

TOP NEWS OF J&K

JAMMU, SUNDAY, JULY 28, 2024

Daily Evening Newspaper



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BRIEFLY

Police begin probe after three bodies found in Dal Lake

SRINAGAR, July 28 (Agencies): Three bodies that were retrieved from Dal Lake near Foreshore Road in Srinagar yesterday have been identified as Ramban residents even as police said further investigation is going on.

A top police official said that the deceased include a woman and her minor kids and they were residents of Ramban's Gool area.

He said that the primary investigation suggests that this could be the case of suicide by drowning, but final conclusion will be made once probe is completed. "A special team of doctors, including forensic experts, are on job to ascertain details and further investigation is underway," he said.

The official said that as a professional force Srinagar police will conduct foolproof inquiry into the matter, while forensic experts are already on job.

Notably, body of a woman and her two minor kids was retrieved from Dal Lake yesterday evening, following which police initiated further proceedings.

Drowned in river Jhelum, Teenage boy's body retrieved

SRINAGAR, July 28 (Agencies): Body of the 19-year old boy drowned in Herinara Sumbhal in north Kashmir's Bandipora district was retrieved today afternoon.

Husaib Hilal son of Hilal Ahmad Shah a resident of Main Bazar Sumbhal drowned yesterday in a river Jhelum. The locals raised an alarm following which police, 13 rr Army, SDRF and locals started a rescue operation at the site, however no trace of the drowned boy was found till late evening.

A team of SDRF launched a rescue operation this morning, leading to the retrieval of the body.

The body is being handed over to the family for last rites after conduct of medico-legal formalities.

Two injured after attacked by Bear in Ladhoo Pampore

SRINAGAR, July 28 (Agencies): Two persons were injured after

President Droupadi Murmu appoints New Governors in 9 States

NEW DELHI, July 28 (Agencies): In a significant reshuffle, the President of India Droupadi Murmu has announced the appointment of several Governors.

The appointments which were made are Haribhau Kisanrao Bagde (Governor of Rajasthan), Jishnu Dev Varma (Governor of Telangana), Om Prakash Mathur (Governor of Sikkim), Santosh Kumar Gangwar (Governor of Jharkhand), Ramen Deka (Governor of Chhattisgarh), C H Vijayashankar (Governor of Meghalaya), C.P.



Radhakrishnan, currently the Governor of Jharkhand with additional charge of Telangana, has been appointed as the Governor of Maharashtra, Gulab Chand Kataria, currently the

Governor of Assam, has been appointed as the Governor of Punjab and Administrator of the Union Territory of Chandigarh.

Similarly Lakshman Prasad Acharya, cur-

rently the Governor of Sikkim, has been appointed as the Governor of Assam and will also hold additional charge as the Governor of Manipur. Additionally, the President has appointed K. Kailashnathan as the Lieutenant Governor of Puducherry.

The President of India has accepted Banwarilal Purohit's resignation as Governor of Punjab and Administrator of the Union Territory of Chandigarh. These appointments will take effect from the dates the appointees assume charge of their respective offices.

Judges should use a sense of robust common sense in bail petitions: CJI D Y Chandrachud

BENGALURU, July 28 (Agencies): Chief Justice of India D Y Chandrachud on Sunday said the trial Judges prefer playing safe by not granting bail on important issues of crime when it is looked at with a degree of suspicion.

The Chief Justice underlined the need for a 'sense of robust common sense' to look at the nitty-gritty of each case.

"People who should be getting bail in the trial courts and not getting it there, as a result of which, they have to



invariably move the high courts. People who should be getting bail in the high courts will not necessarily get it, as a result of which, they have to move to the Supreme Court. This delay compounds

the problem of those who are facing arbitrary arrests," Justice Chandrachud said.

He was replying to a question at the end of a keynote address during the '11th Annual Conference of the Berkeley Centre on Comparative Equality and Anti-Discrimination'. The question was on the arbitrary arrests.

The questioner said we seem to live in a society where one acts first and seeks forgiveness later. This has become particularly true for

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Joint search Op launched following suspicious movements in Poonch, Reasi



JAMMU, July 28 (Agencies): Security forces have launched joint search operations in the border and mountainous areas of Jammu and Kashmir's Poonch and Reasi districts after receiving information about suspicious movements, officials said on Sunday.

The forces are on high

alert and have urged residents to report any suspicious activities in their localities.

The officials said a massive joint search operation was initiated early Sunday in several areas along the Line of Control (LoC) near the Salotri-Mangnar forward area of Poonch district.

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Punjab Police busts International Drug Network, arrests two with Rs 1 Crore Cash

CHANDIGARH, July 28 (Agencies): The Punjab Police on Sunday said it has busted an international drug network with the arrest of two persons and also recovered over Rs 1 crore cash from them.

The accused were working for two drug smugglers based abroad, said Director General of Police Gaurav Yadav.

"In an intelligence-based operation, @PunjabPoliceIndia busts international drug network, seizes over Rs 1 crore drug money and apprehends 2 operatives of foreign-based top drug smugglers Gurjant Singh Bholu & Kinderbir Singh @ Sunny Dyal," Yadav said in a post on X.



The State Special Operation Cell, Amritsar has registered a case against the foreign-handlers and two operatives for running an organised

crime syndicate, he said. "Recovery: Rs 1.07 crore drug money, 1 money counting machine, 1 car, and 2 mobile phones," the DCP said.

Three students die after coaching institute basement flooded in Delhi's Rajendra Nagar

NEW DELHI, July 28 (Agencies): One more body was recovered from the flooded basement of a coaching institute in Delhi's Rajendra Nagar, taking the total tally of deaths to three.

The rescue teams recovered a third body from the basement. The search operation is still underway at the spot.

A group of students also staged a protest against the MCD at the spot after the recovery of bodies.

DCP Central, M Harshvardhan, urged all the students not to carry protests as it would hamper the rescue services.

"The bodies have been sent to the hospital

for further legal action. Rescue operations are still underway. The water is being pumped out. There is still about seven feet of water in the basement. I request the student community to not come here and hamper the rescue services. We share their pain but coming here to the spot is not the solution. It will hamper the rescue services," he said.

Delhi Police said that due to very poor visibility and a flooded basement, divers and National Disaster Response Force (NDRF) are still searching the spot.

Reacting to the incident, Fire Officer Atul Garg said, "A total of five

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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

At 24.6°C, Sgr records season's hottest night, 3rd highest minimum temperature in 132 years

SRINAGAR, July 28 (Agencies): Srinagar, the summer capital of Jammu and Kashmir, recorded the hottest night of the season at 24.6 degree Celsius.

The temperature, however, was 5.8 degree Celsius above normal and was the third highest temperature in the last 132 years, informed an Independent Weather Forecaster, Faizan Arif Keng to the news agency—Kashmir News Observer (KNO).

The 2nd all-time highest minimum temperature was recorded on 26 July 2021 at 24.8 degree Celsius while the all-time highest temperature was

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CHOUBARSI

Four years have passed since you left us but your sweet memories and blessings will stay with us forever.
Choubarsi of our beloved Father **Late Sh. Vijay Sharma** will be held on Monday 29th of July 2024 at H.No. 159, Sec-2, Channi Himmat, Jammu.
DEEPLY REMEMBERED BY
Smt. Madhu Sharma (Wife)
Sons & Daughters-in-law
Mr. Vishal Sharma & Mrs. Teena Sharma
Mr. Vikas Sharma & Mrs. Vinu Sharma
Mr. Rameshwar Sharma & Mrs. Amrita Sharma
Grand Children :
Mihira, Yaakshi, Ayra, Meeharvi, Druvish & Rishaan
Green Interiors, Kunjwani Jammu
Green Interio, Roop Nagar, Jammu
Mob.: 9419117973



Late Sh. Vijay Sharma

10TH DAY KRIYA

With profound grief & sorrow, we inform the sad demise of our beloved **Sh Ram Pal Sharma** (Retd ZEPO & President of Baba Kaikh Nath ji Mandir committee) S/o Sh Isher Dass R/o Domana Mandir. **10th Day** will be performed on Sunday 28th- July - 2024 at our Residence at 10:00 am. **Kriya** will be performed on Monday 29th-July-2024 at our residence at 11: 00 onwards.
GRIEF STRICKEN
Smt Chetna Devi - **Wife**
Amit Seth & Vijayta (**Son & Daughter in law**)
Samiksha & Raman Sharma (**Daughter & Son-in-Law**)
Sheveta. & Kunal (**Daughter & Son-in-Law**)
& All members of Seth Family
Mob- 94191-04717



Sh Ram Pal Sharma

SHADMOS/MASWAR

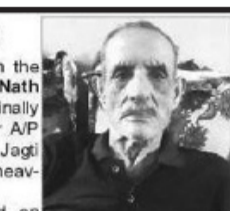
Six months have passed since you left us but you are deeply loved and missed. Our hearts still don't accept that you are not with us anymore. Your noble, honesty and gracefulness will always be remembered. We pray God to bestow you the Vaikuntha. **Shadmos and Maswar** of our beloved Mother **Smt. Raj Dulari** shall be performed at our residence 25-C, Karan Nagar, Lane No. 3, Jammu on 28/7/2024 and 29/7/2024 respectively.
DEEPLY REMEMBERED BY
Sh. Shamboo Nath Razdan and Family and All Razdans, Mahaldars, Kaks, Kouls, Rangroos and Karhaloos.
Mob.: 9419185041, 7006611825, 9419194007



Smt. Raj Dulari

10TH DAY KRIYA

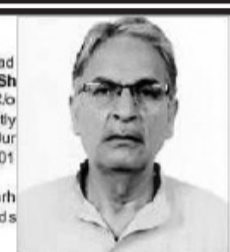
With profound grief and sorrow, we inform the sad demise of our beloved **Sh Jagar Nath Pandita** S/o Late Sh Hari Ram Pandita originally from village Sofi Hamam Sopore Kashmir A/P Lane No. 25 Block No. 160 Flat No. 15 Jagti Migrant Camp Nagrota Jammu who left for heavenly abode on 22.7.24 (Monday). **TENTH DAY KRIYA** will be performed on 31.7.24 (Wednesday) at Muthi Ghat near Sh Jagar Nath Pandita Directorate of School Education at 8.30 AM. **Mourning** will be performed at Community Hall Lane No. 24 Backside.
GRIEF STRICKEN :
Lt Sh Amar Nath Pandita & Lt Smt Sheela Pandita -**Brother & Bhabhi**
Sh Paray Lal Pandita & Lt. Smt Mount Pandita -**Brother & Bhabhi**
Smt Ka Ramesh Kanti & Lt. Smt Duljari Sisters
Sh C L Pandita & Smt Jyoti Pandita -**Son & Daughter-in-law**
Sh Kien Pandita & Smt Babli Pandita -**do-**
Smt Santosh & Sh Biju Ji Pandit- **Daughter & Son in law**
Smt Meena Raina & Sh Satish Raina-**do-**
Smt Veena Bhat & Sh Sushil K Bhat-**do-**
GRAND CHILDREN: Akshay, Shalu, Ribu, Shibu Urv, Diya, Krishna Pari, Jiya, Priya
Mob Nos 9469281512, 9797362296



Sh Jagar Nath Pandita

TENTH DAY

With a heavy heart, we regret to inform the sad demise of our beloved and everloving father **Sh Bushan Lal Jinsi** S/o Late Raghu Nath Jinsi R/o Mulla Arjan Fatak Kadal Srinagar Kashmir presently residing at: Flat B 409 4th Floor Tower B Apex Our Homes Society Sec 37C Gungamaryana 122001 on 23-07-2024.
Tenth Day will be performed at Ganga Ghat, Garh Mukteswar Bridge Hapur UP at 8.30 am onwards on 1st August, 2024.
Deeply missed and remembered by :
Smt Sarla Jinsi (Wife)
Smt Sheela Jinsi W/o Late Sh Pyara Lal Jinsi
Daughter-in-laws and Sons
Smt Sheela Raina and Neeraj Jinsi
Smt Shilpa Bhat and Dharendra Jinsi
Smt Purnmy Jinsi and Late Moti Lal Jinsi
Smt Sumta Jinsi and Sunil Jinsi
Smt Raj Dhulan Koul W/o Lt G K Koul (Sister)
Daughters and Son-in-law
Smt Sumta Jinsi and Ramul Dass
Smt Sanjiv Koul and Kamal Krishan
Grand Children : Shroon, Vansh, Sakshi
705309005, 9818002014



Sh Bushan Lal Jinsi

FIFTH DAY

With profound sorrow and grief it is to inform that **FIFTH DAY** of **SMT VIJAY SHARMA** W/o Sh. CM Sharma R/o Talab Tillo Bohri who left for heavenly abode on 26-07-2024 will be performed on 29-07-2024 at Banwari Dass Temple Near Govt Girl High School Mubarak Mandi Jammu at 11.00 AM.
GRIEF STRICKEN
Smt & Sh. Meena & Anil Sharma (PNB) **Bhabhi & Brother**
Smt Anju Sharma (Bhabhi) W/o Late Sh. Vinod Sharma (JKB)
MOBILE NO: 7889908843, 9419243675



SMT VIJAY SHARMA

ADH BARKHI

Six months have passed since you left us for your eternal journey. Your memories are still fresh and we feel your presence everywhere, a lifetime **ADH BARKHI** of our beloved **LATE SMT. ASHA BANGATHA** W/o Sh. Sanjay Gupta, R/o MIG 32 PHASE 1ST Housing Colony Uthapur, shall be performed on 30th of July 2024 (Tuesday) at 10:00 am, at Shiv Mandir Housing Colony Uthapur.
GRIEF STRICKEN :
Mother-in-law Smt Shanti Dasi W/o Late Sh. Kishan Lal Bangathal
Husband: Sh. Sanjay Bangathal
Daughter, Daughters and Daughter
Sh. Rajesh Gupta, Smt Sangeeta Gupta and Dr. Ashrak Gupta
Daughter in law & Son
Ruchi Gupta W/o Anan Bangathal
Priya Gupta W/o Akshay Bangathal
Grand daughter: Diya
Bhabhi's & Brothers :
Smt Sarika Gupta W/o Sh Kapil Malgotra
Smt Shanti Gupta W/o Sh. Uday Bhat
Smt Shwanti Gupta W/o Sh. Deepak Bhat
Smt. Isha Gupta W/o Sh. Shekhar Bhat
CONTACT NUMBER : 9419180200, 9419150750, 9622190200, 9469257555



LATE SMT. ASHA BANGATHA

SHADMOS AND MASAWAR

Six Months since you left for heavenly abode but your memories are still fresh and we feel your presence everywhere. Though the pain of losing you will never fade but your memories and love are always there with us. We devotedly pray to Almighty God to grant eternal peace to your noble soul in Heaven.
SHADMOS AND MASAWAR of our beloved **Karamyogi Late Mrs Nimi Raina** W/o Mr. T. N Raina (original resident of Reshi Mohalla Habba Kadal Srinagar Kashmir) and 63 Lal Nagar Charanpora will be performed on July 28th and July 30th 2024 at our residence H. No 231 Sector 45 Faridabad
Deeply Remembered By
T. N Raina (Husband)
Anand Raina and Rachna Raina
Ankit Raina
Anushka and Aarohi Raina
Zutshi Punjabi Saraf Jawansher Bhat' Munshi's, Razdan's and all who love and care for Noble soul.



LATE MRS NIMI RAINA

TENTH DAY

With profound grief and sorrow, we inform the sad demise of our beloved **Smt. Anita Pandita** R/o H.No. 242, Sector-1, Vinayak Nagar, Muthi, Jammu on 22-07-2024.
TENTH DAY will be performed at Muthi Ghat at 10:00 AM on 31-07-2024 (Wednesday).
GRIEF STRICKEN
Sh. Ravi Kumar Pandita - **Husband**
Sh. Rohan Pandita -**Son**
Daughter and Son-in-law
Smt. Archana and Nitin Chowdhary
DEEPLY REMEMBERED BY:-
PANDITA FAMILY
CONTACT NO: 6005764650, 7889912715



SMT. ANITA PANDITA

DISCLAIMER

"Top News of J&K" does not take responsibility for the contents of the advertisements (Display/ Classified) carried in this newspaper. The paper does not endorse the same. Readers are requested to verify the contents on their own before acting there upon."

TENTH DAY KRIYA

With profound grief and sorrow we inform the sad demise of our beloved **Sh Jawahar Lal Raina (Nana Jee)** originally from Bana Mohalla Srinagar. Presently residing in H No. 52 Parwan Endave Paloura Jammu left for heavenly abode on 24.07.2024. The **10th Day Kriya** will be performed at Muthi Ghat near Education Department on 02 Aug. 2024 at 8.00 AM.
In Grief
Smt Sarala Raina **Wife**
Brother and Sister in law
Sh Vinod and Late Smt Meena Raina
Daughters and Son-in-laws
Late Smt Ruby and Sh Vijay Raina
Smt Neeru and Vinod Dhar
Sister and Brother in law
Smt Phoola and Sh Surender Hakhu
Son and Daughter in law
Sh Ajay and Isha Rani
Grand Children
Mehu, Yash and Aarna
Also Samast Munshi, Khar, Pandita, Koul, Gas Chhangoo, Matto, Kozhup
In law Parivar
Corit No. 9469468655, 9958985685, 8493845752, 9870004545



Sh Jawahar Lal Raina (Nana Jee)

SHADMOS/MASWAR

Six months have passed since you left for your eternal journey. Physically you are not with us, but we all feel your presence in every moment of life, your loving memories are still fresh in our hearts. Your noble, honest and graceful life will always be remembered. We pray to God for eternal peace to the noble soul.
Shadmos & Maswar of my mother **Late Raj Kumari Koul**, W/o Ramesh Wali R/o 268-A Patoli Mangotrian Jammu will be performed on 28th & 29th of July 2024 at Jammu Yatri Bhawan Haridwar.
DEEPLY REMEMBERED & MISSED BY:-
Sh. Ramesh Wali (**Husband**)
Pallavi & Anmol Wali (**Daughter in law & Son**)
Smt & Sh. A.K. Kotha (**Bhabhi & Brother-in-law**)
Smt & Sh. R.K. Kotha (**Bhabhi & Brother-in-law**)
Smt & Sh. Sanjeev Koul (**Sister & Brother-in-law**)
Smt Vijay Peshin (**Sister**)
Smt & Sh Dr. Ashwani Koul (**Sister & Brother-in-law**)
Smt & Sh. Sanjay Thussu (**Sister & Brother-in-law**)
Smt Wallis, Kothas, Peshin's, Koul's, Thassu's and Munshi Families.
Mob: - 7006549539, 9149496310 and 9622226911



Late Raj Kumari Koul

OBITUARY/TENTH DAY

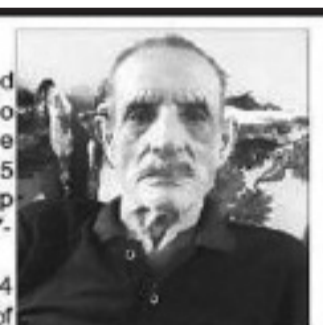
With profound grief & sorrow, we inform the sad demise of our beloved **Sh Brij Nath Dhar** S/o Lt Sri Kanth Dhar of New Qazi Bhag Anantnag Kashmir At present H No. 286 Lane No 16 Swaran Vihar (Police Colony) Bantalab, Jammu.
Tenth Day will be performed at Muthi Ghat near Directorate of School Education office on 3.8.2024 Saturday at 9 AM.
GRIEF STRICKEN :
Susheela (**Daughter**) Mob. 9 596958382
Smt & Shri H L Dhar -**Son** Mo b. 8717090262
Smt & Sh Bihari Lal Dhar - **Son** Mob. 9469191706
Smt Shoba Dhar (**Sister in law**)
Smt Kumba Dhar- **Sister in law**
Smt & Sh D P Dhar
Smt & Sh B L Dhar 9419209859
Smt & Sh V K Dhar 9419331011
Smt & Sh A J Dhar 9419131398
Smt & Sh G L Pandit (**Sister & Brother in law**)
Smt & Sh R L Raina (**Sister & Brother in law**)
Grand Children : Himanshu, Neha, Ashi



Sh Brij Nath Dhar

10TH DAY KRIYA

With profound grief and sorrow, we inform the sad demise of our beloved **Sh Jagar Nath Pandita** S/o Late Sh Hari Ram Pandita originally from Village Sofi Hamam Sopore Kashmir A/P Lane No. 25 Block No. 160 Flat No. 15 Jagti Migrant Camp Nagrota Jammu who left for heavenly abode on 27-07-2024 (Monday).
Tenth Day Kriya will be performed on 31-07-24 Wednesday at Muthi Ghat near Directorate of School Education at 8.30 AM.
Grief Stricken
Sh C L Pandita & Smt Jyoti Pandita-**Son & Daughter-in-law**
Sh Kien Pandita & Smt Babli Pandita-**do-**
Smt Santosh & Sh Biju Ji Pandit- **Daughter & Son-in-law**
Smt Meena Raina & Sh Satish Raina-**do-**
Smt Veena Bhat & Sh Sushil K Bhat-**do-**
Grand Children :- Akshay, Shalu, Ribu, Shibu, Urv, Diya, Krishna, Pari, Jiya, Priya
Mob. 9469281512, 9797362296



Sh Jagar Nath Pandita

TENTH DAY/KRIYA

With profound grief and sorrow, we inform the sad demise of our beloved father **Late Sh Chhaju Ram Manhas** R/o H.No and Lane No. 1, Saraswati Vihar, Bamai behind Anuradha Public School, Bamai, Jammu on 20-7-2024 (Saturday).
TENTH DAY will be performed on 29-7-2024 at 11 AM at our residence.
KRIYA will be performed on 01-8-2024 at 12 Noon at our residence.
RASAMPAGRI/UTHALA will be performed on 2-8-2024 at our residence.
GRIEF STRICKEN
Sh. Joginder Singh Manhas & Smt Babita Rani (**Son & Daughter in Law**)
Mr Harshbarden Singh & Mrs Sheela Pawar (**Grand Son & Grand Daughter in Law**)
Smt Samrati Rajput and Sh. Sunil Singh Chib (**Grand Daughter & Grand Son in Law**)
Hony/Lt. Sh. Teju Ram Manhas and Smt Binla Devi (**Borther & Bhabhi**)
Sapna Rajput & L S Pathania - **Daughter & Son-in-law**
Ph. 9419129027, 9596657134



Late Sh ManjiCapt Chhaju Ram Manhas 91-07-1937 to 20-07-2024

OBITUARY/TENTH DAY

With profound grief & sorrow, we inform the sad demise of our beloved **Sh Brij Nath Dhar** S/o Lt Sri Kanth Dhar of New Qazi Bhag Anantnag Kashmir At present H No. 286 Lane No 16 Swaran Vihar (Police Colony) Bantalab, Jammu.
Tenth Day will be performed at Muthi Ghat near Directorate of School Education office on 3.8.2024 Saturday at 9 AM.
GRIEF STRICKEN :
Susheela Mob. 9596958382
Smt & Shri H L Dhar -**Son** Mob. 8717090262
Smt & Sh Bihari Lal Dhar - **Son** Mob. 9469191788
Smt Shoba Dhar (**Sister in law**)
Smt Kumba Dhar- **Sister in law**
Smt & Sh D P Dhar
Smt & Sh V K Dhar 9419331011
Smt & Sh A J Dhar 9419131398
Smt & Sh G L Pandit (**Sister & Brother in law**)
Smt & Sh R L Raina (**Sister & Brother in law**)
Grand Children : Himanshu, Neha, Ashi



Sh Brij Nath Dhar

TENTH DAY

With profound grief and sorrow we inform the sad demise of our beloved **Mrs. Raj Sharma (Retired Head Mistress)**, D/o Lt. Sh. Jagan Nath Sharma .
The **TENTH DAY** will be performed on 29-07-2024 at 10 am, and **KRIYA** will be performed on 30-07-2024 at 12 Noon, at our residence 192-P, Sarwal/ New Plot, Jammu.
GRIEF STRICKEN:
Adv. D. R. Khajuria (**Husband**)
Er. Rajeev Khajuria and Meenakshi Sharma (**Son & Daughter in Law**)
Dr. Ashwani Sharma & Dr. Neelu Sharma (**Son in Law & Daughter**)
Er. Neeraj Sharma & Adv. Neetu Sharma (**Son in Law & Daughter**)
Dr. Divya Sharma (**Daughter**)
Aarshi, Harshul, Kalpit, Andesha, Siddharth, Arpit (**Grandchildren**)



Mrs. Raj Sharma (Retired Head Mistress)

TENTH DAY /KRIYA/UTHALA

With profound grief and sorrow, we inform the sad demise of our beloved **Smt. Kamla Sharma** W/o Late Sh. Jai Gopal Sharma R/o H.No. 12, Rehari Colony, Subhash Nagar, Jammu.
10th Day will be held on 29-07-2024 (Monday) at 11.00 am at our residence.
Kriya will be held on 30-07-2024 (Tuesday) at 12.00 noon at our residence.
Uthala will be held on 31-07-2024 (Wednesday) from 4.00 pm to 5.00 pm at Hari Mandir Rehari Colony, Jammu.
Grief Stricken
Son & Daughter-in-law
Mr. Rakesh Sharma & Mrs. Sunita Sharma
Late Mr. Rajesh Sharma & Mrs. Rashmi Sharma
Mr. Sham Badyal & Mrs. Shashi - **Son-in-law & Daughter**
Mr. Chaman & Mrs. Chander Prabha - **Son-in-law & Daughter**
Mr. Sunil Magotra & Mrs. Madhu Sharma - **Son-in-law & Daughter**
Grand Children: Mohin, Purvee, Gokaran, Akanksha, Mrigansh, Basu, Rohin, Srjan & Sanidhya
R S Automobile
9419184539, 6006191199



Smt. Kamla Sharma

TENTH DAY KRIYA

With profound grief and sorrow, we inform the sad demise of our beloved **Dr. Kishan Lal Handoo**, son of Vedh Lal Handoo of Kalwal Mohalla, Rainawari, Srinagar (presently residing at Neel Padamkunj Apartments, Sector 1, Vaishali, Ghaziabad), on the 26th of July. He was a prolific scientist who served as a professor at the University of Sagar and the University of Kashmir. He was also a visiting professor at Utah State University, USA, and the University of Marseille, France.
The **10TH DAY KRIYA** will be performed at Gadh Ganga Ghat, Muradnagar, UP, on August 4th, Sunday, at 10:00 AM.
GRIEF-STRICKEN
Smt. Kishni Handoo - **Wife**
Sh. Vikas Handoo & Smt. Poonam Handoo - **Son & Daughter-in-law**
Sh. Rajesh Kalla & Pamposh Kalla - **Son-in-law & Daughter**
Grandchildren: Neelash, Rithik, Shriya
ALL NEAR AND DEAR ONES
PH NO.: 9560069101, 9810314806, 9910666519



Dr. Kishan Lal Handoo

PDP celebrates Silver Jubilee Foundation Day with great enthusiasm and fervor

Top News Report

JAMMU, July 28: The Peoples Democratic Party (PDP) today celebrated its Silver Jubilee Foundation Day at the party headquarters in Jammu today. The event was attended by party leaders and workers from across the Jammu region. The function was presided over by Vice President Abdul Hamid Choudhary and General Secretary Amrik Singh Reen.

Speaking on the occasion, Abdul Hamid Choudhary said the PDP had broken the monopoly of single party in the state by giving an alternative, which was the essence of real democracy. "Late Mufti Mohammad Sayeed has given people an alternative in the shape of the PDP, which has initiated a new political discourse." He said the PDP had not deviated from its stand during the



last 25 years. He said whether they formed coalition with the Congress or the BJP, the stand of the party had remained the same and the PDP had never compromised on its resolve and policies under any circumstances. The PDP had pressed for dialogue to resolve the Kashmir issue and the party adopted the same tune in New Delhi, Jammu and Srinagar, he said.

Speaking on the occasion, Party General Secretary Amrik Singh Reen recalled three years of the Mufti government from 2002 to 2005 and two years of government with BJP and said development had got impetus under the leadership of Mehbooba Mufti who had also created a regional balance in the state. He asked PDP workers to stay united and work for peace and progress

of the state. He emphasized the unwavering commitment of PDP towards the development of Jammu region, asserting that the region has always been a top priority for the party. He accused the Bharatiya Janata Party BJP of making hollow promises to lure the people for electoral gains. He questioned their credibility by asking why these parties failed to initiate significant development

in the region during their tenure in power corridors.

The gathering also witnessed speeches from various party leaders, including Narinder Sharma who reached party headquarters along with hundreds of his supporters. During his address, he addressed local issues and challenges faced by the people and stressed the importance of grassroots efforts in strengthening the party. India can become a 'Vishwaguru' (global leader) of Prime Minister Narendra Modi's dreams as it has power, democracy and secularism but the road to achieving that goes through Jammu and Kashmir, Sharma said. He said that the party in union again pledges to follow the agenda for which foundation of the PDP was laid in the year 1999 by the party founder Mufti Mohd. Sayeed. He added that the entire PDP leadership will once again tell it to the world that it will follow the path and the footsteps of its beloved leader and take the state to the new scales of peace, prosperity and development.

LG Manoj Sinha congratulates ace Indian shooter Manu for securing bronze medal at Paris Olympics 2024

Top News Report

JAMMU, July 28: J&K LG Manoj Sinha congratulated Ace India shooter Manu for securing a bronze medal in the final of the Women's Air Pistol event in the ongoing Paris Olympics 2024 on Sunday.

In a post on X, LG Sinha said that "Many congratulations to shoot-

er @realmanubhaker for winning bronze medal for India in 10m Air Pistol event at #ParisOlympics2024.

"What an amazing performance! Proud moment for the whole nation," he said.

Manu became the first Indian woman to win a medal in shooting at Olympics.

Bhaker brought India's

first medal in the ongoing mega event as she won a bronze medal with a score of 221.7.

It was a redemption arc for Manu after her pistol malfunctioned in Tokyo Olympics. She scripted history by becoming the first Indian woman in 20 years to reach a shooting final in an individual event of Olympics since Suma Shiruri in 2004.

INDIAN RAILWAYS					
Government of India, Ministry of Railways					
Railway Recruitment Boards (RRBs)					
CENTRALISED EMPLOYMENT NOTICE (CEN) No.03/2024					
Recruitment of various posts of Junior Engineer (JE), Depot Material Superintendent (DMS), Chemical & Metallurgical Assistant (CMA), Chemical Supervisor (Research) and Metallurgical Supervisor (Research)					
Applications are invited from eligible candidates for various categories of posts given in the table below. The last date of submission of application is 29.08.2024. Applications complete in all respects must be submitted ONLINE ONLY.					
Opening date of Application: 30.07.2024 Closing date for submission of Application: 29.08.2024					
Name of the post	Pay level as per 7th CPC	Initial pay (Rs.)	Medical standard	Age (as on 01.01.2025)	Total Vacancies (All RRBs)
Chemical Supervisor (Research) and Metallurgical Supervisor (Research)	Level-7	44,900	See Annexure A in the detailed CEN	18 - 36	17 (RRB Gorakhpur only)
Junior Engineer, Depot Material Superintendent and Chemical & Metallurgical Assistant	Level-6	35,400			7934
*This includes a relaxation of 3 years in age beyond the prescribed age limit as a one-time measure due to the Covid-19 pandemic. For further details, please refer to the detailed Centralized Employment Notice (CEN) No. 03/2024 available on the official websites of all participating Railway Recruitment Boards (RRBs) listed below.					
RRB	Website address	RRB	Website address		
Ahmedabad	www.rbhamedabad.gov.in	Kolkata	www.rbkolkata.gov.in		
Ajmer	www.rbjmer.gov.in	Malda	www.rbmald.gov.in		
Bengaluru	www.rbbnc.gov.in	Mumbai	www.rbmumbai.gov.in		
Bhopal	www.rbbhopal.gov.in	Muzaffarpur	www.rbmuzaffarpur.gov.in		
Bhubaneswar	www.rbbbs.gov.in	Patna	www.rbpna.gov.in		
Bilaspur	www.rbbilaspur.gov.in	Prayagraj	www.rbalid.gov.in		
Chandigarh	www.rbcgd.gov.in	Ranchi	www.rbranchi.gov.in		
Chennai	www.rbcchennai.gov.in	Secunderabad	www.rbscunderabad.gov.in		
Gorakhpur	www.rbgkp.gov.in	Siliguri	www.rbsiliguri.gov.in		
Guwahati	www.rbgwahati.gov.in	Thiruvananthapuram	www.rbrthiruvananthapuram.gov.in		
Jammu-Srinagar	www.rbjammu.nic.in	***	***		
This notification is purely indicative in nature. Candidates are required to go through the Post Parameter Table and Vacancy Table of detailed CEN 03/2024 to ascertain their eligibility before applying through ONLINE mode. Any Corrigendum/addendum/Important Notice related to the aforesaid recruitment shall be issued time to time on the above websites of RRBs only.					
No. RRB/BBS/Advt./CEN-03/2024. Date: 27.07.2024 Chairpersons, Railway Recruitment Boards					
BE AWARE OF TOUTS, BROKERS AND JOB RACKETEERS					
2289/24					

Natrang Studio Theatre presents 'Marnoprant'

Top News Report

JAMMU, July 28: Surendera Verma's intense dramatic creation enlivened Natrang's Sunday Theatre when the play 'Marnoprant' under the direction of Balwant Thakur was presented at its Studio Theatre. For the audience it was something very new as two versatile actors demonstrated the process of entering into character from the level of reading to ultimate stage action. Experience is something which matters and in the instant presentation, the experience of 50 years of stage acting of both the actors was visible in every moment of performance.

A strong comment on the man-woman relations and the play "Marnoprant" revolves around a triangular love story. The playwright unfolds the whole episode after the death of a young lady whose husband and the lover meet for the first time. Their encounter reveals the minute intricacies of man-woman rela-



tions and frustrations of extra marital affairs. Both embarrass each other by revealing the intimate moments they shared with the young lady. The dramatic action becomes even more interesting when it is shown that the husband comes to know about the relationship after the death of his wife. He was not aware of the

fact that she had almost abandoned him for her new lover. Ironically there is no occasion for the frustrated husband to even enquire the reasons from his unfaithful wife. The playwright has exposed inner conflicts through a highly experimental and intellectual thematic design. Surendera Verma's hold over

handing of such complex themes and the construction of the unique dramatic structure is highly praiseworthy. Each word is interwoven in such a manner that the whole text becomes a poetry.

Arvind Anand who played the role of 'Lover' is the ultimate name of Acting in Jammu, has a long innings of almost five decades of acting experience, today established the fact that experience matters. His hold over the character, throw of words and the magical power of transporting his audience along to his emotional journey was magnificent. He is the undisputed king of acting of Jammu theatre. Neeraj Kant who played as 'Husband' equally reciprocated to his co-actor. He also holds a long list of accomplishments. His versatility was visible all through his performances. Both the actors gave engrossing performances.

The lights and the sound of the play were efficiently executed by Mohd. Yaseen.

All PDS left out e-Shram registrants asked to contact respective AD, Tehsil Supply Offices for ration cards/ inclusion : Dept of FCS&CA

Top News Report

SRINAGAR, July 28: The Department of Food, Civil Supplies and Consumer Affairs (FCS&CA) through an official communique has requested the e-Shram registrants who are left out in PDS to come forward and contact their respective Tehsil Supply Offices or Offices of the Assistant Directors for issuance of ration cards/ inclusion.

This is in line with the orders of the Supreme Court of India, to provide inclusion / ration cards to e-Shram registrants who are presently without ration cards, but are eligible to take foodgrains under PDS.

The Department towards its commitment to provide ration cards/ inclusion under PDS, as per the eligibility, to all left-out e-Shram portal registrants of J&K has also carried out special drives including camps organized on 2nd, 3rd February and 23rd, 24th of June 2024 across all the districts of Jammu & Kashmir in the respective Tehsil Supply Offices and in the offices of Assistant Directors.

The Department has

also been approaching such registrants in whose case e-Shram registration could not establish inclusion in the PDS database, after matching of respective data. In its effort, till now the Department has reached out to 20656 such registrants in Kashmir Division. Out of these 18136 were found already enrolled in the ration cards and 2555 registrants were found not having ration cards. Out of the 2555 registrants, 1876 have been included in the existing ration cards of their families and 154 have been provided new ration cards, besides for remaining registrants either there was a mismatch in Aadhaar details or they have failed to produce requisite documents.

In case of Jammu Division, till now 47297 such registrants have been reached out by the Department. Out of these 39213 were found already enrolled in the ration cards and 8084 registrants did not have ration cards. Out of the 8084 registrants, 6671 have been included in the existing ration cards of their families and 665 have been provided new

ration cards, besides for remaining registrants either there was a mismatch in Aadhaar details or they have failed to produce requisite documents.

As per the official communique the Department has also been approaching these registrants, in whose cases a mismatch has come to fore, on their given phone numbers, however in many cases the contact numbers were either found to be unavailable or not in use or belonging to different persons.

The Department has now again requested all such e-shram registrants, who do not have a ration card or have not been included in their entitled household ration card, to reach out to the nearest Tehsil Supply Office or the Office of Assistant Director along with the requisite documents including Aadhaar card, Domicile Certificate, Income Proof and e-Shram card for being considered for issuance of ration card or for inclusion in their family ration card, as per eligibility.

Additionally the Department has also asked all those PDS beneficiaries

and e-Shram registrants who are also PDS beneficiaries and who have not yet completed their eKYC with the Department of Food, Civil Supplies & Consumer Affairs, to complete this eKYC process at an earliest, to avoid any inconvenience they may face in future and to overcome any mismatch in their data details in PDS database. This eKYC process is required to be completed urgently as per orders of the Supreme Court.

As per the Department, around 83 per cent of the beneficiaries under NFSA and 65 per cent in Non Priority Households group have completed their eKYC so far. The remaining beneficiaries have been asked to complete their eKYC at their nearest FPS or Government sale centre urgently to avoid any inconvenience in future.

Further, it has also been informed that the PDS beneficiaries who are presently out of Jammu & Kashmir can also complete their eKYC from anywhere in the country at the nearest FPSs as that feature has also now been enabled in the system.

UNION TERRITORY						
NOTICE INVITING TENDER						
e-NIT No. 08-JJM OF 2024-25 Dated: 23-07-2024						
For and on behalf of Lt. Governor of UT of J&K, Executive Engineer Jal Shakti (PHE) Mechanical Division Udhampur, invites tender from reputed and resourceful Bidders/Firms/Companies/ registered in DIC or any other state Government for below mentioned work at Water Supply scheme of Jal Shakti (PHE) Mechanical Division Udhampur, of Jammu Province of UT of J&K, under Jal Jeevan Mission (JJM). The bidding process shall be completed online on www.jktenders.gov.in in two covers consisting of General Terms and Conditions and						
viz. Cover 1st Technical Specifications and Cover 2nd consisting of Financial Bid on overall percentage rate basis in the prescribed BOQ.						
Sr. No.	Particulars of the works	Estimated cost (lacs)	Tender fee (in Rs.)	Earnest money deposit	Bid Validity	Time of completion of work (days)
1	Providing, installation, testing and commissioning of electro-mechanical machinery along with allied works at Lom Kaluthan Trithloo (lift) (Refer to the scope of work)	As per ANNEXURE-I to this biddocument	Rs. 500/-	2% of the estimated cost (in case of non-registered firms) Or 1% of the estimated cost (in case of firms registered with DIC / SSI / MSME)	180 days	As per ANNEXURE-I to this biddocument.
Position of funds : Approved Under Jal Jeevan Mission (JJM) Position of AAA : Accredited Position of T.S : Sanctioned The tendering authority is Executive Engineer Jal Shakti (PHE) Mechanical Division Udhampur.						
CRITICAL DATES:						
i	Publish Date					24-07-2024 (18:00 Hrs.)
ii	Document Download Start Date					24-07-2024 (18:30 Hrs.)
iii	Clarification Start date					25-07-2024
iv	Clarification End date					27-07-2024
iv	Bid submission Start date					24-07-2024
v	Bid submission End date					02-08-2024 (15:00 Hrs.)
vi	Date of Bid opening					03-08-2024 (11:00 AM onwards)
1. Bid documents can be accessed & downloaded from the website www.jktenders.gov.in 2. The whole bidding process shall be completed online on tender portal www.jktenders.gov.in . The intending bidders can download the biddocument from the tender portal and can submit their bids by uploading them on the tender portal. 3. The valid bids received shall be opened online in the office of the Executive Engineer Jal Shakti (PHE) Mechanical Division Udhampur. Bids must be accompanied cost of Tender Document and EMD as specified in column 4 & 5 of the table and shall be payable at Jammu. • The cost of tender documents should be inform of Treasury challan / e-Challan towards the cost of tender document to be deposited in MH-0215-WSS (Revenue head) or through RTGS in J&K Bank branch Udhampur bearing bank account No. 002801020000091 , IFSC code JAKA00DMPUR in favour of Executive Engineer Jal Shakti (PHE) Mechanical Division Udhampur 4. Firms who will fulfill the following parameters are eligible to participate. i) Average Annual financial turnover during the last 3 years, ending 31 March of the previous financial year, should be at least 30% of this estimated cost. ii) "Experience certificate of having successfully completed or substantially completed one similar work during last seven years ending last day of the month previous to the one in which tenders are invited". iii) Definition of "similar work" should be clearly defined. 5. The hard copies of cost of tender document in shape of Treasury challan, Earnest money in shape of CDR/FDR/BG and other relevant documents shall be obtained from the bidder who is declared as L1 after opening of financial cover. 6. The bid shall remain valid for a period of 180 days from the last date of submission of bids. If any bidder withdraws his bid before the said period or makes any modifications in the terms and conditions of the bid, the same shall be considered to be a violation of bid security declaration and shall be dealt with accordingly and the bids shall be declared non-responsive. 7. Other details can be seen in the bidding documents from the website www.jktenders.gov.in . 8. Queries by email if any should be made at ee@phemudr@gmail.com .						
No. JSPHEM/UDHR/2023-24/1459-72 Dated: 23-07-2024 Sd/- Executive Engineer Jal Shakti (PHE) Mech. Division Udhampur						
DIP/J-3475/24						

EDITORIAL

NATURAL
CALAMITIES

Natural calamities in India pose significant challenges due to the country's diverse geographical and climatic conditions. India experiences a wide range of natural disasters, including earthquakes, floods, cyclones, droughts, landslides, and forest fires, each with varying impacts on human lives, infrastructure, and the environment. Earthquakes are a common natural disaster in India, primarily due to its location on multiple tectonic plates. The Himalayan region, particularly the northern states of Jammu and Kashmir, Himachal Pradesh, Uttarakhand, and parts of northeastern India, are most prone to earthquakes. The devastating earthquakes in Bhuj (Gujarat) in 2001 and Latur (Maharashtra) in 1993 highlighted the country's vulnerability, causing significant loss of life and infrastructure damage. Floods are another recurring natural calamity in India, affecting millions of people annually. Monsoon rains, rivers overflowing their banks, and cyclonic storms in coastal areas contribute to severe flooding. States like Assam, Bihar, Uttar Pradesh, and Kerala are particularly prone to floods, impacting agriculture, infrastructure, and causing displacement of communities. The 2013 Uttarakhand floods and the 2018 Kerala floods were among the most devastating in recent history, resulting in extensive loss of life and property. Cyclones are frequent along India's eastern and western coastlines during the pre-monsoon and post-monsoon seasons. The Bay of Bengal witnesses cyclones such as Phailin (2013) and Amphan (2020), while the Arabian Sea experiences cyclones like Cyclone Tauktae (2021). These cyclones bring strong winds, heavy rainfall, storm surges, and widespread damage to coastal areas, necessitating evacuation efforts and relief operations. Droughts are another significant natural calamity in India, affecting agricultural productivity, water availability, and livelihoods, especially in arid and semi-arid regions. States like Rajasthan, Gujarat, Maharashtra, and Karnataka often face prolonged dry spells leading to water scarcity, crop failure, and distress migration. Droughts exacerbate poverty and food insecurity, requiring drought relief measures and long-term water management strategies. Landslides occur frequently in hilly and mountainous regions, triggered by heavy rainfall, deforestation, and seismic activity. Uttarakhand, Himachal Pradesh, and parts of the Western Ghats are

Growing Fears of Technological Disaster

By: Vijay Garg

Today's world is of technology. Measures like computers, internet, artificial intelligence have made our work easier in many ways. During the Covid pandemic, the world had seen that due to these facilities there was no major disruption in its movement. But this is one aspect of dependence on technology, the other aspect is what was presented before 19. On July 2024, 5 lakh computers worldwide crashed due to a faulty technical update running on Microsoft Windows. The question is why this happened and whether the world can avoid such technological accidents. What happened after all that a minor update became a problem for the operation of computers. This data has been released by the Microsoft company itself that the problem that arose on July 19 caused a problem called 'Blue Death of Screen' (BDOS) on at least 85 lakh computers. The entire screen of computers is suddenly working due to this. The letters turned sky blue and an error message started appearing on them. Although such messages of errors remain local due to various activities on computers, but this time the problem was worldwide. That's why. This happened because CrowdStrike, another company to protect Microsoft computers from cyber attacks, had released an automatic 'software update' for all Microsoft computers, which kept on coming and leaving some flaws. As this software update begins, Microsoft Windows computers running on it stopped operating. Since this computers are equipped with automatic shutdown mechanisms

when an internal (such as a hardware or motherboard problem) or external problem (such as a virus attack or cyber attack) occurs, so they may stop working as soon as a faulty software update is introduced. In particular, the blue screens of millions of computers connected to the 'ClydeNetwork' made it clear that their system had crashed. This software update, called CrowdStrike Falcon, is actually a cyber security tool, which is designed to protect computers from various cyber attacks. But there was a technical flaw in it. Therefore, the operation of computers equipped with Microsoft Windows stopped suddenly. There is a need to consider that in the present world, when there is talk of handing over all the work to internet based technologies and devices, what will happen to the world if there is an immediate 'shutdown'. The artificial intelligence which is being touted as the cure for all diseases is not a blessing from the sky but it is also based on the Internet and there is a system based on the network of computers, which is called Tuki Vhee Ki Ran' Bhi' Dha Dhawana Vadhna Method. There is also a possibility that some faulty system operating within it might do such a thing and the world would remain cheated. Today, the way hospitals are being run all over the world through the network of computers connected to the Internet, traffic control is being done, stock markets, reservation systems and even the security systems of countries are based on them - in such a situation, if there is any technical flaw, all the arrangements are being made. Can they destroy in a single moment. It is noteworthy that there is

no dearth of factors causing such technical flaws. This can happen due to cutting of the 'cable' laying under the sea providing internet services. This situation can occur in case of server failure due to power failure. This is a recent example of a software glitch, but this can also happen due to a computer virus attack or a cyber attack by an enemy country. It is possible that the situation may worsen due to the satellites through which internet or cloud internet services are being provided, getting hit by a solar storm. There are anti-viruses available to protect computers from viruses, there are many measures to prevent cyber attacks, but what about other technological disasters when a simple activity like a software update can create such a big crisis. Go. The latest digital tsunami occurred when a company implemented a legitimate and possibly tried and tested technique like a software update. But imagine what happens when a hostile country, hacker or terrorist group deliberately unleashes a technological disaster on the world. What will be the result if I join forces? This is a strange irony that the Texas (America) based cyber security company CrowdStrike is responsible for protecting millions of computers running the 'Aapre Operating System' called Microsoft Windows from cyber attacks and keeping them running smoothly. A software update recently caused such a huge digital disaster. This company is considered an expert in cyber security. It is claimed that corporate networks and cloud networks of large companies, airlines, emergency services and this company plays an important

role in protecting connecting devices etc. from computer viruses, malware and hacking. Especially companies using cloud network services take the services of CrowdStrike to keep their servers safe from cyber attacks and hacking. This company is said to play an important role in investigating cyber attacks around the world. But the latest incident has raised questions on the credibility of CrowdStrike company as well as Microsoft. Similarly, in 2010, antivirus manufacturing company McAfee was unaware of a mistake. Windows XP PCs were discontinued worldwide in 2015. There was a similar stir at that time also. It is not that this is the only incident of internet dependent cyber network being disrupted. Small technical accidents happen frequently. Sometimes the server of 'Meta', the company that operates WhatsApp, Instagram, Facebook etc. gets stalled, and sometimes Google's performance slows down. Cyber attacks and hacking have shocked the world. It is true that many tasks have become convenient with the Internet and computers, but as our dependence on selected technology companies is increasing, we will have to be prepared for such technological disasters. How can a technological storm destroy a world which has turned into an island with the help of technological arrangements? The time has now come to remember this lesson and make arrangements to avoid it.

(Vijay Garg Retired
Principal Educational
Columnist Malout
Punjab)

101st birth anniversary of Soulful Mukesh

By: Vinod

Chandrashekhkar Dixit

Recently in Dungarpur (Rajasthan), on the occasion of the 101st birth anniversary of famous singer Mukesh, a program of 'Kabhi Kabhi Mere Dil Mein' was organized in the Darpan Auditorium at Shilpgram. Lovers Club and West Zone Cultural Center. In this, former Chief Secretary of Kerala IAS Dr. Vishwas Mehta enthralled the audience by presenting the songs sung by Mukesh with live orchestra. Dr. Mehta also shared unheard memories related to Mukesh and his songs.

Dr. Vishwas Mehta has got a similar voice and is known as a modern day Mukesh. Though Mehta is not trained, he loves to sing and use to perform during his school and college days.

In the auditorium packed with Mukesh's fans, Dr.

Mehta won the hearts of the audience by singing Kabhi Kabhi Mere Dil...Koi Jab Tumhara Hriday Tod De...along with many evergreen and sad songs of Mukesh.

Dungarpur is truly a gem city that adds a feather to the cap of Rajasthan tourism. Music lovers of Dungarpur were on a treat, with unforgettable masterpieces of the 50s, 60s and 70s, including one of Mukesh's last songs 'Kabhi Kabhie Mere Dil Mein' from 1976 film Kabhie Kabhie.

Here, I would like to point out that Mukesh a legendary singer acquired the sobriquet of 'tragedy king' in the film industry for his nasal voice that conveyed agony, sorrow and pathos like no other. What's more, nearly five decades since his passing, emerging singers continue to breathe life into his music. Nearly five decades after his death, Mukesh Chand Mathur aka Mukesh's songs are a slow burn for Indian

movie junkies. A self-taught man, Mukesh who was a non-matriculate, went to a Pashtu school and only wrote in Urdu. He could not read Hindi; all his song books were in Urdu. "But over a period of time, he managed to learn and speak English impeccably." He had the voice that could paint a thousand shades of melancholy. One could feel the tenderness and joy in his voice; his singing style was unparalleled.

Secretary of Music Lovers Club Tinu Mandawat and President Dr. Reena Rathore told that the outline of this musical program organized in collaboration with West Zone Cultural Center was prepared by the patron of Music Lovers Club and former Chief Secretary of Kerala Dr. Vishwas Mehta and he presented the songs sung by Mukesh along with his fellow artists. A large number of music lovers including the club's chief advisor Dr. Prem Bhandari,

Chinmay Dixit were present.

One of Mukesh's last songs was 'Kabhie Kabhie mere dil mein khayalaatahai' ('Kabhie Kabhie,' 1976) which fetched him a Filmfare award, posthumously. Dr. Mehta brought to life Mukesh's timeless melodies, offering the audience a harmonious blend of nostalgia, intense emotions. All of Mukesh's songs are his favourite because he loves his voice and Mukesh's voice stirs something inside him. It's not so easy to emulate Mukesh's voice without passion and feelings.

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Don't make people scape-goats for sake of development: Abrol to LG admin

'Youth holds potential to bring change in system': Dr Vikas

Top News Report

JAMMU, July 28: Provincial Joint Secretary, JKNC Ankush Abrol today reiterated the resolve of NC leadership to provide ample job opportunities to unemployed youth and curtail the inflation, as and when the party forms Government in J&K.

While interacting with youth, Ankush Abrol assured the youth that NC will not leave any stone unturned for the cause of unemployed youth. "NC has always worked for youth and its past rule in J&K is a testimony to that."

Playing the anti-public as well as anti-youth policies adopted by the BJP party, Abrol said that all the promises made by the BJP party have fallen flat with educated pushed into deep unemployment crisis due to policy paralysis of BJP Govt.



"The administration is imposing tax after tax on the people but has failed to mitigate their sufferings which include rocketing prices of essential commodities", he added. He said that the National Conference will oppose all the anti-people policies of the government and will fight tooth and nail to bring justice.

He alleged that the smart city project with crores of rupees is a big scandal as all is based on paper work, but on ground nothing much visible has been done vis-a-vis huge

allocation of funds.

Abrol further said that the present government has increased the electricity bills since the last 5 years but there is no regular power supply. Despite the humid and hot weather, the present LG administration is not worried to minimise the problems of the public. He added that scarcity of electricity leads to drinking water scarcity with regular interruption of water supply, he bemoaned.

In his address, Dr Vikas Sharma Coordinator Jammu District (Urban)

and Zonal Secretary highlighted the plight of unemployed youth and sought employment packages for them. He also called for financial assistance/stipend to unemployed youth till they get a job or establish their business.

Dr Vikas also said that before 5th August 2019 Jammu used to be called as City of temples when people were getting all basic facilities like drinking water, power and clean roads. But, sadly, after August 5th 2019 Jammu city was painted as Smart City with people now facing tremendous problems with regard to drinking water supply, electricity as even roads connecting streets are in broken conditions. Instead different taxes are being imposed upon the public on the pretext of providing amenities, but there is none to listen for redressal of public grievances.

Therefore, the public is appealed to apply the sagacity of mind before using their vote in the coming assembly elections.

While sharing the achievements and good work done by National Conference during its governance, Dr. Vikas Sharma disclosed that during NC Government when Omar Abdullah was Chief Minister, he provided Degree College in each tehsil of erstwhile state of Jammu and Kashmir as even buildings and faculty were also made available to start functioning of colleges. But this government did nothing to improve the structural facilities in the colleges, he added.

Those who spoke on the occasion include, Arunpal Singh NCSU Provincial Working President, Massrat Malik, Vinod Kumar, Abishek Uppal and others.

Dr. Uppal appointed as Principal of GGSCoM&T



Top News Report

JAMMU, July 28: Professor Dr. R.K. Uppal has been appointed principal of Guru Gobind Singh College of Management and Technology (GGSCoM&T), Gidderbaha. A prolific writer, a Man of Letters, an eminent academician, a research stalwart, and the most ingenious guide, Dr. Rajinder Kumar Uppal has received accolades not only from the academic world but also from the genre of research. Dr.

Uppal is also the MTC Global Chair Professor of Banking and Finance and Research Professor at the Indian Institute of Finance. He is also a visiting professor at several national and international institutions/universities. He is also a professor of practice in finance at Narayana Engineering College, Nellore, Andhra Pradesh. Dr. Uppal has 87 books on his credit and has completed seven post-doctoral major research projects at UGC and ICSSR, New Delhi. As

well as publishing an Encyclopedia on the Indian Banking Industry, he has also authored 35 national and international patents. In addition to being a member of many professional research bodies, he serves on the advisory board of numerous research journals. It was under the guidance of General Secretary S. Gurcharan Singh that he joined the GGS Group of Institutions as a principal. He expressed his gratitude to the Badal family for appointing him principal.

Musical night concludes Mohammad Rafi was a great singer artist : Chandel



Top News Report

JAMMU, July 28: Saraswati Kala Sangam Musical night was organized in the memory of late famous singer Mohammad Rafi* "In which chief guest BJP leader Chandrapal Chandel Hinduwadi* "BJP senior leader

Guruji Raju Chandel lit the lamp and started the program"

The program was organized by Shri Manoj Bhalla Shri Kapil Guruji.

On this occasion, well-known artist singer Bhumika Malik Jyoti Jas Shahid Apoorv Sharma along with other well-

known singer artists rocked the event.

On this occasion, BJP senior leader Guruji Raju Chandel while talking to journalists said that a film artist does not have any caste or community, he is a free bird A person who always entertains the people and creates good thoughts and spreads good ideas among the people. Late Mohammad Rafi was also such a great personality who depicted every aspect of society through his songs and always presented an example of a lively person. His songs are still sung on every occasion and celebration. Such persons are born only once in a while and the coming generations will always remember them through their songs.

PM Modi never notices ground realities of country: Rajesh Gupta



Top News Report

JAMMU, July 28: Jammu and Kashmir Bahujan Samaj Party (BSP) general secretary and media head Rajesh Gupta on Sunday took strong exception of Prime Minister Narendra Modi that he is not able to settle internal issues of the country and challenging Pakistan from the border.

Gupta maintained that there are plenty of social evils which are ruined the country. For the last ten years of his administration there is no difference in corruption, crime rate, nepotism and PM don't see the ground realities even film industry has become so cheaper and females are facing so much sexual abuse but these things

knowingly ignored.

Who is responsible for the sudden spurt of terror attacks particularly in Jammu region. BJP government says that violence has reduced since 2019, when it revoked a constitutional provision that gave the region special autonomy. But there seems to be a sharp uptick in violence in recent months, particularly in Jammu, stoking fears of militancy returning to that region.

The attacks occurred in Rajouri, Poonch, Doda, Kathua, Udhampur, Reasi and other areas of the Jammu valley. Like the Kashmir division, Jammu too is near the Line of Control, the de facto border with Pakistan.

Focus on people, not capitalists," the BSP leader said, "hoping that the Prime Minister "realizes 140 crore Indians are greater than (>>>)". "Whatever that needs to be done to uphold truth, justice and peoples' rights will be done, earlier too and always in the future." "And most importantly, we hope BJP focuses on saving lives, not saving face this third term," Gupta said.

New appointments and welcoming ceremony held in Srinagar under leadership of State Chairman MSME PCI



Top News Report

SRINAGAR, July 28: A significant welcome meeting was recently held in Srinagar under the esteemed supervision of State Chairman MSME PCI J&K, Shri Jahangir Ahmad.

The event was marked by the presence of key members of the core committee, including Shri Fayaz Ahmad Bhat working Chairman Msme PCI), Shri Ashiq Hussain Dev Ji (Treasurer and Vice Chairman Organization), Shri Syed Basit (Circle Director Anantnag), Shri Suhail Khanday (District Director Anantnag), and other essential members. The meeting was an opportunity to announce the appointment of several distinguished indi-

viduals to pivotal roles. Shri Mohammad Iqbal Batt has been appointed as State Vice Chairman. A retired District Officer from KVIB, Shri Iqbal Ji brings a wealth of experience that will be instrumental in advancing the interests of the State team.

Additionally, Aqib Ahmad Bagwan, a notable figure from Chinab Valley, has been appointed as Circle Director for the Chinab Valley region. Tanveer Ahmed Indrabi has been named Senior District Director for Doda, while Dilaver Hussain will serve as Deputy Director for Doda.

These appointments are a testament to the ongoing commitment to enhancing the efficiency and effectiveness of

financial and employment initiatives across Jammu and Kashmir. The supreme vision of National Chairman Msme PCI Shri Vijay Kumar Ji and National Deputy Vice Chairman Shri Ashiq Beigh Ji remains focused on facilitating hassle-free access to finances and employment projects for the unemployed youth of the region. The meeting underscored the collective dedication of the newly appointed officials and core committee members to drive forward the organization's mission and vision. With their combined expertise and leadership, the team is poised to make significant strides in addressing the needs and aspirations of Jammu and Kashmir's youth.

Patient suffer due to lack of facilities at Govt hospital in Arnia town: Kesri



Top News Report

ARNIA, July 28: Shiv Sena Hindustan activists led by J&K President Pt Rajesh Kesri today held strong protest against government over shortage of staff at Govt Hospital in Arnia town and in order to show their resentment, activists torched effigy of Govt and raised slogans against govt. Speaking on the occasion, Kesri accused Govt for increasing the difficulties and miseries of border villages of Bishnah constituency. He said the people of Arnia and other border villages of Bishnah are facing lot of hardships and difficulties as development in the area is stand still and people are devoid of regular electricity and drinking water and badly damaged roads.

Kesri said that the Arnia Hospital lacks emergency Medical facilities. He demanded that Govt should make a full fledged well equipped hospital in boarder town of Arnia as many times Pakistan unprovoked firing takes

many precious lives of the people this border belt. He accused Govt of its failure on all fronts in giving stable and effective governance. He criticized BJP for a steep price rise of essential commodities of daily use. The lower middle class and poor families are feeling crushed with the brunt of price rise. He alleged that BJP is proving anti- poor and anti-farmer party of India and asked people to teach them a strong lesson at the time of elections. From lack of fuel in ambulances to unavailability of experts to provide critical care, health facilities remain poor.

Kesri claimed that two ambulances are staying idle due to no drivers and demanded that before arranging other facilities ,Govt should immediately arrange two drivers for ambulances so that critical patients can be taken to Govt Medical College and hospital timely. He also requested the Member of Parliament to bring into notice of Lt Governor and tell

him about the pitiful condition of the hospital and how if any accident happens, it will be difficult to save patients due to lack of ambulance driver here. People take patients to GMC on Scooters and Motorcycles, which is a black spot for the government. The government should take care of the hospitals in the border areas because these are small hospitals, but still primary help is provided from there and later when they have to be taken to the Medical College, an ambulance is required, for that we want the government to provide a driver there as soon as possible so that people can get some relief. Kesri assured the people of Arnia area that he will fight for their rights and demands. Prominent among those present included Balveer Kumar, Balwant Fauji, Suresh Kumar, Rajkumar Baba, Sanjeev Sharma, Rajesh Kumar, Dheeraj Kumar, Darshana Devi, Neeru Devi, Rajni Devi, Poli Devi, Geeta Devi, Vijay Devi.

Two day sensitization programme for Judicial Officers concluded at J&K Judicial Academy

Top News Report

JAMMU, July 28: Two Days Sensitization Programme on "The relevant provisions of BNSS on arrest, remand and bail with special reference to the Role of Trial Judges in ensuring just, fair and speedy trial (as guaranteed under article 21 of the constitution)" was organized by J&K Judicial Academy for Judicial Officers (Sr./Jr. Division) across the Jammu Division along with Trainee Civil Judge (Jr. Division) through physical as well as virtual mode which concluded today at J&K Judicial Academy, Janipur, Jammu.

The brain storming deliberations of day one had already set the tone and tenor of the second day orientation. On the second day, the session was conducted by Y.P. Bourney, Director, J&K Judicial Academy, who discussed that way back in the year 1994, in Joginder Kumar versus State of U.P. emphasised that arrest shouldn't be made simply because police have the power to do so.

He added that in the constitutional scheme, paramountcy is given



to the liberty and power to arrest must be exercised only as a necessity. Therefore, any person facing accusation of being in conflict with law is first to invoke the bail jurisdiction of court. He emphasised the judicial approach in the light of precedents and guidelines including the various judgments of Supreme Court titled Sid-dharth vs. State of UP; Satender Kumar Antil vs. CBI, etc.

All the sessions were interactive during which all the participants actively participated and shared their experiences, and also discussed various aspects of the subject topics. They also raised a number of queries which were answered satisfactorily by the worthy resource person.

The programme was concluded by Yash Paul Bourney, Director, J&K Judicial Academy with thanking one and all for making the programme a great success.

Madhuparamhans delivers religious sermons

Top News Report

JAMMU, July 28: The Sadguru of Sahib Bandagi Shri Madhuparamhans Ji Maharaj, while delighting the congregation with the nectar of his discourses at Mishriwala Jammu today, said that both sin and virtue are fetters. One of iron and one of gold. Both kinds of fetters bind. The soul has no connection with the karma even remotely. Who is getting the karma done? Sahib is saying that the power itself gets the karma done and itself gives the punishment in the form of pain. All the karmas are done by the mind. First of all, the resolution arises. Suppose, the mind says that it wants to visit Mumbai. First this wave arises. Everyone is flowing in the waves of the mind and no one is able to understand these waves.

The soul is beyond both good and bad karmas. First the resolution



arises that it wants to visit Mumbai. If the soul is out of the resolution option, then it means that the resolution is being generated by someone else. The mind is deciding whether there is money to travel or not. The soul is just giving energy. If the soul does not give energy, then the plan of travelling is over. Sahib is saying that if the mind goes, let it go, but hold on to the body. Do not go from the body. Then the mind will not be able to do anything. Energy belongs to the soul. Sahib called the soul a swan. O swan, give up the hope of action. That is why Sahib did not establish Karma

Yoga. He did not establish Gyan Yoga either. Sahib spoke of Surat Yoga. The five physical body does not belong to the soul. It belongs to the five physical elements. Sahib said that O swan, this cage is not yours. Tamas and Rajas feelings arise in it. This is done by the mind. This is not the soul. When Tamas feelings arise, a man commits sinful acts. When Rajas feelings arise, a man tries to get bodily pleasures. The mind makes us do all this. The soul has no connection with action and neither can the soul commit sinful acts. Being a part of God, the soul is pure. It cannot commit sinful acts. You can think that then some evil force is making us commit these sinful acts. There is a lot of trouble inside. Demons in the form of lust, anger, greed, attachment and ego are sitting and taking us towards sin and then pain is given to the soul.

On familiar turf

Jab We Met, Bhaag Milkha Bhaag, Tabbar and now Pill — as Pavan Malhotra dons the turban once again for his latest web series, the actor says he loves playing a Sikh as it helps him reconnect with his roots

"Kabhi narm kabhi garm... that is the job of an actor." So believes versatile and gifted actor Pavan Malhotra, who in his long innings has essayed a variety of roles. Stepping once again into the shoes of a badman in his current series Pill wherein he plays a greedy pharma king, he says, "Negative character is no less or more challenging than any other part."

If devil is in the details, the details are in the script and in the hands of a director like Raj Kumar Gupta, who has given us powerful films like No One Killed Jessica, the path to the character is lit up anyway. Of course, it's up to the actor to see and navigate accordingly. While acting, for the National Award winning actor is a thinking job, Pavan also believes in the dictum 'hole man se kar lo'. Hence, the process has to be both spontaneous and organic. And those who think, oh once again a turbaned Sikh character, he is mighty amused, "as if all Sikhs are the same."

On OTT he has essayed the part of turbaned Sikh in three out of the five shows, such as the much-acclaimed Tabbar. But, he also points out how each one, including his Sikh portrayals in movies like Jab We Met and Bhaag Milkha Bhaag,



are diametrically different. This Delhi-bred Punjabi loves to play a Sikh, which helps him reconnect with his roots and the land of his ancestors and the Gurus who taught Punjabis to be brave among many other things.

While Pill streaming on Jio Cinemas deals with a significant issue of unethical drug trials and unscrupulous methods employed by the pharma industry, he can't say whether

he consciously picks up subjects of social relevance. He avers, "What you are part of is very important, but as an actor I would like to do all kinds of genres."

For him a masala movie Mubarak is as important as thought-provoking Salim Langde Pe Mat Ro. For someone who has essayed many Muslim characters too, including in 72 Hoorain which ran

into controversy, he does not think he needs to apologise on count of the community's representation in films. "Many like Tiger Memon in Black Friday are based on real stories and nowhere are we denigrating Islam or Muslims."

Though he may proclaim, 'mein bahut dara hua actor hoon' and processes every new part, as if he were acting for the first time, insecurity is certainly not his hallmark. He not only recommends good movies like Laapataa Ladies effusively, but even actors and feels his co-actor in Pill, Riteish Deshmukh, like all good actors has been underutilised.

As for his personal trajectory, he has had the good fortune of working with the very best — Saeed Akhtar Mirza, Goutam Ghose, Rakeysh Omprakash Mehra, Imtiaz Ali, clearly there isn't much on his wishlist as he has played the 360 degree arc. All, the Nukkad actor wants is — the show must go on... Soon to be seen in TVF's legal drama Court Kacheri, he believes in looking at the big picture. And always tells other aspiring actors, "Chitrahah mein mat atke raho... don't be hemmed in by mera kya scene hai... Look at the film in entirety, for if the film works, you will."

Taapsee Pannu on her films releasing in her birthday month: 'A big party'



Taapsee Pannu can't tamp down on her excitement as she is all set to enthrall fans with upcoming projects Phir Aayi Hasseen Dillruba and Khel Khel Mein. Recently, the makers unveiled the trailer of the former film while a new song, Hauli Hauli, released from the latter.

"Both films are so diverse" "It's been an overwhelming start to both my films with such warm reception to Phir Aayi Hasseen Dillruba's trailer and the first song drop of Khel Khel Mein. Both films are so diverse not just in their genre but also how my character is. It's just coincidental that they both are releasing soon after my birthday, so I'm hoping this shall be that big party of entertainment from my side to my audience for the month of August. And I'm praying to receive the gift of love from them," she said.

Phir Aayi Hasseen Dillruba trailer

The trailer shows Rani (Taapsee) and Rishu's (Vikrant Massey) attempts to move on from their tumultuous past, however, they face new challenges in their lives. With new characters like Abhimanyu (Sunny Kaushal), there is more new twist in the life of Rani and Rishu.

Officer Mritunjay, also known as Montu Chacha and played by Jimmy Shergill, heightens the tension. He's a new ace officer with a personal vengeance, out to uncover Rani and Rishu's web of deceit. With the cops back on their trail, the pair resorts to their old, twisted tactics of staying together, wondering who they can trust in a world where danger lurks around every turn.

Directed by Jayprad Desai, written and co-produced by Kanika Dhillon and produced by Aanand L Rai's Colour Yellow Productions and Bhushan Kumar's T-Series Films. The trailer has already intrigued audiences. The Netflix film will release on August 9.

Hauli Hauli song The hook step of the song Hauli Hauli from Khel Khel Mein seems to be taking over the nation. The film is directed by Mudassar Aziz and will be released on Independence Day.

Produced by Bhushan Kumar, Krishan Kumar, Vipul D Shah, Ashwin Varde, Rajesh Bahl, Shashikant Sinha and Ajay Rai, the film "aims to redefine the comedy-drama genre, offering a rollercoaster ride of emotions that transcends the ordinary. Save the date for this cinematic delight, poised to leave audiences in splits and craving for more," as per the statement.

After the success of Jatt and Juliet 3, filmmaker Jagdeep Sidhu is all set for a Bollywood project

Jagdeep Sidhu is the creative genius behind the much-celebrated Punjabi franchise Qismat. If Bollywood has Imtiaz Ali-AR Rahman-Irshad Kamil combo then Pollywood has a golden trio — B Praak, Jaani and Jagdeep Sidhu.

Jagdeep announces, "Soon, you will see us working on a Bollywood project. This time, I feel fortunate to have these two people by my side."

Before making it big in Pollywood, Sidhu tried his luck in Bollywood. Sharing one such anecdote, he says, "I wrote Qismat for Bollywood in Hindi and narrated it to Varun Dhawan. But things didn't work out. Later, his film, Sui Dhaaga clashed with Qismat at the box office. Qismat did better than the former in Punjab and Delhi. Varun called to inquire if Qismat was the same film that he refused. But I consider myself fortunate as the genre was unexplored in Punjab. Getting Jaani onboard was also one crucial step in my film's success."

Jagdeep's principle is 'to be honest with the story'. "When it comes to storytelling, I always strive to be honest. I'm never afraid to narrate my stories to at least 25-30 people first. For me, their expressions, feelings and reactions act as the judging factor," he says.

After lending dialogues and screenplay for Saand Ki Aankh and Srikanth, respectively, Sidhu now gears up for his



solo screenplay debut with sequel Son of Sardar 2.

Challenge accepted Sidhu debuted as a talk show host with The Jagdeep Sidhu Show. The show is not about creating controversies but to provide a platform to artistes to share their experiences with the audience.

On the challenges involved, he says, "Being a shy person myself, I find it quite difficult to ask questions. Also, I have to tread carefully, making sure I respect the boundaries of my guests. I wouldn't ask something that might hurt their feelings."

Bad Newz actor Triptii Dimri admits planning to start auditioning for Western projects: 'Even if I get a small part...'

Triptii Dimri is currently enjoying the success of her recently released film Bad Newz, in which she stars alongside Vicky Kaushal and Ammy Virk.

The actress has received critical acclaim for her role in the romantic comedy, and the movie has been a commercial hit at the box office.

Recently, Dimri spoke about her aspirations in Hollywood and her desire to work on international projects.

Triptii Dimri expresses a desire to work in Hollywood movies

According to reports, actress Triptii Dimri is currently searching for an agent to represent her in Western film industries. She is open to taking on even small roles if they could advance her career.

In a recent interview with Variety, Dimri



revealed her "plans to begin auditioning for Western projects" and expressed her enthusiasm for the way actors work in those markets. "Even if I get a small part somewhere, I think it will be really helpful because I love the way actors work there," she said.

Triptii Dimri on the work front

On the professional front, Dimri has a busy schedule with several projects lined up.

She is set to make a splash on the big screen with Bhool Bhulaiyaa 3, the third installment of the popular horror-comedy franchise. In this film, she stars alongside Kartik Aaryan, Vidya Balan, and Madhuri Dixit.

Agency initially reported in April 2023 that a sequel to the 2018 film Dhadak, which featured Janhvi Kapoor and

Ishaan Khatter, was in development with Siddhant Chaturvedi and Triptii as the leads.

The sequel, produced by Dharma Productions and directed by Shazia Iqbal, has been officially announced and is scheduled for release on November 22, 2024.

Her second film of the year is Vicky Vidya Ka Woh Wala Video, featuring her opposite Rajkumar Rao. A fun video from the set, shared by both Triptii and Rajkumar, garnered a positive response from viewers. Directed by Raaj Shaandilyaa, this comedy-drama is set to be released on October 11, 2024.

Furthermore, a follow-up titled Animal Park is also in the works. Featuring Ranbir Kapoor and Triptii Dimri, among others, this film is anticipated to start production in 2026.

Rachel Leviss opens up about ADHD diagnosis: 'I always just thought i was stupid'

Rachel Leviss recently shared her story of being diagnosed with undiagnosed ADHD during childhood on her podcast, Rachel Goes Rogue. She explained that the change in status after receiving a diagnosis was profound for her. Leviss, 29 years old, reflected on her school years and pointed out that they were very difficult. She said, "I always just thought I was stupid because I couldn't pass my multiplication tables test, and I couldn't read as well as the other kids in class," the Vanderpump Rules alum said. "I just thought I wasn't intelligent."

It was not until college that Leviss was formally

diagnosed with inattentive ADHD, a common form of ADHD marked by problems with attention and concentration, the ability to complete tasks, and organization.

When Rachel Leviss found out that she had ADHD, she noted that getting a diagnosis felt like she had been living with a disability that was invisible to her her entire life. She found out that a diagnosis allowed her take charge of her situation, get appropriate support, and improve her life.

"I realized that I had been living with an invisible disability my whole life," she said. "Once I was diagnosed, I was able to take control of

my life a little bit more and to get the accommodations that I needed to succeed in school. That truly was life-changing for me."

During her podcast episode titled Rachel Goes Rogue, Leviss introduced listeners to the process of masking with the help of Paige Layle, an autistic and ADHD activist. Most people wear masks when interacting in public, and this could reduce the chance of an AS person being as he or she is.

"When you mask, you're unable to be authentically yourself," Leviss said. "You just process things a different way, and you've worked your whole life



taking in data from other people and figuring out what the social norms are and, you know, shifting things inside of yourself to present a certain way so that you could survive socially," Layle, author of But Everyone Feels This Way: How an Autism Diagnosis Saved My Life, explained about masking.

Leviss described how masking affects one's ability to be genuine, while Layle, author of But Everyone Feels This Way: Sharing their experience of masking, How an Autism Diagnosis Saved My Life, went deeper into explaining that masking is about constantly fitting into

society and changing oneself to survive in it.

Rachel Leviss opens up about masking

Leviss explained that masking, although it is helpful to protect oneself and others, also erases people's true selves. She explained that masking puts you in front of a persona that you think people wish to meet, which, in essence, hinders them from addressing one another.

"When you do that, it does keep you safe, but it also takes away your authenticity," she said. "You become lost and, like, you're presenting yourself in the way that you think other people

need to perceive you."

Leviss was aware of the fact that she was unable to be herself and pretended to be someone she was not for quite some time just to stay alive. For this reason, she lost touch with many of her friends because she was pretending to be someone she was not.

"And, like, to be safe, I needed to not be myself, whoever that person was. I'll just be what it looks like everyone wants me to be. Then how could I not be safe? But then I had so many connections that weren't real at all," she continued. "Because I wasn't real."

Khadi, handloom sales rising, creating job opportunities in large numbers: PM Modi in 'Mann Ki Baat'

Modi also interacts with Indian students who performed well in the recently held Mathematics olympiad

NEW DELHI, Jul 28 (Agencies): Prime Minister Narendra Modi on Sunday said that Khadi Gramodyog's business has crossed Rs 1.5 lakh crore for the first time and asserted that the rising sales of Khadi and handloom were creating new job opportunities in large numbers.

In his Mann Ki Baat monthly radio broadcast, Modi said many people who would not be using Khadi products earlier now wear them with great pride. "The Khadi Gramodyog's business has crossed Rs 1.5 lakh crore for the first time. Do you know how much sales of Khadi have gone up '400 per cent'. The rising sales of Khadi and handloom are creating new job opportunities in large numbers,"



he said.

Mostly women are associated with this industry so they are benefitting the most, he added. "You must be having different types of clothes and till now if you have not bought khadi clothes then start buying them," Modi said.

With the start of the Paris Olympics, the prime minister said the games give our athletes a chance to hoist the national flag at the international level. He urged people to encourage them and 'Cheer for Bharat'.

During the broadcast, he also interacted with Indian students

who performed very well in the recently held Mathematics olympiad.

"A few days ago, an Olympics took place in the world of mathematics also: the International Mathematics Olympiad.

Indian students have performed very well in this Olympiad. Our team won four gold medals and one silver medal," Modi said.

The prime minister also hailed the inclusion of the 'Moidams' in Assam in the UNESCO world heritage list and said it is a matter of immense joy for every Indian.

He also recalled unveiling the tallest statue of the great Ahom warrior Lachit Borphukan, a symbol of indomitable courage and bravery.

People paying price for unsafe construction: Rahul Gandhi on coaching centre incident



NEW DELHI, Jul 28 (Agencies): Leader of Opposition in Lok Sabha Rahul Gandhi on Sunday condoled the death of three IAS aspirants due to waterlogging in the basement of a building here, and said common people are paying the price for unsafe construction, poor town planning and irresponsibility of institutions at every level.

The three civil services aspirants died after the basement of the building housing a coaching centre in central Delhi's Old Rajinder Nagar area was flooded following heavy rain, officials said.

In a post in Hindi on X, Gandhi said,

"The death of students preparing for competitive exams due to waterlogging in the basement of a building in Delhi is very unfortunate. A few days ago, a student died due to electric shock during the rains."

He expressed heartfelt condolences to the bereaved families.

"This collapse of infrastructure is a combined failure of the system. The common citizen is paying the price of unsafe construction, poor town planning and irresponsibility of institutions at every level by losing his life," the former Congress chief said.

A safe and comfortable life is the right of every citizen and the responsibility of governments, Gandhi asserted.

The Delhi Police on Sunday arrested the owner and coordinator of the coaching centre where three students died due to flooding following heavy rains, officials said.

Police have booked them under charges of culpable homicide among others, they said.

Kerala woman shot at by masked female attacker

THIRUVANANTHAPURAM, Jul 28 (Agencies): A woman was injured and admitted to the government hospital here after she was fired at allegedly by a masked female attacker. The injured was identified as Shiny, aged 39, of Vanchiyoor in the state capital city.

According to Bhasakaran Nair, father-in-law of the victim, a woman, who was wearing a hood and had her face covered, arrived at their residence here on Sunday morning and enquired about Shiny.

The woman informed Nair that there was a



courier for Shiny and that it could be handed over only to her after getting her signature.

Shiny came out and when she was about to receive the courier, the woman fired at her and in a reflex she put out her right hand and was injured in the palm. The masked woman immediately fled from the spot. Thiruvananthapuram

City Police Commissioner Sparjan Kumar, who reached the spot, told media persons that the firing was done with an air gun.

He said that the police have commenced a detailed investigation.

Shiny is working as a Public Relations Officer with a government body. Her husband is working in the Maldives.

"Failure Of Basic Maintenance": Delhi Lt Governor On Coaching Centre Deaths

NEW DELHI, Jul 28 (Agencies): Delhi Lt Governor VK Saxena on Sunday directed the divisional commissioner to submit a report on the incident at a coaching centre in Rajinder Nagar where three civil service aspirants were killed due to rain-induced flooding in the basement.

He said the incident points to "criminal neglect" and lack of "basic maintenance" by concerned agencies.

Mr Saxena said he is deeply anguished by the incident of death of the civil services aspi-



rans. "That this should happen in the Capital of India is most unfortunate & unacceptable," he said in a post on X.

"Reportedly 7 other citizens have died due to electrocution in the past few days. My deep-

est condolences to the families of those who have lost their lives. You are in my thoughts and prayers," he said.

Mr Saxena said he has been keeping a close watch over the situation and has monitored the

rescue operations by Delhi Police and the fire department personally.

"These incidents clearly points towards criminal neglect & failure of basic maintenance & administration by concerned agencies & departments," he said in another post.

"Drainage in the city and related infrastructure, as also required efforts and endeavours to address these have apparently collapsed, Mr Saxena said.

He added that the incident is indicative of the "larger malaise of mis-governance that Delhi

has been subjected to during the last decade or so".

The role of coaching institutions and landlords in not ensuring basic safety of students, who pay hefty fees and rents, away from their homes needs to be looked into, the LG said.

"What has been happening is unpardonable and such issues can no more be glossed over. I have asked the Divisional Commissioner to submit a report, covering every aspect of the tragic incident by Tuesday," he added.

Did Manipur CM meet PM Modi separately also to discuss situation in his state, asks Congress

NEW DELHI, Jul 28 (Agencies): The Congress on Sunday said the people of Manipur are asking whether Chief Minister N Biren Singh, who attended two meetings chaired by Prime Minister Narendra Modi here the day before, also met him one-on-one to discuss the situation in the violence-hit state and invite him there.

Congress general secretary in-charge communications Jairam Ramesh said the Manipur chief minister attends the NITI Aayog meeting in New Delhi on

Saturday presided over by "the self-anointed non-biological PM".

"Then the Manipur CM attends a meeting of BJP CMs and Deputy CMs presided over by the same deity," he said.

"The simple question that the people of Manipur are asking is this: Did Shri N. Biren Singh meet with Shri Narendra Modi separately one-on-one and discuss the situation in Manipur, which started burning on the night of May 3rd 2023?" he said.

Did Biren Singh invite Modi to visit Manipur, either before or after his



trip to Ukraine, Ramesh asked.

Manipur plunged into violence between the Meitei and Kuki com-

munities in May, 2023. Since then some 200 people have been killed and thousands displaced.

Biren Singh, who was here to attend a conference of CMs from BJP-ruled states on Saturday, said he reaffirmed his unwavering commitment to serve the nation by strengthening the party and upholding its core values and ideology.

Singh had also attended the ninth NITI Aayog Governing Council meeting during the day, and said it deliberated on various strategies aimed at expediting the nation's progress and addressing the obstacles faced by different regions.

Two killed in separate elephant attacks in Jharkhand

JAMSHEDPUR, Jul 28 (Agencies): Two persons including a woman were killed in elephant attack in Jharkhand's East Singhbhum district, a forest official said on Sunday.

A septuagenarian man was crushed to death by a pachyderm when he went out to relieve in a forest

Chauthia village in the early hours of Sunday, the official said.

The elephant attacked the old man suddenly and dragged him to a distance before killing him.

In another incident, an elderly woman was

killed under the debris of a wall that collapsed in an attack by a wild elephant in Dighi village late on Saturday night. The woman identified as Baso Hansdah, a widow, was sleeping when the elephant attacked her house and broke the wall, which fell on her.

Divisional Forest Officer (Dhalbhum) Saba Alam Ansari confirmed both incidents.

He said details of the incident were being awaited.

On being informed of the incidents, a forest department team rushed

to the spot to investigate it.

Meanwhile, in protest against the incidents of elephant attack, enraged villagers put up a road blockade on Sunday morning on Chakulia-Matiyana main road demanding adequate compensation.

Forest department officials and police rushed to the spot and assured to look into their demand as per the provisions of the forest department, SDPO (Ghatsila) Ajit Kumar Kujur said.

He said both bodies have been sent for post-mortem examination.

Mamta Banerjee's 'insult' at NITI Aayog doesn't suit democratic norms, claims Sanjay Raut

MUMBAI, Jul 28 (Agencies): Shiv Sena UBT leader Sanjay Raut on Sunday said the "insult" of West Bengal Chief Minister Mamata Banerjee at the NITI Aayog meeting held in New Delhi a day earlier was not good for democracy.

States have several issues which need to be addressed and muting the microphone of a chief minister doesn't suit democratic norms, Raut told reporters.

Banerjee on Saturday walked out of a NITI Aayog meeting chaired by Prime Minister Narendra Modi, claiming she was unfairly



stopped midway through her speech, a charge denied by the government asserting that her speaking time was over. Banerjee, the only opposition leader to

attend the meeting, alleged her microphone was switched off after five minutes of her speech while other chief ministers, including from Andhra Pradesh, Goa,

Assam and Chhattisgarh, were allowed to speak for a longer duration.

"The money which is distributed by the Centre belongs to the people of India. It is collected as various taxes. What did Maharashtra get.. Our chief minister came back empty handed," Raut said in a swipe at the ruling alliance under Eknath Shinde.

Asked about NCP (SP) leader Sharad Pawar's externment comment about Union Home Minister Amit Shah, Raut claimed cases were dropped after the Narendra Modi-led NDA came to power.

Tamil Nadu to open Mettur Dam for Kuruva cultivation after Cauvery review meet



CHENNAI, Jul 28 (Agencies): Tamil Nadu Chief Minister MK Stalin held a review meeting on Sunday with authorities on Cauvery water management and decided to open the Mettur Dam for Kuruva crop irrigation.

The release of water from the Mettur Dam, which was supposed to happen at the begin-

ning of July, had to be postponed as water from Karnataka was not released. Tamil Nadu raised objections after Karnataka Chief Minister Siddaramaiah decided not to release the amount of water recommended by the Cauvery Water Management Authority (CWMA), citing a lack of rainfall.

The Tamil Nadu government held an all-party meeting and decided to approach the Supreme Court if necessary.

However, following heavy rainfall in the Cauvery water catchment areas, the water level in the Mettur Dam rose to 109.20 ft with 77.30 TMC of water. The Mettur Dam is receiv-

ing 1.48 lakh cusecs of excess water from four Karnataka dams, and as per weather predictions, rain is expected to continue in the areas, ensuring water availability for three more days.

MK Stalin held a review meeting with authorities and decided to open the Mettur Dam by 3 pm on July 28, initially releasing 12,000 cusecs of water. He also held a video conference with the concerned district collectors, instructing them to manage the water release and facilitate the 'Aadi Perukku' festival.

The water released from the Mettur Dam will be used for Kuruva (long-term) paddy cultivation in 13 districts.

Kamala Harris calls herself an underdog, touts her campaign as 'people powered'

Harris alleges that Trump was spreading lies against her

WASHINGTON, Jul 28 (Agencies): Kamala Harris, the presumptive presidential nominee of the Democratic party, has called herself the underdog in the race to the White House but expressed confidence that she would win in November due to her people-powered campaign.

In her first fundraiser since becoming her party's candidate for president, Harris told supporters that this year's election was a choice between two visions for the country — one looking toward the future and one that wants to undo the country's progress.

"We are the underdogs in this race. Level set, ok. We are the underdogs in this race, but this is a people-powered campaign," Vice President Harris said, addressing a group of 800 fundraisers in Pittsfield, Massachusetts.



"This is a people-powered campaign and we have momentum," Harris, 59 said.

During the fundraiser on Saturday, she raised USD 1.4 million as against the original goal of USD 400,000.

Amidst loud applause from the audience, she said that her campaign has "earned the support of enough delegates to secure the Democratic nomination."

"What kind of country do we want to live in? Do we want to live in a country of freedom, compassion and rule of law or do we want to live in a country of chaos, fear and hate?" she asked as she continued to attack her Republican rival Donald Trump, 78. She hoped that former president Trump would agree to do a debate

with her. "You may have seen he just pulled out of our debate. I hope he reconsiders because we have a lot to talk about," Harris, who has Indian roots, said. In her speech, she described her background as a prosecutor.

"In those roles, I took on perpetrators of all kinds. Predators who abused women, fraudsters who ripped off consumers, cheaters who broke the rules for their own gain. So hear me when I say, I know Donald Trump's type," she said.

She alleged that Trump was spreading lies against her. "You may have noticed; Donald Trump has been resorting to some wild lies about my record. And some of what he and his running mate are saying, well, it's just plain weird. I mean that's the box you put that in," she said.

Israel says Hezbollah 'crossed all red lines' after Golan rocket fire



JERUSALEM, Jul 28 (Agencies): Israel's foreign ministry on Sunday said that Hezbollah had "crossed all red lines" with a rocket strike blamed on the Lebanese armed group that killed 12 youngsters on the annexed Golan Heights.

"Saturday's massacre constitutes the crossing of all red lines by Hezbollah. This is not an army fighting another army, rather it is a terrorist organisation deliberately shooting at civilians," the ministry

said in a statement. Iran-backed Hezbollah, which on Saturday claimed multiple attacks on Israeli military positions following a deadly raid on southern Lebanon, has denied responsibility for the strike that hit the Golan Heights town of Majdal Shams.

The foreign ministry said "an Iranian rocket" caused the deaths of "our boys and girls".

"Hezbollah is the only terror organisation which has those (rockets) in its arsenal", it

said. "Israel will exercise its right and duty to act in self-defence and will respond to the massacre."

The military said the rocket attack killed 12 people aged between 10 and 20 years when they were hit on a football field in Majdal Shams, a Druze town where many residents have not accepted Israeli nationality since the Golan Heights was seized from Syria in 1967.

Prime Minister Benjamin Netanyahu, who was returning early from a visit to the United States, vowed that "Israel will not let this murderous attack go unanswered".

He was due to head a security committee meeting later on Sunday, his office said.

11 killed by mudslide in China as heavy rains from tropical storm Gaemi drench region

BEIJING, Jul 28 (Agencies): Eleven people were killed after a mudslide hit a house in southeastern China on Sunday as heavy rains from a tropical storm drenched the region, state media said.

Elsewhere in China, a delivery person on a scooter was killed Saturday after being hit by a falling tree in Shanghai, apparently because of strong winds related to the storm, according to The Paper, a digital news outlet.

The deaths were the first in China that appear linked to Typhoon Gaemi, which weakened to a tropical storm after making landfall on Thursday. Before reaching China, the typhoon intensified monsoon rains in the Philippines, leaving at least 34 dead, and swept across the island of Taiwan, where the death toll has risen to 10, authorities said late Saturday.

The mudslide struck the house about 8 a.m.



in Yuelin village, which falls under the jurisdiction of Hengyang city in Hunan province, state broadcaster CCTV said in a series of online reports.

An earlier report said that 18 people were trapped by the mudslide, and that six injured people had been rescued. It wasn't clear in the latest report if one other person remained missing. The reports didn't say who was staying in the house, which was rented for temporary stays.

There was no information on whether the injuries were serious. The reports said the

mudslide was triggered by water rushing down the mountains from heavy rains. They didn't mention Gaemi but the China Meteorological Administration said that rain tied to the tropical storm hit southeastern parts of Hunan province on Saturday.

In Shanghai, a photo posted by The Paper showed a delivery scooter on its side mostly covered by leafy branches near the still-standing barren trunk of a tree. It said storm-related winds were the suspected cause, and that the investigation was continuing.

Bangladesh students vow to resume protests unless leaders freed

DHAKA, Jul 28 (Agencies): A Bangladeshi student group has vowed to resume protests that sparked a lethal police crackdown and nationwide unrest unless several of their leaders are released from custody on Sunday.

Last week's violence killed at least 205 people, according to an agency count of police and hospital data, in one of the biggest upheavals of Prime Minister Sheikh Hasina's 15-year tenure.

Army patrols and a nationwide curfew remain in place more than a week after they were imposed, and a police dragnet has scooped up thousands of protesters including at least half a dozen student leaders.

Members of Students Against Discrimination, whose campaign against civil service hiring rules precipitated the unrest, said they would end their week-long protest moratorium.



The group's chief Nahid Islam and others "should be freed and the cases against them must be withdrawn", Abdul Hannan Masud told reporters in an online briefing late Saturday.

Masud, who did not disclose his location because he was in hiding from authorities, also demanded "visible actions" be taken against government ministers and police officers responsible for the deaths of protesters. "Otherwise, Students

Against Discrimination will be forced to launch tough protests" from Monday, he said.

Islam and two other senior members of the protest group were on Friday forcibly discharged from hospital in the capital Dhaka and taken away by a group of plainclothes detectives.

Earlier in the week Islam told agency he was being treated at the hospital for injuries police inflicted on him during an earlier round of detention and said he was in fear for his life.

Home minister Asaduzzaman Khan told reporters Friday that the trio were taken into custody for their own safety but did not confirm if they had been formally arrested.

Police told agency on Sunday that detectives had taken two others into custody, while a Students Against Discrimination activist told agency that a third had been taken on Sunday morning.

At least 9,000 people have been arrested nationwide since the unrest began according

to Prothom Alo, Bangladesh's largest daily newspaper.

- Jobs crisis -

Protests began this month over the reintroduction of a quota scheme reserving more than half of all government jobs for certain candidates.

With around 18 million young Bangladeshis out of work, according to government figures, the move deeply upset graduates facing an acute employment crisis.

Critics say the quota is used to stack public jobs with loyalists to the ruling Awami League.

The Supreme Court cut the number of reserved jobs last week but fell short of protesters' demands to scrap the quotas entirely.

Prime Minister Hasina has ruled Bangladesh since 2009 and won her fourth consecutive election in January after a vote without genuine opposition.

Venezuelan election could lead to seismic shift in politics or give President Maduro six more years

CARACAS, Jul 28 (Agencies): The people of Venezuela are voting Sunday in a presidential election whose outcome will either lead to a seismic shift in politics or extend by six more years the policies that caused the world's worst peacetime economic collapse.

Whether it is President Nicolás Maduro who is chosen, or his main opponent, retired diplomat Edmundo González, the election will have ripple effects throughout the Americas. Government opponents and supporters alike have signaled their interest in joining the exodus of 7.7 million Venezuelans who have already left their homes for opportunities abroad should Maduro win another term.

Polls open at 6 a.m. local time. The number of eligible voters is estimated to be around 17 million.

Authorities set Sunday's election to coincide with what would have been the 70th birthday of former President Hugo Chávez, the revered leftist firebrand who died of cancer in 2013, leaving his Bolivarian revolution in the hands of Maduro. But Maduro and his United Socialist Party of Venezuela are more unpopular than ever among many voters who blame his policies for crushing wages, spurring hunger, crippling the oil

industry and separating families due to migration.

Maduro, 61, is facing off against an opposition that has managed to line up behind a single candidate after years of intraparty divisions and election boycotts that torpedoed their ambitions to topple the ruling party.

González is representing a coalition of opposition parties after being selected in April as a last-minute stand-in for opposition powerhouse María Corina Machado, who was blocked by the Maduro-controlled Supreme Tribunal of Justice from running for any office for 15 years.

Machado, a former lawmaker, swept the opposition's October primary with over 90% of the vote. After she was blocked from joining the presidential race, she chose a college professor as her substitute on the ballot, but the National Electoral Council also barred her from registering. That's when González, a political newcomer, was chosen. Sunday's ballot also features eight other candidates challenging Maduro, but only González threatens Maduro's rule.

Venezuela sits atop the world's largest proven oil reserves, and once boasted Latin America's most advanced economy. But it entered



into a free fall after Maduro took the helm. Plummeting oil prices, widespread shortages and hyperinflation that soared past 130,000% led first to social unrest and then mass emigration.

Sanctions from U.S. President Donald Trump's administration seeking to force Maduro from power after his 2018 reelection — which the U.S. and dozens of other countries condemned as illegitimate — only deepened the crisis.

In recent days, Maduro has crisscrossed Venezuela, inaugurating hospital wards and highways and visiting rural areas where he had not set foot in years. His pitch to voters is one of economic security,

which he underscores with stories of entrepreneurship and references to a stable currency exchange and lower inflation rates.

The capital, Caracas, saw an increase in commercial activity after the pandemic, bolstering an economy the International Monetary Fund forecasts will grow 4% this year — one of the fastest in Latin America — after having shrunk 71% from 2012 to 2020.

"They tried to subjugate our people," Maduro said of the United States during his closing rally Thursday in Caracas, "but today we are standing tall and ready for victory on the 28th of July."

But most Venezuelans have not

seen any improvement in their quality of life. Many earn under \$200 a month, which means families struggle to afford essential items. Some work second and third jobs. A basket of basic staples — sufficient to feed of family of four for a month — costs an estimated \$385.

The opposition has tried to seize on the huge inequities arising from the crisis, during which Venezuelans abandoned their country's currency, the bolivar, for the U.S. dollar.

González and Machado focused much of their campaigning on Venezuela's vast hinterland, where the economic activity seen in Caracas in recent years didn't materialize. They promised a government that would create sufficient jobs to attract Venezuelans living abroad to return home and reunite with their families.

An April poll by Caracas-based Delphos said about a quarter of Venezuelans were thinking about emigrating if Maduro wins Sunday. The poll had a margin of error of plus or minus 2 percentage points.

Most Venezuelans who migrated over the past 11 years settled in Latin America and the Caribbean. In recent years, many began setting their sights on the U.S.

Both campaigns have distinguished themselves not only for the political movements they represent but also on how they have addressed voters' hopes and fears.

Maduro's campaign rallies featured lively electronic merengue dancing as well as speeches attacking his opponents. But after he caught heat from leftist allies such as Brazilian President Luiz Inácio Lula da Silva for a comment about a "bloodbath" should he lose, Maduro recoiled. His son told the Spanish newspaper El País that the ruling party would peacefully hand over the presidency if it loses — a rare admission of vulnerability out of step with Maduro campaign's triumphalist tone.

In contrast, the rallies of González and Machado prompted people to cry and chant "Freedom! Freedom!" as the duo passed by. People handed the devout Catholics rosaries, walked along highways and went through military checkpoints to reach their events. Others video-called their relatives who have migrated to let them catch a glimpse of the candidates.

During a rally in mid-May, González, 74, asked supporters to imagine "a country in which our airports and borders would be filled with our children returning home."

Amit Shah chaired 7th high-level NCORD meeting, launched national narcotics helpline 'MANAS'

Top News Report

JAMMU, July 28: Union Home and Cooperation Minister and senior BJP leader Amit Shah chaired the 7th high-level meeting of the Narco Coordination Center (NCORD). Shah launched the National Narcotics Helpline Portal 'MANAS,' which will be a toll-free number 1933, a web portal, a mobile app, and the Umang app so that citizens of the country can anonymously connect with NCB round the clock to share information on drug trafficking or seek advice on issues related to drug abuse, de-addiction, and rehabilitation.

Shah dedicated to building a drug-free India, made it clear that only the combined efforts of the government, agencies, and 130 crore citizens of the country can achieve victory in the fight against drugs. It was also emphasized that unless every citizen under the age of 35 fights this battle and every citizen over the age of 35 resolves to guide, it will be difficult to win the fight against drugs.

The Congress Govt, which ruled the country for decades after independence, did not take any steps in the fight against drugs. Rather, during the Congress regime, the



illegal drug trade continued to flourish, and as a result, the entire drug trade became linked with narco-terror. Today, the money coming from drug earnings has become the most serious threat to the country's security. However, in 2019, as soon as Modi ji became Prime Minister for the second consecutive time, he handed over the command to eliminate the drug trade from the root to the Chanakya of Indian politics, Amit Shah. With this, a new dawn began.

Under the leadership of Prime Minister Narendra Modi and the skillful guidance of Union Home Minister Amit Shah, the Ministry of Home Affairs has made unprecedented efforts to fight this battle over the past five years based on the three pillars of structural reforms, institutional reforms, and informational reforms, with a

'Whole of Government' Approach. If the data is studied, it becomes clear that while 1,52,000 kilograms of drugs worth ₹5,933 crore were seized from 2004 to 2014, in the ten years from 2014 to 2024, more than 5,43,000 kilograms of drugs worth over ₹22,000 crore. have been seized.

Under Shah's policies in the Modi government, agencies are now working vigorously not on the 'Need to Know' principle but on the 'Duty to Share' principle. If the builder of New India, Amit Shah, has resolved, then building a drug-free India is certain in the coming years.

Boundless Shah has of Narco Coordination Committee 7th of Top Level meeting of Chairmanship And National Narcotics Helpline of 'Manas' beginning

Central home And Cooperatives Minister And

Indian public Party Of senior Leader Boundless Shah has Narco Coordination Centre i.e Narco Coordination Committee 7th of Top Level meeting of Chairmanship Of. This opportunities But Shah has National Narcotics Helpline Portal 'Manas (Narcotic Substance Prohibition Intelligence centre)' beginning Of. Psyche Of under One toll free No. 1933, a Web Portal, a Mobile App And enthusiasm App will be So that Country Of Citizen, drug addict Drugs of smuggling But Information shared to Or intoxicating Drugs Of abuse, addiction Freedom And Rehabilitation As Issues From Connected Advice take Of For Anonymous Form From around the clock hours NCB (Narcotics Control Bureau) from join Can.

Intoxication Free India Of Construction In Converge Boundless Shah has clear Did That Government, Agencies And Country of 130 crores public together only intoxication Of Against battle In Victory achieved Tax can Is. This talk But Too Emphasis Gave Went That When till Country of 35 years From Less Age Of every citizen This battle To Fighting and 35 years From More age gonna every citizen Guid-

ance Of Resolution No does Then till intoxication Of Against battle To win difficult Is.

Independence Of after Decades till Country But Rule to wala Congress of Government has Drugs Of Against battle In Any step No raised. Rather saw go So Congress of Government In Drugs Of Illegal Business Continuous flourishing Stayed And Result it Happened That Drugs Of Complete Business Narco terror Of with join Went. Today Drugs of Earnings From to come gonna Money Country of Security Of For To all Serious hazard become Went Is. But, in the year 2019 Continuous Second Times Prime Minister becoming only Modi Yes has Drugs Of Business To Root From End to Of For his Command Indian Politics Of Chanakya Boundless Shah To hand over Gave. Its with hey, one New Morning Of Beginning Happened.

Prime Minister Narendra Modi Of Leadership And Central home Minister Boundless Shah Of skilled Guidance In last five Year In home Ministry has throughout Government Approach Of with structural Reforms, Institutional And Informational Reforms Of Three Pillars

Dr preeti bhagat organised free medical camp, distributed medicines



Top News Report

JAMMU, July 28: Social activist Dr. Preeti Bhagat organized a free medical camp at magowali village of of Suchetgarh assembly constituency. During the camp, Dr. Preeti Bhagat and her team conducted free checkups of more than 100 patients and distributed medicines to them. People who came to the camp for checkup said that usually social organizations organize medical camps only

once or twice a year, but the passion of Dr. Preeti Bhagat takes out time from her busy schedule and organizes camps in some village every week. The villagers said that by getting checkups done in such camps, they remain aware of their health. Otherwise they do not have the facilities to get their health checkup done. Dr. Preeti Bhagat said that the passion for social service has been in her mind since the beginning. She wants to do something for

the society. This was the purpose of joining the medical profession and now she is serving people through this profession.

Such camps will be continued in future also. Dr. Preeti Bhagat also gave many tips to the people who came to the camp for checkup to stay healthy without medicines. She said that if you follow a good routine and maintain proper eating habits, you can stay safe from diseases to a great extent.

A Training Session on Stress & Time Management organized at SMVDU



Top News Report

JAMMU, July 28: Directorate of Quality Assurance, SMVDU organized a Training Program entitled, "Stress and Time Management" for all the Officers & Staff Members of Shri Mata Vaishno Devi University. Resource Person of the training session Mr. Ankush Gupta, Assistant Director (Human Resource), Earnest and Young (E&Y), India, emphasized on different sources of stress at the workplaces and advised various remedial processes to overcome excessive stress levels. Mr. Gupta explained with the help of various case studies, illustrations different aspects of stress and consequential disadvantages. He emphasized that the modern stress management practices are essential

to be adopted as the job requirements are dynamically changing in the present technology driven workplaces. The session was very lively participated by the different officers and staff members of the young University. The resource person with the help of various demonstrations highlights the intricacies of internal and external stress and a mechanism has been presented to work on these issues. Earlier the inaugural part of the training program Prof. Supran Kumar Sharma, Director, DQA accentuated the significance of such kinds of training programs which are in the form of on-job trainings. Shri Ajay Kumar Sharma, JKAS, Registrar, SMVDU & Shri Neeraj Gupta, JKAS Finance Officer, SMVDU also attended the session. Prof. Pragati Kumar, Vice

Chancellor, Shri Mata Vaishno Devi University has conveyed warm wishes on this occasion. Directorate of Quality Assurance, SMVDU is regularly focusing to conduct different training program on relevant areas including Noting & Drafting; Administrative Rules; Communication Skills and Personality Development; Upgradation of Computer Skills; Leadership Skills; Purchase Management, Capacity Enhancement Program etc. It has been well established that to improve the productivity and quality of the present era educational Institute of National & International repute, regular knowledge upgradation is the key, working on the same lines; a complete calendar for the academic year has been prepared by Directorate of Quality Assurance SMVDU.

Volleyball Competition at Budhal, Rajouri



Top News Report

RAJOURI, July 28: Army organised Volleyball Competition at Budhal, Rajouri District. A total of three teams from different villages fought in the tight grip championship. The Indian Army, recognizing the importance of sports in building camaraderie and physical fitness, provided all necessary logistical support, including the setup of courts, equipment, and coaching sessions. The tournament was not merely a sporting event but also a celebration of local

culture and unity. Spectators from nearby villages gathered in large numbers, cheering for their teams and enjoying the festive atmosphere. The Army's involvement was appreciated by the locals, who expressed gratitude for the opportunity to showcase their talent and engage in healthy competition. Apart from giving a platform to the local players to showcase their talents, the event left an indelible mark on the community, reinforcing the Indian Army's role as a pillar of support and goodwill in the region.

AJBRCEAK urge administration to address genuine grievances



Top News Report

JAMMU, July 28: All Jammu Based Reserved category Employees Association Kashmir (AJBRCEAK) has once again demanded early notification of Comprehensive Transfer Policy, speaking in an emergency meeting of association convened by Chairman AJBRCEAK Sh Vipen Kumar in Anantnag said that this is the right time to notify much awaited comprehensive transfer policy for Employees appointed on inter-district basis in Kashmir Division. Chairman AJBRCEAK reiterated that LG Administration has promised to frame a Comprehensive Transfer policy for all Jammu based reserved category employees and committee for the purpose also constituted in 2022. Now we hope govt. will come up with notification soon.

While highlighting the concerns of Jammu Based Employees Sh

Vipen Kumar urged divisional administration Kashmir to pass necessary instructions regarding genuine issues of employees more particularly issues like leave settlement order of all the remaining Departments, Exemption in Biometric Attendance system and govt accommodation for Inter District employees posted in Kashmir.

We Anticipate more positive steps in coming days, our demand as stated are associated with our emotions and stakeholders should respect sentiments of large section of population of Jammu division" Chairman AJBRCEAK Sh Vipen Kumar stated.

In his remarks about the issues faced by Jammu Based employees Sh Vipen Kumar asserted that administration has already taken up every genuine issue positively but we are anticipating more, all remaining departments whose leave settlement order are yet to be issued is a

big concern for us, adjustment of Jammu Based Employees posted in remote areas of valley in safe zones on security grounds is also one more thing that needs to be settled down."

In his brief note Chairman AJBRCEAK added that we are quite optimistic about the promises of LG sabb, and hopefully a long pending demand of transfer policy is going to be notified shortly." While requesting authorities to address justified issues of employees He said that employees have always received good response and we hope govt will continue the same approach for welfare of Employees.

Those present in the meeting include Kuldeep Kumar Vice Chairman AJBRCEAK, Yashpal Bhagat General Secretary, Mohan Lal Advisor, Bharat Bhushan Joint Secretary, Jarnail Singh, Surjee Kumar Executive Members and many others.

FROM PAGE 1

Joint search Op launched following suspicious movements in Poonch, Reasi

They added that there was intelligence about the suspected movements along the LoC, following which thorough searches involving a substantial number of Army, CRPF, and Special Operations Group (SoG) personnel were launched covering various areas.

The operation is still underway, they said in the afternoon.

Similarly, in Reasi district, police and security forces launched a cordon and search operation in the Dadoya area of Poni after a woman reported seeing two suspicious individuals on the outskirts of the village, officials said.

Dozens of search operations have been conducted in the past fortnight following reports of suspicious movements across various districts of the Jammu region.

These operations have been deemed necessary in wake of 15 terror incidents in the Jammu region in past 50 days, resulting in the loss of lives of 10 security personnel, including two officers, as well as nine pilgrims and injuries to 58 others.

Judges should use a sense of robust common sense in bail petitions: CJI D Y Chandrachud

public authorities acting in a politically motivated manner by detaining activists, academics, journalists and even politicians, including the chief ministers of opposition parties, he said.

According to him, all of these actions are taken with deep trust in the face of justice coming very slowly.

In reply, Justice Chandrachud said the Supreme Court has been constantly trying to convey that part of the reason for it is that there is an inherent distrust in the institutions within the country.

"I think it's important that we learn to trust people who may be in a hierarchical legal system, like much below, which are the trial courts. We have to encourage trial courts to be more receptive to the need for accommodating concerns of people who are seeking liberty," the CJI said.

"Unfortunately, the problem today is this, that we look at any grant of relief by trial judges with a degree of suspicion. That means that the trial judges increasingly are playing it safe, not granting bail on

important issues of serious crimes," he explained.

According to the CJI, judges have to look at the nitty gritty and see the fine prints of each case.

"You (judges) have to have a sense of robust common sense. Now, unless we, therefore, separate the grains from the chaff in criminal jurisprudence, it's very unlikely that we will have just solutions and to allow for decision makers to separate the grain from the chaff, it's important that we also place a great deal of trust," Justice Chandrachud noted.

"I think that's my concern that you can't render courts as in the hierarchy as you go up dysfunctional, just by the number of very small cases that are placed before us".

According to him, most of the cases should not have come to the Supreme Court at all.

"The reason why we are prioritising bail is to send this message across the nation that those at the most incipient levels of the decision-making process have to do their duties without this feeling that. I've been disgusted that my career will be on the line," the CJI underlined.

Three students die after coaching institute basement flooded in

Delhi's Rajendra Nagar

fire vehicles reached the spot after we received the information at around 7.15 pm. We pumped the water out and recovered the dead bodies of two girls. Around three children were feared to be trapped. Two have been recovered. We will recover the third one also as soon as the water resides. Our operation will conclude in some time. There were 30 students in the basement, three were trapped while others escaped."

Slamming the AAP government, Delhi BJP Chief Virendra Sachdeva said that the corruption in Municipal Corporation of Delhi should be inquired.

"There should be an inquiry into the corruption of Arvind Kejriwal, Atishi and their government. Delhi Municipal Corporation's corruption should be inquired. There should be an inquiry as to why the drainage was not cleaned. Will they order an inquiry into this?" he said.

At 24.6°C, Sgr records season's hottest night, 3rd highest minimum temperature in 132 years

recorded at 25.2 degree Celsius on 21 July 1988, he said.

Pertinently, the parts of Jammu and Kashmir are expected to witness a significant decline in the temperature as there is a possibility of rains in the Union Territory from tomorrow.

Today's night temperature in Srinagar was comparable to the daytime temperatures usually experienced in mid-May, he said.

Two injured after attacked by Bear in 1 Ladhoo Pampore

they were attacked by a bear in Ladhoo area of Pampore in south Kashmir's Pulwama district on Sunday.

An official told the news agency Kashmir Scroll that a bear attacked two persons in Nagbal Ladhoo Khrew Pampore resulting in injuries to them.

They have been identified as Mohammad Aslam son of Sonu Khan resident of Ladoo and Talib Hussain Khan son of Mohammad Iqbal resident of Ladoo.

Both the injured have been shifted to SDH Pampore for treatment, he said.

He added that the Wildlife Department has been called and locals have requested the department to capture the wild animal at an earliest.

After outrage, government clarifies: Tax clearance certificate only for people with tax dues, high-value defaulters

Finance ministry, in the Finance Bill, 2024, has proposed to add reference of Black Money Act, 2015, under which any person should clear his liabilities to obtain tax clearance certificate

NEW DELHI, Jul 28 (Agencies): After social media outrage over a Budget proposal making it mandatory to get tax clearance certificates for going abroad, the government on Sunday clarified that the proposed amendment is not for all, and only those accused of financial irregularities or having substantial tax arrears need such clearance.

The finance ministry, in the Finance Bill, 2024, has proposed to add the reference of the Black Money Act, 2015, to the list of Acts, under which any person should clear his liabilities to obtain the tax clearance certificate.

"The proposed amendment does not require all the residents to obtain the tax clearance certificate," the ministry said in a statement.



As per section 230 of the Income-tax Act, 1961, every person is not required to obtain a tax clearance certificate. Only in the case of certain persons, in respect of whom circumstances exist, which make it necessary to obtain a tax clearance certificate will be required to obtain such a certificate.

The ministry said that the

Income Tax department through a 2004 notification has specified that the tax clearance certificate may be required to be obtained by persons domiciled in India only in certain circumstances.

These include - where the person is involved in serious financial irregularities and his presence is necessary in the investigation of cases under the

Income-tax Act or the Wealth-tax Act and it is likely that a tax demand will be raised against him, or where the person has direct tax arrears exceeding Rs 10 lakh outstanding against him, which have not been stayed by any authority.

The I-T department said that a person can be asked to obtain a tax clearance certificate only after recording the reasons for the same and after taking approval from the Principal Chief Commissioner of Income-tax or Chief Commissioner of Income-tax.

Such a certificate is required to be issued by the income-tax authority, stating that such person has no liabilities under the Income-tax Act, or the Wealth-tax Act, 1957, or the Gift-tax Act, 1958, or the Expenditure-tax Act, 1987, it added.

Mcap of 6 of top-10 valued firms jumps Rs 1.85 lakh crore; LIC, Infosys biggest winners



NEW DELHI, Jul 28 (Agencies): The combined market valuation of six of the top 10 valued firms jumped Rs 1,85,186.51 crore last week, with Life Insurance Corporation of India (LIC) and Infosys emerging as the biggest gainers.

Last week, the BSE benchmark climbed 728.07 points or 0.90 per cent.

The valuation of LIC

surged Rs 44,907.49 crore to Rs 7,46,602.73

crore. Infosys added Rs 35,665.92 crore to its market valuation at Rs 7,80,062.35 crore.

ITC's valuation soared by Rs 35,363.32 crore to Rs 6,28,042.62 crore.

The market capitalisation (mcap) of Tata Consultancy Services (TCS) jumped Rs 30,826.1 crore to Rs 15,87,598.71 crore and that of Bharti Airtel climbed Rs 30,282.99 crore to Rs 8,62,211.38 crore.

HDFC Bank's valuation

rallied Rs 8,140.69 crore to Rs 12,30,842.03 crore.

However, the mcap of Reliance Industries tumbled by Rs 62,008.68 crore to Rs 20,41,821.06 crore. The valuation of ICICI Bank declined by Rs 28,511.07 crore to Rs 8,50,020.53 crore.

State Bank of India's mcap declined by Rs 23,427.1 crore to Rs 7,70,149.39 crore.

Hindustan Unilever's valuation went down by Rs 3,500.89 crore to Rs 6,37,150.41 crore.

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

Children at high type 1 diabetes risk if fathers have the condition: Study

NEW DELHI, Jul 28 (Agencies): A team of scientists has revealed that a child is almost twice as likely to develop type 1 diabetes if the father has the condition than the mother.

The study, the largest of its kind and published in the journal *Diabetologia*, suggests that exposure to type 1 diabetes in the womb confers long-term protection against the condition in children with affected mothers relative to those with affected fathers.

Understanding what is responsible for this relative protection could lead to opportunities to develop new treatments to prevent type 1 diabetes, said researchers.

"Individuals with a family history of type 1 diabetes are 8-15 times more likely to develop the autoimmune condition - however, studies have shown the risk is higher if the affected relative is the father rather

than the mother. We wanted to understand this more," said lead researcher Dr Lowri Allen from Cardiff University in the UK.

Previous studies have suggested that maternal type 1 diabetes is associated with relative protection against type 1 diabetes in offspring during early life.

The new study involved 11,475 individuals who were diagnosed when they were between 0 and 88 years old.

The results show they were almost twice as likely (1.8 times more likely) to have a father with type 1 diabetes as a mother with the condition.

"Taken together, our findings suggest the relative protection associated with having a mother versus father with type 1 diabetes is a long-term effect that extends into adult life," said Allen.

However, the timing of the parent's diagnosis

was important.

An individual was only more likely to have a father, rather than a mother, with type 1 diabetes, if the parent was diagnosed before the individual was born.

In other words, having a mother with type 1 diabetes only appears to provide a child with protection against the condition (relative to having a father with type 1 diabetes) if the mother has the condition during pregnancy, the findings showed.

Further research is needed to determine what it is about exposure to type 1 diabetes in the womb that is most important.

"Is it exposure to high blood glucose levels, insulin treatment, antibodies associated with type 1 diabetes, a combination of these, or exposure to another aspect of type 1 diabetes?" asked researchers.

UK's National Health Service uses toothpaste for mouth cancer warnings

LONDON, Jul 28 (Agencies): Britain's National Health Service (NHS) announced a new supermarket partnership that will see toothpaste and mouthwash bottles caution users about the symptoms of mouth cancer to encourage early detection.

Starting in July, Asda's branded oral hygiene products in over 500 stores across the country will feature NHS advice on the symptoms to watch out for.

Millions of these toothpaste tubes and mouthwash bottles will encourage people to contact their general practitioner (GP) or dentist if they notice any potential signs of concern.

"Early detection is key in the fight against mouth cancers to save and improve lives," said Mahesh Kumar, the Indian-origin president of the Mouth Cancer Foundation and an Oral Maxillofacial Surgeon.

"Any cancer caught early usually incurs a less invasive treatment plan.

It is incredibly important to raise awareness of the signs and symptoms among the general public. The NHS advice on oral hygiene products will go a long way to highlighting the importance of looking after our oral health and acting sooner when something out of the ordi-



nary is discovered," he said.

England's state-funded health service said its partnership with Asda aims to raise awareness of symptoms that could indicate cancer such as an ulcer that lasts for three weeks or more.

Symptoms of mouth cancer also include a white or red patch in the mouth that does not heal within three weeks, a lump or swelling in the mouth, jaw, or neck that lasts for more than three weeks, and difficulty swallowing, chewing, or moving the jaw or tongue. Numbness in the tongue or other areas of the mouth, a sensation of something being stuck in the throat, a chronic sore throat or hoarseness that persists for more than six weeks, and unexplained

loosening of teeth can also be possible signs of cancer.

"By placing health messaging on products like toothpaste tubes and mouthwash bottles that people use every day, we're encouraging people to be vigilant about potential symptoms of mouth cancer and to get checked early," said Professor Peter Johnson, National Clinical Director for Cancer at NHS England.

While symptoms are common and can also be caused by other conditions, getting them checked as soon as possible is vital. Figures from the Mouth Cancer Foundation show that it is the eighth most common type of cancer in the UK, with over 11,700 new cases diag-

nosed annually. The disease is twice as common in men as in women, and nearly eight in 10 cases (78 per cent) occur in individuals over the age of 55.

"Asda sells over 2 million of these everyday items each year, so making this small change to our packaging means we can make a big difference in encouraging shoppers to be more aware and to highlight what they should do if they find any new or unexplained changes," said Asda Vice President Sam Dickson.

The new NHS partnership was launched to mark World Head and Neck Cancer Day on July 27 and includes a drive to encourage young people to get the HPV vaccine, which can help reduce the risk of cancers caused by HPV including mouth cancer. The vaccine is offered on the NHS to all children aged 12 to 13 and is also available for free on the NHS for all girls and women under 25 and boys born after September 2006.

According to NHS England, the incidence of head and neck cancers has surged by over 60 per cent in the country in recent decades, with developed countries experiencing the largest increase in oropharynx cancer - which has one of the poorest five-year survival rates.

Should you stretch before exercise? After? Never? Here's what to know

WASHINGTON, Jul 28 (Agencies): For many people of a certain age, high school gym class began with reaching for their toes. Then, over the years, we were told it was better to stretch after exercise.

It turns out, both those things can be true, but the differing advice has created some confusion.

Stretching can help make you more flexible, improve range of motion in your joints - and feel good. David Behm, who researches human kinetics at Memorial University of Newfoundland in St. John's, Canada, offers this advice on when to stretch and how to do it safely:

Warm up first
It's almost always good to stretch, but it's better if you warm up first, said Behm, author of "The Science and Physiology of Flexibility and Stretching". He recommends a light aerobic activity such as jogging, walk-

ing or cycling for five or 10 minutes.

Follow that with some static stretching, the traditional way of reaching and holding a position (think back to that gym class). You can then do activity-specific dynamic stretching, in which you warm up the muscles with repetitive movements like leg lifts.

Behm says one minute is "the magic number" for how long to do static stretching per muscle group without fatigue.

Expand your definition of 'stretching'
Should you always stretch before exercising? If it's traditional stretching, not necessarily. The better question, Behm says, is, "Should people increase their range of motion? Should people have better flexibility? And that is yes, because it helps prevent injuries. It helps with health. But you don't have to stretch to achieve that."

Resistance training,



for instance, can be an effective form of stretching, he said. Doing a chest press increases range of motion in your deltoids and pecs, whether with barbells, dumbbells or machines, so there is no need to stretch beforehand. Just make sure to start with a small amount of weight to warm up and then add more to train. "You probably don't have to do extra stretching unless you're a gymnast, a figure skater, or even a golfer who needs a great range of motion through that swing," Behm said.

Nor do you need to stretch first if you're going for a leisurely run. Simply start with a slow jog to warm up and then

increase the pace.

Don't do it if it hurts

After exercise, "light stretching is OK, as long as you don't reach a point where you're feeling pain", Behm said. Since your muscles will be warm by that point, overdoing it makes you more likely to injure yourself.

Foam rollers can help with muscle recovery and have been shown to increase range of motion as well as stretching.

Do some static stretching before sports

If you're playing a sport, Behm said, static stretching beforehand helps reduce muscle and tendon injury.

"If you're going to do

an explosive movement, change of direction, agility, sprint, any of these explosive activities that involve your muscles and tendons," he said, "you're going to be stronger if you do static stretching".

People can especially get in trouble when they go back to a sport they used to play, whether it's tennis, surfing or any sort of team activity.

Also, stretch both sides equally. Lacking flexibility on one side also can lead to injury.

Sounds simple. Why all the confusion?

Different studies over the years have either encouraged or discouraged stretching before exercise. Behm says that partly because some studies didn't reflect real-life conditions, or were designed with elite athletes in mind, not regular people.

"If you're Usain Bolt, it makes a difference," said Behm. Not so much for the rest of us.

Twice-a-year anti-HIV injection shows 100 per cent efficacy, reveals study

NEW DELHI, Jul 28 (Agencies): An HIV-preventive drug showed 100 per cent efficacy and "no safety concerns" in women, according to a study published in *The New England Journal of Medicine*.

Lenacapavir, injectable twice a year, is developed by the US-based biopharmaceutical company Gilead Sciences, Inc. as a pre-exposure prophylaxis (PrEP) drug. These drugs prevent the spread of infection in people not yet exposed to the disease-causing agent.

The study, a phase-3 trial involving teenage girls and young women in South Africa and Uganda, showed that lenacapavir "demonstrated zero (HIV) infections" and "100 per cent efficacy," Gilead Sciences, Inc. said in a statement.

HIV, or human immunodeficiency virus, spreads from the body fluids of an infected person. Untreated, the infection can progress to AIDS or acquired immunodeficiency syndrome over years.

In the PURPOSE 1 trial, 5,338 participants, who were HIV-negative, to begin with, were divided into three groups - 2,134 receiving lenacapavir injections 26 weeks apart; 2,136 receiving the daily oral tablet Descovy (F/TAF); and 1,068 receiving the daily oral tablet Truvada (FTDF).

Researchers, including those from the Desmond Tutu HIV Centre, University of Cape Town, South Africa, observed a total of 55 infections - zero in the Lenacapavir group, 39 in the Descovy group and 16 in the Truvada group.

"No participants receiving twice-yearly lenacapavir acquired HIV infection," the study authors wrote.

The most common adverse effects were injection-site reactions experienced by close to 70 per cent of the participants in the Lenacapavir group. However, there were "no serious injection-site reactions," according to the statement.

"These stellar results show that twice-yearly lenacapavir for PrEP, if approved, could offer a highly effective, tolerable and discreet choice that could potentially improve PrEP uptake and persistence, helping us to reduce HIV in cisgender women globally," first author Linda-Gail Bekker, Director of the Desmond Tutu HIV Center at the University of Cape Town, South Africa, said in the statement.

Results of PURPOSE 2 trial, involving cisgender men, transgender men, transgender women and gender non-binary individuals in countries, including Latin American ones, South Africa and Thailand, are expected in late 2024 or early 2025, the statement said.

Suryakumar Yadav equals Virat Kohli's elusive T20I record

After India went one up in the series against Sri Lanka, Suryakumar was adjudged Player of the Match for the 16th time in T20I format

PALLEKELE, Jul 28 (Agencies): India T20I captain Suryakumar Yadav etched his name in the record books by matching stalwart batter Virat Kohli's record of most Player of the Match awards in the shortest format of cricket.

Gautam Gambhir and Suryakumar's era in T20I cricket began on a winning note as India clinched a 43-run win in the series opener.

The weight of the captaincy wasn't enough for Suryakumar to change his dynamic style of play.

With his usual swagger and out-of-the-box shot selection, the Indian skipper played a captain's knock and garnered 58 runs off 26 balls at a whopping strike rate of 223.08.

After India went one up in the series, the 33-year-old batter was adjudged Player of the Match for the 16th time in T20I format in 69 matches.

He equalled Kohli's haul, who also bagged 16 POTM awards



in 125 matches in his illustrious career. Suryakumar will look to go past him in the upcoming two games against Sri Lanka.

Zimbabwe's seasoned all-rounder and T20I captain Sikandar Raza is in the third spot with 15 POTM awards to his name in 91 matches in the format.

Kohli announced his retire-

ment from the format after playing a match-winning knock for the Rohit Sharma-led side in the final of the T20 World Cup in Barbados against South Africa.

He racked up 76 off 59 deliveries, which played a crucial role in propelling India's score to a competitive total of 176/7.

India went on to end their 13-year-long ICC World Cup

trophy drought by lifting the T20 title for the second time since the beginning of the tournament. For his valiant knock against the fierce Proteas bowling set-up, Kohli was crowned the POTM in his final T20I game.

Kohli, along with Rohit Sharma and Ravindra Jadeja, announced their decision to retire from the shortest format of cricket.

In the absence of the stalwart trio, youngsters starred for India by putting up a 213/7 against Sri Lanka. However, while defending their total, India got off to a jittery start with Pathum Nissanka and Kusal Mendis going berserk in the powerplay.

After Arshdeep Singh managed to get the breakthrough, Sri Lanka batters started to lose the plot and tumbled like a house of cards.

After taking a 1-0 lead in the series, India will play the second T20I against the hosts on Sunday.

Boxer Preeti Pawar beats Vietnam's Vo Thi Kim Anh to enter pre-quarterfinals

Preeti will face second seed and world championships silver-medallist Marcela Yeni Arias of Colombia in the round of 16 clash on Tuesday



PARIS, Jul 28 (Agencies): Indian boxer Preeti Pawar picked up an unanimous decision win against Vietnam's Vo Thi Kim Anh to enter the women's 54kg category pre-quarterfinals at the Paris Olympics.

The Asian Games bronze medallist, competing in her maiden Olympic Games, opened the proceed-

ings for India in the boxing arena as she won her first round by a 5-0 margin on Saturday night.

The 20-year-old from Haryana, who had been hospitalised for a few days ahead of the Games due to illness, was unimpressive in the first round as her Vietnamese opponent dictated the proceedings.

But the Indian made amends in the next two rounds, attacking and landing clear blows on her opponent.

"Happy that we started on a winning note! Despite falling ill before the Games, Preeti not only recovered but fought brilliantly and showed exceptional courage," Boxing Federation of India President Ajay Singh said.

Preeti will face second seed and world championships silver-medallist Marcela Yeni Arias of Colombia in the round of 16 clash on Tuesday.

On Sunday, two-time world champion Nikhat Zareen will open her campaign against Germany's Maxi Karina Kloetzer in the 50 kg round of 32.

Riyan Parag Reveals Gautam Gambhir Factor Behind 3 Wickets In 1st T20I

PALLEKELE, Jul 28 (Agencies): India all-rounder Riyan Parag emerged as an unlikely chief destructor with the ball as the national team took on Sri Lanka in the first T20I on Saturday. Pathum Nissanka and Kusal Mendis gave the Lankans a fine start, scoring 84 runs for the first wicket before their chase started to fall apart. Riyan Parag, in just 1.2 overs, bagged the important wickets of Kmindu Mendis, Maheesh Theekshana and Dilshan Madushanka as India bowled out the hosts for just 170 runs, winning the match by 43 runs. After the game, Parag revealed how head coach Gautam Gambhir prepared him for different situations in the match.

In a video shared by the BCCI, Parag featured with skipper Suryakumar Yadav and all-rounder Axar Patel. It was in the video that Parag revealed the chat he had with Gambhir about his bowling, especially in certain zones of the game.

"I love bowling. I bowl as much as I can behind the scenes. At the nets,



there was a lot of communication regarding where to bowl and how to bowl. There were preparations for such situations with Gautam sir. If I get bowling in the 16th and the 17th over and the wicket is spinning, then where I have to bowl. The boys made it easier for me, I just had to bowl stump to stump, and the ball was turning as well," Parag said in the video.

Suryakumar also hailed Riyan's efforts with the ball, saying that the Rajasthan Royals star has an X-factor.

"This could be a Riyan Parag special only as I have seen him bowling earlier as well during the IPL, at the nets. During the press conference as well, I said that Riyan Parag has an 'X' factor," Suryakumar said in the video.

"If batters continue to bat like that and the bowlers will continue helping like that on the ground, then my job will get easier. What the situation was, I set the tempo of the game with my batting. We have so much depth in batting, they have so much skill that if our skill doesn't work then the others will take care of things."

Suryakumar also lauded the batting unit, keeping his fingers crossed about such performances to continue.

"Not a captain, I want to be a leader. It is good to see so much support in this country as well. Sri Lanka is just two-and-a-half hours away only, feels like we are playing in India only. I hope we keep getting the support like this, and the rest we will take care," he added.

Manu Bhaker only bright light on a gloomy day for India shooters

PARIS, Jul 28 (Agencies): Shooters lose by fine margins. Technique and mental conditioning are the other weapons in the armoury that usually separate them from the rest. In a competition like the Olympics, there is a third invisible force, just like quantum, called luck. More so in shooting.

The bullet can spray by tenth of a millimetre off the centre but would be enough to slip out of race. For some reason, this luck has been eluding Indian shooters at the Olympics. The day started with despair when the mixed team failed to qualify for the final and continued when the men faltered in the 10m air pistol individual round.

Manu Bhaker saved the day. The immaculate form she is in raises hope for India in the 10m air pistol final on Sunday. Bhaker confessed that she has started to enjoy shooting and it was reflected in her scores. She had the maximum 10s. One hand tucked in the pocket, she was firing with confidence.

Bhaker, who shot 580 to finish third in the qualifications, was the only bright spot on a gloomy day. While conversing with The New Indian Express after the trials in Bhopal, she had said that she had found joy in shooting. "Whether I win or lose, I don't take pressure anymore," she said and her coming together with Jaspal Rana was the pivotal point in her Bhaker



2.0 transformation.

The Austerlitz area, where the parade for the opening ceremony began, was unusually quiet in the wee hours of Saturday. Apart from diversion of traffic, there was no trace of the event that ended just a few hours ago. The only common thread was the rain that poured even in the dawn. Two hundred and fifty kilometres away is Chateauroux, the venue of the shooting competition.

The beautiful countryside is untouched by the euphoria of the spectacular Ceremony. It is not until one reaches the shooting range, another half-an-hour drive from the Gare de Chateauroux, there is any indication that the Games are on. India's quest for a double-figure medal haul began at the shooting ranges on Saturday. There was anticipation as soon as a record number of 21 shooters qualified for the Olympics. The

sport itself was looking for that moment of inspiration to end medal drought at the Olympics.

There was hope and a good start was what India was looking forward to. The 10m air rifle mixed teams on whom hope rested showed promise and even had a faint chance to qualify when they were fifth but slipped to sixth in the final standing. Arjun Babuta and Ramita Jindal and Sandeep Singh and Elavenil Valarivan were touted among India's medal hopes but by the time the qualification round ended, there was a sense of despair in the India camp. The best pair Babuta and Pramita finished sixth after reaching fifth before the penultimate series.

Pressure of the Olympics is different. Babuta, Ramita, Elavenil and Sandeep too learnt it. So did men's 10m air pistol shooters Sarabjot Singh and Arjun Singh Cheema. Sarab-

jot slipped out of the qualification bracket for missing out on a point in the inner 10. China's Huang Yuting and Sheng Lihao, the reigning world champions finished on top with a score of 632.2 while South Korea's Keum Jiyeon and Hajun Park tallied 631.4. Kazakhstan's Alexandra Le and Islam Satpayev (630.8) finished ahead of Germany's Anna Janssen and Maximilian Ulbrich (629.7).

We tried our best but were unfortunate to not qualify," said Babuta. Others echoed him.

With the individual rounds just about a day later, the shooters are trying to keep the setback behind and move on. Failing in the first competition of course doesn't give the necessary boost to excel and Babuta knows about this. He was quick to respond. "We have trained for all scenarios," he said. "We know what needs to be done and will have a round of discussion with my coach and will start concentrating on my next target." Ramita, who was listening to him intently, added that they know what needs to be done.

Qualifying in the individual round begins on Sunday. But all eyes will be on the big final - 10m air pistol where Manu will be standing against some of the precision specialists. In fact, India can very well be among the medals on Sunday.

Olympics 2024: India's PR Sreejesh says New Zealand thriller 'wake-up call' for team

PARIS, Jul 28 (Agencies): India's goalkeeper PR Sreejesh has claimed that the match against New Zealand was a 'wake-up call' for the team as they won the match 3-2 on Saturday, July 27. The Indian team was made to work hard to get the win as they found themselves trailing in the first quarter. India would bounce back in the second and third quarters through goals from Mandeep Singh and Vivek Sagar Prasad before drama unfolded in the final quarter.

The Blacksticks would level things up as Simon Child would score from a PC in the 53rd minute. However, captain Harmanpreet Singh would step up to convert a

penalty stroke in the final moments of the game to get the win. Sreejesh was at his brilliant best as the veteran goalkeeper would make some vital saves in the third quarter. Speaking to PTI, the 36-year-old said that the team did make mistakes in the game against New Zealand.

Sreejesh was relieved that the three points were in the bag and admitted that there was tension in the game till the very end.

"The first match in the Olympics is never easy. New Zealand is not an easy team. We made some mistakes, but there were a few good things as well. It's a good wake up call for the team," Sreejesh

said. "We got three points and that's what is important. We gave them opportunities and they converted. The last few minutes were not easy but in hockey it's always like that, from first whistle to the last there is tension."

Didn't do enough with the ball

India coach Craig Fulton was critical of the team's performance and said that it was a tight game but was happy to get the win in the end.

"You can see Australia, Argentina was 1-0. It's tight. It's really, really tight. So this was a really, really important step for us. It wasn't the perfect performance, but we had a plan. We stuck to it," said Fulton.

Fulton also wasn't happy that the team didn't attack a lot with the ball and weren't good in terms of possession.

"There are a few plans that we have. But we have different plans for different teams. And the best form of defence at times is attack. And we didn't really do enough with the ball.

"On the ball, we weren't that good today in terms of keeping possession. But New Zealand are a competitive team, so they did well. They intercepted a lot of ball. So little areas, where we need to work. We did well," he said.

India will next take on Argentina on July 29 in their second game of the campaign.

'Impact Player' Setback For Rohit Sharma, Virat Kohli Despite Making Stance Clear

NEW DELHI, Jul 28 (Agencies): The meeting between the BCCI and all ten Indian Premier League (IPL) franchise owners is all set to take place on July 31, ahead of the mega auction for next season. During the meeting, the board and the franchises will discuss about number of retentions teams can make and the Right to Match (RTM) options in hand ahead of IPL 2025 mega auction. The future of the 'Impact Player' rule will also be up for debate after garnering criticism from all corners. Star players like Virat Kohli and Rohit Sharma had voiced their opinions on the matter, expressing their disappointments.



For the unversed, the 'Impact Player' rule allows teams to essentially play with 12 players, meaning that they can add an extra batter or bowler at any point of the match.

Rohit had suggested that he is not a big fan of the Impact Player rule, while Kohli had also thrown his weight behind the India captain. "Eventually, cricket is played by 11 players,

not 12 players. I am not a big fan of 'Impact Player', you are taking out so much from the game just because of a little bit of entertainment, for people around. I can give you so many examples, guys like Washington Sundar, and Shivam Dube are not getting to bowl. For us, it is not a good thing you know. I don't know what you can do about it but I am not a fan of it, frankly speak-

ing," Rohit had said. "I agree with Rohit. Entertainment is one aspect of the game but there is no balance," said Kohli.

Despite calls for the rule to be removed, a report in Sportstar has claimed that the 'Impact Player' rule is likely to keep its place for the upcoming IPL season.

"Several stakeholders - including the franchisees and the broadcasters - believe that the new rule has only made the tournament more intense and at the same time, more competitive," the report claimed.

India and Delhi Capitals (DC) all-rounder Axar Patel had also blamed the rule for limiting his batting during the last two seasons.

Shiv Sena organised Jan-Chaupal, dozens joined the party

Top News Report

JAMMU, July 28: Shiv Sena (UBT) Jammu-Kashmir unit organized a Jan Chaupal in Ward No. 28 of Bakshi Nagar area of Jammu today, listened to the problems of the people and assured every possible effort to solve them. On this occasion, about two dozen people, influenced by the party's policies and ideas, joined the party.

Party state chief Manish Sahni, announced the Jammu city unit, appointed Rohan Malwal as president, Munish Anand as vice-president, Deepak Sharma as secretary, Vishal Kumar as general secretary. Most of the peoples present on this occasion expressed deep concern and anger



over the power-water cuts, rising electricity bills and increasing criminal incidents in Jammu. Party state chief Manish Sahni, who was present on this occasion, said that despite being rich in

immense water resources and hydropower projects, the people of Jammu-Kashmir have to face power-water cuts. Every time the electricity meter is changed, a promise of 24-hour power supply

is made, but the power cuts continue as a tradition and the same is the situation with water supply. Sahni said that the people of Jammu and Kashmir are entitled to free electricity and water

and Shiv Sena (UBT) will give them this right. On this occasion 'Vachan Nama/Sankalp Patra' based on people's aspirations was distributed and an appeal was made to support with Shiv Sena (UBT) in the upcoming elections. Along with this all the people present expressed deep grief over the tragic accident that took place at an academy in Rajindra Nagar, Delhi, in which three students died, and expressed condolences to their families. On this occasion, President Women's Wing Meenakshi Chhibber, General Secretary Vikas Bakshi, Vice President Sanjeev Kohli, President Labour Wing Raj Singh, Shami, Manu Verma were present.

ADC Bhadarwah Assesses Development Needs in Upper Dhalain Village

Top News Report

BHADARWAH, July 28: In response to the request from the leaders of Peoples Democratic Party (PDP) Bhadarwah unit, Additional Deputy Commissioner (ADC) Bhadarwah Sudarshan Kumar today visited Upper Dhalain Village of Additional District Bhadarwah. During the visit, ADC was accompanied by senior functionaries of PDP Bhadarwah Unit and locals.

A release in this regard stated that the visit was aimed to address long-standing issues concerning infrastructure and amenities crucial for the village's development. On this occasion, ADC was briefed by local leaders about the pressing concerns of the villagers including the need for a proper road, improved electric supply and a durable bridal path, release said.

During his comprehensive inspection, ADC meticulously assessed the existing conditions and infrastructure deficiencies in Upper Dhalain village. He interacted with residents to gain first hand insights into their daily challenges and listened attentively to their grievances. The villagers expressed gratitude for the ADC's prompt response and



proactive approach towards resolving their issues.

In his assurance to the inhabitants of the village, ADC asked the concerned for immediate action to address all highlighted concerns effectively. He emphasized the administration's commitment to improve the quality of life in rural areas and affirmed that the construction of a pucca bridal path, enhancement of electric supply, replacement of rotten wooden electric poles, proper water supply to the habitation and exploration of a viable road link for Upper Dhalain Village will be the top priorities of the administration.

"The visit of ADC not only underscored the administration's responsiveness to local needs but also reaffirmed its dedication to inclusive

development across Bhadarwah," Zonal President PDP Bhadarwah and constituency incharge Zaffar Husain Wani observed. He further added that as discussions continue between the administration and local representatives, the prospects for tangible improvements in infrastructure and living conditions appear promising for the residents of Upper Dhalain village.

Prominent among those who were present on the occasion included Altaf Hussain Khan (Vice Zonal President), Mohamad Salim Butt (Block President), Nazir Ahmed Shah (Sr Worker), Paras Ram (SC President), Bipin Kumar (President SC Youth), Amar Chand (Worker), Umar Tak (Chief Organizer), Tariq Hussain Khan (Block Vice President) and others.

"Patnitop - Nathatop cleanliness drive: A shining example of Community Spirit"



Top News Report

JAMMU, July 28: Live For Others - Being Helpful Foundation, in collaboration with the Patnitop Development Authority and Talla Jewellers, successfully organized a cleanliness drive at Patnitop - Nathatop supported by NSS Volunteers of Govt. College Of Education, M.A.M College, GCW Parade. Over 50 enthusiastic volunteers participated in this initiative, aimed at raising awareness among tourists and locals about proper waste management and the importance of maintaining clean and green surroundings.

The drive was flagged off by Mr. Muzammil Hassan, Assistant Director J&K Tourism, in the presence of Mr. Aman Talla, Managing Director of Talla Jewellers, and Ms. Kashish Gupta, CEO of Talla Jewellers. In addition to the cleanup activities, the organizers installed dustbins outside various shops and set up hoardings to spread awareness about waste management. These steps are expected to encourage responsible behavior and contribute to a cleaner, more beautiful Patnitop & Nathatop.

Speaking about the initiative, Mr. Vivek Parihar, Director & CEO of LFO-

BHF, said, "Our aim is to instill a sense of responsibility towards the environment in every individual. This drive is just the beginning of many more such initiatives."

Mr. Samar, Environment Domain Incharge (LFO-BHF), added, "Maintaining cleanliness is not just about aesthetics; it's crucial for the health of our ecosystem. We are grateful for the support from our volunteers and partners in making this event a success."

The drive resulted in the collection of 1478 kg of waste, significantly improving the cleanliness of the area.

Dir of Colleges Development Council JU misuses departmental local funds

Top News Report

JAMMU, July 28: The President of University Jammu Youth Forum (JYF), Rishu Sharma held a press conference and condemned the Director of Colleges Development Council (CDC) of Jammu University Prof Rajeev Rattan alleging that the Director is misusing departmental local funds under the nose of the Vice Chancellor of Jammu University.

He said that VC in connivance with Director CDC and Local Fund Committee is transferring departmental local funds to other departments for misuse trashing rules with impunity. Just a few months ago, the department gave Rs. 10 lakhs from funds to Bhadarwah Campus for the establishment of Labs.

He also said that purchasing new 7 vehicles from local funds for distributing vehicles to different departments.

Rishu Sharma asked the University authority to tell whether any scholarship has been given to any student till date when the administration charges the admission fees from Students. Instead of spending for the facility of students, University authority is misusing the student's funds for their own benefits ignoring the students.

He further said that despite the Department of Colleges Development Council having three vehicles at its disposal, the Director purchased a new vehicle for himself costing around Rs 18 lakh.

He demanded that LG should get the last 5 years audit done to know the factual position as to how much money came into the Private/government colleges by way of transferring funds from other departments and where spent.

The University President has appealed to the Financial Advisor to JKUT and VC JU to get all this investigated and those misusing money should be punished.

Among those who were present in the press-conference included, Sachine Gupta, Deepak Kumar, Sunil Sharma, and Anil Sharma.

Free Medical Camp at Baba Jitto Ji Temple in Jhiri Benefited 356 Patients



Top News Report

JAMMU, July 28: Shri Kailakh Jyotish Avim Vedic Sansthan Trust organized a free medical camp at the Baba Jitto Devasthan Jhiri Temple in the Marh constituency in honor of Sanskrit Month. Free check-ups, appropriate advice, and free medicines were provided, benefiting 356 patients. Additionally, 500 Ayurvedic plants were distributed.

The event's chief guest was BJP firebrand leader and spokesperson, former MLA R.S. Pathania, along with the special guest SP Rural Jammu Brajesh Sharma. The temple's Mahant Jagdish

Mehta and other dignitaries were also present.

R.S. Pathania stated that the Trust's head, Mahant Rohit Shastri, and other members are promoting the divine language Sanskrit as well as culture. He mentioned that organizing such medical camps leads to the mental and intellectual development of society and raises health awareness. He emphasized that good health is a right for everyone, and spreading awareness is essential for this.

SP Rural Brijesh Sharma remarked that the Trust is performing humanitarian work by organizing free medical camps in every village

for those who are unable to seek treatment in hospitals. Additionally, the Trust is working to spread the divine language Sanskrit to the masses, for which the young Sanskrit enthusiast Mahant Rohit Shastri deserves congratulations. He concluded by saying that the police work under challenging circumstances and remain mentally and physically busy. This camp will prove beneficial for them, and the Trust should continue this initiative in the future.

On this occasion, Dr. Sanjay Sharma, Dr. Vinod Khajuria, Dr. Vikas, Mannu Mehta, the entire Hexamed team, Dr. Vikas, Dr. Ritika, Dr. Anurag, Dr. Riyaz, Bhuvanesh Mehta, Yogesh Mehta, Rajdev Singh, Dil Bahadur Singh, SHO Kana Chak Sham Lal, Forest Range Officer Pawan, Rahul Salathia, Uttam Chand Sharma, Ajay Sharma, Naresh Raina, Master Vijay Kumar Sharma, Sunil Singh Raipuria, and other dignitaries were present.

Alfa Alligators wins thriller against City Warriors



Top News Report

DODA, July 28: In a nail-biting finish, ALFA ALLIGATORS emerged victorious against [Opponent] in a thrilling match at SPORTS STADIUM DODA on 28-07-2024.

CITY WARRIORS won the toss and elected to bowl first. ALFA ALLIGATORS batting first posting a competitive total of 110. The top scorer was Saransh with 14 runs in 16 bowls. While bowling Rajeshwari took 3 wickets and Mohd Khalid took 2 wickets and Arbaz, Sabir, Gazi shared 1 wicket each.

In response, CITY WARRIORS put up a strong fight, but ultimately fell short by 5 runs. The pick of the bowlers for ALFA ALLIGATORS was Gagan, Nishant and Anuj Manhas who took 2 wickets each.

"This was a great team effort and we're thrilled with the win," said Riju Thakur, captain of ALFA ALLIGATORS. "We're looking forward to our next match and continuing our winning streak."

The match was officiated by Pramod Thakur and Sarthak Rakwal.

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