TOP IEWS OF J&K

JAMMU, THURSDAY, JULY 18, 2024

Daily Evening Newspaper

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Never followed a diet I cannot be consistent with. says Deepika Padukone



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BRIEFLY

Body of missing Awantipora youth recovered from **Jhelum**

SRINAGAR, Jul 18 (Agencies): Body of a missing Awantipora youth has been recovered from the river Jhelum after three days.

An official told news agency Kashmir Scroll that dead body of Barsoo Awantipora missing youth has been recovered from river Jehlum at Barsoo.

He said that the said youth was missing for the last three days and has been identified as Abid Manzoor Dar son of Manzoor Ahmad Dar resident of Barsoo Pul-

He said that body was recovered by SDRF while it was handed over to police for legal and medico formalities. He added that case in this regard has been

registered and investigation has been taken

Ex-Gen Secv Bar Association Mohd Ashraf Bhat arrested, booked under PSA

SRINAGAR, Jul 18 (Agencies): A senior advocate and a former General Secretary of Jammu and Kashmir High Court Bar Association (HCBA) has been arrested and booked under Public Safety Act (PSA), a media report said today.

As per a report in The Week, Mohammad Ashraf Bhat was arrested from his residence in the Rawalpora area of Srinagar late last night. He was booked under

the PSA, and shifted to

Kathua jail in Jammu. Last week, former president of the bar Association Nazir Ahmad Ronga was arrested and also

booked under PSA. Last month, senior advocate and former Bar Association President Mian Qayoom was arrested over the murder of advocate Babar Qadri by terror-

ists in 2020.

KU Announces Summer Vacation For Main, Satellite **Campuses From** July-25

SRINAGAR, Jul 18 (Agencies): The University of Kashmir Thursday announced summer break for its main and satellite campuses from July-25.

Joint Director of Academic Affairs at KU said the campuses shall observe the vacation from July-25 to August-

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LG releases Dr Suheel Rasool Mir's 'Cultural Encyclopedia of Dard Tribe'

SRINAGAR, Jul 18 (Agencies): Lieutenant Governor Shri Manoj Sinha today released the book 'Cultural Encyclopedia of the Dard Tribe' authored by Dr Suheel Rasool Mir, at Raj Bhawan.

In his address, the Lt Governor extended his felicitations to the author Dr Suheel Rasool Mir for exploring the remote landscapes and intricate cultural nuances, customs, language and social structures of Dard tribe,



Cultural Centre at Gurez, Indian Army for preserving traditional wisdom and knowledge, heritage and culture of Dardi people for future generations. Highlighting the significant contribution of the Tribal community in nation building, the Lt Governor called for collective efforts from all stakeholders in preserving and promoting the rich customs, culture, and linguistic wealth of the tribal community. On the occasion, the Lt

Governor also released the second edition of 'The North Kashmir Gazette', a joint endeavour of Kashmir Writers Association and the Army. Maj. Gen. Girish Kalia,

GOC, Vajr Division; Dr Suheel Rasool Mir, author of Cultural Encyclopedia of Dard Tribe; Sh Fida Firdous, President Kashmir Writers Association; senior officials of Army, members of Shina Cultural Centre and Kashmir Writers Association were present

PM Modi chairs security meet amid rising terror attacks In Jammu

NEW DELHI, Jul 18 (Agencies): Prime Minister Narendra Modi chaired a meeting of the Cabinet Committee on Security - which also includes Home Minister Amit Shah and Defence Minister Rajnath Singh, on Thursday afternoon.

The meeting took place amid a rush of terror attacks in Jammu and Kashmir; hours before the meet two soldiers were injured in an encounter in J&K's Doda district, where forces have been engaged in a prolonged operation to flush out terrorists linked to the killing of four Army personnel this week.

Last month Modi chaired a review meeting to assess the security situation in J&K.

He spoke to Shah, National Security Advisor Ajit Doval, and Lt Governor Manoj Sinha, and was given an overview of the security-related situation, including armed forces' counter-terrorism operations.

Sources told NDTV the PM directed full deployment of armed forces' counter-terror capabili-

J&K Police have launched a major operation against increased terror activity in the region, which has seen 48 Army personnel, including officers, killed in action over the past 32 months.

Police sources said multiple individuals suspected of aiding terrorists had been arrested, and large numbers of paramilitary and army troops

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Two terrorists killed as infiltration bid foiled in J&K's Kupwara

SRINAGAR, Jul 18 (Agencies): Two terrorists were killed on Thursday when the security forces foiled an infiltration bid on the Line of Control (LoC) in the Keran sector of Jammu and Kashmir's Kupwara district.

Officials said their bodies were yet to be

The encounter broke out

when the security forces challenged a group of infiltrating terrorists on the LoC in the sector.

Officials said that troops of 6 Rashtriya Rifles and J& K Police had received intelligence inputs about the movement of terrorists along the LoC.

"The infiltrating terrorists were challenged by

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Two dead, over 25 injured as Dibrugarh Express derails in Uttar Pradesh's Gonda

NEW DELHI, Jul 18 (Agencies): Two passenger has died and two have been injured after several coaches of the Chandigarh-Dibrugarh express train derailed in Uttar Pradesh's Gonda today. The incident took place in Pikaura which is located between Gonda and Jhilahi in Uttar Pradesh.



A rescue team has been sent to the site for relief operations. Some people are reportedly injured and visuals show passengers standing on the sides of the track with their luggage.

Out of the 12 coaches, four coaches of the AC compartment derailed a few kilometres before the Jhulahi railway station.

"I had a close shave, glad to be safe. Don't worry I am fine," a passenger who was onboard the train said

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"Like Nazi Germany": UP Police **Under Fire For Kanwar Yatra Rule**

NEW DELHI, Jul 18 (Agencies): Uttar Pradesh police's latest directive asking eateries on the Kanwar Yatra route in Muzaffarnagar to display their owners' names has stirred a row with the Opposition linking the move to "apartheid" in South Africa and policies in Hitler's Germany.

Kanwar Yatra, an annual

pilgrimage by Lord Shiva devotees, will begin on July 22.

Muzaffarnagar Police has mandated all food joints along the route to display their owner's name prominently to avoid confusion during the religious procession. "Preparations have

begun for the kanwar yatra.

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Woman dies after falling off tree in north Kashmir's

SRINAGAR, Jul 18 (Agencies): A woman died after falling off a tree in north Kashmir's Baramulla district on Wednesday

Quoting an official, news agency Kashmir Scroll reported that Afroza Begum (40) wife of Mohammad Magbool

evening.

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Two army soldiers injured in Doda gunfight

DODA, Jul 18 (Agencies): Two Indian Army soldiers were injured in an encounter with terrorists in the Kastigarh area of Doda district in Jammu and Kashmir on Thursday.

Meanwhile, initial treatment was administered at the government hospital in Doda and now they are



being airlifted to the Army

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4 Chinese Pistols, 50 Pak-Manufactured **Bullets Recovered In Punjab**

JALANDHAR, Jul 18 (Agencies): Four Chinese pistols and 50 rounds of Pakistan manufactured live bullets were recovered by the Border Security Force from along the India-Pakistan International Border in Punjab on Thursday.

A spokesperson for the border force said

the arms and ammunition were recovered by a search party of the force from an open field around 2 AM in the Kalsian village of Tarn Taran district. The BSF team acted on

"specific information", he Four pistols and their empty magazines, 50

live rounds of 9x19 calibre

and eight metal pins were recovered from a yellow coloured packet that had illuminating sticks on its top, the spokesperson It is suspected that the

ammunition was dropped by a drone. The bullets bore the

Constable posts:

Usman Majid

demands age

relaxation for

SRINAGAR, Jul 18

(Agencies): Former Min-

ister Usman Majid on

Thursday called upon the

LG administration to grant

age-relaxation to the youth

of Jammu and Kashmir for the JKSSB-notified Police

Constable posts, given the high unemployment rate in

The youth have been

waiting for these posts for

nine years, and the application fee is excessively

high, he said, in a state-

Reducing the fee and

relaxing the age limit are

essential steps to provide

fair employment opportu-

nities and stability to the

youth who have endured

significant hardships,

He said the high unem-

ployment rate in Jammu

and Kashmir has left many

young people disheart-

ened and struggling to find

■Turn to page 9

aspirants

the UT.

ment.

Maiid said.

marking 'POF' (Pakistan

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TENTH DAY KRIYA

With profound grief and sorrow, we regret to inform the sad and untimely demise of our beloved Smt. Sharda (Guddi) W/o Vijay Kumar Sahani R/o Originally from Village Biyawa, Tangmarg (Baramulla) and presently at H.No. 189/C, Lane No. 4, Sec. 1, Durga Nagar who left for her heavenly abode on 11/7/2024 (Thursday).

10th Day Kriya shall be performed at Muthi Ghat (Near Directorate of School Education) on 20/7/2024 (Saturday) at 8.00 pm.

GRIEF STRICKEN

Sh. Vijay Kumar Sahani (Husband)

Sh. Mool Chand Sahani (Father-in-law) Smt. Santosh & Mohan Lal Kohli (Mother & Father)

Smt. Dimpal & Deepal Sahani (Daughter-in-law & Son)

Smt. Monika & Manoj Khera (Daughter & Son-in-law)

DEEPLY REMEMBERED

Sahani's, Kohli's, Lamba's, Mehta's, Najawan's, Khera's & Sethi Parivar Contact: 9596871942, 9149543430

One year has passed since you left us for heavenly abode. The pain of loosing you will never fade. But your blessings are always with us and we always feel your gracious presence around us.

BARKHI

Barkhi of our beloved Sh. Ravinder Sachar son of Late Sh. Gopal Sachar Ji will be performed at 12 noon on 19th July 2024 at our residence 123 A/D Gandhi Nagar, Jammu.

Deeply Remembered by Smt. Neelam Sachar- Wife

Daughter-in-Law & Son Mrs Snigdha Sachar & Mr Saurabh Sachar

Daughter & Son-in-Law Mrs. Isha Sachar & CA. Amit Mahajan

Dr. Akshay Gupta Ho Late Dr. Vinod Sachar- Brother-in-Law Smt. Manju Sachar W/o Late Er. Arun Sachar (Retd. XEN)- Bhabhi Smt. Anju Sachar W/o Late Er. Sunil Sachar- Bhabhi

Grand Sons & Daughters

Avyukt, Utkrisht, Harshi, Hrihaan, Riyanshi, Ipsa, Trishaan

M/s Sachar & Sons

M/s AMRS & Associates (CA) Sachar, Gupta and Gandotra Family +91-7006151728, +91 9086035084

BARKH

"In loving memory of Smt Sneh Lata Gupta"

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 Smt Sneh Lata Gupta shall be performed at our residence H No. 328, Hari Singh Nagar, Rehari Colony Jammu (J&K) on 19th of July 2024 at 12:00 Noon. Deeply Remembered & Missed by :

Sh B K Gupta (Husband) (Retd District Horticulture Officer) Daughter & Son in law

SmtRituand Ajay Kohii (DGM, J&K Bank) Daughter-in-law & Son Smt Pipet and Ashish Mod

Grand Children

Amisha Kohii / Aahna Modi- 8755997504



Sh. Ravinder Sachar

Smt. Sharda (Guddi)

Lt. Smt Sneh Lata Gupta (Retd Head master)

OBITUARY/TENTH DAY

With profound grief & sorrow, we inform the sad demise of Sh. Mohan Lal Tikku Zaindar Mohalla Srinagar/Model Town Gangyal Jammu) who attained Nirvana on 15th of July 2024.

Mourning will take place at our residence (Faridabad)

10TH DAY will be performed at Upper Ganga Canal Moradabad (UP) and later Assembly will be held at our residence Apartment Sector-64 (Sankalp Faridabad) on 24th July 2024 at 11:00



Sh. Mohan Lal Tikku

AM. **GRIEF STRICKEN**

Smt. Lalita Tikku - Wife

Sh. Ramesh Tikoo & Smt. Uili Tikoo - Son & Daughter-in-law Sh. Rajinder Tikku & Smt. Indu Tikku - Son & Daughter-in-law Grand Children: Vedant, Ojas

Tikku Pariwar, Raina Pariwar, Pandita Pariwar, Dhar Pariwar Contact No.: 9797278879, 9810417943, 9419206879

REMEMBERING

Amar Shaheed Sub Insp Vijay Singh Narania, JKP on this 32nd Balidaan Divas.

Son of late Insp Purshottam Singh Narania, JKP and late Smt. Rama Narania of Talab Tillo, Jammu, SI Vijay Singh Narania was among the first casualties of the treacherous Terrorism in Jammu and Kashmir. He attained Veergati on 18th July 1992 while fighting head-on with Se Pakistan-Sponsored Terrorists in Doda town. Despite being equipped only with a Service Revolver he didn't he sitate for a moment and went inside the house in which the terrorist was hiding. In the ensuing gunfight he was gravely Injured in a grenade attack.



Amar Shaheed Sub Insp Vijay Singh Narania, JKP

REMEMBERED BY:

Smt. Mamta Singh, President, Nari Shakti, J&K - Sister

Dr. Nirmal Singh, former Deputy Chief Minister, J&K - Brother-in-Law

Kr. Vikra maditya Singh Sumbria - Nephew

Smt. Sonali Rana - Daughter-in-Law

Kr. Prashant Singh Sumbria - Nephew Smt. Disha Mamgain - Daughter-in-Law

TENTH DAY/KRIYA

With profound grief and sorrow, we regret to inform the sad and untimely demise of our beloved Smt Jasmeet Kour Sr. Lecturer W/o Sh Sanjeev Singh, resident of Panitoot (Pallanwala) who left for her heavenly abode on

Wednesday, 10th of July 2024. will be performed on TENTH DAY

Friday, 19th of July 2024 at 11 am at our Smt Jasmeet Kour residence Panjtoot (Pallanwala).

KRIYA shall be performed on Monday,

(Pallanwala) **GRIEF STRICKEN:-**

Sh Sanjeev Singh (AEE) Husband

Smt Kanta & Sh Sob Singh (Mother and Father in law) Shivam Singh & Vamika Singh (Son & Daughter)

22nd of July 2024 at 10 AM at our residence Panjtoot

Mobile No. 9419149831, 8492872225

our te byed Sdn. Maan Kour Wo Late S. Hartans Singh Rio Mussa Chak, R.S. Pura.

Arambh Shri Akhand Path Sahib jet their residence) or Wednesday i.e. 17-07-2024 at 9 AM Bhog Shri Akhand Path Sahib (at their residence) on Friday

e 19-07-2024 at 9 AM. Antim Ardaes at Gurudwets Singh Sabha, Musaa Chak or Friday i.e. 19-07-2024 from 10 AM to 11:30 AM. GRIEF STRICKEN

Sons & Daughters-in-law

S. Harbhajan Singh & Sdr. Paramjeet Kour

S. Sukhdev Singh & Sdn. Manjeet Kour S. Swaran Singh & Sdn. Karamjeet Kour

S. Gurmeet Singh & Sdn. Ravinder Kour

Sdn, Joginder Kour & S. Kehar Singh (Mistry) - Daughter & Son-in-law

Grand Sons & Grand Daughters : Gangandeep, Harjot, Pavneet, Navdeep, Ptabhdeep, Manveer, Harmeet, Kanwaldeep, Gussehaj, Paineez, Harshdeep Babeldeep, Ravieen Great Grand Children: Japteg, Teghbir, Sheryl, Samarth, Arvan and Ayzal

10TH DAY KRIYA

With profound grief and deep sorrow we regret to inform the untimely demise of Sh. Mohan Krishen Kachroo, on 10th of July, 2024 at Pune originally from (Bagadagi Kralyar Rainawari, Srinagar) presently resident of A2-702, Ganga Osian Meadows, Thergaon, Chinchwad, Pune.

10TH DAY KRIYA shall be performed on 19th July, 2024 at 9 AM at Kriya Ghat, Morya Gosai Mandir, Thergaon, Pure. GRIEF STRICKEN

Wife: Nimal Kachino

Daughter and Son-In-Law: Neha & Drumil Kaul Son: Kartikay Kachroo

Grandson: Harshwardhan Kaul Sister-in-law and Brothers: Vijaya Kachico & Kanwa I Nain Kachico

Vijay Kachroo and Santosh Kumar Kachroo

Sisters-in-law and Brothers-in-law: Shikha and Shotan Zutshi Ritu and Rahul Kaul

Sujata and Subhash Kitam



Sdn. Maan Kour

Sr. Lecturer

CONTACT NO.: 7056497932, 7298228219, 9822660596

One year has passed since you left us for your eternal journey. You were and will always be in our hearts. Though you are not with us, yet your loving memories are still fresh in our hearts. We pray to God to keep your noble soul in heaven with peace.

Barkhi of our beloved Late Smt Archana Khanna will be performed on Friday 19th

July 2024 at 12.30 PM at our residence 1/130

In Grief:

Sh Subhash Khanna-Husband

(Son & Daughter-in-law) Amit Khanna and Nidha Khanna

Preeti Khanna - (Daughter)

Anya Khanna (Grand Daughter)

BETAB FAMILY, KHANNA FAMILY, ANAND FAMILY (BANI), PARIHAR FAMILY (BHADERWAH)

9419136373, 9419137716

MASWAR AND VAHARWAR

ONE YEAR HAS PASSED SINCE YOU LEFT FOR HEAVENLY ABODE. MEMORIES ARE STILL AFRESH AND WE FEEL YOUR PRESENCE EVERY WHERE. DEATH MAY HAVE TAKEN YOU AWAY BUT MEMORIES AND LOVE ARE THERE WITH US. MAY GOD GRANT YOU ENTERNAL PEACE AND SADGATI TO THE NOBLE SOUL.

MASWAR AND VAHARWAR OF OUR BELOVED FATHER LATE SH. OMKAR NATH RAINA S/O LATE SH SARWANAND RAINA OF SAGAM KOKERNAG WILL BE PERFORMED ON 20 AND 21ST OF JULY 2024 AT H.NO 51, LANE NO 4(A), LAXMI VIHAR, TOMAL BOHRI JAMMU

FONDLY REMEMBERED AND MISSED BY ALL FAMILY MEMBERS. CELL NO: 7006915172, 7889660819

TENTH DAY

With deep sorrow, we inform the sad demise of our beloved Smt. Satya Wati W/o Late. Sh. Krishan Chander (Ex. Sub.) R/o Keran on 09/07/2024. Tenth Day will be performed on 18/07/2024

rom 10:00 AM at our residence Keran. Kriya Karam on 19/07/2024 from 12:00 Noon. Rasam Pagri on 20/07/2024 from 03:00 PM.

GRIEF STRICKEN: -(Son & Daughter -in- Law) Smt. Anita Devi & Sh. Arun Khajuria (Son & Daughter- in-Law)

Smt. Satya Wati Smt. Veena Devi & Sh. Pardeep Kumar Smt. Archana & Sh. Om Parkash Sharma (Daughter & Son-in-Law) Smt. Rama Kumari & Sh. Late. Sukhdev (Daughter & Son-in-Law) Smt. Rajni & Sh. Dharam Pal Sharma (Daughter & Son-in-Law) Anamika & Vipan Sharma (Grand Daughter & Grand Son-in-Law) Alka & Pankaj Sharma (Grand Daughter & Grand Son-in-Law) Shveta & Ankush Khajuria (Grand Daughter-in-Law & Grand Son) Avinash Khajuria (Grand Son) Ph. No. 9018077779, 9149954029



Kachroo

Late Smt Archana

LATE SH. OMKAR NATH

RAINA

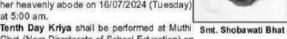
MAYANK AND DEBI

Mattan Temple Anantnag Srinagar. DEEPLY MISSED AND REMEMBERED BY:

Smt. Dura Kundu (Wife) Er. Lenin Kundu & Smt Shivarchana (Son & Daughter in Law) Er. Ravinder Krundu & Smt Sandhya (Son & Daughter in Law) Smt. Superna & Sh. Sanjay Pandita (Daughter & Son in Law) Baghirathi, Raviant, Tejashri, Samantha (Grand Children)

Samast Kundu Parivaar: 9419191102, 9419149720, 9419287429

With profound grief and sorrow, we regret to inform the sad demise of our beloved Smt. Shobawati Bhat W/o Late Sh Saroop Nath Bhat R/o originally from Fatehpora Ananthao Cashmir and presently residing at Aman Vihar Phase 2 Extension Camp Road Near Kaira Sports Club Gole Guiral, who left for her heavenly abode on 16/07/2024 (Tuesday) at 5:00 am.



Ghat (Near Directorate of School Education) on 24/07/2024 at 8 am. Mourning from the Malun side will be observed at the same addres near Kaira Sports Club Aman Vihar Phase 2, Camp Road, Gole Gujral.

GRIEF STRICKEN: Smt. Santosh Bhat (Daughter-in-law) Sh. Ramesh Bhat and Smt. Princy Bhat (Son & Daughter-in-law)

Smt. Usha Ganioo (Daughter) Smt. Princy Bhat & Sh. Ashok Kr. Bhat (Daughter & Son-in-law) Sh. Vikas Bhat and Smt. Vanshi Bhat and other grandchildre Deeply Remembered by Samast Bhat Parivar

ADH BARKHI

Contact no. 7006443768, 9622371905

SIX MONTHS HAVE PASSED SINCE YOU LEFT US FOR YOUR ETERNAL JOURNEY. YOU WERE AND WILL ALWAYS BE IN OUR HEARTS AND WILL REMAIN AN EMINENT PART OF OUR LIVES.

"REMEMBERING YOU TODAY AND ALWAYS,"

OUR BEAUTIFUL ANGEL. ADH-BARKHI OF OUR BELOVED LATE MS. AKSHNA MAHAJAN (MAHI) D/O SH. ATUN KHARGAL (AG OFFICE)
AND SMT. SANIYA MAHAJAN WILL BE
MAHAJAN (MAHI)

PERFORMED ON 19TH JULY 2024 AT 11 AM (FRIDAY) AT OUR RESIDENCE VILLAGE KOTE JAMMU.

DEEPLY MISSED AND REMEMBERED BY:
DADI AND DADU
SMT. VIDAY LAXMI AND SH. NARINDER GUPTA (RETD EXCISE INSPECTOR)
SMT. GEETIKA GUPTA AND SH. ANSHUL KHARGAL (TAI AND TAU)

AND ALL FAMILY MEMBERS. 9419195956, 9419237888, 9419272850

BARKHI

One year passed by since your noble so left us for heavenly abode but your mem ries shall remain afresh in our hearts for

BARKHI of our beloved father Shri Uttar Baloria (Retd. Deput Conservator of Forest) S/o Late Thaku Pritam Singh Baloria of Kursari Bhaderwah will be held on Friday, 19th July 2024:

July 2024: BARKHI - 11:00 AM Onwards Priti Bhoj (मीरि कोक) - 1:00 PM to 2:00 PM at our residence 25/C, Vasant Vihar, Jammu, st our residence 25/C, Vasant Vihar, Jammu, Conservator of Forest)

imt Vipan Baloria (Wife) Tilak & Pooja -(Son & Daughter-in-Law)

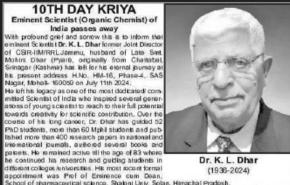
Dinesh & Naina (Son & Daughter in Law) Neeraj & Hitesh (Son)

Smt & Prof MS Baloria (Brother) mt & Shri GS Baloria (Brother)

Mobile: +91 8800503347

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forent colleges enhiersities. His most social formal (1935-2024) politiment was Priof of Eminance cum Dean, Himachai Pradesh, hool of pharmaceutical science, Shalani Link, Solan, Himachai Pradesh, will be deeply missed by his family, friends, colleagues, students and scientific communication and scientific communications and scientific communications. arbeina nie wonz. Ideth Dny Krilya of the departed soul shall be performed on July 19th at Ropar, near IIT Badal Rangipur, Mohali, Pungabaté.00 am followed by Shanti Park on 22nd July at 11 am in Shri Radha Krishan Temple, Phase-4 Mohali.

Deeply Mourned & Remembered by Students, Relatives, Scientific fraternity, Colleagues, Family & Friends

ADH BARKHI

10TH DAY KRIYA

Six months have passed since you left us for your eternal journey. You were and will always be in our hearts and will remain an eminent part of

We miss u immensely.....

ADH BARKHI of our beloved Elder Sister Miss Champa Devi (Retired - ZPEO) D/o Late Smt Ram Pyari & Sh. Manohar Lal Uppal will be perrmed on 19th July (Friday) at our residence



W.No.17, Near Chief Education Office Udhampur at 1 pm.

DEEPLY MISSED AND REMEMBERED BY: imt. Jyoti & Sh. Rajesh Uppal (Mangi Manager JKTDC) - **Bhalya & Bhabhi** iister **&** Brother in Law

Saster & Brother in Law Smt. Babil & Sh. Rajinder Arora Smt. Rajni & Sh. Praveen Grover Smt. Sanbosh (Ret ZPEO) & Late Sh. Vijay Kumar Abrol (Ex Principal) Smt. Kanchen & Sh. Parshotam Abrol (Sporta Department) Mr. Anubhav Uppal (**Son**)

Mrs. Mehak & Shivam Baru (Daughter & Son in Law) iss Sonia Uppal (Daughter) :- 9419988457, 7006022996, 9796414948

TENTH DAY IS WITH HEAVY HEARTS THAT WE ANNOUNCE THE PEACEFUL PASSING OF OUR BELOVED KARMYOGI SH. GOPI NATH BALI S/O LATE SH. DAYA RAM BALI, ORIGINALLY RESIDENT OF MIRGUND KRISHAMA CURRENTLY LIVING AT WARD NO. 14 HOUSE NO. 78 SAILAN TALAB UDHAMPUR ON 15TH JULY, 2024.

THE TENTH DAY WILL BE OBSERVED ON 24TH OF

JULY, 2024 AT DEVIKA GHAT UDHAMPUR GRIEF STRICKEN: GRIEF STRICKEN: (DAUGHTERS-IN-LAW AND SONS) IMT. PRERNA BALI AND SH. PYARE LAL BALI ISMT. SHASHI BALI AND SH. ASHOK KUMAR BALI

(DAUGHTERS AND SONS-IN-LAW) SMT. VIJAYA RAINA AND SH. SURINDER RAINA GRANDCHTL DREN: SAMVEDANA AND HIMANSHU

DASVINI, SARTHAK AND DIKSHA DEEPLY REMEMBERED BY: SAMAST BALI'S, PANDITA'S, RAINA'S AND BHAT'S CONTACT NO. 9419965980, 7780931530

VAHARVAR & MASVAR

One year has passed, since you left for heavenly abode but your memories are still fresh and we feel your presence everywhere. Though the pain of losing you will never fade and your blessings continue to guide us. We pray to God to bestow peace to your noble soul in heaven. Vaharvar & Masvar of our beloved Late Sh. Sampat Prakash Kundu will be

performed on 18th & 19th July 2024 at Sh Sampat Prakash

Sh. Gopi Nath Bali

10TH DAY KRIYA



LG Sinha inaugurates Kashmir College of Engineering and Technology at Srinagar

Top News Report

SRINAGAR, July 18: Lieutenant Governor Manoj Sinha today inaugurated the Kashmir College of Engineering and Technology, at Ranbirgarh, Srinagar.

The Lt Governor, in his address, congratulated the Chairman, Kashmir College of Engineering & Technology Sh Raja Aijaz Ali, and the entire team for their endeavour to strengthen the technological excellence in academia, innovation and nurturing a future-ready skilled workforce.

Speaking on the rapid transformation taking place in the Industry sector, the Lt Governor said the speed and scale of change in 4th Industrial Revolution calls for strengthening the Indus-



try-Academia collabora-

He emphasised on fostering innovation culture in Engineering Colleges and realigning the curriculum to fulfill the evolving industry requirements.

"Skills and not the degree will shape the destiny of our industries. The future workforce must have critical skills such as cognitive skills, logical reasoning, technical skills etc to build future-proof careers," the Lt Governor said.

On the occasion, the Lt Governor highlighted reforms in the education sector under the guidance of Hon'ble Prime Minister Shri Narendra

Modi, to promote startups, innovation and entrepreneurship in Jammu Kashmir.

He also made some valuable suggestions to explore the vast opportunities in the engineering and technology sector.

The demand for professionals in engineering and technology com-

Today, industry is looking for workforce with specific skill set. Our focus should be on building capacities in accordance with the skills required for existing and future job positions, he said.

The inaugural ceremony was attended by Rajeev Rai Bhatnagar, Advisor to Lt Governor; Prof. Nilofer Khan, Vice Chancellor Kashmir University; Vikramjit Singh, Commissioner Secretary Industries & Commerce department: Vidhi Kumar Birdi, IGP Kashmir and other senior officials.

Raja Aijaz Ali, Chairman, Kashmir College of Engineering & Technology; Dr Syed Jalal Ahmad, Principal along with faculty members and staff of the college were present on the occasion.

DPS Kathua organized workshop for teaching staff members

Top News Report

JAMMU, July 18: Keeping with the pace of the current evolution in the field of academia Delhi Public School (DPS), Kathua organized a day's workshop for the teaching staff members fueled with the theme of Artificial Intelligence and its application.

The School in accordance with Shoolini University, Himachal Pradesh invited the field experts to educate and inform the staff members about various domains related to Artificial Intelligence.

Vishakha Raut Pandita, working as Senior Manager outreach Jammu for Shoolini University solan(Himachal Pradesh) laid the foundation of the program, ignited the theme and laid the foundation of the programme.

The first training session of the series was conducted by Prof. Piyush Sewal; an assistant professor at the Yogananda School of Al, Computer and Data



Science, Shoolini University, on how the eruption of AI in the world of education is a paradigm shift that is worth analyzing in depth. He poured in the program with his vast expertise that AI confers the academia a power of constellation of many different technologies working together to enable machines to sense, comprehend, act, and learn

intelligence. The speaker used various examples from his expertise to explain these concepts and highlighted the skills that the teachers must acquire for the successful implementa-

with human-like levels of

tion of the program.

This was followed by a question-answer session where the teachers were able to put up thought - provoking questions and overcome their misconceptions about the Subjects; Artificial Intel-

Indubiously the program was educational, informative and enriching

ligence.

Principal Vivek Arora thanked the resource team for bringing on a table a topic of the era.

The event came to a closure on a note "In any given moment we have two options: to step forward into growth or step back into safety.'

DSS welcomes work on conservation of Mubarak Mandi; cautions against deviation from conservation norms

Top News Report

JAMMU, July 18: Dogra Sadar Sabha (DSS) has welcomed the steps taken by the Government in speeding up the work of conservation of the historic Mubarak Mandi Heritage Complex by shifting its funding from languishing Projects Scheme to Capex Budget and placing of a dedicated Engineering Wing of the R&B Department at the disposal of the Mubarak Mandi Jammu Heritage Society.

In this regard, the core committee of Dogra Sadar Sabha led by Th. Gulchain Singh Charak, President of the Sabha and former Cabinet Minister today conducted a visit to the Mubarak Mandi Heritage Complex to review the ongoing restoration and conservation

The former Minister expressed his thanks to Manoj Sinha, Lt Governor J&K for allocating Rs. 140 crore for the restoration and conservation of for five projects, in the first instancewith a three-year completion timeline.

He also welcomed the government's decision to release Rs. 40 crore for the current year, acknowledging the longstanding efforts of the Dogra Sadar Sabha in advocating for this restoration initiative.

During the visit, the Core Committee members held a meeting with the officials of Mubarak Mandi Jammu Heritage Society and took stock of the situation about the conservation and restoration works in the heritage Complex. They expressed deep concern over the deteriorating condition of roof of the building where Archives



have been stored, which has been suffering from leaks due to recent rainsposing a significant threat to the invaluable records

stored there. The officials of Mubarak Mandi Jammu Heritage Society clarified that the Govt has not yet released any funds out of Rs 40 crore which was announced by the Lt Governor, which severely affecting on the ongoing

restoration works. They also mentioned that some of the executing agencies have also left the restoration work in midway in the heritage complex

The Sabha President, however, pointed out that funding for Conservation and Adaptive Reuse of Mahal of Raja Ram Singh's Queens, which stood sanctioned under the languishing Projects Scheme in 2019 along with these five projects should also be shifted to the Capex Budget so that the work on this precious heritage building is also resumed in right earnest along with the others.

He further demanded that work on all the remaining heritage buildings and structures in the complex which included iconic buildings like the Rani Charak Mahal. Rani Bandral Mahal, Sheesh Mahal, Gole Ghar and

others be also taken up at the earliest. He disclosed that these buildings have the highest historic and architectural significance and their conservation needs to be taken up simultaneously to make up for the time already lost due to occurrence of

inordinate delays. He stressed upon the need to fix a time line for completion of the works on the conservation and reuse proposals for the entire complex, as envisaged in the approved Master Plan, so that the people of the UT can avail of its social, cultural and economic benefits, for which the Dogra Sadar Sabha has been Struggling for the last several

years. Charak emphasized that, besides being a protected monument of National importance having outstanding universal heritage value, Mubarak Mandi is also a symbol of identity of the people of J&K and, therefore, its conservation is required to be carried out strictly as per the National & International norms

and guidelines. He cautioned against any deviation from the approved conservation plan prepared as per international guidelines and already approved by the Mubarak Mandi

Jammu Heritage Society in 2019, to retain its authenticity and integrity,

otherwise it will deal a

severe blow to the efforts

to develop Jammu as a Heritage Tourism destination. He further said that the work should be executed under the supervision of a senior Heritage/Conservation Consultant,

with third party monitoring by the Archaeological Survey of India to ensure that the conservation norms are adhered to. and no aspect of the precious heritage is lost during the restoration

Charak also suggested that knowledgeable citizens of Jammu with experience of having dealt with matters related to Heritage Conservation and Cultural Tourism be included as members of the Governing Body of the Mubarak Mandi Jammu Heritage Society, as mandated in the Constitution of the Society, to ensure informed public participation and to dispel ambiguity in providing direction and guidance in implementation of the

conservation work. He emphasized that this was essential for ensuring transparency in day to day implementation of the conservation work in order ensure that the sen-

timents of the people are respected to avoid deviation from the conservation norms.

Later the core committee members held a meeting with Director Archives, Archaeology & Museums, Jammu Raj Kumar Katoch and Assistant Director Archives Archaeology and Museums Jammu Sangeeta Sharma and expressed resentment against the ongoing works which needs to be expedited.

The Core Group members urged the Government to release funds as allocated by the Lt Governor and take adequate steps in stopping leakage and the ongoing restoration and conservation works in the heritage complex.

They also sought that the restoration and conservation works should continue simultaneously on all the projects in the Mubarak Mandi heritage complex with an aim to save them from the ongoing rainy season.

The Sabha President also offered that the Dogra Sadar Sabha remains always available to provide any help and assistance on matters related to the restoration of the Mubarak Mandi Complex to its original glory, as the Government may deem appropriate to avail.

Prominent among others who visited the complex are Col. Karan Singh (R), Maj. Gen. Sunita Kapoor (VSM) (R), Abdul Majid, Gambhir Dev Singh Charak, Brig. M.S. Jamwal (R), Chhattar Singh, Ravi Singh, Jagdeep Singh, Khajur Singh, Chhankar Singh, Pawan Sharma, Rajinder Gupta, Namandeep Singh, Sat Pal Thapa, Sub. Kehar Singh, Rajeev, Dr. Vidya Sagar Sharma(Secretary).

Fire and Fury Corps holds veterans outreach programme



on latest policies and

Top News Report

LEH, July 18: Leh Sub Area under the aegis of Fire and Fury Corps organised a veterans outreach programme on Thursday at Rinchen Auditorium.

Approx 200 Veterans and Veer Naris from Leh including Director Rajya Sainik Board, Colonel Lobzang Neema (Retd) and President Ex-Servicemen League, UT Ladakh, attended the

The event was aimed to educate the Veterans initiatives undertaken as part of various schemes by different agencies for welfare of veterans. During the event 14 Veer Naris/ Veer Matas/ Veer Pitas were felicitated by General Officer Commanding Leh Sub Area at Rinchen Auditorium to honour their sacrifice for the Nation

General Officer Commanding, Leh Sub Area also distributed amenity stores to six Ex-Servicemen Societies to include War Heroes Colony of Leh and Ex-Servicemen

Societies of Upper Leh, Mangue, Gya, Thiksay and Lalok. General Officer Com-

manding in his address thanked the Veterans and Veer Naris/ Veer Matas/ Veer Pitas for their sacrifice for the nation and assured them of wholehearted support from Indian Army in ensuring the development and well being of their families.

The veterans thanked Leh Sub Area and Indian Army for the support and assistance rendered to them.

Chugh pays tribute to Karbala **Martyrs on Youm-e-Ashoora**

Top News Report

JAMMU, July 18: BJP National General Secretary Tarun Chugh who is also party Incharge of Jammu & Kashmir and Ladakh, marked the solemn occasion of Youm-e-Ashoora by paying heartfelt tributes to the martyrs of Karbala.

Chugh emphasized the significance of peace and unity, extending prayers for harmony and prosper-

ity not only in Jammu & Kashmir but across the entire nation.

He stressed the importance of brotherhood and coexistence, urging communities to come together in the spirit of mutual respect and understanding

Chugh reiterated BJP's commitment to fostering a peaceful and inclusive society, where every individual's rights and beliefs are respected

He highlighted the values of compassion and sacrifice exemplified by Imam Hussain, underscoring their timeless relevance in promoting communal harmony and national integration.

He expressed confidence that through collective efforts and understanding, Jammu & Kashmir and the rest of India would continue to progress on the path of peace and prosperity.

Amir gives away Aryans scholarship letters to 20 students at Jammu

Top News Report

JAMMU, July 18: A press conference was organized in the Press Club of Jammu & Aryans Scholarship letters were distributed to needy & deserving students of Jammu region selected in Aryans Scholarship Mela

Amir Hussain Lone, Captain, Para Cricket Team JK & Brand Ambassador of Arvans Group gave the scholarship letters. Dr. Anshu Katraia, Chairman, Aryans Group was also present.

Amir, while interacting with students, said, "I am happy to learn that the needy and deserving stu-



dents of this backward area will get the opportunity to study in Good courses like Engineering, Law, Pharmacy, Nursing, Paramedical, Manage-

ment etc in Arvans Group of Colleges, Chandigarh free of cost."

He appreciated the initiative of Dr. Kataria and the entire Aryans man-

agement to organize this event for meritorious, needy and deserving students. While addressing, Dr.

Kataria said that for

students various scholarship mela was organized for the students who were seeking admission in Engineering, Law, Management, Pharmacy, Nursing, Paramedical, Polytechnic Diploma etc as well as study abroad programs. The 20 eligible students have been selected & have been given the scholarship letters by Amir Hussain Lone, who is an inspiration for everyone in the entire nation.

benefitting the deserving

Er. Rayees Ahmed, Head, JK Admissions, Aryans Group said that more that 2000 students from Jammu & Kashmir are studying in Aryans & this strength is rising

day by day from Reasi Rajouri, Doda, Pooch, Kishtwar etc.

For scholarships, the students can also call on Aryans helpline number 80548-99888 Rayees) & 84270 -22288 (Er. Mudasir), or log on to www.aryans.edu.in for any admission/ scholarship related queries.

After getting the scholarship letters, the students said that they are thankful to Aryans Group for doing virtuous work by giving admission under the Scholarship Scheme on a zero fee basis. The students assured that they would illuminate not only their parents but also the name of Aryans in academics

GDC Khour organises a Plantation **Drive in collaboration with SBI Khour**

Top News Report

KHOUR, July 18: Government Degree College (GDC) Khour, in association with State Bank of India (SBI), on Thursday organized a plantation drive on its campus to promote environmental awareness and sustainability.

The event saw the participation of students, faculty members, and bank officials, who came together to plant saplings and pledge their commitment to protect the environment

The plantation drive was inaugurated by Prof. (Dr.) T.K Sharma, Principal of Government Degree College Khour, and Branch Manager of State Bank of India, Rakesh

In their addresses, they emphasized the importance of preserving our natural resources and the role of institutions in promoting eco-friendly practices. During the event, over 50 saplings of various species

were planted across the college campus. Students and staff were encouraged to take care of the saplings and ensure their growth The initiative aims to create a green and sustainable

environment, inspiring others to follow suit. The plantation drive is a testament to the commitment

of Government Degree College Khour and State Bank of India to environmental stewardship.

EDITORIAL

SECURITY CHALLENGES

n recent times, the resurgence of terrorism has emerged as a pressing concern, posing significant challenges to regional security and stability. The increase in violent incidents and militant activities has heightened apprehensions and necessitated robust responses from security forces and governmental bodies.

The escalation of terrorism is particularly noticeable in border regions, where factors like cross-border infiltration, local radicalization, and external support to extremist elements contribute to the complex security landscape. These areas, sensitive due to geopolitical tensions and historical grievances, have become focal points of counter-terrorism efforts.

Security agencies have intensified their operations to counteract these threats, employing a mix of intelligence gathering, surveillance technologies, and coordinated military actions. The aim is not only to neutralize active terrorist cells but also to prevent future attacks by dismantling their support networks and disrupting funding channels.

Political leaders and security experts emphasize the need for comprehensive strategies that address both the immediate security threats and the underlying causes of radicalization. Socioeconomic disparities, political grievances, and ideological indoctrination are identified as significant drivers of extremism, requiring targeted interventions to mitigate their impact.

In response, governments are implementing community outreach programs, educational initiatives, and socio-economic development projects in vulnerable areas. These efforts seek to build resilience within communities, foster trust in state institutions, and provide alternatives to vulnerable individuals susceptible to extremist ideologies.

The international dimension of terrorism also necessitates a coordinated global response. Countries affected by terrorism, along with their allies and international organizations, collaborate on intelligence sharing, capacity building, and diplomatic efforts to combat transnational terrorist networks.

Amidst these challenges, the protection of civilians remains a paramount concern. Authorities are enhancing security measures in public spaces, critical infrastructure, and border crossings to safeguard citizens from potential threats. Public awareness campaigns and emergency preparedness drills are also conducted to educate and empower communities in responding to security incidents.

Looking forward, stakeholders emphasize the importance of adaptive strategies that evolve with the changing tactics of terrorist groups. This includes investment in technology, continuous training of security personnel, and legislative frameworks that enable swift and effective responses to emerging threats.

Ultimately, the fight against terrorism requires a balanced approach that addresses security concerns while upholding human rights and the rule of law. It necessitates sustained political will, international cooperation, and community engagement to mitigate risks and build resilience against extremist ideologies. As governments and societies navigate these challenges, the resilience of affected communities and the dedication of security forces remain pivotal in confronting and overcoming the scourge of terrorism in all its forms.

The escalation in terrorist activities has been particularly pronounced in sensitive border regions, where cross-border infiltration and local radicalization have fueled unrest. Security agencies have been grappling with the complex dynamics of counter-terrorism operations, striving to contain the spread of extremist ideologies and thwart militant networks.

Amidst these developments, there has been a call for international cooperation and support in combating transnational terrorism, with regional stakeholders advocating for unified strategies to dismantle terrorist networks and disrupt their funding sources.

As the situation evolves, stakeholders across sectors continue to monitor developments closely, emphasizing the imperative of a concerted and multifaceted approach to mitigate the risks posed by terrorism. The resilience of affected communities and the unwavering resolve of security forces remain pivotal in confronting this multifaceted challenge head-on.

The sacrifice of Capt Thapa can't go waste

By: Lt Gen DS Hooda (retd)

(Former Northern Army Commander)

ET another piece of tragic news has come from the Jammu region. Capt Brijesh Thapa and three other brave soldiers made the ultimate sacrifice, laying down their lives in the line of duty during counter-terror operations in the dense Desa forest of Doda district. This incident comes just a week after another grievous attack in which five soldiers were killed when their vehicle was ambushed near Badnota village in Kathua district.

By addressing the key areas, we can enhance our counter-terrorism efforts and better protect the lives of our soldiers and civilians.

The once relatively calm districts of Poonch and Rajouri have witnessed a disturbing spike in terror incidents over the past two years. Now, terrorist groups are operating in areas like Reasi, Kathua and Doda, long considered militancyfree. This has resulted in the emergence of flashpoints across the entire breadth of the Jammu division, indicating a deliberate plan by terrorists to shift their focus to this region. Groups of well-trained terrorists, armed with sophisticated weapons, have managed to infiltrate across the international border in Jammu, and there are strong suspicions that infiltrations have occurred across the Punjab border as well. The J&K Director General of Police, RR Swain, has acknowledged this issue, admitting that "some infiltration is taking place; it is common knowledge".

Addressing terrorism in Jammu and Kashmir involves two primary facets. The first is to deter Pakistan from using terrorists as an instrument of state policy against India. Achieving this deterrence will require continuous and credible use of India's national power to demonstrate that Pakistan's policies will ultimately harm itself. This is a long-term effort that involves diplomatic, economic and possibly military measures.

The second facet is to actively stamp out terrorist activities on Indian soil. While setbacks are normal in counter-terrorism operations, a consistent pattern of attacks resulting in the loss of lives of soldiers and civilians, with no apparent damage to the terrorists, raises serious questions about the strategy and tactics employed by the security forces. It is essential for military leadership to review their methodology, and based on my own experience, I have several suggestions.

The counter-infiltration mechanism along the international border and the Line of Control should be strengthened. This may require the induction of additional forces, wherever necessary. However, it is crucial to recognise the limits of human endurance. Operating around the clock for months can lead to fatigue, causing attention to flag and increasing the likelihood of mistakes.

To mitigate this, technology must play a more significant role. For over a decade, there has been talk about installing a 'smart fence' along our borders, but the implementation has been inconsistent. Rather than waiting for a perfect solution through countless trials, we should adopt a fence that offers better protection than what we currently have. Additionally, we need to find a technical solution to detect tunnels reportedly being dug across the border.

The Special Forces (SF) should be given greater responsibility in counter-terrorism operations. These are our best-trained soldiers, ideally suited to operate in small teams within the mountainous and forested terrains where terrorists often find shelter. By bringing in additional SF units and granting them the freedom to operate in specified areas, we can increase the effectiveness of our operations.

Intelligence is the backbone of successful operations, and human intelligence is often the most reliable. An extensive outreach to local communities can help expand our intelligence network. Although there may be some locals who support terrorists, the vast majority of Jammu's population is highly nationalistic. Therefore, treating locals with suspicion can be counterproductive. Instead, we should recruit more Special Police Officers and increase the number of Village Defence Guards from the local population. These individuals will serve as our eyes and ears, providing the first line of defence against terrorists. With more intelligence flowing in, the SF can conduct effective 'seek and destroy'

Currently, there is a plethora of organisations operating in the region. The Border Security Force (BSF) handles the international border, the Central Reserve Police Force (CRPF) protects roads in the hinterland, the UT police force manages local law enforcement and the Army conducts broader counter-terrorism operations. Each

of these organisations has a different command channel and reporting hierarchy.

Although it is often stated that there is good coordination and synergy among these forces, this arrangement falls short of what can be achieved through a unified command and control structure. Given the nature of their roles, the police will still need to operate under the authority of the Lieutenant Governor. However, the Army, BSF and the CRPF, which primarily deal with counter-terrorism, could be placed under a unified commander. This will result in a cohesive strategy for all forces, optimal utilisation of resources and improved intelligence-sharing. More importantly, it will enable the fixing of responsibility when things go wrong.

Critics may argue that India has never adopted a unified command system for fighting insurgencies. However, overcoming crises often demands the breaking down of old structures. Adopting a unified command system could be a significant step toward effectively combating the evolving threat of terrorism in Jammu.

By addressing these key areas strengthening our counterinfiltration measures, leveraging technology, empowering the Special Forces, expanding our intelligence network and adopting a unified command structure — we can enhance our counter-terrorism efforts and better protect the lives of our soldiers and civilians. The sacrifice of Capt Thapa and his fellow soldiers must serve as a catalyst for these much-needed changes, ensuring that their bravery leads to a more secure future for the region.

Career Options in Film Industry

By: Vijay GarG ilms are an important media, not only for entertainment and munication. It is inclusive of feature films, documentaries, promotional films, TV commercials, music videos, etc. The movie industry is bigger and more diverse than ever. As a result, careers in film production are an increasingly attractive option for creative thinkers. India is the largest producer of Films. Bollywood alone is valued at more than \$2.28 billion, with an expected 11 per cent annual growth in the last year according to the Associated Chambers of Commerce & Industry of India. With such growth and the increasing demand for films, in both national and international markets, the demand for professionally trained film-makers has also increased. The technique of filmmaking is a teamwork which needs close coordination of various skilled individuals. Film-making is a process that includes several aspects such as storytelling, direction, screenplay, cinematography, the casting of actors, deciding budget and locations to shoot, etc. These series of occupations in the film industry involve hard work, both mentally and physically, with long hours, often in uncomfortable locations. If one has artistic and technical skills and at the same time able to express

Career Options in Film Industry
For a career in this industry, one should basically need to be creative and must have self-confidence. There are numerous career paths in the filmmaking sector, depends on your choice and interest in which you want to make your career. Following are some of the careers in the film industry.

ideas, then this is the right field for you.

Producer: The main job of a producer is to make sure that everybody else is doing their job properly. He chooses the story, manages resources, appoints the cast and crew including the director, chooses locations, manages legal issues etc. It is producer's responsibility for taking care of all aspects of the creation and production of a film, such as the conception and writing of the story, the acquisition of funding and the artwork used for retail release. While there are numbers of other professionals who assist film producers such as directors, cinematographers, and editors. It is the film producer who makes sure that all the production components are working together through all phases of the filmmaking process. Travel is often required and producers often work long hours and sometimes in unpleasant weather conditions. Key skills like communication, leadership, management, business and creativity are mainly needed in this field. No degree is required

but still a bachelor's or master's in fine arts, acting, writing, journalism, arts management or a comparable discipline may be helpful. The average pay for a Film/TV Producer is Rs.10,00,000 annually.

Director: A movie director is a chief person responsible for the creative aspects of film production. Director is the producer's, righthand man. It is the director with whom most of the people will have to work. The choreography, the costume, the music and crew all rely on him. While creating the look of a film, movie directors may make script changes, determine movie locations, finalize costume designs, approve special effects, and provide coaching to actors. Jobs may be stressful, with often working under deadlines. Filming and directing in a wide range of weather conditions is also common in this profession. A bachelor's degree in journalism, film, communication, acting, arts management or a relevant discipline may need. Moreover, key skills like communication, leadership, management, business, and creativity must be present in a director. The median annual

salary of a director is around Rs.8,00,000. Editor: As the films are made in a long and jumbled way so it is the editor's duty to put everything in a sequence. He has to work very closely with the director and the producer to keep their visions true. A video & film editor's job is to take videotapes to produce a single refined piece of video. A video editor is considered to be a backbone of any post-production process. The key responsibility of a video editor is to edit any visual media-form like soundtracks, film and videos for the cable and broadcast visual media industries. He chooses what must be re-shot and what needs to be cut away. He should be well aware of special effects and synchronizes the soundtrack. There is no formal educational qualification required to enter into this profession. All one needs is the training in the computer systems and programs used in digital video/film editing and an interest in editing visual media. In general, editors often have a bachelor's or a master's degree in animation or media arts. The median yearly salary for the editor is around Rs.6,00,000.

Screenplay Writer: The screenwriting is the art of creating the story, developing the characters and providing dialogues to the same story. The screenwriters are the writers of the script of the films. They create the dialogues, the characters and the storylines of movie scripts. The screenwriter is often the most essential person in film production because no movie can start without some form of a script. Screenwriters create the basic structure of the movie and provide the general foundation, which is later imagined and detailed by putting it up on the story and

eventually on the film. To become a bachelor's degree in screenwriting is required. The average annual salary of a screenplay writer is near about Rs.7,00,000 rest is dependent upon the budget of the film.

Actor/Actress: Actors depict characters in stories using their voices, appearances, bodies and gestures. While working as an actor, they perform for entertainment and informational purposes. Actors can play main characters or supporting roles. The actor studies the script to learn about the character and memorize the speaking parts. Actors work under the director who advises them on how to portray the characters. To bring the character to life, actors change their voices, dialects, facial expressions and other traits. The income of the actor totally depends on the reputation of the actor in the film industry.

Animator: The film animator produces multiple images, also known as frames, which when sequenced together rapidly create an illusion of movement known as animation. The images can be made up using different mediums such as digital or hand-drawn pictures, models or puppets. For the medium of film, animators often use computer-aided design programs and tend to work in 2D animation, 3D model-making animation, stop frame or computer-generated animation. Although educational requirements for entering this field can vary, and in some cases, a formal education may not be needed at all, film animators typically have an associate's or bachelor's degree in fine art, computer graphics, animation, or a similar field. The annual median salary of an animator in the film industry is nearby Rs.4,50,000.

Cinematographer: Cinematographer is also known as a director of photography work alongside the directors to give films their own unique aesthetic style. They are responsible for managing camera crews and lighting crews. They also oversee the selection and manipulation of technical equipment to create striking images on the screen. They make big decisions about the use of different lenses, filters, lighting techniques and camera movements to create the dramatic effect and prompt different emotional responses from the audience. They are also responsible for making decisions about aspect ratio, digital effects and image contrast and frame rates. A bachelor's degree in Digital camera and computer skills, artistic ability or equivalent is needed to become a cinematographer. As the cinematographer becomes more experienced, his/her salary rises to Rs.6,00,000

Cameraman: A cameraman is responsible for capturing the action as directed by a predefined script or as the event unfolds. Robotics and digital equipment have made

this job less demanding physically, but a cameraman must always be prepared for adverse weather or dangerous conditions when shooting on a remote location. This is the cinematographer's right-hand man; must have high technical proficiency and an in-depth knowledge of cameras. To become a cameraman you have to do a bachelor's degree in broadcasting, film, journalism, photography, or photojournalism. The average salary for a Cameraman is Rs.3,20,000 per year.

Lighting Technician/Operator: The Lighting Technician controls the lighting and visuals appearing onset by operating the lighting board. He/she is also responsible for rigging lights; hanging lights, unloading and moving lighting equipment, and making sure all instruments are fully functional. Turning day into night, or shifting moods with just the change of colour; this job requires high technical skill and experience. You could qualify as an electrician and get practical experience in production lighting. You could also do a college course to learn skills like stage electrics and lighting design. The average annual salary of a light operator in this industry is near about Rs.3,50,000.

Sound Technician: Sound technician setup, maintain, and operate equipment sound recordings. Generally, sound technicians who work on the production side of things are responsible for checking and preparing all the sound equipment for shoots, carrying out additional practical tasks to minimize unwanted sounds on set, evaluating the acoustics of a particular studio or location, and positioning recording equipment in the right place at the right time. Furthermore, they will tweak sound levels and monitor audio signals during filming. The dialogue, music and various other different sounds which are used in TV shows and films need to be clear, crisp and emphatic. Consequently, the practical and technical skills of sound technicians are absolutely essential for providing the audience with a satisfying multi-sensory experience. A bachelor's degree in sound engineering technology or recording arts is required to become a professional sound technician. The average pay for a Sound Engineer is Rs.3,50,000 annually.

Remember the three P's of film industry: stay passionate, persistent, and patient and you will dramatically increase your odds of succeeding in the entertainment industry. So, these are some of the popular careers in the film industry in which you can make

(Vijay GarG Retired Principal Educational columnist Malout) Highlighting the facili-

ties available in the field

of Cardio Thoracic and

Vascular Surgery Dept

Dr Ishant Singla said

that facilities of that facili-

ties of Coronary Artery

Bypass Surgery, Beating

Heart Surgery ASD,VSD

(Hole in hear), Valve

replacement surgeries.

Aortic Surgery, Pediatric

open & closed heart sur-

geries, Minimally invasive

Cardiac Surgery, Lung

& Thoracic Surgery for

Lung Tumor removal,

Empyema, Mediastinal

masses and all Kind of

Vascular surgeries are

now available at Ivy Hos-

Dr Ishant also shared

that Minimally Invasive

Cardiac Surgery is the

latest technique to do

heart surgeries and this

facility is available at very

few selected Cardiac

Hospitals in North India.

As the name suggests,

it is minimally invasive -

means just a couple of

specialized instruments

and camera are inserted

pital Mohali.

Heart Disease kill 4.77 million Indians every year: Dr Rakesh

Top News Report

MANDI/JAMMU, July 18: To create awareness on "Heart Disease & recent advances in Cardiac Sciences a team of Doctors from Ivy Hospital Mohali, addressed the media person today.

Present on the occasion were Dr Rakesh Sharma Additional Director Cardiology & Ishant Singla, Consultant CTVS Surgery from Ivy Hospital Mohali. Ivy Healthcare is Punjab's Biggest Superspeciality Hospital Network with 5 Hospitals, 750 Beds, 280 ICU beds, 06 Cath Labs, 20 Modular Ots and the Healthcare chain is treating over 3 lakh patients every Year.

Speaking on the occasion, Dr Rakesh Sharma said that Ivy Hospital Mohali has become center of Excellence for Cardiac Sciences since all the facilities like Primary Angioplasty, Complex Angioplasties, Biventricular Pacemaker (CRT), Combo Devices, ICDs.

Carotid Artery Stenting, TAVR, Peripheral Artery & below knee interventions, Management of Aortic Dissections and

Dr Rakesh also shared that In India, out of the estimated population of more than 1.44 billion dispersed across various geographical regions, about 30 million people suffer from coronary artery disease.

Aortic Aneurysms are

available under one roof.

India will soon have the highest number of cases of cardiovascular disease in the world. Speaking on this occasion Also 27 % of deaths in India are caused by cardiovascular

diseases

"Heart disease has escalated among the younger generation with a significant risk in both males and females. More and more young Indians are suffering from coronary artery disease, owing to their poor lifestyle, and if this continues the future looks even more dangerous,' said Dr Rakesh Sharma.

Ten years ago, we hardly saw young patients with heart problems. Now,

in the chest through small holes of the size of keyholes.

All kind of Minimally Invasive Cardiac Surgeries like CABG, AVR, MVR ASD, VSD are now being done at Ivy Hospital Mohali. MICS is extremely useful for a variety of heart problems, as there is no opening of Chest by giving 8 -10 Inch incision as being done in all Conventional Heart Surgeries.

MICS gives more convenience and effectiveness to the surgeons, with No cutting of Ribs, less Blood Loss, Faster Recovery and just 2-3 days of Hospital stay for call Cardiac Surgeries

Speaking on this occasion Dr Rakesh Sharma said that Ivy Hospital Mohali is on Panel of Himachal Govt, CGHS, ECHS, CAPF and all Major TPA and Corporates and all Kind of Adult, Pediatric Cardiac and CTVS Surgeries are being routinely performed at Ivy Hospital Mohali.

All Party Meet in Jammu on July 20



Top News Report

JAMMU, July 18: Regarding the amendments in the Jammu and Kashmir Reorganization Act, the Ministry of Home Affairs on July 12, 2024, Shiv Sena (UBT) is organizing an all-party meeting in Jammu on July 20 in support with the All Party United Morcha

In a press conference held on Thursday at the party central office, state chief Manish Sahni said that Jammu and Kashmir has been turned into a laboratory. Suddenly the powers of the Lieutenant Governor of Jammu and Kashmir have been increased.

The Center does not have any concrete road

map for the safe future of Jammu and Kashmir. Concerned by this behavior of the Center towards Jammu and Kashmir, it has been decided to call an all-

party meeting.

The agenda of the meeting will be restoration of statehood, democratic rights as well as reflection on the increasing terrorist incidents in the Jammu division and further strategy will be decided with con-

sensus and unity.
Sahni said that almost all political, social and non-political organizations and intellectuals have been invited to this meeting.

Sahni said that the increase in the jurisdiction of the Lieuten-

ant Governor is a sign of betrayal of all the declared promises of giving full statehood to Jammu and Kashmir.

Sahni expressed hope that representatives of all the organizations concerned about the current situation in Jammu and Kashmir will be present and the future strategy will be decided unanimously with discussion and unity about the safe and prosperous future of Jammu and Kashmir.

Narendra Khajuria (IDP), Narendra Singh (Shiromani Akali Dal), Sunny Kant Chimb (HRS), Vikas Bakshi (General Secretary) and Sanjeev Kohli (Vice President) were present on the occasion.

Bhat visited fire victims of Rajwar, urged administration for rehabilitation of affected families

Top News Report

JAMMU, July 18: Jammu and Kashmir Apni Party District Vice President Ab Rashid Bhat along with other leaders and workers visited fire victims of Yangerher Shatigam, a village of Rajwar Handwara.

Bhat visited the families affected by the fire incident and expressed heartfelt condolences and solidarity with the grieving families.

During the visit, Vice President assured affected families of all necessary assistance. He expressed gratitude to the community for the courage and cooperation and said that the Party and Administration stands with the families affected



by this tragic incident.

Bhat urged the administration for Rehabilitation and Accommodations for affected families of fire incident at an Earliest, added that all ten affected families should be considered under PM Awas Yojna for the current financial year so that

they would not live in open air anymore.

During his visit, Bhat also talked with DFO Langate to provide timber to effected familes as soon as possible.

Bhat also visited Bakhikher and Zachaldara area of Rajwar for Tezavat

Chandel accuses DSP Sheikh Adil of betraying country

Top News Report

JAMMU, July 18: Hinduist Sanatani leader Guruji Raju Chandel while talking to journalists in Jammu on Thursday makes several contentious statements about DSP Sheikh Adil Mustaq in the Jammu Kashmir Police:

Chandel accused DSP Sheikh Adil Mustaq of betraying the country by allegedly supporting terrorists from Pakistan.

He demanded that Mustaq and other such officers should be caught and publicly hanged at Lal Chowk.

Chandel suggested that due to the actions of one officer (Mustaq), all Muslim officers in the Jammu Kashmir Police should be transferred out of the state until terrorism

is eradicated.

He argued that transferring Muslim officers out of Jammu and Kashmir is necessary for security reasons until terrorism is eliminated.

This proposal implies inherent distrust towards Muslim officers solely based on their religious background, which undermines the professionalism and integrity of the police force.

Chandel called upon
Union Home Minister
Amit Shah to transfer
Muslim officers out of
Jammu and Kashmir,
suggesting a political
intervention in the police
force based on religious
grounds. Such a call
politicizes law enforcement and risks compromising the neutrality and
effectiveness of policing
efforts.

NHM Employees Association visits Dr. Nazir's residence to offer condolences



Top News Report

KISHTWAR, July 18: The National Health Mission (NHM) Employees Association, led by its Provincial President Rohit Seth and accompanied by prominent members of the NHM Employees Association Jammu Division, including Surinder Khajuria, Afzal Khan, Bharti Sharma, and others, visited the residence of Dr. Nazir Hussain, Medical Officer and District President

NHM Employees Associ-

ation Kishtwar, at Lanyal Kishtwar on Wednesday to offer condolences on the demise of his mother, Sakina Begum, the wife of National Awardee Noor Hussain Sheikh, a retired teacher.

Sakina Begum, a beloved figure in the community, was the mother of Dr. Nazir Hussain, a Medical Officer and District President NHM Employees Association Kishtwar; Sheikh Nasir, an Advocate and President of the Bar Association Kishtwar;

and Dr. Nuzhat Nasrien, a Medical Officer with the NHM. Her passing has left a profound impact on those who knew her.

The attendees expressed their deep sorrow and shared fond memories of Sakina Begum, highlighting her dedication to her family.

The NHM Employees Association expressed solidarity with the family, offering their support and prayers. The attendees paying their respects and offering their condolences to the grieving family.

Sawhney raises public grievances from Jammu East with Commissioner J&K

Top News Report

JAMMU, July 18: Senior Congress leader and former Minister J&K Yogesh Sawhney, ex-MLA Jammu East recently met with the Commissioner of J&K to discuss pressing public grievances from the Jammu East constituencv. He was accompanied by Senior Vice President DCC Jammu Urban, Ram Magotra, and Block President Jammu East, Chandershekhar Sharma. Sawhney apprised the

Commissioner of local issues and presented a comprehensive list impacting the residential population of the Jammu East constituency.

Key among these issues were the dire state of sewage and drainage systems, deteriorating infrastructure, and problems with public utilities like water and electricity.

During the meeting, Sawhney emphasized the urgent need for remedial action. The Commissioner listened to these concerns and provided assurance to look into the

Speaking on the issues, Sawhney expressed the frustrations of the Jammu East residents mentioning that there is a long list of problematic issues people have conveyed to him during his tour of the area. He stated that one of the

He stated that one of the first major issues was that of sewage, the sewage system in the area is completely inadequate.

"During my visits, I have seen firsthand how

overflowing sewage and blocked drains are causing health hazards and significant discomfort to the people. This is an issue that demands immediate attention and resolution," he said.

He also elaborated on the infrastructural challenges and stated that the infrastructure in Jammu East is crumbling. Roads are filled with potholes, public buildings are in disrepair, and there is a general lack of maintenance. There is need for robust infrastructure that supports their daily lives and contributes to quality of life, he stressed.

The senior Congress leader also highlighed concerns related to PHE and electricity, Sawhney remarked that the entire piping system is in a deplorable state, leading to frequent water supply disruptions. The introduction of smart meters has added to the residents' woes, causing many issues and inconvenience.

It is crucial that these issues are sorted out promptly as all these have been neglected by current regime for very long leading to piling of frustration and annoyance among people.

Sawhney also brought to light the residents' grievances about the electricity supply. He said, erratic electricity supply is disrupting daily lives while at the same time exorbitant electricity bills are burning holes in people's pockets.

оскетs. Sawhney also highlighted the need for long-term planning and sustainable development in Jammu East. He said that government should also go beyond immediate fixes and think about the future. Comprehensive planning development strategies are essential to prevent these issues from recurring

Administration should invest in infrastructural development, maintainence of public cleanliess, sewage and drainage. If there are no efforts in this direction, things will continue to worsen for general public residing in the area, Sawhney said.

In his statement, Sawhney also said that Congress party understands the gravity of these issues and will take the necessary steps to address them and highlight them to the right authorities wherever possible. People are counting on prompt and effective solutions from Congress party to these longstanding problems which have been previously ignored and neglected due to various reasons by BJP leaders. The real picture of Jammu city is nowhere near to the "Smart Citv' dream because in reality zero action is being taken on the ground. Therefore, we will continue to raise these issues to the authorities and urge them to direct their resources and time in addressing these concerns, and avoid any further delay in taking up the genuine matters of local people in

Jammu

Every household will get water tap connection by **2024**: Manhas

Top News Report

JAMMU, July 18: Former Member Parliament (Rajya Sabha) & Ex State President Bharatiya Janata Party, Jammu and Kashmir Shamsher Singh Manhas along with Ex Councillor Kuldeep Chib today started also implement source sustainability measures as mandatory elements, such as recharge and reuse through grey water management, water conservation, rain water harvesting.

Manhas said the achievement of crossing 75% coverage, providing



the deep-drilling work of Tube-Well at KB Nagar, Bantalab in Jammu North Assembly Constituency.

While addressing the gathering, Manhas said that an amount of approx. 78 lakhs will be spent on the construction of the Tube-Well and it will benefit the residents of Bantalab & adjoining areas.

Manhas said under Prime Minister Narendra Modi able leadership Jal Jeevan Mission, is envisioned to provide safe and adequate drinking water through individual household tap connections by 2024 to all households in rural India.

The programme will

clean tap water to over 14 lakh rural households, reflects the Government's commitment to ensuring access to safe drinking water.

The approval of 102 new Water Supply Schemes further emphasizes the participatory approach and collaborative efforts involving various stakeholders.

J&K's journey under the Jal Jeevan Mission is a commendable story of progress and commitment to the well-being of its citizens.

Prominent among those who were present on the occasion were Pawan Singh Chib, Dushyant Singh, Ramesh Dhar, Rajinder Singh and Vikram Kumar.

Arya Pratinidhi Sabha condemns cowardly attack on security forces in Doda

Top News Report

JAMMU, July 18: The Arya Pratinidhi Sabha Jammu and Kashmir, under the aegis of Narendra Trehan (President), Arun Kumar Gupta (Vice President), Rajeev Sethi (General Secretary), Yogesh Gupta (Treasurer), and other core committee members, convened a meeting to unequivocally condemn the cowardly attack on security forces in Doda.

The Sabha expressed its deepest condolences to the bereaved families.

"Our hearts go out to the families of the bravehearts who made the supreme sacrifice in the service of Bharat Mata. Their loss is deeply felt, and their courage and dedication are eternally honored," they said.

The Arya Pratinidhi

Sabha Jammu and Kashmir stands in unwavering solidarity with the families of the fallen soldiers and the entire military community during this grievous time, they said adding that the valour and dedication demonstrated by our soldiers in the face of such heinous

acts exemplify the highest standards of bravery and commitment to protecting our nation and its values.

These terrorist attacks are acts of cowardice aimed at undermining our security and destabilizing our society.

"We vehemently condemn these actions and reaffirm our steadfast commitment to combating terrorism in all its forms. Our resolve to defend our nation and its citizens is resolute, and we will continue to stand united against such threats," they said.

The sacrifices of our soldiers will not be in vain. We honor their memory by upholding the principles of freedom, justice, and peace. Their heroism will forever be remembered, and their legacy will endure in the hearts of all who cherish liberty and security.

Furthermore, the Arya Pratinidhi Sabha Jammu and Kashmir urged the government to implement stringent measures to ensure the safety and security of our citizens and to provide comprehensive support to the families of the martyred

soldiers

The Sabha also called for a united front among all political and social organizations to combat the menace of terrorism and to work towards creating a peaceful and pros-

perous society.

In an earnest and sincere request, the Arya Pratinidhi Sabha appealed to Prime Minister Narendra Modi to take stringent action against the conspirators behind these devious plans to harm the integrity and harmony of the region.

Narendra Trehan emphasized the importance of community resilience and support during such challenging times.

He urged the people of Jammu and Kashmir to remain vigilant and to cooperate with security forces to thwart any attempts to disrupt peace in the region.

The Arya Pratinidhi Sabha Jammu and Kashmir remains committed to fostering unity, strength, and resilience among the people, ensuring that the sacrifice of our soldiers strengthens our resolve to achieve lasting peace and security.

Newsmakers!: Vicky Kaushal, Triptii Dimri and Ammy Virk paint the town red with their cheerful personas and lovely attire, as they come calling for the promotion of their upcoming film Bad Newz

Vicky Kaushal, Triptii Dimri and Ammy Virk took Chandigarh by storm when they decided to showcase their romance and bromance on Wednesday. Dressed in ethnic Punjabi attire, they soaked in the Punjabi culture in every way possible. Their first halt was Gurdwara Sahib, followed by a lunch at Sethi Dhaba, and, not to be missed, was their grip over Punjabi language, which they flaunted during this interaction.

Wearing an asymmetrical blue kurta with white straight pants, Vicky was in the mood to kill with his looks as well as candid answers. To be in a film with not one but two lead heroes, does that dent their star power? Vicky made it clear, "It's a dated concept to think of someone as your competition. Ego never serves anyone. If the film is good, you will be remembered forever."

Vicky then focused on the subject of the film. "We were very clear about what we were making. We made sure that every character, not just the three of us, but whoever is in the movie, comes out as a star in their own right."

The success of Sam Bahadur soon became the topic of discussion. To anyone who said it couldn't do well because of Animal, Vicky shared, "That's not what the numbers say. Both the films did well. In fact, the kind of exhibition power we have in the country, two or even three films can do well simultaneously."

All said and done, numbers don't define success for this actor when he wears the uniform. "If there is a film in which I am donning the khaki uniform, it is a matter of pride for me. That's my reward and all that matters to me."



Coming back to working with multiple stars, Vicky said, "There is only one star, which is the script. The audience is very intelligent and will only come to the theatres to watch a film that has a strong script. We are lucky that Anand Tiwari-backed Bad News has a good script. The star on the sets concept never served anybody, and to be an artiste you have to move past your egos."

About renowned singer Gurdas Maan, he said, "I have always seen Gurdas Maan as an inspiration. If I would become just one or even half per cent of him in my life, it would be great. Whenever I meet him, I feel like I have visited a temple. He has

so much ruhaniyat, divinity and positive energy that you are content around him, like you have achieved everything. My parents have the same emotions for him and when I say this, I feel like I am speaking for every Punjabi globally."

The censor board has struck down seven minutes from the film, but Vicky has no qualms about it.

Leading lady

From being a YouTube artiste to becoming a lead actress in a Bollywood film, Triptii Dimri has many things to be grateful for and she says it all with a smile. "When I started, I had never thought I would get to work in Bollywood. People have been

kind and sweet. It is a blessing that I kept meeting lovely people through the journey; they have made all the difference."

If the songs have caught your fancy, thanks to her sizzling presence, she says, "If the romance has made you wonder what it is all about, I'll share a secret. You are going to witness another level of chemistry between Vicky and Ammy. Then you'll know how I've approached the movie."

Hoping for Bad Newz to be a hit, Triptii says a film is successful, "When people address me as my characters. Even today in Kashmir, they call me Laila. I now want people to call me Sonali, the name of my character in this one."

Bromance

Clad in a white kurta-pyjama and a shawl to go with, Ammy Virk shared how in the film Vicky Kaushal essayed a fun character while his was a more serious role initially. "But being a Punjabi, the makers couldn't help notice how I matched the vibe of Vicky's character. The same bromance is what people are appreciating after watching the trailer. To be honest, they changed my whole character after seeing me perform because it didn't match the energy that I later added to the narrative."

Ammy also highlighted how he was angry after he was not called for the shoot of the song Tauba Tauba. "I got to know that Vicky and Karan Aujla were on the sets to shoot Tauba Tauba, the poster song of the film. Truth be told, I was a little angry why the makers didn't call me and could not understand the reason behind it. But when I saw the choreography, I was happy that they didn't. It wasn't my cup of tea at all!"

Never followed a diet I cannot be consistent with, says Deepika Padukone



Actress Deepika Padukone said that she eats well and has never followed a diet that she cannot be consistent with

Deepika took to Instagram, where she shared a collage of pancakes paired with whipped cream, brownie with ice cream and samosas.
For the caption, the

mother-to-be shared

that she eats well.

'Surprised to see this
on my feed? Well, I
eat! And I eat well! Ask
anyone who knows me.

So don't believe any-

thing else you might hear or read. The trick? Balance, Consistency and Listening to YOUR Body,' Deepika said.

The 38-year-old shared that there is a misunderstanding around the word diet.

'There seems to be a lot of misunderstanding around the word 'Diet'. We often believe that 'Diet' means to starve, to eat less and to eat all of the things we detest. What 'Diet' really means is the total of all the food and drink consumed by an individual,' she said.

'The word actually comes from the Greek word 'diaita', which means 'way of life'. I've always, for as long as I can remember, followed a 'Balanced Diet',' Deepika wrote.

Deepika strongly said that she loves to indulge.

'And it is for me 'a way of life'. I've never followed a diet that I cannot be consistent with or one that is a fad. Now, do I indulge? Of course, I do, as demonstrated above! But it most certainly isn't my way of life,' she wrote.

'Ever heard the phrase 'you are what you eat?' If there's one thing I've learnt (the hard-ish way) it is that those words couldn't be truer.'

Talking about her work, Deepika will next be seen in Rohit Shetty's 'Singham Again' alongside Ajay Devgn.

A small town Kannadiga brings India its first Miss Universal Petite crown

Imagine doing a 36-hour shift in a hospital and then turning up willingly the next day to chip away the imperfections to become a beauty queen?

That is what Shruti Hegde, a doctor and beauty queen from Hubli, Karnataka, has been doing since 2018.

This Kannadiga's hard work has paid off though.

A little over a month ago, on June 10, Shruti Hegde became India's first Miss Universal Petite, a pageant that was started in 2009 to give opportunity to shorter women, who found themselves often dwarfed by the amazonian standards when it comes to height.

The pageantry is held in Tampa, Florida in the United States of America, every year.

"It was not easy for sure. I realised that being a doctor is a lot more work than I initially thought. Yes, it becomes too much at times. But I don't think I will be choosing one over the other. Instead, I want to find a balance between both," said Hegde.

When she took the pageantry route, Hegde said she never gave much thought to winning.

"I am always wanting to do new things, and I guess it is almost every small-town girl's dream – to be a beauty queen. So, I thought I'll just give it a try. It helped that I had a mother who is keener than me that I should do what I want to do," said Hegde.

That is how the Kannadiga found herself sign-



contest in 2018. But when she made it to the finals, things took a serious turn.

"During the course of the contest, I realised that I was learning a lot of life lessons too – the kind that will help me be a better person and be better equipped to tackle any kind of situation. So, I decided to give my all to it, and see where it took me," said Hegde, who is currently pursuing MD in dermatology in Tumakuru, a city about 70 km away from

Bengaluru.

But she soon hit the next roadblock. Not only did a small town like Hubballi have the necessary means for all the preparations required to become a beauty queen, but she also had to take a break and deal with a medical emergency.

"In 2019, I was diag-

ian and uterine tumours and had to undergo open surgery. This ate up two years of my life – 2019 and 2020 – as I recuperated. I thought that was the end of my pageantry career for a while. Again, my mother wouldn't let me off so easily. She stood behind me like a rock,"

said Hegde.
And so, the Kannadiga said she bounced back, went tripping all over India, taking classes to get herself the poised look of a beauty queen.

"There's so much to it – diction, clothing, walking... And initially, you will have to spend for all that, a couple of lakhs at least. But by now nothing could stop me, I wanted to go all the way," said Hedge.

Once she won a big title – the second runner-up of Miss Asia International India 2023 financial strain lessened a lot, said Hegde.
"I started getting spon-

sors for my clothes and stuff. Which was a relief because earlier I had only a couple of outfits that I was forced to wear to different pageantries," Hegde.

As expected, pageantry opened other doors in the entertainment industry. Since 2023, Hegde said she has been receiving offers to act in serials and films.

"Again, I ventured into it cautiously. Started first with serials. But a film that I just finished shooting for, 'Sharanara Shakti', made me realise the film career may not be a bad thing," added Hegde.

The Kannadiga said she just played a dancer in the period film that traces the life of the 12th century philosopher, poet and social reformer Basavanna.

"I realised that the Kannada film industry is again opening itself, making it possible for films like 'Sharanara Shakti'. It's perhaps the best time to be an actor here. I have now decided to take that plunge and see where it goes," said Hegde.

The Kannadiga added that she is shooting right now for 'Janumadata', another odd-ball film that explores the undercurrent of the tense relationship between a father and son.

"I play the lead this time – the girlfriend who encourages the guy to face things head-on even as he struggles to accept his father as he is," said Hegde.

Tabu says she will not take on the role of a 30-year-old anymore: 'I have to embrace my age'



After being part of the industry for over three decades, Tabu has garnered vast experience which has helped her develop a set of guiding principles that help her navigate the film world. One of the most important rules for Tabu is that she's done playing young women on screen.

In an interview with agency, she confessed that she's not about to pretend to be young onscreen, and wants to embrace her age in real and reel life. That's one of the reasons she got excited about Neeraj Panday's Auron Mein

Kaha Dum Tha.

Age is just a number! Tabu was happy that director Neeraj Panday didn't go the route of de-aging through VFX in his next, Auron Mein Kaha Dum Tha. The film marks reunion with Ajay Devgn. It is their tenth onscreen collaboration.

In the interview, she shared that age-appropriate casting was the norm back in the day, saying that older actors have begun to play young characters onscreen in recent years only.

"Yeh sab cheezein pehle bhi toh hota tha jab de-aging ka concept nahi tha (This used to happen earlier too as there was no concept of de-aging). We saw different actors playing younger selves of the protagonists. Once they grew up, they became Dharmendra or Dilip Kumar. I think that with this film, we're continuing that tradition," she said.

Here, she added that she wouldn't want to essay a young woman onscreen unlike her male contemporaries. "I would refuse those parts. I don't think that I'll be open to playing a 30-year-old anymore. I've no option but to embrace my age," she emphasised.

On working with Ajay There was a time when she called Ajay a 'bully', sharing that he would beat up boys who would come to speak to her. Her stance is the same, but with some tweaks.

She said he is a "silent bully", as she feels people will never come to know that Ajay has any plan up his sleeves. She feels Ajay has a very quiet and sweet way of ragging people, and calls him quite mischievous.

About Auron Mein Kahan Dum Tha

Auron Mein Kaha Dum Tha is an epic musical romantic drama that spans across 23 years. It is set between 2000 and 2023. The film is produced by Shital Bhatia, Narendra Hirawat and Kumar Mangat Pathak (Panorama Studios). The makers offered a sneak peek into the movie at the Cannes Film Festival. The film is slated to release on August 2.

Shantanu Maheshwari and Saiee Manjrekar are playing Ajay and Tabu's younger versions respectively. Ajay and Tabu have worked in many films before, including Vijaypath, Haqeeqat, Thakshak, Drishyam, Golmaal Again, De De Pyaar De, Drishyam 2, and Bholaa.

"Been Very Tough Physically": Actor Naveen Polishetty Posts Health Update

Naveen Polishetty shared a life update in his latest Instagram entry. The actor revealed in his post that he suffered multiple fractures and that he is "working towards full recovery." The Miss Shetty Mr Polishetty star wrote in his note, "Hi guys. Life update . Have unfortunately suffered severe multiple fractures in my hand and injured my leg too. Was really looking forward to bring

you exciting films after all the blockbuster love you have given my films. It has been very tough physically and mentally but working towards full recovery so I can perform at my energetic best for you."

his well-wishers in his extensive Instagram post and he added, "As always your support, patience and love is the only medicine I need. Exciting new

films in development. Please trust updates only from me. Can't wait to entertain you on the big screen with these films soon. Hope you are all doing well. Love you always. Your Jaane Jigar."

Naveen Polishetty made his debut as a lead actor with the 2019 film Agent Sai Srinivasa Athreya. His film credits include Chhichhore, co-starring late actor Sushant Singh Rajput and Jathi Ratnalu to name a few. Naveen Polishetty became a household name after featuring in AIB videos.

The actor was last seen in the 2023 film Miss Shetty Mr Polishetty with Anushka Shetty. The film had a theatrical release last year.

The comedy drama, which released in Telugu, Tamil, Malayalam, Kannada and Hindi, is also streaming on Netflix.

NEET-UG row: Retest has to be on concrete footing that sanctity of entire exam was affected, says Supreme Court

The bench is hearing more than 40 pleas

NEW DELHI, Jul 18 (Agencies): Any order for conducting the NEET-UG 2024 afresh has to be on the concrete footing that the sanctity of the entire exam was affected, the Supreme Court said on Thursday.

A bench comprising Chief Justice of India (CJI) D Y Chandrachud and justices JB Pardiwla and Manoj Misra commenced the crucial hearing on a batch of petitions related to the controversy-ridden medical entrance exam NEET-UG 2024, saying that it has "social ramifications".

The top court adjourned the cases listed ahead of the NEET-UG pleas and said, "We will open the case today. Lakhs of young students are waiting for this, let us hear and decide." The bench asked the petitioners seeking cancellation, re-test and a court-monitored probe into the alleged irregularities in



the May 5 exam to show that the paper leak was "systemic" and affected the entire examination, warranting cancellation.

"Re-examination has to be on concrete footing that the sanctity of the entire test was affected," the CJI said.

On the issue of the ongoing probe, the bench said, "The CBI probe is on. If what the CBI has told us is revealed, it will affect the investigation and people will become wise.

The hearing is underway.

The bench is hearing more than 40 pleas, including those filed by the National Testing Agency (NTA), which conducts NEET-UG, seeking transfer of cases pending against it in various high courts regarding the alleged irregularities in the exam to the Supreme Court to avoid multiplicity of litigations.

On July 11, the top court had adjourned till July 18 the hearing on the pleas, including those

seeking cancellation of NEET-UG 2024, re-test and a probe into alleged malpractices, as the responses of the Centre and the NTA were yet to be received by some parties.

More than 23.33 lakh students had taken the test on May 5 at 4.750 centres in 571 cities. including 14 overseas.

In their affidavits filed earlier in the apex court, the Centre and the NTA had said that scrapping the exam would be "counterproductive" and "seriously jeopardise" lakhs of honest candidates in the absence of any proof of large-scale breach of confidentiality.

The National Eligibility-cum-**Entrance Test-Undergraduate** (NEET-UG) is conducted by the NTA for admissions to MBBS, BDS, AYUSH and other related courses in government and private institutions across the country.

ATS seizes Rs 51.4 crore drugs, raw materials from Surat unit; 3 held



AHMEDABAD, Jul 18 (Agencies): The Gujarat Anti-Terrorist Squad (ATS) has busted a mephedrone manufacturing unit on the outskirts of Surat city and seized drugs and raw materials of Rs 51.4 crore, an official said on Thursday.

Three persons—Sunil Yadav, Vijay Gajera and Haresh Korathave been arrested in this connection, an ATS release said.

It was found that the three persons had hired an industrial shed at Kareli village in Palsana taluka of Surat district on a monthly rent of Rs 20,000 to manufacture mephedrone, also known as MD drugs, using various materials,

The ATS officials recently received a tip off that Yadav, Gajera and Korat were involved in manufacturing mephedrone at the shed in Kareli and selling it to Mumbai resident Salim Saiyad, the release said.

it said.

Based on the information, a team of ATS raided the shed in Darshan Industrial Area of Kareli on Wednesday night and apprehended Yadav and Gajera from the spot while Korat was nabbed from a place in Junagadh in the early hours, it said.

The ATS recovered 4 kilograms of mephedrone and 31.4 kg of raw materials valued at Rs 51.4 crore from the unit, which was sealed after the raid, the release said.

A preliminary probe indicated Yadav was into chemical trading business and learnt the technique of manufacturing mephedrone from the Internet.

The three persons came together and started manufacturing the drug at the shed and had already delivered 4 kg of mephedrone to Saiyad some time back, the release said, adding further probe was on into the case.

IAS trainee Puja Khedkar's mother Manorama arrested in 'gun-brandishing' video case; was hiding in a lodge

PUNE, Jul 18 (Agencies): Pune police on Thursday arrested Manorama Khedkar, mother of controversial IAS probationer Puja Khedkar, in a case of allegedly threatening some persons by brandishing a gun over a land dispute.

She was apprehended early morning from Mahad in Maharashtra's Raigad district, an official said.

Manorama Khedkar was hiding in a lodge at Hirkaniwadi in Mahad, according to the police. After being apprehended, she was brought to the Paud police station

in Pune district.

Dilip Khedkar and his wife Manorama Khedkar had remained untraceable after police registered an FIR against them over a video purportedly showing Manorama threatening some persons with a gun following a land dispute in Mulshi tehsil of Pune district.



The police in Pune rural have booked the Khedkar couple and five others under the Bharatiya Nyay Sanhita (BNS) sections, including 323 (dishonest or fraudulent removal or concealment of property).

A two-minute video shows Manorama Khedkar wielding a pistol, accompanied by her security guards, engaged in a heated argument with some persons in Dhadwali vil-

Puja Khedkar, the 2023-batch IAS officer. is under scrutiny for her claims regarding disability and Other Backward Class (OBC) certificates in her Union Public Service Commission (UPSC) candidature, as well as her conduct during tenure at the Pune collector's office.

Amid the row, the government on Tuesday put on hold the 'district training program' of Khedkar, who was earlier transferred to Washim as a supernumerary assistant collector from Pune. as she was summoned back to the Mussooriebased Lal Bahadur Shastri National Academy of Administration for "necessary action".

Vikram Misri To Travel To Bhutan In First Trip **Abroad As Foreign Secretary**

NEW DELHI, Jul 18 (Agencies): Foreign Secretary Vikram Misri will pay a two-day visit to Bhutan beginning Friday, in his first trip abroad after assuming charge of the top post.

In Bhutanese capital Thimphu, Mr Misri will meet Prime Minister Tshering Tobgay, Foreign Minister DN Dhungyel and Foreign Secretary Pema Choden among others, the Ministry of External Affairs (MEA) said while announcing the visit.

The foreign secretary's visit underscores the "highest priority" the government of India attaches to its 'Neighbourhood First' policy, it said.

Mr Misri will also receive an audience with Bhutanese King Jigme Khesar Namgyel Wangchuck, according to the MEA.

In their talks, Mr Misri and Mr Choden are expected to carry out a comprehensive review of the bilateral ties.



including issues having mutual security interests, people familiar with the visit said.

"Foreign Secretary Vikram Misri will pay an official visit to Bhutan from July 19-20, which will be his first visit abroad after taking over as the foreign secretary," the MEA said.

"During the visit, Foreign Secretary Misri will receive an audience with His Majesty The King of Bhutan. He will call on the prime minister, minister of foreign affairs and external trade, and meet the foreign secretary and other senior officials of

the Royal Government of Bhutan," it said.

The MEA said the two foreign secretaries will also co-chair the India-Bhutan development cooperation talks.

"The visit is in keeping with the tradition of regular high-level exchanges between India and Bhutan, and underscores the highest priority Government of India attaches to its 'Neighbourhood First' Policy," it said in a state-

ment. Last month, the Bhutanese Prime Minister was among the leaders of seven countries from India's neighbourhood

and the Indian Ocean region who attended the swearing-in ceremony of Prime Minister Narendra Modi and the Union council of ministers.

Misri's visit to Thimphu also comes against the backdrop of China and Bhutan looking at an expeditious resolution of their festering boundary row that could have implications for India's security interests.

Around 10 months back, Bhutan's then Foreign Minister Tandi Dorji held talks with his Chinese counterpart Wang Yi in Beijing.

A Chinese readout on the talks said Bhutan firmly abides by the one-China principle and stands ready to work with China for an early settlement of the boundary issue.

New Delhi has been keeping a close eye on the negotiations between Bhutan and China on their boundary row as it could have implications for New Delhi's security interests, especially in the Doklam tri-junction.

In August last year, China and Bhutan agreed to expedite and take simultaneous steps to implement a "threestep roadmap to resolve their festering boundary dispute.

In October 2021, Bhutan and China signed an agreement on the "three-step roadmap" to expedite negotiations to resolve their boundary dispute.

The signing of the pact came four years after the Indian and Chinese armies were locked in a 73-day stand-off at the Doklam tri-junction after China tried to extend a road in the area that Bhutan claimed belonged to it.

The India-China standoff in the Doklam plateau in 2017 even triggered fears of larger conflict between the two neighbours. Bhutan had said the area belonged to it and India supported the Bhutanese claim.

Justice N Kotiswar Singh, Justice R Mahadevan take oath as Supreme Court judges; top court attains full strength

NEW DELHI, Jul 18 (Agencies): Justice N Kotiswar Singh and Justice R Mahadevan on Thursday took oath as Supreme Court judges.

Chief Justice of India DY Chandrachud administered the oath of office to the two newlyappointed judges on Thursday morning. The brief ceremony held at Court No. 1 of the Supreme Court was attended by judges and lawyers.

With the two more judges assuming charge of their respective office, the Supreme Court



has regained its full strength of 34 judges, including the CJI.

The Centre had on Tuesday notified their appointments, five days after the Supreme Court Collegium recommended the elevation to the top court. Justice Singh, who has been the Chief Justice of the High Court for Jammu and Kashmir and Ladakh since February 2023, is the first judge from Manipur to be elevated to the Supreme Court. "His (Justice Singh's) appointment will provide representation to the NorthEast, and in particular he will be the first judge from Manipur to be appointed as a judge of the SC," the Collegium had said.

Before being appointed as a judge of the Supreme Court, Justice Mahadevan was the Acting Chief Justice of the Madras High Court.

While recommending his elevation, the Collegium had noted he belonged to a backward community from Tamil Nadu and his appointment would bring diversity to the Bench.

BJP Accuses Congress Of Inciting Violence Against PM Modi With 'Maut' And 'Hinsa' Remarks



(Agencies): The BJP on Thursday accused the Congress of often using remarks, which incite violence, against Prime Minister Narendra Modi, and said words like 'maut' and 'hinsa' should not be used in speeches to target political rivals.

BJP spokesperson Sudhanshu Trivedi cited a write-up of an ex-IPS officer to highlight that rhetoric used for shortterm political benefits at times incites violence as he referred to the killing of former Japanese prime minister Shinzo Abe and the recent assassination attempt on Donald Trump.

the Targeting Congress, Mr Trivedi said its leader Rahul Gandhi used words like violence and murder in Parliament and had rationalised as throwing of some article at Modi's convoy during the poll campaign as an evidence of people's fear of the prime minister

ending. PM Modi's security was endangered in Punjab when the Congress ruled the state,

he said, contrasting this with the security provided to Rahul Gandhi in sensitive places like Kashmir and Manipur.

Someone who spoke of cutting Modi into pieces is a Congress MP now, and it was the Congress leader Sonia Gandhi who had used "maut ka saudagar" barb against him in 2007 when he was chief minister of Gujarat, he said.

Mr Trivedi said Gandhi, as the Leader of Opposition, should show maturity in his speeches, and anyone not doing so is not fit for politics.

In this context, Mr Trivedi referred to the Ishrat Jahan case, saying the CBI, which reports to the central government, changed its first affidavit that called her a terrorist for political reasons as she was targeting Modi. She along with her accomplishes were killed in an

encounter.

2 STF personnel killed, 4 injured in IED blast in Chhattisgarh's Bijapur The incident took place jawans"

BIJAPUR, Jul 18 (Agencies): Two personnel of the Special Task Force (STF) were killed and four others injured after Naxalites detonated an improvised explosive device (IED) in Chhattisgarh's Bijapur district, police said on Thursday.

Chief Minister Vishnu Deo Sai expressed grief over the incident and said the sacrifice of the jawans will not go in vain and the fight against Naxalism will continue till the menace is eradicated.

on Wednesday night in Tarrem area when a joint team of security personnel was returning after an anti-Naxalite operation in forests on the tri-junction of Bijapur-Sukma-Dantewada districts, a police official here said.

Personnel of the STF, District Reserve Guard - both state police units, Central Reserve Police Force and its elite Commando Battalion for Resolute Action (CoBRA) were involved in the opera-

tion, launched on Tuesday based on inputs about the presence of Naxalites belonging to their Darbha and west Bastar divisions and military company no.2, he said.

"Two STF constables-Bharat Sahu, resident of Raipur, and Satver Singh Kange, of Narayanpur district were killed in the blast triggered by Naxalites while four other personnel sustained injuries,"

the official said. Reinforcement was rushed to the area after

the incident and the injured personnel were shifted to Bijapur district hospital, he said.

The injured jawans will be airlifted to state capital Raipur for further medication, he added. CM Sai in a post on X

said, "Received the sad news about the martyrdom of 2 STF jawans and injury to 4 jawans in an IED blast carried out by Maoists in Tarrem area of Bijapur. I pray to God for the departed souls to rest in peace and for the speedy recovery of the injured

"Naxalites have become frustrated by the operations being carried out by the state government to eliminate the menace and are resorting to cowardly acts. The martyrdom of the jawans will not go in vain. Our fight will continue till the end of Maoism," he said.

As many as 139 Naxalites have been gunned down by security forces in separate encounters in Chhattisgarh so far this year, according to police.

'I'm sick': Biden's Covid announcement targets **Musk and Trump in political jibe**

Musk has been critical of Biden's age and immigration policies on the social media platform, and he has expressed frequent support for Trump's presidential bid

LAS VEGAS, Jul 18 (Agencies): US President Joe Biden turned his positive Covid-19 test into a political statement targeting Elon Musk and former President Donald Trump.

Shortly after news broke of Biden's diagnosis, he took to X (formerly known as Twitter) to express his frustration.

"I'm sick," Biden wrote in his initial post, referencing his current health situation. However, he quickly pivoted to a broader political message, adding, "of Elon Musk and his rich buddies trying to buy this election. And if you agree, pitch in here."

The post was accompanied by images of both Musk and Trump, along with a link to a donation page for Biden's 2024 campaign.

Musk has been vocal about his support for Trump in the upcoming 2024 presidential election. On Saturday, Musk endorsed



Trump in a post on X, which came in the wake of a violent incident at a rally in Pennsylvania where a gunman fired at the former President.

Musk has also been critical of Biden's age and immigration policies on the social media platform, and he has expressed frequent support for Trump's presidential bid. In a related development, The Wall Street Journal reported that Musk intends to contribute approximately USD 45 million each month to a pro-Trump political group. However, Musk later responded to the Journal's report on X with a meme labeled "FAKE GNUS," casting doubt on

the accuracy of the financial figures mentioned.

Biden, 81, tested positive on Wednesday, a day after he attended the NAACP National Convention in Las Vegas, where he strongly criticised Donald Trump's policies and also condemned the increase in gun violence in the nation.

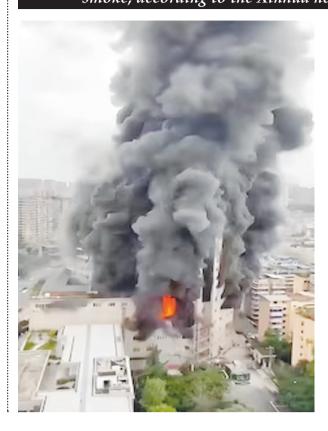
"He (Biden) will be returning to Delaware where he will selfisolate and will continue to carry out all of his duties fully during that time," the White House said in its official release on Wednesday (local time).

The US President is vaccinated and has also had Covid-19 vaccine booster shots, the most recent being in September 2023, the WH said.

Before departing Las Vegas, Biden assured reporters that he felt fine, and he was seen boarding Air Force One without wearing a mask.

16 killed after fire erupts at shopping centre in China

The fire broke out in a 14-storey building in a high-tech zone of the city of Zigong, shrouding the vicinity with thick smoke, according to the Xinhua news agency.



BEIJING, Jul 18 (Agencies): Sixteen people were killed in a fire at a department store in Sichuan province in China's southwest on Wednesday evening, state media said on Thursday.

The fire broke out in a 14-storey building in a high-tech zone of the city of Zigong, shrouding the vicinity with thick smoke, according to the Xinhua news agency.

Overnight rescue work ended at 3 am, state broadcaster CCTV said.

Preliminary investigation showed the fire was due to construction operations. Further investigation was underway to identify the specific cause of the fire.

Russia downed 33 Ukrainian drones in Crimea, 10 naval drones

MOSCOW, Jul 18 (Agencies): Russia downed 33 Ukrainian aerial drones overnight over Crimea and 10 naval drones that were heading for the peninsula, Moscow's defence ministry said Thursday.

"Air defence systems on duty destroyed and intercepted 33 aerial drones over... Crimea," the ministry said in a Telegram post, adding that forces "in the Black Sea destroyed 10 naval drones that were heading towards the Crimean peninsula".

Sevastopol governor Mikhail Razvozhayev said earlier on Thursday that loud noises heard in the Crimean city were linked to the Russian army retaliating "against an attempted attack by a surface drone".

Late last month.



Moscow accused Ukraine of carrying out a deadly strike in Crimea using US missiles, killing at least four people, including two children, and injuring more than 150, according to the local authorities installed by Russia.

Two drones were also neutralised overnight in the Bryansk region of western Russia, according to the Russian defence ministry.

"There were no casu-

alties or damage," local governor Alexander Bogomaz said on Telegram Thursday.

Ukraine has stepped up its attacks on Russian territory this year, targeting both energy sites that it says supply the Russian army, as well as towns and villages just across the border and in Crimea.

Both sides have used drones extensively since the conflict began in February 2022.

China keen to pursue Belt and Road projects: Premier Li to new Nepal PM Oli

KATHMANDU/BEI-JING, Jul 18 (Agencies): Chinese Premier Li Qiang on Thursday expressed his desire to implement the understanding reached between the top leaders and the two countries in the past to collaborate under the China-Nepal Belt and Road Cooperation and also to promote collaboration in other areas to further promote bilateral ties.

In a message to the newly appointed Prime Minister of Nepal, Li extended hearty congratulations to KP Sharma Oli on behalf of the Chinese government and on his own behalf.

He also expressed his desire to implement the understanding reached between the top leaders and the two countries in



the past to collaborate under the China-Nepal Belt and Road Cooperation and also to promote collaboration in other areas as well.

Nepal and China have signed a memorandum of understanding on the Belt and Road Initiative (BRI), a flagship initiative of Chinese President Xi Jinping.

Under this, the two countries are expected to focus on connectivity, trade, development

strategies, and policy dialogue for cooperation in the fields of economy, environment, technology and culture, among others

Li said that he is always willing to see new progress in Nepal -China-friendly strategic partnership for attaining development and prosperity.

Li also said the relations between the two countries are based on peaceful coexistence,

equality and collaboration in a win-win situa-

During Chinese Presi-

dent Xi Jinping's visit to Nepal in 2019, the existing bilateral relations between Nepal and China were elevated to a strategic level. It was agreed by both countries to transform the Nepal-China relationship from a "comprehensive partnership of cooperation featuring everlasting friendship" to a "strategic partnership for development and prosperity." This elevation to a strategic level allows for defence cooperation while maintaining conventional methods of cooperation, according to local media

reports. On Tuesday, Indian Ambassador Naveen Srivastava, US Ambassador to Nepal Dean R. Thompson and Chinese Ambassador Chen Song separately called on Prime Minister Oli at his office at Singhdurbar and extended best wishes and congratulations, according to sources at the Prime Minister's Office in Kathmandu.

On July 14, Oli, CPN-UML chairman and seen as a pro-China leader, was appointed Nepal's Prime Minister for a fourth term to lead the new coalition government that faces the daunting challenge of providing political stability in the Himalayan nation.

Oli, 72, succeeds Pushpa Kamal Dahal Prachanda, who lost the vote of confidence in the House of Representatives on Friday.

Seven killed in building fire in France's Nice

NICE, Jul 18 (Agencies): A fire that broke out overnight at a residential building in a working-class neighbourhood of the southern French city of Nice killed seven people, firefighters said early Thursday.

Rescuers were alerted at around 2:30 am (0030 GMT) to the blaze in Les Moulins, the cause of which is still unknown. Despite the substantial resources deployed, "Unfortunately seven people died during this fire", rescuers said. One person was taken

to hospital as an "absolute emergency" and two others were hospitalised as "relative emergencies". Rescuers said they

were confronted by a "violent apartment fire" on the seventh floor of the building. They carried out three aerial ladder rescues and evacuated dozens.

In total, 25 fire engines and 72 firefighters were involved in tackling the



Far-right Israeli minister visits sensitive Jerusalem holy site, imperiling Gaza cease-fire talks

Ben-Gvir said he was pressuring Netanyahu not to give in to international pressure and to continue with the military campaign in Gaza.

JERUSALEM, Jul 18 (Agencies): Israel's farright national security minister visited Jerusalem's most sensitive holy site on Thursday morning, threatening to disrupt Gaza cease-fire talks.

Itamar Ben-Gvir, an ultranationalist settler leader, said he had gone up to the contested Jerusalem hilltop compound of Al Aqsa Mosque to pray for the return of the hostages "but without a



reckless deal." Ben-Gvir said he was pressuring Netanyahu not to give in to interna-

tional pressure and to

continue with the military campaign in Gaza.

The move threatens to disrupt sensitive talks aimed at reach-

ing a cease-fire in the 9-month-old Israel-Hamas war. Israeli negotiators landed in Cairo on Wednesday to continue talks.

Ben-Gvir's visit also came just days before Prime Minister Benjamin Netanyahu leaves for a trip to the United States, where he will address Congress. Ben-Gvir last visited the site in May, to protest countries unilaterally recognizing Palestinian statehood

Jews and Muslims both claim the Jerusalem hilltop compound, which is considered the holiest site for Jews.

Palestinians consider the mosque a national symbol and view such visits as provocative. though Ben-Gvir has frequently visited the site, revered by Jews as the Temple Mount, during tense periods. Tensions over the compound have fueled past rounds of violence.

Bangladesh Students Continue Protests, Reject PM's Justice Pledge

DHAKA, Jul 18 (Agencies): Bangladesh students vowed Thursday to continue nationwide protests against civil service hiring rules, rebuffing an olive branch from Prime Minister Sheikh Hasina who pledged justice for seven killed in the demonstrations.

Hasina's government has ordered schools and universities to close indefinitely and stepped up efforts to contain weeks of rallies demanding equal access to public sector

Riot police have fired tear gas and rubber bullets to disperse crowds while protesters and students allied to the premier's ruling Awami League have battled on the streets with bricks and bamboo rods.

Hasina condemned the "murder" of protesters in a televised address to the nation and vowed that those responsible will be punished regardless of their political affiliation.

But Students Against Discrimination, the main group behind this month's rallies, said her words were insincere and urged supporters to press on.

"It did not reflect the

murders and mayhem carried out by her party activists," Asif Mahmud. one of the coordinators

of the protests, told AFP.

The group called on Bangladeshis to observe a nationwide shutdown Thursday, by keeping shops closed and staying at home ahead of fresh protests planned for later in the day.

The call was widely observed in the capital Dhaka, with barely any vehicles seen on the city's usually trafficchoked roads. Dhaka residents

reported widespread mobile internet outages on Thursday, two days after internet providers cut off access to Facebook -- the protest campaign's key organising tool.

Police on Thursday announced the death of a seventh protester the previous evening, conceding that police weaponry had killed the 18-year-old.

"He was hit by rubber bullets," police inspector Bacchu Mia told agency. "He was brought to the hospital but died before he was admitted."

Hundreds injured More than 500 others were injured in clashes around the country on

Wednesday, while six people were killed on . Tuesday.

Hasina's speech did not assign responsibility for the deaths, but descriptions from hospital authorities and students given to agency earlier suggest at least some of the victims died when police used supposedly non-lethal weapons on demonstrations. Rights group Amnesty International said video evidence from clashes this week showed that Bangladeshi security forces

had used unlawful force. Fresh clashes overnight included a battle on Dhaka's outskirts between police and more than 1,000 protesters who set fire to a roadside toll booth.

"We spent the whole night fending off attacks from the protesters," deputy police commissioner Igbal Hossain told agency, adding that officers had eventually dispersed the group with rubber bullets and tear

At the heart of the protests are demands to end of a quota system for lucrative government jobs that opponents say unfairly benefits members of Bangladesh's ruling party.

Bhartiya Kala Sangam holds felicitation, **Dogri Music program**

Top News Report

JAMMU, July 18: Bhartiya Kala Sangam, Jammu on Thursday held felicitation and Dogri Music program in which large number of art lovers and distinguished citizens attended the event.

In this program, galaxy of Chief Guests including Romesh Kotwal, SSP Kulbir Handa, SSP, Zaheer Abbas, SP, Ajay Sharma, SP Jammu South of J&K Police graced the occasion.

Besides Sohail Kazmi, presided our the function Patron in Chief, T.R Sharma, KAS (Retd), Chairman, Ramesh Singh Chib, Director, Bhartiya Kala Sangam were also



present

While welcoming the quests and distinguished audience, Sohail Kazmi gave a brief account of various cultural activities undertaken by BKS since its inception from 1980 He appraised that numerous events with regard to art,

cific names, some politi-

cal observers linked his

comments to PDP chief

Mehbooba Mufti, known

for visiting the homes of

militants killed in encoun-

ters. He added that local

politicians instead of

accusing the DGP of

being political must intro-

spect. The police official

was mentioning instanc-

es like the 2009 Shopian

case, where two women

had died of drowning

but some politicians had

tried to frame as a case

Dr. Sharma empha-

sized, "Rather than

accusing the DGP, what

is needed is introspec-

tion by these political

parties who are well

aware of their past

actions. The separatist

leaders of Kashmir have

always tried to push their

agenda through political

means or by using them

as their tools. It is high

time for these parties to

reflect on their actions

and the implications they

have had on the region.

of murder and rape.

culture and languages were held in Jammu and Kashmir involving various categories of artists

He said that the platform

of BKS is always open for the artists where they can showcase their talent at various platforms including the platform of Bhartiya Kala Sangam.

The artists who performed on stage were artists Aditya Kumar, Ravi Raghuvansh, Uttam Singh Uttam, Chandan Kumar and Joginder Pal. Earlier Bhartiya Kala Sangam felicitated distinguished persons belonging to different fields for their significant contribution made in the society.

The program was conducted by Rajni Sharma, renowned Radio and TV Anchor and vote of thanks presented by Ramesh Singh Chib, Director,

Dr. Varinder Sharma calls for probe into alleged politician-militant nexus

Top News Report

JAMMU, July 18: Coconvenor of the Professional Cell of J&K BJP, Dr. Varinder Sharma, today sought a thorough probe into the allegations of some chosen J&K politicians having an alleged nexus with militants and cultivating terror for votes, particularly in Kashmir Valley. He said, now that the cat is out of the box, this matter must be probed to the core and those into this muck exposed. He was referring to the statement of DGP, J&K and also warned those gunning for him to desist from targeting a police official for the simple reason that his statement might have hit the

bull's eve. Addressed the ongoing controversy surrounding the recent statement made by the Director General of Police (DGP) Jammu and Kashmir, R. R. Swain that has sparked a major uproar among regional political outfits in Jammu and Kashmir, Dr. Varinder Sharma stated, "The issue raised by the politicians, who were not specifically named by the DGP, regarding the alleged nexus between politicians and militants or their supporters, needs to be thoroughly investigated through a fair and impartial inqui-

It is crucial to iden-

tify those hiding behind a façade who pose a greater threat to the nation than foreign mercenaries fighting a proxy war on our soil. he said. adding that DGP R. R. Swain had claimed that Kashmir-based political parties have been "cultivating terrorist networks for electoral benefits," which has led to significant backlash from local politicians. In response to his statement, some politicians have even called for Swain's imme-

diate dismissal. Dr Varinder Sharma said that Jammu and Kashmir has suffered greatly due to this nexus, and now that the issue is out in the open, no one should have any reservations about bringing such connections to light. Swain's comments had come just hours before a militant attack in Doda, which had resulted in the deaths of four army soldiers, including a captain, and a member of

of Article 370 in 2019, governments in J&K led by Kashmir-based mainstream parties "sabotaged investigations" into suspects allegedly involved in the "facilitation and financing" of militant recruitments. Swain had accused Kashmirbased political outfits of working for Pakistan and its spy agency, the ISI, Dr Varinder Sharma said adding that while Swain did not mention any spe-

the J&K police. The BJP leader said that police officials during a lecture at the Indian Institute of Management in Jammu. Swain claimed there was "overwhelming evidence" linking mainstream leaders in Kashmir with militancy, as Pakistan had "successfully infiltrated all important aspects of our civil society" when J&K was a state. The DGP had further alleged that before the abrogation

126th Birth Anniversary of Jagadguru Bhagawaan Gopinathji celebrated

Top News Report

JAMMU, July 18: The 126th Birth Anniversary of Jagadguru Bhagawaan Gopinathji (Mahajayanti) was celebrated on Thursday at the Bhagawaan Gopinathji Ashram, Udaiwala, Bohri, Jammu with great fervour, gaiety and enthusiasm.

The number of devotees who came to the Ashram from early morning went on rising steadily and the congregation swelled to thousands.

Devotees thronged the Ashram throughout the day to pay obeisance at the feet of the Master. The Ashram at Bohri is a sidh-peeth for the devotees.

The prayers of the devotees are answered; their spiritual and mundane concerns get fulfilled.

The programme started

with Paduka Poojan at 8:30 AM, that is worshipping a symbolic Paduka (a wooden Kharavoon) of Bhagawaanii's. Then hundreds of

Sadhus were fed, and given dakshina (cash offerings). The same has been the practice during Bhagawaanji's life-time. Devotional songs and music followed, and con-

tinued till late in the evening. The evening Aarti concluded at 7:15 PM. There was an intense

spiritual activity through-

All the function passed off peacefully, thanks to the orderly behaviour of the devotees and the presence of police personnel at the premises.

dered on this occasion.

They also expressed gratitude to Doordarshan team and other electronic media and also the print media for covering up this annual event.

The 126th Mahajayanti was also celebrated at Ashrams at Kharvar, Srinagar, Kashmir Greater Kailash-I, Pamposh Enclave, New Delhi, Hastsal Village, Vikaspuri, New Delhi, S.No. 14/5, Nande Balewadi Road. Nande, Pune, Maharashtra S. No. 57/5, Devangondi Hosahalli, White Field, Bengalure Hitech City Main Road, Madha-

The Mahajaynti was simultaneously celebrat-

out the day. Thousands of devotees partook of the Prasad.

Organizers thanked Jammu Municipal Corporation, Police Department, Traffic Police and Power Development for the services they ren-

pur, Hyderabad

ed at Amritsar. Chandigarh, Jallandhar, Jaipur, Kandivilli, Mumbai, Nerul, Navi Mumbai, and also at various other Satsang Mandals spread across the country and abroad.

JAMMU, July 18: The Directorate of Synergetic Green Warriors Foundation (SGWF) took part in an influential Corporate

Top News Report

Social Responsibility (CSR) workshop organized by the HCL Foundation in Dehradun. The event saw the

active participation of Dr. Sonia Verma, Director/CEO of SGWF, and Reeta Verma, National President of SGWF, who both played pivotal roles in the discussions and activities The workshop focused

on the latest trends, challenges, and opportunities in CSR, providing a platform for various organizations to share their insights and experiences. Dr. Sonia Verma and

Reeta Verma highlighted the significant initiatives undertaken by SGWF in the realm of social welfare and community development. They emphasized the importance of collaborative efforts between corporate entities and social organizations to bring about sustainable and impactful change.

Dr. Sonia Verma, in her address, stated, "It is imperative for us to

align our goals with sustainable development practices. Through such workshops, we can learn and implement innovative CSR strategies that have

on society Reeta Verma echoed these sentiments, adding, "Our participation in this workshop is a testament to SGWF's commitment to fostering partnerships that drive social progress. We are dedicated to utilizing the insights gained here to further our mission of community empowerment."

a lasting positive impact

Directorate SGWF attends CSR workshop

organized by HCL Foundation in Dehradun

SGWF is dedicated to environmental conservation and addressing climate change, as well as improving women's health and hygiene, education, and livelihood opportunities. These core areas

reflect the foundation's holistic approach to creating sustainable communities and enhancing the quality of life for all.

The event was wellattended by representatives from various sectors, all eager to contribute to the dialogue on responsible business practices. The HCL Foundation, known for its robust CSR initiatives, facilitated meaningful discussions and networking opportunities, aiming to inspire actionable outcomes.

The Directorate of SGWF's involvement in the workshop underscores its ongoing dedication to social responsibility and its proactive approach to addressing societal challenges through effective collabo-

Reinforcement done from Doda, Ramban, Kishtwar, Anantnag districts

Top News Report

BHADERWAH, July 18: Two soldiers were injured in an encounter with terrorists in Jaddan village in Jammu and

According to officials, the encounter took place at Jaddan Bata village in Kastigarh area around 2:00 am when terrorists opened fire on a temporary security camp established in a government school for ongoing search operations

They said security forces retaliated and the exchange of fire between the two sides continued for more than 2 hours.

Two soldiers suffered minor injuries in the terrorist firing, the officials said adding efforts are on to flush out the terrorists. The Injured Jawans

have shifted to GMC Doda for treatment. Meanwhile Deputy Inspector General of

Police (DIG) Ramban-Doda Range, Shridhai Patil visited the encounter site at Kastigarh in Doda on Thursday and said that the operation is in prog-Earlier today, an

encounter between security forces and terrorists broke out in the Kastigarh area of Doda. "A search operation is underway. I can not share

much information as our operation is in progress and we will soon be successful," DIG Shridhar Patil told reporters.

A massive search operation was launched in Dessa and adjoining forest areas following the killing of four army personnel, including a captain, by terrorists in a firefight on the intervening night of Monday and Tuesday.

The operation entered fourth day on Thursday and also witnessed brief exchange of fire at two places in Desa forests on the intervening night of Tuesday and Wednesday

Reinforcement has been sent to the area from Doda, Ramban, Kishtwar and Anantnag districts to eliminate the terrorists. Beside VDG members are actively participating in the operation to flesh out terrorism. According to reports,

the terrorists hiding in the area has been surrounded by security forces. Doda district, which

was cleared of terrorism in 2005, has witnessed a series of attacks since June 12 when six security personnel were injured in a terror attack in Chattergala pass, followed by a firefight in Gandoh the next day which left one

ground, he added

policeman injured. Three terrorists were

killed in a day-long operation in Gandoh area of district on June 26, while another encounter occurred in Ghadi Bhagwah forest on July 9.

A total of 27 persons, including 11 security personnel, a village defence guard, and five terrorists, were killed in nearly a dozen terror attacks in six districts of Jammu province since the beginning of this year.

NOTICE

I have lost my original Degree of MS (Ayu) bearing No.2/ IACN/18 & Registration No 473/AYU/07 issued by University of Jammu. I am applying for duplicate in university. Anyone have objection may write to Registrar within seven days from the date of publication of this notice. Dr. Arushi

15B/B, Green Belt Park, Gandhi Nagar, Jammu

FROM PAGE 1 spike in terror attacks in the Jammu region,

PM Modi chairs security meet amid rising terror attacks In

were conducting search ops based on intelligence reports.

That was the second major encounter in Jammu in a week: five soldiers were killed in Kathua in a coordinated terror strike, which included use of armour-piercing bullets, on military transport trucks.

Last month six soldiers were injured and nine civilians killed. The latter died after terrorists attacked a bus full of pilgrims in Reasi. The bus fell into a gorge and 33 people were

In May an Air Force personnel was killed after vehicles were attacked in Poonch district. Terrorist attacks, which started in Poonch and Rajouri, have now spread across Jammu, the region that was free from terrorism till a few years ago.

Two terrorists killed as infiltration bid foiled in J&K's Kupwara

the security forces triggering an encounter during which two terrorists are likely to have been killed although their bodies are still to be retrieved. The operation against the terrorists is still going on in the area," officials

said. More details were awaited.

Two dead, over 25 injured as **Dibrugarh Express derails in Uttar Pradesh's Gonda**

Videos from the accident site showed

people taking out their luggage from the derailed coaches. One of the coaches flipped and turned to its left, with some passengers

standing on top of it. Uttar Pradesh Chief Minister Yogi Adityanatah has ordered officials to reach the accident site immediately and has directed authorities to expedite the relief operations. The Chief Minister has also ordered timely treatment of the injured.

Two army soldiers injured in **Doda gunfight**

hospital through an Army chopper. Earlier today, an encounter between secu-

rity forces and terrorists broke out in the Kastigarh area of Doda. The encounter comes days after four army

soldiers, including an officer, laid down their

lives while battling terrorists in the Doda encounter on Tuesday. On July 15, based on specific intelligence inputs, a joint operation by the Indian Army and JK Police was in progress in an area North of Doda. According to the White Knight Corps, contact with terrorists was established at about 9 PM during which a

heavy firefight ensued. 4 Soldiers including

an officer were killed in action. The soldiers

killed in action have been identified as Cap-

tain Brijesh Thapa, Naik D Rajesh, Sepoy Bijendra, and Sepoy Ajay. On July 16, Lt Gen MV Suchindra Kumar. Northern Army Commander laid a wreath to pay homage to the bravehearts Captain Brijesh Thapa, Naik D Rajesh, Sepoy Bijendra & Sepoy Ajay Kumar Singh, who laid down their lives in the line of duty to ensure peace in the region, while undertaking a the

counter-terrorist operation in Doda. In the last few months, there has been a including the terror attack at the army convoy in Kathua and encounters in Doda and

"Like Nazi Germany": UP Police **Under Fire For Kanwar Yatra Rule**

In the area under our jurisdiction, which is around 240 km, all eateries, hotels, dhabas, and thelas (roadside carts) have been instructed to display the names of their proprietors or those running the shop. This is being done to ensure that there's no confusion among the kanwariyas and no allegations are raised in the future, leading to a law and order situation. Everyone is following this of their own free will," Abhishek Singh, Senior Superintendent of Police, Muzaffarnagar, said during a press confer-

Apartheid, deemed a crime against humanity and subject to prosecution under the Rome Statute of the International Criminal Court, is characterized as a "legally sanctioned system of racial segregation,' whereby one racial group is systematically deprived of political and civil rights. In contrast, 'Judenboycott' refers to the Naziinitiated boycott of Jewish businesses commencing in April 1933.

Amid a raging debate on social media over the controversial directive, UP police have put out a statement clarifying that the intention of this order is not to create any kind of "religious discrimination" but only to

facilitate the devotees. "During the Shravan Kanwar Yatra, a large number of Kanwariyas from neighbouring states, via Western Uttar Pradesh, collect water from Haridwar and pass through Muzaffarnagar district. During the holy

in their diet," the Muzaffarnagar police said 4 Chinese Pistols, 50 Pak-Man-

month of Shravan, many people, especially

Kanwariyas, abstain from certain food items

ufactured Bullets Recovered In Puniab

Ordnance Factories).

"This notable seizure by BSF on border highlights the unwavering commitment of BSF troops to annihilate the nefarious designs of Pakistan based mentors of the terror network operating in Indian soil," he said in a statement.

The BSF personnel had recently recovered three pistols near the International Border in Fazilka district.

Constable posts: Usman Maiid demands age relaxation for aspirants

opportunities for a better future.

The announcement of the JKSSB Police Constable posts has brought a ray of hope to these aspiring candidates. However, the stringent age criteria and exorbitant application fees present significant barriers that hinder their ability to apply.

In light of these challenges, Majid said that it is imperative that the LG administration takes immediate action to address these issues. Granting age relaxation will allow a larger pool of eligible candidates to apply, ensuring that those who have patiently waited for these posts over the past nine years are not unfairly

excluded. Furthermore, reducing the application fee

will make the process more accessible to all candidates, regardless of their financial back-

Majid said that the youth of Jammu and Kashmir have endured considerable hardships and uncertainty, and it is our collective responsibility to provide them with the opportunities they deserve, he added.

"I urge the LG administration to act swiftly and favorably on this matter, as it will have a profound impact on the lives of many and contribute significantly to the overall development and progress of Jammu and Kashmir,' Majid added.

KU Announces Summer Vacation For Main, Satellite Campuses From July-25

"All the teaching Departments of the University and its satellite campuses shall observe summer vacations 25th July, 2024 to 3rd

August, 2024," reads the order. The KU official said Departmental offices shall function normally and the Heads, Directors, Coordinators of the Departments, Campuses and Centres shall ensure that the examinations, if any, and other administrative

activities are conducted as per schedule. **Woman dies after falling off**

tree in north Kashmir's

Lone, a resident of Satarteran Baramulla fell off a tree and suffered life-threatening injuries. As per the official, Begum was moved to Sub-District Hospital Tangmarg for treatment. After giving her initial treatment, she was referred to JVC hospital Srinagar for further treatment, said the official. However, she succumbed at

Police-workers clash during Congress protest against terrorism, for statehood

Solanki, Vikar, Manoj, Bhalla arrested, released

Top News Report

JAMMU, July 18: Hundreds of congress workers led by AICC Incharge JK affairs Shri Bharat Sinh Solanki, JKPCC President Vikar Rasool Wani along with AICC Secretary Manoj Yadav, working President Raman Bhalla, Ex - MP Ch Lal Singh, Ravinder Sharma, Mula Ram, Balwan Singh, Yogesh Sawhney and other senior leaders were taken into custody while leading a strong protest against rising terror attacks besides seeking restoration of statehood.

Police had a tough time to foil the congress march to LG house ,as the agitated protestors broke the police cordon from Shaheedi Chowk Jammu to Raghunath bazar, at several places when finally they held a sit in Dharna for over one hour at Raghunath Mandir Chowk, before being taken into custody by police and taken to DPL Jammu. Police resorted to heavy lathi charge at several places in which some leaders and workers received injuries including Senior leader Vinod Sharma Vice President

A strong protest demonstration was taken out by congress workers in Jammu city from Shaheedi Chowk over the issue of rising terrorism & failure



of BJP led centre government besides opposing the recent order snatching powers of elected government and seeking restoration of statehood

A large number of Senior Congress leaders of PCC, DCCs, frontal wings and workers including women from different areas, blocks and districts of Jammu province took part in the protest

The protestors raised strong slogans against the BJP government at the centre and UT administration for the rising terror attacks and spurt in terror activities and martyrdom of our soldiers. They raised slogans against BJP and Modi government questioned their utter fail-

They criticised the recent order snatching powers of elected government and vesting in Lt Governor just before assembly elections. They demanded restoration of immediate restoration of statehood & holding of assembly elections under statehood.

Talking to media persons during protest Solanki said that Modi led BJP government has utterly failed to control terrorism especially in Jammu region which was peaceful earlier but terrorism has risen to great extent in Jammu. Our Jawans are getting martyred and government says normalcy has been restored.

BJP wants to run the government through backdoor and passed dictatorial order of snatching powers from elected government before elections, so restoration of statehood is the only option to restore democratic powers to people of J& K.

Hitting hard the BJP government for total failure to control terrorism and restore democracy, JKPCC President Vikar Rasool Wani said that BJP claimed normalcy

throughout country in the Lok Sabha elections. The situation has deteriorated in Jammu region during past two years leading to huge causality of our

He said that after five vears of UT, the situation is worst, so restore statehood and restore powers of Governance to the people, opposing recent order giving full powers to Lt Governor

Raman Bhalla also blasted the centre government and UT administration for the worst situation in Jammu region which is cause of concern for nation. The sacrifices of our Jawans is intolerable and Modi government should strengthen the security grid.

He demanded restoration of statehood immediately and full powers to government to solve lot of hardships faced by people.

Prominent leaders who

attended the protest included Vice Presidents T. S. Bajwa, Vinod Sharma, Ved Mahajan Hari Singh Chib, Yash Pal Kun dal, Rajnish Sharma, Th. Balbir Singh, Indu Pawar, General Secretaries Narinder Gupta(Org), M.K. Bhardwaj, Pawan Raina, Shashi Sharma, T.S. Tony, Namrata Sharma, Naresh Kumar, Amrit Bali, Suresh Dogra, Shakeel Shah, Praveen Khan, Balbir Singh, Shakeel Mir, Rajesh Sadotra. Subash Bhagat, Satish Sharma, Thomas Khokhar, Santosh Majotra, DCC Presidents,

Sharma, Kulbir Singh,

Th. Manmohan Singh, Pankaj Dogra, Sanjeev Sharma, Vinod Khajuria, Bhupinder Singh Jamwal, Uday Chib (IYC), Secretaries Kuldeep Raj Verma, Sanjeev Panda Dwarka Choudhary, Satish Sharma, , Pankaj

Vijay Tagotra, Michael Wazir Working Presidents Babal Gupta, Badri Nath, pensioners. Charanjeet Bhagat, Sumit Magotra, Frontal heads Vijay Sharma(Seva Dal, Akash Sharma(PYC) Ajay Lakhotra(NSUI) Karan Bhagat (SC) Bhanu Mahajan (Mahila, Sandeep Dogra(OBC), Jatin Raina, Ricky Dalotra, Rajesh Sharma, Sonika Sharma, Pritam Bhagat, Rashpal Singh, Rajni Bala, Camres Dabit Babloo, Parshotam Mehra

Manjit Singh accuses Govt of harassing pensioners, serving employees in J&K



Top News Report

SAMBA, July 18: Apni Party Provincial President, Jammu, and Former Minister, Manjit Singh has accused the Govt for the harassment of pensioners, and J&K Govt employees in the name of completing complicated formalities.

"These formalities are time and again are being demanded by the authorities to be completed by the pensioners even after knowing the elderly pensioners are not in position to visit their respective offices for verification purpose/submission of documents," said Manjit Singh, expressing anguish against the Govt for its anti-

The Former Minister chaired a meeting at village Gobind - Puri in Vijaypur, Samba District in which he expressed his anguish over the policy of the Govt that has put the people in troubles at the age when they suffer from multiple ailments, but they are compelled to ensure completion of documents after several month in a single year which is inhuman and such process of documentation should be

He questioned the abilities of the authority to force people to visit their respective offices, and banks for the fulfillment of required documents.

"Is it worth it to force a person in their 80s to come and complete the formalities? These decisions are authoritarian and the Govt should roll back such decisions/orders as soon as possible. These dictates have created an atmosphere of confusion, and chaos for the ex-employees, serving employees, old age pensioners, handicapped pensioners, and others who get pension from the Govt," he added.

He sought an explanation from the Govt as to why the people are being pushed to the wall with these directives.

"The people of J&K are not ready to accept that Union Territory Status and they question its continuation without any accountability. The history of Jammu and Kashmir is rich, and its glory must be restored by the Govt with the restoration of statehood," he said.

to hold assembly elections in Jammu and Kashmir is a welcome step, but an elected Govt without powers would have no meaning

"It would be a helpless Govt that would not be able to work as per the wishes of the people in Jammu and Kashmir. On the other hand, the Govt has granted more power to Lt Governor who is not an elected representative of the people of Jammu and Kashmir who have suffered for the last seven decades, and requires special attention of the Central Govt," he further stated

He said that the Central Govt should realize the situation and ensure an elected Govt should have all the constitutional right to act independently of the rest of the states in the country

Meanwhile, he also discussed various developmental issues with the people, and assured the people that their demands would be projected before the authorities for early redressal of their development related concerns.

JKTF announces its zonal presidents for Arnas, Chinkah and Reasi zones

Top News Report

JAMMU, July 18: A meeting was organised by the District Unit of Jammu Kashmir Teachers Forum Reasi, under the patronage of Ganesh Khajuria Chairman JKTF. The meeting was organised by the Teachers of District Reasi, under the dynamic leadership of District President Jugal Dubey, Mohit Jamwal and team. A large number of Teachers, Masters and Lecturers joined the forum. Chairman Jammu Kashmir Teachers Forum Ganesh Khajuria welcomed new entrants in the forum. A large number of Teachers, Masters and Lecturers attended the programme.

The burning issues of the Education Department were discussed thread barely and all the speakers appealed Chairman Ganesh Khajuria to address these issues at appropriate levels for their early redressal.

Chairman Ganesh Khajuria nominated Kuldeep Kumar Bali as Zonal President Reasi, Mohd Iqwal as Zonal President Chinkah and Mohd Riaz as Zonal President Arnas.

With these new nominations Chairman pinned his hopes that the forum will strengthen at grassroot level under the dynamic leadership of young and energetic team leader Jugal Dubey. All the speakers appreciated the dedication, honesty and hardwork of new Zonal Presidents at their workplaces as well as as trade union leaders. They are known for their working style and social Services.

While speaking on the

occasion newly nominated Zonal Presidents highlighted the achievements of JKTF and appreciated the work culture of the forum especially that of its Chairman Ganesh Khaju ria. Furthermore they said the JKTF is the only forum in Jammu and Kashmir fighting for the rights of the Teaching Fraternity and always addressing all the cadres of School Education Department. They said they are feeling very highly obliged on new assignment in the great organisation under the leadership of stalwart leader Ganesh Khajuria and assured the gathering to follow the footsteps of Chairman for the welfare of the Teaching Fraternity and for the betterment of

Students. Senior leadership who accompanied Chairman included S. Surat Singh Toofani, Darshan Sharma, Bharat Bhushan Sharma and Sunil Dutt

Khajuria. During the meeting a large number of teachers and masters showed their faith on Ganesh Khajuria and the work culture of JKTF and joined the forum. All the newly joined members were welcomed by the Chairman, Ganesh While addressing the

gathering Ganesh Khajuria appealed to strengthen the forum at grassroot level, to aware the teaching fraternity about the working of the forum and to join hands for the welfare of teaching community. He further stated that students are our top priority and we should work jointly to improve the Education standard in the Government Institutions. Furthermore the Chairman appealed higher authorities to hold the DPCs of different Cadres to fill all the vacant posts in the Department for smooth functioning of Schools and to raise quality of Education in the Government Schools

Among others who witnessed the occasion included Ravi Sharma Vice President, Mohit Jamwal General Secretary. Pritam Chand stage secretary, Rajesh Kumar advisor, Kuldeep Kumar Bali, Zonal President Reasi, Mohd Riaz Zonal President Arnas, Mohd Ighal Zonal President Chinkah, Pritam Singh senior member, Noor Mohammad senior member, Sunil Dutt, Mohan Lal, Tariq Mohd, Pankaj Sharma, Jugal Kumar, Ashok Kesar, Ganesh Dass, Rakesh Kumar, Ajay Sharma, Rajiv Sharma, Yog Raj, Rashpal Singh, Surinder Singh, Vijay kumar, Ajay

Kumar and many others.

JKTPO organises E-Commerce onboarding drive focusing **ODOP & DEH**

and others

Top News Report

RAMBAN, July 18: The Jammu and Kashmir Trade Promotion Organization (JKTPO), in collaboration with District Administration and various E-Commerce platforms, organized an E-Commerce On boarding Drive today at the Conference Hall, DAC Maitra, Ramban.

The initiative was held under the aegis of Deputy Commissioner Ramban, Baseer-UI-Haq Chaudhary, and focused on the One District One Product (ODOP) and District Export Hubs (DEH) programs. General Manager DIC Ramban, Ravindra Anand, presided over the program. The event saw participation from various officers and

traders. The success of this onboarding drive was ensured through the active participation of various stakeholders, including sellers, farmers, artisans, SHG members, entrepreneurs, Self-employed youth, FPOs, besides Manager, JKTPO, Aditya Chunni, DAO, Ravi Sharma, AGM Horticulture (P&M), Ramban, Raju Zutshi, Representatives from NRLM, ONDC Mystore, Handloom, Handicraft, Horticulture and other

concerned department. Addressing the partici-

pants, the GM DIC Said that, the primary objective of this drive is to enhance the digital presence and market reach of local artisans, manufacturing units, weavers, farmers, entrepreneurs, Self-Help Groups (SHGs), and small businesses by facilitating their onboarding onto leading e-commerce platforms like GeM.

The ODOP and DEH initiatives have shown significant potential in promoting unique and high-quality products from each district, thus boosting local economies and providing artisans, farmers, entrepreneurs, and producers with greater market opportunities.

The drive included comprehensive training sessions on e-commerce operations, digital marketing, and logistics management. Participants received assistance in registering and setting up online stores on prominent e-commerce platforms, support in listing products with effective descriptions, images, and pricing, and guidance on strategies to boost online sales through digital marketing, social media, and promotional campaigns.

Vandana extends gratitude to LG for initiating e-Bus service in Gajansoo-Marh Block

Top News Report

JAMMU, July 18: In a significant development for the residents of Jammu and Kashmir's Gajansoo-Marh area, senior BJP leader and former Sarpanch Vandana Kumari have expressed heartfelt gratitude to the LG Administration for fulfilling a longstanding public demand. The commencement of the E Bus service on Monday, aimed at providing eco-friendly transportation solutions to remote regions, marks a crucial milestone for the Border

"Indeed, this has been a much-awaited relief for the people of Gajansoo-Marh," stated Vandana Kumari, underscoring the importance of this initiative. She noted that the issue had been personally highlighted during her recent meeting with the Lieutenant Governor at Raj Bhavan in

Jammu, and she thanked the administration for promptly addressing the community's genuine concerns

The implementation of the E Bus service is expected to enhance connectivity and accessibility for local residents, thereby contributing positively to their daily lives. Vandana Kumari also extended appreciation to Jammu Reasi Member of Parliament Jugal Kishore Sharma for his unwavering support in advocating for the initiative.

Looking ahead optimistically, Vandana Kumari expressed confidence that other pending issues discussed during her interactions with the LG Administration would also be resolved soon. She emphasized the positive impact of welfare schemes and developmental initiatives under the dynamic leadership of Prime Minister Narendra Modi, asserting that these efforts have significantly benefited various segments of society in the region over the past decade.

Furthermore, Vandana Kumari highlighted the proactive measures taken by the LG Administration to provide essential facilities directly to the doorstep of people, reflecting a commitment to inclusive growth and development. She reiterated the community's trust in elected representatives and their collective hope for continued

progress in the region.

As the region anticipates further infrastructure enhancements and people-centric projects, Vandana Kumari's remarks underscored the ongoing efforts to implement the "Sabka Sath Sabka Vikas" mantra on the ground, aiming to improve the overall quality of life for residents across Jammu and Kash-

JPPF organizes "Shahidon Ko Shradhanjali" to pay tributes to martyrs

Top News Report

JAMMU, July 18: Jammu Province People's Forum (JPPF), an amalgam of various social and other organizations, organised "Shahidon ko Shradhanjali" programme, to pay heartfelt tribute to martyrs of recent terrorist attacks in Jammu Province.

While talking to the media persons, M S Katoch the working President of JPPF, said that it is matter of serious concern for all residents of Jammu Province that terrorist are trying to destabilise entire Dogra dominated area which otherwise was peaceful even during peak militancy period, shift in focus of militants towards Jammu is worrying but the brave India Army soldiers are competent enough to

tackle them.



He further added that it's high time for government to take appropriate action and give befitting reply to their sponsors sitting in Pakistan.

Further, he also said that JPPF appealed to all Jammuites to remain united and vigilant so that in future such attacks could be avoided.

Finally, all members and participants jointly condemned the cowardly attacks on soldiers and paid tributes to the

The members who joined the program were Avinash Bhatia, Resham Singh, Ram Ratan Sharma, Balwan Singh, Prof O P Sharma, Rajiv Mahajan, Sunita Sharma, Puram Chand Sharma, Pawan Singh Chib. Tarsem Singh, Abhimanyu Katoch, Ayush Katoch, Madan Rangeela, Janak Khajuria, Rajiv Chunni, Dr J.S

Babli, Dr Kamal Sharma.

diers by lighting candles.

District Ramban hosts cricket tournament under 'Nasha Mukt Bharat Abhiyan'

Top News Report

RAMBAN, July 18: In a spirited initiative to promote a drug-free lifestyle among the youth, the Social Welfare Department (SWD), Ramban organized a cricket tournament under 'Nasha Mukt Bharat Abhiyan.' The event, held under the guidance of Deputy Commissioner Baseer-UI-Haq Chaudhary and overall supervision of District Social Welfare Officer, Rahul

Gupta, saw enthusiastic participation from young cricket enthusiasts across the district.

The tournament aimed to engage the youth in constructive and healthy activities, steering them away from the menace of drug abuse. It featured teams from various regions, showcasing their cricketing skills and sportsmanship. The event not only provided a platform for young talents to shine but also served as a medium to spread awareness about the harmful effects of drugs.

DSWO Rahul Gupta emphasized the importance of such events in creating a positive and drug-free environment for the youth. He highlighted that sports can be a powerful tool in diverting young minds from negative influences and instilling discipline, teamwork,

and a sense of achievement. The tournament concluded with an award ceremony where the winning team was felicitated with trophies and certificates. Participants and spectators alike expressed their appreciation for the event, noting its positive impact on raising awareness about drug prevention.

The successful execution of this cricket tournament marks a significant step towards a drug-free Ramban, fostering a healthier and more vibrant community for the youth.

PARIS 2024: Sports Ministry clears 117-member contingent

Number of athletes down from 119 at Tokyo Olympics

NEW DELHI, Jul 18 (Agencies): India will be represented by 117 athletes at this month's Paris Olympics after the Sports Ministry cleared the final contingent that also features 140 support staff and officials, of which 72 have been approved at "cost to the government" to meet the "requirements" of the travelling sportsper-

The Games will run from July 26 to August

The contingent is on expected lines with London Olympics bronze medal winning former shooter Gagan Narang as the chef-demission. Narang is also a vice-president in the Indian Olympic Association (IOA).

"The permissible limit for stay of support personnel in the Games Village against accreditation as per norms of the Paris Organising Committee for the 2024 Olympic Games is 67 including 11 1OA Contingent Officials, which includes five Medical Team Members," stated a letter from the Ministry to IOA president PT Usha, explaining the ratio of support staff allowed as per the size



of the contingent.

"For catering to the requirements of the athletes, additional coaches and other support staff numbering 72 have been approved at cost to the Government and arrangements for their stay have been made in Hotels/in locations outside the Games Village," it added.

Athletics will make for the biggest group in the contingent with 29 names (11 women and 18 men), followed by shooting (21) and hockey (19). The shooting contingent consists of 11 women and 10 men

Table tennis will be represented by eight players, while badminton (7) will feature seven competitors, including two-time Olympic medallist PV Sindhu.

Wrestling, archery and boxing will have six representatives each, followed by golf (4), tennis (3), swimming (2), sailing (2) and one each for equestrian, judo, rowing and weightlifting.

Tokyo Olympics silver medallist Mirabai Chanu is the lone weightlifter in the contingent and will compete in women's 49kg category.

In Tokyo Olympics, India was represented by a 119-member contingent, and the country logged its best-ever performance of seven medals, including the historic javelin throw gold by Neeraj Chopra. Chopra will be there in Paris to defend his

In a bid to avoid doping embarrassment in Paris,

the government has asked the IOA and concerned federations to take appropriate mea-

"The IOA, SAI, National Anti-Doping Agency (NADA) and concerned National Sports Federations may take appropriate measures for conducting the dope tests. IOA may also ensure fitness of the team/individual sportsperson prior to their departure," it said. Curious case of a miss-

Shot putter Abha Khatua had decided to pursue her Olympics dream despite a family tragedy recently but the national record holder is missing from India's Paris-bound contingent and there is no clear answer as to why her name has been knocked off the list.

ing Olympics aspirant

Khatua left the country for Spala in Poland, the base for India's Olympics-bound athletics contingent, on July 11 along with her other teammates. But the very next day, she was not there in the list of track and field participants published by World Athletics. The 29-year-old, who made the Paris Games cut through the world rankings quota, eventually did not figure in the Indian contingent of 117 approved by the Sports Ministry. There is no word yet on whether her name has been dropped owing to injury, a doping violation or any other technical issue. Repeated attempts to reach her have been unsuccessful and the officialdom has decided to stonewall queries around her absence. An Athletics Federation of India official merely said that the body was not aware of any issue with her. When contacted, a World Athletics official also refused to comment on the issue. Before leaving India on July 11, Khatua revealed that she would make her Olympics debut despite the death of her sisterin-law (brother's wife)

recently.

Nino Salukvadze set for 10th Games



PARIS, Jul 18 (Agencies): Nino Salukvadze will become just the second athlete to compete at 10 Olympic Games when she steps up to the mark in Paris and the Georgian shooting great says that by reaching the milestone she will have fulfilled her father's last request.

Salukvadze's dream Olympics debut came as a 19-year-old at the 1988 Games in Seoul, where she won gold in the 25m pistol and silver in the 10m events for the former Soviet Union. Barcelona, Atlanta, Sydney, Athens, Beijing,

London, Rio and Tokyo - she has not missed an Olympics since.

Salukvadze completed her medal set by winning 10m bronze in Beijing, this time for Georgia, and the 55-year-old will match Canadian equestrian Ian Millar's record of 10 Olympics appearances when she competes in Paris. "Ten Olympiads — it's my whole life," Salukvadze said from Baku where she is in the final stages of her Olympics prepa-

rations. "After the first Olympics, I couldn't even imagine I'd compete in

10 Olympics. I will have to write a whole book (to explain my longevity), but the euphoria I experienced after winning forced me to train hard every day."

That book will surely have a chapter devoted to her father Vakhtang, who coached her right from the start.

Her Rio experience, where she and Tsotne Machavariani became the first mother-son duo to compete at the same Olympics, would also feature prominently in it.

But there were times when it seemed the Tokyo Olympics would be the end of her story. "After Tokyo, I'd decided to give up," she said. "But my father, who was 93, told me, 'There are only three years before Paris, and maybe you try to win the quota ... I thought my father had never asked for anything and this might be his last request. So I gathered all my strength and agreed. Today, despite the fact that my father passed away, I am happy that I fulfilled

Her son put the pressure on, too. "Also, my son threatened me: 'If you surrender, I will also surrender ..."

this request.

Express yourself in Paris: Kapil Dev

NEW DELHI, Jul 18 (Agencies): Former India skipper Kapil Dev today advised Olympics-bound Indian athletes to express themselves fearlessly at the mega-event starting July 26 and hoped that the country would hit the double-digit mark on the medals tally.

India is looking to

better the seven-medal count it logged in Tokyo. "I can't really say for anybody but I can just wish them all the luck and hope we win more medals this year and that's important," Kapil, who is also the president of the Professional Golf Tour of India, said. "My advice to all Indian



athletes would be to go and express yourself. I cross my finger and why

not if we believe it (double-digit medal haul) will happen."

Will Jay Shah take over as next chairman? Topic to be discussed during ICC AGM point -- India not travel-

NEW DELHI, Jul 18 (Agencies): All eyes will be on BCCI secretary Jay Shah during the four-day ICC Annual Conference in Colombo, starting on Friday, where there might be serious discussions about when he will take over from New Zealander Greg Barclay as the chairman of the global body. The ICC conference that starts with the board meeting on Friday is expected to be dominated by losses to the tune of more than USD 20 million incurred by the global body for hosting T20 World Cup games in the United States of America. While the nine-point agenda of the AGM (a



copy of which is with the PTI) doesn't include the event's financial details, but it will be discussed by the board as a "postevent report", which is a standard operating procedure.

ICC's new external

auditor appointment

is also on the agenda along with discussions on ICC memberships, reports from associate member's meeting and ICC development Awards presentation. The other important

ling to Pakistan for the Champions Trophy -- is not a part of the ICC Board's official agenda unless it is brought with permission of the chair under the section "Any Other Business". An ICC source privy to the developments, however, said that one of the main areas of interest for everyone at the ICC is when Shah takes over the reins of the world body.

"It is not about how but when, as he still has one year left as BCCI secretary before his cooling off period in Indian board starts in 2025 as per constitution. However, if he has to take over in 2025, then Barclay can't complete his third term of two years from December 2024 to December 2026," the ICC source said. "There is a school of thought that what if ICC's chairmanship term changes from three terms of two years each to two terms of three years, so the cumulative term can remain six years."

It is widely believed that if Barclay's current term becomes three years, then Shah can complete his six years as BCCI secretary and take over as ICC chairman in 2025 for three years when he will be cooling off in BCCI. Then in 2028, he can come back and take over as board president.

HS Prannoy Aims To Keep Mental Struggles Behind Ahead Of Paris Olympics 2024

NEW DELHI, Jul 18 (Agencies): His body has been ravaged by a spate of illnesses. the most recent being a bout of chikungunya, but seasoned Indian badminton player H S Prannoy is unwilling to let it come in the way of a dream Olympic debut that is happening a tad late in his career. He is focused on building his stamina for the grind that awaits him in Paris later this month and helping him is his coach and former player RMV Gurusaidutt. The 32-year-old Kerala shuttler, a 2022 Thomas Cup title winner and a World and Asian Games bronze-medallist, has battled past a chronic stomach disorder, a nagging back injury, and more recently a weeklong bout of the mosqui-

to-borne viral disease. "The preparations that we started after the Australia Open, those are on point, we are on the right track," Gurusaidutt told

agency.

"The best thing about Prannoy in this entire journey is that though he was struggling, he was showing up for training and giving his best. Of course now, since he had another rough patch, it is not easy to get into the winning momentum," he explained.

But Gurusaidutt is confident nonetheless and does not feel that the latest illness will trigger "too many changes" in Prannoy's training rou-

"He has been that kind of a player who steps up on big occasions. He's done that multiple times over the last three or four years. So, as a coach, me and Gopi sir (national coach Pullela Gopichand) have that confidence in him." Following the high of his world championship bronze in 2023, Prannoy was laid low by another stomach disorder, a condition which was similar

to the chronic acid reflux problem that he had suffered in the past. Such was complexity of his illness that it was difficult for him to have a meal without wanting to throw up later.

The result was six firstround exits and a semifinal and a quarterfinal appearance this year. But he has persevered.

Gurusaidutt said the coaching team has introduced some specific drills to address the minor issues, mainly related to speed and enduring long rallies.

"We wanted to introduce a few programs. Gopi sir thought he needed to play longer matches...Based on the last 3-4 tournaments, I particularly felt people were trying to push him at the pace in terms of making him move quickly "...there is not too much time for him to get space between the shots. So that was something that we thought we could make

it easier for him in training. Otherwise, it was about getting him confidence, and getting his fitness levels up. Those were the major aspects," he said.

Elaborating on the need to step up his pace, Gurusaidutt said, ...we wanted work on it to prepare him for somebody playing some sharp shots, and crosscourts. So, it was meant to make him feel comfortable for those things.

"So, once he picks those up, he gets into his style, that's where the game changes usually. If somebody is pushing at him constantly, once he is out of that, once he survives it then he gets into his zone again.'

"Flexibility and unpredictability will be key" Gurusaidutt, a 2014 Commonwealth Games bronze-medallist, feels Prannoy also needs to mix things up, be flexible

but not predictable. "We should have a counter when someone

is attacking him but also we need to make sure that he's not too defensive. He has to mix up a lot, not be predictable in one style of play."

Want to be a little pressure-free: Prannoy

It will be Prannoy's maiden Olympics and he said he wants to keep things "simple and usual" without taking unnecessary pressure.

"I think everyone just wants to talk about Paris. But I just want to be a little bit more pressure-free, kind of enjoy it a little bit more and just take it as one more tournament in my career," Prannoy had said during an earlier interview with agency.

"So from a preparation point of view, I think for me it's really important to kind of get back to basics...I was not there mentally in a lot of matches. So I think that's what I tried to do and just try to be a little bit more simple and

usual.

Ishan Kishan visits Sai Baba mandir to seek blessings on his 26th birthday



MUMBAI, Jul 18 (Agencies): India's wicketkeeper-batter Ishan Kishan celebrated his 26th birthday in a spiritual way. Kishan visited the Shree Samadhi Mandir in Shirdi, Maharashtra. He sought blessings from Sai Baba on his birthday and shared pictures of the same on social media. It has been a turbulent year for Kishan in reagds to his cricketing career. Despite the challenges he has faced, Kishan boasts of being one of the most promising young talents in the Indian cricket arena. He holds the record for the fastest ODI double century and has played many

memorable knocks in the India jersey. Kishan was excluded from the BCCI annual contract list alongside Shreyas lyer. He was selected in the India squad for the South Africa tour in all the three formats. However, the southpaw batter opted out of the entire series, citing personal reasons. Kishan went on to be ignored from the India's squad for the Afghanistan series as he had not confirmed his availability. He skipped Ranji Trophy matches despite not featuring in the Indian squad.

Kishan's career so far

His last international appearance was during the 5-match T20I series against Australia in November where he had scored a fifty. Kishan chose not to take part in the Ranji Trophy matches for Jharkhand as the then head coach, Rahul Dravid, had made it clear that he had to play domestic cricket to play for India.

Kishan was eventually snubbed from the annual contract list released by the BCCI. He did not have the best of IPLs as well, as he racked up 320 runs in 14 matches at an average of 22.86 and a strike-rate of 148.84. Kishan will be seeking his redemption as he will look to make a memorable return to the Indian side. However, going by the current trends, it will be difficult for him to find a place in the white-ball side.

Sham Lal, others listen to public grievances at BJP headquarters

Top News Report

JAMMU, July 18: Vice-President J&K BJP & former Minister, Sham Lal Sharma impressed for the release of all dues including Gratuity, GP Fund, Leave Salary, and Commutations for the Pensioners, at BJP headquarters, Trikuta Nagar, Jammu.

Sham Lal Sharma accompanied by Er. Dil Bahadur Jamwal, Convenor Swachh Bharat Abhiyan, Puneet Mahan, Convenor Health & Medical Cell, and Prerna Nanda, Secretary Mahila Morcha was listening to the grievances of the masses.

A large deputation of Pensioners approached BJP headquarters and requested Sham Lal to pursue their genuine demand of releasing their dues including Gratuity, GP Fund, Leave Salary, and Commutations.

They requested that they served the state for their whole lives and now after their retirement, they are falling short of money for the want of their dues to plan for their retirement

half of their lives.

Another major deputation requested the former Minister that the Gun Licenses in the region are not renewed for many years. They represented that in view of the escalated tension due to the Pakistan-sponsored terrorist incidents in the Jammu region, their Gun licenses should be renewed at the

Many other deputations from the areas like Patta Kathua, Hiranagar, Budgam, Rajpura Samba, Ghara Hiranagar, Manda Jammu, Katli Samba, Dagiana Bishnah, Barnai, Talab Tillo, Rehari Colony, Sunderbani, Gandhi Nagar, Baba Kailakh, Trikuta Nagar, Kud, Nanak Nagar, Janipur, New Plot, RS Pura, Manpur Billawar, Khairi Raipur Bantalab. Sarwal represented the issues like construction of link road in Rajpura, closing of meat shop near Mandir Hiranagar, construction of path in the field, street light repairs,

repair of Mark 2 Hand-

pumps at Katli, revenue issues, electric poles installation, JK bank issue, JJM DPC related issue, land compensation, protection wall at nallah in Trikuta Nagar, Property dispute, repair of tube well

and other issues. Sham Lal, while listening to the issues patiently, asked for a robust grievance redressal mechanism at multiple levels. He said that the public issues are mostly related to their day-to-day needs and development concerns which should be addressed promptly.

He said that in order to make the lives of people easier and solve their issues, BJP under the leadership of Prime Minister Narendra Modi is working day and night 365 days a year.

He said that the party is concerned with securityrelated matters, development, and day-to-day issues alike and commits its cadre to unabated service to the nation and society. He especially emphasized the issues of Pensioners and pressed for their quick disposal.

Dil Bahadur Jamwal deliberated on the issues presented and shared that more than 40 deputations visited the party headquarters to present their issues before the party leadership

Puneet Mahajan said that many issues represented were sorted out on the spot and telephonic and written communications were made with the concerned departments for the others.

French Club organises workshop in Model Academy



Top News Report

JAMMU, July 18: French Club conducted a oneday workshop in Model Academy School and this workshop was exclusively for 8th grade students, focusing on the theme "The Influence of French Language on the English Language.

The event was held to foster a deeper understanding of the linguistic and cultural ties between French and English.

The workshop was led by Arun Sharma, the founder and president of the French Club Jammu. With his extensive

experience and expertise in the French language, Sharma provided insightful perspectives on how French has shaped and enriched the English language over centuries. Students participated

enthusiastically, engag-

ing in interactive sessions and activities designed to highlight the profound impact of French on English vocabulary, grammar, and expressions.

Sharma's dynamic presentation captivated the young audience, inspiring many to further their interest in learning French.

"We are delighted to have collaborated with Model Academy School for this educational initiative," said Arun Sharma. "Our goal is to ignite a passion for language learning among students and help them appreciate the historical and cultural connections between lan-

guages." The workshop was a resounding success, leaving students with a newfound appreciation for the interconnectedness of global languages and the significant role French has played in the development of English. French Club Jammu is dedicated to promoting the French language and culture in the region. Through various educa-

tional and cultural activities, the club aims to create a vibrant community of French language enthusiasts

Dr Pramod Kumar Srivastva, Principal Model Academy School said, "Model Academy School Jammu is committed to providing holistic education to its students, fostering academic excellence, and encouraging a love for lifelong learning through diverse programs and initiatives.'

The workshop was held under the supervision of Deepika Sharma, French teacher, Model Academy and Muskan Mahajan, French Club Member was also present on the

Alexander Memorial School hosts workshop on teacher's capacity building



Top News Report

JAMMU. July 18: A workshop on teacher's capacity building of educational pedagogy was conducted in Alexander Memorial School, Jammu on Thursday.

Esther William, Principal welcomed the guests and thanked Prof. Dr. Sudhir Singh, Director Academics, JKBOSE in absentia who sent his greetings and message as he could not be pres-

The Chief Guest was Dr. Yasir Hamid Sirwal. Deputy Director Academics CDR, JKBOSE.

The subject experts were Kashif Hashmi and Sugandh both Academic Officers, JKBOSE. The other quests included eminent education-

ist from Youth Talent Search Groups Prabha Jain, Director, New Era Environmental School, Shashi Sharma, Principal, Bikram Memorial School, Neeru Puri, Principal, S.D. Tarapuri School, Principal, JK Montessori School, Anita Kaul, Principal, Playway Progressive School, Teachers of Elite Public School. Teachers of Humanity Public School and teachers from Alex-

and other schools. The workshop highlighted educational pedagogy and in his keynote address Dr. Yasir Hamid Sirwal emphasised how to conserve and transform education from one generation to another.

ander Memorial School

He ephasised again on five qualities - Competency, Learning Outcome Skill Development, Life Skills and Application of skills and stressed on mother tongue.

In the participatory atmosphere the two subject experts created a healthy open house discussion wherein the teachers asked various questions on the new and the academic excellence. All Pvt. Schools thanked the Academic Department of JKBOSE

The programe was conducted Marshlaw Khokhar, Neelam Shambu and Alka Mantoo. Vote of thanks was presented by Satish

examination system and the role of teachers in concept clearing, hand on experimental learning

for accepting our invite. Kumar Munshi.

BJP all geared up for coming **Assembly elections: Chugh**

Top News Report

BANIHAL, July 18: BJP National General Secretary Tarun Chugh, who is also party In-Charge for Jammu & Kashmir and Ladakh, on Thursday said that the BJP was all geared up for the coming Assembly elections at

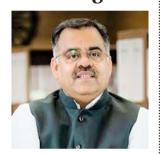
Addressing party workers in Banihal Chugh expressed confidence in securing an all-around

"The BJP is ready. Whenever there will be elections, our workers are ready. From Banihal, the BJP is starting the jour-

ney of victory," he said. Chugh exhorted the party workers to leave no stone unturned in their efforts to make the BJP victorious.

He criticized Abdullahs and Muftis for failing to serve the people of Banihal and using the region for their vested political gains "The people of Banihal are already suffering from the atrocities of Rasool Wani, Many have formed governments, but they have not done any good for Banihal," he said.

Highlighting the BJP's success in recent elections, he said, "In the last three Lok Sabha elections elections, Congress has been exposed. Rahul Gandhi has lost more



than a dozen elections." The BJP leader praised the leadership of Prime Minister Narendra Modi, attributing the transformation of Jammu and Kashmir from a "terrorism capital to a tourism capital" to his development policies. "Today, we have travelled from that terrorism capital to the tourism capital under the visionary leadership of the prime minister," he

Regarding militancy and Pakistan's influence, he said that Pakistan is trying to fight the lost battle. These conspiracies will not be allowed to succeed. Those who have weapons in their hands and those who are killing our citizens, will not be forgiven."

He reassured the people of Jammu and Kashmir of their safety and the government's commitment to end militancy. "Our citizens of Jammu and Kashmir are very valuable to us. They will be protected at any cost, he added.

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SIPSians visit IIT Jammu Army holds Swachh Bharat



Top News Report

JAMMU, July 18: The senior secondary students of SIPS had the unique opportunity to visit the prestigious Indian Institute of Technology (IIT) Jammu.

This educational trip aimed to inspire young minds and give them a

glimpse into the world of advanced science and technology.

Students learned about various engineering disciplines, research projects, and innovations that have emerged from the institution.

Besides, they witnessed

live demonstrations of

cutting-edge technolo-

gies and participated in interactive sessions with IIT researchers and professors.

"This visit has been an eye-opener for us. It has motivated us all to aim higher and consider careers in science and technology", expressing their gratitude opined the students.

Abhiyan at Parore Guiran **Top News Report**

RAJOURI, July 18: Indian Army organised cleanliness drive at Parore Gujran, Rajouri District. The main aim of the event was to generate awareness and bring about a behavioural change regarding hygiene and sanitation practices, improve the management of solid and liquid waste and educate the local populace on the benefits of cleanliness and hygiene. The key elements of the campaign included special cleanliness drive, educating locals for collection and transportation of waste, regular cleaning of all community and public

toilets, sanitation and

hygiene facilities for children, ensuring safe drinking water, maintenance of water works and disposal of single use plastic.

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e-mail: topnewsjk@gmail.com, editortopnewsjk@gmail.com

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