

TOP NEWS OF J&K

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Daily Evening Newspaper



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BRIEFLY

Mughal Road closed for traffic after massive landslide

SRINAGAR, Jul 8 (Agencies): Traffic movement was suspended on Mughal Road in Jammu and Kashmir after a massive landslide along the historic road on Monday, officials said. An official told Greater Kashmir that a big portion of a mountain came down at Panar on the road, blocking the road. He said that men and machinery have been pressed into service to clear the debris from the road, which connects south Kashmir's Shopian with Pir Panjal.

Migrant worker died by alleged suicide in Baramulla

SRINAGAR, Jul 8 (Agencies): A non-local labourer hanged self to death in north Kashmir's Baramulla district on Monday. An official told News Agency Kashmir Scroll that one non local labourer (painter) from Jaynagar Surjapur Bihar at present Shalimar Lane Kanispora Baramulla hanged himself in a Bathroom at Shalimar Lane Kanispora. He said that the body was taken into custody for medico legal formalities. He added that proceedings u/s 194 BNSS initiated and investigation is going on.

15-year-old boy stabbed to death in South Kashmir

SRINAGAR, Jul 8 (Agencies): A youth was stabbed to death by another youth in South Kashmir's Anantnag district on Sunday late night, officials said. Quoting an official, Kashmir Scroll reported that a 15-year-old boy was found in drainage and was bleeding. He was immediately taken to near by hospital where from shifted to GMC Anantnag where doctors declared him brought dead. He said that boy was stabbed by another boy over some minor scuffle and he died. "To ascertain the facts of incident police" **Turn to page 9**

Over 1.82 lakh perform Amarnath Yatra in nine days

JAMMU, Jul 8 (Agencies): Over 1.82 lakh pilgrims had 'darshan' inside the holy cave shrine of Amarnath during the last nine days as another batch of 5,803 yatis left for Kashmir on Monday. Officials of Shri Amarnathji Shrine Board (SASB) said, "Another batch of 5803 yatis left Bhagwati Nagar Yatri Niwas in Jammu for the Valley in two escorted convoys today. The first escorted convoy of 88 vehicles carrying 1862



Yatis left at 3.10 a.m. for the North Kashmir

Baltal base camp while another batch of 3941

yatis left in the second **Turn to page 9**

Police cannot be allowed to peep into private life of accused on bail: Supreme Court

NEW DELHI, Jul 8 (Agencies): The Supreme Court on Monday said there cannot be a bail condition which allows the police to peep into the private life of an accused in a criminal case. A bench of Justices Abhay S Oka and Ujjal Bhuyan set aside a bail condition imposed by the Delhi High Court requiring a Nigerian national to share the Google Maps pin in his mobile device with the investigating officer in a

drugs case. Click here to connect with us on WhatsApp Justice Oka, pronouncing the verdict said, "There cannot be a bail condition defeating the very objective of bail itself. We have said Google pin cannot be a bail condition. There can't be a bail condition enabling the police to constantly track the movement of the accused. Police cannot be allowed to peep into the private life of the accused on bail."

The court pronounced the verdict on a plea of Frank Vitus, a Nigerian national challenging the bail condition in a drugs case. On April 29, the top court had reserved its verdict said it would examine whether one of the conditions imposed by the Delhi High Court asking an accused to "drop a Google pin" from his mobile phone to enable investigators to track his movement while on bail violated **Turn to page 9**

Encounter underway in Kathua, Two Army personnel injured

JAMMU, Jul 8 (Agencies): An encounter broke out between militants and security forces in the Machhedhi area of Kathua district on Monday. Official said that a joint team of police and security forces came under



fire during searches in the Machhedhi area. The

forces retaliated, triggering a gunfight. They said that two army personnel have received injuries in an ongoing operation, and they have been hospitalised. Meanwhile, more **Turn to page 9**

NC Veteran, Ex Mayor among 57 whose security cover has been 'Withdrawn'

SRINAGAR, Jul 8 (Agencies): Jammu and Kashmir government has withdrawn the security cover of 57 VIPs including prominent political leaders, former judges, police officers, and journalists. The decision was outlined in an order issued by the SSP Srinagar's office. According to media reports, those whose security cover has been withdrawn include - former IPS officer, Munir Ahmad Khan, presently member of Socially and Educationally Backward Classes commission; **Turn to page 9**

Delhi High Court rejects plea against blocking of 'Briar' messaging App in J&K over terror suspicion

NEW DELHI, Jul 8 (Agencies): The Delhi High Court has dismissed a plea against the blocking of open-source messaging application "Briar" by the Union Government in Jammu and Kashmir over threat to national security and sovereignty. Justice Subramonium Prasad rejected the plea moved by Sublime Software Limited which developed the app challenging the Union Government's blocking order. The plea also sought a direction on Central Government to produce and publish the blocking order passed under Section 69A of the Information Technology Act, **Turn to page 9**

Security forces discover terrorist bunker hidden behind cupboard in Kulgam

SRINAGAR, Jul 8 (Agencies): Security forces discovered a meticulously constructed terrorist hideout within a civilian residence in Kulgam district of Jammu and Kashmir. The bunker, cleverly concealed inside an almirah, had been reportedly housing four terrorists who were killed in an encounter on Saturday night. Authorities are now looking into the possibility of local involvement in providing shelter to the terrorists. A video circulating online shows security officials inspecting the small, well-fortified concrete hideout hidden behind a wardrobe in the civilian home. **Turn to page 9**

Drug peddler with contraband held in Baramulla: Police

SRINAGAR, Jul 8 (Agencies): J&K Police on Monday arrested a drug peddler in Baramulla district and recovered contraband substance from his possession. The police later released a statement which said, "Continuing its efforts to eradicate the menace of drugs from the society, police

have arrested a drug peddler in Baramulla and recovered contraband substance from his possession. A police party of Police Station Tangmarg headed by SHO PS Tangmarg at a checkpoint established at Hospital Crossing Tangmarg intercepted one person identified as Zahoor Ahmad Sheikh

son of Gh Ahmad resident of Nadirgund." During his search, 35 grams of contraband Charas-like substance was recovered from his possession. He has been arrested and shifted to PS Tangmarg where he remains in custody, said officials. "Accordingly, a case" **Turn to page 9**

MBA MOTORS

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

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Priyanka Bhat appointed administrator J&K CUL Jammu

JAMMU, Jul 8 (Agencies): The Jammu and Kashmir Government today appointed Priyanka Bhat, Joint Registrar (Audit), Cooperative Societies, Jammu, as the Administrator of J&K Cooperative Union Limited (CUL), Jammu, for a three-month period, in addition to her own duties.

Man involved in terror financing case through bitcoin trade in J&K: SIA

JAMMU, Jul 8 (Agencies): The SIA investigations into terror financing cases have found a man involved in funding the terrorist organisations **Turn to page 9**

EDITORIAL

Space
Exploration

Space exploration has entered a transformative phase, driven by advancements in technology and renewed global interest in unlocking the mysteries of the universe. With private companies like SpaceX and Blue Origin joining traditional space agencies in pioneering new missions, humanity stands on the brink of a new era in space exploration. Key developments include plans to return humans to the Moon under NASA's Artemis program, with ambitions to establish a sustainable lunar presence by the end of the decade. Simultaneously, SpaceX has unveiled ambitious plans for Mars colonization, aiming to transport the first humans to the Red Planet in the coming years. Advances in spacecraft propulsion, robotics, and artificial intelligence are revolutionizing our capabilities in space. Innovations such as reusable rockets and autonomous rovers are reducing costs and expanding our reach, enabling deeper exploration of celestial bodies like asteroids and distant moons. Moreover, international collaboration continues to play a crucial role. The International Space Station (ISS) serves as a testament to cooperation among nations, fostering scientific research and technological innovation in microgravity environments. Looking ahead, the future of space exploration promises breakthroughs in astrobiology, planetary science, and space mining. These endeavors hold the potential to unlock new resources, expand humanity's understanding of the cosmos, and inspire the next generation of scientists and explorers. As humanity pushes the boundaries of space exploration, ethical considerations and sustainable practices will be paramount. Balancing scientific discovery with environmental stewardship and responsible exploration practices will be essential in ensuring a prosperous and enduring future in space. The trajectory of space exploration is poised for unprecedented growth and discovery. By harnessing technological advancements, fostering global partnerships, and embracing innovative approaches, humanity is poised to achieve new milestones and unravel the mysteries of the universe in the decades to come. Furthermore, the democratization of space exploration is underway, driven by the proliferation of private space companies. SpaceX, founded by Elon Musk, has made significant strides with its reusable Falcon rockets and Crew Dragon spacecraft, reducing the cost of access to space and catalyzing a new era of commercial space travel. Similarly, Blue Origin, led by Jeff Bezos, aims to lower launch costs and facilitate access to space tourism and scientific research through its New Shepard and New Glenn rockets. These private enterprises are not only expanding opportunities for space tourism but also accelerating the development of cutting-edge technologies. Advances in materials science, propulsion systems, and life support technologies are crucial for sustaining long-duration missions to Mars and beyond. NASA's partnerships with these companies under the Commercial Crew and Cargo Program have further bolstered collaboration and innovation in space exploration. Moreover, the potential for resource utilization in space holds promise for future sustainability and economic growth. Asteroid mining, for instance, could yield valuable metals and water, supporting future deep-space missions and enabling in-space manufacturing. This burgeoning industry has the potential to revolutionize our approach to resource management and energy production both on Earth and in space. Ethical considerations also loom large as humanity ventures further into the cosmos. Preservation of celestial environments and the prevention of space debris are critical to ensuring the long-term viability of space exploration. International cooperation and the establishment of norms and regulations will be essential in mitigating potential conflicts and safeguarding the shared interests of all nations involved in space activities. As humanity embarks on this unprecedented journey of space exploration, the convergence of technological innovation, international collaboration, and ethical stewardship will shape the future of our cosmic endeavors. By pushing the boundaries of knowledge and expanding our presence beyond Earth, we are poised to unlock new frontiers, inspire future generations, and forge a sustainable path towards humanity's continued exploration and eventual habitation of the cosmos.

A 'serious' leader in charge at No. 10... After some time, can Sunak bounce back?

By: Kishwar Desai

Boris Johnson called it "Starmergeddon" – and tried to warn people against it!

But it appeared to be inevitable and it was. The exit polls from BBC handled by the psephology guru and political scientist Sir John Curtice were absolutely correct with just a tiny variation of the numbers. And Sir Keir Starmer was inside Number 10, as predicted, by the afternoon of July 5.

It has been a remarkable journey for the PM, who started life as the son of a toolmaker and a nurse, in an unremarkable British middle class household. He is a "real" person you can connect with – which is a relief after the past few years of Tory rule where it was assumed everyone was born entitled and born to rule. Humility has been in scarce supply – even if you were not born rich.

In Sir Keir we have a serious politician, without slick mannerisms and designer suits. His main strength is his unwavering belief that change for the greater good is possible. In fact, in four and half years, after moving from law into full time politics – he has managed to convert a shambolic party

under Jeremy Corbyn into a winning machine. This is no mean achievement.

He has also reposed his faith in diversity – and in women, and for the first time Britain will have a female chancellor of the exchequer – Rachel Reeves. And the deputy PM is a woman – Angela Rayner. Altogether there will be more women MPs in the House of Commons, and even in the Labour Party.

Yes, he is charisma challenged – but today it is clear that the world needs leaders who are dedicated to social service and enter politics not because they want to become glib talking Prime Ministers – but because they have a dream to make the lives of others better.

And the fact that Mr Starmer won because he is sincere, thoughtful and hardworking and believes in sharing those values – makes one almost believe in politics once again!

Apart from the striking result – it was the slow and steady pace of vote counting which stood out last week – without EVMs. But given that the electorate is just about 50 million, a fraction of the Indian electorate, it can all be done in a day. It is old fashioned paper ballots to be stuffed inside boxes which are opened after 10 pm and counted all night. You don't

get the result till late the next day. But BBC gives its exit poll results once the polling booths are shut at 10 pm.

In every election there are symbolic images. There was the Mondeo Man (Mondeo was a new model of a car modelled on the 'Mini'). The person driving such a car was supposed to have voted for Tony Blair in hundreds. This time the pollsters have discovered the Whitby Woman who is between 55 and 64. Pre-poll she was undecided as were 38 per cent of voters, But I suspect that she must have voted for Sir Keir, as he is the kind of steady old fashioned bloke you want looking after the country.

But yes, there was disillusionment with politics – and many expressed their anger by not voting at all, or by voting for parties other than Labour or Conservative.

So were we sorry to see Rishi Sunak, our very own "son-in-law" of India leave Number 10? Of course, his reaching there is a great achievement and he has already made his place in history as the first Asian Prime Minister of the UK. He is young enough to try again for the top post at a later time, so nothing has been lost and experience has been gained. Of course, the Conservatives are in complete disarray and they will

have choose a new leader – let's hope, as in India, the Opposition gets its act together! Though right now it appears to be riven with infighting over the election results and the struggle to choose the next leader.

Rishi's tenure may have temporarily closed the door for other Asian aspirants for the top job such as Priti Patel, or Suella Braverman – as the Tories may want a fresh face to battle the "Starmergeddon". So will it be Kemi Badenoch or Tom Tugendhat?

But I have always maintained that the best part of his brief tenure was that the world got to see Akshata Murty, who has been low key and supportive as the No. 10 wife – and her own personality has also blossomed. She showed up wearing a very bold striped dress while Rishi gave his farewell speech. It was a defiant move – (I thought it was meant to be the colours of the British flag, though others disagreed) – and it sent a message: Defeated but not down. And she carried a very big umbrella to ensure that her husband would not be look overwhelmed and drowned (like last time) in case it rained. That also sent a signal that she is prepared – come what may.

Balancing School Studies with IIT JEE and NEET UG Preparation

By: Vijay GarG

Balancing school or college studies with preparation for competitive exams like IIT JEE (Joint Entrance Examination) and NEET (National Eligibility cum Entrance Test) can be a daunting task for many students. With the pressure to perform well academically in both realms, finding the right balance becomes essential to ensure success. In this comprehensive guide, we'll explore effective tips and strategies for balancing school or college studies with IIT JEE/NEET preparation. Additionally, we'll discuss how Inspire Institute, a renowned coaching institute specializing in IIT-JEE/NEET coaching in Pune & Chandrapur, supports students in achieving this balance and excelling in their academic pursuits.

Time Management:

Effective time management is the cornerstone of balancing school or college studies with exam preparation. Allocate specific time slots for studying, attending classes, completing assignments, and revising for exams. Use a planner or digital calendar to organize your schedule and prioritize tasks based on deadlines and importance. Set realistic goals for each study session and track your progress regularly to ensure you stay on track. Inspire Institute offers time management workshops and personalized study plans to help students optimize their schedules and make the most of their time.

Prioritize Tasks:

Identify the most critical tasks that require immediate attention and prioritize them accordingly. Determine which subjects or

topics require more focus based on their weightage in exams and your proficiency level. Allocate more time and effort to challenging subjects while maintaining a balance with other subjects. Prioritizing tasks allows you to stay focused and productive, ensuring that you cover all essential topics effectively. Inspire Institute provides guidance on prioritization techniques, helping students identify their strengths and weaknesses and allocate resources accordingly.

Create a Study Schedule:

Develop a structured study schedule that accommodates both school or college studies and exam preparation. Divide your study time into manageable chunks, dedicating specific time slots to different subjects or topics. Incorporate regular breaks to avoid burnout and maintain concentration levels. Stick to your study schedule consistently, but be flexible enough to adapt to unexpected changes or commitments. Inspire Institute offers personalized study plans tailored to individual needs, ensuring that students can balance their academic responsibilities effectively.

Utilize Free Time Wisely:

Make the most of your free time between classes, during lunch breaks, or in the evenings to study or revise for exams. Carry study materials with you wherever you go, so you can utilize spare moments for productive studying. Use technology to your advantage by accessing study materials and resources on your smartphone or tablet. Review lecture notes, solve practice questions, or watch educational videos during downtime to reinforce learning and stay

ahead in your studies. Inspire Institute provides students with access to digital resources and online study materials, allowing them to study anytime, anywhere.

Stay Organized:

Maintaining an organized study environment is essential for effective learning and productivity. Keep your study space clutter-free and well-organized, with all necessary materials and resources within reach. Use folders, binders, or digital tools to organize notes, textbooks, and study materials for each subject. Create a study schedule or checklist to track your progress and upcoming deadlines. By staying organized, you can minimize distractions, streamline your study sessions, and maximize your efficiency. Inspire Institute offers study tips and organization strategies to help students create an optimal study environment conducive to learning.

Seek Support and Guidance:

Don't hesitate to seek support and guidance from teachers, mentors, or peers when needed. Reach out to your school or college teachers for clarification on difficult concepts or additional study resources. Join study groups or online forums where you can collaborate with fellow students, share notes, and discuss study strategies. Consider enrolling in a reputable coaching institute like Inspire Institute, where experienced faculty members provide personalized guidance, mentorship, and academic support. Surrounding yourself with a supportive network can help alleviate stress, boost motivation, and enhance your learning experience.

Practice Self-Care:

Balancing school or college stud-

ies with exam preparation can be mentally and physically taxing, so it's essential to prioritize self-care. Make time for relaxation, hobbies, exercise, and social activities to recharge your batteries and maintain overall well-being. Get an adequate amount of sleep each night to ensure optimal cognitive function and productivity. Eat a balanced diet, stay hydrated, and avoid excessive caffeine or junk food intake. Practice stress-relief techniques such as deep breathing, meditation, or yoga to manage exam-related anxiety and stay mentally resilient. Inspire Institute promotes holistic well-being and self-care practices among students, emphasizing the importance of maintaining a healthy work-life balance.

Conclusion:

Balancing school or college studies with IIT JEE/NEET preparation requires careful planning, discipline, and resilience. By implementing effective time management strategies, prioritizing tasks, and maintaining an organized study routine, students can successfully navigate the demands of both academic realms. Seeking support from teachers, peers, and reputable coaching institutes can provide invaluable guidance and resources to help students achieve their academic goals. With dedication, perseverance, and a balanced approach, students can excel in both school or college studies and competitive exams like IIT JEE and NEET.

(Vijay GarG Retired
Principal Educational
columnist Malout)

Khurrana's bahu presents Sharmajee Ki Beti

Actor-writer Tahira Kashyap Khurrana's debut feature film as director, *Sharmajee Ki Beti*, is making waves in the digital domain. She believes like the many faces of feminism in her film, she unlocks her potential in myriad ways

If Tahira Kashyap Khurrana still reads the other half of superstar Ayushmann Khurrana, take a break. Once more, this Chandigarh ki beti is basking in the glory very much of her own making. As her debut feature film *Sharmajee Ki Beti* streams on Amazon Prime Video and opens to favourable responses, she shares her best/worst critic is her family, also her biggest cheerleaders. When Ayushmann, who has been part of the process and despite having read all of her drafts, saw the first edit of the film, smiled, laughed and had tears in his eyes too, she knew, "I am in safe zone."

But if you think being a star wife has made her journey any less arduous, you couldn't be more wrong. For one she doesn't know, what are the qualifications for being a member of the star wives club? Had she taken a piggyback ride on her husband's stardom or opted for the short-cut to success, the film, which she wrote seven years ago, would have been made long ago. And by now, she would have had several feature films to her credit.

Going back in time when she pitched her film, she was inundated by several suggestions; throw in a romantic track, have A-list actors, song sequence and much more. But she stuck to her guns and when Applause Entertainment came on board, they



didn't change a thing. Precisely why her characters remain all so relatable in this slice-of-life film. Indeed, as is with all first-time directors, her story came from a personal experiential space. Not that the film is biographical or a memoir. Rather there are bits and pieces of both herself and her family.

When Sakshi Tanwar as Jyoti talks about how women need not be apologetic about their ambitions, it's not just Tahira talking. Rather it's her observations, especially what she saw in her nuclear family where both her parents worked and divided roles and responsibilities equally. Look at Divya Dutta's character, a woman from Patiala, adjusting to the fast pace of Mumbai. Tahira recalls how she too was blown away by the frantic tempo of Mumbai, where not even one square foot of space is empty and even a dog, cat, a

rat and human being can coexist in the same place! Today, she is very much in sync with this city of dreams. As a dialogue in the film goes.. there is a thin line between dreams and reality, isn't that a rose-tinted view of life? She says, "We all come from our own perspectives, shaped by our experiences. Life is as complex as you make it."

And she would rather take a light-hearted approach to life and cinema too. Thus, while addressing the taboo subject of menstrual cycle, she turns the whole issue around in a humorous fashion. One of her young teenage characters, Swati, yearns for her periods to begin. Through this piquant obsession of Swati, the writer-director in Tahira wanted to break down the hush-hush around menstruation. She shares how there was a huge debate between

the stakeholders of the film — whether they should show the blood stain or not. Tahira prevailed.

Whether women directors have a more organic understanding of women's issues, she hopes the day would arrive soon when classifications such as women-centric films et al cease to exist. She, who has made several delectable short films like *Toffee* and *Pinni*, would not follow any categorisation and feels all formats are equally important. A woman of many shades, author of books, writer director, Instagrammer there is no way you can box her either... Like the many faces of feminism in her film, she 'unlocks her potential' in myriad ways.

No limiting her vision
While writing her film, Tahira Kashyap Khurrana does not have actors in her mind for their physicality would limit her vision of the characters. But, yes, if she were to ever direct her man Ayushmann, she would certainly have to come up with a humdinger of a script, which would justify his immense talent. Born and raised in a progressive household of City Beautiful, as Tahira looked around she realised her normal wasn't so for others. She adds, "That is when the questioning began and the storyteller in me was born out of that inquisitive mind."

Embracing her best version: Shailja Madhok makes Chandigarh proud by winning the second runner up at the Diva Pageant Mrs India



Chandigarh-based Shailja Madhok brings laurels to the city by grabbing the second runner up in the 'Elite Category of Diva Pageant Mrs India'. As many as 55 women from India as well as Qatar and Africa made it to this dazzling event. Madhok's journey is all about embracing her best version, and confidence. In the 21-70 years age category,

women showcased their talent in multiple rounds. "Sharing stories and learning from each other is what makes you grow as a person," shares Madhok.

Her connection with Chandigarh is not from birth, but marriage. She informs, "Around 28 years ago, I got married to this Chandigarh munda and instantly fell in love with the City Beautiful. Meticulously

planned city, beautiful trees on both ends of roads and parks; there are innumerable reasons to embrace it whole-heartedly as my home."

The three basic divisions — Gold, Silver and Elite — pertaining to different age-groups were made to keep the competition fair. Undergoing different rounds, contestants were judged on the basis of punctuality, confidence, task performances and how one embraces fellow participants.

Madhok, who won the second runner-up title, says she entered the competition only to challenge herself. "I wanted to push the invisible boundaries that we often set for ourselves. With this, I wished to serve as inspiration to many other women, especially my age, to break the stereotypes and explore their full potential. Getting recognised beyond the age of 50 has definitely boosted my confidence and further pushed me to learn new things. Life is all that matters, so why not do what you like? I have embraced my best version, have you?"

Ananya Panday's cousin Alanna Panday welcomes her first child, actress congratulates



Ananya Panday's cousin Alanna Panday welcomed her first child with husband Ivor McCray, the couple announced on Monday.

The duo shared a joint Instagram post which featured them holding their baby boy. The post was captioned, "Our little angel is here."

Ananya, 25, congratulated the couple as she re-shared the video on her Instagram story with a caption, "My beautiful baby boy nephew is here."

They announced the pregnancy in February this year.

Alanna, 28, and McCray, 32, dated for several years before tying the knot in a grand wedding in March 2023 which was attended by several Bollywood celebrities including superstar Shah Rukh Khan, wife Gauri Khan and singer

Kanika Kapoor to name a few.

Alanna is the daughter of Chikki Panday, who is the brother of Ananya's father Chunky Panday. Her mother Deanne Pandey is a coach and an author.

Alanna also has a younger brother Ahaan Panday, who is set to make his acting debut with filmmaker Mohit Suri's upcoming young love story. The film will be produced by Aditya Chopra's Yash Raj Films.

Alanna, who has over 1.6 million followers on Instagram, will make her screen debut in Prime Video India's reality show 'The Tribe'. To be produced by Karan Johar's Dharmatic Entertainment, the show will revolve around the lives of India's top social media influencers.

Harleen Sethi shares how late detection of PCOD affected her health, confidence

Actor Harleen Sethi has confidently led popular series *Broken But Beautiful* and been part of memorable projects such as *Kohra*, *The Gone Game* and *The Test Case*. While being a public figure keeps her aware of being surrounded by cameras most of the time, she shares how her confidence was broken during her teenage years after she faced intense spell of face acne, a result of Polycystic Ovarian Disease (PCOD).

Sharing her struggle with the hormonal disorder, the 32-year-old actor, reveals that since the age of 15, she visited several dermatologists but it wasn't until the age of 21 that she got the correct diagnosis. It was her mother, who suggested that they go for a hormonal test. For a teenager Sethi, seeing others' flawless skin brought immense emotional turmoil.



"Since the age of 15, every time I have gone to a new derma, I have broken down. More than body issues, emotionally I have been quite broken. Skin has become such a sensitive topic for me. Every time I would look at women on screen, it wasn't so much about beauty, it was about their flawless skin. I was like 'Wow! what a skin. Next life mein mujhe ye chahiye'. I had started living in lack. 100 percent aapki self esteem ko hit hota hai. You start thinking of yourself of not good enough, not worthy."

It wasn't just acne, PCOD also brought other symptoms, which are often overlooked by the society.

"I think, acne was definitely most visible symptom but because of insulin resistance, you also develop pockets of fat on your body, which don't go easily. So that was another visible symptom and another

invisible symptom was emotional irregularity. Very severe PMS and when it starts, you don't realise for first two-three days why you are so irritable but when you start crying, it hits you. Those 2-3 days causes a lot of damage," she says.

However, it was her will to never give up, which helped her understand her body and balance it with a profession like acting, which is very erratic in nature.

"Emotionally it has been a very tough journey. These many underlying issues start. What also saved me was generally my attitude towards life. I just never stopped," says the actor.

She adds, "I read a quote by Robin Sharma that there are no limitations to success. I know a lot of women with PCOD and issues with pimples who wouldn't step out of the house. Just because of my skin, I never let that bring me down."

Javed Akhtar schools social media user who called him 'son of gaddar'

Veteran screenwriter and lyricist Javed Akhtar hit out at a social media user who branded him 'son of gaddar (traitor)', and said his family has been part of the Indian freedom movement since the Revolt of 1857.

Akhtar's retort came in response to the social media user's swipe at him over a post in which he commented on US President Joe Biden's chances of being re-elected.

"I am a proud Indian citizen and till my last breath I will remain so but I have one common fact with Joe Biden. Both of us have exactly equal chance of becoming the

next president of USA (sic)," Akhtar wrote on X. The social media user had commented on the industry veteran's post and called him 'a son of Gaddar who divided our nation' on religious lines.

Akhtar, known for his vocal views on a range of topics, clapped back at the user on Saturday and replied, "It is difficult to decide whether you are totally ignorant or a complete idiot."

"From 1857 my family has been involved with freedom movement n has gone to jails and Kala paani when most probably your baap dadas were licking the boots of Angrez sarkar



(sic).'
The 79-year-old writer is the son of lyricist and poet Jan Nisar Akhtar, who was an active part of the Progressive Writers' Movement in pre-Partition British India,

and writer Safiya Siraj-ul Haq. His great great grandfather Fazl-e-Haq Khairabadi was a freedom fighter who participated in the 1857 rebellion against the rule of the

British East India Company. Khairabadi was sentenced to life in prison in the Cellular Jail, also known as Kala Paani, on the Andaman Islands where he also died in 1864.

On the same X thread, Akhtar further wrote that former US first lady Michelle Obama can 'save USA' from ex-president Donald Trump, Biden's Republican opponent in the upcoming elections.

"I have expressed my opinion quite a few times in the past and still stand by it that the only one who can save USA from Trump is Michelle Obama (sic)," he said.

Debut role: Poster of Punjabi film Shahkot, starring Guru Randhawa, unveiled



The poster of upcoming Guru Randhawa-starrer Punjabi film *Shahkot* was unveiled on Sunday. It shows two images of Guru, one

holding a passport and the other walking on the tarmac with his luggage. The film, which marks Guru's debut in Punjabi cinema, also stars Isha

Talwar, Raj Babbar, Seema Kaushal, Hardip Gill and Gurshabad in pivotal roles.

Shahkot has been written and directed by Rajiv Dhingra, who is very well known for *Comedy Nights with Kapil*, and for films like *Love Punjab* and *Firangi*.

About the film, Rajiv said, "As a director, my only aim is to bring stories, with mass and class appeal for the global audiences. With *Shahkot*, I can say that this is not a regular love story." *Shahkot* is set to release on October 4.

GDC Khour, Social Forestry Deptt of organize plantation drive

Top News Report

JAMMU, July 8: In a significant effort to contribute to environmental conservation and promote a greener tomorrow, the Social Forestry Division Jammu organized a Plantation Drive at Government Degree College Khour under the aegis of Ek Podha Maa Kay Naam. The initiative aimed to bring together students, faculty, local communities and environmental enthusiasts in a collective endeavour to foster ecological sustainability. Teaching and Non-



Teaching staff of the College along with NCC cadets and NSS volunteers also participated in this drive. Speaking about the

Plantation Drive, Dr. T. K. Sharma Principal GDC Khour stated, "We are thrilled to partner with the Social Forestry Division Jammu for this noble cause. The Plantation Drive at GDC Khour is a testament to our commitment to safeguarding the environment and leaving a positive impact. Together, we can build a greener, healthier, and more resilient future". This event was organised in collaboration with Department of Social Forestry under the able guidance of Principal of the College Dr T K Sharma.

Social activists join JD(U)



Top News Report

SRINAGAR, July 8: JD(U) State President G M Shaheen said a group of social activists have officially joined the JD(U) Party, marking a notable expansion of the party's commitment to social justice and community service. The prominent figures who have aligned themselves with the party include Manzoor Ahmad, Sameer Bhat, Abdul Ahad Dar, Bashir Ahmad, and

Mohmad Razan Ganaie. The induction ceremony was graced by the presence of several high-ranking party officials. Present on the occasion were Party General Secretary Vivek Bali, Party General Secretary Dr Ayoub, Riyaz Ahmad, Party Adviser Raj Kumar Lalotra, Party General Secretary Sayed Amjad Razvi, State Youth President Hayat Mohamad Ajjaz, District President Pulwama G.M. Ashraf, State Secretary The

inclusion of these distinguished social activists is a testament to the growing influence and appeal of the JDU Party. Their dedication to societal upliftment aligns perfectly with the party's vision and mission. The party leadership extended a warm welcome to the new members and expressed confidence that their collective efforts will contribute significantly to the party's objectives and the welfare of the community.

Dr Nirmal Singh holds a public darbar at BJP headquarter



Top News Report

JAMMU, July 8: Dr. Nirmal Singh, former Deputy Chief Minister, accompanied by Baldev Singh Billawaria, former Deputy Mayor, and Ricky Gupta listened to the public grievances at its headquarters, Trikuta Nagar, Jammu. People from various parts of Jammu & Kashmir visited the party headquarters to present their issues related to revenue, Pension, electricity, and also other

matters of a similar nature before the senior leaders of the BJP. Dr. Nirmal Singh, while listening to the problems of people, said that the BJP cadre works on the principle of 'nation first, party second and self-last', which makes BJP a party with a difference. He said that the party leaders and former Ministers, sitting in the party office on daily basis, are having direct interaction with the public and helping them in resolving their day-to-day problems. He

said that the public grievances camps initiated by the party bridge the gap between the public and the administration and enable them to find prompt solutions to their issues. Baldev Singh Billawaria said that BJP leaders sincerely try to provide the solution to every issue presented by the visiting persons and deputations. He said that the issues presented by the people were immediately taken up with the concerned department officials.

Heritage School Jammu hosts positive discipline workshop for educators

Top News Report

JAMMU, July 8: Heritage School dedicated to provide a supportive and inclusive learning environment, hosted a Positive Discipline Workshop for educators on Monday. The workshop, led by seasoned humanitarian and child protection specialist, Rahul Raja Sharma, aimed to equip teachers and staff with effective strategies and techniques to promote

Topics covered included 'Understanding the principles of positive discipline', 'Creating a supportive learning environment', 'Encouraging student self-regulation and responsibility' and 'Effective communication and conflict resolution techniques'. The workshop was a valuable opportunity for our educators to learn and grow and we look forward in implementing these positive discipline



positive discipline in the classroom and beyond. The session focused on creating a culture of mutual respect, empathy and understanding, encouraging educators to adopt a student-centred approach to discipline. strategies in our daily practices. By conducting such workshops, Heritage School reaffirms its dedication in providing a world-class education and fostering a positive school culture.

Lecture on Women Empowerment at Khanetar, Poonch



Top News Report

POONCH, July 8: Women empowerment is a multifaceted concept that encompasses various dimensions of life including social, economic, political and personal aspects. Indian Army strives to empower women by equipping them with knowledge, resources and opportunities to enable them to make informed choices, exercise their rights and fully participate in all spheres of society. Indian Army organized an awareness talk on Women Specific Govern-

ment schemes like 'Beti Bachao, Beti Padhao', 'Pradhan Mantri Matru Vandana Yojana', 'Pradhan Mantri Ujjwala Yojana' etc. The aim of the whole session was to spread awareness among students about various women empowerment schemes initiated by Central/State Government which include Financial Assistance for Women (Integrated Social Security Scheme), Professional Training for Women ('Mahila Samridhi Yojana'), Support to Women with Disability (National Handicapped

Financial and Development Corporation), 'Pradhan Mantri SURAJ Scheme', 'J&K Ladli Beti Scheme', 'Financial Assistance for Marriage' (State Marriage Assistance Scheme), and some of the important employment opportunities that are initiated by Government Sector for the residents of remote areas of J&K. These endeavors by the Indian Army will not only facilitate the women in achieving economic independence but also ensure preservation of hard earned peace and tranquility in the region.

Army holds lecture on Nari Sashaktikaran Yojana at Kalal

Top News Report

RAJOURI, July 8: Indian Army carried out a lecture on 'Nari Sashaktikaran Yojana' to spread awareness of the flagship initiative by the Govt of India dedi-

cated to the empowerment of women. The villagers were acquainted by the hope and progress spread by the Nari Sashaktikaran Yojana. The villagers were informed about the numerous initia-



tives under the Yojana including 'Beti Bachao Beti Padhao', 'Pradhan Mantri Matru Vandana Yojana' and 'Pradhan Mantri Ujjwala Yojana'. The community was also informed about the 'Mahila Shakti Kendra'

which aims to empower rural women by providing them training and resources to become self-reliant. They were also made aware of the 'Sukanya Samridhi Yojana' to encourage saving for

the girl child's future. The villagers displayed sense of responsibility towards women and promised to support and strengthen the initiatives under 'Nari Sashaktikaran Yojana' to create a society where women

will be empowered to achieve their dreams and contribute to the progress of the community. The event was attended by 34 local women and six girls from the villages.

FROM PAGE 1

Over 1.82 lakh perform Amarnath Yatra in nine days

convoy of 130 vehicles at 4 a.m. for South Kashmir Nunwan (Pahalgam) base camp." The Meteorological (MeT) Department has forecast partially cloudy weather on both the Yatra routes with the possibility of intermittent light rain and thundershowers 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 situated 3888 metres above sea level houses an ice stalagmite structure that waxes and wanes 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 the cave shrine. Over 7,000 'Sevadars' (Volunteers) are serving the yatris during this year's

Police cannot be allowed to peep into private life of accused on bail: Supreme Court

the fundamental right to privacy. In a landmark decision, a nine-judge Constitution bench had on August 24, 2017 unanimously declared that the right to privacy was a fundamental right under the Constitution. The top court took note of the condition and said prima facie it was violative of the right to privacy of the accused enlarged on bail. Similar bail conditions of sharing Google pin have been imposed by the high court on other accused in different cases as well. The top court has taken note of such bail conditions of other accused as well. On February 8, this year, the Delhi High Court granted bail to one Raman Bhuraria. He was arrested in connection with a money laundering probe arising from an alleged Rs 3,269 crore financial irregularity case against Shakti Bhog Foods Ltd. The high court had imposed several bail conditions and one of them read that "The applicant shall drop a Google pin location from his mobile phone to the IO concerned which shall be kept operational throughout his bail."

Drug peddler with contraband held in Baramulla: Police

under relevant sections of the law has been registered at Police Station Tangmarg and an investigation has been initiated., said the officials. The police also made an appeal to people cautioning about the menace. "We urge the common masses that if you witness drug peddling or any other crime anywhere near you, feel free to contact the nearest police establishment or dial 112. People are requested to cooperate with the police in curbing the menace of drugs from the society. We reassure the community members that police will act tough against the criminals as per law," the police statement mentioned. **NC Veteran, Ex Mayor among 57 whose security cover has been "Withdrawn"** Junaid Mattoo, former Mayor Srinagar; former Justice, Mohammad Yaqoob Mir; Rtd. Chief Justice, Mansoor Ahmad Mir; Farooq Ahmad Shah, Retd. IAS officer, presently NC leader; Former MP, Sharif Din Shariq; Former MLA, Mohammad Shafi Uri; former ministers, Javed Mustafa Mir, M Ashraf Mir and Imran Raza Ansari.

Delhi High Court rejects plea against blocking of 'Briar' messaging App in J&K over terror suspicion

It was also submitted that since the petitioner entity does not have any representative in India, it could not be informed about the blocking and that the blocking order cannot be shared as strict confidentiality has to be maintained regarding all the requests and complaints received and actions taken concerning blocking. While rejecting the plea, the court took judicial notice of the fact that decisions taken at the highest level and for the benefit of the security & sovereignty of the country can be kept confidential. "The blocking orders have been passed for 14 applications/software, including the software/application of the Petitioner herein as it was being used by the Terrorists and their supporters to disturb the security and sovereignty of the country," the court said. It added that Briar application was blocked only in the State of Jammu and Kashmir and the same can be used in all other parts of the country. "In view of the above, this Court is not inclined to entertain the present Writ Petition. Accordingly, the Writ Petition is dismissed along with the pending applications, if any," the court said.

Encounter underway in Kathua, Two Army personnel injured

reinforcements have been sent to the encounter spot, they said. More details to follow. **15-year-old boy stabbed to death in South Kashmir** Srigufwara reached the spot at GMC Anantnag for necessary medico legal formalities and took possession of the dead body. The dead body has been handed over to the family while further investigation has been taken up," he added. **Man involved in terror financing case through bitcoin trade in J&K: SIA** through Bitcoin trade for fueling mass violence and terrorist activities in Jammu and Kashmir, officials on Monday said. The State Investigating Agency (SIA) has issued a public police request for identification of the man behind terror financing in the region. During investigation, the SIA found the involvement of a man in routing money and funds via Bitcoin trade to the conduits of terrorist organisations for fueling mass violence and terrorist activities, an officer of the SIA said.

Mentor Yuvraj Singh was very happy when I got out for duck, he must be proud now: Abhishek Sharma

The 23-year-old thanks Shubman Gill with whose bat he scored a century

HARARE, Jul 8 (Agencies): India opener Abhishek Sharma has revealed that his mentor Yuvraj Singh was delighted when he got out for a duck on his T20I debut against Zimbabwe here as the swashbuckling former all-rounder, for reasons best known to him, felt it was a "good start".

Making his India debut, Abhishek was out on duck as the Men in Blue lost the first T20I against hosts Zimbabwe by 13 runs on Saturday. But the 23-year-old came back strongly to set the stage ablaze with a blistering maiden century (a 47-ball 100) to fashion India's 100-run win in the second game a day later.

"I spoke to him Saturday also, and I don't know why he was very happy when I got out on zero. He said that's a good start but he must be very happy and proud just like my family," Abhishek said in a video posted by the BCCI.

He credited the hero of India's 2011 World Cup triumph for not



only helping him hone his skills on the cricket field but also supporting him in his life away from the field.

"It's all because of him, the hard work he has put in (shaping) me. (For) two-three years, he has worked really hard not only on my cricket but off the field (life) as well."

After Sunday's game, Abhishek called Yuvraj, who couldn't be happier for the youth.

"Well done, very proud, you

deserve it. Many more (such innings) to come, this is just the start," Yuvraj said.

Since there was no rest day in between the first two games, the visitors didn't get a lot of time to think about the opening loss and that worked in India's favour as they levelled the five-match series 1-1.

"We lost yesterday, but I felt, today is my day and I should take the match to the end, the positive was that we didn't have

much time to think about the next game," he pointed out.

Abhishek combined with Ruturaj Gaikwad (77 not out off 47 ball) for a match-winning 137-run stand for the second wicket.

"I was in a flow, and just wanted to express myself. I spoke to Ritu as well, he said the same thing that 'don't think much about the balls and hit what you think you can'," he said.

He once again thanked India skipper on the tour and his Punjab teammate Shubman Gill for lending him his bat.

"Special thanks to Shubman who gave me his bat, this was a much-needed innings for me and the team.

"This has been going on from U-14 times. Whenever I play with his bat I have done well, today also, the same happened.

"I played with his bat only, which I got after a lot of difficulty, he doesn't give it easily. That is like my last option when I feel I have to play with his bat for a comeback," he said.

Have been living a dream past few days, filled with gratitude: Bumrah



NEW DELHI, Jul 8 (Agencies): India pace spearhead Jasprit Bumrah on Monday said he has been "living a dream" for the past few days as he expressed gratitude for the stupendous reception that he and the rest of his teammates got for winning the T20 World Cup in the Caribbean.

The 30-year-old, who picked up 15 wickets in the mega-event that concluded on June 29 in Barbados, was a key figure in India's second overall and first in 17 years world trophy in the shortest format.

He was adjudged Player of the Tournament for his performance.

"I am so thankful for

the last few days. I've been living a dream and it has filled me with happiness and gratitude," Bumrah posted on X, along with a video of him enjoying the rapturous homecoming that included a breakfast meet with Prime Minister Narendra Modi and a victory parade attended by lakhs of fans in Mumbai.

The 42-second clip featured the audio of Virat Kohli's speech during the felicitation function after the parade last Thursday where the champion batter had lauded Bumrah's contribution.

The fast bowler had combined with all-rounder Hardik Pandya to turn it around won-

derfully for India in the final.

The two were brought in for their second spell in the match at a time when South Africa needed 30 off 30 balls.

They wreaked havoc to ensure that the Proteas eventually fell short by seven runs.

Kohli had called Bumrah a "once in a generation" player during the speech at the Wankhede Stadium, prompting the assembled crowd to chant the bowler's name in appreciation "What I would like everyone to do is to applaud a guy who brought us back into games again, and again, and again. It was phenomenal. He is a once-in-a-generation bowler. I am so glad he plays for us," Kohli, who retired from T20 Internationals at the end of the World Cup, had said.

Bumrah was welcomed with flower petals after arriving at his Ahmedabad home recently.

Jayasuriya to replace Silverwood as Sri Lanka coach

COLOMBO, Jul 8 (Agencies): Former Sri Lanka skipper and one-time chief selector Sanath Jayasuriya said Monday he will be the new head coach, after Chris Silverwood quit following the country's early exit from the T20 World Cup.

Jayasuriya, 55, said he had been asked by Sri Lanka Cricket to coach the national squad ahead of a white ball series against India this month, and Sri Lanka's tour of England in August.

"I have been asked to take over coaching and I am happy to do it," Jayasuriya told agency.

Jayasuriya, a former Test and ODI captain, had also been a national selector.

He is to take over the team after the end of the ongoing T20 Lanka Premier League on July 21.

Jayasuriya represented Sri Lanka 586 times across the three



formats of the game, hitting 42 centuries and taking 440 wickets. He played his last international in 2011.

Former England coach Silverwood, 49, quit for "personal reasons", according to Sri Lanka Cricket, which thanked him for his "valuable contributions during his tenure".

Sri Lanka won only one match at the T20 World Cup tournament, against the Netherlands, and finished third behind South Africa and Bangladesh in their

group.

Silverwood took over in April 2022 and enjoyed immediate success, as Sri Lanka won the T20 Asia Cup later that year.

They reached the final of the 50-over Asia Cup in 2023.

But they failed to make it to the knockout stages of the T20 World Cup in 2022 and last year's 50-over World Cup.

Former skipper Mahela Jayawardena also stepped down as "consultant coach" last month.

India Women On Mercy Of Weather Gods, Hope To Draw South Africa T20I Series

CHENNAI, Jul 8 (Agencies): Desperate to level the three-match series after the second game was washed out, India would hope weather doesn't play spoilsport, besides eyeing a much-improved bowling effort in the final women's T20I against South Africa here on Tuesday. India are trailing the three-match series 0-1 after losing the opener by 12 runs. Their problems compounded after the second game here on Sunday was washed out midway due to persistent drizzle. And with 30 to 40 per cent of rain forecast for Tuesday, the Indians are left on the mercy of weather gods.

In both the matches, the Indian bowlers cut a sorry figure as South Africa amassed 189 for 9 and 177 for 6 respectively.

Barring Pooja Vasrkar, who picked up two wickets each in both the games, and spinner



Deepti Sharma, most of the Indian bowlers failed to shine against the Proteas women.

Renuka Singh leaked runs in the first game and was subsequently replaced by Sajeevan Sajana in the second T20I but the latter also didn't her cause.

Shreyanka Patil and Radha Yadav picked up a wicket each on Sunday but continued to leak runs.

India skipper Harmanpreet Kaur would want her bowlers to pull up their socks with the

series at stake.

On the batting front, it has been a decent show by the Indians in the first game. The likes of Jemimah Rodrigues (53 not out), Smriti Mandhana (46), Harmanpreet (35), Shafali Verma (18) and Daylan Hemalatha (14) all making double digit scores.

Uma Chetry, who made her T20I debut on Sunday, is likely to persist with as Harmanpreet and the team management would like to see her exploits with the bat.

South Africa, on the other hand, has been rock solid with the bat with Tazmin Brits, who hit consecutive half-centuries, leading the charge.

Besides Brits, skipper Laura Wolvaardt, Marizanne Kapp and Anneke Bosch have contributed with the bat as well for the visitors.

South Africa's only concern is Chloe Tryon, who has scored identical 12 runs in the two games.

And with the upcoming T20 World Cup in

Bangladesh in mind, Tryon will be desperate to prove her detractors wrong.

Teams: 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 Vasrkar 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.

Match starts: 7.00 pm (IST).

Jemimah Rodrigues, Shikha Pandey signed by Trinbago Knight Riders in Women's CPL 2024

NEW DELHI, Jul 8 (Agencies): Trinbago Knight Riders have secured the services of two of the star women cricketers, Jemimah Rodrigues and Shikha Pandey for the Women's Caribbean Premier League 2024. Australia batter Meg Lanning and left-arm spinner Jess Jonassen were among the other two overseas players who were named in the TKR squad. The winners of the first-ever Women's CPL also retained five of their Caribbean players. The Women's CPL will kick off from August 21 and will go on till the 29th of August.

Trinbago Knight Riders bolstered their squad with more international talents as they look to secure another title win. Shikha and Jemimah are currently on national duties for India for the all-format series against South Africa. Jemimah had scored a blazing fifty against South Africa women in the first



T20I match. However, her unbeaten knock of 53 runs went in vain as India suffered a narrow defeat by 12 runs in this first T20I. The 2nd T20I match resulted in a washout due to rain in Chennai as South Africa lead the 3-match series 1-1.

Jemimah and Shikha to feature in WCPL 2024. Jemimah showcased her excitement about playing in the Women's Caribbean Premier League. She mentioned that the tournament will be a good preparation

for us leading up to the Women's World T20 which will begin in October.

"This is the first time I'll be coming to the WCPL. I've played for India in the Caribbean quite a bit, but I'm really excited that I'll be representing the Knight Riders in WCPL," Jemimah said.

"We all know the legacy that they have across the globe. Even the TKR Women's team, champions of 2022, are a very proud side. I believe this tournament is also going to serve as a very good preparation

for us leading up to the Women's World T20 in October, with some of the best players in the world taking part in the competition."

"Jemimah and Shikha will add volumes to WCPL's quality"

KKR group CEO Venky Mysore said in a statement that Rodrigues and Shikha will add up to the quality of the tournament. He also thanked the BCCI for allowing their maiden appearance in the WCPL.

"We are very excited to be able to retain the

core of our local Caribbean players and sign up four world-renowned overseas players for this year's Women's CPL," Venky Mysore, CEO of Knight Riders Group, said in a statement.

"Great to have Deandra Dottin captaining the team once again. She has been a fantastic leader of the side since the inaugural year, having played a crucial role both as captain and player since our title victory in 2022.

"Jemimah Rodrigues and Shikha Pandey will add volumes to the quality of the tournament, and we are very thankful to the BCCI for facilitating their first-ever appearance in the WCPL. The addition of these two big Indian names, along with superstars Meg Lanning and Jess Jonassen should excite cricket enthusiasts around the world, as we look forward to welcoming them all in TKR's red and black this August."

"Love You Dada": Wishes Pour In For Sourav Ganguly On 52nd Birthday



NEW DELHI, Jul 8 (Agencies): Former cricketers Manoj Tiwary and Munaf Patel extended wishes to former India captain Sourav Ganguly on his 52nd birthday. Ganguly, who was regarded as the 'God of Off-side' by former teammate Rahul Dravid, made many spectacular contributions in the field of cricket and continues to do so as Indian Premier League (IPL) franchise Delhi Capitals' Director of Cricket. "You are, you were and you will always be an inspiration. Love you Dada and wishing you a very happy birthday," Tiwary wrote on X.

While extending his wishes, Patel heaped praise on Ganguly for his role in the development of Indian cricket. "A big hand of this guy in development of #IndianCricketTeam where we are today. A very #HAPPYBIRTHDAY legend @SGanguly99. Wishing you healthy life ahead #Dada," Patel wrote on X.

During his illustrious career, Ganguly led Kolkata Knight Riders (KKR) during his time in the Indian Premier League (IPL). The IPL franchise wished their former captain and captioned their post on X, "Maharaja. Dada. The Prince of Kolkata.

Happy Birthday, Sourav Ganguly."

Even though he was a batter who could play with both grace and surgical accuracy, his career had come to a grinding halt until he struck a brilliant hundred on his debut at Lord's in 1996. He was elevated to the top of the ODI order later that year, and he and Sachin Tendulkar together constituted one of the most potent opening combinations in history.

Ganguly was noted for his distinct leadership style throughout his time on the pitch. In the summer of 1996, he made his Test debut against England, earning the nickname 'Dada'. He quickly made headlines after scoring a century in his first Test at Lord's and the 'Prince of Kolkata' then went on to smash a ton in the second Test, becoming the third batter in history to make a hundred in each of his first two innings.

GDC R S Pura felicitates Gursimar Kour for her achievement

Top News Report

R S PURA, July 8: An International Conference on Monitoring Biodiversity for Action (ICMBA-2024) was organised by Department of Zoology, University of Kashmir from June 25-27, 2024 under College on Wheels Program (a special initiative by Higher Education) 2023, in which Gursimar Kour, student of the College gave an oral presentation on her work on Ethnomedicine under the guidance of Dr Ruchika Sharma, Assistant Professor and Head, Dept. of Biotechnology, GDC (Boys), Kathua. The work highlighted the importance of biodiversity for sustainable living and



the urgent need for documentation of rare species of plants before they get wiped away. For which she got Special Appreciation Award at the conference hosted by Depart-

ment of Zoology. Prof.(Dr.) Preetpal Kour, Principal of the college applauded the student and the mentor on getting recognition in an International Conference

and emphasized that this achievement can draw attention to the research orientation of students and also put forth the need for more platforms like College on Wheels to

churn out observers and researchers out of mere Undergraduate Student. She further added that as a Principal, I believe that it is important to recognize and celebrate the achievements of our students. Celebrating achievements not only boosts the confidence of the student but also motivates them to work harder. It is an opportunity to acknowledge the efforts of the students and appreciate their hard work. Other faculty members present on the occasion were Dr. Neena Gupta, Dr. Savanter Kour, Prof. Jugal Kishore, Prof. Sankait Gupta and Dr. Sunil Kumar Mangoch etc.

Install new borewell in ward 54 to improve water availability: TNWS

Top News Report

JAMMU, July 8: The Trikuta Nagar Welfare Society (TNWS), under the leadership of R.P. Kakkar, President of TNWS Jammu, convened to address several pressing issues affecting the residents of Trikuta Nagar colony in Jammu. One of the foremost concerns discussed was the inadequate drinking water supply. Residents expressed dissatisfaction and called for the installation of a new borewell in ward 54 to improve water availability. Additionally, the society proposed a significant infrastructure project—the Chenab River water lift filtration project—which aims to permanently solve the drinking water problem not only for Trikuta Nagar but also for Jammu City as a whole. The meeting also scrutinized the inefficiencies in garbage collection services provided by the Jammu Municipal Corporation. Residents complained of irregularities in door-to-door garbage collection and pointed out that sanitation workers lacked essential tools and machinery necessary for effective waste manage-

ment. Despite acknowledging the dedication of the existing staff, there was a strong plea for better resources to ensure satisfactory sanitation services in the colony. Regarding infrastructure maintenance, the society highlighted issues with street lights. It was noted that the repair and replacement of street lights often faced delays due to inadequate stock and resources. A solution proposed was the establishment of a command control room to oversee street light operations, aiming to automate the on/off cycles based on daylight conditions to conserve energy. This initiative also aims to address the problem of street lights being unnecessarily left on during daylight hours, thereby reducing energy wastage. Concerns were also raised about the effectiveness of recently constructed speed breakers on main roads within the colony. Residents reported that these speed breakers were not sufficiently reducing vehicle speeds or preventing accidents. A recommendation was made to reconstruct the speed breakers using

more durable concrete materials and to ensure they cover drainage systems effectively, thereby enhancing road safety measures. Lastly, the meeting addressed recent power supply issues experienced by residents. There were reports of prolonged power cuts attributed to damaged 11 Kv network cables at various locations in the colony. Residents urged the concerned authorities to replace these damaged cables with overhead lines to improve the reliability of the power supply. The meeting was attended by prominent community members including Ashok Kumar Arora, Sandeep Sharma, Madam Rubal Mahajan, Krishan Lal Gupta, V. K. Suri, Harshvardhan Gupta, S. N. Kaul, and Dr. T. R. Gupta, along with a significant number of Trikuta Nagar residents. The outcome of the meeting emphasized the urgent need to communicate these issues to Chief Secretary Sh. Atal Dullu for swift action and the allocation of sufficient funds to address these critical infrastructure and service delivery concerns in Trikuta Nagar, Jammu.

Ali Akbar nominated as Zonal President JKTF Zone Bhalwal

Top News Report

JAMMU, July 8: The Jammu and Kashmir Teachers Forum (JKTF) Affiliated with All India Secondary Teachers federation (AISTF) is pleased to nominate senior trade union leader Ali Akbar as Zonal President Zone Bhalwal. This decision, made by Sanjeet Sharma Provincial President Jammu with the Consent of Chairman JKTF/National vice President AISTF M. Amin Khan & UT President Mohammad Ashraf comes as a strategic move to reinforce JKTF's presence and address the evolving challenges faced by teachers in the Zone. In addition to his existing role as Senior leader Jammu Ali Akbar will now assume the responsibilities of Zonal President Bhalwal for Jammu. This decision aims to strengthen the Teachers Forum at all levels, Ali Akbar is having vast experience as trade union leader as well as a good academician. The official announcement was made through a press release issued today by Sanjeet Sharma Provincial President of



JKTF Jammu. Chairman Mohammad Amin Khan and President Mohd Ashraf emphasized the importance of Ali Akbar leadership in strengthening the JKTF's stance in Jammu. "In order to strengthen JKTF in Jammu and make it more robust in dealing with the emerging challenges confronting teachers, Ali Akbar is appointed as the Zonal President Zone Bhalwal District Jammu with immediate effect," the official order stated. This strategic move reflects the commitment of JKTF to enhance its capabilities and effectiveness in serving the educational community. Ali Akbar extensive experience and leadership qualities are expected to contribute significantly to the Forum's objectives in the Jammu.

EV industry expects bold reforms & strategic allocations in Budget 2024 for sustainable growth: Devendra Chawla

Top News Report

JAMMU, July 8: "In anticipation for Budget 2024, we have focused on essential imperatives that are critical to the long-term development of India's dynamic electric vehicle (EV) market. One significant recommendation is to secure permanent viability gap funding for financially pressured State Transport Units (STUs) and to develop payment security mechanism to reduce lending risks and improve credit off-take. We emphasise the importance of an infrastructure sector tag for financing to electric mobility projects and propose a capital expenditure subsidy for private bus operators that deploy e-buses on inter-city routes. Categorising electric mobility loans as Priority Sector Lending and introducing incentives for battery recycling are critical steps towards lowering interest rates and promoting sustainability," said Devendra Chawla, MD and CEO, GreenCell Mobility. "Standardising Green energy open access rules, toll exemptions for electric buses, optimising charging costs through regulatory



measures and opening government electric bus depots to private players are important to creating a suitable ecosystem. Initiatives such as way-side charging infrastructure on national highways, specialised facilities at transport hubs and strategic highway adoption plans for pure electric bus operations will also help sustainable mobility," Devendra Chawla said and added, "We endorse the ongoing success of FAME subsidy, especially FAME 2, with a Rs 10,000 crore budget and recommend FAME-III scheme to further enhance adoption of electric vehicles. Providing capital subsidy to private electric bus operators on inter-city routes will increase adoption on a large scale. The government's commitment to boosting manufacturing and exports is evident

through PLI Schemes for Automobiles, Auto Components, Advanced Chemistry Cell (ACC), and Battery Storage." "To improve cost and sustainability, we strongly propose for a 5% GST on lithium-ion batteries, EV spare parts, components and correcting inverted duty structure in EV production. Standardising battery switching and tackling low-cost finance difficulties are critical for long-term growth. The government's achievements in alternate fuels, renewable energy, and manufacturing through PLI programmes such as Biofuel Policy & National Green Hydrogen Policy, highlights the importance of these projects," he said. "As the demand for electric vehicle grows, significant coordination efforts are required to build electric mobility infrastructure, particularly charging stations. A strong infrastructure is essential for supporting the industry's growth. GreenCell Mobility seeks continued support and bold initiatives to take the Indian EV industry to unprecedented heights of success," Devendra Chawla said.

LFO-BHF organizes plantation drive



Top News Report

VIJAYPUR, July 8: In a dedicated effort towards a greener future, Live For Others-Being Helpful Foundation (LFO-BHF), in collaboration with Talla Jewellers, organized a plantation drive at Village Kehranwali, Tehsil Ramgarh, Vijaypur. Under the guidance of Director/CEO, Vivek Parihar, and with the invaluable support of Chief Guest, Sat Pal

(Panch, Kehranwali, Tehsil Ramgarh, Vijaypur), and Guest, Suvarn Kumar (Headmaster, Govt. Middle School, Kehranwali, Tehsil Ramgarh, Vijaypur), the event marked a significant contribution to the environment. On this special occasion, 80 vibrant medicinal saplings were planted, including Arjun, Amla, Jamun, Guava, and Eucalyptus (Safeeda). These plants not only enhance the greenery

but also contribute to the medicinal resources of the area. Samar, the Environment Domain Incharge, delivered an inspiring message to the locals, emphasizing the importance of nurturing the planted trees. "Many of us plant trees, but few care for them. This time, let's bring a change in that. Reduce waste, save energy, plant trees, and nurture saplings. Let's make a real difference together!" he said. In the spirit of Van Mahotsav, we echo the sentiment, "The best time to plant a tree was 20 years ago. The second best time is now." Together, we are committed to nurturing nature and creating a sustainable environment for future generations. The event was graced by the presence of dedicated members of the foundation, including Sahil, Navya, Sachin, Kashish, and Muskan.

ASCOMS organizes Mega Health Camp

Top News Report

JAMMU, July 8: A Mega Health Camp was organized by Acharya Shri Chander College of Medical Sciences (ASCOMS) & Hospital, Sidhra, Jammu under the aegis of J&K Chapter of Association of Surgeons of India (JAKASI) at border area of Akhnoor (Mera Mandrian) on Monday. The ASCOMS team was led by Dr Harbinder Singh Bali, Senior Laparoscopic Surgeon, Dr R S Ghai, Urologist, Dr Anitpal Singh, Orthopaedician, Dr Supreet, Dermatologist and Resident Doctors from the departments of Medicine, Surgery, Gynaecology and supported by paramedical and other staff from ASCOMS. Around 250 patients from different specialties were treated by the doctors and the special

emphasis was given on the preventive part. In addition to free consultation, free medicines were given to patients. Uroflowmetry test was done in 31 patients and Blood Glucose testing was done in around 145 patients and they were treated accordingly. Local administration and the people of the area fully cooperated for smooth conduct of the camp.

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