

TOP NEWS OF J&K

JAMMU, SUNDAY, JULY 21, 2024

Daily Evening Newspaper



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'Took a bullet for democracy', says Donald Trump in first rally after assassination bid



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BRIEFLY

Three women die, 25 injured as van overturns in Farrukhabad

FARRUKHABAD, Jul 21 (Agencies): Three women were killed and 25 others injured when a pickup van overturned in the Jahanganj area of Farrukhabad district in Uttar Pradesh on Sunday, police sources said here. Police identified the deceased as Ramkali (50) Rama Devi (70) and Sushuila Kumari (45). Police sources said the injured were taken to Dr Ram Manohar Lohia hospital where doctors declared Ramkali (50) dead. "Two more injured Rama Devi (70) and Sushuila Kumari (45) succumbed to injuries during treatment. 25 injured are being treated at the hospital," they said. Police sources said the mishap occurred when the family members of one Vinod (55), a resident of Saifai in Etawah district who died a few days back were returning after immersing his ashes at Panchal Ghat on the occasion of Guru Purnima on Sunday. Police said the van on which they were travelling overturned in a pit near Bahorikpur village while the driver tried to save another vehicle. "28 pilgrims were travelling in the van at the time of the incident," Police said. After getting the information District Magistrate Dr BK Singh, Superintendent of Police (SP) Alok Priyadarshi and other officers reached the hospital and directed the Chief Medical Officer to ensure proper treatment of the injured.

Opposition rakes up Kanwar Yatra row, NEET paper leak at all-party meet

NEW DELHI, Jul 21 (Agencies): Kanwar Yatra, NEET paper leak, and the post of Deputy Speaker in Lok Sabha were among the issues raised at the all-party meeting convened on Sunday by the government ahead of Parliament's Monsoon Session, sources said. The meeting, chaired by Defence Minister Rajnath Singh, saw JP Nadda and Kiren Rijju in attendance from the BJP. From the Congress, Gaurav Gogoi, Jairam Ramesh and K Suresh were present. Others present at the meeting included LJP (Ram Vilas) leader Chirag Paswan, Samajwadi Party's Ram Gopal Yadav, Aam Aadmi Party's Sanjay Singh, Asaduddin Owaisi of AIMIM, and Nationalist Congress

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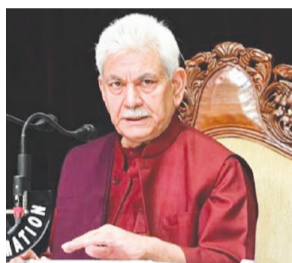
"Awaam Ki Awaaz" | LG Sinha pays homage to bravehearts of Kargil War

SRINAGAR, Jul 21 (Agencies): Lieutenant Governor Manoj Sinha paid tributes and dedicated this month's edition of 'Awaam Ki Awaaz' programme to Kargil War Heroes.

"Kargil Vijay Diwas is the saga of magnificent heroism, indomitable courage and the spirit of supreme sacrifice of our brave soldiers. I pay homage to the martyrs and express my gratitude towards valiant soldiers for keeping the nation safe on the road to progress," the Lt Governor said.

The Lt Governor recalled the valour and supreme sacrifice of Jammu's Maj Ajay Singh Jasrotia, Sub Bahadur Singh and Hav Madan Lal; Kathua's Sep Rajinder Singh; Sopore's LNK Ghulam Mohammed Khan; Kupwara's Ravinder Singh and Mohammad Khan, and countless other brave hearts of Kargil War.

"Let us bow our heads in gratitude for those valiant jawans and officers of J&K who fought bravely in the inhospitable terrain and conquered the enemy. Their bravery



will forever live on in our hearts and inspire us," the Lt Governor said.

Sharing the inspirational stories of change-makers, the Lt Governor commended Ganderbal's Bilal Bhatt for his selfless service and awareness campaign on vital issues at the grassroots level in empowering citizens. Bilal Bhatt is seen as a beacon of hope and agent of change by the community members, he said.

The Lt Governor appreciated the Keegam Youth Trust, an initiative by 180 youngsters from Shopian, for silently transforming Swachh Abhiyan into a Jan Abhiyan. With a strong grit and determination, these youngsters have managed to garner unprecedented support from the community, he added.

HIGHLIGHTS

* Kargil Vijay Diwas is the saga of magnificent heroism, indomitable courage and the spirit of supreme sacrifice of our brave soldiers: LG

* LG expresses gratitude towards valiant soldiers for keeping the nation safe on the road to progress

* Let us bow our heads in gratitude for those valiant jawans and officers of J&K who fought bravely in the inhospitable terrain and conquered the enemy. Their bravery will forever live on in our hearts and inspire us: LG

* Jammu's Maj Ajay Singh Jasrotia, Sub Bahadur Singh and Hav Madan Lal; Kathua's Sep Rajinder Singh; Sopore's LNK Ghulam Mohammed Khan; Kupwara's Ravinder Singh and Mohammad Khan, and countless other brave hearts of Kargil War will continue to inspire generations: LG

* Lt Governor shares inspiring stories of Change-makers of J&K

The Lt Governor made a special mention of Sandeep Singh Chib of Ramban who is on a mission to nurture promising boxers and inspiring the youth to chase their dreams and become champion along the way.

He extended his best wishes to Shariq Yasir of Kulgam, one of the youngest shining stars in J&K's sporting arena, for a stellar sporting career.

During this month's programme, the Lt Governor also shared the inspiring

journey of Srinagar's first female e-rickshaw driver Kounsar Jan, Anita Devi from Rajouri, Pulwama's Rubina Bano and Kupwara's Shahida Khaliq.

Srinagar's first female e-rickshaw driver Kounsar Jan is rewriting the rules. Her unprecedented feat inspires others in breaking barriers and overcoming obstacles to pursue their dreams, the Lt Governor said.

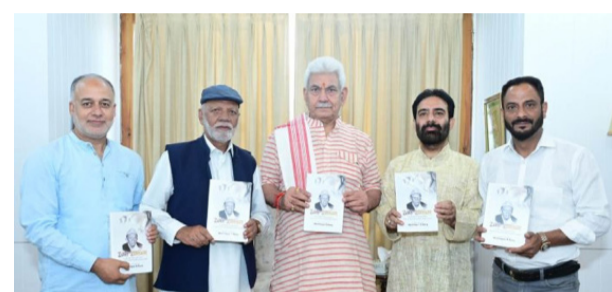
He lauded the efforts of Anita Devi and her all

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LG Manoj Sinha releases Mushtaque Barq's books "Zarf Zargar" & "Exploring Vimal's Rahi"

SRINAGAR, Jul 21 (Agencies): Lieutenant Governor Manoj Sinha today released "Zarf Zargar" and "Exploring Vimal's Rahi", the translated books of the original works of prominent poets Ahad Zargar and Rehman Rahi, by Mushtaque B. Barq, at Raj Bhawan.

The Lt Governor congratulated Mushtaque Barq and all those associated with the publications. He lauded the efforts to carry forward the rich legacy of the great poets like Ahad Zargar and



Rehman Rahi through translation of their illustrious literary works.

The book "Zarf Zargar" released today by the Lt Governor is the anthology of selected Sufi poems by prominent poet of Kashmir Ahad Zargar,

translated into English by Mushtaque B. Barq.

"Exploring Vimal's Rahi" represents the English translation of Jnanpith Award Recipient Rehman Rahi's poems, initially translated into Urdu by

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DG BSF reviews operational readiness of troops deployed along IB In Jammu



JAMMU, Jul 21 (Agencies): BSF Director General Nitin Agrawal on Sunday reviewed the operational readiness of the troops deployed along the International Border in Jammu sector, an official of the force said.

Agrawal arrived here

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Two killed, six injured in Rajouri road mishap

JAMMU, Jul 21 (Agencies): At least two persons were killed and six injured on Sunday when a cab they were travelling in met with an accident and turned turtle in Nowshera tehsil of Rajouri district in Jammu and Kashmir. Police said that the cab ferrying the passengers

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Lt Gen Rajiv Ghai unveils Downtown Heroes FC's new jersey for Durand Cup

SRINAGAR Jul 21 (Agencies): Chinar Corps Commander, Lt Gen Rajiv Ghai unveiled the new jersey of Downtown Heroes FC, Srinagar, as the team gears up for the prestigious 133rd Indian Oil Durand Cup, set to commence on July 27 in Kolkata.

This significant occa-

sion marks a moment of pride and anticipation for the team, the city, and the entire region of Kashmir.

Downtown Heroes FC, a team that has captured the hearts of many, is ready to take on new challenges following their victorious run in the Srinagar Premier League 2023. Their participation

in the Durand Cup, one of the oldest football tournaments in India, is not only a testament to their skill and determination but also an emblem of the potential and resilience of Kashmiri youth.

The unveiling ceremony was graced by the presence of Lt Gen Ghai, who

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Indian, Nepali teams jointly search for missing passengers & two buses

NEW DELHI, Jul 21 (Agencies): Twelve rescue personnel from India on Sunday joined the Nepali security forces in their search for several missing passengers on two buses that were washed away by a landslide into a swollen river in Nepal last week.

The Indian rescue team

from the National Disaster Response Force (NDRF) reached Bagmati province's Chitwan on Saturday at the request of Nepal. Seven Indian nationals were in one of the buses. The bodies of three of them have been recovered so far.

Nepal sought assistance from India to carry

out a search operation for the buses that swept into the Trishuli River after a landslide hit the region on July 12.

The Indian team started the search operation on Sunday morning. The Kathmandu Post newspaper reported.

As many as 19 bodies

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MBA MOTORS

MERCEDES - BMW - AUDI

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

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

BJP slams IAS officer's appointment in Kerala, CS denies report

NEW DELHI, Jul 21 (Agencies): The BJP in Kerala on Saturday slammed the Left Democratic Front (LDF) government for reportedly giving an IAS officer, K Vasuki, additional charge of matters connected with 'External Cooperation'.

The party also termed it an appointment of a "foreign secretary of the state", while the Chief Secretary, Venu V, said it was nothing new.

The Marxist veteran should not consider the southern state as an independent country, BJP state president K Surendran said as he attacked Chief Minister Pinarayi Vijayan over the development.

The July 15 order further said that the General Administration (Political) Department would deal with the subjects related

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EDITORIAL

JAMMU
PILGRIMAGE

Jammu, a region steeped in history and spirituality, is renowned for its numerous pilgrim places that attract devotees from across India and beyond. From ancient temples to revered shrines, each site holds a unique significance in the cultural and religious tapestry of the region.

Located in the Trikuta Mountains, Vaishno Devi Temple is one of the most revered Hindu pilgrimage destinations in India. The shrine is dedicated to Goddess Vaishnavi, an incarnation of Goddess Parvati. Devotees undertake a strenuous trek of approximately 12 kilometers from Katra town to reach the temple, where they seek the blessings of the Goddess.

Situated in the heart of Jammu city, Raghunath Temple is one of the largest temple complexes in northern India. The temple is dedicated to Lord Rama and houses numerous shrines within its premises, each adorned with intricate carvings and paintings. It was built in the 19th century by Maharaja Gulab Singh and remains a significant pilgrimage site for Hindus.

Located on the banks of River Tawi in Jammu city, Peer Kho Cave Temple is dedicated to Lord Shiva. The temple is believed to have been constructed over a natural cave where it is said that the sage Jamadagni meditated. Devotees visit to seek blessings and witness the natural beauty surrounding the temple.

Mahamaya Temple, situated near the Bahu Fort in Jammu, is dedicated to Goddess Mahamaya, an incarnation of Goddess Durga. The temple offers panoramic views of the Tawi River and the city of Jammu. It is a popular destination for pilgrims, especially during the Navratri festival.

Located in Reasi district, Shiv Khori is a cave shrine dedicated to Lord Shiva. The cave is adorned with naturally formed stalagmites and stalactites, resembling the Shivalinga. Devotees undertake a challenging trek through the mountains to reach the shrine and seek blessings of Lord Shiva.

Sudh Mahadev Temple, situated in Chenani Tehsil of Udhampur district, is dedicated to Lord Shiva. The temple complex includes a sacred pond known as Pap Nashni Bowli, which is believed to wash away sins of the devotees. The temple attracts pilgrims, especially during the annual Maha Shivaratri festival.

Located near the Mantalai Lake in Padder Valley of Kishtwar district, Mantalai Temple is dedicated to Goddess Parvati. The temple is revered as the place where Goddess Parvati was married to Lord Shiva. Pilgrims visit the temple to pay homage to the divine union and experience the serene beauty of the valley.

The Krimchi Temples, located in Udhampur district, are a group of ancient temples dedicated to Lord Shiva. These temples are known for their unique architecture, dating back to the 11th century. The complex includes several shrines surrounded by picturesque landscapes, making it a popular pilgrimage and tourist destination.

Purmandal, situated on the banks of River Devika in Samba district, is famous for its cluster of temples dedicated to various Hindu deities. The area is considered sacred due to the presence of numerous temples and the belief that River Devika is as holy as River Ganga. Pilgrims visit Purmandal to perform rituals and seek blessings.

Located near Karua Jheel in Reasi district, Baba Dhansar Temple is dedicated to Lord Shiva. The temple is renowned for its picturesque waterfall and natural beauty. Devotees visit the temple to seek blessings and witness the cascading waterfall, which is considered sacred.

These pilgrim places in Jammu not only attract devotees seeking spiritual solace but also offer a glimpse into the rich cultural heritage and religious traditions of the region. Each site holds its own significance, steeped in mythological legends and historical importance, making Jammu a cherished destination for pilgrims from all walks of life. Whether trekking up the mountains to Vaishno Devi or exploring ancient cave shrines, the pilgrim places of Jammu offer a profound experience of devotion and reverence amidst natural beauty.

By: Ira Pande

There are weeks when I don't know what to do as I sit down to write my column. Nothing happens and the world seems to be asleep. However, this time, there is such a surfeit of events that I don't know where to start. So let's begin with the drama unfolding in the US. After the high-octane national elections here, all those suffering from withdrawal symptoms were delighted to plug into another political battle. Initially, it seemed like a pow-wow between two well-defined political actors who had nothing but hot air to offer. We giggled at the gaffes that a doddering Biden made and, after his disastrous performance in the first presidential debate, political chatter shifted to whether he was even fit to be a candidate. Then came the ear-splitting din created by the gunshot that rang out at Trump's rally where he escaped literally by a hair's breadth. Memes were created and shared widely, each one funnier than the last. Seriously, though, the consequences of this election are going to affect the rest of the world in the coming years, so it's no laughing matter any more. The latest is that Biden has tested positive for Covid. God save America is all I can say.

Come now to the Ambani

Election, wedding, disgust

wedding that soaked up all the oxygen in India and large parts of the world. The sheer scale of the vulgarity, shameless display of wealth and bad taste left many of us swooning. No matter how hard one tried to escape it, virtually every national channel (many owned by the Ambanis), social media sites and gossip columns made sure that you were compelled to see it, week after week. The size of the emeralds (bigger than tindas) Nita Ambani wore, the designer lehengas and sherwanis the rest of the assembly wore (no matter how comical they looked), the long roster of celebrity guests from around the world, the gifts received by the newly-weds — all are by now public knowledge, thanks to the well-oiled PR machinery that was pressed into service.

Jokes apart, could there have been a more dignified way of celebrating a wedding in the House of the Ambanis? The answer is an unqualified yes, but in a country that is now staring into its phones all the time, the wonder of the spectacle trumped (sorry for this word) all such considerations. Look around yourselves and tell me which Indian family has the courage today to hold a quiet, private wedding? From our helpers to our family, friends and colleagues, Indian parents pay a fortune to the beauticians to lather their daugh-

ters with fistfuls of lightening creams and make-up, to the caterers who provide the multi-cuisine feast laid out and for the clothes, jewellery and cash that they have to cough up as dowry — the difference lies only in the scale. In the aspirational society that we have created, austerity and modesty are unknown concepts. Add to that the serials and films that celebrate tamashas, there can be no going back to those days when wedding feasts were cooked at home by a halwai and the bride wore her mother or grandmother's wedding sari. In the Punjab of the Seventies and Eighties, I recall being almost stupefied by the scale of the weddings in a land where the quiet dignity of an Anand Karaj ceremony was only a small part of the chikan-shikan and dance-doonce at other accompanying parties. Naturally, a huge industry has cropped up for curating such mega events and rare is the family that can afford to buck this trend.

I want now to shift to a topic that has made me so sick that I cannot even begin to register my disgust. Alice Munro, the iconic feminist writer, died in May this year at 92 and reams were written about her insightful gaze that revealed the lives of women in provincial Canada. It was the kind of prose that touched you deeply because it was written from the heart. Then, in a recent shocking article writ-

ten by her daughter, Munro was revealed as a woman who her readers did not know.

Munro's daughter, from her first marriage, lived with her and the stepfather and was sexually abused by the stepfather over years. Like all little girls (she was just nine when this happened first), she found it difficult to speak of it. Eventually, when she did, Alice Munro refused to confront her husband and told her daughter she could not live without him. The sordid story finally reached the court and although he was indicted and convicted, the case was hushed up and never made it to any newspaper or public platform. It was as if there was an unspoken omerta in Canada to not sully the famous writer who had been awarded its first Nobel Prize!

This story has many dimensions. The lack of space restricts me from writing a fuller account of how many girls are groped or sexually abused at some point in their early life by a family member or helper. In our childhood, many such girls were shushed up by their mothers. However, the MeToo movement lifted the veil of shame that had made silence mandatory until then.

I promise my readers I will write about this one day but until then, think about what women undergo for the sake of preserving their family's honour.

Importance of Cartoons in Teaching

By: Vijay GarG

A cartoon is a simple drawing of the things we see around us in an entertaining way with lots of lively colours in it or a cartoon is a film, movie or a small video with animation in it. Cartoons are mainly meant for kids. They are usually printed in newspapers, comic books and magazines or they are broadcasted on the television. Cartoons were previously meant for the purpose of entertainment only. But these days' cartoons are being extensively used for other purposes as well. Cartoons are now being used for education and spreading awareness amongst the people in addition to fun and entertainment.

Teaching is a very strenuous profession. It takes a lot of effort to transfer the whole lot of information from your own mind into someone else's mind. For this reason, teaching necessitates a lot of new strategies, technologies, and ideas which can make this task easier. Cartoons have been abundantly used as a teaching aid for a very long time. They have made learning an easier and a better experience for the students. Cartoons have made humdrum subjects fascinating for the students. Cartoons bring in life into the dull pages of the books and the hidden secrets of the subject. Cartoons are very eye-catching. If you open a page with a cartoon drawn on it, the first thing you will notice on the page will be the cartoon drawn on it and without even going through the text you will try to fathom the cartoon image. One single cartoon drawn on one-fourth or one-sixth of a page can replace a page full of text. The books meant for toddlers or pre-nursery and nursery students are flooded with cartoon images because they are very pleasing to children's eyes. The cartoon images seen by the children leave an impression in their mind. They tend to remember what the saw in the form of cartoons, or what actions were performed by the cartoons or anything else. If used in a correct way, cartoons can be very benign.

In the conventional teaching methodology, knowledge was imparted to the students by means of a systematic conversation or a discussion. But the upcoming generation is a bit different. The new generation of children wants to scrutinize almost everything. With so many queries popping in children's mind, the conventional scheme of teaching flops. This presents the need for new techniques for teaching. Sometimes, this is achieved through the use of cartoons

or comic strips. Cartoons have proven themselves to be very advantageous for educating children. From the very beginning, they have been conveying moral values.

Importance of Cartoons in Education?

Cartoons catch Attention: Kids always want to enjoy each and every moment. They want to sense fun and humour all the time around them. And it is human nature to correlate cartoons with fun and humour. Therefore, it can be said that in search for entertainment the first entity around them which will seek student's attention will be cartoons or comic strips. Not only children, but even adults also do the same. Whenever we open a book we first look at the images printed on it and then the text. Similarly, the students will first read the comic strip and then the text. So in order to gain a student's attention toward a subject, the use of cartoons will be a great idea.

Cartoons Lead to a Better Understanding: There are many topics which cannot be theoretically understood. They need practical experiences or real-life examples. Comic strips can help a lot in this situation. The comic strip can be easily used to narrate a story. With the use of cartoon characters and callouts, a story can be easily cooked up and the students will be able to understand the burdensome subjects very comfortably. Many writers are already using this concept of cartoons. Many history and economics book writer use cartoons or comic strips to present an important incidence which occurred in the past or a theory or concept which is beyond theoretical understanding. Instead of just writing an example it will be great if it is expressed in the form of a comic strip which will gain the concentration of the student and will lead to a better comprehension.

Cartoons can Develop Public Speaking: A cartoon comic strip has a lot of characters in it with different individual dialogues. A teacher can assign each of the characters to the students and tell them to perform a play on the comic strip. This will boost the student's confidence. The students will get a chance to speak or perform in front of the whole class. It will enhance their speaking skills. It is beneficial for the rest of the students as well because they will understand the story in a better way. It will be like a fun session for everyone.

Cartoons are an Effective way to Teach Moral Education: Sometimes it becomes difficult for the teachers to teach the moral values and good manners. Students may take them lightly. They may not understand the conse-

quences if they do not behave well. This can be taught to them dramatically. By showing them a cartoon video or movie the students can learn how to handle different situations, or if they do not follow a proper conduct then what circumstances they have to face. Other than these many small things like how to keep up the friendship, differentiating between right and wrong, how to behave in front of others, how to follow your own dreams and many more things can be learned from watching cartoons or reading comic strips.

Cartoons are a great Tool for Pre-Schooling: Cartoons can seek the attention of the tiny tots. They can be taught nursery rhymes, alphabetical order or counting series using cartoons. It will be also an effective way to teach them stories. Physical exercises can also be taught in this manner. A cartoon video on physical exercise can be shown to the kids and they can be asked to perform the same exercises the characters are performing in the video.

Cartoons can make Children Artists: Cartoons can develop an artistic mind in the students. If you tell a student to draw a cartoon character from their own imagination they will show such an amazing creation that will astonish you. Writing a comic strip on their own will enhance the thinking skills and writing skills of the students. This will also help in their brain developments as they will have to think about how to form dialogues from their story and what kind of cartoon will suit their character. This coordination between their brains and hands will develop their brain.

Cartoons will enhance Thinking Skills: Printed cartoons are not just in the form of comic strips. There are simple cartoon images also which have no text printed on them. They require critical thinking level to interpret what the cartoon is saying. There may be many possible outcomes but choosing the right one requires higher order thinking skills.

Cartoons can Improve Vocabulary: While watching cartoon movies, children can learn a lot of new words. They can learn their meaning and how to use them in sentences. They may also be able to learn how the voice tones can or gesture can change the meaning of the whole sentences. They may also learn what words to use on what occasions.

Cartoons can improve the Student-Teacher Relationship: Cartoons are liked by all children. If the teacher will use a cartoon to teach the students, the students will start to like the teacher. When the teacher will offer the students to see a cartoon or read comics

to understand some theory or a subject the students will develop a liking for the teacher. Once this relation is developed, the students will be more attentive towards the teacher and will listen to every word said by the teacher. The student-teacher bond will be enhanced.

Cartoons are an Inexpensive Tool for Teaching: As compared to other tools like projectors, computers, and other varieties of smart technology cartoons are very cheap. They need to be just printed on a sheet of paper in the case of a comic strip or just need to be displayed on a television screen if it is an animation video or movie. Cartoons are very easily available. The can be downloaded from the internet, comic strips can be cut out from newspaper or magazines. There many television channels which show cartoon movies all the time. In this ways, they become a very inexpensive tool compared to others.

Conclusion

Every parent thinks that watching too many cartoons can affect their child's health. It may affect his eyes or his brain development. This vision is only fifty per cent right. Watching cartoons in excess will definitely affect a child's health but a right amount of time spent on cartoons will help in the child's development and education. It is also thought that if a child will watch cartoons he will start to behave like a cartoon. This is not always correct. Watching the same cartoon all day can make him like that but watching it for half or one hour will not have much effect on him. This also depends on the type of cartoon the child is watching. If the cartoon character behaves positively in his role it will have a good effect on the child. Cartoons can also become a good teaching tool. This inexpensive tool has so many advantages. It can not only seek the student's attention but it can also teach him many things. From pre-schooling to middle schooling, cartoons play a very important role. Instead of creating a stressed and monotonous atmosphere, cartoons create a relaxed and enjoyable atmosphere.

(Vijay GarG Retired
Principal Educational
columnist Malout)

With an array of work to boast of as an actor, Boman Irani is now ready with his directorial venture Mehta Boys. He firmly believes learning has to be a constant in life

Fresh from the final touches to his latest directorial venture, Mehta Boys, Boman Irani welcomes us into his world of storytelling and love for the craft. His journey through photography, theatre, and now filmmaking reflects not just a career but a profound love affair with art of the narrative. There is no hurry to reach somewhere, he doesn't have those targets to achieve big...It's the insatiable curiosity and the intention to immerse in the process which drive him. In a conversation with Boman, we discover that he embodies a blend of patience, passion and humility that defines his approach to both life and work.

"I want to do a festival circuit first," he begins about Mehta Boys' release. But what took so long to direct a film? He responds, "I want to answer this question with a question. What's the hurry? I am not going to push the agenda so that I finish. I haven't chased. I just want to enjoy the process. There is a process of becoming a director. I would deny myself that because if I do, I don't know if I have made a good film. So, it took me a lot of time. I am in no hurry to do anything."

As he emphasises on becoming a director, rather than just checking direction on his to-do list, this sentiment echoes throughout Boman's diverse career. From a humble begin-



ning in photography at 32 to stepping on the stage in his mid-thirties, his path to acting was unconventional but deliberate. "People said, 'Where were you all these years?' I was preparing myself to be an actor. While I was in the bakery or while I was a waiter or whatever else, I used to read and absorb, and, for me, I love that. If I had become an actor at 21, I would have been an utter, dismal failure," he says.

One step led to another and learning has been a constant in his journey. But did he always want to be an actor? Pat comes the reply, "Probably. The one thing I always wanted to be is a director, actually. But acting has become a part of directing. Even photography. If I know framing and lighting, it's because of the years I spent with cameras.

Understanding the structure is essential." Drawing parallels between his various roles along the way, he says, "Any kind of knowledge helps." The same amount of effort and love goes into teaching. Yes, Boman has been teaching scriptwriting to one and all under Spiral Bound. What came up as a way to connect with the world during the downtime of Covid, has become a classroom learning for hundreds of established and budding scriptwriters. "It should impact people," he asserts, "and impact me as well. You remind yourself while teaching; you become a student as a teacher."

His workshops resonate with an infectious energy, where the desire is to impart not just creativity, but also the science behind storytelling. "Creativity

comes from a certain amount of imagination, for sure, but it also comes from a certain science. There's a finance component, a creative component, and definitely a science component. And that's what I would like to spread among youngsters."

Boman says he has gained a lot from the industry and when he was working on screenwriting, he made a lot of notes. Amidst discussions on varied things related to showbiz, we touched upon stardom and Boman remains refreshingly grounded. "I don't consider myself a star," he smiles. His humility shines through when he says, "When I walk into a place, I don't carry the baggage with me. I am not that self-aware because I don't put that up in the list of things I need to tick. Just enjoy the moment. I hate calling myself a star. Let's call it a good celebrity." Direction, acting, photography, teaching... While Boman has all these skills, there's one he wants to acquire and his enthusiasm for learning is palpable. "I would love to play the guitar," he grins, "I do play it, but not that well." What more? Boman hints at a future memoir, reflecting on his life and career with characteristic candour. "Every time I think about it, I feel very narcissistic when I start writing," he quips. "Then I close it."

Gyaarah Gyaarah, starring Raghav Juyal, to release on August 9



The upcoming streaming series Gyaarah Gyaarah will be released August 9 on

ZEE5.

The makers dropped the poster of the series, which shows the two

lead actors engaged in a conversation on a walkie-talkie.

The series stars Kritika Kamra, Dhairya Karwa and Raghav Juyal in the lead roles, and is jointly produced by Karan Johar and Guneet Monga Kapoor. Director Umesh Bist shared that the series connected two police officers from different timelines.

"Directing Gyaarah Gyaarah has been an exceptional journey, and I'm deeply honoured to work alongside Karan Johar and Guneet Monga. Through our show, audiences will get a taste of a thrilling tale that bridges time, connecting two police officers — one from 1990 and the other from 2016 — through a mysterious walkie-talkie. It has suspense, drama, thrills, and everything you need for an entertainer," he said.

Karan Johar added, "Gyaarah Gyaarah is so much more than a regular police procedural series; it has its own USP of mystery and philosophy...It is now time for viewers to decode this puzzle."

Sonam Kapoor ponders over creative Indian English phrases

Actress Sonam Kapoor reflected on the uniqueness of the Indian English phrase 'tight slap' by sharing a snippet from Sandeep Nulka's book 'Mind it! A Tongue-in-Cheek Look at How Indian English Can Amuse and Even Confuse'.

Sonam took to her Instagram stories and shared an article.

The article, titled "A 'tight slap' only exists in Indian English. Everywhere else, they hit 'hard'," references Sandeep's book.

The book explores how Indian English can sometimes amuse or confuse. It presents a collection of over 100 classic 'Indianisms'.

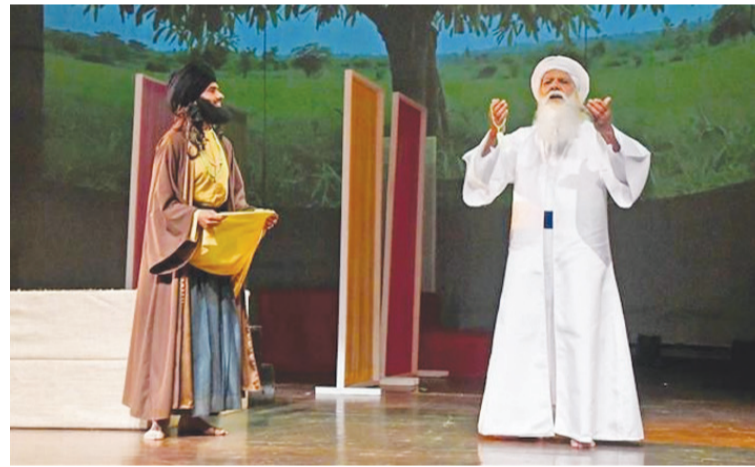
Sonam, who did not caption her post, is known for her thoughtful social media reflections.



The play Bulleh Shah delves into the life of the poet and the most important chapters of Punjabi Sufi history

Kuldip Raj Sharma's play Bulleh Shah, staged for two consecutive days at the Tagore Theatre, Chandigarh, was no less than time travel to the 17-18th century Punjab. More than that, the play called for a 'journey within one's soul' — a by-product of knowing the life story of renowned Sufi poet and social reformer, Bulleh Shah.

On the colourful stage stood two lead characters, Shah Inayat, played by Kuldip himself, and his disciple, Bulleh Shah. As Jasvir Kumar successfully portrayed the life of Bulleh Shah, other characters too looked the part. Kuldip discreetly re-imagined each of his onstage character and with the assistance of make-up artistes, successfully took along the audience on this journey. On the other hand, Chainis Gill, heading the chorus team for this musical play, which involved folk musicians on tumbi and sarangi, added a new dimension to the narrative.



The lighting team was managed by Abhishek Sharma.

The play focused on poet Bulleh Shah's life from when he was 30-35 years old till his death, which, supposedly, are the most important chapters of Punjabi Sufi history. Shah was not just hailed as a poet of the people and reformer, but freely expressed his thoughts through poetry to propagate humanity

over religion. From choosing a teacher from a low caste, dancing with transgenders and learning dance from Muradi Begum, Bulleh Shah led his life on his own terms. Sharma stressed upon the relevance of all those underlined themes in this biographical play, which he believed are still the issues pulling down humanity.

Sharma, who has worked in

television, films and theatre, feels having worked in three medium, has helped him learn a lot. He shared, "For me, theatre is all about posture, gesture and voice. When performing on stage, there's an audience watching you live and there's no room for close-ups like in films or TV. So, I believe the intonation of voice and grand gestures or postures are the key to reach the last of the seated guests." Bulleh Shah is Sharma's second play with writer Karan Gulzar. The latter is a research scholar in the Department of Indian theatre, Panjab University. Sharma said one should always take out time for the development of the script before proceeding. Along with Karan, he had previously made the play, Luna, which was very successful.

(Bulleh Shah will be performed in Ludhiana on August 4. It will be presented by Ludhiana Sanskritik Samagam).

'I am a bad actor, Kangana Ranaut won't agree to do film with me': Union Minister Chirag Paswan

LJP (Ram Vilas) chief made his debut with Ranaut in the 2011 movie 'Miley Naa Miley Hum'

Union Minister Chirag Paswan, who joined politics after a failed Bollywood debut, has no plans to make a comeback in films and also jokes that he is such a "bad actor" that even his Lok Sabha colleague and first co-star, Kangana Ranaut, will not agree to share the screen space with him again.

In an interaction with PTI editors at the agency's headquarters here, the Lok Janshakti Party (Ram Vilas) chief, who made his debut with Ranaut in the 2011 movie 'Miley Naa Miley Hum', said the film was a "disaster".

He also said that he has no plans to get married for at least another two years as he wants to dedicate all of his time to politics, especially as the

Bihar Assembly elections are due next year.

"And I think marriage is also a huge responsibility. You can't just be occupied with your work and give an excuse to your better half that my work is my priority. If your work is your priority, then set your priority clear.

"I am very clear about my priority that I am married to my work. And if I don't have time for my better half, I should not get into that," the MP added.

As Ranaut, one of the leading actors of the Hindi film industry, joined politics and won the Lok Sabha polls from Mandi in Himachal Pradesh, Paswan's debut film came back to the limelight and many social media users said they would like to see



them together on the silver screen again.

He, however, was quick to rule out any possibility of a comeback.

Asked if he would ever consider returning to cinema, Paswan quipped, "Again? After one disaster!" "No, not at all. And I think anybody who has seen the movie will agree with

me," Paswan said. He smilingly added that his short stint in Bollywood has taught him what not to do in life.

However, his stay in Mumbai also exposed him to the struggles of people from Bihar and firmed his resolve to do something for them through politics.

Though he started as an actor, Paswan said,

he realised it was not his calling.

Politics is not something to be taken casually, he said. "I think politics comes with a huge responsibility and you cannot take this profession casually. Also as a Member of Parliament, I am accountable directly or indirectly to 25 lakh people in my constituency and as a cabinet minister, I have responsibility across the country." "I do not think I can take this lightly. And yes, no director, producer, including Kangana herself, will agree to do a movie with me," he said.

Asked if he would do a movie with Ranaut, Paswan said, "She will not. She knows how good an actor I am."

"I am a very bad actor. You need to be honest with yourself," he added.

The Hajipur MP, who is among the few bachelors in the Lok Sabha, also said he has no plans to get married as of now.

Asked if he is getting any marriage proposals, he said, "I do not know. I think my mother is processing most of it."

"I don't know how to answer these questions... I have already started blushing," Paswan said with a bashful laughter.

He added that his work is his priority for now, especially since the Bihar assembly polls are due next year.

"I don't see myself getting married for a couple of years at least. Because I have state elections coming in Bihar. So that is my next priority," he said.

Woman of substance



Pranoti Pradhan, a versatile actress renowned in the Marathi and Gujarati entertainment industry, has taken on an exciting role in Sun Neo's new show Ishq Jabariya. She portrays Madhu-

mita, Gulki's stepmother, who tries to control Gulki and prevent her from following her dreams.

Pranoti shared, "When I received the audition script, I was immediately drawn to it."

Electoral bonds: Supreme Court to hear on Monday PIL seeking confiscation of donations received by political parties

Ahead of the 2024 Lok Sabha election, five-judge Constitution Bench led by CJI DY Chandrachud declares the electoral bonds scheme unconstitutional

NEW DELHI, Jul 21 (Agencies): The Supreme Court will on Monday hear a PIL seeking directions to confiscate donations received by political parties through the electoral bonds scheme that was declared unconstitutional five months ago.

The petition filed by one Khem Singh Bhati is listed before a Bench of Chief Justice of India DY Chandrachud, Justice JB Pardiwala and Justice Manoj Misra on July 22.

The Bench is also likely to take up another petition filed by Common Cause and the Centre for Public Interest Litigation seeking a court-monitored investigation into the electoral bonds scheme.

Bhati has demanded that a committee headed by a former Supreme Court judge should be constituted to investigate alleged quid pro quo between donors and the public authorities at the instance of political parties.

Alternatively, Bhati wanted the top court to direct the Income Tax Department to reopen assessment of all the beneficiary political parties from the financial year 2018-2019



to 2023-2024 and disallow the exemptions of income tax claimed by them under Section 13A of the Income Tax Act. He demanded that income tax should be levied on the amounts received by them through electoral bonds along with interest and penalty.

"The political parties used electoral bonds as a tool and method to extract money, by conferring undue advantage to corporate houses by way of compromising their criminal prosecution or granting State largesse, at the cost of public exchequer and against public

interest," Bhati submitted in his petition settled by senior advocate Vijay Hansaria.

Introduced through the Finance Act, 2017, an electoral bond is a bearer instrument like a promissory note which can be purchased by an Indian citizen or an Indian company whose identity would remain secret from everybody except the SBI from whom it has to be purchased. Once purchased, the buyer can give it to a political party, which could encash it using its bank account. The scheme was notified on January 2, 2018.

However, ahead of the 2024 Lok Sabha election, a five-judge Constitution Bench led by CJI DY Chandrachud had on February 15 declared the electoral bonds scheme unconstitutional that allowed individuals and companies to make unlimited anonymous donations to political parties, saying it infringed upon the right to information of the voter by anonymizing contributions through electoral bonds are violative of Article 19(1)(a) (right to freedom of speech and expression).

Maintaining that "the integrity of the electoral process is a necessary concomitant to the maintenance of the democratic form of government," the Bench had said, "While quid pro quo and clientelistic corruption erodes quality and integrity of government decision making, the power of money may also pose threat to the electoral process itself."

The top court had also ordered the State Bank of India to stop issuing electoral bonds immediately and submit all details to the Election Commission which shall make all donations public.

Landslide kills three, injures five in Kedarnath trekking route

Relief and rescue efforts are underway at the accident site, with a search operation continuing for other pilgrims feared buried under the debris.



DEHRADUN, Jul 21 (Agencies): Three pilgrims were killed and five others were injured in a landslide on the Kedarnath pedestrian path during the Char Dham Yatra on Sunday. The victims were caught in the debris due to continuous landslides caused by heavy rainfall. The injured pilgrims were rescued from the rubble and were taken to a hospital for treatment.

The deceased were identified as Kishore Arun Parate, 31, from Nagpur, Sunil Mahadev Kale, 24, from Jalna district, Maharashtra and

Anurag Bisht, resident of Tilwada, in Rudraprayag.

Speaking to TNIE, the District Disaster Management Officer of Rudraprayag, Nandan Singh Rajwar said that the emergency control room received a report at around 7:30 am on Sunday, stating that some pilgrims were buried under debris and boulders that fell from the hillside along the Kedarnath yatra route, near Chirbasa. Upon information, National Disaster Response Force (NDRF) and State Disaster Response Force (SDRF) teams

and local police rushed to the spot and started rescue and relief operations."

SDRF Commandant Manikant Mishra told agency, "Upon arriving at the scene, the team promptly rescued eight injured individuals and immediately transported them to a hospital. Unfortunately, three pilgrims had lost their lives at the site, and their bodies were handed over to the district police by the SDRF team."

Relief and rescue efforts are underway at the accident site, with a search operation continuing for other pilgrims feared trapped under the debris.

DDMO Rajwar further said that the situation is under control, and the route for the yatra has been slightly altered in view of the rescue and relief operations. The authorities are working tirelessly to ensure the safety and well-being of all pilgrims and to facilitate the smooth continuation of the yatra.

Congress President Kharge dissolves Odisha Pradesh Congress Committee

NEW DELHI, Jul 21 (Agencies): Congress President Mallikarjun Kharge on Sunday dissolved the Odisha Pradesh Congress Committee, days after the party's poor showing in the Lok Sabha and assembly polls in the state.

Kharge has approved the proposal of complete dissolution of the Odisha Pradesh Congress Committee, including its President, PCC, office bearers and executive committee,



District/Block/Mandal Congress Committees, Frontal Organisations, Departments and Cells, with immediate effect, a statement issued by the party said. "The current DCC

presidents will serve as acting presidents until new DCC Presidents are appointed," the statement said.

Sarat Pattanayak was the president of the now dissolved Odisha PCC.

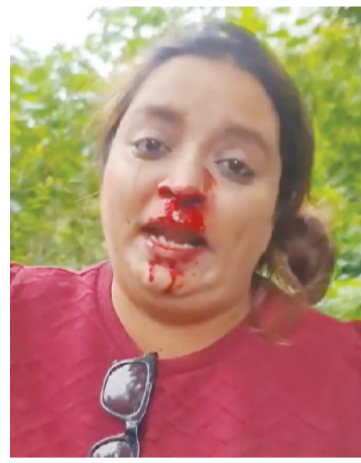
Road rage: Motorist punches woman riding with children in Pune; booked

Case is registered against the 57-year-old man, his wife for the attack that occurred at Baner-Pashan Link Road

PUNE, Jul 21 (Agencies): In an incident of road rage, a woman riding a two-wheeler with two children was punched in the face by a motorist in Pune city after she advised him to drive properly, police said on Sunday.

A case has been registered against the 57-year-old man and his wife for the attack that occurred at Baner-Pashan Link Road on Saturday, an official said.

The victim, Jerlyn Dsilva, a marketing head at a Pune-based luxury hotel, shared a video of the incident on social



media, which showed her bleeding profusely from her nose.

In another video, Dsilva said she was riding towards Baner on a two-wheeler with two children when a man in a car did not give her way.

"While on my bike with the two kids, the old man driving his car did not let me ride ahead. I told him to drive properly. He then lowered the car window and verbally abused me," she said.

Dsilva claimed that after she managed to pass the car, the driver tailed her, forcing her to stop on the side of the road.

"The man stopped his car, blocking my way, got out angrily, grabbed my shirt, and punched

me three to four times in the face," she alleged in the video.

Dsilva claimed that when she attempted to take the car keys to prevent the man from fleeing, his wife, who was in the car, also assaulted her.

Bystanders intervened during the altercation, and Dsilva was taken to a hospital.

The police were subsequently informed.

An official from Chaturangi police station said the couple was booked under relevant provisions of the Bharatiya Nyaya Sanhita and the Motor Vehicles Act.

Kerala Woman, Who Fell Unconscious After Being Given Wrong Injection, Dies

THIRUVANANTHAPURAM, Jul 21 (Agencies): A 28-year-old woman, who had fallen unconscious after allegedly being administered a wrong injection by a doctor at a state-run hospital five days ago, died here on Sunday, family sources said.

The woman Krishna Thankappan, from nearby Malayinkeezhu, breathed her last at the Government Medical College Hospital here in the morning.

Her family had already

alleged that medical negligence was the reason for the woman being unconscious for five days.

They accused Dr Vinu of Neyyattinkara General Hospital of administering a wrong injection when she had sought treatment there for kidney stones last week.

As she fell unconscious and her condition became worse, Krishna was later shifted to the Medical College here, they said.

Based on the com-

plaint of her husband Sharath, Neyyattinkara police registered a case against Dr Vinu, under Section 125 of Bharatiya Nyaya Samhita (BNS) on July 19.

BNS 125 refers to acts endangering life or personal safety of others.

According to the FIR, the woman, who already had some allergy issues, sought treatment from Dr Vinu for kidney stone-related ailments.

The doctor showed negligence in performing his duty and admin-

istered some injection to the patient without conducting any allergy test on her, the FIR said.

However, the Kerala Government Medical Officers' Association (KGMOA) has rejected the allegations of the woman's family against the doctor.

The association, in a statement, claimed that the injection given by the doctor was an usual one being administered on patients suffering from abdomen-related issues.

Anaphylaxis, a rapid and severe allergic reaction which can happen due to any medicine, might be the reason for the tragic condition of the woman, it said.

"It cannot be considered as a treatment negligence," the KGMOA claimed.

Thiruvananthapuram MP Shashi Tharoor condoled the woman's death and sought a comprehensive probe into the allegations of medical negligence reported in the state-run hospital.

Man Blindfolded, Hands Tied, Shot Dead From Point-Blank Range In Manipur



IMPHAL, Jul 21 (Agencies): A man was shot dead in Manipur's Imphal East district, police said on Sunday. The incident happened at Tekcham in Lamlain police station area on Saturday, they said.

The man, identified as RK Prithibi

Singh, was blindfolded, his hands were tied behind his back and shot from a point-blank range, they added.

A proscribed outfit, KCP (Progressive), claimed responsibility for the execution-style murder, stating that Singh was spying for security forces.

It claimed that Singh was a former militant who teamed up with other surrendered militants to spy for the forces. Meanwhile, a militant of the proscribed KCP (Taibanganba) was arrested from Tejpur Makha Leikai in Kakching district, police said.

Ningthoujam Ashakumar Meetei (33) was involved in extortion activities, they said.

Boy infected with Nipah in Kerala dead, says Health Minister Veena George

KOZHIKODE, Jul 21 (Agencies): The 14-year-old boy from Kerala's Malappuram, who was undergoing treatment here for Nipah infection, died on Sunday, state Health Minister Veena George said.

George said the boy from Pandikkad suf-

fered a massive cardiac arrest at 10.50 am on Sunday and efforts to revive him failed.

"He was on ventilator support. The urine output had reduced this morning.

After a massive cardiac arrest, the revival efforts failed and he passed away at 11.30

am," George said.

The minister said the funeral will be held following international protocols.

"Further matters on the funeral will be decided only after the district Collector holds discussion with the boy's parents and the family," George said.

Youngster Dies While Doing Bike Stunts For Reels In Hyderabad

HYDERABAD, Jul 21 (Agencies): Instagram reels craze claimed the life of a youth and left another critically injured in Hayat Nagar on the outskirts of Hyderabad, police said on Sunday.

A youth doing stunts on a motorbike with his friend sitting pillion met with an accident on the national highway near Pedda Amberpet under the limits of Hayath Nagar police station of Rachakonda Police Commissionerate.

The youth was doing stunts on a sports bike for Instagram reels. However, he lost

control and both fell down, sustaining grievous injuries.

They were admitted to a private hospital. Shiva, who was riding a pillion and not wearing a helmet, succumbed on Sunday.

The road was wet due to rain and it is suspected that the bike slipped resulting in the tragedy.

Many youngsters on motorbikes are seen performing stunts on busy roads in and around Hyderabad. Some perform the stunts not just for thrill but for posting on social media to garner more 'likes'.

They flaunt their high-end motorcycles performing risky stunts on wide roads in IT corridor and on the highways around the city.

Bike stunts are a common sight during night hours in Hitec City, Gachibowli and other parts of the IT corridor. The youngsters also indulge in bike racing on roads around Husain Sagar in the heart of the city.

Citizens say despite repeated warnings and also crackdowns by police in all three police commissionerates, the problem remains, posing a risk to the lives of other road users and causing noise pollution.

IT outage: Microsoft deploys hundreds of engineers, experts to restore services

8.5 million devices across the world are impacted by the outage caused by an update from CrowdStrike

NEW DELHI, Jul 21 (Agencies): US software giant Microsoft has deployed hundreds of engineers and experts with its customers to restore their services after an outage caused by its cyber security partner CrowdStrike, the company said in a blog.

According to Microsoft, 8.5 million devices across the world were impacted by the outage caused by an update from CrowdStrike on July 18.

"Deploying hundreds of Microsoft engineers and experts to work directly with customers to restore services," Microsoft said in a blog post.

The global outage impacted several points of sales and even grounded airlines in India.

The outage put operations of businesses and systems across the globe in a state of limbo.

Airport and airline operations faced significant disruptions due to the outage, with airlines issuing advisories to passen-



gers. IndiGo, SpiceJet and Akasa saw disruptions in their online check-in and boarding processes across their networks, forcing them to switch to manual mode.

Several users reported disruptions on the outage-tracking website Downtetector, and many took to X to vent their frustration on the 'Blue Screen of Death' error messages.

Microsoft said that it is collaborating with other cloud providers and stakeholders, including Google Cloud Platform and Amazon Web Services, to share awareness on the state of impact that it is seeing across the industry and inform ongoing conversations with CrowdStrike and customers.

"We recognise the disruption this problem has caused

for businesses and in the daily routines of many individuals. Our focus is providing customers with technical guidance and support to safely bring disrupted systems back online," the blog said.

The software giant said the incident demonstrates the interconnected nature of a broad technology ecosystem comprising global cloud providers, software platforms, security vendors and other software vendors, and customers.

"It's also a reminder of how important it is for all of us across the tech ecosystem to prioritise operating with safe deployment and disaster recovery using the mechanisms that exist," Microsoft said.

The software major said that while software updates may occasionally cause disturbances, significant incidents like the CrowdStrike event are infrequent.

Kotak Bank profit up 81% to Rs 6,250 crore



MUMBAI, Jul 21 (Agencies): A stake sale in its general insurance subsidiary has boosted standalone net income of the fourth largest private sector lender, Kotak Mahindra Bank, by 81% to Rs 6,250 crore, of which as much as Rs 3,012 crore came in as the one-time income from deal with Zurich Insurance group that picked up 70% in the company during June quarter. In April-June quarter of last fiscal, it had booked only Rs 3,452 crore profit.

That means keeping the insurance stake aside, consolidating net profit stood at Rs 4,435 crore, the bank said. Net interest income of the lender was Rs 6,842 crore, 10% more than the Rs 6,234 crore it had in the same period last fiscal. In fact, none of the numbers met the street expectations as the bank's business was hit by the RBI ban on digital and mobile banking channels from the middle of April for not meeting KYC requirements and also for not fully securing customer

data from a technical angle.

"The RBI ban on digital and mobile banking channels had quite an impact on financials — saw temporary disruption on digital journeys, 811 business and credit cards," the management told reporters at the earnings call.

They claimed that they "have made major progress during the quarter with respect to IT infrastructure" but didn't share any details. They said in consultation with the RBI, they have put together a plan in place with Accenture, and Infosys for the tech upgrade.

"We have also started the the RBI mandated external audit and have appointed GT Bharat as external auditors in consultation with the regulator.

HDFC Bank logs 35% increase in net profit

NEW DELHI, Jul 21 (Agencies): Returning to its once famed over 30% net income for as many as 34 quarters on the trot which ended with the pandemic era, the second-largest lender logged in a robust 35.33% jump in net profit at Rs 16,174.75 crore for the June quarter even though the numbers are not comparable since the merger with its parent took effect only from July last year.

Higher profit is in spite of the bank seeing doubling of its standalone net NPAs and gross NPAs shooting up by 73% in absolute basis as the balance sheet expanded with the merger and not in actual percentage terms as the provisions came down massively. Loan provisions for the quarter stood at Rs 2,602 crore, a reduction compared to Rs 13,511.64 crore in the previous quarter indicating that the asset quality has only improved.

In percentage terms GNPA inched up to

1.33% compared to 1.24% in the previous quarter and 1.17% in the year ago period. Similarly, net NPAs rose to 0.39% from 0.33% as of March 2023 and 0.30% as on June 2023. In absolute terms, GNPA rose to Rs 33,025.69 crore as against Rs 31,173.32 crore in March 2023 and Rs 19,064.12 crore in June 2023. Similarly, NNPA stood at Rs 9,508.44 crore in the reporting quarter, compared to Rs 8,091.74 crore in a quarter ago period and Rs 4,776.87 crore in a year ago. In the year ago quarter on a standalone basis its net income stood at Rs 11,951.77 crore. However due to better asset quality provisioning was down to Rs 2,602 crore from Rs 2,860 crore a year earlier.

Total deposits were at Rs 23.79 lakh crore, up 24.4% year-on-year. Of this Casa deposits grew 6.2%, with saving account deposit at Rs 5.97 trillion, and current account deposit at Rs 2.67 trillion. Gross

advances stood at Rs 24.87 trillion, up 52.6% year-on-year. The net interest income rose by 50.31% to Rs 73,033.14 crore from Rs 48,586.81 crore during the same quarter of the previous year, the management told reporters.

On a consolidated basis net grew 33.17% to Rs 16,474.85 crore in Q1FY25. On the impact of merger and the resultant transition to the revised asset classification norms the bank made a clean gain of Rs 482.87 crore after transition to the revised norms for classification, valuation and operation of investment portfolio of banks on April 1.

Bank's asset quality improved

Balance sheet expanded with the merger and not in actual percentage terms as the provisions came down massively. Loan provisions for the quarter stood at Rs 2,602 crore, a reduction as against Rs 13,511.64 crore in the last quarter indicating that asset quality has only improved.

Paytm Q1 results marks beginning of the end of tough times, says Vijay Shekhar Sharma

NEW DELHI, Jul 21 (Agencies): Paytm, India's leading payments and financial services distribution company, continues to showcase the resilience of its platform and products during the first quarter results of the financial year 2025 (Q1 FY25), marking the beginning of the end of tough times, its founder and chief Vijay Shekhar Sharma said.

Sharma's comments come as the company said that it witnessed the rebounding of merchant operating metrics to January levels and a stable consumer base during its Q1 earnings.

The company, which reported its first quarter results on Friday, said that new merchant sign-ups are reaching January 2024 levels, with a marginal increase in its merchant subscriber base to 1.09 crore. It also said that daily merchant payment GMV (excluding disrupted products) has shown consistent improvement during the quarter and is almost back to January 2024 levels.

Further, as part of its earnings, the company added that its monthly transacting users have stabilised to approximately 7.8 crores at the end of June, with GMV per customer increasing.

"Our quarterly performance has been in line with our expectations, demonstrating the resil-



ience and capability of Paytm's products and services," said Paytm founder and chief executive, Vijay Shekhar Sharma, addressing analysts.

"This is just the beginning of the end of the tough times and this quarter reflects the full impact of the challenges we faced. As a team, we are committed to navigating through these times with a focus on compliance. My team and I are committed to ensuring we return to profitable quarters," Sharma said.

In the June quarter, Paytm's operating revenue reached Rs 1,502 crore, with a strong focus on merchant additions and cost optimisations.

The fintech giant's revenue from financial services amounted to Rs 280 crore, while revenue from marketing services was Rs 321 crore. The com-

pany's contribution profit for the quarter stood at Rs 755 crore, with a 50% margin. Its Earnings before Interest, Tax, Depreciation, and Amortisation (EBITDA) loss stood at Rs 792 crore. Net loss for the quarter stood at Rs 840 crore.

The company has a strong hold on expenses with cash balance standing at ₹1,810 crore as of June 2024, as compared to ₹1,865 crore for the previous quarter.

As Paytm moves towards stability in operating metrics, Sharma said that Paytm will enhance the total addressable market for cross-selling on its platform.

"We are fortunate to have a resilient customer base. We need to focus on cross-selling various financial services to our customers, both consumers and merchants. Our Average Revenue Per User (ARPU) remains stable, and we expect it to increase in the coming quarters," he added.

Psychosis patients should be involved when exercise routine is being designed for them: Researchers

NEW DELHI, Jul 21 (Agencies): Patients recovering from a psychotic episode need to be involved when their physical exercise routine is being designed so that they find it more acceptable and viable, according to mental health researchers.

Scientists at the Schizophrenia Research Foundation (SCARF), Chennai, found in a study that psychological fears related to exercising, along with barriers such as lack of equipment or access to outdoor space, can deter patients from being physically active.

With help from physical trainers, the researchers designed an exercise routine involving simple stretching and muscle-strengthening activities, and found that these patients could perform it in the comfort of their homes and in their daily attire.

These exercises, the study's authors said, can help make patients become brisker and more energetic.

"We found that due to their low motivation, patients would rather stop taking anti-psychotic medications than engage in exercise to reduce the weight gained as a side-effect of taking these medicines," the study's corresponding author R Padmavati, a psychiatrist and Director, SCARF, said.

Patients experiencing psychosis lose touch with reality. These individuals display radically changed behaviours and harbour delusional thoughts, which can

sometimes be accompanied by hallucinations.

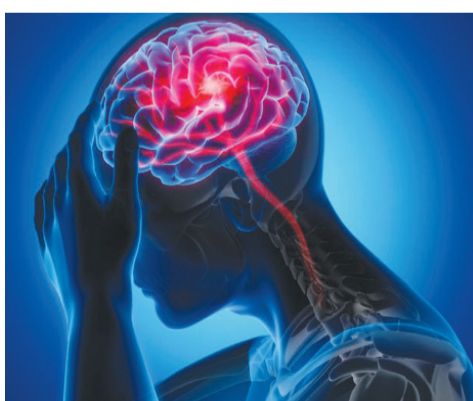
While the anti-psychotic medications prescribed by psychiatrists for treatment are scientifically proven in stabilising the patients, as a side-effect, they often put on weight.

"However, in another study, despite informing the patients of the positives, we found that they did not perform the activity suggested to them. We realised that we fail to think of their barriers to exercise, such as having a space to walk before telling them to go for regular walks," author Vijaya Raghavan, a consultant psychiatrist, who heads the research wing of the Department of Youth Mental Health at SCARF, said.

"We, therefore, thought of co-designing a physical exercise intervention by involving the patients in the process," he said.

The study, the first one in India to co-design a physical exercise routine for psychosis patients, was inspired by a similar 2020 research from The Royal Marsden NHS Foundation Trust, UK, involving breast cancer patients.

Published in the Asian Journal of Psychiatry in May, the study is part of a University of Warwick-India-Canada global health research group project and aimed at reducing the burden of obesity in people experiencing psychotic disorders. It was



funded by the UK-based National Institute for Health Research.

U Vijayalakshmi, a psychiatric social worker and a research assistant at the foundation, and Padmavati conducted interviews (in Tamil) and focus group meetings in a set of 34 participants. Nine patients recovering from their first psychotic episode, along with their family members and mental health professionals were included.

"Some of the patients told me, 'I'm already doing so much house work. Why are you burdening me with more work?'," said lead author Vijayalakshmi.

A joint meeting, involving certified physical trainers to get their inputs on designing a suitable exercise routine, revealed the patients' fears of exercising alone.

"Along with low motivation, the trainers also noticed that the patients are afraid of exercising alone, because of which there was little chance of them doing so," Vijayalakshmi said.

"The patients wanted to exercise in their own homes in their everyday attire, rather than going to a gym. They were also more interested in performing stretches, rather than weights training. Their caregivers too were wary about using weights," said Padmavati.

The trainers, therefore, advised designing simple, easy-to-perform exercises that would also take less time, she said.

Two videos were developed for the patients. The first had muscle-strengthening exercises, while the second had stretching ones, all demonstrated by a woman physical trainer along with verbal instructions in Tamil.

In one of the strengthening exercises, the instructor lay down on her back, knees bent vertically. She then straightened out one of her legs and lifted it up in the air till it made about a 45 degree-angle with the ground, before bringing it down to rest. After 10 repetitions, the trainer performed this exercise with her other leg.

One of the stretching exercises, as demonstrated in the second video, involved standing and bending the right leg backwards. The right arm was taken behind to

grab the toes of the bent leg. The instructor maintained this position for 10 seconds, before switching over to the left leg and arm.

Together, the exercise routine lasted 30 minutes -- 18 for strengthening and 12 for stretching.

Testing this video in a different set of 12 patients recovering from their first psychotic episode -- 11 women and a man—the researchers found that they engaged in the exercise routine for three to five days of a week.

The participants also largely reported feeling comfortable while doing the exercises along with the ease of every day attire and privacy of doing it at home.

However, the male participant reported that he felt discouraged from performing the exercise because the demonstrator was a woman.

"We now want to create a video with a male instructor and pilot it in a larger sample, before rolling it out as part of a randomised-controlled trial. Eventually, the physical exercise intervention video can be used for a larger population, such as that of Chennai," said Padmavati.

Raghavan said, "We also want to study how 'implementable' the exercise routine is, so that centres across the country, including government settings, can adopt and include it in their treatment plans."

India men's team to leave for Srilanka on Monday, Gambhir suggests bowling coach names

BCCI has yet to invite applications for the bowling coach job but the names of Vinay Kumar, L Balaji and Morne Morkel have come up.

NEW DELHI, Jul 21 (Agencies): Abhishek Nayar and Ryan ten Doeschate might join the support staff of newly-appointed head coach Gautam Gambhir during India's white ball tour to Sri Lanka, starting from July 27.

While none of it is officially confirmed, things might get clear when Gambhir addresses the media on Monday in Mumbai before leaving with the team for the Island nation. Nayar, who has played three ODIs for India, and Doeschate, who was a hard-hitting all-rounder for the Netherlands, have worked closely with Gambhir at the Kolkata Knight Riders and are likely to come in as assistant coaches, according to reports.

Nayar comes with a high reputation as a sharp cricket mind and a lifestyle/motivational coach who have worked with the likes of Dinesh Karthik and Rinku Singh.



Doeschate is currently working with LA Knight Riders in the ongoing Major League Cricket (MLC) and Gambhir has openly expressed his admiration for the team-first attitude of the Dutchman. While there was no clear view on the appointment of the bowling coach, it seems that T Dilip, who was part of Rahul Dravid's regime, will continue

in the role of the fielding coach.

Gambhir had suggested to the BCCI the names of former India seamers R Vinay Kumar and L Balaji and former South African pacer Morne Morkel for the role of bowling coach. However, the board is yet to invite applications for the job and one will have to wait and see who gets the role. For time being, someone from

the National Cricket Academy could travel to Sri Lanka with the team.

In his first press conference as India head coach, Gambhir will have to answer queries not just about his support staff but also about the appointment of Suryakumar Yadav as T20I captain over Hardik Pandya who was the vice-captain in the World Cup. Even for the SL tour, Shubman Gill has been named Surya's deputy while Pandya is featured as a player. For the ODIs, Rohit Sharma and Virat Kohli are back in the fold and will take part in the three-match series.

The Indian team is scheduled to travel to Colombo from Mumbai in a chartered flight on July 22. Nayar and Dilip could also be travelling with the team while it's not yet clear when Doeschate would link up.

British Open golf: Shubhankar fires 67, moves from cut line to T-16



TROON, Jul 21 (Agencies): India's Shubhankar Sharma, who spent three hours waiting to find out whether or not he had made the cut, zoomed up the leaderboard with a third round 67 at the 152nd Open here. Taking advantage of the benign conditions, Sharma shot a superb 4-under that included an incredible eight birdies against two bogeys and a double-bogey. He moved from overnight T-69 to T-16, but the leaders were still on the course.

With the first half of

the day providing some wonderful playing conditions, no pairing produced as many birdies as Sungae Im (six birdies) and Sharma (eight birdies).

Despite a double-bogey on the 15th, his round was a career-best at the Open. It bettered the 68s he had shot twice before in the final round of the 2019 edition and in the first round of the 2023 edition. Sharma opened with a 28-footer and then a 14-footer for birdies. Despite a bogey on the third he birdied the

Par-5 fourth and the sixth. After a par on the Postage Stamp eighth, he missed the green in regulation on the ninth and gave away a bogey to turn in 2-under. The 10th was a birdie after a superb second shot. Two pars later he came to the Par-4 13th, where he birdied from 13 feet. He made 30-footer for birdie on the 16th and saw a birdie putt miss narrowly on the 17th. Then he holed an 18-footer on the 18th.

"I was not disappointed (with 15th) actually. We got a bad ruling there. We were put on the clock after there was a ball search and everything that happened, so that was why I was unhappy," Sharma said. "But concentrating on the good things, we made two birdies coming in so I'm quite happy."

Marquez named men's football team coach

NEW DELHI, Jul 21 (Agencies): Spaniard Manolo Marquez, currently in charge of ISL side FC Goa, was named as the Indian men's football team head coach after the All India Football Federation's (AIFF) executive committee met here.

The AIFF said the 55-year-old Marquez will perform the dual role of managing the national team as well as the ISL franchise in the 2024-25 season before taking up the India job on a full-time basis. The tenure of Marquez was not disclosed by the AIFF.

Marquez has been coaching in India since 2020. His first stint was



with Hyderabad FC (2020-23).

Meanwhile, legendary footballer Bhaichung Bhutia today told the AIFF executive commit-

tee that he is resigning from his membership of the technical committee, alleging that the panel was "bypassed" while appointing the coach.

Debutant athletes to watch out for in Paris Olympics 2024: Balraj Panwar

NEW DELHI, Jul 21 (Agencies): India's Balraj Panwar is all set to make his debut in the Paris Olympics. Hopes of winning a medal lie on his shoulders as he is the only Indian rower in the upcoming showpiece event. The 24-year-old reached Paris Olympics and started his preparations with coach Bajrang Lal Takhar, who became India's first gold medalist in rowing during the Asian Games 2010 in Guangzhou.

Panwar will represent India in the men's single sculls. The youngster secured a quota for the Paris Olympics after his excellent performance in the Asian and Oceanian Rowing Olympic Qualification Regatta in Chungju, South Korea back in April. He won the bronze medal in the men's single sculls (M1x) event.

Last year, Panwar narrowly



missed out on winning a medal in the Asian Games despite his best efforts. He finished third in Hangzhou with a timing of 7:08.79. However, the rower showed nerves of steel to give himself a chance of winning a prestigious Olympic medal.

Balraj Panwar shines in Olympic qualification

Panwar started his qualifica-

6:59.74.

After doing well in the qualifications, a challenge lies ahead of Panwar to carry his form in the Olympics. With India yet to win a medal in rowing in the Olympics, the Young Turk is geared up to make history for his country.

"No Indian has made it to the semifinal in rowing. I hope to make it to the semifinals and achieve the best-ever feat for the country," Panwar said earlier in a media interaction organized by the Rowing Federation of India, SAI and IOA.

Dattu Bhokanal is India's most successful rower in singles in the Olympics after she finished 13th in Tokyo eight years ago. In doubles, Arjun Lal Jat and Arvind Singh finished 11th in the men's lightweight double sculls and it remains to be India's best performance, overall, in rowing at the quadrennial event.

Tamil Nadu shooter Prithviraj set for Olympic debut

CHENNAI, Jul 21 (Agencies): Prithviraj Tondaiman is at the peak of his powers. At 37, he is all set to become the first shooter from Tamil Nadu to take part in the Olympics. Coming from the lineage of Maharaja of Pudukkottai, Prithviraj — son of Rajagopala Tondaiman who was also a shooter — had fallen short of qualification for Rio and Tokyo Olympics. Paris, however, will see the trap shooter stake his claim at the biggest stage.

The road to this point, however, has not been a featherbed. After missing out on Tokyo Games, Prithviraj was determined to give his everything over the next three years to make the Paris dream happen. He was working as hard as he ever did, training as much as he always used to. However, it all took one conversation with Russell Mark, who joined as India coach in 2022, to lift him up.

The first time Mark met Prithviraj and watched him train, he told the Indian that everything is perfect with his technique and he has the ability to win a medal. "Till that point, no one had said that to me," recalls Prithviraj in a conversation with this daily. "Him being a champion, olympic medallist twice... someone like him saying that... It kind of changed me a lot. We haven't had someone who came to a player and said you can win a medal. They often try to correct the mistakes, but he was the first to say I can win a medal," he adds in an interaction facilitated by the National Rifle Association of India (NRAI).

Mark did not stop with just encouraging words. He also made it clear to Prithviraj that it was time to win. He detailed out a training programme for Prithviraj which had the do's and don'ts, how to train without tiring himself and more. He started perfecting himself technically, working towards smaller goals, practising single shots so that he could be ready when the moment comes in a final. Mark would also make the training fun by setting goals and rewarding the shooter.

"He would turn and say 'I will give you \$50 but you cannot miss the first and last target. You cannot miss two targets in a row or



you cannot miss when the guy on your left misses. If you do all this, I will give you \$50'. If someone does that, they believe in you and want you to do well. He is not wasting his time and is actually putting his own money to make you do something. These are very important things in a competition."

It did come in handy when he was in a crunch situation during the ISSF Shotgun World Cup at Doha where Prithviraj finished third, winning his first ever World Cup medal. "The final was neck-to-neck and England shooter Coward Holly had missed a shot in the shoot-out. He missed in the shoot-out, I had to hit only one of the last three to win silver. When he missed, I also missed. That is pressure. From thereon, the confidence grew. It was highly competitive in Doha with all the countries taking part. To win a medal in that field was a big confidence booster."

Prithviraj took that confidence into the ISSF World Cup Shotgun in Lonato, Italy later that year and accounted for another bronze medal. By this time, he had realised winning medals at big events was more about mental strength than technique. This is where Mark, who left the India coaching role midway through 2023, and the psychologist the TN shooter had been working with, played a significant role.

"It's absolutely very important to be mentally very strong. The difference between a guy who doesn't win a medal and a champion is that make-up. Even if you look at my Lonato World Cup, the interview right after

the World Cup, the commentator told me 'throughout the final, I kept saying, oh, he's under trouble, he's under trouble but looks like you are never under trouble because you ended up winning. What did you do differently? How did you, how did you get through this?' I missed a few targets in the beginning but after that, I had to mentally pull myself and say I will get a chance because there are other shooters who are also probably going to miss it some time. And when they miss, I have to be there. I cannot give up. You have to be very tough to fight till the very end."

Mark might have left the Indian team, but the two still keep in touch and discuss a lot about Prithviraj's shooting technique whenever they meet. And if the Indian needs anything, he would get in touch with the Australian any time he needs. For the Paris Olympics, the 37-year-old prepared in Croatia, where he was shooting with Giovanni Cernogoraz, London Olympic Games gold medallist and also the current world champion, in the first week of July before joining the Indian contingent in Italy. Since then, the Indian team has been training at Cernay, a small French commune next to the Switzerland border, before the Games begins.

As much as Prithviraj is confident and mentally ready for the big challenge, the occasion and what it means to his family in Pudukkottai has not escaped his mind. "My father was a shooter and he had also wanted to take part in the Olympics. It was his passion also. He put in a lot of hard work but because he started very late he couldn't achieve it. So he gave it everything when I started the shooting, he supported me in every way possible because when we didn't have a range to train in Tamil Nadu, he built a range for me which is no small task. Even today, he goes to the range every day, he coaches them every single day. So more than the family history and everything, that dedication that he has put in and is still putting in for that. This Olympic qualification of mine is a very, very happy moment for him. And now it's time to make them more proud and win a medal at the games."

Top overseas athlete to watch out for in Paris Olympics: Noah Lyles



UNITED STATES, Jul 21 (Agencies): Noah Lyles, the face of American track and field, has boldly declared his intention to win "all of the medals" at the Paris 2024 Olympics. At the 2023 World Athletics Championships in Budapest, Lyles made history by becoming the first man since Usain Bolt to win gold in the 100m, 200m, and 4x100m relay. Now, he aims to etch his name in Olympic history, building on his bronze medal in the 200m in Tokyo 2020. Lyles boasts an impressive array of accolades: an Olympic bronze, six world titles, and four Diamond League Final trophies. His crowning achievement came at the 2023 World Championships in Budapest, where he completed a remarkable sprint treble, retaining his 200m crown from 2019 and 2022. This rare feat cemented his status as the first man since Bolt in 2015 to win gold in the 100m, 200m, and 4x100m relay.

A longtime admirer of Bolt, Lyles has openly expressed his desire to break the Jamaican icon's longstanding records in the 100m and 200m events. "I've always known that I'm the fastest man in the world," Lyles confidently stated after his triumph in Hungary. "Well, in my head, I think I'm going to break it. I'm planning to break it." Lyles' rise to prominence coincided with Bolt's retirement from the sport. He won his first Diamond League meet in 2017, secured his first outdoor World Championship gold in 2019, and claimed

his first Olympic medal, a bronze in the men's 200m, at the Tokyo 2020 Games. In 2022, Lyles further established himself as a sprinting great by clocking 19.31 seconds in the 200m at the World Athletics Championships in Eugene, Oregon, placing him third on the all-time leaderboard for the event.

In the final Diamond League meeting before the Paris Olympics, Lyles ran a personal best of 9.81 seconds in the 100 meters, solidifying his status as a top contender. This performance, in front of a sellout crowd of 60,000, marked the fastest time of his career, clipping two-hundredths off his previous best. Lyles emerged victorious despite a sluggish start, showcasing his supreme transition in the latter half of the race.

"That was fun," Lyles remarked after the race. "I could have had a better start, but the transitions were great and coming away with a PB, this has been what I prayed for and what I wanted." His 9.81-second finish is the third-fastest time globally this year, trailing only Jamaica's Kishane Thompson and Kenya's Ferdinand Omanyala.

Looking ahead to Paris 2024, Lyles is not shy about his ambitions. "I'm going to win," he declared. "That's what I always do." As the newly crowned "fastest man in the world," a title he earned by winning both the 100m and 200m at the 2023 World Championships, Lyles is poised to pursue unprecedented success at the Olympics.

Lyles has revealed an audacious plan for Paris 2024: a bid to win four gold medals by adding the 4x400m relay to his repertoire. This bold move underscores his ambition to strike faster than lightning and dominate the global stage, leaving an indelible mark on the world of athletics.

Big Boost for Janata Dal United as Several Youths Join Party at Srinagar Office

Top News Report

SRINAGAR, July 21: In a significant development, Janata Dal United (JD(U)) received a major boost as several youths joined the party at its Srinagar office on Sunday. This move comes as a setback to several social activists who have now shifted their allegiance to JD(U). The announcement was made in the presence of prominent party leaders, including State General Secretary Vivek Bali, State General Sec-



retary Dr. Ayub Mattoo, and political advisor Riyaz Malik. The leaders welcomed the new members and emphasized

the importance of youth involvement in the political landscape. Vivek Bali highlighted the party's commitment to

addressing the concerns of the youth and working towards the development of the region. Dr. Ayub Mattoo and Riyaz Malik

echoed similar sentiments, expressing their optimism about the positive impact this influx of young energy will have on the party's future endeavors. The new members expressed their enthusiasm and readiness to work under the JD(U) banner, aiming to contribute to the party's mission and objectives. This development marks a significant step for JD(U) in strengthening its presence and influence in the region.

Chandel welcomes Yogi government's decision on name plate

Top News Report

JAMMU, July 21: Hinduist BJP leader Guruji Raju Chandel while talking to journalists on the occasion of Guru Purnima here today said that people of all sects and Sanatan Dharma living in the country should take care of the dignity and purity of their path and religion and they also have the right to do so. Our Hindustan India is a country of unity in diversity and this country is like a bouquet in which people of different sects live and they have faith in their own path. No one has the right to hurt their faith. Our country is a country that believes in Sanatan Dharma and most of the paths have emerged from Sanatan Dharma.



He called Mehbooba Mufti's statement very unfortunate and said that he strongly condemns the work done to mislead Dalits and Muslims and said that the freedom that Muslims got in this country is not there in other countries. Today, on the holy festival of Sawan, the decision taken by our Uttar Pradesh's proud Chief Minister Shri Yogi Adityanath ji regarding the name plate is a commendable step towards the shopkeepers. A

the minority Muslims and Dalits living in the country. Today, the maximum development work is being done for Dalits and Muslim brothers. Welfare schemes are being made mostly for Dalits among Muslims, but the Mahathughbandhan does not refrain from doing politics for its petty purposes in the greed of power.*

Shri Chandel said that Kejriwal, who talked big in our Jammu Kashmir, could not stay in Jammu and went to jail and Kejriwal disappeared from Jammu Kashmir, now Ravana has come to mislead the Dalits, he too will not succeed

Shri Chandel said that some such greedy foreign religious conspirators have forcibly converted Dalit Valmiki tribal people living in Jammu Kashmir to Christianity by luring them, which is a matter of concern. All these Dalit tribal people have been forced to join Christianity by luring them with money, their homecoming is very important. Our central government needs to take concrete strategies and steps, to ensure that Dalits and tribals do not go to other religions in future and strict action should be taken against such people who are forcibly converting them to other religions

Homage to martyrs of Kathua, Doda by Higher Secondary School Bhalra



Top News Report

BHADERWAH, July 21 (Agencies) : In collaboration with 2 J&K (I) Coy NCC Bhaderwah, PM Shree Higher Secondary School Bhalra Bhadarwah paid homage to the martyrs of Kathua and Doda here today. On this occasion, a program was organised in which NCC Cadets, ex-cadets and students

along with staff members and Head of the Institution assembled in the premises of PM Shree HSS Bhalra who paid rich tributes to the Brave Hearts/National Heroes who lost their precious lives in terror attacks at Kathua and Doda of Jammu and Kashmir. Remembering the brave soldiers, who Sacrificed their lives in the line of duties to protect the National Integrity and sov-

ereignty of the Nation, participants expressed their indebtedness to these brave hearts who valiantly fought the enemies of the nation and laid down their lives.

The event was marked by lighting a Lamp in honour of the martyrs which was followed by two minutes silence and National Anthem.

"The event was aimed a long way to strengthen the bond of mutual understanding, respect and brotherhood between awam and jawan," a release in this regard stated.

The programme was organised by Dr Sanjeev Kumar Koul (Associate NCC Officer/Zonal Counseling & Cultural Incharge) under the supervision of Pardeep Singh Billawria (Principal of the Institution).

On Guru Purnima, Kaith and others pay obeisance to Guru Gyagi



Top News Report

JAMMU, July 21: Today on Guru Purnima, Sri Guru Gyagi Foundation' Special Secretary R.L.Kaith and many others paid obeisance to Sri Guru Gyagi Ji at various places.

Kaith said, Guru Purnima is a sacred and significant day dedicated to honoring and expressing gratitude towards Guru who leads others from

darkness to light, from ignorance to knowledge, and from confusion to clarity. Guru, in many traditions and also in ways of life, is often seen as a source of wisdom, guidance and inspiration, and helps people on the path to spiritual growth and enlightenment, helping them overcome the obstacles in the path which may come in the form of ignorance, ego and the likes, he added.

Governor Haryana meets Cricketer Amir Hussain Lone, Brand Ambassador, Aryans Group of Colleges, Chandigarh



Top News Report

JAMMU, July 21: Para Cricketer Amir Hussain met Governor Haryana, Bandaru Dattatraya. Dr. Anshu Kataria, Chairman, Aryans Group of Colleges, Rajpura, Near Chandigarh was with him.

Amir along with Aryans Group of Colleges is on a 15 days tour to 7 states including Punjab, Haryana, Chandigarh, Delhi, Bihar, Jharkhand, Jammu & Kashmir etc to motivate students for sports & education & before starting this tour Amir took blessings from

Haryana Governor. Amir elaborated that he has faced many challenges to reach here. He believes that no students should face any challenges while in sports or education. So for this, Amir & Aryans Group of Colleges both are working together to be aware, motivate & guide students.

Governor Haryana honoured Amir & said that Amir life is a true inspiration for all. Despite all odds, he didn't lose hope & made his dream come true. I am happy that not only Sachin Tendulkar & other cricketers have

appreciated Amir, but Adani Group has also honoured him.

Dr. Anshu Kataria said that from 20th July to 2nd Aug, Amir & Aryans Team is on 7 states tour including Punjab, Chandigarh, Haryana, Himachal, Bihar, Jharkhand, Jammu & Kashmir to guide & motivate students. Also needy and deserving students will also be given some scholarships opportunities for higher education. Dr. Garima Thakur, Deputy Director, Aryan Kataria, CEO, Aryans Group were also present.

Conduct of Painting Competition at Poonch

Top News Report

POONCH, July 21: The Summer migration of Gujjar-Bakarwals of south of PirPanjal to higher reaches resulted in social economic disadvantages, including limited access to education, healthcare, sports and other basic amenities. Indian Army in response to the unique migratory pattern of the Gujjar and Bakarwals have been conducting summer schools for the children of these nomadic communities at their summer location to provide them education and sports facilities at their door step. As part of the on-going Summer Schools activities, a painting competition was organized at PWS, Sabra Poonch District. This initiative not only aimed to engage the public, particularly young students, but also to strengthen bond between army and



Aawam. A total of 45 students and six teachers participated in the event. Participants were briefed on the rules and theme for their artwork. Theme of the competition was 'Patriotism and Community Harmony'. The painting competition as part of summer school activities serves as a powerful tool for fostering cooperation and understanding within the community. By embracing creativity and celebrating diversity, this initiative leaves a lasting impression on all who participated, thereby reinforcing the bond that unite military and civilian population alike.

Say No To Drugs Lecture on Drug Abuse at Naili, Rajouri

Top News Report

RAJOURI, July 21: Mental health issues, performance pressure, growing emptiness, social networking and changing socio-economic conditions are affecting the youth of the country and making them vulnerable to addictive distraction.

The abuse of drugs and alcohol is by far the leading cause of preventable illness and premature death in our society. Indian Army with this aim, has organized a lecture to spread awareness on the dangers of drug abuse amongst the teenagers and its ill effects in the society of Naili, Rajouri. The focus

of the awareness lecture was to further educate local people about increasing drug menace and its harmful effects, both physically and mentally. Local people were made aware as to how one time use of drugs to deal with stress or to get a momentary high or to just 'fit in' with his or her peers, affect

their lives as well as their family. The attendees were also informed about the ill effects of Tobacco consumption & how does it leads to oral cancer among people. The locals expressed their gratitude towards Indian Army for organizing such awareness programs and seminar on social issues.

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