many Truck drivers on the Portal by self Registration.

Truck drivers are a vulnerable section of labour class and Registration under e-shram will provide direct life insurance cover of Rs 2 lakh and for temporary disability upto Rs 1 lac cover to the registrant.

The camp was organized under overall supervision of ALC Amit Kumar who urged the drivers, cleaners and helpers of commercial vehicles registered in district ramban to get registered on e-shram portal either through self Registration or through any CSC and take benefits of the Registration

Party workers should focus on the welfare schemes and achievements of the Central and UT Govt: Ashok koul



Top News Report

JAMMU, July 4: Bharatiya Janata Party (BJP) Sangathan General Secretary J&K, Ashok Koul chaired the series of meetings simultaneously of RS Pura Constituency, during one-day Pravas in district Jammu South here, today. The meetings were organized and coordinated by BJP District President Jammu South, Rekha Mahajan.

The meetings saw the presence of Vice President BJP J&K Sham Choudhary, State Secretary and Prabhari Jammu South Ayodhya Gupta, Former Deputy Mayor Baldev Billowaria, Former MLC Vikram Randhawa, DDC Prof Garu Ram Bhagat including District General Secretaries Pushpinder Singh Charak and Akash Chopra, Mandal Presidents Vijay Sharma, Ranjit Sharma, Bikram Sandhu besides State office bearers, District office bearers, Morcha Presidents, Morcha District team, Morcha Mandal Presidents and Shaktikendra Parmukh were present on the occasion.

While addressing the

Karyekartas, Ashok Koul held threadbare discussions with the local leadership including the party Workers holding the important responsibilities reviewed the progress of such programmes and suggested more measures to further polish the grass root level activists to reach the people and mobilize their support for the BJP by educating them about numerous mega projects of development and welfare schemes of Modi Government. Ashok Koul expressed confidence in the BJP's track record and its ability to secure a landslide victory in the upcoming Assembly polls in J&K. He asked the party activists to make sure that the policies and plans of the party are on the tips of the common masses. Koul discussed the party's ideology, principles and concepts and said that "the party workers will have to focus on the welfare schemes and achievements of the Central and UT Governments."

In her presidential address Rekha Mahajan, said that the majority of development projects aimed at rejuvenating the

Union Territory of J&K have been completed and the foundation stone of many development projects worth crores has also been laid under the leadership of PM Narendra Modi. She added that now, the BJP's focus is on micro-management to ensure that every voter reaches the booth to cast their vote. Rekha asked the party workers to show their presence on the ground level so that better results are ensured in the upcoming Assembly elections.

Sham Choudhary communicated on organizational matters in Jammu South of RS Pura Constituency and the desire to bolster the party fabric at the booth level. Eventually, on the Presidential remark, Rekha Mahajan addressed and motivated party karyekartas.

Ayodhya Gupta also underscored the need for time surveillance and proper liaison for the smooth and efficient working of the Jammu South. All Mandal and Morchas Presidents presented reports on organizational and political activities in their respective Mandals and District.

BMW Group India launches its Monsoon Service Campaign

Top News Report

JAMMU, July 4: BMW Group India has announced the launch of Monsoon Service campaign across its dealer network. This special initiative will be held across India and will ensure complete car readiness for the upcoming monsoon season.

Vikram Pawah, President, BMW Group India said, "BMW Group is committed to ensuring that our customers' vehicles are in peak condition to handle the unique weather challenges. Our Monsoon Service Campaign is tailored to provide thorough inspections, maintenance, and necessary upgrades to enhance the safety and performance of BMW and MINI cars. We understand the importance of reliability and peace of mind for our customers, and this campaign underscores our dedication to providing exceptional service and support. With a dedicated team of trained technicians, specialised workshop technologies and original BMW Parts, we ensure you can enjoy relaxing journeys."

Monsoon Service camp is conceptualized to offer useful information and tips on effective vehicle management, on-time maintenance and overall understanding of BMW and MINI vehicles. The



program provides a comprehensive vehicle check and, if required, a basic Condition-Based Service as well, ensuring that the car is in top condition. The service is conducted by certified BMW and MINI technical experts. Customers can book prior appointments for car servicing at the workshop and be able to check and update their personal details to receive special promotions and offers from their dealer.

The Complimentary Services that will be carried under the Monsoon Campaign include Windscreen wipers check, Function check of washer system, Washer fluid level, Rain light sensor check for auto wiper and auto headlight operation, Check of all front and rear lights, Alignment of headlights and fog lights, Horn Function test, Micro filters condition check and replace if necessary, Weather strips check of doors and trunk lid, Sunroof cover seals, drainpipes and trunk lid ventilation check, E-Box (Engine control unit box) cleaning, Inspection of dummy steering gromet on engine firewall, Elec-

trical plug connections in engine compartment and vehicle underbody check, Tyres check tread depth (min. 3mm), damages (e.g. cuts, bulges), irregular wear and correct tire pressure, Visually inspecting exhaust system for any leaks or breakage, Visual inspection of belt drive and damper pulley for cracks, Checking charging cable and high voltage charging socket for damage, corrosion and wear (BEV / PHEV), and Vehicle underbody incl. all visible parts: Check for damage, correct position, corrosion and tightness (BEV / PHEV).

BMW Group India urges its customers to be cautious while driving during heavy rains and around waterlogged areas. Customers are advised not to attempt to re-start the engine of a stalled vehicle to avoid damage to the engine. Affected customers can call BMW/ MINI Roadside Assistance at 18001032211 or Customer Interaction Centre at 18001022269 for assistance.

BMW Group India is the pioneer in bringing luxurious dealerships to India and has set a decisive course by setting up BMW dealerships of international standard across the country. Currently, BMW Group India has 44 service centres across 36 cities in India.

Sham Langar lauds Modi Govt for groundbreaking criminal law reforms

Top News Report

JAMMU, July 4: Sham Lal Langar, Convenor Trade Cell, BJP, J&K, on Thursday expressed strong approval of the Modi Government's recent implementation of three significant criminal law reforms. He underscored the importance of these reforms in fortifying India's legal framework and enhancing the delivery of justice across the country.

"The Modi Government has taken a historic step by implementing these three crucial criminal laws," Langar stated. "The New Penal Code, The Criminal Procedure Code (Amendment) Act, and The Evidence Act (Amendment) Act are set to revolutionize our legal system, ensuring it is more efficient, fair, and transparent."

He highlighted how these new laws would streamline judicial processes, reduce delays, and protect individual rights more effectively. He stressed that these changes are necessary to address the long-standing issues plaguing India's criminal justice system.

"These reforms are designed to enhance the effectiveness of our judiciary, protect individual

rights, and ensure that justice is delivered swiftly and transparently," Langar said. "The New Penal Code modernizes our legal provisions, the amended Criminal Procedure Code simplifies procedures, and the updated Evidence Act strengthens the integrity of the judicial process."

Praising Prime Minister Narendra Modi's leadership, Langar reiterated the BJP's commitment to fostering a more robust and equitable legal system. He emphasized that these reforms reflect the government's dedication to upholding the rule of law and ensuring justice for all citizens.

"Under Prime Minister Modi's visionary leadership, we are witnessing transformative changes that will have a lasting impact on our legal system," Langar remarked. "The BJP remains steadfast in its mission to build a stronger, more just India where every citizen can trust in the fairness and efficiency of our judiciary."

He expressed optimism about the positive changes these laws will bring and reaffirmed the BJP's resolve to continue advocating for justice and legal reforms.

SSP Jammu inspects Border Police Posts to review security scenario

Top News Report

JAMMU, July 4: In order to strengthen the border grid and to augment the existing paraphernalia of the border zones functioning in the Jammu District, SSP Jammu Dr Vinod Kumar IPS toured the jurisdiction of Sub division RS Pura, in order to take a first hand knowledge regarding the boarding and logistics that are already existing, with a holistic view to upgrade, in order to strengthen the border grid of Jammu District.

He was accompanied by SP Headquarters Jammu, SDPO RS Pura,

where as SHO Arnia and SHO RS Pura were also present on the spot.

The visit started with inspection of Border Police Post Allah in the jurisdiction of Police Station Arnia.

After inspecting the same, the Police District Chief had an inspection of Border Police Post Agra Chak in the jurisdiction of Police Station R S PURA with a holistic view to upgrade the same and to look for its existing capabilities.

It is pertinent to mention that this exercise is being conducted in whole of the Jammu District, whereas a special emphasis has been laid

upon the borders.

SSP Jammu showed satisfaction with the functioning of Border Police posts and instructed officers/officials to work with more commitment and dedication towards assigned duties. He assured further strengthening of BPP's in coming days.

It is pertinent to mention here that the Border Police posts are working as a third line of defence, the primary and secondary being BSF and Army, respectively.

Currently the Border Police post are being augmented & supported led by VDG's along with regular manpower.

Virat Kohli Beats Ravindra Jadeja In Their Final ICC T20I All-Rounder Rankings

NEW DELHI, Jul 4 (Agencies): Virat Kohli and Ravindra Jadeja both announced their retirements from T20I cricket just after India clinched the T20 World Cup 2024 title by defeating South Africa in the final. Both Indian cricket team stars enjoyed an illustrious career in the shortest format of the sport and the World Cup trophy was the perfect way to say goodbye. Kohli moved up to the 40th position in the ICC T20I batter rankings after playing a match-winning knock in the summit clash against South Africa. However, it came as a major surprise to fans that Kohli also moved above Jadeja in the latest ICC T20I all-rounders rankings.

In their final ICC T20I all-rounders rankings, Kohli finished in 79th spot while Jadeja finished 86th.

Kohli did not bowl a single



delivery in the T20 World Cup 2024 but scored 151 runs. On the other hand, Jadeja had a disappointing campaign with just 35 runs from the bat and

he took just one wicket.

It seems quite unlikely that Kohli can finish above Jadeja in the all-rounders rankings as Kohli has not bowled for around

eight years while Jadeja played as a proper all-rounder for the Indian cricket team.

However, the T20I rankings change quite often due to the involvement of associate nations and when it comes to all-rounders, both batting and bowling performances are taken into consideration.

Kohli has taken 4 wickets in 13 T20I innings at an average of 51 and an economy rate of 8.05. Jadeja, on the other hand, have 54 dismissals to his name in 71 innings at an average of 29.85 and economy of 7.13. However, the scenario completely changes once the batting statistics are considered.

Jadeja has scored 515 runs at an average of 21.45 and a strike rate of 127.16. Meanwhile, Kohli has scored a mammoth 4188 runs at an average of 48.69 and a strike rate of 137.04.

Indian women look to finetune strategies in T20I series against SA ahead of Asia Cup, World Cup

CHENNAI, Jul 4 (Agencies): Indian women's team will be eager to use the three-match T20I series against South Africa, beginning here from Friday, as a testbed to finetune its strategies before hitting the road to the Asia Cup and the T20 World Cup.

In fact, this is India's last white ball bilateral series ahead of the Asia Cup in Sri Lanka from July 19 and the ICC showpiece in Bangladesh from October 4.

In that context, the Harmanpreet Kaur-led side will leave no stone unturned in their effort to embark on those big events in the best possible frame of mind.

They have displayed signs of it too in the preceding three-match ODI series in Bengaluru and in the one-off Test here.

The relentless India have won all those assignments despite the Proteas creating pockets of fight.

Since 2023, India have featured in seven T20I series, winning three of them and losing four. They would certainly want to bridge that gap, however narrow it might be.

India will take consolation from the form of their players in the first two legs of this series.

In the ODIs, vice-captain and star batter Smriti Mandhana shone brightly with two hundreds and a fifty in three matches, while Harmanpreet found her feet with a hundred in the final ODI.

The only jarring note of that triumphant run might have been the shoddy form of opener

Shafali Verma but she allayed the concerns with a fiery double hundred, the quickest in women's cricket, in the one-off Test here.

Jemimah Rodrigues and Richa Ghosh too have shown sparks of regaining their touch, and these batters occupy the first five places in India's run-makers' list in the shortest format. So, the team management will eye a flawless outing from this quintet against South Africa, who are coming off a less than satisfactory outing against the Lankans at home in the T20Is.

India's bowling too looks very strong on paper, as pacers Renuka Singh, Pooja Vastrakar and Arundhati Reddy have been on the money, while spinners Deepti Sharma, Radha Yadav, Asha Shobana and Shreyanka Patil present a formidable force. From a South African perspective, they will depend heavily on skipper Laura Wolvaardt for runs up the order and early momentum. Wolvaardt showed her prolific side slamming a century each in the ODIs and in the one-off Test.

The opener's form will be a crucial factor if SA want to win a T20I series since January last year when they prevailed in a home tri-series also involving India and the West Indies.

We have played a lot of good cricket in patches, but to narrow it down, we have to be more consistent, all-rounder Chloe Tryon had mentioned in the

pre-match press meet.

But the tourists can't lean on Wolvaardt alone as they need runs from Marizanne Kapp, Sune Luus, Anneke Bosch and Tazmin Brits.

Nonkululeko Mlaba and Masabata Klaas, Nadine de Klerk and Ayabonga Khaka will have to be at their absolute best against this Indian batting line-up.

The Proteas will also hope that they can get a few overs from the experienced Kapp, who has not bowled in the series so far as she is recovering from an injury.

Although the MA Chidambaram pitch generally remains on the sluggish side, it was a smoother one in the one-off Test. So, the teams will be keeping an eye on its nature too ahead of this series.

Teams (from): India Women: Harmanpreet Kaur (C) Smriti Mandhana (vc), Uma Chetry (wk), Richa Ghosh (wk), Dayalan Hemalatha, Jemimah Rodrigues, Shafali Verma, Amanjot Kaur, Shreyanka Patil, Sajeevan Sajana, Deepti Sharma, Asha Sobhana, Arundhati Reddy, Renuka Singh, Shabnam Shakil, Pooja Vastrakar and Radha Yadav.

South Africa Women: Laura Wolvaardt (C), Tazmin Brits, Mieke de Ridder (wk), Sinalo Jafta (wk), Anneke Bosch, Nadine de Klerk, Annerie Dercksen, Marizanne Kapp, Sune Luus, Chloe Tryon, Ayabonga Khaka, Masabata Klaas, Eliz-Mari Marx, Nonkululeko Mlaba and Tumi Sekhukhune.

14-year-old swimmer Dhinidhi Desinghu to represent India at the Paris Olympics

BENGALURU, Jul 4 (Agencies): At just 14 years old, swimmer Dhinidhi Desinghu is set to be the youngest member of the Indian contingent at the Paris Olympics later this month. Despite missing out on the carefree pleasures her peers enjoy and occasionally feeling a sense of solitude, Dhinidhi believes that all her sacrifices have been worth it as she prepares to fulfill her dream of competing on the world's biggest stage.

"Sometimes I miss the fun generally kids of my age have. I do not go out much with friends and feel lonely. But then I wanted to swim and I wanted to go to the Olympics," Dhinidhi told PTI Bhasha in an exclusive interview at her residence. "I am the one who chose this path for me. With that comes a lot of sacrifices, but I do feel different,

extraordinary, and proud. At 14, I am going to the Olympics, so all the sacrifices are worth it."

Dhinidhi, who studies in the ninth grade, has made a significant mark in Indian swimming by winning medals at the National Games and the senior National championships last year. Her impressive performances this season have made her the top-ranked Indian female swimmer. The Swimming Federation of India recognized her potential and awarded her one of the two Universality places, giving her an opportunity of a lifetime.

"I knew that I had a chance (of making the Olympics) because I have been working very hard, but it was surprising that I got this chance so early in my career. Being the youngest one in the Indian contingent is a big honor. I am super excited to be a part of the Indian Olympic contingent as I will get a chance

to meet the greatest athletes," said Dhinidhi, who will compete in the women's 200m freestyle event. Having got the opportunity to compete at the Olympics at such a young age, Dhinidhi wants to soak in everything and gain experience. "This is just the beginning and I have a long, long way to go. I am really excited to know what more I can do in 2028 and 2032. I want to experience the feeling of staying at the Olympic Village, see what kind of races are held there, and observe the dedication, focus, and preparation of world-class athletes. I am not thinking about performance as it is just about learning this time. I am sure whatever learnings I have here will make me a better athlete."

She is particularly excited to meet her idol, seven-time Olympic gold medalist swimmer Katie Ledecky. "I made a



greeting card last year for her. I used to think that whenever I got a chance to meet her, I would give this to her. I looked up at her from a very young age and luckily, I got this chance. Hopefully, I can give it to her in Paris. I will be on the seventh moon if I get a chance to even see her," she said.

The Olympic cycle has been challenging for Indian swimming, with none of the swimmers breaching either the 'A' or 'B' qualification times. However, Dhinidhi's selection marks a bright spot and a hopeful future for the sport in India.

Superbet Classic Chess: Gukesh holds Caruana; Praggnanandhaa draws with Nepomniachtchi

Just two rounds remain in the USD 3,50000 prize money tournament

BUCHAREST (ROMANIA), Jul 4 (Agencies): World Championship challenger Grandmaster D Gukesh played out a draw with tournament leader and top seed Fabiano Caruana of United States in the seventh round of the Superbet Classic Chess tournament here.

On another all-draws day, R Praggnanandhaa signed peace with Ian Nepomniachtchi of Russia leaving the lead positions intact like the previous round.

Caruana on 4.5 points remains in front with two victories and five draws, he is followed by Gukesh, Praggnanandhaa and Alireza Firouzja of France, who are all half a point behind the American.

Nepomniachtchi shares the fifth spot with Maxime Vachier-Lagrave of France with a fifty percent score, a half point ahead of the trio of American Wesley So, Dutch Anish Giri and Uzbekistan's first son in chess Nodirbek Abdusattorov.

Just two rounds remain in the USD 3,50000 prize money tournament.

Gukesh's choice of Italian opening gave him an optical advantage against Caruana.



After the initial tussle, the players reached a middle game wherein the Indian had an edge thanks to better placed forces but Caruana was up to the task in finding the defense to maintain the balance.

The pieces got traded at regular intervals in this encounter and the players arrived at a Queen and rook endgame where neither side had a real chance. The game was drawn after 62 moves.

Praggnanandhaa had a relatively easy day against Nepomniachtchi despite playing black. Years of working with World number one Magnus Carlsen and his own expertise as the two-time world championship challenger has made Nepomniachtchi a leading theoretician but in the seventh round the Indian surprised him with what looked like a

sensational preparation. The next round would mostly decide the final outcome of the tournament as Caruana is facing Praggnanandhaa and Gukesh has a tough nut to crack in his final white game in Anish. Firouzja might also fancy his chances for a maiden victory in the Grand chess tour if he can conquer the machine-like precision of Nepomniachtchi.

Results round 7: Ian Nepomniachtchi (FID, 3.5) drew with R Praggnanandhaa (Ind, 4); Deac Bogdan-Daniel (Rom, 2) drew with Alireza Firouzja (fra, 4); Anish Giri (Ned, 3) drew with Maxime Vachier-Lagrave (Fra, 3.5); D Gukesh (Ind, 4) drew with Fabiano Caruana (Usa, 4.5); Alireza Firouzja (Fra, 3.5) beat Wesley So (Usa, 3) drew with Nodirbek Abdusattorov (Uzb, 3).

Prepared for Kylian Mbappe: Portugal's Nuno Mendes confident for France clash

HAMBURG, Jul 4 (Agencies): Portugal full-back Nuno Mendes revealed that him and his side are fully confident to go all out in their upcoming UEFA Euro 2024 quarter-final against Kylian Mbappe's France on July 6. Mendes explained that he is fully prepared to handle the attacking prowess of Mbappe in the fixture, if the French star-forward starts to focus his pacy attacks from his flank on the left. After Portugal clinched a nail-biting win via penalty shoot-out against Slovenia and France bagged a narrow 1-0 win over Belgium, football fans have now got one of the biggest fixtures in their hands.

Both France and Portugal are considered heavyweights, and two of the favourites for Euro 2024. However, both star-studded sides failed to showcase their usual brilliance in the tournament. To highlight their backlogs better, both Mbappe and Portugal talisman Cristiano Ronaldo have failed to score their opening goal in this tournament. Despite that, the defenders from both sides will know how much of a threat these two forwards carry, and the same will be expected in the highly anticipated quarter-final at the Volksparkstadion in Hamburg.

"I don't think he will



be playing on my flank, but if it happens I'm prepared...I train every day for these moments and we are prepared to face them... They have high-level players, but we also have great players. We need to do everything we can to cancel France's strengths and play our game," Mendes said in the pre-match press conference.

Mendes is one of the fortunate ones to have the experience of sharing the dressing room with Kylian Mbappe at his club Paris Saint-Germain, and then Ronaldo in the national squad. Speaking at the pre-match, Mendes did not shy away from acknowledging the honour for the same,

and explained how the two would be one of the main threats to each side in the match-up.

"They are high-level, excellent players who can make a difference at any moment. I shared a dressing room with both of them, and it was a pleasure to play with Mbappe and play with Cristiano. They are incredible, from one moment to the next they make a difference," Mendes added.

With Spain facing Germany in the other fixture on July 5, the very first day of the quarter-final games in Euro 2024 will feature 4 of the heavyweights pinned against each other.

With an eye on hat-trick, Pankaj Advani continues winning streak at Asian Billiards

RIYADH, Jul 4 (Agencies): Ace Indian cueist Pankaj Advani, who is vying for a hat-trick of Asian Billiards titles kept his winning momentum as he beat Siddharth Parikh 4-2.

Siddharth and Pankaj faced off in a series of six frames that showcased their exceptional skills under pressure.

The match started with Siddharth taking an early lead. Showing precision and control, he scored 101 points, leaving Pankaj trailing with 38. Siddharth's commanding performance set the tone for the match.



The second frame was a nail-biter. Siddharth managed to edge out Pankaj with a close score of 100 to 99. Notably, Siddharth had a break of 65, while Pankaj almost turned

the frame in his favor with an impressive break of 92.

Going into the next frame, Pankaj bounced back strongly, shutting out Siddharth completely with a score of 101

to 0. His break of 60 was a testament to his strategic prowess and execution. The fourth frame was an intense battle. Siddharth scored 95, including a break of 95, but it wasn't enough to surpass Pankaj's 101.

Pankaj, with a break of 93, demonstrated his resilience and ability to perform under pressure, narrowly winning the frame. He continued his dominance in the fifth frame, scoring 104 to Siddharth's 2. With a remarkable break of 87, Pankaj showcased his consistent high-level play and strategic

acumen, leaving Siddharth struggling to catch up.

In the final frame, Siddharth put up a valiant effort, scoring 95 with a break of 95. However, Pankaj's 102, including a break of 77, secured his victory in the frame and the match.

Speaking after his close victory, Pankaj said, "It is good to keep the momentum going. Siddharth is a formidable opponent. Given the unpredictable nature of sport, it was a thrilling match. As the tournament progresses, it is important to keep focus."

SVLARC organizes Poetry Session

Top News Report

JAMMU, July 4: Shree Vishwakarma Library & Research Centre (SVLARC) New Plot Jammu and Vishwakarma temple Committee Digiana jointly organized a multilingual "Poetry Session" and Felicitation function for Vijay Verma, Sahitya Academy Awardee and a renowned Dogri writer. The session was chaired by Dr Chanchal Bhasin, a renowned Dogri writer & Poet.

A total of eighteen poets participated whose detail is as under: Dr Chanchal Bhasin (Dogri); Pawan Verma (Dogri), Dr Anil Mandla (Dogri), Neelam

Verma (Dogri); Balwant Kataria (Dogri); Aarsh Om Dalmotra (Urdu); Raj Kumar Raaz(Dogri); Rattan Bhardwaj from Akhnoor (Dogri); Avtar Chand Verma (Punjabi), Madan Bral (hindi), Neha Verma (Dogri), Vijay Verma (Dogri), Sushil Begana (Dogri), Dharam Pal, Meenakshi Devi (Dogri), Som Nath Azaad, Abdul Qader Kundria (Dogri/Urdu), Ram Pal Dogra. Each poet was given away a participation certificate.

Dr Chanchal Bhasin in her address said, "The function was simple but very impressive and shall contribute to promote art and culture".

She disclosed that she visualized real dedication, zeal, and love for art in the organizers of this event.

Vijay Verma was honoured with a Shawal and Momento for his Sahitya Academy Award. Balwant Kataria explained that Vijay verma has started his poetry in Dogri, Hindi and English long back in his school days. Later he was honoured with Best Young Dogri Poet by J&K Academy of Art, Culture and Languages in 1994. Vijay verma has served as Sr News Reader, Translator in All India Radio and now retired at "Addl Director General level".

He has been Member of Advisory Board Dogri in Sahitya Academy, New Delhi.

Convener of the Library, Ramesh Angotra while appreciating the poetry cited by the participants, remarked that poets and writers are important section of society and they should be duly respected and honoured. He said Vishwakarma Library is committed to promote Art, Culture and Literature. Vijay Verma is pride of J&K.

Mohinder Lal (President of Temple Committee), and Ram Pal Chargoitra (Gen Secy) from Digiana Temple gave away the participation certificates

to the participating poets. They said art and literature act as lubricants in our of social life. They said poets can imagine, beyond horizons.

Earlier in his welcome address, Joginder Angotra presented details of achievements in the past thirteen years and future plans of the Library. Balwant Kataria conducted the proceedings of the event and Om Kataria presented vote of thanks.

On this occasion, Ajay Verma, Raj Chalotra, Surinder Kumar, Kewal Fotra (President Sain Sabha), Manshu Kataria, Master Kuldeep Raj Malhotra, Divyansh Dhiman etc were also present.

J&K observed worth Rs. 6844. 39 Cr scam under BJP Ruled J&K UT: Anirudh

Top News Report

JAMMU, July 4: State General Secretary, J&K Pradesh Youth Congress Anirudh Sawhney in a statement on Thursday criticized the UT Administration over allegations of misuse of state exchequer money.

It has been alleged in one incident that over Rs 10 lakh of state funds was spent on private celebrations. Overall, J&K has observed worth Rs. 6844. 39 Crores scam under BJP ruled J&K UT.

Sawhney said that the people and youth of J&K feel deep disappointment and anger at such examples of blatant misuse of power. The issues keep piling on, however, there has been no accountability and transparency from the UT government or Centre, he said.

Speaking on the matter, Anirudh Sawhney said that it is really disheartening to see such blatant misuse of power even at the topmost positions of power in J&K. He highlighted the dire state of affairs in the Union Territory, particularly for the youth, who are grappling with numerous issues.

"The youth are facing many challenges, and there has been no effort



from the UT government or the LG office to allay their fears, especially concerning recurring scams in recruitment and competitive examinations." On the other hand, scam after scam is being exposed and it is very clear that corruption is rampant in the current regime, despite claims by the ruling party.

He said that the youth feel neglected and betrayed by their leaders. "When such news comes to light, it destroys any further hope. This is completely unacceptable," he added.

The misuse of public funds for personal celebrations not only undermines public trust but also exacerbates the frustration among the younger population, who see their opportunities dwindling. We have seen no action or efforts from the UT administration or Centre towards enabling opportunities for J&K's

youth. No attention has been directed towards the overall upliftment and progress of the quality of life of young people in our community. On the contrary, opportunities have been snatched from our hands through misdirected policies, corruption and lack of transparency, Sawhney added.

He said that the Youth Congress and Congress party have long been vocal about the need for transparency and accountability in governance. The UT government should prioritize addressing the pressing issues faced by the youth, such as unemployment and corruption, rather than indulging in lavish expenditures.

When Jammu and Kashmir is already facing significant challenges, it needs better leadership and elections at the earliest so people can rightfully choose their representatives and government.

Such incidents are a reminder of the urgent need for responsible leadership that prioritizes the welfare of the people, especially the younger generation.

The youth of J&K, he said, deserves better than this blatant disregard for their future.

JKBS members appreciate SgCt Raj Kumar Sargotra's honesty and integrity



Top News Report

JAMMU, July 4: The Jammu and Kashmir Batwal Sabha (JKBS) members who met here on Thursday, highly appreciated SgCt Raj Kumar Sargotra's honesty and integrity.

They said that a day before yesterday when one Sri Amarnath Yatra pilgrim Omesh Khadiq hailing from MP's Guna left his bag containing Rs 45000 and documents near Xray Baggage Scanner Point at Bhagwati Nagar Base camp, SgCt Raj Kumar Sargotra who was deployed at the point found the bag and informed his supervisory officer. The pilgrim was located on the basis of documents available in the bag. The bag along with cash and other document was handed over to the pilgrim.

Pilgrims who were around, eulogized the act of integrity and honesty of SgCt Sargotra. Later the SSP Security Jammu awarded the commendation certificate and cash reward to SgCt Sargotra so as to boost his morale.

Speaking on the occasion, R L.Kaith said, "Honesty plays an important role in everyone's life and it is a character which is visible with open eyes like an open book. Having considered as an Honest person by the society is one of the best compliment one can dream of in his entire life. It is the real character a person earns in life by being sincere and dedicated towards it".

ABDPSS Amarnath Yatra Bhandara enters 5th Day

Top News Report

JAMMU, July 4: Akhil Bhartiya Dharam Prachar Sewa Samiti (ABDPSS), Jammu and Kashmir has continuously been arranging Bhandara for Baba Amarnathji Yatris since 30th June, 2024 at Railway Station, Jammu with enthusiasm and fervor.

The Samiti has the mission of Public Service accomplishments which forms the core of the organization. The Langar run by the Samiti run continuously and provide pure healthy meals day and night to pilgrims and devotees come from across the country for the darshan of Baba Amarnath.

Today on 5th day Swami Pramatanand ji Maharaj inaugurated Bhandara in the presence of Sunil Sharma, National Coordinator of the Akhil Bhartiya Dharam Prachar Sewa Samiti. Vijendra Shastri Maharaj lauded the efforts of the volunteers of Samiti for arranging meals day and night for the yatris coming from different states of India



and abroad.

The National Co-ordinator of the Samiti Sunil Sharma informed that today on 5th day of Bhandara Large number of yatris came from different states of India take meals and appreciated the efforts of the samiti for arranging meals day and night for such a long time for yatris with sweets on the directions and teachings of Bhrahmgyani Guruji. The pilgrims shall be served hygienic, delicious, energetic and digestive "satvic" bhojan for all days; besides there shall be special and exclusive arrangement for pilgrims observing "fast" on Ekadashi and other impor-

tant festival dates, such arrangement is available nowhere in Jammu Transit Camps.

Abhi Vishwakarma informed that For this purpose, the Akhil Bhartiya Dharam Prachar Sewa Samiti under the guidance of Sunil Sharma actively assisted by vikul Sharma, Amrit bhivani, Ajay Kumar and Raman Kumar have constituted a team of highly dedicated Members to serve the yatris day and night in the best possible manner. Among others who attended today's Bhandara namely Vishal Sharma, Swatantar Bakshi, Vikram Sharma, Raja Mankotia Anil Kumar and Tarachand.

2 J&K NCC Boys Bn conducts cleanliness drive to promote Swachhta in GGM Science College



Top News Report

JAMMU, July 4: The National Cadet Corps (NCC) Boys cadets of GGM Science College, Jammu on Thursday organized a cleanliness drive aimed at raising awareness about Swachhta (cleanliness) and improving the hygiene of the college campus and its surrounding areas.

This initiative is part of a broader campaign to instill the importance of cleanliness and community responsibility among students and residents. Along with Principal Sir, ANO Lt(Dr) Devinder Kumar Sharma and Dr Sunil Dutt (Dept of Physics) also enlightened the cadets by actively taking part in this drive.

The drive began with an inspiring speech by

the college principal, Dr. Romesh Kumar Gupta who emphasized the role of students in leading societal change and the significance of maintaining a clean environment.

Following this, the NCC cadets, equipped with cleaning tools and protective gear, embarked on a mission to clean the college premises and nearby localities.

Throughout the day, the cadets engaged in various activities, including: Litter Collection, Awareness Campaign and Community Interaction. The drive received enthusiastic participation from students, faculty, and local residents, making it a resounding success.

The collaborative efforts not only resulted in a cleaner environment but also fostered a sense of community and shared

responsibility for maintaining cleanliness.

The NCC officers and college administration expressed their pride in the cadets' dedication and hard work.

"Our cadets have shown exemplary leadership and commitment to the cause of Swachhta. Their efforts have made a tangible difference, and we hope this drive inspires others to take similar initiatives," said ANO Lt Dr Devinder Kumar Sharma.

This cleanliness drive is part of a series of initiatives planned by the NCC unit of GGM Science College, Jammu to contribute to the nationwide Swachh Bharat Abhiyan (Clean India Mission).

The cadets are committed to continuing their efforts and making a positive impact on the environment and society.

JKBS urges GoI to honour the great writer K.C Bhagat with 'Padamshri' posthumously

Top News Report

JAMMU, July 4: The Jammu and Kashmir Batwal Sabha (JKBS) on Thursday urged the Government of India to honour the great writer K.C Bhagat with 'Padamshri' posthumously in recognition of his immense contribution towards enriching English, Hindi, Urdu and Punjabi literature.

JKBS' General Secretary R.L.Kaith mentioned that K.C.Bhagat was born on October 27, 1927 in the family of Beli Ram Bhagat, a carpenter hailing from a small village Jar Avtal of Ramgarh. His father wished his son to be a carpenter too, but his younger brother Duni Chand wanted his nephew to become some high officer in the Government. So he moved to Jammu along with his nephew for better prospects.

K.C.Bhagat was quite fast in learning right from his childhood and proved his intelligence with the passage of time. He was an outstanding student and did his graduation from Lahore University.

K.C.Bhagat worked as Tehsildar, Assistant Commissioner with powers of Divisional Commissioner, Director Land Records, Director Social Welfare



and various other positions in the J&K State Government Departments. On October 31, 1983, he got retired from service and started writing. Till he breathed last at 97, he had authored thirty three books and several hundred articles in English, Hindi, Urdu and Punjabi languages attracting countless readers.

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