

TOP NEWS OF J&K

JAMMU, SUNDAY, JULY 14, 2024

Daily Evening Newspaper



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e-paper: www.topnewsjk.in

RNI No. JKENG/2010/39369

Regd. No. JK-435

Vol.-15 Issue-193 Pages-12 Rs.-2/-

BRIEFLY

9 residential houses, 2 cowsheds gutted in Handwara Fire

SRINAGAR, Jul 14 (Agencies): At least nine residential houses and two cowsheds were gutted in a devastating fire incident that erupted during the intervening nights of Saturday and Sunday in the Handwara area of Jammu and Kashmir's Kupwara district, officials said. They said seven cows also died in the fire incident.

Fire and Emergency Service officials said a fire broke out in the Rajwara area in a house during the intervening night of July 13/14 and engulfed other nearby houses, causing extensive damage to nine residential houses and two cowsheds.

In the blaze, two three storey, five double storey and two single storey residential houses, besides two cowsheds, were gutted, they said.

Fire tenders were rushed to the spot from various stations in the subdistrict of Handwara to douse the leaping flames, which brought the fire under control.

A civilian was also injured during the incident and was shifted to a nearby medical facility for treatment.

The cause of the fire is being ascertained, they said.

J&K Youths demand 'Meritocracy' in Govt Jobs

SRINAGAR, Jul 14 (Agencies): The decision to allocate only 40 per cent of positions for open merit in government job recruitments in Jammu and Kashmir has triggered widespread outrage among the youth in the Union Territory.

The move, which comes after accounting for reserved quotas, has led to opposition in various districts of the erstwhile state.

Contrary to past trends of supporting terrorism or separatism, the youth in the Kashmir Valley and parts of Jammu have taken to the streets demanding meritocracy in government job placements.

This shift towards advocating for equity in opportunities reflects a new wave of sentiment among today's youth.

Often news hungry people, who would look for articles about youngsters joining terrorist organisations or mysteriously disappearing to join ranks of Pakistan-supported groups, come across a different trend these days where the youth wants equity in government jobs.

"Deeply concerned": PM Modi reacts to attack on Donald Trump at Pennsylvania rally

NEW DELHI, Jul 14 (Agencies): Following the gunfire incident at the rally of former US President Donald Trump in Butler, Pennsylvania, Prime Minister Narendra Modi 'strongly condemned' the incident, and said that there is 'no place for violence in politics'.

PM Modi said that he was "deeply concerned by the attack on my friend, former President Donald Trump."

Taking to 'X', PM Modi wrote, "Deeply concerned



by the attack on my friend, former President Donald Trump. Strongly condemn the incident. Violence has no place in politics and democracies. Wish him speedy recovery."

The Prime Minister also condoled the loss of life during the Pennsylvania

rally.

"Our thoughts and prayers are with the family of the deceased, those injured and the American people", he added.

The gunfire incident, which comes months before the 2024 US presidential elections, disrupted Trump's rally in Butler, Pennsylvania, on Saturday, as reported by CBS News. Trump was immediately escorted off stage by US Secret Service agents and taken

away in a motorcade.

In the videos that went viral on social media, Trump could be seen bleeding from his ear. One of the spectators also succumbed to the bullet injuries, as reported by CNN.

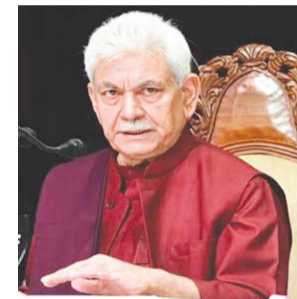
Meanwhile, former US President Donald Trump, in his first account of being shot at during a rally in Pennsylvania, has said that the bullet fired at him "pierced" the upper part of his right ear.

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LG Sinha congratulates students who passed JKBOSE Class 11th Exam

JAMMU, Jul 14: Lieutenant Governor Manoj Sinha on Sunday has congratulated all the students who have passed JKBOSE Class 11th Annual Regular Examination session-2024.

In a post on X, LG Sinha wrote, "Congratulations to all the students who have passed JKBOSE Class 11th Annual Regular Examination session-2024. Wishing you all the best for your future academic pursuits. Compliments to proud par-



ents, teachers and @Office_JKBoSE for their support and dedication."

The J&K Board of School Education on Sunday declared the result of class 11th Annual

Regular 2024 pertaining to UT of J&K and the UT of Ladakh under Uniform Academic Calendar.

In total, 1,23,026 students were enrolled for this examination out of which 88396 students passed the exams. Girls have excelled again by scoring a pass percentage of 75% against 69% of the boys. The exam was conducted in the Soft and Hard Zone areas identified in both the UTs; total no. of exam centres were 1179.

ED posts 29 officers in various positions

NEW DELHI, Jul 14 (Agencies): The Enforcement Directorate (ED) has posted over two dozen newly inducted and recently promoted cadre officers at various posts across its country-wide offices.

A total of 29 officers have been posted in the Assistant Director,

Deputy Director and Joint Director ranks over the last week by the federal probe agency.

This includes the posting orders for nine ED cadre officers who were recently promoted by the Union finance ministry, making it the first time that these many officers

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Gaurav Gogoi to be Congress' Deputy Leader in Lok Sabha

NEW DELHI, Jul 14 (Agencies): Congress' Gaurav Gogoi will be the party's deputy leader in the Lok Sabha and a letter about the decision has been sent to Speaker Om Birla.

Congress Parliamentary Party Chairperson Sonia Gandhi has written to Lok Sabha Speak-



er Birla informing him about the appointment of the deputy leader, chief

whip, and two whips for the Congress party in the Lok Sabha, AICC general secretary organization K C Venugopal said on X.

While Gogoi will be the party's deputy leader in the Lower House, eight-time MP from Kerala Kodikkunnil Suresh will be the party's chief whip, he said.

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J&K Youth ends life by jumping in Chenab, Body found in Pak; Kin seek PM's help to get back body

JAMMU, Jul 14 (Agencies): The body of a youth who ended his life allegedly by jumping into the Chenab river here last month was recovered in Pakistan, following which his family sought Prime Minister Narendra Modi's intervention to bring back

the mortal remains for last rites.

Harash Nagotra, a resident of a border village in the Akhnoor sector, went missing on June 11 and his motorcycle was recovered on the banks of the river

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J&K Govt nominates 5 IAS Officers for capacity building training at LBSNAA

JAMMU, Jul 14 (Agencies): The Government of Jammu and Kashmir has nominated 5 senior IAS officers to attend a five-day in-service capacity building training program at the Lal Bahadur Shastri National Academy of Administration (LBSNAA)

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Over 4,800 Pilgrims Leave Jammu for Amarnath Cave Shrine

JAMMU, Jul 14 (Agencies): A fresh batch of 4,889 Amarnath pilgrims left Jammu early on Sunday for the twin base camps of Pahalgam and Baltal in Kashmir, officials said.

The pilgrims left Jammu's Bhagwati Nagar base camp in a convoy of 187 vehicles around 3 am amid tight security,



they said.

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Security agencies face 'Hidden Threat' from Militant tactics in Jammu Kashmir

SRINAGAR, Jul 14 (Agencies): Security agencies in Jammu and Kashmir are grappling with what they call the "hidden threat" of "conservation and consolidation" tactics employed by infiltrating terrorists, which was evident in the recent ambushes and encounters in North Kashmir and Kathua dis-



trict. Analysing the ambushes and encounters with terrorists, officials in the

know of the matter said while security agencies are on high alert, the lack of ground-level intelligence — human intelligence (HUMINT) — hampers operations.

Reliance on technical intelligence (TECHINT) has not been fruitful as terrorists use online activity to mislead authorities.

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MBA MOTORS

MERCEDES - BMW - AUDI

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

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

Srinagar Admn. grants permission for 8th Muharram procession from Guru Bazar to Dalgate

SRINAGAR, Jul 14 (Agencies): The district administration Srinagar on Sunday granted permission for 8th Muharram procession from Guru Bazar to Dalgate via Budshah Kadal and M.A Road, Srinagar.

An order issued by District Magistrate Srinagar reads, "The permission is granted in favour of Yaadgar-i-Hussaini Committee, Kaloo Manzil Mohalla Guru Bazar for taking out Muharram procession on 8th Muharram from Guru Bazar to Dalgate via Budshah Kadal and MA Road, Srinagar, the traditional route. However they shall start from Guru Bazar at 0600 hours and tail of the procession shall cross Jehangir Chowk at 0630 hours and J&K Bank Headquarters, MA Road at 0800 hours.

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REMEMBRANCE

30th Death Anniversary

"Soul is immortal and deeds remain in this world of those who sacrifice their lives for noble causes."



Lt. Sh. S P Gupta
(06/04/1943 - 14/07/1994)

INSPIRATIONAL LINES

From a letter written by Lt. Sh. SP Gupta

"I WOULD ALWAYS THINK TO ELIMINATE THE PAINS AND SUFFERINGS OF HUMAN BEINGS. I HAD QUITE FAITH IN GOD. SO, SOMETIMES I THOUGHT TO LEAVE THESE EARTHLY ENGAGEMENTS AND SEARCH GOD. BUT CERTAIN REVELATION GUIDED ME THAT **SERVICE OF HUMANITY IS DIRECT PATH TO GOD**"

FOUNDER & INSPIRATION OF **SP SMART** SCHOOLS AND ASSOCIATED PROJECTS

- SP Smart Higher Secondary School, Exchange Road, Jammu
- SP Smart Senior Secondary School, Sarore, Bari Brahmna
- SP Smart School, Tawi Vihar, Sidhra | SP Global System and Services
- SP Smart Schooling System & Services | SP Smart Kids School
- Gems & Pearls Kids School | Neighbourhood Schools
- ESPALINES Industries Pvt Ltd | ESPA Learn Pvt Ltd | ESPA FEE Pvt Ltd.
- The Earth News Jammu Edition & Ladakh Edition (Daily English Newspaper)

Deeply Remembered by:
Family, Friends, Management & Staff

10TH DAY KRIYA

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Sh. Arjan Nath Raina** originally resident of S.K. Colony Anantnag A/p H.No. 122/A Lane No. 2 Roop Nagar Enclave Jammu on 06-07-2024.

TENTH DAY KRIYA will be performed at Muthi Ghat near Directorate of School Education Jammu on 15-07-2024 (Monday) at 8.30 am.

GRIEF STRICKEN

Smt. Shanta Koul- **Wife**

Smt. Vijay Hangloo- **Sister**

Sh. Mohan Lal Raina (Mattan)- **Brother**

Smt. Sheela Ji & Sh. Makhn Lal Dasi- **Sister-in-Law & Brother-in-Law**

Smt. Usha Kiran & Sh. Sundri Lal Koul- **Sister-in-Law & Brother-in-Law**

Sh. Manoj Krishan Raina- **Son**

Smt. Anjali Kakroo & Sh. Sunil Ji Kakroo- **Daughter & Son-in-Law**

Smt. Geeta Raina & Sh. Deep Ji Raina- **Daughter & Son-in-Law**

Sushant Kakroo, Yashika Raina, Dharmi Raina- **Grand Children**

9555027347, 9797580290, 9797555400



Sh. Arjan Nath Raina

UTHALA

With profound grief and sorrow, we regret to inform you the sad demise of our beloved **Smt. Janak Gupta** W/o Late Sh. Sat Pal Gupta R/o Plot No. 252, Rehari Colony Jammu, who left for her heavenly abode on Friday, 12th July.

Uthala shall be performed on Monday, 15th July at Arya Samaj Mandir, Rehari Colony, Jammu from 4.00 to 5.00 pm.

Grief Stricken

Daughters-in-law & Sons

Smt. Shaveta and Sh. Rajesh Gupta

Smt. Neetu and Sh. Upkar Gupta (PA to CE Jai Shakti (PHE) Deptt Jammu)

Daughters and Sons-in-law

Smt. Rashmi and Sh. Ravli Raman Wadhwa

Smt. Madhvi and Sh. Rajesh Langer

Dr. Madhuri and Dr. Subhash Salathia

Grand Children

Apoorva, Pulkit, Harshita, Nandita, Roshanshu, Garima & Nishtha

Mayur Gift House 9419126415, 9419187492



Smt. Janak Gupta

CHOUBARSI

IN LOVING MEMORY OF BRIG. VIKAS SAMYAL

Forever loved and deeply missed. Our hearts still can't accept that you are not with us anymore. You are and always be the Strength, Pride and Inspiration for us. Remembering you with heavy heart and silent tears. We pray to the Almighty to grant eternal peace to your noble soul. We miss you profoundly.

CHOUBARSI of our beloved Brig. Vikas Samyals will be performed at 10am on 18th July 2024 at our residence 668-A, Gandhinagar, Jammu.

FONDLY REMEMBERED BY:

Mrs. Kamlesh & Comdt. Pritam S Sambyal (Retd)

Mrs. Priya & Brig. Hardev S Jamwal (Retd)

Mokshita & Venkatesh, Sunaina & Mrigendra

Mrs. Sapna & Gp. Capt. Vivek Samyals (Retd), Aryaman, Ayushman

Mrs. Anu Samyals, Anusha, Ashlesha

Mr. Digvijay S Samyals

SAMBYAL FAMILY, ALL RELATIVES & FRIENDS

Contact: 9682196978, 7042136668.



BRIG. VIKAS SAMYALS

ADH-BARKHI

Six months have passed since you left us for your eternal journey. You were and will always be at the very core of our hearts and an eminent part of our lives.

We Miss U Immensely.....

Adh Barkhi of our beloved **Sh. Rishi Kumar Gupta** will be performed at our residence H No. 720, Sarwal Chowk, Jammu on Monday, 15th of July, 2024 at 12:00 Noon.

DEEPLY MISSED AND REMEMBERED BY:

Smt. Prem Lab (Wife)

Smt. Sudesh Gupta W/o Late Sh. Vijay Gupta (Bhabhi & Brother)

Dr. Ripan Gupta & Dr. Shivani Gupta (Son & Daughter-in-law)

Dr. Sachin Gupta & Dr. Anu Gupta (Son & Daughter-in-law)

Smt. Seema Gupta & Sh. Anil Gupta (Niece & Son-in-law)

Sh. Ashwani Gupta & Smt. Sonia Gupta (Nephew & Daughter-in-law)

Sh. Kamal Gupta & Smt. Sonika Gupta (Nephew & Daughter-in-law)

Grand Children: Avni, Akul, Ayaan, Armanika, Ayush, Aadik, Akash & Aakar

Mob: 9419174415, 9419284007, 8803547929



LATE SH. RISHI KUMAR GUPTA (KAS)
(28/06/1951 - 19/01/2024)

Retd. Addl. Distt. Dev. Commissioner

10TH DAY AND 13TH DAY (RASAM KRIYA)

With profound grief we inform that our beloved father **Sh. Darshan Singh S/o Late Sh. Pawan Singh R/o 126 Rampura, Gandhi Nagar Jammu** left for heavenly abode on 03.07.2024.

10th Day will hold on 12.07.2024 at 10:00 am and **13th Day/RASAM KRIYA** will be held on 15.07.2024 at 12:00 Noon.

Venue: Durga Palace, Rampura, Gandhi Nagar, Jammu.

In Grief:

Sons & Daughters in law

Dharminder Singh & Rajni Slathia

Nirmal Singh & Rajeshwari

Harinder Singh & Samta

Kavita Chib & Subash Chib- **Daughter & Son in law**

Mobile No. 9419237384, 9622133282, 7006485748



Sh. Darshan Singh

TENTH DAY/KRIYA/UTHALA

With profound grief and sorrow we regret to inform the sad and untimely demise of **Smt Vandana Sharma W/o Sh. J.P. Sharma (Retd UCO Bank Jammu)** on Friday 5th of July 2024.

10TH DAY will be performed at Rani Park Jammu on Sunday 14th of July 2024 at 10.00 AM.

KRIYA will be performed on Monday 15th July 2024 at 935, Jullaka Mohalla, Jammu.

UTHALA will be performed on Monday 15th July 2024 at Brahman Sabha, Parade

Ground Jammu from 5.00 PM to 6 PM.

DEEPLY REMEMBERED BY:

Sh. Rajesh Sharma & Inna Sharma - **Son & Daughter in Law**

Sh. Rakesh Sharma & Kavita Sharma - **Son & Daughter in Law**

Suhani & Suzzana - **Grand Children**

MOBILE NO: 9086214850, 9718991178



VANDANA SHARMA W/O SH J.P SHARMA

KRIYA & UTHALA

Our hearts are heavy & words cannot fully convey the sorrow, we feel over the irreparable loss of our beloved father **Sh. Krishan Kumar Mandla** who peacefully transitioned from this World to his Eternal Home on 2-07-2024 at Mumbai. His selfless love & warmth will forever be cherished in our hearts.

Kriya will be held on 14th July 2024 (Sunday) at 12:00 noon at our residence

10-B, Karan Nagar Extension, Jammu.

Uthala will be held on 15th July 2024 (Monday) from 5:00 - 6:00 pm at Trikuta

Yatri Niwas, Ved Mandir Road Ambphalla.

GRIEF STRICKEN

Late Smt. Usha Jamwal - **Wife** at her Heavenly Abode

Kulpreet & Sumedh Singh Mandla - **Daughter-in-law & Son**

Mala Mandla & Rakesh Singh Slathia - **Daughter & Son-in-law**

Josika, Savirya, Shaurya & Vedantha - **Grand Children**

Deeply Missed By:

Mandla & Slathia Family

Mobile Nos: 9820521992, 9419190137, 9906019497



Sh. K K Mandla (Retd. AEE)

10TH DAY KRIYA

WITH PROFOUND GRIEF & SORROW, WE REGRET TO INFORM THE SAD DEMISE OF OUR BELOVED **SMT ANJALI MISRI W/O ROOP KRISHEN MISRI** ORIGINALLY RESIDENT OF ZAINDAR MOHALLA, HABBA KADAL, SRINAGAR A/P 728 VINAYAK NAGAR, SECTOR 3, MUTHI, JAMMU ON 7-7-2024.

10TH DAY KRIYA WILL BE PERFORMED AT MUTHI GHAT NEAR DIRECTORATE OF SCHOOL EDUCATION JAMMU ON 16-7-2024 AT 8.30 AM.

GRIEF STRICKEN

MISRI PARIVAR, SAPROO PARIVAR, KOUL PARIVAR

PH. NO. 9419164938, 7006808340



SMT ANJALI MISRI

OBITUARY

With profound grief and sorrow we inform the sad demise of our beloved **Sh. Kunal Bhat/ Neepu S/o Sh. Roop Krishan Bhat H.No. 9C Mohinder Nagar Extension opposite Canal Power House Canal road Jammu on 9/7/2024.**

TENTH DAY KRIYA will be performed at Muthi Ghat near Directorate of Education Jammu on 18/07/2024 at 8.30am.

GRIEF STRICKEN

Mrs Rani Bhat (Aunt)

Sh. Ashok Kumar Bhat (Uncle)

Sh Rakshit Bhat (Brother)

SAMAST BHAT PARIVAR AND DHAR PARIVAR

PHONE : 9906196206, 9469213692



Sh. Kunal Bhat/ Neepu

BARKHI

Longing to see your infectious and healing smile, we keep courage knowing you are watching over us and sending us love every day from the heavens above.

Barkhi of our beloved **Dr. Veena Gupta** shall be performed at **Panch Mandir, Channi Himmat, Jammu on 16th July 2024, 11 AM - 1 PM.**

Deeply Remembered & Missed by:

Er. Naresh Kumar Gandotra (Husband)

Brother & Sister-in-law

Mr. Rakesh Gupta & Dr. Hemla Aggrawal

Sister-in-law & Brother-in-law

Mrs. Sunila & Mr. Dev Nargotra

Mrs. Chanda & Mr. J.K Mengi

Mrs. Shobha Gandotra (Sister-in-law)

Children & Grandchildren

Pankhuri, Tushar, Salonee, Akshat, Shilpa, Chaitanya, Nitesh, Vidit & Yug

Ph: 94191-86810



Dr. Veena Gupta

TENTH DAY/KRIYA

"With profound grief and sorrow, we inform the sad and untimely demise of **Smt. Usha Ganju, W/o Satish Ganju, D/o Late Amarnath Kaul & Late Khemashori Kaul, resident of B-64, Kamal Pushpa, Bandra Redemation (West), Mumbai.** The revered soul left for her heavenly abode on 9th of July, 2024 at Mumbai.

The **TENTH DAY KRIYA** will be performed on the 15th of July, 2024, Thursday at Shivaji Park sea shore, starting at 8 AM.

GRIEF STRICKEN:

Mrs. Mahi Gauri (Mother-in-law)

Sh. Sanku Parashar (Brother-in-law)

Rohini Dhar & Rajat Dhar (Daughter & Son-in-law)

Chandni & Pooja Gauri (Sons & Daughter-in-law)

Vinod & Aishu Gauri (Brother and Sister-in-law)

Suman & Namrata Gauri (Nephew & Daughter-in-law)

Shweta Gauri (Niece)

Rishika, Kavyansh, Nitesh & Anish (Grandchildren)

Dr. Rakesh & Sushma Kaul (Brother & Sister-in-law)

Veena and Rajinder Kaul (Sister and Brother-in-law)

Deeply missed by: R L Dhar family, V K Kaul family, J. Kaul & family, D S Subramaniam & family

Contact: 9808090604, 982052217, 99284850, 70405308



SMT. USHA GANJU

BARKHI

One year has passed since you left us for heavenly abode but your loving and sweet memories, kindness and benevolence are being deeply missed by in our hearts and memories.

Barkhi of our beloved **Amit Soi** will be performed at our residence H.No. 1, Canal Road, Jammu on 15th July, 2024 at 12.30 Noon.

DEEPLY REMEMBERED BY

Vijay & Karuna Soi (Parents) # 9906090337

Shikha Soi (Wife) # 962227722

Suhavani Soi (Daughter)

Sahil Soi (Brother)

Dinesh & Ashu Chopra (In Laws)

Ansh & Mahima Chopra (Brother-in-law and Bhabhi)



Amit Soi

10TH DAY KRIYA

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Father Sh. Dwarika Nath Thusoo** originally resident of Karihama Kupwara Kashmir A/p 120/13 Jagti Township Nagrota Jammu on 06-07-2024.

10TH DAY KRIYA will be performed at Muthi Ghat Near Directorate of School Education Jammu on 15th of July 2024 at 8.30 AM.

GRIEF STRICKEN

Sons & Daughters in Law

Sh. Pran Nath Thusoo & Smt Meenakshi Thusoo

Sh. Baneji Thusoo & Smt Anila Thusoo

Grand Children

Mr Mohit Thusoo

Miss Tejoshi Thusoo

Daughter & Son in Law

Smt Surja Bhat & Sh. Rattan Lal Bhat

Brothers & Sisters in law

U Sh. Anantnath Thusoo & Smt Pyari Ji

Sh. Rattan Lal Thusoo & Smt Ratni Thusoo



SH. DWARIKA NATH THUSOO

Sisters & Brother in Laws

Smt Gauri & Late Sh. Sham Lal Pandta

Smt Nany Bhat & U Sh. Jawanar Lal Bhat

Smt. Dimple Ji Dhar & Sh. Brig Nath Dhar

CONTACT NO : 9622304576, 9469099604

Email Id: pnthusoo1964@gmail.com

DEMISE

With profound grief we inform the demise of **Ghulam Qadir Guree (Gada) S/o Late Abdul Rehman R/o Saidapora Eidgah, Srinagar** who left for heavenly abode on 13th July 2024 (Saturday). May Almighty Allah

20 Days Translation Skill Internship Workshop concluded at Dogri Sanstha Jammu

Top News Report

JAMMU, July 14: 20 Days Translation Skill Internship Workshop concluded at Dogri Sanstha Jammu. In the concluding function organized at Dogri Sanstha, Dogri Bhawan, Karan Nagar, Jammu Dr. S.P. Saraswat, Principal, Padmashri Padma Sachdev Government College for Women, Gandhi Nagar, Jammu was the Chief Guest.

A 60 hours Translation Skill Internship Workshop that ran continuously for 20 days with 3 hours a day covered many subjects related to development of translation skills of the participants that would be quite helpful in making their professional career or earn livelihood in future. These included News, Informative Literature, Journalism, Fiction, Sub Titling, Web Content, Advertisement, Prose and Poetry. About 36 students of Government Women College Parade and Padmashri Padma Sachdev Government College for Women, Gandhi Nagar, Jammu



participated in the Internship Workshop which had galaxy of faculty members like Prof. Lalit Magotra, Prof. Veena Gupta, Prof. Shashi Pathania, Prof. Archana Kesar, Dr. Nirmal Vinod, Dr. Bansilal Sharma, Dr. Chanchal Bhasin, Dr. Sandeep Dubey and Jagdeep Dubey. All the faculty members have either served or serving at Jammu University in different capacities or are well-known literateurs.

Prof. Lalit Magotra, President Dogri Sanstha Jammu while speaking on the occasion said that this initiative under New Education Policy is a welcome step as such internship workshops if orga-

nized on regular basis will not only develop skills of participants but will also connect them with their mother tongue and cultural heritage. He appreciated the participants for their keen interest to learn the basics and hoped that their enthusiasm will not diminish after the conclusion of this workshop but will inspire them to continue practicing so as to get benefitted from such initiatives at right time thus coming up to expectations of Government aimed at. He said that many of the participants have good writing skills and if they concentrate more on it, they may emerge as good writers also thus contributing to

different genres of Dogri literature. He further added that it was a privilege for Dogri Sanstha also that it got an opportunity to conduct such an ambitious and important workshop and hoped that the association for such projects with different colleges will continue in future too.

Dr. S.P. Saraswat, the Chief Guest in his address while extending his gratitude to Dogri Sanstha for facilitating Translation Skill Internship Workshop for the students said that Dogri Sanstha is a strong voice for preserving and promoting mother tongue Dogri and students are lucky enough to learn the skills from the expert

faculty members. He said that skill development workshops are necessary as these initiatives give confidence to students to generate income and make their future of their own choice as many options are available backed with their skills. He also added that this particular workshop is a special one as it has provided an opportunity to participants to get connected with their roots. He expected that collaboration with Dogri Sanstha will become a regular feature for such projects of utmost importance.

In the concluding function, the participants enamoured the gathering with dogri poems written by established poets of the region. They were given participation certificates, Dogri books and a brief biography of Padma Sachdev. The concluding function was anchored by Pawan Verma and Prof. Shashi Pathania extended vote of thanks. It was attended by many literateurs & literature lovers and concluded with Dogri Dham.

Himachali Industrialist Mehinder Sharma donates One Crore One lakh for Langar at holy Shrine MAA Vaishno Devi

Top News Report

JAMMU, July 14: Himachali Industrialist Dr. Mehinder Sharma, accompanied by his son Mr. Dhruv Sharma, has donated Rs. 1.01 crore to the Shri Vaishno Devi Shrine Board. This donation is for organizing a Langar at the holy Shrine of MAA Vaishno Devi. Dr. Mehinder Sharma presented a bank draft of Punjab National Bank amounting to Rs. 1.01 crore to Anshul Garg, Chief Executive Officer of Shri Vaishno Devi Shrine Board, at Katra. The donation will facilitate pilgrims visiting the holy shrine by organizing a Langar at Tarakote every Thursday from July 18, 2024, to October 3, 2030, covering 325 Langars at Rs. 31,000 per Langar.

Dr. Mehinder Sharma hails from Village Badhera Rajputana in Una district, Himachal Pradesh, and has inherited a legacy of philanthropy from his father,



the late Sh. Amar Nath Sharma, who was known for organizing mass marriages, constructing temples, sarais, and community centers. Dr. Mehinder Sharma, 61, is the Chairman and Managing Director of ANS Constructions Pvt Limited, with diversified interests in construction, hotels, hospitality, education, food processing, infrastructure, and real estate.

A passionate social worker, Dr. Mehinder Sharma provides financial assistance for cardiac stents in various hospitals like AIIMS Delhi and organizes

free food distribution camps outside hospitals in New Delhi. He has contributed to the silver cladding work at Baba Kedarnath and Mata Chintpurini temples. Dr. Mehinder Sharma is the Vice Chairman of Hari Yamuna Sehyog Samiti, which focuses on environmental causes such as cleaning rivers and controlling air pollution. He is also the Vice Chairman of the renovation committee of Iskcon Temple, New Delhi, and a founder member involved in the day-to-day management of Delhi Public School, Jalandhar.

BJP is facing unprecedented public resentment across J&K: Bhalla

Says more power to J&K LG will convert J&K Assembly into a Municipality

Top News Report

JAMMU, July 14: JKPC Working President Raman Bhalla on Sunday denounced the Centre's move to widen the scope of Jammu and Kashmir lieutenant governor's (LG) powers on key administrative and legal matters — ranging from police and public order to postings and prosecution sanction — saying that the step will render the chief minister "powerless" and "disempower" the region's people. This was stated by former Minister while addressing prominent persons of Jallochak, Ward-68 Greater Kailash in RS Pura Jammu South constituency. Prominent among those present on the occasion include former Minister Yash Paul Kundal, Ex MLA Durga Das, General Secretary JKPC Satish Sharma, Sarpanch Shmsher Singh, Block President Sanjeev Katal, Budhi Singh, Sham Lal, Garu Sngal, Happy Randhawa, Rakesh Chopada, Gandeep besides others.

Speaking on the occasion, Bhalla said the move indicated that elections were "around the corner", adding that "a firm commitment laying out the timeline" for restoration of J&K's statehood was a prerequisite for the polls. "The people of J&K deserve better than powerless, rubber stamp CM who will have to beg the LG to get his/her peon appointed," he said. He said the move will convert the J&K assembly into a municipality. "Bhalla accused the central government of continuing to "betray J&K". Govt wants to delay the restoration of full statehood to Jammu and Kashmir, even though the Supreme Court has mandated Assembly Elections by Sept 30th, 2024. Even if full statehood is restored, it wants to keep the newly elected



State Govt at the mercy of the LG, by clamping its executive power," he said. Bhalla said that BJP is facing unprecedented public resentment across J&K for its alleged anti people policies but consistently remains in denial mode to address public issues on priority.

Bhalla attacked BJP for its anti-poor, anti-middle class policies. He said "the ruling dispensation has not been able to live up to its promises of providing employment to youth, handholding of artisans and much awaited relief to the poor and downtrodden sections of society". To cover up their failures further, BJP is shying away from elections as the clouds of worry have surrounded them. Life and livelihood of those living on the edge of poverty is not changing for the better," he said and added "amidst untamed inflation and unemployment, the withdrawal of food schemes only added to the daily woes of people".

Bhalla said "how will BJP face people from whose plates it has snatched food? How can a government that has unleashed tax terrorism on people face them? Our middle class, BPL and other marginalized communities are particularly at the receiving end", he added. The former Minister said, "Congress is committed to uplift the poor and downtrodden

sections of the society", he said. Bhalla alleged that J&K has witnessed huge setbacks due to the revocation of statehood by the BJP government including seizing of jobs, land, and the suppression of political and civil rights. JKPC Working President also castigated the Centre for remaining busy in rhetoric rather than doing work on ground. He said that the situation on ground zero in J&K is contrary to the claims of the BJP leadership over colossal development and lasting peace.

Bhalla said the only aim of BJP is to acquire power by politicizing different issues and the party does not have any motive to work for the people. He said people want change, as the BJP has failed on all fronts of governance especially unchecked price rise, record unemployment besides other anti-employees, anti-trade, anti-poor politics in J&K. "The people of Jammu and Kashmir have only one option to fight this monster of hate and discrimination, that option is the Indian National Congress, the only party which hasn't and which will never cozy with BJP," Bhalla said. "Having failed to give employment to highest number of educated unemployed youth, the Centre and UT Administration is beating about bushes and finding faults in the past Govts", he added.

Bhalla alleged that decisions taken by the Centre has always deprived the poor people of their rights, he said that the leaders of state BJP never fight for ensuring the rights of poor people of J&K. People of the J&K are aware of this and have shown their power to party in Parliament elections. The people of J&K will continue to reject the BJP in future for its anti-people policies; he added reiterating his demand for restoration of statehood. They know the people are angry with its policies and they have already got a taste of it. The electorate of J&K is waiting for an opportunity to take this government to task for its misdeeds, the Congress leader said. However, Bhalla said, "I want to tell them that the voters of J&K are politically mature and cannot be misled by false slogans and promises. They know their well-wishers and whom to vote for. The people are facing the brunt of the huge taxes as the Modi government is passing on the burden to the common people, he said.

Former Minister Yashpal Kundal said that the BJP has pushed the Jammu and Kashmir into unprecedented political uncertainty by indulging in politics of hate. BJP ever since getting access to power in Delhi had been on a rampage of dispossessing and disempowering common

people of Jammu and Kashmir. It's not about a particular community or a sect, they have went berserk against all of us collectively. We have been used as political cannon fodder by BJP all across the country", Kundal said. "Democracy is in our veins, it is in our culture; 'India is the mother of democracy'; 'India is the temple of democracy'. Great sounding words that the international community lap up & regurgitate ad-nauseam. Meanwhile J&K has already completed 6 years under central rule. Democracy ends where J&K begins," he said. "Entire nation & its leadership must hang their heads in shame for calling itself 'Mother of Democracy'. J&K languishes under central rule for a staggering 5 years, with the last election held 10 years ago. The blatant disregard for people's rights & representation is appalling," Sawhney said.

Ex MLA Durga Das lambasting the BJP-controlled J&K government for playing with the future of J&K people, said "We will not remain a mute spectator to such anti-people decision of the government", he warned and promised that party workers will strongly oppose such actions on the streets. He took a swipe at the BJP-led government at the Centre over inflation saying it is skyrocketing due to anti-people policies. Taking a jibe at the government, he said prices of all essential commodities including vegetables, flour, rice, pulses are increasing continuously. The plate has become costlier by 28 per cent in 1.5 months. "The public has also now understood that this government's entire focus is only on saving the image of the Prime Minister and benefiting its capitalist friends," he added.

72 Pc Students Pass Class 11th Examinations As JKBOSE Declares Result

Top News Report

JAMMU, July 14: The Jammu and Kashmir Board of School Education on Sunday announced results of annual regular exams of 11th standard with an overall pass percentage of 72 percent. JKBOSE officials said

that among the overall pass percentage includes 75 percent female students and 69 percent male students.

An official said that a total of 1,23,026 students were enrolled for the examination out of which 88,396 students passed the exams. The exam was conduct-

ed in the soft and hard zone areas identified in both the UTs.

In the examination, a total of 1179 exam centres were setup by the board.

Chairman of JKBOSE, Parikshat Singh Manhas congratulated all teaching and non-teaching fraternity for their support

and gave best wishes to the successful students for their next academic journey.

"The annual examinations 2024 conducted by JKBOSE under Uniform Academic Calendar have successfully concluded with the declaration of this result," he said. Manhas said, "It is

heartening to see that the concerned government departments and all the wings of JKBOSE worked in close coordination to achieve this goal."

He encouraged those students who have not qualified this time to try their best in forthcoming Bi-annual exams with renewed zeal.

'TRAIN HANDLING PLAN' FOR TRAFFIC BLOCK ON DELHI-AMBALA SECTION

In order to upgrade the existing infrastructure and enhanced the safety standards, Northern Railway will launch girders of new Foot Over Bridge at Mohri station on Delhi-Ambala section. To execute this work, Railways will take a suitable traffic block of duration of 3 hrs. (from 03:10 hrs. to 06:10 hrs.) on 19.07.2024. During this period following trains will temporarily be affected as under:-

CANCELLATION OF TRAINS		
Train No. & Train Name	Date(s) from Originating Station	
04139 Kurukshetra Jn.-Ambala Jn. MEMU Special	18.07.2024	
04140 Ambala Jn.-Kurukshetra Jn. MEMU Special	19.07.2024	

DIVERSION OF TRAINS		
Train No. & Train Name	Diverted Route	Date(s) (from originating station)
11906 Hoshiarpur-Agra Cantt. Express	Ludhiana Jn.-Dhuri-Jakkhal Jn.-New Delhi	18.07.2024
12446 Shri Mata Vaishno Devi Katra-New Delhi Exp.	Ludhiana Jn.-Dhuri-Jakkhal Jn.-New Delhi	18.07.2024

RESCHEDULING OF TRAINS

Train No. 12426 Jammu Tawi-New Delhi Express will depart from Jammu Tawi at 23:55 hrs. (150 minutes late) on 18.07.2024

REGULATION OF TRAINS		
Train No. & Train Name	Regulation period	Date(s) (from originating station)
04076 Shri Mata Vaishno Devi Katra-New Delhi Exp Spl.	35 minutes in Ambala Division	18.07.2024
19411 Sabarmati-Daulatpur Chowk Express	20 minutes at Dhola Mazra	18.07.2024

Note: Special train or late running train, if any, will be regulated accordingly.

For any kind of information such as detailed Time-Table and stations enroute etc., passengers are requested to contact RailMadad Helpline No. 139 or visit Indian Railways website <https://enquiry.indianrail.gov.in> or NTEAS App.

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Phone/Fax No: 01911-244098

No: ED-1/2657-59
Dated: 11.07.2024

EXTENSION-II

Due to poor response, Extension of Tender No. e-NIT ED-I/e-NIT/21 of 2024-25 and tender ID 2024_PDD_250007_1 dated 12.06.2024 for "Rate Contract for providing of allied material and T&P items required for Reclamation / Repair/ Re-build of Damaged Distribution Transformers of various capacities ranging from 25KVA to 630 KVA and Power Transformers for Divisional Workshop under the jurisdiction of Elect. Div-I JPDCI, Jammu for the FY 2024-2025" is hereby extended upto 18/07/2024 (2 PM). The tender shall be opened on 19/07/2024 (2 PM). All other terms and conditions of the e-NIT shall remain unchanged.

Sd/-
Executive Engineer,
Electric Division-I, JPDCI
Parade Jammu

DIP/J-1082-P/24

OFFICE OF THE EXECUTIVE ENGINEER RAVI CANAL CONSTRUCTION UPPER DIVISION KATHUA.
Corrigendum No 1 of e-NIT No 04 of 2024-25

Subject:- Change in E-Nit condition.

Reference: This office e- NIT NO: 04 of 2024-25 issued vide No; RCU/939-951 Dated: 10-07-2024.

Please read five Years instead of seven years against NIT condition no.39 eligibility criteria for bidders pre qualifying requirement 01 General Experience for successfully completed Civil works and also read dispatched no. RCU/939-951 instead of RCU/939-251.

No:RCU/ 1004-1008,
Dated: 12-07-24.

DIP/J-2856/24

Executive Engineer,
Ravi Canal Const. Upper Divn.,
Kathua

EDITORIAL

REFUGEES
RIGHTS

A largest number of refugees are found in our country India, because our country India has a sense of kindness, help and shelter to the destitute. The meaning of refugee is the helpless people who come to the shelter, who do not have a home to live, that is, the homeless and the destitute and the people who have been expelled from the country, etc. come under the category of refugees.

Our country India became independent in 1947, after the independence of India, India gave shelter to various groups of refugees from neighboring countries, because our country India is very kind.

In which there is a sense of compassion and help towards refugees, the refugees of neighboring countries who were sheltered by India also included refugees from the British Indian territories.

Leaving safe passage into sanctuary open is an important solution to the problem of refugees, and at the same time rehabilitating all comrades and providing resettlement for the most vulnerable refugees is an important solution to the problem.

Providing medical facilities to the people etc. are all included in the solution of their problems. Refugees should be allowed to cross the border without any documents and should be allowed to travel however they want without any documents.

Refugees should not be harassed, they should be given shelter without any cost, refugees should not be treated as guilty by any country.

The government should also make some rules for the refugees, so that along with the refugees, other countrymen also do not face any kind of trouble.

There is a lack of law to solve the social problem in India, even after this the problem of refugees has increased continuously. Under the Foreigners Act, 1946 fails to address the integrated problems relating to refugees.

The Foreigners Act empowers the Central Government to deport any foreign national. The Citizenship Amendment Act 2019 excluded Muslims and provides citizenship only to Hindus, Parsis, Jains, Christians, Sikhs and all Buddhist migrants from Bangladesh and Pakistan and Afghanistan.

The Constitution of India respects the life and liberty of human beings, and the right is available to all citizens by the Supreme Court in Arunachal Pradesh, and the right to equality and life is available to foreign nationals as well.

Many people from the neighboring countries of India come to India due to persecution and starvation, they are given refuge in our country of India. A separate policy should be made for refugees, so that refugees get shelter and they do not cause problems on the resources of the country, India has the highest refugee population in the South Asian region, till date uniform laws have not been made for their shelter.

Break the silence get aware of mental health :speak before it is too late to...

By: Dr. Anurag Pathak

Mental, neurological, and substance use disorders account for over 10% of the global disease burden, but about 85% of individuals in low-income and middle-income countries lack access to treatment.¹ The WHO Special Initiative for Mental Health (2019–2023) was introduced to explore the strategies to strengthen mental health systems in nine such countries. A mid-term review of this WHO Special Initiative was conducted against the backdrop of the COVID-19 pandemic and its increased demand for mental health services, which identified three areas of strategic action: a) political prioritisation to improve mental health policy and increase funding for health systems transformation; b) developing a sustainable model of mental healthcare, and c) promoting a collaborative and contextualised approach for change.^{2,3} These findings create an opportunity to inspect the mental healthcare scene in India. Post-COVID-19, India requires unified efforts from all stakeholders to attain the Sustainable Development Goals by 2030, especially Goal 3, focusing on mental health. This goal calls for universal health coverage, access to quality mental healthcare services and affordable essential medicines.

In India, the overall prevalence of common mental disorders (CMDs), encompassing depressive and anxiety disorders, was 5.1% in the 2016 National Mental Health Survey, with a treatment gap of 80.4%.⁴ Persons with mental health issues face many challenges while reaching out to mental health services. These challenges are compounded among people from marginalised populations or hard-to-reach areas, leading to inconsistent usage of these services. The consequent treatment gap can be attributed to the unequal distribution of mental health resources and the variable implementation of mental health policies.^{4,5} Over the past decade, the Government of India has taken many measures to address these shortcomings and ensure equitable distribution of mental health services. The National Mental Health Policy (NMHPolicy), introduced in 2014, alongside the Mental Healthcare

Act (MHCA) of 2017, outlines strategies for improving mental health and safeguarding individuals' rights. The NMHPolicy focuses on providing comprehensive care, spanning outpatient to community-based services.⁶ It suggests a higher resource allocation in making services more accessible and its integration into general healthcare. It also emphasised the role of research, such as national surveys, to guide policy planning and execution.⁶

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Programmes for mental health in India are proactively evolving to meet current needs. The National Mental Health Programme (NMHP), with the District Mental Health Programme (DMHP) serving as its functional extension, are India's mainstay of mental healthcare services. The DMHP oversees the mental healthcare delivery of the entire district and trains medical officers on mental healthcare. The initial evaluation of the impact of the DMHP showed partial success; its activities were limited to promoting mental health awareness, providing essential care, and ensuring access to essential psychotropic medications.⁶ However, since 2015, the DMHP's coverage has expanded to encompass more than 90 per cent of the revenue districts in India.⁶ In further efforts to effectively scale up mental health services (under NMHP), steps are underway to integrate them with the broader health services under the National Health Mission to ensure coordinated planning and fund allocation. Building on research inputs, mental health programmes have expanded their scope to include essential areas like child and adolescent mental health and suicide prevention. The Government of India has introduced three initiatives recently to enhance the reach, affordability and engagement of the mental health services in the community. The Ayushman Bharat initiative transforms primary healthcare facilities into health and wellness centres (HWCs) with provisions to screen mental ailments.⁷ Second, the Pradhan Mantri Jan Arogya Yojana (PM-JAY) is a government-funded health insurance/assurance scheme covering India's poor and vulnerable populations and providing financial protection for their hospitalisations.⁷ The third initiative,

the Ayushman Bharat Digital Mission (ABDM), with digital health records, looks forward to ensuring care continuity besides stimulating research.⁸

Community participation in mental healthcare is a pivotal strategy in India, particularly as care-seeking is influenced by traditional beliefs and practices.⁹ The involvement of community experts and stakeholders is becoming increasingly frequent in making a policy. The MHCA formed collaboratively, will strengthen the active participation of community experts and stakeholders in further progress at both policy and service levels. Similar stakeholder involvement for designing better mental healthcare delivery models must be done for other areas like adolescent mental health.¹⁰

Reflecting on the WHO Special Initiative for Mental Health, India's efforts, as seen through the NMHP, DMHP, and other innovative initiatives, exhibit a progressive direction towards addressing mental health concerns. A proactive, collaborative, and research-informed approach, with an emphasis on community engagement and policy-driven reforms, is crucial to ensuring that mental healthcare becomes universally accessible and effective.

In a country known for its rich cultural tapestry and diversity, India's mental health landscape is quietly evolving. Despite substantial strides in healthcare, the nation faces disparity in the availability of mental health professionals. According to experts, there should be at least 3 psychiatrists for every 100,000 people, but India has only 0.75. It's a concerning statistic, but it's not just about numbers. It's about people, their well-being, and the imperative need for awareness and compassion.

Mental health is an intrinsic part of overall well-being. Yet, the topic has often been relegated to the shadows. The saying, "There is no health without mental health," reminds us of the profound connection between mind and body. In most parts of the world, including India, mental health services remain far from satisfactory. Low and Middle-Income countries (LMICs) bear a significant burden due to factors like availability, affordability, and various influences.

Mental health issues span a lifetime -

from autism and cognitive impairment in childhood, to depression, anxiety, substance misuse, and psychosis in adulthood, and ultimately to dementia in old age. Globally, mental illnesses constitute 15% of the disease burden. India, according to the World Health Organization (WHO), has one of the world's largest populations grappling with mental health issues in various forms.

According to a national mental health survey- Before the COVID-19 pandemic, about a billion people worldwide were living with a mental illness in 2019. This number includes 14% of the world's teenagers, with the incidence of common illnesses like emotional stress, anxiety, and depression surging by over 25% during the pandemic's first year.

As of now, India has approximately 9,000 psychiatrists, with around 700 new graduates entering the field annually. This equates to a mere 0.75 psychiatrists for every 100,000 citizens, while the desirable number is three or more. To reach this goal, India would need 36,000 psychiatrists - a considerable shortage of 27,000 doctors.

Mental health comprises our emotional, psychological, and social well-being. It affects our thinking, feelings, perception of the world around us and our actions. It helps us to determine how one handles stress, relationship with others, and making healthy choices.

Individual psychological and biological factors such as emotional skills, substance use and genetics can make people vulnerable to mental health issues.

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Dr. Anurag Pathak
Lucknow

High-Performance Self-Talk Boosts Your Career Success

By: Vijay GarG

The silent conversations you have with yourself can make or break your career success, and experts have discovered the self-talk that leads to high career success. Our careers are shaped from the inside out. Negative self-talk can colonize our hearts and dwarf career advancement if we allow it to run roughshod over our professional lives. Or it can lift us to unlimited career heights.

We have two versions of self-talk. One is lightning-fast and spontaneous—emanating from the reflexive part of the brain known as the emotional brain. This hard-wired, survival voice tends to be critical and negative and can lead to anxiety, depression, self-doubt and self-sabotage.

The second inner voice emanates from the prefrontal cortex or thinking brain which involves higher levels of reflective, intentional and positive thought. This rational voice is important for self-regulation. It is a learned skill that activates your "thinking brain," mitigating the emotional brain's dysfunctional mental states and unlocking healthier emotions such as calm, confidence, clarity and happiness—all of which promote career success.

High-Performance Self-Talk And Self-Regulation

Career success starts with exercising level headedness, self-control, inner calm and self-compassion at an individual level. And job engagement, performance and satisfaction continue to build over the trajectory of our careers as we widen our resilient zones. The neurosci-

ence of self-talk shows that we can use our inner voice to reduce our stress level, improve our response to setbacks and elevate performance levels in our careers.

The emotionally reactive monologue running in our heads might tell us we'll fail if we get outside our comfort zone, eviscerate us for eating another slice of pizza or remind us how inept our presentation was. You can blame your impulsive, self-immersed, non-thinking emotional brain for throwing your positive, thinking brain offline. Once your reflective, objective thinking brain comes back on line, you're clearheaded and can see a bigger picture of evidence to the contrary.

Most people have an inner monologue running through their head at all times. The stronger that inner voice, the better you are at certain tasks. According to a new study in Scientific American, people with stronger inner voices perform better at psychological tasks that measure verbal memory, among other things, than those with weaker inner voices.

The research of professor Ethan Kross, psychologist at the University of Michigan, breaks down the science of self-talk even further. He has discovered that self-talk is essential for self-regulation and executive functioning, plus it's a way to disable stress before and after a challenging event when we often ruminate about a performance at work.

Kross gave participants five minutes to prepare a speech. Half were told to use only the first person pronoun "I" to refer to themselves while the other half were told to use

their names. The pronoun group had greater anxiety with such comments as, "How can I possibly prepare a speech in five minutes," while the name group had less anxiety and expressed confidence using self-talk such as, "Bryan, you can do this." The name group was also rated higher in performance by independent evaluators and less likely to ruminate after the speech.

Dr. Richard Schwartz, the creator of Internal Family Systems Therapy, reports similar clinical findings. He explains that when you use the first person pronoun in your self-talk, the emotion— anxiety, worry or frustration—blends with you, and when you "become that emotion," it can disable your actions. In other words, you get emotionally hijacked and lose your objectivity in the moment. But when you acknowledge the emotional part of you with friendly self-talk and allow it to be there, you separate from the emotion and have more self-regulation.

Scientists at the University of Toronto report that using your calm, inner voice while performing tasks gives you self-control and prevents the reflexive emotional self-talk from making impulsive decisions that lead to errors and mistakes. The findings also show that without being able to verbalize messages to yourself, it's difficult to employ the same amount of self-control as when you can talk yourself through the process.

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For example, when you use the first-person pronoun "I" in your self-talk, you continue to identify with the negative, emotional voice. But when you use third-party language like you, he or she, it neutralizes the rumination and helps you gain impulse control, especially during climates of threat, uncertainty and unrest like we live and work in today.

A study at Michigan State University found that brain scans of people using third person self-talk (such as you, he or she) while watching disturbing images (such as a man holding a gun to their heads) were better at regulating their emotional distress, and their upset decreased when they referred to themselves in the third person. Additional research shows that distanced self-talk gives dieters, compared to non-dieters, a self-control strategy that encourages healthier eating, plus non-dieters make healthier food choices using the same self-control strategy.

This simple act of talking to yourself in the third person, much as you talk to others, helps with self-control. It requires no more mental effort than first-person self-talk, and the benefits of calm, clarity and confidence are well worth the effort.

(Vijay GarG Retired
Principal Educational
columnist Malout)

Rekha distributes Ration, Ayushman Cards, Domicile Certificates to Common Masses, Reinforcing the BJP's Commitment

Top News Report

JAMMU, July 14: Bharatiya Janata Party (BJP) District President Jammu South Rekha Mahajan today distributed ration cards, domicile certificates, and Ayushman Cards to the general public, reaffirming the BJP government's dedication to the welfare of the common masses under the supreme leadership of Prime Minister Narendra Modi. This comprehensive initiative aims to ensure that the numerous benefits of government schemes, including food security, health insurance, and residency rights, reach the most vulnerable sections of society.



Rekha Mahajan interacted with the beneficiaries, listening to their concerns and assuring them of the government's support. She highlights that the BJP govern-

ment is committed to the well-being of the general public, and we are dedicated to ensuring that the benefits of our schemes reach every household, and we will continue to

work tirelessly towards this goal." Rekha Mahajan emphasized that these magical cards symbolize the government's dedication to providing access to

quality healthcare, residency rights, and food security to all. The Ayushman card ensures health insurance, the domicile card grants residency rights, and the ration card provides subsidized food grains. She said the unprecedented access to free healthcare provided under Ayushman Bharat: "After 70 years, the PM Modi-led government has ensured free treatment up to Rs 5 lakh for millions of people. Rekha added that the BJP's 2024 manifesto, titled "Modi Ki Guarantee," also promises to extend the coverage of Ayushman Bharat further to include senior citizens above 75 years of age and the transgender community.

National Movement for Old Pension Scheme J&K

Top News Report

BUDGAM, July 14: On The Direction of UT President NMOPS-J&K Mohammed Ashraf A delegation of NMOPS -J&K District Unit Budgam led by Its District President Budgam Farooq Ahmed kuty accompanied by District General Secretary budgam Hilal Ahmed Dar Called on Honourable Member of Parliament Lok Sabha Srinagar Syed Ruhullah Mehandi at Budgam and submit memorandum of demands regarding restoration of Old Pension Scheme instead of National Pension scheme in favour of all officials who have been appointed after 01-01-2010 in J&K UT. The delegation also

discussed that NPS is not a favourable scheme as compared to old pension scheme. NPS is neither in the interest of the state nor is it in the interest of the employees and officers, the monthly amount received after retirement in NPS is not called pension anywhere in PFRDA, it is said only annuity, thus the NPS itself is clear, No Pension System. At the verge of retirement OPS Employees got huge amount with interest on amount deducted from their salary. Moreover in NPS Such type of provision is not applicable. The delegation requested to Honourable Member of Parliament Lok Sabha Syed Ruhullah mehandi to represent

our case in Parliament of India for redressal ie "Restoration of old Pension Scheme in place of NPS."and highlight our issue being a representative of peoples so that NPS convert into OPS and all Employees Under NPS get benefit of old Pension scheme. Member of Parliament Lok Sabha Srinagar Syed Ruhullah mehandi listened the delegation Patiently and assured the delegation that the demand of Old Pension Scheme is genuine and We will raise this voice in Parliament for restoration of old Pension Scheme. The delegation thanked Member of Parliament Lok Sabha Syed Ruhullah mehandi for listening the issues patiently.

JKTJAC elected zonal body of zone Gandhi Nagar



Top News Report

JAMMU, July 14: A meeting of Jammu and Kashmir Teachers Joint action committee was held today on 14/06/2023 under the chairmanship of UT Vice president Surjit Singh Chib in which Rajesh Jamwal Provincial President, Subash Chander organizer, Ravinder Manhas District President Jammu, MP Singh ZP Jourian and Rajeev Singh were guest of honour the meeting was attended by large number of teachers

from different parts of Zone Gandhi Nagar participated and elected its zonal body Mr. Rakesh Khajuria was elected as president, Rajinder Singh chairman, Jasbir Singh Sr vice president, Manzoor Hussain vice president, Dinesh Singh chief organizer, Randhir Singh chief Coordinator, Narain Daas convener, Sachin chief convener, Deepak Khajuria, convener ruler, Shareef Hussain cashier, Sukhdev Singh chief Spokesperson, Varinder Sharma

Gen. Secretary, Chanderkant organizer, D D. Bhagat Coordinator, Munish Sharma convener urban, Karan Singh Advisor, Jasbir Singh chief Advisor. Meanwhile they discussed the burning issues of zone including timely release of salary and completion of service books. Others who were present in the meeting includes Mohd. Yunas, Vijay Singh, Pawan Kumar, Rohit Sharma, Munir Ahmed, Gulzar Ahmed Rajinder Singh and other.

Rajesh Gupta appeals LG to don't neglect precious lives control accidents

Top News Report

JAMMU, July 14: General secretary of Bahujan Samaj Party (BSP) and media head in Jammu and Kashmir, Rajesh Gupta has expressed deep concern regarding the rising number of road accidents in the region.

Gupta appealed to LG Manoj Sinha that now you got the more power atleast now you can think about human lives who are dying daily as insects. While interacting with media today, Gupta specifically referred to the recent Doda accident, in which 3 killed and 25 sustained serious injuries. He held the Administration responsible for rising road accident deaths in the region. The BSP leader said despite repeated road accidents happening every other day the Administration

is least bothered about these accidents. He said as per official data, J&K witnessed a surge in road accidents, with a staggering 6,292 incidents claiming the lives of 893 people in



2023. He said several road fatalities in J&K occurred on national highways, particularly in the hilly Doda-Kishtwar-Ramban areas. Gupta appealed the administration to prioritize human lives, emphasizing that a person's life is more valuable than anything else.

Sadhguru Madhuparamhans delivers religious sermons at Sungal

Top News Report

JAMMU, July 14: Sadguru of Sahib Bandagi Shri Madhuparamhans Ji Maharaj, while delighting the congregation with the nectar of his discourses at Sungal Road Akhnoor, Jammu, said that the world does not know about Sumiran. Sahib is saying that chanting, penance, restraint, sadhna all come under Sumiran. Like a child does not know the value of money, Elders know. In this way, saints know the importance of Sumiran. Every human being is looking for happiness. This true happiness is found through Sumiran. Like the only suitable means to quench thirst is water. There is no sherbet. There is no juice. There is no other means. Other means are needed to chew the rest. But water is not needed. Thirst can be quenched only by water. The means to remove darkness is light. It is a different



matter how you create light. Sahib is saying that the happiness that is in Sumiran is not even found in wealth. Brother, what happiness is there in wealth? You get a good house. That is the happiness of the skin. We get good food. That is the pleasure of the tongue. We get many good things. All these things have no connection with the soul. Self-pleasure is obtained by Sumiran. We all have the desire to find God. There is only one way to merge in God, Sumiran. There is also the greatness of Sumiran in Ramayana. Man is searching for pleasure of sensual pleasures in the world. Sensual pleasure means pleasure of the senses. The subject of the ear is sound. The subject of the mouth is

taste. The subject of the skin is soft touch. All these are pleasures like fire wrapped in cotton. Behind these pleasures, there is a mountain of great sorrows. Self-pleasure is beyond sensual pleasures. Where did the joy in the soul come from? It is the nature of the soul. Where did the coolness in water come from? It is its nature. No matter how much you heat it, it will become cold again. In this way, there is joy in the soul. Why is the soul blissful? Because it is a part of God. This joy is already present in the soul. Happiness does not have to be brought from anywhere. To get the pleasure of the mouth, one has to eat delicious things. There is no joy in the nose. You need fragrance to enjoy it. But nothing is needed to enjoy the soul. You need beautiful sights to enjoy the eyes. But because the soul is a part of God, it is filled with endless treasures of joy.

Pakistan's frustration behind Jammu terror attacks

Top News Report

ARNIA, July 14: Shiv Sena Hindustan J&K President Pt Rajesh Kesri today led strong protest against Pakistan over recent attacks in Jammu region in Arnia on Sunday, calling it as an act of cowardice by Pakistan-based terrorists. Prominent among those who participated in protest include Balveer Kumar, Balwant Saini Ramesh Kumar, Suresh Kumar, Rajesh Kumar, Vijay Luthra, Rajkumar, Brahm Singh, Darshana Devi, Neeru Devi, Rajni Devi, Vijay Kumari besides others. Raising anti-Pakistan slogans and chanting "Bharat Mata Ki Jai," protesters demanded befitting reply to Pakistan for daring to target our brave security forces cowardly. They also paid homage to the brave army personnel who sacrificed their lives for the nation. Speaking on the occasion, Kesri said we pay homage and tributes to the army personnel who laid down their lives for the nation. We stand with their families. We are ready to lay down our lives for these bravehearts defending the country," he said. He condemned recent terror attack, stating, "It is an act of cowardice by Pakistan-backed terrorists. Pakistan continues to sponsor terrorism in



Jammu and Kashmir." He said Pakistan resorts to cowardly terror attacks through terrorists when they fail to confront India directly. "They persist in supporting and sponsoring terrorism in Jammu and Kashmir," he added. "Pakistan should be held accountable. It has been aiding and abetting terrorism in Jammu and Kashmir," Kesri said. He said India's Line of Control (LoC) and International Border (IB) with Pakistan are well-fenced, surveyed, and manned. Yet Pakistani state and non-state players are upping the ante and using technology to smuggle illegal arms, ammunition, drugs, currency, propaganda pamphlets, and other items to their supporters and operatives. Drones are cheap and available commercially off-the-shelf and have replaced human smug-

glers and even terrorists in some cases, as was the case in the Jammu airfield attack a few years ago. India needs to be prepared for next-gen terror attacks in Jammu and Kashmir and info warfare in Punjab and neighboring states, added Kesri. Kesri linked the surge in violence to the successful completion of the Lok Sabha elections and suggested that increased military operations in the Kashmir Valley have forced terrorists to shift their focus to the Jammu region. Kesri noted, "The center of terrorist activity has moved towards Jammu over the last three years as Army operations have curtailed their ability to operate in the Kashmir Valley. The Army has significantly weakened terrorist networks in Kashmir, and this has frustrated Pakistan."

Delegation of OBC Department JKPC meets with DC Kupwara

Top News Report

JAMMU, July 14: A delegation from the OBC Department of the Jammu and Kashmir Pradesh Congress Committee (JKPCC) recently held a significant meeting with the Deputy Commissioner (DC) of Kupwara, Srinagar. This meeting was led by Madam Shamima Rehman, Vice Chairman of the OBC Department, JKPC, along with key members including Ab Rashed Sheikh, Joint Coordinator JKPC; Mushtaq Ahmad Sharjouri, District Chairman OBC Department Congress Party Kupwara; Shahid Aziz; Manzoor Ahmad Shar Gajouri; Latief Sheikh; Ab Ahad Sharjouri; Manzoor Ahmad Dar; Smt Sayada Begum; Mohd Sadique Hajam; Ab Razaq Sheikh; Gh Mohd Ud Din Hajam, and several others. The delegation aimed to address pressing issues affecting the OBC community and advocate for significant policy changes and implementations to uplift the marginalized sections of society. One of the primary issues discussed was the abolishment of the creamy layer in OBC reservations. The creamy layer refers to the relatively wealthier and better-educated members of the Other Backward Classes (OBCs), who are often excluded from reservation benefits. The delegation argued that excluding the creamy layer undermines the spirit of affirmative action, leaving a signifi-



cant portion of the OBC population without access to opportunities. They emphasized that for true social justice, the reservation system should be all-encompassing, allowing all members of the OBC community to benefit equally, regardless of their economic status. Another critical topic of discussion was the caste census. The delegation underscored the necessity of conducting a comprehensive caste census to obtain accurate data on the demographics of various caste groups. Such data is crucial for formulating effective policies and ensuring equitable resource allocation. The absence of a caste census leaves policymakers with an incomplete understanding of the social fabric, leading to skewed resource distribution and policy formulation. The delegation urged the DC to advocate for the inclusion of a caste census in the national census, emphasizing that accurate data is the bedrock of informed policymaking. The demand for 27% reservation in all sections as per the Mandal Commission report was another pivotal point of the meeting. The Mandal Commission, established in 1979, recommended

reservations for OBCs in public sector jobs and educational institutions to correct historical injustices and provide equal opportunities. The delegation reiterated that the full implementation of the Mandal Commission's recommendations is essential for achieving social equity. They pointed out that despite the legal provisions, many OBCs still face systemic barriers that prevent them from accessing these reserved positions. By ensuring that 27% of positions in all sectors are reserved for OBCs, the government can take a significant step towards leveling the playing field. Political reservation was also on the agenda, with the delegation calling for guaranteed representation for OBCs in every sphere: Panchayat and Rural Development (for PRIs), the Department of Urban Administration and Development (for ULBs), assembly elections (MLA), and Member of Parliament positions. Political representation is crucial for the empowerment of marginalized communities, as it ensures that their voices are heard in decision-making processes. The delegation stressed that without adequate rep-

resentation in political bodies, the concerns of the OBC community are likely to be overlooked. They advocated for amendments to existing policies to ensure that OBCs have a substantial and meaningful presence in local governance structures. The meeting also addressed the issue of disparities in the calculation of the creamy layer in Jammu and Kashmir. The delegation expressed concerns that the current method of determining the creamy layer is flawed and leads to injustices within the OBC community. They called for a review and revision of the criteria to ensure that the benefits of reservations are extended to those who genuinely need them. The delegation emphasized that an accurate and fair calculation of the creamy layer is vital for the effective implementation of affirmative action policies. This significant meeting was initiated by Modan Lal Chalotra, Chairman of the OBC Department, JKPC, with a vision to engage with every district administrator (DC) across Jammu and Kashmir. The overarching goal of this initiative is to ensure that the concerns of the OBC community are addressed at the grassroots level and to advocate for the full implementation of the Congress manifesto in the region. The manifesto outlines several key objectives aimed at promoting social justice, including the abolition of the creamy layer, the conduct of a

caste census, and the provision of adequate political representation for OBCs. The delegation's efforts to engage with the DC of Kupwara highlight the importance of local-level advocacy in achieving broader policy changes. By directly interacting with district administrators, the delegation aims to create a ripple effect that will eventually lead to state and national-level reforms. This approach underscores the belief that meaningful change often starts at the local level, where the impact of policies is most acutely felt. In conclusion, the delegation from the OBC Department of the JKPC's meeting with the DC of Kupwara was a significant step towards addressing the issues of social justice for the OBC community. By highlighting critical issues such as the abolition of the creamy layer, the conduct of a caste census, the implementation of 27% reservations, and the need for political representation, the delegation underscored the urgent need for policy reforms. Their efforts, guided by the vision of Modan Lal Chalotra, aim to create a more equitable and just society for all. This meeting serves as a reminder that collective action and local-level advocacy are powerful tools in the fight for social justice and that the voices of marginalized communities must be heard and heeded in the corridors of power.

Sanjay Dutt joins Akshay Kumar, Abhishek Bachchan in 'Housefull 5'

Actor Sanjay Dutt has been roped in for the highly anticipated 'Housefull 5' while adding to the excitement surrounding the star-studded cast of this beloved comedy franchise. The film, bankrolled by Sajid Nadiadwala, also stars Akshay Kumar, Ritesh Deshmukh and Abhishek Bachchan in key roles.

Producer Sajid confirmed the news of the new entrant on Instagram. His production house shared a picture of the actor and wrote, "NGE Family is thrilled to announce @dutt-sanjay is joining the #Housefull5 family! Looking forward to another exciting journey filled with madness (sic)."

While talking about the same in a press statement, Sajid



Nadiadwala shares, "Sanjay Dutt has been like my family from the beginning of my journey. Beyond his iconic status as one of the greatest superstars of all time, he exemplifies qualities that make him one of the finest human beings I've had the

honour to collaborate with earlier and now with Housefull 5, we embark on another exhilarating adventure together, celebrating laughter, love, and the timeless joy of cinema."

Sanjay Dutt shares "I've known Sajid since his early days as an

assistant, and it's been amazing to see him grow and be one of the finest producers our industry has. Sajid is like family to me, and our friendship has only gotten stronger over the years. I'm thrilled to be working with him again on Housefull 5 and also look forward to many more collaborations with him in the years to come!"

Directed by Tarun Mansukhani, 'Housefull 5' promises to be one of the biggest installment in the 'Housefull' franchise as it will be entirely filmed on a cruise ship, featuring a stellar lineup including Akshay Kumar, Ritesh Deshmukh, Abhishek Bachchan, and now Sanjay Dutt.

The film is set for release on June 6, 2025.

Asha Negi on speculation about her dating life: I am happily single



Actor Asha Negi, known for her role in the TV show Pavitra Rishta, addresses the ongoing speculation about her personal life following her breakup with co-star Rithvik Dhanjani in 2020 after seven years of dating. Despite persistent comments from fans urging them to reconcile, Negi asserts her current relationship status, stating, "For all my curious fans, I am single and quite happy like that. I am living my life, growing and evolving. It's going good. The focus is on work and myself. Both personally, I don't like being in one comfort zone, I want to

keep growing."

The 34-year-old, who has over two million Instagram followers, says she recognises the scrutiny she faces regarding her dating life, and stresses on the importance of taking breaks from social media for personal clarity. "Ab toh aadat ho chuki hai," she says adding, "Earlier, it used to bother me but now I have just become used to it. There are times when I don't want to interact with anybody and be off social media. I give myself that freedom. I don't put myself under the pressure of being seen all the time or being on social media all the time. Whenever I

want to clear my head, I take some time off," Negi shares.

Regarding the pressures of maintaining a social media presence as an actor, Negi says one must "try to benefit from it rather than crib". "Yes, social media ka baggage actor ki life mein ab aagaya hain. But, the best you can do is make the most of it. How beautiful were the olden times when there was no social media, but ab hain toh kuch benefits bhi hain, one can just try to focus on that."

Speaking about her career, Negi, who transitioned from television to OTT, tells us that some still typecast her. "People don't say that on the face but you still carry that 'TV' baggage with you, especially after you have been a household name. People still call me by Purvi's name (her character in Pavitra Rishta) and I am extremely proud because it got me where I am today," Negi says adding, "but people are a still a little hesitant sometimes."

Recently seen in the web series Industry, which offer a genuine peek into the complexities of the entertainment industry, Negi, who played the role of Sanya Sen, says she found the role cathartic. "I could resonate with many aspects of an actor's life that mirror my own journey. Industry insiders are also finding connections with the series, while those outside the industry are discovering its secrets," she ends.

'Baywatch' actor Alexandra Daddario announces pregnancy with husband Andrew Form

'Percy Jackson and the Olympians' actor Alexandra Daddario and her husband, producer Andrew Form, have announced they are expecting their first child together.

The couple, who got married in a picturesque ceremony in New Orleans in June 2022, shared their joy with fans through a heartwarming post on social media. Daddario, known for her roles in 'Baywatch' and 'The White Lotus,' posted a photo featuring the actor beaming with happiness, accompanied by a caption that read, "Excited for my child to go to pre-school with Margot Robbie and hailey bieber's kids (sic)."

Friends and fellow celebrities quickly flood-



ed the comments with congratulatory messages. "So happy for you both! You're going

to be amazing parents," wrote Daddario's "Percy Jackson" co-star, Logan Lerman. Other

well-wishers included Priyanka Chopra, Zac Efron, and Dwayne "The Rock" Johnson, who

worked with Daddario on "Baywatch."

Andrew Form, a successful producer behind hits like 'A Quiet Place' and 'The Purge,' had earlier written a cryptic caption on an adorable picture of Alexandra. He wrote, "I don't know how you know what to do. You just do. Holding everything up and together. Without you it all falls apart. Happy Mothers Day (sic)."

As the couple prepares for the arrival of their little one, they have received an outpouring of love and support from fans and friends alike. The anticipation and excitement surrounding this news are palpable, with many looking forward to seeing the couple embrace their new roles as parents.

Daisy Edgar Jones Wishes To 'Revisit Her Role' In Normal People

Daisy Edgar Jones and Paul Mescal grew popular among the viewers through their roles and performances in Normal People. The fans of the series loved the chemistry between the actors and wished to see the duo more often onscreen.

Speaking of her character in the Hulu series, Edgar Jones claimed that she would love to revisit her role in the drama series. In a conversation with BBC News, the actress shared that she not only liked her role but also adored the characters played by her co-stars.

Normal People became the most-watched series during the pandemic, and the actress hit a jackpot as she claimed that she got to work with Paul Mescal and get together with many talented filmmakers.

Where the Crawdads Sing actress and Mescal explored fame after starring in the Hulu series. As much as the fans had fun, Edgar Jones claimed that the actors, too, had a great time working with each other.

In an interview with the news portal, the Fresh actress stated, "I love those characters. It would be wonderful to explore them again." She further added, "If [Rooney] is up for writ-



ing a new story, who knows? Keeping it open. Always open."

Speaking of her experience working with the actors on the show, Jones said, "It introduced Paul and I to a lot of people and filmmakers." Since the Hollywood star's appearance in Normal People, the actress has landed roles in movies and TV shows such as Under the Banner of Heaven and Voyagers, alongside Andrew Garfield.

Daisy Edgar Jones is also set to star with Glen Powell in Twisters. Daisy Edgar Jones in Twisters will portray the character of Kate

Cooper in the upcoming action thriller. The movie also stars the Anyone But You star, Glen Powell, Anthony Ramos, Brandon Perea and many others.

As for the plot, the synopsis reads, "Haunted by a devastating encounter with a tornado, Kate Cooper gets lured back to the open plains by her friend, Javi, to test a groundbreaking new tracking system."

She soon crosses paths with Tyler Owens, a charming but reckless social-media superstar who thrives on posting his storm-chasing adventures."

Khloe Kardashian Confesses She 'Would've Tried' Ozempic

Khloe Kardashian recently reflected on her weight loss journey during the latest episode of her family's reality television show, The Kardashians.

The 40-year-old television personality, socialite, and model confessed about her decision to try Ozempic at the time.

In the episode, Khloe also visited the headquarters of an athletic company to announce her collaboration with them.

She expressed her passion for fitness, stating, "Working out is something that makes me happy."

Looking back on her battles to maintain a healthy weight, the celebrity admitted that she was so determined to transform her appearance that, if it had been available at the time, she would have considered trying the diabetes medication Ozempic. Reflecting on her journey, she mentioned, "When I was bigger, if they had Ozempic, I probably would have tried it, cause I tried any other thing."

"I tried any fad weight loss trend except for the real thing that actually works, and that's a lifestyle change," she confessed, adding, "I just



think people should be active."

Khloe said that she wants to encourage healthiness instead of the number on a scale. "I don't really care what your size is. You should just be healthy and stronger for yourself."

Previously, in the On Purpose podcast, Khloe said that for a major part of her life, she was "overweight and unhealthy."

She shared that she began gyming during her divorce and "like a significant and consistent amount for my mental health." She continued, "I needed a release, and I needed to feel strong, and I just needed to get rid of all these thoughts." Khloe also spoke about her weight loss journey in her 2015 book Strong Looks Better Naked and in her reality television show Revenge Body.

As per ABC, "Ozempic and Mounjaro are a popular 'off-label' choice for doctors treating patients wanting to lose weight, but the drugs are only approved by the TGA for the treatment of type 2 diabetes."

Over the years, celebrities such as Charles Barkley, Whoopi Goldberg, and former UK Prime Minister Boris Johnson have allegedly taken either Ozempic or Mounjaro for weight

loss. American TV personality and Kourtney Kardashian's former partner, Scott Disick, is also believed to be one of them.

In the premiere episode of the Kardashians' latest season, Khloe Kardashian and Kris Jenner visit Disick at his house, noticing his incredible weight loss right away.

Although Khloe refrained from saying anything about the weight-loss pills present in the refrigerator, viewers quickly noticed cartons of Mounjaro stocked up in the butter cabinet.

Some also assumed it to be a brand deal or promotion.

However, according to reports received by the Daily Mail, Disick was allegedly using the contentious weight-loss medication Ozempic to shed his excess weight. "Scott started taking Ozempic because he had serious issues with his weight gain. This time last year he saw himself as fat," the source said.

"He had gained a lot of weight and couldn't stand seeing himself in video footage that aired in the past couple of months. He would go to great lengths to cover it up."

25 years of Kargil war: IAF recalls 'Op Safed Sagar', pays homage to fallen heroes

A spectacular air show was organised that included displays by the Akash Ganga Team and aerial displays by Jaguar, Su-30 MKI, and Rafale fighter aircraft.

NEW DELHI, Jul 14 (Agencies): The IAF on Sunday recalled the force's contribution in the Kargil war 25 years ago, during which it flew thousands of strike missions and helicopter sorties to bolster the Army's efforts in fighting against the adversary.

To commemorate the silver jubilee of the victory in the 1999 Kargil war, the Indian Air Force is celebrating 'Kargil Vijay Diwas Rajat Jayanti' at Air Force Station Sarsawa from July 12-26, honouring the bravehearts who made the supreme sacrifice for the nation, the ministry of defence said in a statement.

On Saturday, IAF Chief Air Marshal VR Chaudhari laid a wreath at the Station War Memorial as a tribute to all air warriors who laid down their lives in service of the nation. He felicitated and interacted with many next-of-kin during the event.

A spectacular air show was organised that included displays by the Akash Ganga Team and aerial displays by Jaguar, Su-30 MKI, and Rafale fighter aircraft. A 'Missing Man' formation was flown by Mi-17 V5 in memory of the fallen heroes.

A static display of IAF helicopters such as the Mi-17 V5, Cheetah, and Chinook was also



organised, along with performances by the Air Warrior Drill Team and the Air Force Band, it said.

The event was witnessed by over 5,000 spectators, including schoolchildren, local residents of the Saharanpur area, veterans, civil dignitaries, and personnel of defence forces establishments from Roorkee, Dehradun and Ambala.

The IAF has a proud legacy of courage and sacrifice by its gallant air warriors who fought valiantly in the Kargil War 1999, which was indeed a milestone in the history of military aviation, the statement said.

"IAF operations in Kargil War ('Op Safed Sagar') are a testament to IAF's ability to overcome insurmountable challenges posed by the steep gradient and dizzying altitudes of above

16,000 ft, that posed unique operational difficulties in targeting the enemy," it said.

The swift technical modifications and on-the-job-training held IAF in good stead in its employment of air power to win this war fought at the highest battlefield of the world.

"Overall, IAF flew around 5,000 strike missions, 350 reconnaissance/ ELINT missions, and around 800 escort flights. The IAF also flew over 2,000 helicopter sorties towards casualty evacuations and air transport operations," the ministry said.

Also, the 152 Helicopter Unit, 'The Mighty Armour', of Air Force Station Sarsawa played a key role during 'Op Safed Sagar'.

On May 28, 1999, Sqn Ldr R Pundir, Flt Lt S Muhilan, Sgt

PVNR Prasad and Sgt R K Sahu of 152 HU were tasked to fly as 'Nubra' formation for a live strike against enemy positions at Tololing.

After successfully pressing home the attack, their helicopter was hit by an enemy Stinger Missile during the break away, leading to the loss of four precious lives, it said.

For this act of exceptional courage, they were awarded Vayu Sena Medal (Gallantry), posthumously.

Their supreme sacrifice ensured that their names would forever remain etched in the annals of history of IAF.

The Spokesperson of the Ministry of Defence also posted on X a video marking 25th year of the victory of the Indian armed forces in the Kargil war.

"On this day, 25 years ago, #OperationVijay was declared a resounding success. Our soldiers stood tall amidst the Kargil heights, their extraordinary bravery and heroism a source of immense national pride and honour. #25YearsofKargilVijay," it posted.

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.

PM Modi, Rahul Gandhi condemn attack on Donald Trump

NEW DELHI, Jul 14 (Agencies): Prime minister Narendra Modi on Sunday condemned the attack on US Republican presidential nominee Donald Trump saying violence has no place in politics.

"Deeply concerned by the attack on my friend, former President Donald Trump. Strongly condemn the incident. Violence has no place in politics and democracies. Wish him speedy recovery," PM said on X.

He said our thoughts and prayers are with the family of the deceased, those injured and the American people.

Former US president Trump was shot in the right ear at a campaign rally in Pennsylvania but survived the attack and is doing well.

With streaks of blood dotting his face

Trump flashed his fist appearing to mutter "fight, fight, fight."

The shooter is dead. Such acts must be condemned in strongest terms, says Rahul Leader of Opposition in the Lok Sabha Rahul Gandhi on Sunday expressed deep concern over the apparent assassination attempt on former US President Donald Trump, and said such acts must be condemned in the strongest possible terms.

"I am deeply concerned by the assassination attempt on former US President Donald Trump. Such acts must be condemned in the strongest possible terms," Gandhi said in a post on X.

The former Congress president wished Trump a swift and complete recovery.

CRPF jawan killed in militant attack in Manipur's Jiribam

IMPHAL, Jul 14 (Agencies): A Central Reserve Police Force (CRPF) jawan was killed in a gun attack by suspected militants at Mongbung village in Manipur's Jiribam district on Sunday morning, police said.

A policeman also suffered injuries he has been admitted to a hospital. The deceased has been identified as Ajay Kumar Jha, 43, a resident of Bihar.

"He suffered bullet injuries in the head and was declared brought-dead in hospital."

The injured policeman is undergoing treatment, but he is out of danger,"

In a post on X, Chief Minister N Biren Singh condemned the attack and prayed for the speedy recovery of the injured. "I strongly condemn the killing of a CRPF personnel in an attack carried out by an armed group, suspected

to be Kuki militants, in Jiribam district today. "His supreme sacrifice in the line of duty shall not go in vain. I further extend my sincere condolences to the bereaved family of the deceased soldier, while praying for the speedy recovery of the ones injured during the attack," Singh said.

Gunshots were reportedly heard in the village on Saturday night, too, the officer said.

Additional security forces have been deployed at Mongbung from adjacent hill areas following Sunday's attack.

A vehicle belonging to security personnel has been damaged in the gun attack, he added.

Manipur has been rocked by ethnic violence between Meitei and Kuki communities since May last year, which has claimed more than 200 lives.

Indira Gandhi accepted 'Emergency mistake', says P Chidambaram; slams BJP for raising issue 50 years later

NEW DELHI, Jul 14 (Agencies): Senior Congress leader and Rajya Sabha MP P Chidambaram highlighted that the emergency was a mistake and that it was accepted by then Prime Minister Indira Gandhi after the Centre, led by the National Democratic Alliance (NDA), announced to observe June 25 as 'Samvidhan Hatya Diwas' to mark the 50th anniversary of Emergency.

In an exclusive interview with agency, P Chidambaram said, "Why is the BJP not going back to the 18th or 17th century? 75 percent of the Indians living today were born after 1975. Emergency was a mistake and it was accepted by Indira Gandhi. We have amended the Constitution so that an emergency cannot be imposed so easily."

He further asked what's the point of debating over the rights and wrongs of the emergency 50 years later, while stressing that 'lessons have been learned from the past'.

"What is the point of debating the rights and wrongs of the emergency 50 years later? The BJP must forget the past. We have learned the lessons from the past," he said.

Earlier this month, the central government, led by the National Democratic Alliance



(NDA), announced to observe 'Samvidhan Hatya Diwas' to mark the anniversary of the emergency. The decision has triggered a backlash, with opposition parties targeting Prime Minister Narendra Modi's government. Congress President Mallikarjun Kharge said in a post on X on Friday, "In the last 10 years, your government has celebrated 'Constitution Murder Day' every day. You have snatched away the self-respect of every poor and deprived section of the country every moment."

Reacting to the Centre's announcement, the ruling Trinamool Congress leader Kunal Ghosh said at a press conference that the BJP is trying to divert attention from its anti-people policy.

"She has been criticised. Indira Gandhi lost once and she came back to power as the Prime Minister. So that chapter was just one page of history and years later, the BJP is trying to divert attention from its anti-people policy, disasters and the bad condition of the country, they are trying to play this old card," Ghosh said.

The Emergency of 1975 in India stands as a stark chapter in the nation's history, marked by widespread political turmoil and civil liberties suppression. Declared by then-Prime Minister Indira Gandhi, the Emergency saw the suspension of fundamental rights and the imposition of strict censorship, aiming to quell political dissent and maintain order.

Ratna Bhandar of Puri's Jagannath temple reopened after 46 years

Six wooden chests with brass interiors brought to the temple for moving valuables

PURI, Jul 14 (Agencies): Ratna Bhandar, the revered treasury of the 12th-century Jagannath temple in Puri, was reopened on Sunday after 46 years for an inventory of valuables and the repair of its structure, officials said.

The members of a committee set up by the state government for the purpose entered the temple around 12 pm, and after performing rituals, the treasury was reopened, they said.

The reopening of the Ratna Bhandar became a major political issue during the recently held Assembly elections in the state. Targeting the then-ruling BJD over its missing keys, the BJP had promised that it would make efforts to reopen the treasury if it won the polls.

"On the wish of Lord Jagannath, the Odia community, with the identity of 'Odia Asmita', has started making efforts to move forward," the Chief Minister's Office (CMO) said in a post on X in Odia.

"On your wish, the four gates of the Jagannath temples were earlier opened. Today, on your wish, the Ratna Bhandar was opened after 46 years for a greater purpose," it said in the post, which was shared at 1.28 pm, the auspicious moment decided to reopen the treasury.

Among the 11 people present when the treasury was reopened were former Orissa HC judge Biswanath Rath, Shree Jagannath Temple Administration (SJTA) chief administrator Arabinda Padhee, ASI Superintendent DB Gadanayak and a representative of Puri's titular king 'Gajapati Maharaja', officials said.



Also among them were four servitors, Patjoshi Mohapatra, Bhandar Mekap, Chadhaukara and Deulikaran, who took care of the rituals, they said.

Though the treasury was reopened, the inventory of valuables will not be carried out immediately, Padhee said before entering the temple.

The ornaments and other valuables kept in the inner and outer chambers of the treasury would be moved to a temporary strong room in wooden chests, he said.

The temporary strong room has been identified and all required arrangements, including installation of CCTV cameras, have been ensured, he said.

"The inventory work will not start today. It will be done after getting approval of the government on the engagement of valuers, goldsmiths and other experts. Our first priority will be to ensure the safety of the structure of the treasury. After the completion of the repair works, the valuables will be brought back and then, the process for inventory will be carried out," he

added. Padhee said three keys of the outer chamber were available—one was with the Gajapati Maharaj, another one was with the SJTA and the third one was with a servitor.

After the opening of the inner chamber, the original key of which was missing, it will be sealed and the new key will be kept in the district treasury under the supervision of the collector, he said.

Six wooden chests with brass interiors were brought to the temple for moving the valuables.

The chests, made of teak wood, were 4.5 feet in length, 2.5 feet in height and 2.5 feet in breadth, an official said.

"The temple authority on July 12 had asked us to build 15 such chests. After working for 48 hours, we have completed six chests," said one of the workers who made them.

The treasury was last opened in 1978.

In the morning, Justice Rath and Padhee offered prayers before Lord Jagannath and his

siblings at the Gundicha temple for the smooth completion of the works.

The idols of the sibling deities of Lord Jagannath, Lord Balabhadra and Goddess Subhadra are at present in the Gundicha temple where they were taken during Rath Yatra on July 7. They would be brought back to the 12th-century shrine during the Bahuda Yatra next week.

Standard Operating Procedures (SOPs) have been formulated for the entire process, Padhee said.

"Three SOPs have been formulated. One is related to the reopening of the Ratna Bhandar, the second one is for the management of the temporary Ratna Bhandar, and the third one is related to inventory of the valuables," he said.

The government has decided to prepare a digital catalogue of the valuables in the Ratna Bhandar that will have details such as their weight and make, another official said.

ASI's Gadanayak said structural engineers, mechanical engineers and civil engineers will inspect the Ratna Bhandar for the repair work.

It was also apprehended that inside the treasury there were snakes which are believed by devotees to be guarding the valuables.

Snake Helpline member Subhendu Mallick said, "We have come here on the instruction of the state government. There are two teams of snake catchers—one inside and another outside the temple. We will follow all instructions of the administration."

3 Workers Suffocate To Death At Illegal Coal Mine In Gujarat: Cops

SURENDRANAGAR, Jul 14 (Agencies): Three labourers died of asphyxiation at an illegal coal mine in Gujarat's Surendranagar district, police said on Sunday.

A case has been registered against four persons for culpable homicide not amounting to murder, and efforts are on to catch them, an official said.

The victims, Lakshman Dabhi

(35), Khodabhai Makwana (32) and Viram Keraliya (35), were digging at a mine near Bhet village in Thangadh taluka of the district when they died of asphyxiation on Saturday, the official from Muli Muli police station said.

The trio did not have helmets, masks or other safety equipment when they were working for the accused, he said.

As per the first information report (FIR), the accused did not provide helmets or other safety equipment to those killed while employing them to dig a well.

They died after inhaling gas from the well, it stated.

A case was registered against Jashabhai Keraliya, Janak Aniyaria, Khimjibhai Saradia, and Kalpesh Parmar, the official said.

Four children drown in well during mother's suicide bid in MP

MANDSAUR, Jul 14 (Agencies): Four children drowned after their mother jumped into a well with them in an attempt to end her life in Madhya Pradesh's Mandsaur district on Sunday, police said.

The incident occurred in Pipalkheda village in Garoth, about 100 km from the district headquarters, in the early hours of the day, an official said.

Locals managed to rescue Sugna Bai (40) from the water body but could not save her children in time, he said.

Bodies of Arvind (11), Anusha (9), Bittu (6) and Kartik (3) were fished out of the well later, Additional Superintendent of Police Hemlata Kuril told reporters. A preliminary probe has revealed that Sugna's husband, Rodu Singh, thrashed

her on Saturday evening, following which she left home with her children and took refuge at a nearby school, she said.

After staying for the night, the woman jumped into the well with the children around 6 am, the official said.

Bodies of the children were sent for post-mortem, and further probe is underway, she said.

Trump injured but safe in apparent assassination bid by gunman at campaign rally

The former president was rushed off stage with blood smeared across his face after the shooting in Butler, while the gunman and a bystander were killed and two spectators critically injured.

UNITED STATES, Jul 14 (Agencies): Donald Trump was hit in the ear in an apparent assassination attempt by a gunman at a campaign rally on Saturday, in a chaotic and shocking incident that will fuel fears of instability ahead of the 2024 US presidential election.

The 78-year-old former president was rushed off stage with blood smeared across his face after the shooting in Butler, Pennsylvania, while the gunman and a bystander were killed and two spectators critically injured.

The Republican candidate raised a defiant fist to the crowd as he was bundled away to safety and said afterward "I was shot with a bullet that pierced the upper part of my right ear."

President Joe Biden, who is set to face Trump in November's deeply polarized election, said the incident was "sick" and added that there was "no place in America for this kind of violence." "We cannot be like this," Biden said.

As the bangs ran out, Trump, wearing a red "Make America Great Again" cap, grimaced and clutched a hand to his ear, with blood visible on his ear and cheek.

He fell to the floor as Secret Service agents swarmed onto the podium, surrounding him and escorting him roughly off the stage to a nearby vehicle.

"It is incredible that such an act can take place in our Country," Trump said on his TruthSocial network within hours, in remarks sure to stoke political tensions



already engulfing the United States.

Much bleeding "I knew immediately that something was wrong in that I heard a whizzing sound, shots, and immediately felt the bullet ripping through the skin," Trump said.

"Much bleeding took place, so I realized then what was happening."

The US Secret Service said in a statement that the suspected shooter "fired multiple shots toward the stage from an elevated position outside the rally" before being "neutralized" by agents.

It said Trump was "safe and being evaluated" while confirming the death of a spectator while two others were critically injured. The shooter has not yet been identified.

Trump said in his statement that "I want to extend my condolences to the family of the person of the rally who was killed."

With the attack sending shock waves around the world, Biden said that he hoped to speak to

Trump soon.

The shooting happened shortly after Trump took the stage at his final campaign rally before the Republican National Convention in Milwaukee next week.

Signaling the political stakes at play, possible Trump vice presidential pick J.D. Vance quickly blamed Biden's "rhetoric" for the shooting.

Screams and panic The rally descended into panic after shots were heard and screams and shouts rang out.

"Let me get my shoes," Trump was heard saying on microphone, as security agents helped him back to his feet.

He turned back to the crowd and repeatedly raised his fist, as well as mouthing words that weren't immediately discernable, in what is set to become an iconic image.

Agents bundled the tycoon into an SUV, as he once more raised his fist to the crowd.

"We saw a lot of people go down, looking confused. I heard the shots," said John Yeykal from Franklin, Pennsylvania, who was attending his first

Trump rally. Former president Barack Obama said there was "absolutely no place for political violence in our democracy."

Republican minority leader Mitch McConnell added: "Tonight, all Americans are grateful that President Trump appears to be fine after a despicable attack on a peaceful rally. Violence has no place in our politics."

Billionaire Elon Musk reacted by quickly endorsing Trump.

"I fully endorse President Trump and hope for his rapid recovery," Musk wrote on X, which he owns along with car manufacturer Tesla, as he shared a video of Trump pumping his fist while being escorted away.

The United States has a history of political violence, and presidents, former presidents and candidates have tight security.

President John F. Kennedy was assassinated in 1963 while riding in his motorcade, and his brother Bobby Kennedy was shot dead in 1968. President Ronald Reagan survived an assassination attempt in 1981.

US President Joe Biden has spoken to his election rival Donald Trump, a White House official said, after the Republican was injured in an apparent assassination attempt at a campaign event in Pennsylvania.

"This evening, President Biden spoke to former President Trump," the official said, adding that the US incumbent would receive an updated briefing from law enforcement officials on the incident on Sunday morning.

Sister of North Korean leader Kim hints at resuming flying trash balloons toward South Korea



SEOUL, Jul 14 (Agencies): The powerful sister of North Korean leader Kim Jong Un vowed Sunday to respond to what she called a fresh South Korean civilian leaflet-carrying campaign, signaling North Korea would soon resume flying trash-carrying balloons across the border.

Since late May, North Korea has floated numerous balloons carrying waste paper, scraps of cloth, cigarette butts and even manure toward South Korea on a series of late-night launch events, saying they were a tit-for-tat action against South Korean activists scattering political leaflets via their own balloons. No hazardous materials have been found. South Korea responded by suspending a 2018 tension-reduction deal with North Korea and resumed live-fire drills at border areas.

In a statement carried by state media, Kim Yo Jong said that "dirty leaflets and things of (the South Korean) scum" were found again in border and other areas in North Korea on Sunday morning.

"Despite the repeated warnings of (North Korea), the (South Korean) scum are not stopping this crude and dirty play," she said.

"We have fully introduced our countermeasure in such situation. The (South Korean) clans will be tired from suffering a bitter embarrassment and must be ready for paying a very high price for their dirty play," Kim Yo Jong said.

North Korea last sent rubbish-carrying balloons toward South Korea in late July. It wasn't immediately known if, and from which activists' group in South Korea, balloons were sent to North Korea recently.

For years, groups led by North Korean defectors have floated huge balloons carrying anti-Pyongyang leaflets, USB sticks containing K-pop songs and South Korean drama, and U.S. dollar bills toward North Korea.

Experts say North Korea views such balloons campaigns as a grave provocation that can threaten its leadership because it bans official access to foreign news for most of its 26 million people.

On June 9, South Korea redeployed gigantic loudspeakers along the border for the first time in six years, and resumed anti-North Korean propaganda broadcasts.

South Korean officials say they don't restrict activists from flying leaflets to North Korea, in line with a 2023 constitutional court ruling that struck down a contentious law criminalizing such leafletting, calling it a violation of free speech.

Kim Yo Jong's statement came a day after North Korea's Defense Ministry threatened to bolster its nuclear capability and make the U.S. and South Korea pay "an unimaginably harsh price" as it slammed its rivals' new defense guidelines that it says reveal an intention to invade the North.

France's Bastille Day parade meets the Olympic torch relay in an exceptional year

PARIS, Jul 14 (Agencies): Paris is hosting an extra-special guest for France's national holiday Sunday — the Olympic flame lighting up the city's grandiose military parade for Bastille Day.

Just 12 days before the French capital hosts exceptionally ambitious and high-security Summer Games, the torch relay is joining up with thousands of soldiers, sailors, rescuers and medics marching in Paris beneath roaring fighter jets to mark Bastille Day.

While people around France mark the day with concerts, parties and fireworks, here's a look at what the holiday's about, and what's different this year:

On July 14, 1789, revolutionaries stormed the Bastille fortress and prison in Paris, heralding the start of the French Revolution and the end of the monarchy.

The holiday is central to the French calendar, with events across the country. It aims to embody the national motto of "liberty, equality and fraternity," though not everyone in France feels the country lives up to that promise.

The Paris parade is the holiday's highlight. This year, it's paying tribute to those who freed France from Nazi occupation 80 years ago, with a re-enactment of the D-Day landings of June 6, 1944, and a display of emblems of the 31 countries whose troops contributed to the liberation. About half are African nations that were under French colonial rule during World War II.

Some 4,000 people and 162 horses will march in the tightly choreographed show, among them units that served in NATO missions in eastern Europe, against Islamic extremists in the Sahel, protecting French territories in the South Pacific and global shipping corridors. They're joined this year by three German officers from a cross-border brigade.

The ornamental uniforms are rich in symbolism — most notably those of the French Foreign Legion sappers, with long beards, leather aprons and axes from their original role as route-clearers for advancing armies.

Overhead, 65 aircraft will fly in formations, including a British Typhoon fighter alongside French Mirages and Rafales, rescue helicopters and aircraft used in

missions from Afghanistan to Mali or international drug busts.

President Emmanuel Macron kicked Sunday's events off with a review of the troops, followed by a performance of the Marseillaise.

The numbers are scaled back compared with previous years, because of Olympics security measures. Around 130,000 police are deployed around France for the holiday weekend.

This year's Bastille Day offers Macron a moment of distraction from the political turmoil he unleashed with snap elections that weakened his pro-business centrist party and his presidency.

The result left a deadlocked parliament with no one clearly in charge. The prime minister could leave office within days, while the left-wing alliance that won the most seats is struggling to agree on a proposed replacement.

Meanwhile, Russia's war in Ukraine is threatening Europe's security. At a meeting with military leaders Saturday, Macron said France will keep up support for Ukraine and called for higher defense spending next year because of "approaching threats."

The Olympic torch relay reaches Paris just in time.

The parade wraps up with the arrival of the flame, escorted by riders on horseback, 25 torchbearers, and cadets forming the shapes of the Olympic rings. The main torchbearer is Col. Thibault Vallette, equestrian gold medalist in the 2016 Rio Olympics.

Usually, the parade travels from the Napoleon-era Arc de Triomphe to the Concorde plaza, where France's last king and queen were beheaded.

This year, Concorde has been transformed into a huge Olympic venue for breakdancing, skateboarding and BMX. So the parade route headed to the Bois de Boulogne park on the city's edge instead.

Olympic venue construction around the Eiffel Tower means spectators can't gather beneath the monument to watch its annual fireworks show, either.

After its Bastille Day appearance, the torch relay will swing by Notre Dame Cathedral, the historic Sorbonne university and the Louvre Museum before heading to other Paris landmarks Monday.

Keir Starmer-led UK government plans over 35 bills for economic growth

LONDON, Jul 14 (Agencies): Britain's new government is preparing over 35 bills for the formal start of the parliamentary year on Wednesday and has put economic growth at the heart of its agenda, Prime Minister Keir Starmer's office said.

Starmer, who ended 14 years of Conservative rule earlier this month with a sweeping election win for his Labour Party, said his government aimed to deliver stability, boost growth and create wealth across the country.

Legislation will include a bill to enforce tough new spending rules and strengthen the role of the independent Office of Budget Responsibility, meaning significant fiscal announcements will be properly scruti-



nised, the statement from his office said.

"Our work is urgent. There is no time to waste," said Starmer, who has returned to Britain after attending the NATO summit last week in his first major international meeting as the country's

leader.

"We are hitting the ground running by bringing forward the laws we will need to rebuild our country for the long-term — and our ambitious, fully costed agenda is the downpayment on that change."

Within days of taking office as the country's first female finance minister after the election, Rachel Reeves set out plans to increase house building, unblock infrastructure projects and attract private investment.

Through a new National Wealth Fund, the government hopes to attract private capital into nascent and growing industries to support growth and meet net zero commitments.

The State Opening of Parliament is the only regular occasion when the three constituent parts of parliament — the Sovereign, the House of Lords and the elected House of Commons — meet. The pomp and ceremony tends to attract large crowds and a significant TV audience.

Elon Musk discloses two assassination bids on him, backs Trump after shooting



WASHINGTON, Jul 14 (Agencies): Elon Musk, the billionaire CEO of Tesla and owner of the social media platform X,

revealed that two attempts were made on his life in the past eight months.

The incidents, which involved individuals arrested with guns near Tesla's headquarters in Texas, were disclosed after an X user voiced concerns about his safety following an assas-

sination attempt on former US President Donald Trump.

"Please, please triple your protection. If they can come for Trump they will also come for you," the X user said.

Musk replied, "Dangerous times ahead. Two people (separate occasions) have already tried to kill me in the past 8 months. They were arrested with guns about 20 mins drive

from Tesla HQ in Texas (sic)."

The SpaceX chief's admission came after a gunman opened fire at a Trump campaign rally in Butler, Pennsylvania, killing one attendee and critically injuring two others.

Secret Service agents shot and killed the suspected shooter, who attacked from an elevated position outside the rally venue. Trump reported on social media that a bullet "pierced the upper part" of his right ear before agents whisked him offstage.

Musk has previously expressed claimed that he could be killed at any moment. In 2022, he accused tech reporters of sharing his real-time location, "basically assassination coordinates" and banned their X accounts.

The suspensions apparently stemmed from the journalists' coverage of a now banned X account called @ElonJet,

which used publicly available flight records to update followers on where Musk's private jet was flying.

The world's richest man was also threatened by former Russian space agency chief Dmitry Rogozin over the supply of Starlink satellite internet service to Ukraine.

Musk, who is shadowed by bodyguards at all times, had joked about the threat, saying, "If I die under mysterious circumstances, it's been nice knowin ya."

In the aftermath of the Trump rally incident, Musk announced his endorsement of the Republican, stating, "I fully endorse President Trump and hope for his rapid recovery."

He also called for the head of the Secret Service to resign, describing Saturday's shooting as "extreme incompetence" or "deliberate."

Congress will fight battle tooth and nail to take on BJP: Karan Bhagat

Top News Report

SAMBA, July 14: JKPCSC Department Chairman Karan Bhagat Sunday said Jammu and Kashmir does not face as much threat from Pakistan or the muzzle of the gun as from the forces who were "hell-bent on destroying J&K state" during executive meet of District Samba & program under Samvidhan Pe Charcha. Speaking on the occasion, Karan said keeping in view the challenges J&K is facing, the people have to make a right choice in the ensuing elections while choosing their representative for J&K Assembly. He said BJP is hell-bent on destroying the Constitution. He said, "The Constitution guarantees equality and reservations for Dalits, backward classes, and Adivasis. The BJP is against both equality and reservation, and that is why it wants to get rid of the Constitution." Underscoring the need of sending a credible and strong voice to Assembly, he said ensuing elections provide the people an opportunity to send a person to Assembly who could debate on the issues pertaining to people of J&K.



Targeting Prime Minister Narendra Modi, Karan said, it is your responsibility to expose the hollow claims made by PM Modi to the people of J&K. BJP Govt is capturing every democratic institution of the country; we have to defend our institutions. He said that people of Jammu and Kashmir are the worst hit due to the "wrong policies" of BJP Govt and accused them of "snatching" their rights over land and jobs and "downgrading" a full-fledged state to a Union Territory. He asked party workers to get ready to defeat the "anti-people, anti-youth, anti-students, anti-farmers" regime in the upcoming polls. He also complimented the people of the Jammu region for believing in togetherness and religious harmony despite grave provocations by vested interests.

The Congress leader alleged that the wrong policies of the Narendra Modi-led Government have "ruined" the country, especially Jammu and Kashmir. He called upon the party functionaries to maintain close rapport with the public and highlight the "various failures" of the BJP government. He asked the local leadership of districts, blocks, wards and observers to get ready for polls. Without taking any name, he said parties exploiting the sentiments of the people on various emotional issues for vote bank politics need to be isolated. "They have utterly failed to deliver on their commitments, causing unrest in different regions and sections of the society. The people must identify such political parties

and reject them for being their worst enemies and responsible for the mistrust and unrest amongst the people," he said. Karan asked the people of the Jammu region to join hands and defeat the "nefarious designs of communal, divisive and separatist forces". He said property tax, toll plazas, smart electricity meters and unemployment have added to the misery of people of Jammu and Kashmir. He highlighted honorarium rates, delayed payments and inadequate facilities to Anganwadi workers and helpers. He emphasized the need for timely payments to meet their essential needs without undue financial strain. Karan said that Congress has launched campaign to apprise the people of the kind of hatred which is seen in

society and the prevailing situation in J&K. He said anti-people policies of the BJP government at the Centre and in J&K being highlighted by organising various programmes. He observed that the treachery and deceit of the BJP is haunting Jammu people who reposed their unflinching faith and support to it with the hope that Jammu may perhaps get a better deal as during the days of its wilderness in the opposition, the BJP leaders were crying hoarse over discrimination and neglect.

"Not only on the front of development but equally in terms of instilling a sense of confidence among the people, the BJP has desperately failed", Karan said and referred to uncertain political climate prevailing across the state ever since BJP dispensation came into being. He said the BJP ditched each segment of society which feel left out with government nowhere visible on ground. He advised the Govt to put their act together and get into operational mode by shunning opportunism and politics of convenience.

Minorities Are Safe In India, Being Looked After Well: Kiren Rijiju

SRINAGAR, July 14 (Agencies): Union Minister for Parliamentary Affairs and Minority Affairs Kiren Rijiju on Sunday said minorities are safe in India and being looked after well.

"In the whole world, minorities are safer and being looked after well in India only", Union Minister Rijiju told media persons in Kargil on Sunday.

Rijiju was in Kargil to see the Muharram arrangements there. He also visited Isalmia School and Imam Khomeini Memorial Trust (IKMT) Kargil and met several religious leaders before he left for Drass.

"The work done by Prime Minister Narendra Modi for the minorities of the country has not been done by anybody so far", he said and added, "In the world minorities are safer and being looked after well in India only". He said some people spreading politically motivated bad narratives for their gains should not be heard. "As much as the minorities are safe in India, nowhere in the world is as safe", Rijiju said.



"I have gone through the past and present records; everybody wants to live in India. A few people spreading bad narratives should be avoided appealed to people not to pay any heed to them", he said. He said the cultural heritage of Kargil is good but that needs to be announced with the education to make people aware about these.

The centre will help to modernize the education system of the Muslim community of Kargil and will help to improve the quality of education, besides the cultural heritage, the Minister said.

"We will talk about the all big institutions of Kargil and will see how

we could modernize the education system there", he added.

Asked why Ladakh remained cut off for six months, he said that "it will be over when the tunnel is complete".

In reply to another question, Rijiju said the centre is providing all help to the people of Ladakh individually and on a community basis and will continue to do so to bring change in the living standard of the people here.

He said as Prime Minister Narendra Modi had assumed the office as the head of the country for the third time, he would work with great speed and at the same pace we would work for the betterment of the people of Ladakh also.

FROM PAGE 1

"Deeply concerned": PM Modi reacts to attack on Donald Trump at Pennsylvania rally

Trump said that he immediately knew something was wrong. He also thanked the US Secret Service and law enforcement for their rapid response to the shooting that just took place in Pennsylvania's Butler. He also offered condolences to the family of a person who was killed at the rally and the person who was injured. Trump was taken away in a motorcade. He held up a fist as he sat in the SUV. His motorcade departed Butler Memorial Hospital a little before 9:30 pm (local time), CBS News reported, citing two sources. It was unclear where Trump was headed. Initially, he was scheduled to travel to his estate in Bedminster, New Jersey, before travelling to Milwaukee for the Republican National Convention, which is scheduled to begin on Monday. In a statement, the US Secret Service said that a suspected shooter fired multiple shots towards the stage from an elevated position outside of the rally venue during Trump's campaign rally in Butler on July 13 at 6:15 pm (local time). The US Secret Service personnel neutralised the shooter, who is now dead. According to the statement, one spectator was killed and another was critically injured and the incident is being investigated. Political bigwigs, including President Joe Biden, Vice President Kamala Harris, and former President Barack Obama, have also condemned the incident.

ED posts 29 officers in various positions

from within the organisation were promoted to the Joint Director (JD) level. The cadre officers have been posted as JDs at ED zonal offices in Bhubaneswar, Raipur, Bhopal, Chennai, Guwahati and at the ED headquarters in Delhi, according to an order. A JD rank is the cutting-edge post in the ED that is entrusted to supervise investigations related to money-laundering and foreign exchange contravention. These posts are usually occupied by officers from the Indian Revenue Service (IRS) and the Indian Police Service (IPS) who join the agency on deputation. A total of 18 IRS officers, who joined the ED on deputation recently from the Income-Tax and Customs department, were also posted as Assistant and Deputy Directors as part of separate posting orders issued last week. The ED, an organisation under the Union Finance Ministry, is tasked to investigate financial crimes under three laws—the Prevention of Money Laundering Act (PMLA), the Foreign Exchange Management Act (FEMA) and the Fugitive Economic Offenders Act (FEOA).

Gaurav Gogoi to be Congress' Deputy Leader in Lok Sabha

Virudhunagar MP Manickam Tagore and Kishanganj MP Mohammad Jawed will be the party's whips in the Lok Sabha, he said. Earlier, the party had named Rahul Gandhi as the Leader of Opposition who was subsequently appointed to the post. "Guided by LoP Rahul Gandhi ji, the Con-

gress and INDIA parties will energetically champion the people's causes in the Lok Sabha," Venugopal said.

J&K Youth ends life by jumping in Chenab, Body found in Pak; Kin seek PM's help to get back body

A police official said a missing report was registered by Nagotra's family the next day. Preliminary investigation suggested that he might have ended his life by jumping into the river after suffering a loss of over Rs 80,000 in an online gaming application, the official said. The family got the confirmation about Nagotra's death through a WhatsApp message from a Pakistani official after the parents reactivated a SIM card of their son who worked in a private telecommunication company. Nagotra's father Subash Sharma said the WhatsApp message from the Pakistani official, who claimed to be posted in the post-mortem department, informed them that the body was recovered from a canal in Sialkot in Punjab province on June 13. The official had informed the deceased's father that the body had been buried. He also sent Nagotra's identity card to the grieving family through WhatsApp, confirming that the body recovered in Sialkot is that of their missing son. "We request our prime minister to help us get back the body of my son for last rites. We want to perform his last rites as per our religion," Sharma said. Nagotra's relative Amrit Bhushan said they have already written to the External Affairs Ministry, Home Ministry and the Prime Minister's Office over the matter. "We are in a state of shock and grief and want his body back. We have also appealed to Pakistani authorities to hand over the body," Bhushan added.

Over 4,800 Pilgrims Leave Jammu for Amarnath Cave Shrine

While 2,993 pilgrims, including 500 women and 11 children, will take the 48-km traditional Pahalgam route for their yatra, 1,896 pilgrims have preferred the shorter but steep 14-km Baltal route. With this batch, the number of people who started the Amarnath Yatra from Jammu is 91,202. The rest of the pilgrims have directly reached the base camps in the Valley. The 52-day yatra commenced from the twin routes of Pahalgam in Anantnag and Baltal in Ganderbal districts on June 29. So far, over 2.97 lakh pilgrims have paid obeisance at the 3,880-metre-high cave shrine in south Kashmir Himalayas. The yatra will culminate on 'Shravan Purnima' coinciding with the festival of Raksha Bandhan on August 19. Last year, over 4.5 lakh pilgrims offered prayers at the shrine.

Security agencies face 'Hidden Threat' from Militant tactics in Jammu Kashmir

Officials feel that there is an urgent need for heightened surveillance to counter foreign terrorists, especially in the Jammu region. The region, previously known for its peaceful atmosphere, has recently seen a surge in terror incidents, particularly in border districts such as Poonch, Rajouri, Doda and Reasi.

Attacks on an IAF convoy, a pilgrim bus and the recent killing of soldiers in Kathua highlight the evolving threat.

Under the "conservation and consolidation" tactics, terrorists infiltrate into Jammu and Kashmir but remain quiet initially, blend in with the local population and wait for instructions from handlers in Pakistan before carrying out attacks, the officials said. Though security agencies are on high alert in Jammu and Kashmir after uncovering the "conservation and consolidation" tactic of the infiltrating terrorists, the absence of on-ground intelligence is playing a spoilsport for operations.

One official explained that technical intelligence has not been that fruitful as the terrorists leave signatures on the Internet only to confuse the security agencies. Describing this as a significant shift in terrorist activities, officials emphasise the urgent need for heightened surveillance to prevent foreign mercenaries from carrying out their malicious intentions. The April 26 encounter in Sopore, in which the foreign terrorists involved had been hiding for 18 months, serves as a stark reminder of the "conservation and consolidation" tactic. Evidence showed their connections with terror groups across Kashmir and their use of sophisticated weaponry.

Similar operations in June further dismantled hidden networks, exposed terrorists' plans and capabilities, and also threw light on a previously unseen high level of infiltration from across the border.

While two terrorists belonging to Rawalakot in Pakistan-occupied Kashmir were killed on April 26, dreaded Pakistani terrorist Usman Langda is said to have been killed in the June 19 encounter at Hadipora of Sopore. The decline in HUMINT, coupled with the use of encrypted communication tools like "Ultra Set" phones by terrorists, makes tracking them difficult. Security agencies are urging heightened surveillance and public vigilance to counter this hidden threat.

While the terrorists' capabilities may have diminished, their intent remains a constant threat, a senior police official said.

Officials have highlighted the challenge posed by the use of encrypted messaging apps for radicalising and recruiting youths, and planning attacks. They have emphasised public vigilance in monitoring suspicious communication, especially among the youths, to safeguard the community.

Srinagar Admn. grants permission for 8th Muharram procession from Guru Bazar to Dalgate

The time window has been finalized in the larger public interest as the procession route encompasses massive business/commercial establishments, movement of ambulances, students, office staff, general passengers, etc".

The permission as per order will remain subject to the conditions that they shall use one tube of road (Left side) and shall keep other side of road (right side) open for plying of emergency service vehicles etc; That the organizers of the said procession shall ensure that the procession is culminated within the prescribed timeframe set by the administration; That they shall not indulge in any anti-national / anti-administration speeches / sloganeering or propaganda and no activity shall in any way affect the commu-

nal sectarian harmony, religious / ethnic/cultural and regional sentiments of the people; That no activity during the procession should be prejudicial to the security and sovereignty of the state and should not disrespect any national symbol / emblem; That they shall not hoist any flag depicting provocative slogans / text and/or photos of terrorists, logos of banned organizations both international and national; That the organizer(s) shall abide by all the rules and regulations and shall not indulge in any activity which may lead to law and order problem in the area; That they shall not cause any defacement or damage to Govt/public property; That they shall cooperate with local police and other security agencies for salient purpose; That they shall not cause any obstruction in smooth flow of traffic/medical exigencies; That they shall not use drone during the procession; That they shall not install public address system or stage and loudspeakers in any case which may cause inconvenience to others, the order issued reads. Notably the J&K Lieutenant Governor's administration in July 2023 lifted the ban on the Muharram procession on the Gurbazar-Dalgate route in Srinagar. The last year's procession was the first one which was allowed in more than three decades.

J&K Govt nominates 5 IAS Officers for capacity building training at LBSNAA

in Mussoorie. The training, titled "Delivering Good Governance in Himalayan & North-East States/UTs," is scheduled from July 15 to 19, 2024. The nominated officers include Prasana Ramaswamy G, Pardeep Kumar, Narinder Singh Bali, Majid Khalil Ahmad Drabu, and Sheikh Arshad Ayub.

J&K Youths demand 'Meritocracy' in Govt Jobs

Though some youths are still joining terror groups, the number is lower. Often this is also not reported out of fear of tough action by the Jammu and Kashmir administration. While concerns persist about some potentially joining terrorist organisations, there is a noticeable trend where youngsters are pushing for fairness in the allocation of government job positions.

The discontent among the youth underscores a growing need for policy reforms that address the aspirations of all candidates and uphold the principles of equal opportunity.

Be it NEET, NET, CUET or for that matter UPSC and JKSSB, the exams are a constant point of discussion at mushrooming coffee shops in the Valley where youths are expressing their disappointment over the ever reducing percentage of seats for the general category.

While political parties agree in private that open merit candidates have an unfair deal, none have come out and openly supported them as this would cost them votes from the reserved categories. PDP leader Waheen Para in May posted on X that the new reservation policy undermined the merit and aspirations of countless intelligent students and eroded meritocracy. He had also appealed to the government for reconsidering the policy so that a balance is struck for all stakeholders to have equitable opportunities.

However, six hours later, he had to delete the post after PDP president Mehbooba Mufti distanced herself and the party from

his views.

Prominent figures like Sahil Parray and leaders of the Youth Against Corruption (YAC) group such as Vinkal Sharma have been actively engaging with local politicians to address the concerns of students and job seekers in the Valley.

Sharma and Parray, also a YAC leader, have been engaged in meetings with politicians such as newly elected Lok Sabha MP from Srinagar Syed Aga Rullah Mehdi on the issue.

Critics of the new reservation policy like Sharma have denounced the move as a "murder of open merit candidates", citing concerns over limited opportunities for people from the general category in Jammu and Kashmir.

Sharma feels that the recent amendments to the Scheduled Tribes list, through the Constitution (Jammu and Kashmir) Scheduled Tribes Order (Amendment) Bill, 2024, raises questions about regional focus and potential impacts.

Supporting the cause of Kashmiri students, Sharma said at least 70 per cent of the population in the Valley comprises general category students. "Now, with limited open competition seats, securing opportunities based solely on merit becomes more challenging," he said.

The debate surrounding the reservation policy intensifies as voices like Javed Dar and Khandan Imtiyaz express fear of dashed dreams and restricted prospects for government employment in the region.

Dar, who hails from Baramulla, feels that the present reservation policy of the Union Territory goes against the 1992 Indra Sawney judgement of the Supreme Court that fixed a cap of 50 per cent reservation.

"The new policy reserves 60 per cent of government jobs and educational seats for various categories, leaving 40 per cent for open competition. Additionally, concerns exist about the removal of the 'creamy layer' concept, which excludes those already benefiting from privilege within reserved categories," he said. Imtiyaz, a student pursuing a Masters in Political Science, has expressed strong disapproval of the Jammu and Kashmir government's new reservation policy as he fears the policy will negatively impact students from the unreserved category.

He argues that while uplifting certain sections of society is important, it shouldn't come at the expense of others.

"This policy will be the reason for the downfall of many dreams held by students from the unreserved category," Imtiyaz said and urged policymakers to find a "just way out" that ensures opportunities for both the reserved and general categories without jeopardising the aspirations of deserving students.

A detailed breakdown of seat reservation has sparked debate and concerns among general category candidates.

The notification shows that Scheduled Castes have a eight per cent reservation, Scheduled Tribes (20), socially and educationally backward classes (8), residents of Line of Control (4), residents of backward areas and economically weaker sections (10 per cent each), persons with disabilities (4), children of defence personnel (3), outstanding sports candidates (2) and one per cent for children of paramilitary and police forces.

The 2011 census data indicates that 69 per cent of Kashmir Valley's population falls under the general category, which encompasses individuals not classified under Scheduled Castes, Scheduled Tribes, and Other Backward Classes.

M-cap of 7 of top-10 most valued firms jump Rs 1.72 lakh crore; TCS steals show

Market capitalisation of TCS surges Rs 62,393.92 crore to Rs 15,14,133.45 crore

NEW DELHI, Jul 14 (Agencies): The combined market valuation of seven of the top-10 most valued firms jumped Rs 1,72,225.62 crore last week, with IT bellwether Tata Consultancy Services (TCS) stealing the show, amid a rally in equities.

Last week, the BSE benchmark jumped 522.74 points, or 0.65 per cent.

The 30-share BSE Sensex jumped 622 points, or 0.78 per cent, to settle at a record closing level of 80,519.34 on Friday. During the day, it zoomed 996.17 points, or 1.24 per cent, to hit an all-time high of 80,893.51.

The market capitalisation (mcap) of TCS surged Rs 62,393.92 crore to Rs 15,14,133.45 crore.

Shares of TCS on Friday surged nearly 7 per cent after



the country's largest IT services player reported an 8.7 per cent growth in the June quarter net profit at Rs 12,040 crore.

ITC added Rs 31,858.83 crore taking its valuation to Rs

5,73,258.78 crore.

The m-cap of Infosys zoomed Rs 26,905.14 crore to Rs 7,10,827.27 crore and that of Life Insurance Corporation of India (LIC) jumped Rs 22,422.12

crore to Rs 6,64,947.01 crore. Hindustan Unilever's market valuation rallied Rs 17,668.92 crore to Rs 6,16,156.81 crore and that of Reliance Industries soared Rs 9,066.19 crore to Rs 21,60,628.75 crore.

The m-cap of Bharti Airtel climbed Rs 1,910.5 crore to Rs 8,15,705.36 crore.

However, the valuation of HDFC Bank got eroded by Rs 18,069.29 crore to Rs 12,35,825.35 crore.

The m-cap of State Bank of India diminished Rs 356.99 crore to Rs 7,67,204.26 crore and that of ICICI Bank declined Rs 210.5 crore to Rs 8,67,668.16 crore.

Reliance Industries retained the title of the most valued firm followed by TCS, HDFC Bank, ICICI Bank, Bharti Airtel, State Bank of India, Infosys, LIC, Hindustan Unilever and ITC.

Antitrust probe finds Apple abused position in apps mkt



NEW DELHI, Jul 14 (Agencies): An investigation by India's anti-trust body has found that Apple exploited its dominant position in the market for app stores on its iOS operating system, engaging "in abusive conduct and practices", a confidential

report showed.

The Competition Commission of India (CCI) has been investigating Apple Inc since 2021 for possibly abusing its dominant position in the apps market by forcing developers to use its proprietary in-app purchase system.

Apple has denied wrongdoing saying it was a small player in India where phones that use Google's Android system are dominant. The CCI's investigations unit, in its 142-page report which is not public but was seen by agency, said Apple wields "significant influence" over how digital products and services reach consumers, especially through its iOS platform and App Store.

"...resultantly, app developers have no choice but to adhere to Apple's unfair terms, including the mandatory use of Apple's proprietary billing..." it said.

Export of India-made two-wheelers, passenger vehicles on the upswing

NEW DELHI, Jul 14 (Agencies): Two-wheelers and passenger vehicles made in India are well placed to achieve strong numbers in the current fiscal year, according to latest data.

During the first quarter (April-June) of the current fiscal year, exports of two-wheelers increased by 16.7 per cent. Also, passenger vehicles exports witnessed a growth of 18.6 per cent, even though the wholesales witnessed a marginal growth (3 per cent) in the domestic market on account of higher base of previous fiscal.

According to data released by Society of Indian Automobile Manufacturers (SIAM), between April and June (Q1) this year, two-wheeler exports touched 9,23,148 units as compared to 7,91,316 units during the corresponding period of previous year (2023-24). The major exporters include Bajaj Auto (3,68,420 units), TVS Motor Company Ltd (2,28,027) and Honda Motorcycle and Scooter (1,38,560).

Similarly, amid strong demand in key markets, passenger vehicle exports touched 1,80,483 units in Q1 this year as compared to corresponding period of the previous fiscal when 1,52,156 units

were exported.

The bulk of the exports were passenger cars (1,00,895) followed by utility vehicles (77,675). The major exporters include Maruti Suzuki (69,962 units), Hyundai Motor India (42,600), Honda Cars (18,009). Among the others are Volkswagen India (17,313), Nissan Motor (12,809) and Kia Motor India (7,713).

The rebound in exports assumes significance as in 2023-24, the overseas sales saw an increase of 1.5 per cent with 6,72,000 units as compared to 6,62,703 units in 2022-23.

In domestic market, passenger vehicle wholesales remained flat at 10,26,006, recording a growth of just 3 per cent Y-o-Y. (Monthly figure does not include data for Tata Motors).

"Sales of passenger vehicles in Q1 of 2024 has been the highest ever of Q1 and also crossed 1 million (10,26,006) units in Q1 for the first time, with a growth of 3 per cent, compared to the previous year. Two-wheelers also posted a growth of 20.4 per cent in this quarter, compared to last year, with sales of 49,85,631 units," said Rajesh Menon, director general, SIAM.

Centre may depart from privatisation plans, overhaul state-run companies

NEW DELHI, Jul 14 (Agencies): India plans to overhaul more than 200 state-run firms to make them more profitable, signalling a departure from Prime Minister Narendra Modi's aggressive privatisation programme that has struggled to take off, government sources said.

The programme to privatise a major portion of India's lumbering \$600 billion state sector announced in 2021, had slowed ahead of the general election in April-May and now faces more resistance after Modi lost his majority in parliament and had to rely on coalition allies to return to office.

Expected to be unveiled as part of the annual budget on July 23 by Union Finance Minister Nirmala Sitharaman, the new plans include selling large parcels of underutilised land owned by these companies and monetisation of other assets, said two officials who are aware of the policy. Some aspects are yet



to be fine-tuned, they added.

The aim is to raise \$24 billion in the current April-March fiscal year and re-invest the funds in the companies, while setting five-year performance and production targets for each company, instead of short-term targets. The plans to overhaul state firms have not been reported previously. The officials declined to

be identified. The finance ministry did not respond to requests for comment.

In an interim budget presented before the election, the government did not provide any figures on stake sales for the first time in more than a decade.

"The government is shifting focus from indiscriminate asset sales to enhancing intrinsic

value of state-owned companies," said one of the officials.

Among other plans, the government intends to introduce succession planning in majority-owned companies alongside a proposal to train 230,000 managers across firms to prepare them for senior roles, the officials said.

Currently, the government appoints top executives in state-owned companies. The government is likely to implement a plan that includes training of managers, professional recruitment to company boards and incentives for high performance from the 2025/26 fiscal year, with the expectation that increased autonomy would make companies more competitive.

India has been able to only complete the sale of debt-ridden Air India to the Tata Group, while rolling back plans to sell some others. Only a 3.5% stake in LIC has been sold besides shares in few other companies.

Avian flu virus may be more infectious to humans from cattle than from birds: Research

TOKYO, Jul 14 (Agencies): The H5N1 highly pathogenic avian flu virus may be more infectious to humans if passed on from cattle than directly from birds, local media reported, citing a team of researchers in Japan.

The researchers led by Yoshihiro Kawaoka, director of the University of Tokyo, Pandemic Preparedness, Infection and Advanced Research Center, published their findings in the online edition of the British scientific journal Nature dated July 9,

reported Xinhua news agency.

The team used receptors in human respiratory cells to react with both bovine-derived and avian-derived H5N1 viruses and found that the bovine-derived virus had stronger binding strength than the avian-derived virus, with the data suggesting that the former "more efficiently infects humans" than the latter, the media report published in Japanese daily Mainichi Shimbun said.

The researchers also confirmed that bovine-



derived virus is highly pathogenic to mice and ferrets. When ferrets and mice were infected with bovine-derived H5N1, the virus multiplied throughout the body, including the brain and muscles, and was

highly virulent, it added.

"It has been suggested that the nature of the virus may have changed. We should be concerned about human-to-human transmission as well in the future," Kawaoka said.

The H5N1 strain is characterised by its extremely high infectivity and virulence in birds. Global outbreaks began in the 2000s, causing mass deaths of chickens in many regions.

A series of cases of infection in various mammals have been found since 2020, with 28 human infections reported to the World Health Organisation, but no cases of human-to-human transmission have been confirmed, Mainichi Shimbun reported.

Eating beans, peas, lentils, chickpeas may help you manage diabetes better

Pulses also have positive effects on important cardiovascular biomarkers, like LDL, also known as bad cholesterol, and HDL, also known as good cholesterol, reveals study



NEW DELHI, Jul 14 (Agencies): Finding it hard to manage your blood sugar levels? Pulses like beans, peas, lentils, and chickpeas can help manage your diabetes, according to a new review of studies.

Pulses also have positive effects on important cardiovascular biomarkers, like low-density lipoprotein (LDL), also known as bad cholesterol, and high-density lipoprotein (HDL), also known as good cholesterol, revealed the study.

The review, based on 30 articles, contributes to the body of evidence supporting the need for

future dietary guidelines and additional research on increasing pulse consumption within optimal dietary patterns.

The most frequently assessed study outcomes included changes in low-density lipoprotein cholesterol, high-density lipoprotein cholesterol, systolic blood pressure, fasting blood sugar, haemoglobin A1c, waist circumference, and C-reactive protein or high-sensitivity C-reactive protein.

The review, published in the journal Nutrients, points out the "potential role of pulses in maintaining health and

preventing chronic disease", said Taylor C. Wallace, Adjunct Associate Professor in the School of Medicine at George Washington University, US.

It also plays a crucial role in "enhancing long-term health, particularly among individuals with chronic conditions like Type 2 diabetes mellitus and cardiovascular disease", Taylor added.

Further, the low-fat content and healthy mono- and polyunsaturated fats, along with essential micronutrients and bioactive compounds with antioxidant properties, further establish pulses as a nutritional powerhouse.

Pulses are also an excellent source of plant protein, rich in fibre, folate, and potassium. They also serve as a rich source of minerals like zinc, iron, calcium, and magnesium, and are therefore vital in diets that prioritise plant-based sources of nutrients.

Long Covid symptoms to last longer in pregnant women: Study

NEW DELHI, Jul 14 (Agencies): About one in 10 women who acquire COVID-19 infection during pregnancy are likely to suffer longer from long-term COVID symptoms like fatigue, gastrointestinal issues, and feeling drained in routine life, finds a study.

COVID acquired during pregnancy is known to be much more dangerous as it can lead to stillbirths and preterm births.

The study, published in the journal Obstetrics & Gynecology, included 1,500 partici-



pants who already had Covid during pregnancy and reported the symptoms after six months.

Of these 9.3 per cent of people reported experiencing long-term symptoms.

These included fatigue, gastrointestinal issues, and feeling drained or exhausted by routine activities.

"This is an important study for the pregnancy and postpartum times are the most vulnerable and this study gives insights on the linkage between Covid and pregnancy," said Dr David Goff, division director for the Division of Cardiovascular Sciences at the NIH's National Heart, Lung, and Blood Institute, US.

The researchers also called on obstetricians "to be vigilant" because

the symptoms of long-term COVID can overlap with the symptoms of pregnancy itself.

To ensure that the reported long Covid symptoms weren't symptoms of pregnancy, a secondary study was done on people who reported symptoms more than 12 weeks after giving birth. The results confirmed the findings.

As the prevalence of long Covid in pregnant populations is high the researchers called on health practitioners to keep an eye out for its symptoms.

WCL 2024 Final: India Champions hammer Pakistan Champions to win trophy

India Champions emerged as the winners of the inaugural edition of the World Championship of Legends as they beat Pakistan Champions by 5 wickets in the final

EDGBASTON, Jul 14 (Agencies): India Champions emerged as the winners of the inaugural edition of the World Championship of Legends as they beat Pakistan Champions by 5 wickets in the final on Saturday, July 13 at Edgbaston, Birmingham. After Pakistan captain Younis Khan won the toss and opted to bat first, his side posted a decent score of 156/6 in their 20 overs.

In reply, India chased down the target in 19.1 overs and registered a comfortable win by 5 wickets. Ambati Rayudu was the star of the show for India with his magnificent innings of 50 runs off just 30 balls.

India's chase got off to a rollicking start with openers Robin Uthappa and Rayudu taking on the Pakistan bowlers in the powerplay. Rayudu began the proceedings by taking on Aamer Yameen in the first over itself smashing him for a boundary and a six.

Uthappa also continued the onslaught smashing Yameen for two boundaries in the next over. However, he failed to continue his innings and got dismissed by



the Pakistan bowler in the same over. Suresh Raina walked in at number three and announced his arrival at the crease with a boundary but ended up giving a straightforward catch to Sohail Tanvir on just his second ball to leave India on 38/2.

After two quick blows, Rayudu decided to dig deep and stitched a crucial 60-run stand with Gurkeerat Singh Mann. The opener brought up his fifty off just 29 balls with India in a commanding position at 98/2 after 11 overs.

Just when things looked in control for India, Pakistan struck back with two quick wickets dismissing a well set Rayudu (50

off 30) and Gurkeerat Singh Mann (34 off 33) in a space of ten balls.

Pakistan made the mistake of dropping a fair few catches late in the innings which gave Yusuf Pathan and Yuvraj Singh lives in their crucial partnership of 42 runs.

Pathan's innings of 30 off just 16 balls helped India stay in the fight when Pakistan bowlers were piling up the pressure on Yuvraj Singh (15* off 22) who struggled to cut loose. Pathan got out trying to hit a six through mid-wicket and was caught by Shoaib Maqsood in the penultimate over of the game.

Things got really tense when Pathan departed with India needing 7 runs from the last 10 balls. However, Yusuf's brother Irfan slammed a six in the very first ball of the final over to finish the match in style.

Earlier in the day, Pakistan got off to a miserable start as Anureet Singh dismissed opener Sharjeel Khan (12 off 10) in the second over with 14 runs on the board. Sohaib Maqsood also failed to convert his start, losing his wicket to Vinay Kumar after scoring 21 (12).

Kamran Akmal looked set for big score batting on 24 but fell prey to Pawan Negi in the ninth over leaving Pakistan on 68/3 after 8.2 overs. With wickets from one end, Shoaib Malik turned anchor for his team and kept the scoreboard moving. However, the Pakistan batting failed to turn up in the final 5 overs due to Misbah-ul-Haq retiring hurt due to cramps. Without Misbah, Pakistan struggled and were only able to put up 156 runs for the loss of 6 wickets. The score was pushed a little bit due to Sohail Tanvir who hit 19* off 9 balls.

Jaiswal, Gill smash Zimbabwe bowlers as India secure series with 3-1 lead



HARARE, Jul 14 (Agencies): Yashasvi Jaiswal's flair was complemented by skipper Shubman Gill's poise as young Indian team cantered to a 10-wicket victory over Zimbabwe in the fourth T20 International, taking an unassailable 3-1 lead in the five-match series.

This is the second time that India beat Zimbabwe by 10 wickets after a similar-margin win at the same venue in 2016. Jaiswal and Gill's approach was in complete contrast as the Mumbai southpaw went hammer and tongs during his unbeaten 93-run knock while the skipper (58 not out) was ready to play second fiddle in a chase of 153 which was completed in 15.2 overs.

The target was made to look way easier than it should have been on a track that had good bounce and carry.

Jaiswal, who had to sit out during the T20 World Cup campaign, hardly looked rusty, playing shots all around the wicket.

The thumping bowler's back-drive off rival skipper Sikandar Raza was delightful and equally stylish was the pick-up pull off Richard Ngarava for a six.

The lack of pace in Zimbabwean attack on a good wicket became home team's undo-

ing as the dominant Jaiswal had reached his half-century with nine boundaries when the skipper was yet to reach 15.

There was no way that Zimbabwe could have stopped the run-feast as towards the end, the bigger interest was whether the two flag bearers of Indian batting into the next decade could reach their individual milestones of half-century and century.

It was Gill, who got his fifty and that didn't leave Jaiswal with enough runs to complete his hundred.

Earlier India's part-time bowlers Shivam Dube and Abhishek Sharma performed commendably in the middle overs to restrict Zimbabwe to a manageable 152 for seven after being put into bat by Gill.

Raza smashed 46 off 28 balls but India's fifth bowler Abhishek (1/20 in 3 overs) and sixth option Dube (1/11 in 2 overs) produced a decent effort to keep the proceedings under control.

They removed the dangerous-looking opening duo of Wesley Madhevere (25 off 24 balls) and Tadiwanashe Marumani (32 off 31 balls) to put brakes in the middle overs.

However Raza with

three sixes and two fours was the reason that Zimbabwe reached 150-plus target with almost all the Indian bowlers, save leg-spinner Ravi Bishnoi, entering their names in the wickets column.

Medium fast bowler Tushar Deshpande (1/30 in 3 overs) was handed a debut cap but in his first spell he flattered to deceive, either pitching it too full or bowling too short.

More often than not he drifted on the pads allowing both openers Madhevere and Marumani to pick up easy boundaries.

Deshpande would feel good that he could get rid of Raza with a slower delivery in the slog overs to prevent Zimbabwe from surpassing 170 which would have been par on this track.

Zimbabwe's best opening stand for the series in the first three games was 9 but Madhevere and Marumani added 63 in a solid stand even if it was not exactly spectacular.

However once the opening stand was broken by left-arm spinner Abhishek, who forced Marumani to mistime a pull-shot into Rinku Singh's hands, Zimbabwe couldn't press home advantage they had gained.

Madhevere was accounted for by Dube as he couldn't get the required elevation and distance to a short ball.

Rinku at deep mid-wicket completed the formalities.

Brian Bennett (9 off 14 balls), who was brilliant with the bat in the second game failed to get going before Washington sent him back.

This was after Dube and Abhishek bowled wicket to wicket and kept a check on scoring.

Djokovic vs Alcaraz: Wimbledon final ticket 'most expensive' in sports history

LONDON, Jul 14 (Agencies): Tennis fans hoping to secure a last-minute ticket to the highly anticipated Wimbledon men's final between Novak Djokovic and Carlos Alcaraz are in for a shock. The second consecutive Wimbledon final featuring Djokovic and Alcaraz is on track to break records for the most coveted and expensive tickets in sports history.

The skyrocketing demand for tickets has led to astronomical prices. American sports commentator Darren Rovell highlighted the situation with eye-popping figures. "Djokovic-Alcaraz Wimbledon Final will be the most expensive get-in finals

tickets in the history of sports," Rovell wrote on X. "Right now, WORST SEAT for Sunday is more than \$10,000."

In Indian rupees, this staggering amount equates to Rs 835193.50. With Wimbledon's Centre Court boasting a capacity of 14,979, the total value of all seats at that price would amount to a mind-blowing Rs 12,500,000.36. This figure dwarfs the prize money awarded to the winner. The victor's check exceeds Rs 29 crore, a significant portion of the nearly Rs 500 crores total prize pool for the tournament.

Novak Djokovic, 37, is on the brink of equaling Roger Feder-

er's record of eight Wimbledon titles. A victory on Sunday would mark Djokovic's 25th major championship, surpassing Margaret Court's career record of 24 Grand Slam titles. This milestone would further cement Djokovic's status as one of the greatest players in tennis history.

Carlos Alcaraz, 21, also has significant stakes in the upcoming match. The Spaniard has been a model of consistency on tour this year and is vying for his fourth Grand Slam title, having won the French Open last month. At such a young age, Alcaraz has already reached major finals on all three sur-

faces, becoming the youngest player to achieve this feat.

Although Djokovic and Alcaraz have yet to face off in 2024, Djokovic emerged victorious in their last two meetings in 2023 and holds a 3-2 record against Alcaraz. This head-to-head history adds an extra layer of intrigue to the final.

As Djokovic and Alcaraz prepare to clash in what promises to be a historic match, the anticipation and excitement continue to build, both on and off the court. For those fortunate enough to witness the event in person, it will undoubtedly be a memorable and costly experience.

Delhi Capitals and Ricky Ponting part ways

NEW DELHI, Jul 14 (Agencies): Delhi Capitals today parted ways with head coach Ricky Ponting after seven unsuccessful years in their quest for an elusive IPL silverware, the franchise announced on social media.

While it is still early days, there is every possibility that Sourav Ganguly, the current team director of DC, could double up as the head coach next season.

"As you move on as our head coach, we are finding it incredibly difficult to put it down in words.

The four things that you told us about in every huddle — care,



commitment, attitude and effort, they sum up our seven years together," DC posted on their official X handle.

While the franchise waxed eloquent in that emotional post about their long association with the Australian, it is learnt that Ponting was told in no uncertain

terms that his performance hasn't pleased the management.

"The top brass of DC has intimated Ricky that they aren't happy that the team didn't win a championship in seven years and they are trying to look at rejigging the support staff," a source said.

OTD: How England won World Cup 2019 final 'by the barest of all margins' vs NZ

NEW DELHI, Jul 14 (Agencies): The 2019 ICC Cricket World Cup final is etched in history as the most dramatic 50-over clash ever. On July 14, 2019, at the iconic Lord's, England claimed their first-ever World Cup title in a thrilling encounter that went down to the wire. Under Eoin Morgan's leadership, England had to rely on the boundary count to secure the trophy after a nail-biting Super Over failed to separate them from New Zealand. The Lord's crowd roared during the national anthems, but the electric atmosphere quickly turned tense as the final unfolded.

Bathed in the sun, Ben Stokes scored a sensational 84 not out from 98 balls, pulling England from a precarious 86 for 4 to tie them with New Zealand's 241 for 8. In the last over of the regu-



lar match, England required 15 runs. Stokes hit a six, and then, in a moment of high drama, a throw from the deep by New Zealand's Martin Guptill ricocheted off Stokes' bat for four overthrows.

Jofra Archer, who had made his ODI debut just two months

earlier, was entrusted to bowl the Super Over. Jimmy Neesham hit Archer's second ball for six, heightening the tension among the Lord's crowd. Needing two runs off the final delivery, Guptill clipped the ball to deep mid-wicket, where Jason Roy collected and threw to Jos But-

tler. Guptill, diving desperately, was caught short of his crease as Buttler whipped off the balls, triggering an eruption of celebration from the stands.

England huddled together in joy, and Lord's spectators pulsed with adrenaline in what remains one of the most thrilling finals in cricket history. Commentator Ian Smith famously remarked that England had won the World Cup "by the barest of all margins."

England's long-held dream was realized. After defeating New Zealand in the final, England lifted their maiden men's World Cup, marking a historic moment in the 44-year history of the tournament. For New Zealand, it was another heartbreak at the summit of the sport, following their loss to Australia in the 2015 World Cup final.

Patten, Heliovaara save 3 match points to win men's doubles final at Wimbledon

LONDON, Jul 14 (Agencies): Unseeded Henry Patten and Harri Heliovaara saved three match points in the second set before beating Australian duo Max Purcell and Jordan Thompson 6-7 (7), 7-6 (8), 7-6 (11-9) in the men's doubles final at Wimbledon for their first Grand Slam title.

Heliovaara became the first Finnish man to win the Wimbledon

doubles and sank to his knees in tears after he and Patten converted their second match point.

He then put his head on his partner's shoulder, still sobbing, as they sat in their chairs and waited for the trophy presentation.

"The tears say it all," Heliovaara said. "It's very emotional."

Patten is the third British man in the profes-

sional era to win the men's doubles at the All England Club, joining Jonathan Marray in 2012 and Neal Skupski last year.

Playing on Centre Court, the duo never had a break point in the match and missed a set point in the first set after coming from 6-1 down in the tiebreaker to lead 7-6.

In the second set, they saved a match point at

6-5 and two more in the tiebreaker, where they trailed 5-2 before beginning their turnaround.

In the third-set tiebreaker, the 15th-seeded Thompson and Purcell also led 7-6 but couldn't close it out.

"Obviously couldn't have been a closer match," Patten said.

"I can't really remember what happened to be honest."

Siniakova, Townsend win women's doubles title at Wimbledon

LONDON, Jul 14 (Agencies): After seeing longtime doubles partner Barbora Krejcikova win the Wimbledon singles title, Katerina Siniakova went out on Centre Court and added another Grand Slam trophy to her collection.

Siniakova won her third women's doubles title at Wimbledon after teaming up with Taylor Townsend to beat Gabriela Dabrowski and Erin Routliffe 7-6 (5), 7-6 (1) on Saturday in a match that finished after 10:20 p.m. local time under floodlights.

"Amazing. I'm so proud of Barbora," Siniakova said of her Czech

countrywoman. "I'm just so happy that we could do it as well."

Siniakova has won seven major doubles titles with Krejcikova and one with Coco Gauff at this year's French Open. This was her first with Townsend, an American whose previous best Grand Slam result in doubles was two runner-up finishes at the 2022 U.S. Open in a loss to Siniakova and Krejcikova and the 2023 French Open.

Townsend said it was Siniakova's idea for the two of them to play together at Wimbledon.

"I'm so glad Katerina slid into my DMs," Townsend said.

A bit more than six hours after Krejcikova beat Jasmine Paolini in the women's singles final, the fourth-seeded Siniakova and Townsend converted their first match point when Routliffe double-faulted.

Siniakova and Townsend failed to convert any of their seven break points in the second set but raced to 5-0 in the tiebreaker.

It was the third match of the day on Centre Court after the men's doubles final.

Siniakova and Krejcikova won the Wimbledon doubles in 2022 and 2018.

Dalip slams Centre's notification enhancing L-G's power

Top News Report

SUCHETGARH, July 14: Senior Congress leader and BDC Chairman Dilip Kumar Sunday termed the Centre's notification giving the Lieutenant Governor of Jammu and Kashmir more power over the police and the civil services a "betrayal" of the people of the Union Territory (UT) and "murder" of the Constitution of India. This was stated by him during his visit at villages Talhar and Gandli in Suchetgarh constituency to listen to grievances of aggrieved people.

Speaking on the occasion, Dalip said the amendments made to the Transaction of Business Rules imply that the Union government is



delaying the restoration of full statehood to Jammu and Kashmir, which was downgraded to a UT in 2019. He slammed the Union government's move and termed it a step towards "disempowering" the people of Jammu and Kashmir. The change indicates that there will

be limited powers for the elected government in the union territory in matters such as internal security, transfers, prosecution, and appointment of government lawyers, including the Attorney-General. In the past, proposals concerning police, public order, all-India services

and the Anti-Corruption Bureau required approval from the finance department of Jammu and Kashmir before reaching the L-G, added Dalip.

Dalip raised concerns about the implications of having a "powerless and rubber stamp" Chief Minister who would need the L-G's approval even for minor appointments. Despite acknowledging the timing of the decision in relation to upcoming elections, he emphasised the importance of a clear commitment towards restoring full statehood of Jammu and Kashmir. "This is why a firm commitment to laying out the timeline for restoration of full and undiluted statehood for Jammu and Kashmir is a prerequisite for these polls." The only

meaning that can be drawn from this notification is that full-fledged statehood for Jammu and Kashmir does not seem likely in the immediate future, added Dalip.

"The order seeks to disempower the powers of the next Jammu and Kashmir state government only because the BJP doesn't want to cede control or lose its iron grip over Kashmiris. Statehood is out of the question. An elected government in Jammu and Kashmir will be reduced to a Municipality," Dalip said. He raised concerns about the potential impact of the Union government's decision on the upcoming assembly elections and the Centre's reluctance to relinquish control in Jammu and Kashmir.

Include Uncovered Areas Under JJM, SAUBHAGYA Schemes: MP Khatana

*Commends LG's Public Outreach Program for Enhancing Citizen Voices

Top News Report

SRINAGAR, July 14: Member of Parliament Er. Gulam Ali Khatana has urged Lieutenant Governor Manoj Sinha to extend the coverage of two crucial welfare schemes to the remaining remote areas of Jammu and Kashmir. The MP emphasized the need to bring the Jal Jeevan Mission (JJM) and SAUBHAGYA schemes to all citizens of the Union Territory, regardless of geographical barriers.

The JJM aims to provide safe and adequate drinking water through individual household tap connections, while the Pradhan Mantri Sahaj Bijli Har Ghar Yojana (SAUBHAGYA) seeks to achieve universal household electrification. Both schemes, launched by Prime Minister Narendra Modi, have been instrumental in improving the quality of life for numerous residents of Jammu and Kashmir.

However, Khatana pointed out that several remote areas remain uncovered by these schemes. He specifically mentioned Gulabgarh in Reasi district, Marwah



Sub Division of Kishtwar district, and various areas in Ramban, Doda, Rajouri, and Poonch districts.

"I received numerous deputations from these regions, with residents expressing their long-standing wait for these basic amenities", he added.

Khatana commended Lt. Governor Sinha's public outreach program, which has provided a platform for citizens to voice their concerns directly to the administration. Nevertheless, he stressed that immediate attention is required in areas still lacking basic amenities like potable water and electricity.

The MP's appeal comes at a time when the Union Territory is striving to achieve 100% coverage under both schemes.

While significant progress has been made, the challenging terrain and remote locations of some areas have posed obstacles to complete implementation.

Khatana highlighted the ongoing challenges in infrastructure development in Jammu and Kashmir, particularly in its more isolated regions. It also underscores the importance of these central government schemes in bridging the development gap between urban and rural areas.

The MP expressed hope that the administration would achieve 100% coverage by providing drinking water and electricity to the remaining population. This call to action aligns with the central government's vision of inclusive development and the principle of 'Sabka Saath, Sabka Vikas' (Together with all, Development for all). As Jammu and Kashmir continues its journey towards full integration with the rest of India, the successful implementation of these schemes could be crucial in improving living standards and fostering a sense of inclusion among residents of remote areas.

Thousands gather at 'Rosh Rally'; 'double-engine BJP govt scripts black chapter of destruction of PoJK community': Chuni

SOS Int'l asks govt to see writing on the wall; fulfill our legitimate demands or face agitation

Top News Report

JAMMU, July 14: SOS International--a registered body of displaced PoJK persons--today asked the BJP-led Central government to see the writing on the wall and not to test the patience of displaced people while maintaining a complete neglect of the community during the last 10 years. The organization said the double engine government of the BJP in Jammu and Kashmir has written a dark chapter of destruction of PoJK people, triggering strong resentment among them as they are left with no options to start a mass agitation to get their legitimate rights. On the call of the SOS International, thousands of PoJK people gathered at the 'Rosh Rally' here on Sunday. The rally was held to draw immediate attention of the government towards the long-standing and overlooked issues of the refugee community.

The participants raised slogans like "Double Engine BJP Sarkar, Murdabad-Murdabad", "Double Engine BJP Sarkar, Hosh me Aao-Hosh me Aao" and "Double Engine BJP Sarkar, Insaaf karo-Insaaf karo" during the Rosh Rally. The speakers, in their address, warned the ruling BJP of having serious consequences in the upcoming Assembly polls if it fails to fulfill four legitimate and genuine demands of the PoJK community. Addressing the large gathering, Rajiv Chuni, Chairman of SOS International, while delivering a powerful speech at the



event, highlighted the persistent neglect faced by PoJK refugees over the last decade under the BJP-led central government. "Since the double-engine government took over the reins in Jammu and Kashmir, it has written a black chapter of destruction of our people. Whatever we had achieved through decades-long struggle, it has been destroyed under a systematic plan. Our representatives, who have been elected for Lok Sabha for three consecutive times, remained silent on all issues confronting the community. This is quite shameful," Mr Chuni said. He added, "We are also equally responsible for this continued neglect of the community as we, PoJK community, never exercised our voting rights wisely. We got swayed by emotions and false promises of political parties which have failed to come up to the expectations of our people". The senior refugee leader expressed disappointment over the lack of commitments by successive regimes to

empower PoJK community politically as they never ensured that the people of the community got elected for Assembly or Parliament". He said it was the resolve of today's rally that the PoJK community should field its own candidates in the areas where the community has strong presence. "It is a valid suggestion but it needs a strong wisdom on our part. Political parties know the art of fooling the people. They can reach out to you because they have good resources. We, being a neglected lot, lack such resources. We will have to work wisely and cautiously while executing any such plan".

He cautioned the LG administration that the people of PoJK community were fed up with false promises as it made no acknowledgement of their demands during the last four years. Mr Chuni emphasized that the financial package announced for the refugees in 2014 has been effectively diluted, leaving all promises made with community unfulfilled. He said, "In 2014, the Central

government announced a package intended to support PoJK refugee families. This package included: A financial package of Rs 25 lakh for each refugee family. Reservation for the wards of refugees in professional colleges. 8500 government jobs to unemployed educated youths of PoJK DPs. Other provisions aimed at addressing the refugees' needs. However, the implementation of this package has fallen short of expectations, with all major demands being ignored altogether". Chuni also criticized the central government for ignoring the PoJK refugees after reservation granted to Pahari communities. He accused the government of betrayal, stating that the refugees have been consistently denied their rightful entitlements. Chuni outlined four major demands that have been consistently raised by the PoJK refugee community including Rs 25 lakh to all PoJK displaced families, reservation in Professional and Technical Institutes for educated youth of the community and job pack-

age for them, reservation of eight seats in J&K Legislative Assembly and grant of Pahari Status to all PoJK displaced community members. Another critical issue he raised was related to the land allotted to PoJK refugees. "Under Article 3 of the erstwhile J&K State, refugees were permitted to sell and mortgage their property. However, following the abrogation of Article 370, these rights have been curtailed, transforming the land into a liability for the refugees," he said. The leader also drew a comparison with the Valley Migrants, highlighting that despite their smaller population of approximately 200,000, they have been allocated one seat in the Assembly segment following delimitation. This, according to Chuni, underscored the disparity in the treatment of PoJK refugees. He warned that they would launch a vigorous and massive agitation if the government fails to address the genuine and legitimate issues of the community without any further delay.

"The government shall be responsible for any physical or financial loss to our people during the agitation to be launched shortly," he warned, saying "if the government has plans and policies for Kashmiri migrants, why it has been living in complete denial in case of PoJK people". Others who attended the rally included Vinod Datta, Prof. N N Sharma, Prof Suresh, Ved Raj Bali, Jagjeet Singh, D V Gupta, Satinder Gupta, Daleep Sharma, Ravi Kant Dutta, Harbans Sabharwal & others.

JKBS members congrat Ajit Dogra on his well deserved promotion as Assistant Commandant in CRPF

Top News Report

JAMMU, July 14: The Jammu and Kashmir Batwal Sabha members today congratulated Ajit Dogra on his well deserved promotion as Assistant Commandant in Central Reserve



Police Force (CRPF). Ajit Dogra belongs to Sandhu clan of Batwal community and hails from Jammu.

JKBS' General Secretary R.L.Kaith and executive members said that they are extremely happy for him about his

new assignment. Aji Dogra thanked Kaith and others for their congratulations on his promotion, and appreciated their kind words and support. He said he is grateful to have such wonderful people like them in his life.

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