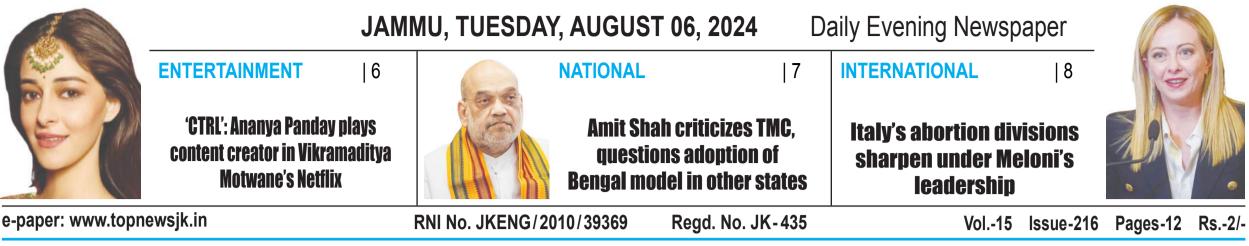
TOP NEWS OF J&K



<u>BRIEFLY</u>

Advani admitted to Delhi's Apollo hospital



NEW DELHI, Aug 6 (Agencies): Senior BJP leader and former deputy prime minister L K Advani was on Tuesday admitted to a leading private hospital in Delhi, sources said. His medical condition is stable, they said.

The 96-year-old, who was born in undivided India, was admitted to the Apollo hospital here today, a hospital source said.

In the first week of July too, Advani was brought to this facility and discharged after being kept under observation for a couple of days. He was admitted under Dr Vinit Suri, senior consultant, neurology department.

rology department. Prior to that he had been admitted to the All India Institute of Medical Sciences (AIIMS) and was discharged

LG Sinha addresses Officers of Army, Navy and Airforce undergoing higher Command Course

Top News Report

SRINAGAR, Aug 6 : The Lieutenant Governor, Manoj Sinha today addressed the officers of Army, Navy and Airforce undergoing Higher Command Course at Army War College, Mhow. The officers and faculty members are on a visit to the Northern Front. Speaking on the occasion, the Lieutenant Governor emphasised on 'Whole of Government Approach' in J&K's transformation and role of an efficient, effective and accountable administration which has transformed the way the government works for the people. He said the improved security situation has propelled



on 'Whole of Government Approach' in J&K's transformation and role of an efficient, effective and accountable administration which has transformed the way the government works for the people. He said the improved security situation has propelled J&K UT towards an era

have been taken to sustain peace and stability. oo It will ensure that the benefits of growth reach all sections of society," jo the Lt Governor said. e The Lieutenant Governor observed that the economic revitalization m with fast paced implementation of various

initiatives and development projects has ensured a boost in the economy, creating more job opportunities and enhancing infrastructure. "Social equality and equal access to opportunity is our commitment. The

Turn to page 9

Over 5,700 Kashmiri migrants given Govt Jobs: Nityanand Rai

NEW DELHI, Aug 6 (Agencies): Around 5,724 Kashmiri migrants have been given Government jobs under the Prime Minister's Development Package-2015 and Prime Minister's Reconstruction Plan, the Minister of State for Home Affairs Nityanand Rai said on Tuesday.

Replying to an unstarred question in Lok Sabha, MoS Rai said, "Unemployed youth are also being facilitated to get financial assistance under selfemployment schemes." The Government has also taken several steps for the security of Kashmiri migrants including robust security and intelligence grid, group security in form of static guards, round-the-clock



nakas at the strategic points, night patrolling and area domination, identification of vulnerable spots, security arrangement through appropriate deployment and intensified cordon and search operations, the MoS highlighted. The cash assistance of Rs 3,250 per person to eligible Kashmiri

migrants subject to a

maximum limit of Rs

13,000 per family per

with 9 kg of rice per person, 2 kg atta per person and 1 kg sugar per family per month as basic dry ration. To facilitate the return of Kashmiri migrants to Kashmir valley, 6,000 transit accommodations are being constructed for employees recruited under Prime Minister's Package," the MoS said. The Government of Jammu and Kashmir has launched an online portal in August, 2021, wherein Kashmiri migrants can lodge online grievances with

regards to encroach-

ment, change of title,

month have been given,

"Eligible Kashmiri

migrants are provided

he said.

mutation and distress **Turn to page 9**

Farooq Abdullah asks Centre to handle Bangladesh situation with great care

SRINAGAR, Aug 6 (Agencies): National Conference president Farooq Abdullah on Tuesday said India should be extremely careful and watch the situation on its eastern front in Bangladesh with



country. The former Union minister, however, expressed hope that the neighbouring country will overcome the crisis and would maintain a cordial relationship with India.

Yuva Rajput Sabha holds rally in Jammu demanding restoration of Statehood to J&K



parties, including the Congress and PDP, observed the fifth anniversary of the Article 370 abrogation as 'black day' and staged protests, the BJP celebrated the day by holding rallies in both regions of Jammu and Kashmir.

Hundreds of YRS

following a night-long stay there.

20-year-old boy dies after falling in well in Bandipora

SRINAGAR, Aug 6 (Agencies): A 20-yearold youth died after falling into a well at Hajin area of Bandipora in north of Kashmir, officials said Tuesday. Quoting officials, news agency KNC reported that the person identified as Irshad Ahmed Dar. 20. son of Gh Ahmed Dar of Hajin fell into a well. He was pulled back by the family members and locals who took him to CHC Hospital Hajin where doctors declared him brought dead.

JK High Court grants Rs 20 Lakh to youth electrocuted in 2007

SRINAGAR, Aug 6 (Agencies): The High Court of Jammu and Kashmir and Ladakh recently ordered the payment of rupees lakh as compensation to a youth who suffered 78 per cent disability after being electrocuted by an exposed wire in 2007 Justice Vinod

great care in wake of the developments in the neighbouring country. The former Jammu and Kashmir chief minister also said that all dictators must remember they will face the "same things as Bangladesh faced".

"Now the eastern front



has opened. We should be extremely careful and we should watch the situation with great care," Abdullah told reporters here when asked about the situation in Bangladesh after Prime Minister Sheikh Hasina resigned and fled the "I hope it will resolve,

I hope they are going to get over this crisis, and that they will maintain a cordial relationship with our nation," he added. Abdullah said there has been an unrest for many years in Bangladesh and unemployment

Turn to page 9

JAMMU, Aug 6 (Agencies): Yuva Rajput Sabha (YRS), a leading non-political organisation of Rajputs, took out a rally here on Tuesday to press for early restoration of Jammu and Kashmir's statehood. This came a day after fifth anniversary of the abrogation of Article 370

of the Constitution that provided special status to Jammu and Kashmir and its bifurcation into two Union Territories. While the opposition activists led by their president Rajinder Singh assembled at the statue of last Dogra ruler Maharaja Hari Singh near Tawi bridge in the heart of the city and later took out a peaceful march to nearby Vikram chowk, crossing the Tawi bridge by foot amid chanting of **Turn to page 9**

Amarnath Yatra resumes after Day-Long suspension

JAMMU, Aug 6 (Agencies): After being suspended for a day, the Amarnath Yatra resumed on Tuesday with more than 1,800 pilgrims leaving the Jammu base camp for the holy cave shrine in the south Kashmir Himalayas, officials said.

More than 4.90 lakh pilgrims have paid obeisance at the 3,880-metre-high cave shrine so far this year against 4.50 lakh in 2023.

The 39th batch of 1,873 pilgrims left the Bhagwati Nagar base camp in Jammu at 3:25 am in a convoy of 69 vehicles escorted by the Central Reserve Police Force (CRPF) and police, the officials said.

The annual yatra commenced on June 29 and **Turn to page 9**

MERCEDES - BMW - AUDI



♥ NAGROTA, JAMMU (J&K)

\$ +91-9086207123

OBITUARIES

Top News of J&K Jammu, Tuesday, August 06, 2024



sympathies to Bhavia. Kalpana Jee, Didi, Simi & all bereaved FROM

2

Kaju, Tathee & Baita Jee



A year has gone by without you, but it seems like only yesterday you were here. Your memories still make us cry, still make us smile. You are missed beyond measure.



BARKHI of our beloved Sh. Gopal Krishan Gupta S/o Late Sh. Chuni Lal Gupta shall be performed at 11:00 AM onwards at our residence H.No. 37-N Sh. Gopal Krishan

Sec-3 JDA Colony Roop Nagar on 7th Gupta August, 2024 (Wednesday)

DEEPLY MISSED BY: Kanta Kumari - Mother Vandana Gupta - Wife Swantika, Aagosh, Shivam - Children

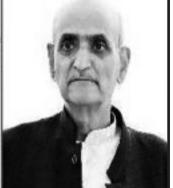
TENTH DAY KRIYA

With extreme grief & sorrow, it is to inform that Sh. Rajnath Raina Slo Late. Sh Shamboo Nath Raina Rio erstwhile Pethtug Dialgam (Ananimag) A.P. Qir. No J-17 TRT, Butanagar, Muthi, Jammu left for his heavenly abode to menge with the supreme on 30-07-2024. Tenth Day Kriya will be performed on August 08, 2024 (Thursday) at Muthi Ghat near Directorate of School Education at 8.30 AM. GRIEF STRICKEN

Smt. Viay Raina (Wife)

Smt Indu Raina Saraf and An kush saraf (Daughter & Son in law) Smt Girja and Sh. Moti Lal Raina (Sister in law & Brother) Smt. Shanta JI and Sh. B.L. Raina (Sister in law & Brother) Smt. Daizy & Sh. M.K. Raina (Sister in law & Brother) Smt. Santosh & M.L. Pandita (Sister & Brother in Iaw) Smt. Sharika & R.L. Koul (Sister & Brother in law) Smt. Usha Ji & Asho k Ji (Sister & Brother in law) Smt. Jyoti & R.K. Pancita (Sister & Brother in law) Avaan and Shauya (Grand Children) Ph.: 7889874857, 9311499831, 9958005597

10TH DAY, KRIYA & UTHALA With profound grief & sorrow, we inform about the sad demise



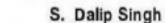
Sh. Rajnath Raina



demise of our beloved father S. Dalip Singh S/o Lt Mian Singh R/o Chatha Pind Jammu. Arambh Shri Akhand Path on 05-08-2024 at residence at 9 am. Bhog Shri Akhand Path on 07-08-2024 at 9 am at

residence. Shabad Kirtan, Antim Ardas will be performed in Gurudwara Singh Sabha Chatha Pind Jammu on 07-08-2024 (Wednesday) from 10:00 am to 11:30 am Grief Stricken :

Sdn Agya Kour (Wife)



S Taran Singh and S. Ajt Singh (Sons) Sdin Satvinder Kour and Sdn Chanchal Kour (Daughters in law) Sdn Mohinder Kour (Daughter) Guivinder Singh, Ishvinder Singh, Hargun Singh, Navgun Singh (Grand Son) Jasmine Kour (Grand Daughter)

Mobile No. 9419237082, 9419115463, 7006637809

OBITUARY/TENTH DAY KRIYA

With a heavy-heart we inform the sudden and untimely passing away of dear Rajinder Kaul (fondly known as "Raja ji"), H.No. 06, East Ext., Marble Market, near Sai Baba Mandir, Trikuta Nagar, Jammu S/o. Late Sh. Hirdey Nath Kaul originally from Malik Angan, Fateh Kadal, Srinagar.

The TENTH DAY KRIYA shall be performed at Muthi Ghat on 08.08.2024 at 8.30 am. IN MOURNING AND DEEPLY REMEMBERED BY :

KAUL' S, TIKOO'S. RAINA'S, BHAT'S, KACHRU'S JOGI'S & EXTENDED FAMILY/ FRIENDS. 9070590111, 9313655077, 9796382777

TENTH DAY/KRIYA

With profound grief and sorrow, we express the sad

Ramesh Kumar Raina, Flat No. 24, Block No. 1, Lane

demise of our beloved Mrs Yashasvi Raina W/o

TENTH DAY KRIYA will be performed on Sunday,

11th of August 2024 at 09:00 AM at Muthi Ghat, Near

Deeply missed by: Mehak, Nikhil, Lucky & Nuvish.

With profound grief, we announce the demise of

our beloved Smt. Phoola Ji Kaul W/o Lt. Sh.

We pray for her soul to rest in eternal peace

Ms. Sushmita Sharma W/o Sh. Abhishek Sharma

KAUL, RAINA AND SHARMA PARIVAR.

In Mourning and Deeply Remembered by:

OBITUARY FROM MALYUN SIDE

With profound grief & sorrow, we inform the sad

demise of our Puffad Ji Sh. Badri Nath Pandita

husband of Smt. Sheela Ji Pandita R/O Fohar

Anantnag on 3rd August 2024 at his residence

MOURNING FROM MALYUN SIDE will be held at

MOB: 9541563712, 9906180941 & 7006718189

UTHALA

H. No. 127 Lane No 5 Anand Nagar Bohri Jammu.

Contact: 9796652917, 7006129964, 9419608757.

No. 01, Jagti Township, Nagrota Jammu.

Miss Karnyakshee Raina (Daughter)

Sh. Pankaj Raina (Brother-in-law)

Sh. Nana Ji Kaul (Brother-in-law)

Smt. Sunita Kaul (Sister-in-law)

TENTH DAY

Grief Stricken

Grand Children

Nagrota Jammu.

GRIEF STRICKEN

Smt & Sh R K Raina

Smt & Sh A K Raina

Smt & Sh Sunil Raina

Smt & Sh Inder Koul

Smt & Sh J L Pand ta

Smt & Sh R K Saproo

& SAMAST RAINA PARIVAR

Mrs Sunita Kumari Raina (Sister-in-law)

GRIEF STRICKEN:

Mr Kritartha Raina (Son)





Rajinder Kaul (fondly known as "Raja ji")



nounce the passing of our bebyed father, t isemed Karam Yogi**Shri Nana JiDassi (Cham**, , son of Late Badri Nath Dassi, Ro H No ordarshan Lane, Tali Morh, New Plots, Jammu. Tenth Day Kriya will be observed on 8th Augu 2024 at 8:30 am at Muthi Ghat, near Director Scho RIEF STRICKEN mt Lajwanti (Mother)

10TH DAY/KRIYA/UTHALA

Ve are sad to share the sad demise of ou eloved father Sh Ram Sarup Sharma

tuals will be performed as per below: **10TH DAY** will be performed at 10:30 an on 7th August 2024 at our residence.

KRIYA will be performed at 12 noon on 8t

UTHALA will be performed on 9th August from 3pm -4pm at Shiv Mandir, Vikas

Anil Sharma & Rupali (Son and Daughter in law)

njana & Navin Sharma (Daughter and Son in law)

ugust 2024 at our residence.

Nagar,Sarwal, Jammu. GRIEF STRICKEN :

ena Sharma (Wife)

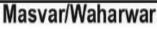


(Chaman Ji)

RAM SARUP SHARMA

20-November-1952 -

imt Jai Kishori Koul (Wile) ion and Daughter-In-law /incy Dassi & Shivali Pandita (9910333912/9810589912) aughter and Son-in-law Bhaiti Raine & Satesh Raine (7889359401) Brothers and Sisters-in-law mt Sheela Dassi W/o Late S J Dassi Sh M N Dassi& Smt KamniDa Grand Children : Salsham, Siddhi, Krishna, Bhavik In Laws (Brother & Sister in Iaw) Smt Roopa Kaul Wio Late P.N. Kaul Sh M.L. Kaul & Smt Krishna Piyari Kaul Sh H.K. Kaul & Smt Krishna Kaul Sh M K Kaul & Smt Kundan Koul /8178420051



One year has passed since you left us suddenly in deep sorrow & tears. Fragrance of your sweet memories is as fresh as ever. We pay respectful Homage & pray to God for eternal peace to your noble soul.



Shadmos & Waharwar of our beloved

Late Smt Rupawati Bhan will be performed on 6th & 7th of Aug 2024 at our res- Smt Rupawati Bhan

idence i.e. Nanak Vihar, Lower Muthi. DEEPLY REMEMBERED BY: BHAN'S, KHAR'S, DHAR'S, PANDIT'S, WALI'S & RAINA'S

Contact No. 9419097624

TENTH DAY/ KRIYA

With profound grief and sorrow, we inform the sad demise of our dear Shri. Sham Lal Koul originally from Hawanad Chowalgam (Kulgam) Kashmir at present at Faridabad (Haryana) on 31 st July 2024. Tenth Day Kriya will be performed on Friday 9th August 2024 at 8.00 am at Murad Nagar, Canal Muard Nagar

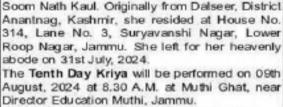
Contact Nos.: 9818162922, 9654088191



GRIEF STRICKEN

Shakuntla Koul - Wife (8527556705) Shri. Sham Lal Kou ansi La I & Ratanji Koul - Brother & Sister-in-law Maharaj Krishan & Ashaji Koul - Brother & Sister-In-law Shivani & Sh. Jagdish Ji (Daughter & Son-in-law) Sunita & Sh. Mohit Raina (Daughter & Son-in-law Arki & Sh. Rishi Ji (Daughter & Son-in-law) Shana & Sh. Raj Nath Dhar (Sister & Brother-in-law antosh & Sh. Bihari Lal Dhar (Sister & Brother-in-law arla & Sh. Surinder Koul (Sister & Brother-in-law) amast Gash Koul Parivar / Saraf Parivar (Anantnag) H.No. 2040, Block-C, Sainik Colony, Sector - 49, Faridabed





Sh. Vijay Kumar Kaul & Smt. Renu Kaul (Son & Daughter-In-Law)

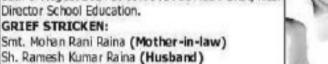
Sh. Veena Ji Kaul W/o Lt. Sh. Bansi Lal Kaul (Sister-In-Law)

Muskan Sharma, Namrita Kaul, Hritik Kaul, Shreen Sharma

Sh. Krishan Kumar Sharma & Smt. Pammi Sharma (Son-In-Law & Daughter)

Sh. Jagar Nath Kaul & Smt. Asha Ji Kaul (Brother-In-Law & Sister-In-Law)

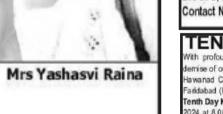
Phone: 7006549242, 7006335849, 7006460963, 7006181887







Smt. Phoola Ji Kaul





Nephew & Niece Sh. Vikram Singh

Dr. Manisha & Mr. Varun Dr. Nandini

Brother-in-laws



(CAO Retd)

Sh. Arun Singh Jamwal & Smt Lalta Sh. Digpal Singh Jamwal & Smt. Chanderkala Sh. Narendra Singh & Smt. Rama Jamwal Grand Childrens : Aakatshit, Arya, Sidhant, Aadya, Amyta, Akshat Mob.: 9419115425, 9419103766, 8899483091

TENTH DAY

With profound grief and sorrow, we inform the sad demise of our beloved Sh. Sudesh Kumar Verma S/o Late Sh. Ram Charan Verma. He took his last breath on 29th July, 2024. His departure has left a void in our hearts that cannot be filled. 10th Day will be performed on 7th August (Wednesday) at 11.00 am at Shiv Mandir Housing Colony, Udhampur. **GRIEF STRICKEN** Smt. Primla Devi (Wife) Sh. Vishal Verma (Son) (Son & Daughter-in-law) Sh. Vikas Verma, KAS & Dr. Sabeta Kohli

Daughters & Son-in-laws

Mrs. Simran Verma & Sh. Vishal Verma Mrs. Smiksha Arora & Lt. Col. Saurabh Arora Grand Children : Poorvi, Manik, Saanvi, Keertika, Advay, Ayaan and Ahaan Vishal Ornaments, Shop No. 7, Housing Colony Residence : H.No. 114, Housing Colony, Udhampur. Mob. No.: 9086391006, 7006097810



Sh. Sudesh Kumar Verma

WITH PROFOUND GRIEF AND SORROW WE REGRET TO INFORM THE SAD DEMISE OF OUR BELOVED SH. SHIV KUMAR BHARDWAJ S/O LATE SH. RAJINDER NATH BHARDWAJ. UTHALA WILL BE PERFORMED ON

07/08/2024 AT PANCH MANDIR, CHANNI HIMMAT, JAMMU FROM 4.00 PM TO 5.00 PM. GRIEF STRICKEN

BHARDWAJ & SHARMA FAMILY CONTACT NO. 8713071654 8492880790



SH. BADRI NATH

PANDITA

SH. SHIV KUMAR

BHARDWAJ

& All Nears & Dears with Kids 7006638233, 7889830219

Smt. Kanta Ji - Wife

vices and Sports) S/o L1. Bhai Sant Singh J o W No. 8 Khorinar (Talab) Poonch who left heavenly abode on 29/7/24 ARAMBH SHRI AKHAND PATH SAHIB on 5/8/24 onday) 9 am at our reside BHOG SHRI AKHAND PATH SAHIB on 7/8/2 Wednesday) 9am at our Residence W. No. (horinar (Talab) Poonch. SHABAD KIRTAN AND ANTIM ARDAS will b riormed from 10am to 12:30PM at Gurudware S. DAVINDER SING H (RETD PET, DEPTT OF YOUTH SERVICES AND SPORTS) Pipal Sahib KHORINAR Poonch followed by Guru Ka Langar. GRIEF STRICKEN: Jasbir Kour (Wilfo) Sdn Gurbachan Kour (Mlother in Law) Sons and Daughtor in laws Dr Parvinder Pai Singh (Sciankat, IIIM Jammu) and Dr Harpteet Kour. S. Jasvinder Pai Singh (JP) and Scin. Paramdeep Kour Son in law and Daughter S. Harpreel Singh and Sdn. Ravneet Kou Grand Sons: Tarnvir Singh, Rona kvir Singh, Rupamvir Singh, Prabhvir Singh, Bhavlot Singh MNO: 9419157270, 9419151569

OBITUARY/TENTH DAY KRIYA

With profound grief & sorrow, we regret to inform the sad demise of our beloved Sh Roop Krishen Raina S/o Lt. Triloki Nath Raina originally resident of Seer Jagir Sopore Baramulla Kashmir At present Block 118, Flat 21 Lane 20 Jagti Township Nagrota who left us for the heavenly abode on 31.07.2024. TENTH DAY KRIYA will be performed a Muthi Ghat near Education Department on 9.8.2024 at 9 AM Sh. Roop Krishen GRIEF STRICKEN Usha Raina (Wife) aksh Raina (Son) Mob. 6005062568 Shriya Raina (Daughter) Mob. 7889956690 Brothers & Sister's in law Smt. Rachna ji & Sh. Ramesh Raina Mob. 9419899756 Smt. Sunita Raina & Lt. Sh Anil ji Raina Smt. Meenakshi Raina & Sh. Rajesh Raina



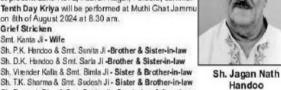
With profound grief and sorrow we regret to inform that the sad demise of **Sh. Jagan Nath Handoo** S/o Sh. Shamboo Nath Handoo of Hanand Chawaigam, Kulgam t present Lane No. 2, Adarsh Nagar, Paloura, Jammu. Tenth Day Kriya will be performed at Muthi Ghat Jamm on 8th of August 2024 at 8.30 am. Grief Stricker

Raina

Sh. D.K. Handoo & Smt. Sarla Ji -Brother & Sister-in-law Sh. Virender Kalla & Smt. Bimla Ji - Sister & Brother-in-law Sh. T.K. Sharma & Smt. Sudesh JI - Sister & Brother-in-law Sh. Ramesh Dhar & Smt. Babita Ji - Son-in-law & Daughter Sh. Roop Krishan Handoo & Smt. Sunita Ji - Son & Daughter-in-law Sh. Pawan Handoo & Smt. Archana Ji - Son & Daughter-in-law

DISCLAIMER

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LOCAL/ ADVT

Zorawar inaugurates revamped **RG Fitness Gym & Spa** the community to embrace

Top News Report

JAMMU, Aug 6: Zorawar Singh Jamwal, Chairman of Team Jammu, on Tuesday inaugurated the launch of R.G Fitness Gym and Spa, marking a new chapter for the popular fitness destination, R.G Fitness Gym and Spa has undergone significant enhancements, making it Jammu's premier advanced-level fitness facility.

Owned by Er. Revant Gupta, a professional certified trainer with Level-4 and EREPS certification, the gym is committed to providing top-notch fitness services

needs.

Kashmir.

Jammu

The R.G Fitness Gym

and Spa has already

made its mark with clients

achieving gold medals

in both junior and senior

categories in Jammu and

The facility is dedicated

to offering a luxurious

experience at budget-

friendly prices, with pack-

ages starting from just INR

In his address, Zorawar

Singh Jamwal commend-

ed Er. Revant Gupta for

his dedication and exper-

tise in creating a space

that not only meets but

exceeds the expectations

of fitness enthusiasts in

2000 per month.

Er. Gupta, a nutrition expert, emphasizes a holistic approach to fitness and wellness. The facility boasts a wide range of fitness programs, including yoga, aerobics, zumba, strength training, bodybuilding, TRX training, calisthenics, and aqua aerobics.

With professional trainers, including two male and one female trainer, the gym ensures personalized, one-on-one training tailored to individual



He emphasized the

gym's role in promoting a healthy lifestyle and applauded its efforts to provide affordable luxury, with membership packages starting at INR 2000 per month.

Jamwal also acknowledged the gym's success in helping clients achieve significant milestones, such as winning gold medals in regional competitions, and supported Er. Gupta's mission to use the gym as a tool for com-

bating drug abuse among the youth. He reiterated his support for R.G Fitness Gym and Spa's motto, 'Hum Fit,

India Fit,' and encouraged

Jit, a distinguished South Asia medalist IBBF 2021-22 and Mr. J&K North India gold medalist, in recognition of his outstanding achievements in the field of bodybuilding.

the facility's offerings as

part of their commitment

Revant Gupta informed

that the gym, now expand-

ed to 5000 sq.ft. offers a

luxurious and comprehen-

sive fitness experience,

blending state-of-the-art

equipment with high-end

amenities. Located behind

the Government Girls

High School in Rehari

Colony, the facility stands

out with its exclusive offer-

ings, including a SAUNA

bath, Steam bath, Jacuzzi,

and a swimming pool, all

available under one roof.

Additionally, the gym fea-

tures a dedicated restau-

rant, Kathination, which

provides healthy meals

for its patrons. he added.

Er. Gupta is passionate

about using fitness as a

tool to combat drug abuse

among youth, aligning with

his motto, 'Hum Fit, India

Later, Zorawar Singh

Jamwal felicitated Vinal

Fit.

to health and wellness.

Promoting Sanskrit is Need of the Hour: Sham Lal

Sham Lal, R.K. Sharma, Brijesh Sharma flag off rally for promoting Sanskrit and Drug De-addiction

Top News Report

JAMMU, Aug 6: Shri Kailakh Jyotish Avim Vedic Sansthan Trust, as part of Sanskrit Month, organized a grand awareness rally on Tuesday from Government Higher Secondary School Muthi to Krishna Palace.

The rally aimed to promote Sanskrit and create awareness about drug de-addiction. During the event, tree plantation and distribution were also conducted.

The event saw the presence of former Minister Sham Lal Sharma as the Chief Guest, Guest of Honor, retired Lieutenant General R.K. Sharma and Sarswat Atithi SP Rural Jammu, Brijesh Sharma among other dignitaries.



edge, which is being researched extensively abroad

He stressed the importance of every citizen staying away from drugs and raising awareness in society to combat this issue. Mahant Rohit Shastri's contribution to the promotion and development of Sanskrit in which falls on August 19 this year. The Trust decided

to observe Sanskrit Month, starting with the distribution of five thousand plants on July 23. Throughout the month, various grand events will be organized to promote Sanskrit, concluding on August 19, Shravan Purnima.

Students of Government Higher Secondary School Muthi, the school's principal kiran Sharma, former councilor of Muthi Suryaprakash Padha, SHO Domana Sushil Chaudhary, Suresh Khajuria, Jagmohan Sharma, Mukesh Sharma, Rajkumar Sharma, Ajay Sharma, Naresh Raina, Deepak Gupta, Uttam Chand Sharma, Pramod Sharma, Jagdev Singh Chib, Kuldeep Khajuria, Yash Seth, Rajinder Seth, Master Vijay Sharma, Kaviraj Sharma, Ramesh Sharma, Babloo Sharma, Madan Lal, Ankush Sharma, and other Trust members were present on this occasion

UNION TERRITORY OF JAMMU AND KASI OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI DEPARTMENT PHE MECHANICAL DIVISION SOUTH JAMMU NOTICE INVITING TENDER e-NIT PHEJ/MS/61 of 2024-25 Dated 02-08-2024

Executive Engineer PHE Mechanical Division South Jammu, on behalf of Lieutenant Governor of Union Territory of Jammu & Kashmir, invites tenders by e-tendering mode from registered/ reputed firms.

	the Work	Name of the Division	Cost of Tender Document/Tender Fee(In Rs)	Earnest Money Deposit (EMD)	Validity of Rates	
1		2	3	4	5	
Providing	installation	PHE Mech.	Rs. 200.00	@ 2% of estimated cost/	Bid shall be	
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OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI (PHE) MECHANICAL DIVISION RAJOURI

NOTICE INVITING e-TENDER e-NIT No. 279 of 2024-25 Dated 29.07.2024

For and on behalf of Lt. Governor of UT of J&K, Executive Engineer, Jal Shakti (PHE) Mechanical Division Rajouri, invites e-tenders (in 2 covers) on item rate basis from Original pump manufacturers/memorandum of understanding with principal pump manufacturers / their authorized dealers/ registered in DIC / reputed contractors (electromechanical works) of MES/CPWD/Water works corporations of different states for below mentioned work at Water Supply schemes of Jal Shakti (PHE) Mechanical Division Rajouri, of Jammu Province of UT of J&K, under Jal Jeevan Mission (JJM) on Turnkey basis.

The bidding process shall be completed online on www.jktenders.gov.in in two covers viz. **Cover I** consisting of General Terms and Conditions and Technical Specifications and Cover II consisting of Financial Bid,

S. No	Particular of the works	Estimated cost (in lakh)	Tender fee (in Rs.)	Earnest money deposit (in Rs.)	Bid validity	Time of completion of work (Days)
1	Providing Installation Testing and Commissioning of pumping machinery along with Electro Mechanical Components at WSS CHARHAN of Jal Shakti PHE Mech Division Rajouri UT of JandK under Jal Jeevan Mission JJM on Turnkey basis	84.00	1000.00 (Rs. One Thousand only)	2% Of Estimated Cost	180 days	150 days

Position of funds : Approved Under Jal Jeevan Mission (JJM) Position of AAA : Accorded Position of T.S : Sanctioned Tender inviting authority: Executive Engineer Jal Shakti (PHE) Mechanical Division Rajouri.

CRITICAL DATES:

On this occasion, Sham Lal Sharma emphasized the need to promote Sanskrit, highlighting its unique and concise style, unparalleled by any other language.

He mentioned that ancient Sanskrit texts hold immense knowl-

India is invaluable. R.K. Sharma noted that drug addiction not only harms the individual but also adversely affects their family and society. He praised Mahant Rohit Shastri for organizing the rally to raise awareness about the adverse effects

that other sections of society would also support Mahant Rohit Shastri's efforts to promote Sanskrit, aiming for it to regain prominence in Jammu and Kashmir. Mahant Rohit Shastri

willpower.

explained that Sanskrit Day is celebrated annually on Shravan Purnima.

of increasing drug use.

Brijesh Sharma spoke

about how drug addic-

tion deteriorates one's

physical, mental, eco-

nomic, and family life.

He encouraged efforts

to help those affected by

addiction through strong

He expressed hope

Delegation from ALTA, candidates aspiring for post of constable in Ladakh Police call on LG Mishra

Top News Report

LEH, Aug 6: A delegation comprising members of All Ladakh Transport Association (ALTA) led by its Chairman, Dorje Angchuk, called on the Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), at the Lieutenant Governor's Secretariat. Advisor to the LG, Dr Pawan Kotwal, IAS; ADGP Ladakh, Dr SD Singh Jamwal, IPS; Commissioner/Secretary to the LG. L Franklin; DC Leh, Santosh Sukhadeve, IAS and SSP Leh, Shruti Arora, IPS, were also in the meeting.

Informing that eight unions are working as cooperative societies in Ladakh, Angchuk highlighted the recent instructions issued by the Ladakh Police authorities to remove their personnel from the checkpoints installed at various places in Leh.

He requested the LG to allow their personnel to operate at checkpoints.

The LG informed the members of ALTA regarding the issues flagged by other state transporters holding All India permit, the Indian Army and locals regarding the forceful unloading of loads from trucks by personnel of the local Truck Union to enable local trucks to ferry construction materials/ loads to interior parts of Ladakh.

He also informed the members of ALTA regarding the consequent need to provide security escorts for trucks carrying materials to install mobile towers in Ladakh.

Assuring to protect their rights, the LG stated that the UT Administration would follow the law and asked members of ALTA to do the same and not to stop the operation of trucks with valid national permits within Ladakh He also stated that the economic interest of the locals would be protected and asked the

members of ALTA to hold

a meeting with DC Leh and SSP Leh to discuss the issue

A delegation comprising candidates aspiring for the post of constable in Ladakh Police led by Feroz Ahmed called on the Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), at the LG Secretariat. Advisor to the LG, Dr Pawan Kotwal, IAS; ADGP Ladakh, Dr SD Singh Jamwal, IPS; Commissioner/Secretary to the LG, L Franklin, IAS and

AIG (Personnel), Stanzin Norboo, were present in the meeting. Feroz informed the HLG that the appointment of 26 candidates who had appeared and cleared the recruitment examination for the post of constable in Ladakh Police has been withheld and requested clar-

appointment Advisor to the LG, Dr Pawan Kotwal, informed the LG that reservation policy is followed during the recruitment process

ification regarding their

and 26 posts out of 209 were reserved for the economically weaker section (EWS) class. He also informed that only a few candidates had EWS certificates following which Ladakh Police has sought clarification if the posts reserved under EWS could be dereserved and transferred to Scheduled Tribe (ST) candidates. He further stated that the Home Department informed the Ladakh Police that there is no such provision and existing rules may need to be amended for the de-reservation of posts. Dr Kotwal stated that the majority of the candidates would have been absorbed into Ladakh Police had the reserve list been operated. The LG inquired about

the delay in operating the reserve list so that the majority of the 26 candidates could be absorbed into Ladakh Police. He highlighted the need to do it at the earliest for the convenience and benefit of aspiring candidates.

a)	Publish Date	30.07.2024
b)	Document Download/sale start date	30.07.2024
c)	Date of Pre-bid meeting	29.07.2024
d)	Bid submission start date	28.07.2024
e)	Bid submission end date	09.08.2024
f)	Date of Bid opening	10.08.2024

- 1. Bid documents can be accessed and downloaded from the website www.jktenders.gov.in.
- 2. The pre-bid meeting shall held in the office chamber of the Executive Engineer Jal Shakti (PHE) Mechanical Division Rajouri.
- 3. The whole bidding process shall be completed online on tender portal www.jktenders.gov.in. The intending bidders can download the bid document from the tender portal and can submit their bids by uploading them on the tender portal.
- 4. The valid bids received shall be opened online in the office of the Executive Engineer Jal Shakti (PHE) Mechanical Division Rajouri.
- 5. Bids must be accompanied by cost of Tender Document and EMD as specified in column 3 & 4 of the table and shall be payable at Rajouri.
- 6. EMD to be pledged in favour of Executive Engineer Jal Shakti (PHE) Mechanical Division Rajouri. EMD will be in the form of CDR/ FDR of any scheduled Bank and shall be valid for a period of 06 months from the last date of submission of bid.
- 7. The cost of tender documents should be in form of TR under Major Head, **MH**: 0215 WSS (Revenue head) or through RTGS in J&K Bank branch Rajouri bearing bank account No. 0020010200000966, IFSC code JAKAORADISH in favour of Executive Engineer PHE Mechanical Division Rajouri. No Demand Draft/Cheque will be accepted.

No exemption of cost of tender documents of any kind shall be considered.

- 8. The hard copies of cost of tender document in shape of TR, Earnest money in shape of CDR/FDR/BG and other relevant documents shall be obtained from the bidders who are declared as item wise L1.
- 9. The bid shall remain valid for a period of **180 days** from the last date of submission of bids. If any bidder/tenderer withdraws his bid/tender before the said period or makes any modifications in the terms and conditions of the bid, the bid shall be declared non-responsive.
 - 10.Other details can be seen in the bidding documents from the website www.iktenders.gov.in.

11. Oueries, if any, should be mailed to **xenphemrajouri@gmail.com**.

No. PHE/MDR/3707-17 Dated: -29.07.2024

DIP/J-3811/24

-sd/-Executive Engineer Jal Shakti (PHE) Mech. Division Raiouri

OP-ED

EDMORIAL

Development Projects

evelopment projects are essential for advancing societies, improving living standards, and fostering economic growth. These projects can range from infrastructure development to social programs and technological advancements. Here's an overview of different types of development projects and their impacts:

Infrastructure projects are the backbone of development. They include building roads, bridges, railways, airports, and ports, which are critical for facilitating transportation and trade. Additionally, infrastructure projects involve the development of utilities such as water supply, sewage systems, and electricity grids. For instance, the construction of highways can significantly reduce travel time, enhance connectivity, and boost economic activity by linking remote areas with major cities.

Urban development projects focus on improving the living conditions in cities and towns. These projects involve constructing residential, commercial, and recreational facilities, as well as upgrading existing urban infrastructure. Key components include affordable housing schemes, public transportation systems, and green spaces. Effective urban planning can help alleviate issues such as overcrowding, pollution, and inadequate public services, contributing to a higher quality of life for residents.

Social development projects aim to improve the well-being of individuals and communities. These initiatives often address issues such as education, healthcare, and social welfare. Examples include building schools and hospitals, implementing vaccination programs, and creating job training opportunities. By investing in human capital, social development projects help to reduce inequality and promote inclusive growth.

Economic development projects focus on stimulating economic growth and creating job opportunities. These projects can include establishing industrial parks, supporting small and medium-sized enterprises (SMEs), and promoting tourism. Economic development initiatives often involve incentives for businesses, such as tax breaks or grants, to encourage investment and innovation. By diversifying the economy and supporting entrepreneurship, these projects help to create a resilient and dynamic economic environment.

Environmental development projects are designed to address ecological challenges and promote sustainability. These projects include reforestation efforts, waste management programs, and renewable energy initiatives. For example, installing solar panels and wind turbines can reduce reliance on fossil fuels and lower greenhouse gas emissions. Environmental projects are crucial for combating climate change, preserving natural resources, and ensuring a healthy environment for future generations. Technological development projects focus on advancing technology to drive progress and efficiency. These projects can involve research and development (R&D) in fields such as information technology, biotechnology, and renewable energy. Investing in technology infrastructure, such as high-speed internet and data centers, can enhance connectivity and innovation. Technology development projects often lead to new products and services that can improve everyday life and create economic opportunities. Rural development projects aim to enhance the quality of life in rural areas. These initiatives often focus on improving agricultural practices, providing access to education and healthcare, and developing local infrastructure. For instance, projects that introduce modern farming techniques can increase crop yields and income for farmers. Additionally, rural development efforts can include building roads and schools to support community growth and reduce migration to urban areas. Development projects can have significant positive impacts, including economic growth, improved living standards, and environmental sustainability. However, they also face challenges such as funding constraints, bureaucratic hurdles, and potential negative effects on local communities. Effective project management, stakeholder engagement, and careful planning are essential to address these challenges and ensure successful outcomes. In summary, development projects play a crucial role in shaping societies and economies. By focusing on infrastructure, urban and social development, economic growth, environmental sustainability, technology, and rural enhancement, these projects contribute to a more prosperous and equitable world.

Emerging Careers in Artificial intelligence Ethics & Compliances

By: Vijay GarG

he significance of AI (Artificial Intelligence) is rapidly transforming the industries and

reshaping the future while bringing out the importance of its ethics and compliance. A career in AI Ethics and Compliance ensures that AI technologies are developed and deployed responsibly, that complies with social norms, ethical standards, and legal requirements. This article highlights some of the promising prospects and career paths in AI Ethics and Compliance, skills required, including roles and responsibilities and reasons behind its demand.

Professions in AI Ethics and Compliance 1. AI Ethics Consultant

They are experts in counselling companies on the ethics in AI implications and their AI systems. They assist businesses in navigating through the complex landscape of the ethical usage of AI accidentally perpetuate bias, violate privacy or cause any harm. Consultants can create ethical rules, conduct audits involving ethics, and provide recommendations for enhancing AI procedures.

Skills Required: To be an AI Ethics Consultant you need to have a strong knowledge of AI technologies and their impacts. Secondly, you should have the proficiency in philosophy and ethical theory, you will also have to be familiar with regulatory frameworks and compliance norms and finally you need to have excellent communication capabilities and analytical skills. Education: To become an AI Ethics Consultant, you need to have knowledge in Computer Science, Ethics, Law, or in a related field. Degrees such as Masters, PhD in Ethics or Artificial Intelligence can be useful. Acquiring experience from internships, research or from previous companies can prove to be beneficial.

2. AI Compliance Officer

AI Compliance Officer ensure that organizations follow all legal and regulations encompassing AI. This could include monitoring application of industry rules, company policies, and protection laws concerning data. Some of them may participate in the development of compliance frameworks and carrying out internal audits.

Skills Required: You need to have deep knowledge about the regulations of AI and data protection laws. Besides, you need to familiar with industry standards, like ISO, CCPA, and GDPR, should have excellent analytical and organizational skills, and ability to implement and interpret complicated rules in real-life situations.

Education: The post will require a back-

ground in law, regulatory affairs, or compliance. In addition, one needs to have great knowledge about AI technologies. Professional qualifications in data protection or compliance may present advantages in the search for employment. Previous experience in legal or regulatory positions would also be useful, especially in the IT or AI industries themselves.

3. AI Ethics Researcher

AI ethics researchers carry out studies and experiments concerning the effects of such ethical problems regarding AI systems. They write articles, contribute scholarly research, and insight toward the achievement of best practices and ethical standards.

Required Skills: You should have knowledge about AI technology, philosophy and ethic theory and strong analytic and research capabilities including you should have the ability to design, organize and carry out research projects and finally you need to have the ability to write up and publish research findings.

Education: An AI ethics researcher would normally require an advanced degree, such as a Master's or Ph.D. in ethics, philosophy, AI, or a related discipline. The individual must have experience in the academic or research domain with publications or peer-reviewed journal papers. Collaborative experiences with think tanks or research institutes may prove very useful.

4. AI Ethics Researcher

Researchers in ethics for AI do this by investigating and testing these AI systems for their consequences. They publish articles and make scholarly research contributions with insights that support the making of best practices and ethical norms.

Required Skills: You need to have knowledge of AI technology, philosophy, and ethical theory, solid analytical and research skills, have the ability to plan, organize, conduct research projects, and finally you need to have the ability to write up and publish the results of a study. Education: An AI ethics researcher would typically need an advanced degree, such as a Master's or Ph.D. degree, in Ethics, Philosophy, AI, or any other related area. Experience in academia or research is often required, further detailed by peer-reviewed journal papers. The research collaboration with think tanks or research institutes also adds up to bring valuable experiences.

5. AI Fairness Engineer The fairness engineers are responsible for ensuring that recommended AI systems are developed and deployed in ways that minimize bias and are fair to all. The responsibilities include developing algorithms that identify and reduce bias, fairness audits, and solution development for fair outcomes.

Skills Required: You need to be proficient in AI and Machine learning technologies, you should know strategies for prejudice reduction and fairness, skilled in data analysis and programming skills, and finally you need to have the ability to work in multidisciplinary teams.

Education: The incumbent for this will require familiarity with computer science, data science, or engineering with a basic understanding of machine learning and fairness. Advanced degrees in data science, machine learning, or AI could be advantageous. Experience in developing or evaluating AI systems for fairness could be helpful.

6. AI Transparency Specialist

AI transparency experts are charged with increasing the accountability and understandability of AI systems and making the AI decision-making process transparent and intelligible to all relevant stakeholders. This includes creating clear documentation and developing approaches for interpretability.

Required Skills: You need to have experience with interpretability techniques and AI technologies, excellent documentation and communication skills, experience in collaboration with technical and non-technical stakeholders, including understanding of accountability and transparency frameworks.

Education: Basically, it takes experience in designing or implementing interpretability approaches and a background in computer science, artificial intelligence, or some related field to take up the role of an AI transparency specialist. Certifications or graduate degrees in data science or artificial intelligence can be useful. Prior experience in technical writing or similar positions where technical communication occurred is also useful.

7. Ethical AI Product Manager

AI Product Managers ensure that, throughout their time to live, the development of their AI products is in accordance with ethical guidelines and compliance standards. They partner with engineering, design, and compliance teams to ensure that ethical considerations are aligned in the development and deployment of the products.

Required Skills: In this profession you need to have experience in product management, especially in tech or AI sectors, strong knowledge of AI technologies and ethical considerations, excellent project management and coordination skills, and ability to balance ethical concerns against business objectives.

Education: Advanced degrees or certifications in AI, Ethics, or Business Management can be useful. Besides, gaining experience in the management of Artificial Intelligence projects or products and good knowledge of ethical issues. 8. AI Safety Engineer

AI Safety Engineers design safety in AI systems and ensure their reliable operation. This will include the development of safety procedures, analysis of risks associated with its deployment, and design of systems to forestall harmful outcomes or effects that may crop up unintentionally. Skills Required: You need to have knowledge of AI technologies and safety engineering, strong problem-solving and analytical skills, ability to design and implement safety protocols, have knowledge of risk assessment and management techniques

Education: The AI safety development engineer shall have a background in computer science, engineering, or related fields, with experience in AI and safety engineering. Advanced degrees or certifications in AI safety or risk management will be advantageous. Experience in developing or auditing safety protocols for AI systems will also be desirable. Conclusion

Ethics and Compliance with AI is a developing field and a critical frontier in the technology industry. This might, in particular, be so as current AI systems find increasing applications in almost every walk of life and therefore, due to this, the demand for professionals sailing through the complex landscape of ethics and regulatory requirements would only increase. AI ethics and compliance careers are significant, not just because they go straight to the heart of ensuring that AI technologies are developed and deployed responsibly, but also since they afford human beings the opportunity to shape future technology in a fashion befitting human values and social mores.

The roles within this field are numerous and varied, changing into an ethical AI officer and compliance analyst, much like the character of AI itself. As the awareness in organizations towards matters of ethics and compliance in the development of AI increases, such professionals will be major drivers for building trust, transparency, and accountability in AI systems. This new career avenue brings great professional growth and impact but underlines the much-needed human touch in guiding technological advancements towards betterment.

(Vijay GarG Retired Principal Educational columnist Malout)

Monsoon Foot Care

the areas where germs accumulate and odour forms. The waste matter, which is secreted with sweat, has to be removed by daily washing, to eliminate odour and feel fresh and clean. Pay special attention to your feet, while bathing. After washing them well, dry them thoroughly and apply talcum powder. Selecting appropriate footwear is crucial to maintaining foot health during the monsoon. Avoid wearing heels in the monsoons as roads get wet and slippery. If unavoidable, wear footwear that is resistant and with as little heel as possible. Switch your heels for simple footwear such as flip-flops, slippers, rubber boots, sandals etc., as they allow maximum ventilation and help the perspiration evaporate. But, open footwear also attracts dirt and therefore, foot hygiene becomes all the more important. Don't forget to wear gum boots if you live in a region prone to heavy rainfall and floods. If you wear closed shoes, talcum powder can be sprinkled inside the shoes.

are effective in dealing with the problem in the initial stages. However, excessive moisture, caused by excessive sweating, tight shoes and humid weather can lead to bacterial activity and this worsens the condition. If socks are a must, wear cotton ones. In fact, during the hot and humid season, the feet should be exposed to the air as much as possible. Do not neglect any type of warts, wounds or minor infections on your feet. Clean your wounds with an antiseptic liquid

of eau de cologne in cold water and soak feet in it. Cools, cleans and removes odour.

Toenails -----Overgrown nails are an invitation to dirt and grime that accumulate under them and a breeding ground for fungal infections. Keeping your toenails groomed by cutting them to an optimal short length is a way of making sure that an unnecessary amount of dirt doesn't accumulate in your toenails. Additionally, moisture causes toenails to become brittle so a regular trim keeps it under check. Cooling Massage Oil: Take 100 ml olive oil and add 2 DROPS eucalyptus oil, 2 DROPS rosemary oil and 3 DROPS khus, or rose oil. Mix together and keep in an airtight glass jar. Use a little of this for foot massage. It cools and protects the skin and keeps it healthy. Make a mix of three tablespoons of rose water with two tablespoons of lemon juice and one teaspoon of pure glycerine. Apply this daily after washing and drying the feet. Turmeric ----Paste of turmeric which is well known for its antibacterial, antifungal and antiviral properties can be applied around the toes to get rid of fungal infections too.



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By: Shahnaz Husain

aring for your feet during monsoons can prove to be quite tricky as they're exposed to dirt and germs due to prolonged and constant exposure to muck and rainwater during a downpour.

Walking through dirty water is unavoidable, exposing feet to germs and infections. Our feet bear the brunt of it and are exposed to all sorts of dirt and pollutants floating in the water.

The humid, wet and sticky climate translates into wet shoes, sweaty feet, cracked toes, fungal infections, itching, athlete's foot and many other allergies.

Wearing tight, closed-toe shoes, keeping your feet wet for a long time, and getting minor skin or nail injuries on your foot are common causes of fungal infections of feet.

A little extra care tendered to your feet during monsoon and rainy seasons can help prevent shoe bites & serious foot conditions

The main problem during the Monsoons is high humidity and sweat. The feet are among After a hot day, soak your feet in cold water, to which some salt has been added.

A foot problem called "Athlete's Foot" develops more easily during hot and humid weather, because it thrives on soggy skin. If neglected, it can become a stubborn problem, with an itchy condition. The athlete's foot starts as a fungus infection. So, if there is dry scaling on the feet, especially between the toes, with some itching, consult a dermatologist without delay. Anti-fungal preparations Have a salon pedicure once a week. It keeps the feet in good condition and is also most relaxing!

Here are some home remedies for Monsoon foot care:

Foot Soak: In one-fourth bucket of warm water, add half cup of coarse salt and 10 drops of lemon, or orange essential oil (if you cannot get essential oil, use half a cup of lemon or orange juice). If your feet tend to sweat a lot, use a few drops of tea tree oil, as it has germicidal properties. It helps to deal with bad odour. Soak the feet for 10 to 15 minutes.

Foot Lotion: Mix together 3 tablespoons of rose water, 2 tablespoons of lemon juice and one teaspoon pure glycerin. Apply on feet and leave on for half an hour.

Foot Care for Dryness: In onefourth bucket cold water, put 2 tablespoons honey, one tablespoon herbal shampoo, one tablespoon almond oil. Soak feet in it for 20 minutes.

Cooling foot bath: Add rose water, lemon juice and a splash

(The author is an international fame beauty expert and is called the Herbal Queen of India)

LOCAL

Delegations of War Heroes, Parent Teacher Council of JNV School Leh & dental surgeon call on LG Mishra

Top News Report

LEH, Aug 6: A delegation comprising War Heroes led by Director, Sainik Welfare-cum-Secretary Rajya Sainik Board Ladakh, Col (Retd) Lobzang Nima, called on the Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), at the Lieutenant Governor's Secretariat. Commissioner/Secretary to the LG, L Franklin, IAS and Deputy Commissioner, Leh, Santosh Sukhadeve, IAS, were present in the meeting.

Col (Retd) Nima informed the LG about the issue regarding the extension of the lease period of residential houses allotted to five War Heroes and 27 Veer Naris.

the LG of the delay in the completion of the

He also apprised

sewage treatment plant (STP) through the corporate social responsibility (CSR) initiative at War Heroes Colony due to the change in the management at SIDBI. The LG asked DC Leh

to extend the lease period of the residential houses allotted to the War Heroes and Veer Naris. He also asked him to follow up regarding the completion of the STP at the earliest with SIDBI. A delegation compris-

ing members of Parents Teacher Council of JNV School led by Tashi Angchuk called on the Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), at the LG Secretariat. Advisor to the LG, Dr Pawan Kotwal, IAS; Commissioner/Secretary to the LG, L Franklin, IAS and Deputy Commissioner, Leh, Santosh Sukhadeve, IAS, were

also in the meeting. Angchuk apprised the LG of various issues at JNV Leh, viz. filling up the post of Principal which has been lying vacant since July 1, 2024; the need for passive solar toilets for boys and girls; the need to provide heating arrangements for students at the hostel and classrooms in JNV School; the need to complete pending projects at JNV School, such as construction of a multipurpose hall, blacktopping of internal roads of the School, boundary

wall and landscaping of the premises; the need to instruct school authorities to stop the practice of ragging in the School, etc. The LG spoke to the concerned official at Headquarter JNV and asked him to depute an official who is willing to take over the charge of

principal at JNV Leh at the earliest so that the school doesn't remain headless and there is a smooth function of the school.

He also asked the parents to prepare detailed project report (DPR) regarding the facilities and projects required at the School and submit it to DC Leh so that the work could be completed for the convenience of the students

Dental Surgeon, Dr Gulzar Ahmed, who is working at Community Health Centre (CHC) Skurbuchan, called on the Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), at the LG Secretariat. Advisor to the LG, Dr Pawan Kotwal, IAS; Commissioner/Secretary to the LG, L Franklin. IAS and Director. Health, Dr Motup Dorje, were also in the meeting,

Dr Gulzar informed the LG that he was appointed as a dental surgeon by the then-Deputy Commissioner of Leh at a monthly salary of Rs 10,000 per month in 2012. He also informed that his colleagues who were appointed in 2008-09 were regularised and repatriated to J&K as per SRO 520, according to which casual workers engaged before the year 2015 would be regularised/ absorbed. He further informed that

the SRO was repealed and he was neither absorbed/regularised nor there has been an enhancement in his salary Dr Gulzar requested the LG for his intervention to

resolve his issue. The LG spoke to Chief Secretary, J&K, Atal Duloo and took up Dr Gulzar's case with him to resolve the issue.

GDC R. S. Pura organizes pledge on 'Freedom from Corruption'



Top News Report

JAMMU, Aug 6: To commemorate Vigilance Awareness Programme 2024, the Cultural & Fine Arts Committee in collaboration with NCC Cadets of GDC R. S Pura organized a pledge taking ceremony with a primary objective to instill the true spirit of participation in vigilance and to reaffirm everyone's commitment to upholding integrity in public governance.

The theme of the event was to celebrate 5th August of this year as a Day of Resolution for

'Freedom from Corruption'. The purpose was to raise awareness among the faculty and students. The event was marked by a solemn integrity pledge taken by all the staff and students of the college. This pledge represented a collective commitment to foster integrity and ethical conduct in both official capacities and personal lives.

The pledge was organized under the guidance of Prof. (Dr.) Preetpal Kour, Principal of the College.

She apprised the students about the demerits it could have a drastic influence on students and society at large. She emphasized that corruption creates a vicious circle that effects the economy and society as whole. Further she asked students to keep a vigil over any sort of corruption happening around them. The programme was coordinated by Dr. Shivani Manchanda Convener Cultural Committee and Dr Rakesh Choudhary NCC Officer of the College. All the college faculty members were presentin the event.

of corruption and how

GDC Boys Kathua organizes painting competition for Independence Day celebration



Top News Report

KATHUA, Aug 6: As part of the ongoing celebrations commemorating the 78th Independence Day, a painting competition was organised by the NSS and NCC Units of GDC Kathua on 6th of August under the patronage of worthy Principal of the college, Prof. Seema Mir. The theme of this competition was "Freedom struggle and National heroes". Eleven students participated in this competition where they have shown their talent by drawing the beautiful

paintings which highlight the significance of India's freedom struggle and the contributions of National heroes towards our Country's Independence. The program was adjudged by Dr. Sanjay Karlupia, HOD Geology, Prof. Jagdish Kumar, HOD Chemistry and Prof. Charandeep Handa. HOD Commerce and was well coordinated by NSS Pos Dr. Kulbir Singh, Prof. Arvind Kumar and Dr. Pinkey and NCC ANOs Prof. Raj Kumari, Prof. Ajay Sharma and Lt. (Dr.) Daya Ram.

second position secured by Bhumi Mahajan of 5th semester and third position secured by Tania Rajput of 3rd semester. Faculty members from different departments of the college graced the occasion with their benign presence. The Principal of the college appreciated the efforts made by NSS POs and NCC ANOs for organizing these activities in the college. The event was concluded with formal vote of thanks by Dr. Kulbir Singh, NSS PO of The first position was secured by Sneha the college.

talented students

Malik along with Par-

ents and educators in

Jammu and Kashmir

have echoed strong con-

cerns, urging the central

government, Union Home

ministry and LG JK UT to

consider the unique chal-

lenges faced by NEET

They argued that estab-

lishing examination cen-

ters within the Union

Territory would alleviate

much of the stress and

logistical difficulties cur-

rently faced by the stu-

dents. "This move would

ensure that all students,

regardless of their eco-

nomic backgrounds, have

a fair chance to compete

The central govern-

ment's response to this

genuine demand will be

closely watched by stake-

holders across the region.

As the examination date

approaches, the urgency

of addressing this issue

becomes more pressing,

"Ensuring that students

from Jammu and Kashmir

can take their exams in a

conducive and accessible

environment is not just a

matter of convenience,

but a step towards educa-

tional equity and justice,"

Malik observed.

handout further added.

in the NEET exams.

aspirants in the region.

GDC Kishtwar launches Anti-Corruption Drive

Top News Report

KISHTWAR, Aug 6: Government Degree College (GDC) Kishtwar initiated a comprehensive anti-corruption drive by administering a pledge to eradicate corruption among its students and staff. The event marked the commencement of Vigilance Awareness Week 2024, aligning with the theme "Say no to Corruption; Commit to the Nation."

Under the leadership of Principal Prof. Basharat lobal. over 150 students took an oath to uphold integrity and transparency.



The event witnessed enthusiastic participation from faculty members, who reinforced the college's commitment to ethical practices.

Distinguished faculty members, including Prof. Umar Deen, Prof. N.K. Manhas, Prof. Satish Kumar, Prof. Prithvi Raj, Mr. Rafiq Ahmed Rather, Dr. Yasar Ahmed, Prof. Akhter Rasool Malik, Dr. Bilal Ahmed Parray, Dr. Sehrish Gazal, Prof. Ajeet Kumar, Dr. Zahoor Din, Prof. Waseem Rasheed, Prof. Esarul Ayub, Prof. Sonika Sen, Dr. Tabassum Saleem, Prof. Sheikh Mohd Usman, and Prof. Ashfaq Wani, along with non-teaching staff, were present to support the initiative.

Vivek Bali calls on Central Govt for immediate action to ensure safety of **Indian students in Bangladesh**

Top News Report

SRINAGAR, Aug 6: In light of recent developments in Bangladesh, Vivek Bali State General Secretary of JD(U), has urged the Centre Government to take decisive action to ensure the safety of Indian students residing in Bangladesh. The appeal comes amid growing concerns over their well-being following reports of Bangladesh Prime Minister Sheikh Hasina's safe arrival in India.

In a press release issued today, Vivek Bali expressed his grave concerns about the safety of Indian students in Bangladesh. He questioned the current safety assurances for these students, given the heightened tensions and uncertain situation



in the country. "The safety of our

students abroad is of utmost priority. While it is reassuring that Prime Minister Sheikh Hasina has reached India safely, we must not forget the numerous Indian students who remain in Bangladesh and are potentially vulnerable." Bali stated

He urged the Ministry

of External Affairs of India to establish direct communication with Bangladesh military officials to guarantee the protection of Indian students. "The Ministry of External Affairs should take swift measures to ensure that there is a clear line of communication with the authorities in Bangladesh, particularly the military, to safeguard our students during this turbulent period," Bali added.

Vivek Bali's call to action highlights the importance of proactive measures to ensure the safety and security of Indian nationals abroad. He emphasized that the Government of India must act promptly to provide the necessary assurances and protection to its citizens in Banaladesh

Malik anguished over fixation of NEET Centers outside J&K, demands review of decision

Top News Report

JAMMU, Aug 6: Prominent Socio-political leader Adv. Malikzada Mohd Shahzad has called for an urgent review of the decision for fixing NEET examination centers for the students of Jammu and Kashmir outside J&K.

Malik has voiced strong concerns over the current arrangement, which requires students to travel to examination centers outside the Union Territory, a hand out issued in this regard stated adding, "This demand comes in light of the significant hardships faced by the aspirants, particularly those from economically disadvantaged backgrounds who have to undertake long and costly journeys to attend the exams," it added.

Malik has however, requested the central government to intervene and order the immediate relocation of these centers within Jammu and Kashmir. He further highlighted that the current setup is not only inconvenient but also discriminatory against the students of JKUT



"Many students and their families have expressed frustration over the additional financial burden and the stress of traveling long distances, which can negatively impact their performance in the crucial exams," Malik said. He also added that

the NEET examination is a critical gateway for students aspiring to enter the medical field and equitable access to examination centers is essential for maintaining fairness and inclusivity. Malik emphasized that students from Jammu and Kashmir should have the same opportunities as their peers in other parts of the country. The current arrangement, he argued, undermines the principles of equal opportunity and creates unnecessary barriers for

GCOE Jammu organizes essay writing competition on "Unsung heroes of Indian freedom struggle"

Top News Report

JAMMU, Aug 6: The Literary Club of GCOE Jammu hosted an inspiring essay writing competition on "Unsung Heroes of Indian Freedom Struggle.

The objective of the event was to shed light on the lesser known figures of freedom struggle who played pivotal role in India's fight for independence.

The competition witnessed enthusiastic participation from students across various departments. It provided a platform for young minds to explore and articulate the contributions of freedom fighters whose stories are often overlooked in mainstream narratives.

The event commenced with an inaugural session graced by the Principal of GCOE Jammu, Dr Jyoti Parihar who emphasized the importance of remembering and honoring the unsung heroes of the nation. She also highlighted the need for the younger generation to be aware of the sacrifices made by our freedom fighters.

The topics for the competition ranged from regional freedom fighters to those who made significant impacts at the national level.

The essays were evaluated by a distinguished panel of judges comprising Prof Balwan Singh and Dr Suraj Prakash. The criteria for evaluation included originality, depth of research, coherence, and writing style.

The winners of the competition were announced at a special ceremony. During the feedback session the students said that researching and writing about unsung heroes like Birsa Munda, Karu Bhagat, Sivagami Ammayar and others was a profound experience.

It made them realize the depth of their sacrifice and the importance of preserving their legacy

The event concluded with a vote of thanks by Literary Club Coordinator Dr Shalini Rana, who expressed gratitude to all participants and judges for their contributions to the success of the competition.

Rajesh Gupta urges LG to immediately address issues of J&K transgenders

Top News Report

JAMMU, Aug 6: The Bahujan Samaj Party today demanded equal rights for transgenders. In the NALSA judgement, the State and Central governments were asked to extend reservations to transgender people in education and public employment.

After the Bill was first made public in December 2017, activists had. then too, made it clear that one of their major demands was reservation in employment, politics and education.

Bahujan Samaj Party (BSP) General Secretary and media head Rajesh Gupta while doing strong advocacy of transgenders says that BJP govt failed to deliver what was promised to the trans community by landmark Supreme Court verdict in



2014 Gupta urged lieutenant Governor Manoj Sinha

to address the genuine issues of transgenders in Jammu and Kashmir. "The BJP government has failed and continues to fail the transgender community," said Gupta. This contradicts Prime Minister Narendra Modi's claim in February that his government had benefitted the community by enacting the Transgender Persons (Protection of Rights) Act, 2019, under

Members of the trans community have been consistently making representations to authorities in central and state governments with regard to various issues such as reservations in educational institutions and government jobs, scholarships for trans students and funds for garima grehs or shelter homes for trans people, Gupta said. However, there has been no progress on any of these concerns.

cards.

Rajesh Gupta acknowledged that the transgender community is electorally insignificant because it is not a vote bank that can sway elections in any constituency. "As far as I know, no political party has made any outreach efforts to woo trans voters or even get trans people to register to vote," he said.

GDC Ramgarh organizes painting competition

which community mem-

bers were given identity

Top News Report

RAMGARH, Aug 6: NSS Unit 'Prabha of Government Degree College Ramgarh organized a painting competition as a part of Independence day celebrations under the able guidance and supervision of the Principal Prof. (Dr.) Geetanjli Andotra

She praised the students for their artistic skills and their ability to convey profound messages through colors. The competition themed 'Indian Struggle for Freedom' was coordinated by NSS programme officer Prof. Brahm Dutt.

The event saw an impressive participation of many students from various

Departments.

A panel of esteemed judges including Dr. Aditi Khajuria (HOD English) and Prof. Sanober (HOD Punjabi) evaluated the paintings.

Tamana Attri of Semester- V secured first position, Anjali Bavouria and Radhika Shukla of Semester -III shared second position and Sonia Devi and Taniya Kumari of Semester- V both shared third position. The event provided a platform to the students to showcase their talent. The students painted different ideas pertaining to the theme enthusiastically. Prof. Sandeep Kumari, Ashok Kumar (PTI) and Dr. Shivali Panjgotra, were also present on the occasion.

ENTERTAINMENT

In Chandigarh, the cast of Punjabi film Shahkot, including Raj Babbar, Guru Randhawa and Isha Talwar, talks about how the story is an ode to love across borders

Some stars pour down in Chandigarh, while monsoon continued to play truant! Evergreen actor Raj Babbar, music sensation Guru Randhawa, Mirzapur's Madhuri aka Isha Talwar, along with their director Rajiv Dhingra, and producer Anirudh Mohta, launched the teaser of their upcoming Punjabi film Shahkot at a city mall. A Jatinder Shah musical that says the story of Punjab — on both sides of the border — the film marks the comeback to Pollywood for Raj Babbar. Seen in the role of a father, he led the team with fatherly care, making sure the young ones took the limelight as he gently nudged them from behind.

6

Interestingly, the film is backed by a Marwari man! "All I can say is that a Marwari businessman never takes a raw deal, so here we are with a film that is bound to do well." savs Mohta. While Guru Randhawa has done a Hindi film, Kuch Khattaa Ho Jaay, before, he counts Shahkot as his debut for this was shot before

"Many people reached out to me saying that I look good and sing well, so I should become a hero but I took my time to face the camera," says the Tenu Suit



Suit Karda hitmaker. "Wherever I go, I represent Punjab. Even in Bollywood, I sing Punjabi numbers and try representing our culture. And Shahkot is a beautiful love story," says the singer-actor, who has to his credit major hits like Patola, High Rated Gabru, Morni Banke and Lagdi Lahore

Di. In another Punjabi story of chasing dreams abroad, Guru plays lqbal, who falls in love with a woman from Pakistan. His love interest is played by Isha Talwar, the 'prodigal' Punjabi girl who returns home after doing Malayalam, Telugu, Tamil and

Hindi cinema, along with some hit web shows

"I wish my parents had spoken some Punjabi while I was growing up; it's only here that I learnt to be comfortable with my mother tongue," says the Mumbai girl, who also dubbed for the film. "I really like to give my best, learning Punjabi on home turf is remarkable, I am looking forward more roles here,' she beams.

Joined by other cast members - Gurshabad Singh, Manpreet Singh, better known by his stage name Comic Singh, Seema Kaushal and Neha Dyal there was laughter, some tears

and hope for the film to do well since the mike at the conference didn't! Comic Singh had everyone in splits as his night-long preparation for the interview was curtailed at a question or two; Neha got emotional on being given love and respect by Randhawa, who is admired by millions.

Comic Singh making a film debut with this one and his fans are intrigued about his role. He shares, "When I told my family that I got a film, they were happy. Knowing that I play a naukar, they were happier. They were like, 'how wonderful, no money to be spent on make-up, and no acting prep either'."

The director, and also the writer Rajiv Dhingra, who has to his credit the film Love Punjab and celebrity show Comedy Nights With Kapil, considers having Raj Babbar on board as an honour. "The film shows how Indians trying to cross the border were taken through the Greece route, but on being caught were transferred to Turkey, Iran and Pakistan, to be exchanged as prisoners of war. But the narrative charts a fictional route, making mohabbat its motto," he says. (The film hits the screens on October 4)

'CTRL': Ananya Panday plays content creator in Vikramaditya Motwane's Netflix thriller



Vikramaditya Motwane's upcoming film, 'CTRL' promises to break away from traditional storytelling, and make you question how much you rely on technology. Starring Anany Panday and Vihaan Samat, the film will premiere on Netflix on October 4.

Ananya Panday plays Nella Awasthi in 'CTRL' and Vihaan Samat is Joe Mascarenhas. They are a couple who create content together and have a good following on social media. However, after their breakup, things take

an ugly turn.

The first-look teaser of the film was shared on the official Instagram handle of Netflix India. "Think again. CTRL releases on 4 October, only on Netflix!," read the caption which sounded more like a warning.

After 'Kho Gaye Hum Kahan', this is yet another Ananya Panday film, which will turn the spotlight on the side effects of social media.

Ananya Panday, who is thrilled to collaborate with Vikramaditya Motwane and Nikhil Dwivedi for this film, said in a statement, "CTRL is engaging, impactful and definitely makes you wonder if you are truly in control of your life. I truly believe that this film is for everyone, given the exponential advancement in tech and our rising dependency on it. What better platform to reach the audience with a narrative as compelling as CTRL than Netflix?"

Director Vikramaditya Motwane added, "With the amount of time we spend on our devices, screen time is now redefined as screen life! The question is, are we actually in control of all the digital extensions of our life, or are we being controlled? That's the answer CTRL tries to explore. For a concept as new-age as this, we not only needed a cast who lives such a life, but a medium like Netflix that's relevant."

'CTRL' will offer a glimpse into a future that could be closer than we imagine. It is set to begin streaming on Netflix from October 4.

Buying a juicer for the family or contributing to the household in other ways, here's what these celebrities did with their first paycheque

The joy of getting your first paycheque is so overwhelming and exciting, and nothing in the world can compete with that! Though the feeling remains the same, what every individual does with the first paycheque varies. We spoke to a few celebrities about their first paycheque.

Family first: Seema Kapoor

I became the breadwinner of my family at a tender age and bore the expenses of the household. All my earnings were contributed for the welfare of my family; therefore, all of it was handed over to my dad, and I was never aware of the amount I earned. I still have the habit of not carrying a purse or cash; whenever I need to buy something, I expect him to pay on my behalf.

Happy time: Chef Harpal Singh Sokhi

When I was in ninth grade, I started giving tuitions without letting my father know about it. Later when I told him, he was quite amused. But I was happy as after the first month, I got around Rs 900. I bought a gold ring with the money and still have it.

Childhood days: Twinkle Arora My first income was when I was in fifth grade. I wanted some extra pocket money and wanted to show that I could help my sister in running the household. So, I used to make school charts, tables, etc. My first income was very modest; I made five charts for a hundred rupees!

Dance tutor: Shiwani Chakraborty I was a dance tutor who gave classes in my hometown. I started earning during my school days, but I don't

Sanam Saeed on Pakistani actors not working in India: Exchange will happen when Indian actors feel safe to act with us

Pakistani actor Sanam Saeed has found a strong fan base in India following her show, Zindagi Gulzar Hai alongside Fawad Khan, and feels people from India are her "long lost siblings". However, she has not yet got a chance to come to the country and work. She says she is hopeful that exchange of talent between the countries will resume soon.

The actor is back to mainstream drama with Zindagi's new show, Barzakh, where she reunites with Fawad Khan after 12 years. It is the Zindagi channel which has opened the gateway for Pakistani shows to find a way onto the screens in India. On her show Barzakh

"The feedback has been quite overwhelming. And very interesting exactly what we hoped for. Mesmerised, blown away and proud are just the adjectives that I've gotten to near," Sanam tells us while talking about the feedback.



resort owner who invites his estranged

lost siblings. We just grew up in different homes. Essentially, we are of the same land, same blood in many ways, but we just grew up differently over the years. It was nice to reconnect with those long lost siblings," she says.

The actor feels it was eye opening in many ways. "For Indians more so than us. Because we are accustomed to Indian cultures and we are used to seeing what Indians are like through Bollywood and Star Plus. But Indians had not seen us. It was this really beautiful exchange that happened (through Zindagi) where people's eyes were opened up and Indian people really got an insight into their long lost siblings," shares the actor. On working in India

It was back in 2016 following the Uri attack that the cross-border tensions between India and Pakistan started spilling over in the entertainment world, straining the ties and stopping the exchange of talent.

My first job was with The Oberoi in Bhubaneswar in 1987. I started working there as a trainee cook and went on to master everything in about one year. My first paycheque was eight hundred rupees, and I was so thrilled to have started earning. This was the primary reason for joining hotel management ----to earn money and support my family. So, naturally, the amount went to my parents and everyone back home was so glad that I had started earning. Priceless moment: Hansa Singh

My first ever job was as an account executive for a couple of magazines being published from Delhi. When I got my first paycheque of Rs 1,500, I was super-elated and gave it to my mom. Money is important, but happiness on parents' faces is priceless.

Gold ring: Gulfam Khan Hussain

remember exactly what my fees were for each student. But if you ask me as an actor, my notable earnings were for the role in Taarak Mehta Ka Ooltah Chashmah. I played a dance teacher's character, and that episode is still trending today. So, you can say that was my proper paycheque as an actor. The amount was around seven thousand rupees.

English teacher: Manmohan Tiwari My first job was teaching. I used to teach English and conduct personality development programmes. This happened because the teacher at the place where I studied had left and the owner of the institution asked me to take over. So, the first time I received a paycheque, I had become a teacher by accident. With that first cheque, I bought a mixer-grinder for my family.

The actor adds. "There's so many things and factors that have stimulated people in terms of the cinematography, the grading, the colour palette, the costumes, and the acting. People are really overwhelmed, intrigued, curious and have slowly understood that this is not a show that they can just binge watch. It's something that they have to really focus on and watch with a lot of attention".

There are some people who are scratching their heads and saying "bilkul samjh nahi aa raha", as Sanam feels they are the people "who are not used to giving undivided attention to something and watching something that is a slow burn". She feels they will get a gist once they watch the whole show and put all the pieces together.

On takeaway from the show

The show revolves around a reclusive

children to his third wedding. However, his latest bride-to-be is believed to have died long ago. It traces the journey of the family as the reunion forces the family to not only face their demons but also confront them. It was released on July 19 on Zindagi's YouTube and ZEE5

For Sanam, working on the show has been a personal experience, as she puts, "My take back after working on this show was that love does conquer all"

"Family is really all you have... Forgiveness is a quality to embrace and to exercise. Staying connected to family members because they are such a huge part of who you are. And for parents to really pay attention to children when they're raising them. These things are pointers that I walked away with more than anything," said the 39-year-old actor. On love for India

In fact, she gets a lot of love for India, and the feeling is mutual. "They're like my long

"I never came to India to work, so I cannot say that I miss it because I haven't experienced it. But with time, things will happen," she shares.

Expressing her optimism, Sanam mentions, "This is a big enough deal that Zee collaborates with us and that we have this crosscultural exchange. The fact that we are on Indian OTT platforms is quite a huge feat in itself... Baki when actors from the other side of the border feel confident and safe enough to act with us, and things change, then that exchange will definitely happen".

"Because it has happened before. We have had festivals where we have had Indian actors come to Pakistan and be a part of the festival. We have had our superstars go to India and act. So, it's just a matter of time when art and culture can merge again," she ends

Neha Bhasin on her battle with PMDD, OCPD and Fibromyalgia: "I am in pain"

Neha Bhasin's latest Instagram post is sending shockwaves among her fans. The singer posted a note from her journal on Instagram and opened up about suffering from hormonal and mental conditions such as Premenstrual Dysphoric Disorder, **Obsessive Compulsive** Personality Disorder and Fibromyalgia. Her note began with the words, "I want to say a lot but I really don't know where to even begin or how to consolidate the helpless hell I am experiencing. After Years of knowing something is off. Finally with more awareness medically today comes

the Diagnosis (on paper since 2 years, I have known since I was 20) which helps get the right treatments for the mental and hormonal illnesses and with all of this comes major realisation and then THE acceptance that at least for now my nervous system feels broken ... Monthly fatigue, body pains, mental pain, anxiety, monthly depression, past traumas, fixing unhealthy relationship with food and body, sleep hygiene, back to therapy.' The singer added how she tried to manage

these conditions.

She wrote, "Cognitive

therapy, yoga, not iso-

lating, not working a lot to manage stress, meeting people I love, Journaling, being ok with the discomfort. Less screen time, you name it But My monthly PMDD still finds a way to throw me in an old dark hole or dig many new ones. Is this my failure? Asks my CPD.. Flares up what my DR calls Fibromylgia which now I am finally ACCEPT-ING too.. I have worked out. Danced, performed through pain for years thinking I am just tight so stretch more. Mt therapist says for sometime do NOTHING. REST." Neha Bhasin added she has been in pain

for decades. She said,



"Acceptance lets you rest but rest makes you realise how tired and broken you are. None of it feels fair or okay or nearly pleasant on top of it PMDD loops of mental hell and now new awareness to not indulge them but to observe. On top of it they say you have OCPD TOO which also made you an achiever but has fatigued you. I have been in pain over decades but pushing through it all, living my dreams, propelling forward like a warrior. A girl living her dream."

The star concluded, "Today, I saw an old man holding a huge box in 1 hand and an umbrella in the other struggling through the rain climbing up the stairs of my gym and he looked at me and smiled and that made me cry harder. It made me guilty and sad. You should be more grateful Neha. have no conclusions yet... All pain are real to the sufferers and right now I am in pain. Loads of it." In her caption, Neha Bhasin wrote, "A day in

my journal as I struggle with certain challenges in my life. I neither write this as a victim nor a Victor. I just write as that seems as the most comforting thing to do. Sending everyone love." Reacting to the post, singer-actor Sushant Divgikr said, "My didi, you are and have always been one of the nicest humans I have ever met and have had the pleasure of meeting. I am with you now and always. Let me know whenever you need me and haazir ho jaayenge. For hugs and lots of laughs." Salim Merchant dropped a red heart. Meghna Naidu commented, "Lots of love and strength meri hottie ... Am just a message away so you can count on me always." Shardul Pandit wrote, "Loads of love."

Neha Bhasin has sung several hit tracks such as Swag Se Swagat, Asalaam-e-Ishqum, and Jag Ghoomeya.

Amit Shah criticizes TMC, questions adoption of Bengal model in other states

Amit Shah highlighted a significant decrease in violence in the North East, citing a reduction of over 60 per cent.

NEW DELHI, Aug 6 (Agencies): Home Minister Amit Shah on Tuesday took a jibe at the Trinamool Congress (TMC)-led government in West Bengal, guestioning whether any state would want to implement its model in the context of containing Left Wing Extremism.

During the Question Hour in the Lok Sabha, Trinamool Congress leader Sougata Roy asserted that the West Bengal government has been successful in tackling Left Wing Extremism and asked whether the central government would study the state's model and consider



applying it in other states

In response, Shah

remarked that the Narendra Modi-led government has no issues implementing successful models from various states. However, he added, "I assume that no state will like to implement the West

Bengal model." The Centre and the West Bengal government have been at loggerheads over multiple

> issues, including security. Responding to another query, Shah noted that violence in the North East has declined by more than 60 percent.

places.

described the develop-

ments of the past 24

hours saying, "The situ-

ation in Bangladesh, is

still evolving. The Army

Chief, General Waker-

uz-Zaman spoke about

assuming responsibil-

ity and constituting an

He said it was "par-

ticularly worrying that

minorities, their busi-

nesses and temples

interim government".

NEW DELHI, Aug 6 also came under attack at multiple locations. (Agencies): Making the first formal statement The full extent of this is on the crisis in Banstill not clear" gladesh, the External India was monitoring

NATIONAL

Affairs Minister S Jaisthe situation with regard hankar on Tuesday said to the status of minorithe situation in Banglaties. There are reports desh was 'still evolving' of initiatives by various and there was concern groups and organisawith regards to safety tions to ensure their proand security of minoritection and well-being. ties and their religious "We welcome that, but will naturally remain Making a suo moto deeply concerned till statement in the Rajya law and order is visibly Sabha, Jaishankar

restored", said Jaishankar. The agitation coalesced around a onepoint agenda, that Prime Minister Sheikh Hasina should step down, said Jaishankar adding that on August 5, demonstrators converged in Dhaka despite the curfew. Our understanding is that after a meeting with leaders of the security establishment, Prime



Minister Sheikh Hasina apparently made the decision to resign.

Situation in Bangladesh still evolving, India

monitoring situation with regard to minorities:

Jaishankar in Rajya Sabha

Says India has instructed its border guarding forces to be exceptionally alert

in view of this complex

"At very short notice, Hasina requested approval to come, for the moment. to India. We simultaneously received a request for flight clearance from Bangladesh authorities", said the EAM.

Hasina had resigned on Monday and was evacuated on a military plane to India.

On the safety and security of Indian nationals, the Minister said this complex situation. In the last 24 hours, India has been in regular touch with the authorities in Dhaka.

India-Bangladesh relations have been exceptionally close for many decades over many governments. Concern about recent violence and instability there is shared across the political spectrum, Jaishankar said.

In terms of Indian diplomatic presence, in addition to the High Commission in Dhaka, Assistant High Commissions in Chittagong, Rajshahi, Khulna and Sylhet exist. "It is our expectation that the host government will provide the required security protection for these establishments. We look forward to their normal functioning once the situation stabilizes," the minister said.

2 houses collapse near Kashi Vishwanath Temple in Varanasi, 1 dead



VARANASI, Aug 6 (Agencies): One woman died, while eight others were rescued after two

houses collapsed in Uttar Pradesh's Varanasi early on Tuesday. The houses collapsed

due to heavy rain in the city, top cop Kaushal Sharma said. A team of the police, National Disaster Response Force (NDRF), doctors, and a dog squad rushed to the

spot soon after receiving information about the incident. The houses were located very close to the Kashi Vishwanath

Charge sheet against Lalu Yadav, Tejashwi Yadav in land-for-jobs case NEW DELHI, Aug

6 (Agencies): The Enforcement Directorate on Tuesday filed a supplementary charge sheet against ex-railway minister Lalu Prasad, his son Tejashwi Yadav and eight others in the The charge sheet was land-for-jobs scam.



Judge Vishal Gogne, filed before Special who posted the matter for consideration on August 13.

close and continuous

touch with the Indian

community in Bangla-

desh through the diplo-

There are an estimated

19,000 Indian nationals

there, of which about

9,000 are students. The

bulk of the students

have already returned

to India in the month of

July on the advice of the

Indian border guarding

forces have also been

instructed to be excep-

tionally alert in view of

High Commission.

matic missions.

The ED's case stems from an FIR lodged by the Central Bureau of Investigation (CBI). The case pertains to Group-D appointments made in West Central Zone of the railways

in Jabalpur, Madhya Pradesh during Prasad's tenure as railway minister from 2004 to 2009 in return for land parcels gifted or transferred by the recruits in the name of the RJD supremo's family or associates, according to the ED.

Patanjali misleading ads: SC comes down heavily on IMA President over poor apology

Temple.

NEW DELHI, Aug 6 (Agencies): Expressing its displeasure as to why the IMA President has tendered his apology to only its IMA's e-newspaper and a news agency. Instead, the apology has to be published in all newspapers that carried his interview and it must be through his funds and not IMA's money. The apex court said this while dealing with the nature of the apology tendered by Indian Medical Association (IMA) President Dr RV Asokan in relation to his contemptuous remarks against the Court in an interview. The apex court bench, led by Justice Hima Kohli and Justice Sandeep Mehta warned Dr Asokan that he was "inviting more trouble" for himself, as he could not wash his hands off by sending an apology just to the news agency. "The apology has to be published in all the newspapers that carried out his interview. The same (apology) has to be done using his own funds and not IMA's," the apex court made it clear in its order on Tuesday. Taking strong exceptions on the contemptuous remarks made by Dr Asokan, the top court said, "All those newspacase filed by the IMA against the activities carried out by Patanjali and its founders against the COVID-19 vaccination drive and modern medicine, as the petitioner pointed out that the com-

should not adversely suffer on account of its directions. On this regard, the court requested the Centre to convene a meeting with stakeholders and senior officials of the Ministry of InforModi government refusing to recognise challenge of weak consumer demand growth: Jairam Ramesh



Decreased costs due to COVID-era automation; Increasing oligopolisation, enabling market leaders to demand higher prices; Corpo

rate tax cuts, Produc-

tion-linked Incentives

(PLIs - which are noth-

ing but cash support),

and other financial

pers in which that interview is carried, you need to approach them to tender apology through your own pocket. Not IMA," and fixed the matter for further hearing to August 27.

Senior Advocate PS Patwalia (for IMA) said that Dr Asokan would take appropriate steps to purge himself in the contempt of court charges.

It is significant and pertinent to note that the IMA President's comments came as a response to two questions asked during an interview with agency.

The Supreme Court on July 9 was apprised that public apology has been published in media houses by Dr Asokan, for his alleged remarks regarding the Patanjali hearing, against the top court.

The top court was hearing a

pany was restrained to do so.

The IMA alleged that this was completely wrong, improper and misinformation on the part of Patanjali Ayurveda's advertisements, which claimed to cure certain diseases including blood pressure, diabetes and asthma. In its earlier order on February 27, 2024, the apex court had restrained Patanjali from advertising or branding some of the products manufactured and marketed by it that are meant to address the ailments/diseases/ conditions mentioned under the Drugs and Magic Remedies (Objectionable Advertisements) Act 1954 and the Rules.

While addressing its Feb 27 decision, the apex court said that its earlier order for selfdeclaration to be submitted by the advertisement industry mation and Broadcasting to settle the issues and difficulties faced by the advertisers.

The Supreme Court in a May hearing, slammed the Uttarakhand State Licensing Authority (SLA) for its alleged failure to take effective action at a proper time against Patanjali Ayurved for years together, after the IMA challenged the misleading advertisements.

The Court in its earlier order restrained a temporary ban including both print and TV -on Patanjali medicine advertisements.

Relying on Drugs and Magic Remedies (Objectionable Advertisements) Act 1954, the court in its order restrained Patanjali Ayurved from advertising its products relating to diseases as well as disorders.

NEW DELHI, Aug 6 (Agencies): The Congress on Tuesday said India Inc is dealing with the reality of weak consumer demand growth and claimed that the Modi government is refusing to recognise this most fundamental economic challenge.

Congress general secretary-in-charge communications Jairam Ramesh shared on X a media report which

bonanzas offered by the Government." The temporary boost claimed that India Inc has reported a muted to corporate profits start to the financial given by these tailwinds year 2024-25, with a is now receding, and decline in net earnings India Inc is dealing with and a modest singlethe reality of weak condigit uptick in revenues. sumer demand growth, In his post, Ramesh he said. said, "The spike in India "This is the most fun-Inc's corporate profits over the last few years

damental economic challenge that the nonbiological PM's Government is refusing to recognize and grapple with," Ramesh said.

CBI books Hindalco for corruption in green clearance for Talabira coal mining

NEW DELHI, Aug 6 (Agencies): The Central Bureau of Investigation (CBI) has booked the country's leading aluminium producer Hindalco of the Aditya Birla Group for alleged corruption in getting environmental clearances for coal mining between 2011 and 2013, officials said on Tuesday.

The agency has also named T Chandini, the then director in the Union Ministry of Environment and Forests, for favouring the company as member secretary of the Expert Appraisal Committee (EAC) in allowing mining in the Talabira-I mine in the critically polluted area of Odisha's Jharsuguda in violation of ministry guidelines, they said.

The central probe agency registered an FIR against Hindalco and Chandini under Section 120-B (criminal conspiracy) of the Indian Penal Code and provisions of the Prevention of Corruption Act after a nearly eight-year-long

preliminary inquiry. Reacting to the FIR, a Hindalco spokesperson said, "This is an old matter pertaining to 2014-15. These mines

were de-allocated as

part of the government's

de-allocation process. This is a matter of public record where more than 100 mines were de-allocated.'

> The CBI registered the preliminary inquiry in 2016 on allegations that the Aditya Birla Management Corporation Private Limited had allegedly paid "massive bribes" between 2011 and 2013 to ministry officials for getting mandatory environmental clearance to mine coal from Talabira.

The findings of the inquiry showed that the ministry had made it mandatory in 2006 for a company to seek environment clearances for all new projects, expansion of existing products and any change in the product mix in an existing manufacturing unit. The projects needing prior environmental clearance were supposed to go through the EAC, consisting of experts from different disciplines. The clearance was given by the regulatory authority based on the EAC's recommendation.

Hindalco received its first environmental clearance in 2001 for mining 0.4 million tonnes per annum (MTPA) of coal from the Talabira-I mine.

Another clearance was given in January 2009 for its expansion, allowing the increase in mining from 0.4 MTPA to 1.5 MTPA. Nearly a month after

the second clearance, the company sought to double its capacity to 3 MTPA, which was to be considered by the EAC, it said. It emerged that the

company had allegedly violated clearances given in 2001 and 2009 by producing more coal than permitted by the ministry, the FIR said. The company allegedly mined 3.04 MTPA excess coal from 2004-

05 to 2007-08 and 2008-09, it said.

"This fact became known during the process of consideration by the EAC of which T Chandini, director, was the member secretary," the FIR alleged.

The Odisha State Pollution Control Board and the Central Pollution Control Board confirmed during the inquiry that the Talabira mine was in the critically polluted area of Jharsuguda, the

CBI alleged. According to ministry rules, in-pipeline projects in critically polluted areas or those applying after January 13, 2010,

by member secretaries with the approval of the advisor

was not built on robust

revenue growth from

surging sales volume,

but for a variety of

less exciting reasons -

The inquiry showed that Chandini, despite being fully aware that the company was mining excess coal in violation of previous environmental clearances, did not return the project, as stipulated in the ministry circular.

"Rather she acted to the contrary in as much as the proposal of HIL (Hindalco) was continued to be processed which amounted to misuse of her official position to favour HIL,"

the CBI FIR has alleged Chandini, by misusing her official position, communicated to Hindalco that their proposal for grant environmental clearance would be considered in the next meeting of the EAC to be held on February 25 and 25, 2010, the agency alleged. She allegedly ensured

that the clearance was granted in haste, considering the fact that Hindalco was already in violation of earlier clearances granted by the ministry, as it was already mining excess coal from the Talabira-I coal mine, it said.

were to be returned to the project proponent

INTERNATIONAL

Italy's abortion divisions sharpen under Meloni's leadership

Abortion legal in Italy since 1978, but country divided

ROME/NAPLES, Aug 6 (Agencies): With Giorgia Meloni, Italy has probably the most openly anti-abortion prime minister in western Europe, but terminating pregnancies in the majority-Catholic country that hosts the Vatican has never been easy.

When Linda Feki, a 33-yearold singer and musician from Naples, posted her account of stigma and abuse in undergoing the procedure, she received heartfelt messages of support from many Italian women who identified with her experience.

She also received criticism and insults, reflecting intensifying national divisions over reproductive rights under Meloni's leadership.

"I decided to make my story public ... because I have a public profile so maybe my voice could resonate more. I felt a kind of responsibility as a citizen, but also as an artist, to convey the message that abortion is a right", she told agency.

Abortions in Italy are legal within the first three months, and beyond that when the mother's mental or physical health is seriously endangered. But bureaucratic, cultural and practical obstacles all get in the way.

About 63% of gynaecologists across Italy are among medical staff officially known as "conscientious objectors", refusing involvement in abortions on ethical grounds, health ministry data shows. The figure rises to more than 80% in parts of the south. Feki said she first went to

Naples' San Paolo hospital, where a gynaecologist questioned whether she really wanted to abort and insisted her pregnancy was at a later stage than would have been possible given when she had last seen her long-distance partner.

When challenged, the doctor



said it welcomed the feedback

from Feki, adding that there

were possible margins for

improvement in patient care

services. It said it was in con-

tact with the artist to discuss the

Meloni, 47, is Italy's first

female prime minister, leading a

conservative government since

2022. In her best-selling auto-

biography, "I am Giorgia", she

said she was born after a late

decision by her single mother

Despite being personally

opposed to abortion, she

vowed not to change or abol-

ish the 1978 law that legalised

it, insisting instead on what she

calls a fuller implementation of

the law, noting that it also deals

Her ruling coalition has passed

legislation allowing groups who

"support motherhood" into abor-

tion advice clinics, and recent-

ly proposed a "motherhood

income" of 1,000 euros (\$1,084)

per month, for five years, for

low-income pregnant women

Hosting G7 leaders in June,

Meloni insisted on the removal

of references to the importance

of "safe and legal abortion"

from the final statement. One of

her ministers said she wanted

who show up at these clinics.

not to abort.

with prevention.

matter, which Feki confirmed.

CULTURAL BATTLES

implied she may have slept with others, Feki said, adding that a subsequent scan from a private gynaecologist confirmed the pregnancy was at an earlier stage.

Doctor Luigi Terracciano, head of Gynaecology and Obstetrics at the San Paolo, said he was sorry to hear that Feki had a bad experience. "It is my desire and interest to meet her and clarify the situation, if she wishes it too," he told Reuters

BE MORE CAREFUL NEXT TIME

Feki then turned to the Cardarelli hospital, where she said pre-surgery medicine caused her intense pain, but nobody offered painkillers, and that after the surgery a "conscientious objector" nurse initially refused to respond to a call for help.

She had the procedure on March 4, the day neighbouring France made abortion a constitutional right.

On Instagram, she wrote she found it "heartbreaking" to be reprimanded about her pregnancy by the surgeon and nurses "immediately after surgery".

"There should be no judgement on a choice that is our right," she told agency. A spokesman for the Cardarelli to avoid offending summit guest Pope Francis, who has described abortion as "murder". Anti-abortion groups are a vocal lobby in Italy, with strong connections to several lawmakers in the ruling coalition. Jacopo Coghe, a spokeperson

for one of the groups organising the annual "We Choose Life" rally in Rome - ProVita & Famiglia - said divisions in society had intensified.

"The climate has changed, our activists, especially young people, are more determined, but on the other hand the incidents of intolerance against us have increased, with 10 acts of vandalism against our premises in the last 4-5 years." He said he did not expect Meloni to change the abortion law, but that the goal was to shift public opinion against it to pave the way for its repeal at some point.

In the meantime, he said he hopes the government will do more to prevent abortions, especially in terms of helping women afraid of not being able to afford to raise a child.

Defenders of abortion rights say there is nothing wrong with offering money to pregnant women, especially if in need, but they should not be exposed to stigma or psychological pressure.

Francesca Pierazzuoli, a psychologist who oversees abortion advice clinics in the greater Milan area, said their work has "nothing to do" with persuasion and anti-abortion groups had not yet entered the clinics she oversees.

Elisabetta Canitano, a gynaecologist and veteran abortion rights campaigner from Rome, said those who try to convince a woman to keep a child she does not want, have "no idea of the hell they are pushing her into, no idea at all".

Bangladesh crisis: Protesters want Nobel laureate Mohammad Yunus as interim government chief

dent to take steps as

soon as possible to

form an interim govern-

ment headed by Yunus

whose experiment of

poor men's banking

earned Bangladesh

the repute of being the

Yunus is currently

out of the country but

welcomed the ouster

of Hasina's regime,

describing the develop-

ment as the "second lib-

According to media

reports, at least 119

people have been killed

in the last two days of

violence across Bangla-

On the widespread vio-

lence and looting. Nahid

said it was being carried

out by the "ousted fas-

cists and their collabo-

rators" to foil the revolu-

"As there is anarchy in

the country, and insecu-

rity over people's lives,

we are urging the presi-

dent to take immediate

and effective steps to

restore law and order

in the country, and that

freedom-seeking stu-

dents will also be on

the streets to assist law

enforcement forces," he

"No government other

than the one proposed

by the students will be

accepted. As we have

said, no military govern-

ment, or one backed by

the military, or a govern-

ment of fascists, will be

Yunus won the Nobel

Peace Prize in 2006 for

his anti-poverty cam-

paign through the Gra-

meen Bank, a mode;

which was replicated

He had been in a

across continents.

accepted," Nahid said.

desh.

tion.

added

eration" of the country.

home of microcredit.



DHAKA, Aug 6 (Agencies): The leaders of the Students Against Discrimination on Tuesday said they want Nobel laureate Mohammad Yunus as the head of Bangladesh's interim government, a day after Prime Minister Sheikh Hasina resigned and fled the country following massive protests against her government.

In a video posted on social media early Tuesday morning, Nahid Islam, one of the key coordinators of the movement, said that Prof Yunus has agreed to take on this crucial responsibility at the call of the student community to save the country. the Daily Star newspaper reported.

"We have decided that the interim government would be formed in which internationally renowned Nobel Laureate Dr Mohammad Yunus, who has wide acceptability, would be the chief adviser," said Nahid, flanked by two other coordinators.

He said the names of the other members of the interim government would be announced soon.

His announcement comes hours after President Mohammed Shahabuddin said an interim government would be formed as soon as possible after dissolving the parliament.

In a televised address to the nation late Monday night, the president also ordered the release of former prime minister Khaleda Zia, who is under house arrest after being convicted in several cases. Nahid said the group earlier took 24 hours to announce the framework of the interim administration but the chaotic situation forced them to announce the name immediately. He urged the presi-

SEOUL, Aug 6 (Agen-

Israel where parts of

the international border

The ministry also

"strongly advised" its

nationals in Lebanon

and Israel to leave the

countries as soon as

A temporary advisory

urging against travel to

Iran was also set to be

issued, the ministry said

are disputed.

possible.

East

in 2011 and fired Yunus as its founding managing director on charges of violating the government retirement regulation.

He was charged under dozens of cases.

In January, Yunus was sentenced to six months in jail by a court on charges of labour law violation.

Many people believe Hasina became enraged when Yunus announced that he would form a political party in 2007 when the country was run by a military-backed government and Hasina was in prison.

Yunus, however, did not follow through on the plan but at that time he criticised Bangladeshi politicians alleging they were only interested in money.

In an interview, he expressed his desire to return and continue his work.

He praised the students for bringing together and liberating Bangladesh and accused Hasina of destroying the legacy of her father Bangladesh's founder Bangabandhu Sheikh Mujibur Rahman.

Bangladesh descended into chaos on Monday as Prime Minister Hasina surreptitiously resigned and fled the country in a military aircraft while the Army stepped in to fill the power vacuum.

As the news of Hasina's departure spread, hundreds of people broke into her residence, vandalising and looting the interiors, providing dramatic expression to the antigovernment protests that have killed more than 300 people in a fortnight.

Hasina's residence Sudha Sadan and other establishments were attacked, vandalised and set on fire in the capital after her departure. The residences and business establishments of ministers, party MPs and leaders of Hasina's Awami League government were also attacked in Dhaka and outside Dhaka.

Cruise ship rescues 77 migrants in sailing boat found southwest of Greece

ATHENS, Aug 6 (Agencies): A cruise ship rescued 77 migrants found overnight in a sailboat in distress far off the southwestern coast of Greece and was transporting them to the nearest major port, Greek authorities said Tuesday. A passing Maltese-flagged cargo ship found the boat 112 nautical miles (129 miles, 207 kilometers) southwest of the town of Pylos in the early hours of Tuesday, the coast guard said. In an operation coordinated by Greece's search and rescue authority, all those on board were picked up by a cruise ship sailing in the area and were being transported to

the southern Greek port town of Kalamata, authorities said. There were no reports of any people missing. No information was immediately available on the nationalities of those on the sailboat or where they had set out from.

prefer to skirt around Greece altogether and head directly to Italy in larger boats such as sailing or fishing boats, starting out either from southern Turkey or from north Africa.

Last year, a massively overcrowded fishing trawler carrying an estimated 500-750 people sank off the coast of Pylos as it headed from Libya to Italy, in one of the Mediterranean's deadliest migrant shipwrecks. Only 104 people survived the sinking of the Adriana, and just over 80 bodies were recovered. The rest went down with the trawler in one of the deepest parts of the Mediterranean, making recovery efforts essentially impossible.

The Greek coast guard came under intense criticism for its actions concerning the Adriana, which had been sailing in international waters but within Greece's area of responsibility for search and rescue opera-

Greece lies on one of the most popular migration routes for people fleeing conflict and poverty in the Middle East, Africa and Asia, and seeking to enter the European Union.

Many attempt to make the short crossing from the Turkish coast to nearby eastern Greek islands in small dinghies. But with a crackdown on attempts to enter the country illegally, some tions

A coast guard patrol boat and several merchant ships had been shadowing the Adriana for hours when it sank, but were unable to evacuate the passengers and prevent the massive loss of life. Survivors have said the Adriana went down during a botched coast guard attempt to tow it, which Greek officials strongly deny.

protracted row with Hasina's government due to obscure reasons while authorities initiated a series of investigations against him after she came to power in 2008. Bangladesh authorities launched a review

Day after Sheikh Hasina's ouster, arch-rival Khaleda Zia freed from house arrest

DHAKA, Aug 6 (Agencies): Bangladesh's ex-prime minister Khaleda Zia has been released from years of house arrest after her bitter enemy Sheikh Hasina was ousted as premier, her party said Tuesday.

"She is now freed", a Bangladesh National Party (BNP) party spokesman, A.K.M Wahiduzzaman, told agency, a day after orders to release her were given following the military taking control.



China launches rocket carrying new constellation of satellites

BEIJING, Aug 6 (Agencies): China says it launched a rocket Tuesday carrying a constellation of a reported 18 satellites as part of efforts to assert its presence in space.

The satellites were carried aboard a Long March-6 carrier rocket from the Taiyuan Satellite Launch Center in north China's Shanxi Province early on Tuesday afternoon.

The official Xinhua News Agency said the rocket had reached its preprogrammed orbit without incident. China's space program has launched numerous crewed missions, put a space station into orbit with a revolving crew of three astronauts aboard and sent a rover to the Moon that has brought back rocks and soil.

It has also launched the Beidou System of satellites for national security, communications and scientific purposes, seen as an alternative --or possible competitor — to the GPS system widely used for navigation that is mainly helmed by China's strategic rival, the United States.

Suspected rocket attack injures U.S. personnel at Iraq base

WASHINGTON, Aug 6 (Agencies): Several U.S. personnel were injured in a suspected rocket attack at a military base in Iraq, U.S. defense officials said, in what has been a recent uptick in strikes on American forces by Iranian-backed militias.

The attack comes as tensions across the Middle East are spiking following the killings last week of a senior Hezbollah commander in Lebanon and Hamas' top political leader in Iran, in suspected Israeli strikes. Both groups are backed by Iran.

The U.S. defense officials said troops at al-Asad air base were still assessing the injuries and damage, and it appeared that as many as seven military troops and civilians were injured. Iraqi security officials confirmed the attack, but no group has claimed responsibility.

The American officials said the U.S. looked into reports of a possible second attack at the base but determined there had not been another one.

The officials spoke on condition of anonymity to discuss military operations. The White House said the president and vice president were briefed on the attack.

In recent weeks, Iranian-backed Iragi militias have resumed launching attacks on bases housing U.S. forces in Iraq and Syria after a lull of several months, following a strike on a base in Jordan in late January that killed three American soldiers and prompted a series of retaliatory U.S. strikes.

Between October and January, an umbrella group calling itself the Islamic Resistance in Iraq had regularly claimed attacks that it said were in retaliation for Washington's support of Israel in its war against Hamas in Gaza and were aimed at pushing U.S. troops out of the region.

South Korea to its ban citizens going to border areas of Lebanon and Israel

of the statutory Gra-

meen Bank's activities

in a statement.

cies): South Korea said The travel advisory on Tuesday it will issue a ban on its citizens travelling to the border areas of Israel and Lebanon after advising them to leave the countries amid escalating tensions in the Middle The foreign ministry said the ban will start from Wednesday in areas near the Blue Line, referring to a demarcation line between Lebanon and

was issued after a commander of the Iran-aligned Lebanese group Hezbollah and the head of the political wing of Hamas, the group that runs the Gaza Strip, were killed, Lee Jae-woong, a ministry spokesperson said. The assassinations came after a deadly rocket attack in the Israeli-occupied Golan Heights late last month. "South Korea's government...hopes that diplomatic efforts to deescalate tensions such as negotiations for a ceasefire and hostage release will not stop,"

Lee told a briefing. Hamas leader Ismail Haniyeh was killed in the Iranian capital Tehran last week, an attack that drew threats of revenge on Israel and

fueled further concern that the conflict in Gaza was turning into a wider Middle East war.Washington has been urging other countries through diplomatic channels to tell Iran that escalation in the Middle East is not in their interest, a State Department spokesperson said on Monday.

More than 500 South Korean nationals are currently residing in Israel and around 120 in Lebanon, the ministry said. It warned that South Koreans travelling to the border areas could be subject to punishment under the passport law.

As of last summer at least four South Koreans had been convicted of violating a ban on travelling to Ukraine without permission, according to media reports.

LOCAL/CONTD....

GDC Neeli Nallah organizes Painting competition

Top News Report

UDHAMPUR, Aug 6: Government Degree College (GDC) Neeli Nallah, Udhampur organized a Painting competition, Cleanliness Drive at Aanganwadi centre under Swachhta Pakhwada followed by a Plantation drive within the college premises under the theme "Ek Ped Maa Ke Naam" for the celebration of 77th National Independence Day.

The whole event was conducted under the able guidance of Prof.(Dr.) Seema Arora, Principal of the college. Large number of students took part in the event with great zeal and enthusiasm

The Painting competition was held on the theme of Freedom Struggle. The competition provided profound platform for student's artistic expression and thereby creatively exploring the rich tapestry of the art work.

All the paintings captured the spirit of resilience and unity defining the journey to our freedom struggle.

In the painting competition, Madhiha Mir, Suhani Rajput and Ramneek, secured 1st, 2nd and 3rd position respectively. The painting competition was judged by Dr. Maansi Sharma, Dr. Sunil Tanoch, Prof. Rekha

Sharma. The whole event was organized under the convenorship of Prof. Shaista Yasmeen.

The college conducted various activities under Swachhta Pakhwada, to celebrate Independence Day 2024 and as a part of it, NSS Unit SEWAK organized a cleanliness drive at Aanganwadi centre where students under the supervision of Prof. Shaista Yasmeen, NSS PO cleaned the whole centre. All the litters were properly disposed off

The activities were designed to promote a cleaner environment and instil a sense of national pride.

The college has also organized a plantation drive within the premises of the college under the theme "Ek Ped Maa Ke Naam"

During the event, saplings were planted by the staff and the students and the participants were

educated on the importance of tree plantation and its role in combating environmental challenges such as global warming, climate change and soil erosion

In the end, the Principal shared her valuable words with the students and said that the aim of providing a platform was to showcase the artistic talent of the students besides fostering a sense of patriotism. She appreciated the staff for conducting such events as well as the students who actively participated

SWD Ramban organizes awareness programmes on multiple initiatives & themes

Top News Report

RAMBAN, Aug 6: Series of extensive awareness programmes were conducted by the District Social Welfare Officer, Rahul Gupta, in collaboration with Government Degree College, Gool. The event focused on the Nasha Muqt Bharat Abhiyaan. Swachhta Pakhwada, and SSR 2024 initiatives.

The program was held at GDC Gool, to sensitize students and staff about drug abuse, cleanliness, and social responsibility. Participants took a pledge to stay away from drugs and maintain a clean environment. Pamphlets and posters were distributed to emphasize these points The DSWO inaugurat-

ed the event, encouraging students to actively spread awareness and contribute to their communities. The program received enthusiastic

Pamphlets and posters related to cleanliness were distributed, emphasizing the need for a clean and healthy environment. The event also highlighted the goals and objectives of the Social Responsibility Scheme 2024. encouraging students to take an active role in social service and community development. The Department of Social Welfare plans to continue similar initiatives across educational institutions to promote widespread awareness and participation in these vital campaigns.

Jammu feels Govt victimized them: Manjit Singh

Says bureaucracy undermines democratic system

Top News Report

VIJAYPUR, Aug 6: Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh today claimed that the people in Jammu Region feel that the Govt has victimized them with its anti-people policies that has given rise to multiple issues, especially unemployment and underdevelopment.

The issues have further aggravated with the supremacy of the bureaucracy that allegedly hampers the projects that benefit the public, said the Former Minister while addressing a meeting at Vijaypur where development and other issues were discussed in threadbare

As per a press release, he demanded the restoration of democratic system in Jammu and Kashmir with the holding of early assembly elections in the erstwhile state, while criticising the bureaucracy for undermining the democratic system.

To discuss the issues confronted by the people, the Former Minister chaired a meeting with the people in Vijaypur where the participants appraised him about the underdevelopment town due to poor response from the concerned



Vijaypur in the absence of proper check from the

authorities," he added. He also questioned the unreasonable construction of a divider in the middle of the road in Ramgarh that is being objected by the businessmen, and locals because it would cause traffic problems

"The road is already congested and if the divider is constructed in the middle of the narrow road, it would create a chaotic situation for commuters on the Ramgarh road." he added.

He said that the anger is brewing among the people in Samba District because of the negligence of the authorities, who have completely failed to do developmental related work.

"The situation has emerged because these officials have no accountability, and no one is questioning their work. Hence, the people are forced to face hardships." he added.

"The youth are frustrated with no scope of their

employment and hence, their social and personal life have been destabilized," he said, urging for holding of early assembly elections in Jammu and Kashmir to address growing concerns of the people of both the regions

He said that the people are worried about their future in the absence of an uncertain future in Jammu and Kashmir.

"J&K was known for stable income and the people hardly migrated to other places except kandi areas because the local residents had ample scope to get employment in Govt service and armed forces." he added He demanded that a

special recruitment drive should be organized in the border villages along the International Border as well as the Line of

BBIA delegation meets with Chief Secretary allocation for turnover

in such events.

Top News Report

SRINAGAR, Aug 6: A delegation from the Bari Brahmana Industries Association (BBIA), led by Tarun Singla, Senior Vice President, met with Atal Dulloo, Chief Secretary, J&K, in the presence of Rajesh Jain, Secretary, and Rishi Kant Gupta, Treasurer, at his office chamber in Srinagar. During the meeting,

Tarun Singla highlighted several pressing issues affecting the industrial sector that require immediate attention

included the enhancement in budgetary

Fawad Khan says "It was love at first sight" with Barzakh

Top News Report

JAMMU, August 6: Fawad Khan is back on the screen with 'Barzakh,' marking the end of his six-vear hiatus and showcasing his unwavering commitment to meaningful storytelling. In his latest project, Fawad chooses bold roles over safe ones, reflecting his dedication to artistic integrity and humanizing the characters he portrays. Known for bringing content that transcends borders, Zindagi continues to bridge cultures and connect hearts with stories that resonate universally. Fans and audiences can look forward to experiencing a narrative that is both thought-provoking and deeply human.

human emotions and societal issues, weaving a narrative that challenges conventions and provokes thought. The series captivates audiences with its profound storytelling, exploring themes of love, loss, and redemption in a way that only Fawad Khan can bring to life.

Discussing how he feels about being a part of an ensemble. Fawad Khan said "I am verv o

J&K's economic health in tatters under **BJP Govt: Rattan Lal Gupta**

proposals but there is no

offing for the population.

Top News Report

JAMMU, Aug 6: Rattan Lal Gupta, J&K National Conference Provincial President Jammu has criticized the BJP Government for abysmal handling of the economy, alleging that the region's economic health has deteriorated significantly under the present regime and middle class, marginalized society are worst sufferers of directionless policies of BJP.

In a statement issued to media persons, the NC stalwart leader asserted that the full-fledged State had been downgraded inth the two Union Territories. He said that since then the industrial sector of J&K UT is not in good shape, and the muchtouted investments and job creation have failed to materialize on the ground. Citing the report that J&K received 6,851 investment proposals to the tune of Rs 1.19 lakh crore ever since Article 370 was abrogated five years ago, the NC senior functionary said that no doubt the region must have received the aforesaid deals but the incapable helmsmen have failed to avail any benefits from the same as the report has also boasted about over 4 lakh jobs to be created through these



"The government has repeatedly claimed that the abrogation of Article 370 would lead to a flood of investments and job opportunities. However, on the ground, there is no visible change. The promised economic revival remains a distant dream,' he asserted.

as well as youth.

mention of even a single Claiming that the job created so far. He said government's grand reality is dismal because announcements regardexcept the option of advising marginalized secing the youths to fry Paktions are also unfounded odas, the incumbent disas these people are the pensation has nothing in worst sufferers of the directionless policies of Rattan Lal Gupta those sitting at helm and expressed deep conmaking big claims. He cern over the dire state said that both the Center of the economy, pointing and the UT's administraout that numerous busition have failed to provide nesses are struggling to the very basic amenities stay afloat amidst mountto the people as every ing financial pressures. time, those in power cor-He said that despite the ridors come up with new government's claims of excuses for worsening attracting lakhs of crores power crisis, shortage of investment, there is no of potable water, dearthsubstantial evidence of ridden healthcare facilithese investments benties and other necessities efiting the local economy which are imperative for or creating the promised dignified and convenient jobs. He emphasized that life. no major industry or any The Provincial President new industrial estate has established in Jammu and

said that only NC can bail out people from the current morass as it knows the basic issues and problems of the people of all corners in the region and is adroit enough to steer the region to new heights of success and progress.



introduction of Mandi tax, and issues regarding the NCSS portal. In response to the concerns raised by BBIA, Atal Dulloo, Chief Secretary, J&K, assured the members that all necessary steps would be taken to address the vari-

incentives, denial of

GST-linked incentives for

substantially expanded

units, marketing support

through purchase prefer-

ence, removal of Edible

Oil and Ground Nuts from

the Negative List of SRO

63, creation of check

posts at J&K entry points,

Key issues discussed ous issues highlighted by the Senior Vice President of BBIA.

'Barzakh' is a compelling series that delves into complex

participation and commitment from all attendees. As part of the cleanliness drive, participants were educated on the importance of maintaining hygiene and cleanliness in their surroundings.

authorities

"The authorities have shown negligible response to the pleas of the general masses to the growing menace of scattered garbage, frequent traffic jam, poor cleanliness, water logging, choked drains, and uprooted lane tiles in the wards / markets of

He said that the people are unhappy with the present Govt because of its anti-people agenda that has victimized Jammu Region by attracting people from outside Jammu and Kashmir.

Control to recruit the unemployed youth in the Army, JKP and paramilitary forces.

He however criticized the Govt for its false narrative and demanded that transparency should be brought in the working of the administration to make them accountable to the public.

ensemble, and I like to be part of a narrative that depicts life as it truly is. There is another kind of narrative too that I believe transports you to the world of fantasies. I believe in both and I feel they go hand in hand. These subjects attract me more because there is more to sink your teeth in because of the complexities that neel off multiple layers. In the case of family dramas and an ensemble cast. I personally like them more because there are no monologues but there are dialogues." He also added. "It was love at first sight!" when the role was offered to him. Fawad Khan's comeback with 'Barzakh' on Zindagi is more than just a return to acting-it's a reaffirmation of his belief in the power of diverse and impactful storytelling.

GDC Bishnah celebrates I-Day with Cultural and Literary Activities

Kashmir since the BJP

has taken over the reins

of the country in last 10

years. He said that J&K

has ranked up the unem-

ploved states of the coun-

try which seems to very

unfortunate for the people

Top News Report

BISHNAH, Aug 6: Government Degree College (GDC) Bishnah's Cultural and Literary Club organized a vibrant event in celebration of Independence Day.

The event featured solo National Anthem singing and poetry recitation competitions, with enthusiastic student participation captivating the audience. Coordinated by Dr. Sunil Kumar Sali-

ada and Prof. Shivani Raina under the

patronage of Principal Dr. Shallu Samyal the event saw Janvi, Monika, and Anjali securing the first, second, and third prizes in the singing competition, respectively. In the poetry recitation, Reevisha, Goutam, and Anita won the top three prizes, with Vansh receiving a consolation prize.

The jury comprised Prof. Rashmi Arya, Dr. Kusam, and Prof. Shrutika. Senior teaching faculty and staff members attended and appreciated the students' efforts and the overall program.

LG Sinha addresses **Officers of Army. Navy** and Airforce undergoing higher Command Course

transformative change has been marked by all-encompassing initiatives taken for youth empowerment and skill development with the aim to create avenues for gainful employment," the Lieutenant Governor said.

Maj Gen Gaurav Gautam; faculty members of Army War College, and senior officers of the Security Forces were present on the occasion at Raj Bhawan.

Over 5.700 Kashmiri migrants given Govt Jobs: **Nityanand Rai**

sale, he said.

Kashmiri migrants have been provided with Ayushman Golden Health Cards. Primary Health Centres and Dispensaries have been made available in camps for appropriate healthcare, he added.

"Five government schools (4 higher secondary level and one secondary level) have been set up in camps to provide education to displaced children. Migration Certificate is issued to eligible migrant students through online portal www.jkmigrantrelief. nic.in. For the convenience of Kashmiri migrants, Domicile Certificate, Resident of Backward Area Certificate, Migrant Certificate, Income Certificate, Economically Weaker Sections (EWS) Certificates and Registration Certificates are issued online," MoS Rai said.

FROM PAGE 1 forces accompanied the protesters, who

later returned to the starting point before dispersing off peacefully.

"We waited for five long years for restoration of statehood to J&K and we feel that they are not going to restore the statehood without a struggle...We request everyone to join the demand for the future of our children," the YRS chief told reporters.

He said the YRS has decided to intensify the protests across Jammu in the coming days to compel the Central government to accept the popular demand of the people of Jammu and Kashmir.

"We will sit together on the birth anniversary of Maharaja Hari Singh (on September 23) and decide the future course of action. Today, we are taking pledge that we will not rest till our demand for restoration of statehood is not fulfilled," Singh said.

The rally caused heavy traffic jams in the city due to the closure of one tube of the Tawi bridge even as police diverted the traffic to other routes.

"Our only demand is restoration of statehood along with our rights. We have nothing to do with (assembly) elections and we will fight for the rights of the people till the last drop of our blood. We are ready to take the batons," former YRS president Rajan Singh Happy said.

He said the Dogras have made a lot of sacrifices for extending the borders of the state during their rule and "downgrading our state which is crown of India is an insult to those sacrifices".

Highlighting the demand for restoration of statehood, a banner put out by the YRS also read, "Lets unite and fight for the bet-

Amarnath Yatra resumes after Dav-Long

terment and rights of Jammu and Kashmir".

suspension will conclude on August 19. The vatra was halted on Monday as a precautionary measure in view of the fifth anniversary of the abrogation of Article 370.

JK High Court grants Rs 20 Lakh to vouth electrocuted in 2007

Chatterji Koul passed the judgment on July 22 after noting that no compensation was paid for the incident. The Court also rejected the Jammu and Kashmir Power Department's objections over the delay in claiming such compensation.

"There is no quarrel about 78 per cent disability of petitioner due to electric shock, when he had been eight years of age on 9th March 2007 ... petitioner has transelbow amputation left side with scarring/ puckering of over lung skin and percentage of disability is around 78 per cent from orthopedic side ... petitioner has scars in B/L thighs and deformity disability amounts to 15 per cent. In such circumstances, petitioner cannot be said that he is not entitled to any compensation as has been tried and stated by respondents," the Court said.

The Court was hearing a petition filed in 2018 by 21-year-old Abrar Ahmad Tantray (petitioner), who sought compensation for the electrocution he suffered as an 8-year-old boy due to an uncovered electric transformer.

He also sought that he be sympathetically considered by the government for a suitable job as per his gualifications, so that he may not feel dependent and handicapped for life.

Abrar had been playing with other children outside when he received the electric shock due to a snapped 11 KV line wire at Kujjar Kulgam village. The electrocution resulted in severe burn injuries on the left side of his body and a part of his arm had to be amputated as well. He was left with a 78 per cent permanent disability. The State opposed his 2018 plea for compensation on the ground that it was filed after a nine-year delay, although the authorities admitted that the electrocution incident took place. The Court was also informed that after the incident, Abrar's case was recommended for the grant of relief and rehabilitation on humanitarian grounds and that a letter was forwarded to the Development Commissioner, Power in October 2007. The Court, however, found that no compensation had been paid. Therefore, it ordered the authorities to pay rupees 20 lakh as compensation to the petitioner, along with an interest of 6 per cent per annum from the date of presentation of the petition (2018) till it is paid.

Advocate Areeb Kanth appeared for the petitioner. Additional Advocate General Alla ud Din Ganai and advocate Shaila Shameem represented the respondentauthorities.

Faroog Abdullah asks Centre to handle Bangladesh situation with great care

has been one of the major factors. "Secondly, the economic condition of the country was also very bad. Putting all these things together really led to a situation whereby the government had to fall," he said, adding "all dictators must remember they will face the same things as Bangladesh faced".

To a question about the Election Commission of India's visit to J-K, the NC president said assembly election dates should be fixed.

"They ought to come, they will come and election dates will be fixed, nothing bigger than that, that is their job," he said.

Yuva Rajput Sabha holds rally in Jammu demanding restoration of Statehood to J&K

slogans like 'Riyasat ka darja wapus do' (restore statehood to Jammu and Kashmir).

A contingent of the police and paramilitary

LOCAL

Khatana urges immediate relief for rain-affected J&K residents

that various government

departments must play.

He called for a collab-

orative effort involving

the Rural Development

Department, Flood Con-

trol & Irrigation, Power

Development Depart-

ment, Jal Shakti Depart-

ment, Public Works

Department, and allied

agencies. This unified

approach aims to tackle

the widespread damage

and provide much-need-

ed relief to those affected.

the divisional heads of

the Rural Development

Department (RDD), Public

Works Department (PWD),

Jal Shakti Department,

and Flood Control Depart-

ment to conduct spot visits

in their respective jurisdic-

tions in the Jammu and

Kashmir regions to hold

He said, "The extent

of the devastation is sig-

nificant, with reports of

damage to both private

and public property pour-

ing in from across Jammu

and Kashmir." Khatana

public Darbars.

He also instructed

Calls for unified war footing effort to aid flood victims

Top News Report

10

NEW DELHI/JAMMU, Aug 6: Concerned about the suffering of people affected by the recent heavy rains and floods that have devastated several areas in the Union Territory of Jammu and Kashmir, senior Bharatiya Janata Party (BJP) leader and Member of Parliament, Er Gulam Ali Khatana, has called upon Lieutenant Governor Manoj Sinha to mobilize district and divisional authorities for immediate relief efforts.

In a statement issued today, the MP said, "Prime Minister Shri Narendra Modi Ji and Home Minister Shri Amit Shah Ji are closely monitoring the situation. The UT administration has been instructed to exhaust all possible efforts to support the people during these challenging times. Khatana emphasized

that the Union Territory administration has been



instructed to spare no effort in serving the affected population during this challenging period. The recent adverse weather conditions have inflicted extensive damage throughout the UT. Khatana stressed the need for a coordinated and rapid response from the administration, stating, "The residents of Jammu and Kashmir have suffered huge losses due to recent rain and floods. The UT administration should immediately launch a drive on a war footing basis to serve the affected people.'

To address the crisis effectively, Khatana highlighted the critical roles

noted that many areas are facing severe infrastructure challenges, including damaged houses, washed-away roads, soil erosion due to floods, damaged water supply pipelines, and downed electricity poles. These issues have severely disrupted daily life, creating obstacles in mobility, access to clean water, and electricity supply.

To prevent further chaos and ensure effective crisis management. Khatana has called for all departments directly dealing with the public to work in unison. He emphasized the importance of rapid response and active involvement from local authorities in managing the situation. In a specific appeal to

district officials, Khatana urged all Deputy Commissioners in Jammu and Kashmir to convene daily meetings with field staff, including Tehsildars and Block Development Officers. These meet-

ings aim to assess losses accurately and facilitate the prompt delivery of relief to affected individuals and communities. The MP's call for action

underscores the urgency and scale of the response required to address the damage caused by the recent calamity. By emphasizing the need for daily meetings and on-ground assessments, Khatana aims to ensure that relief measures are both timely and effective in reaching those most in need.

"As the region grapples with the aftermath of this natural disaster, the focus remains on restoring normalcy and providing essential support to the affected population. The coordinated efforts of various government departments, coupled with the active involvement of local authorities. will be crucial in navigating the challenges ahead and rebuilding the affected areas", the MP said.

Dimple holds protest against dismantling of J&K State, calls for restoration

Top News Report

JAMMU, Aug 6: Sunil Dimple, President of Mission Statehood, led a protest rally on Tuesday against the dismantling of Jammu and Kashmir (J&K) Dogra state into two union territories and the abrogation of Article 370 on August 5, 2019.

Protestors burned copies of the "Black Day" August 5 calendars and blocked the Amphalla-Janipur High Court road for an hour, demanding the restoration of J&K state and the implementation of the Instrument of Accession conditions, which they claimed to have won in the Supreme Court.

Addressing the protestors, Dimple accused the Bharatiya Janata Party (BJP) of betraying the vouth and people of Jammu and Kashmir by celebrating the abrogation of Article 370 and dismantling the state

He described these actions as an insult to Maharaia Hari Singh and the Dogra people. Dimple reiterated the demand for the restoration of J&K



state and the implementation of the Instrument of Accession conditions. Dimple announced that Mission Statehood would continue to fight for the next hundred years for the restoration of Article 370 and the preservation of the J&K Dogra state. He referred to August 5 as a "black day" in the history of Jammu and Kashmir and stated that the BJP's name would

be written in black ink for dismantling the 200-yearold state. He appealed to the Chief Justice of India to pass directives to the BJP government at the center to immediately restore the

Jammu and Kashmir state

and conduct assembly

elections. Dimple vowed

to continue the fight for the

to the Chief Secretary and Lieutenant Governor, advocating for a fullfledged J&K state with full powers to the Chief Minister and assembly Dimple warned that he

reversal of powers given

would sit on a hunger strike for the restoration of J&K state before the assembly elections. He pledged to intensify the struggle to save J&K's demography, reverse the BJP's unconstitutional decisions, and implement the Instrument of Accession conditions.

Other leaders present at the protest included Sachin Soi, Rupesh Bhat, Bunty Dogra, Arjun Anand, Kasturi Lal Dogra, Ashok Sharma, Om Parkash Sharma, and many others.

CEO Shrine Board reviews operational preparedness ahead of I-Day celebrations at Katra

Top News Report

KATRA, Aug 6: To assess operational preparedness of Shrine area for hassle-free pilgrimage ahead of Independence Day celebrations at Katra, Chief Executive Officer (CEO), Shri Mata Vaishno Devi Shrine Board, Anshul Garg on Tuesday presided over a meeting with all the stakeholders at Spiritual Growth Centre, Katra.

It was decided during the meeting that the main function of Independence Day celebrations will be organised in the Shrine Board's Sports Complex Katra where CEO Shrine Board will unfurl the Tricolor and take the salute of the March past contingents from JKP,



NCC and school chil-While laying focus on dren, besides a colorful the smooth regulation of Yatra in line with the cultural programme will also be presented by the directions of Hon'ble Chairman, SMVDSB A slew of directives (Lt. Governor, JK-UT), were also issued by the CEO said that the secu-Chair to the concerned rity measures need to be fortified ahead of quarters for movement of vehicles, sanitathe Independence Day tion and drinking water celebrations. He underscored the imperative mination of dark spots of collaborative efforts at Katra town, besides, among the stakeholders physical and systematic to forge a robust security improvements wherever framework in sync with

requirements.

action on diverse fronts for hassle free pilgrimage in the coming days including issuance and verification of RFID cards, effective crowd management, augmentation of holding areas on the track and in Katra town, working out plans for decongestion of the entire track, particularly the Bhawan area and all time surveillance through dedicated CCTV network of over 700 cameras. He further exhorted all stakeholders to remain more vigilant so that no pilgrim without frisking and valid registration enters the track for their pilgrimage. CEO also reviewed various components of the disaster management measures and directed to make regular announcements and patrolling by the stakeholders.

Superintendent of Police Katra and Commandant, CRPF informed that foolproof security arrangements will be made for smooth and enthusiastic celebration of the National Day and presented a detailed security grid to be put in place besides, deployment of QRTs (quick response teams) and a multi-tier security grid comprising Police, CRPF and other paramilitary forces.

Among those present in the meeting were Additional CEO, SMVDSB; Jt CEO; Dy CEOs, Asstt CEO SMVDSB, Sub-Divisional Magistrate, Katra; Tehsildar SMVDSB; SDPO Katra & Bhawan, Dy. SPs, and officers from Army and

BJP leaders discuss strategy to defeat Kejriwal in upcoming Delhi Assembly elections

Top News Report

JAMMU, Aug 6: Hinduist BJP leader Guruji Raju Chandel and Yogendra Rajora, the future candidate for the Gokulpur Assembly and North East Delhi Lok Sabha in-charge, paid a courtesy visit to BJP National General Secretary Arun Singh.

During their meeting, they discussed strategies to defeat Arvind Kejriwal in the upcoming Delhi Assembly elections. Chandel and Rajora expressed their determination to uproot the Aam Aadmi Party (AAP) government from Delhi, citing widespread corruption among AAP MLAs and ministers, who are allegedly imprisoned in various districts.

They highlighted the



Delhi residents, including problems related to electricity and water, and pledged that BJP workers are ready to serve day and night to address these concerns

bring about a change

Rajora Yogendra emphasized that the people of Delhi are disillusioned with the AAP government and its false form a BJP government in promises, and are ready to vote for the BJP to Delhi and oust the Kejri-

He conveyed to Arun Singh that every BJP worker in Delhi is fully prepared for the elections, aiming to replicate the success of winning all seven Lok Sabha seats by securing victory in all Delhi Assembly seats. Raju Chandel echoed this sentiment, stating that they are fully prepared to

other intelligence agen

ongoing issues faced by

wal administration.

All India Sainik Schools National Games Group A Sports and Cultural Meet begins at Sainik School Nagrota

arrangements and illu-

required after critical

school children.



Top News Report

NAGROTA, Aug 6: Sainik School Nagrota proudly inaugurated the All India Sainik Schools National Games Group A Sports and Cultural Meet 2024, running from August 5 to 10. This prestigious event

features eight schools. including four Sainik Schools and four PPP model schools from Punjab, Haryana, and **Himachal Pradesh** The students will com-

pete in Hockey, Volleyball. Basketball. Athletics. and Cultural Competitions to qualify for the upcoming All India Sainik Schools National Games at Sainik School Chandrapur, Maharashtra, next month. Notably, girl cadets in the IX - X category will participate for the first time since their induction into Sainik

Schools.

The inaugural ceremony, held at the Maj Somnath Sharma PVC Stadium of Sainik School Nagrota, was graced by the presence of Bhupinder Kumar, IAS.

DSS Central Working Committee discusses future plans

Top News Report

JAMMU, Aug 6: The central working committee of Dogra Sadar Šabha (DSS) J&K met on Tuesday at Dogra Sadar Sabha Bhawan, Jammu, chaired by Thakur Gulchain Singh Charak, former minister and president of the Sabha. Several critical issues were discussed, leading to key decisions.

The 120th meeting of the General Council and the Message of Humanity Conference will be organized in September 2024, featuring General Council Members and religious scholars from various faiths. An intellectual cell will be established to focus on the Dogras' history, culture, and heritage.

The ex-servicemen cell will address issues regarding the

"Balidan Stambh" with authorities to ensure proper visitor arrangements and initiate a light and sound program.

In response to rising militancy and drug issues in Jammu Province, the Sabha will engage with authorities to strengthen the roles of grassroots institutions like Numberdars and Chowkidars and organize a conference to activate them. The Sabha will advocate for the Smart City Project, restoration efforts at the Mubarak Mandi Heritage Complex, immediate measures to protect the slopes behind the historic palaces, and oppose the relocation of precious archives.

Additionally, the Sabha will urge all political parties to advocate for the restoration of statehood with the Government of India. President Charak outlined recent



activities, including visits to significant sites like Mubarak Mandi and Bahu Fort, and highlighted discussions with authorities about forming an expert committee to assess these sites.

The meeting concluded with Col. Karan Singh Jamwal, Vice President of the Sabha, expressing gratitude to the chair and members.

Key speakers included Prem Sagar Gupta, Col. Dr. Virendra Sahi VrC, Maj. Gen. Sunita

Kapoor VSM, Ghulam Ahmed Khawaja, Lt. Gen. RK Sharma AVSM, SM, Gambhir Dev Singh Charak, Amanat Ali Shah, Pritam Singh Charak, Balwinder Singh, Narinder Singh Jamwal, Chhatter Singh, Mstr Chhanker Singh, Jagdeep Singh, Madan Lal Bhagat, Sukhdev Singh, Numberdar Raj Kumar, OP Sangra, Krishan Kumar, Prem Pal Singh, Rajinder Gupta, Dharam Chand, Virender Gupta, Pawan Sharma, and Rahul Gupta

Dogri Sanstha Jammu releases Kundria's collection of Dogri poetry 'Gote Ge Gote'

Top News Report

JAMMU, Aug 6: Dogri Sanstha Jammu released Abdul Quddir Kundria's collection of poetry in dogri language entitled 'GŎTE GĔ GŎTE' in a simple but an impressive function organized at Writers' Club K.L.Sehgal Hall Jammu. The function was presided over by Prof. Lalit Magotra, President Dogri Sanstha Jammu, eminent theatre Director Padmashri Balwant Thakur was Chief Guest and Javaid Rahi, secretary Kala Kendra Society Jammu was guest of honour on the occasion

While complementing upon the contributions of Abdul Quddir Kundria,



Balwant Thakur said that dogri littereateur and has a passion for the mother he has been writing for a long time and a collection tongue. His devotion for of poetry was long awaitthe language is an inspiraed from him. He said that tion for the new entrants in the field of literature. his poetry has a connection with the roots and he While welcoming his colhas touched almost all lection of poetry in dogri aspects of life and surliterature, he hoped that roundings in his poetry. he will continue enriching He further added that he dogri literature with more books in future also. has rich vocabulary which

is evident from particular Javaid Rahi recalled his words used in poetry. long association with the Prof. Lalit Magotra, in his poet and said that he is in presidential address said fact a very humble man who has a special bond that Abdul Quddir Kundria is a very dedicated with his cultural heritage

and always tries his level best to promote mother tongue Dogri. His contribution in the field is praiseworthy.

Abdul Quddir Kundria also shared his literary journey on this ocassion and presented a few poems on varied subjects from the book.

During the function a detailed paper on the book was presented by Prof. Veena Gupta, Vice president Dogri Sanstha Jammu. The program was conducted by eminent dogri poet Susheel Begana in his unique style. The book release function was attended by galaxy of littérateurs, literature lovers and family members of Abdul Quddir Kundria

DYSS Inter School Taekwondo Championship in full swing at Poonch

Top News Report

POONCH, Aug 6: The Inter school Taekwondo competition of zone Poonch in the age group of under 14 and 17 Boys and girls has been organised by Department of Youth Services and Sports Zone Poonch with great enthusiasm, Today's chief guest was Colonel S.S Purewal. Other dignitaries present on the occasion were Zonal Physical Education Officer Poonch Narinder Singh, Prem Parkash Luthra Retd DYSSO, Aman Kumar, Kernail

Singh, Ritika Sharma,

Prabhjot Kour REKs. Around 200 young boys and girls in under 14 and 17 age group took part in this competition as a part of activity calender issued by Directorate of Youth Services and Sports J&K held on the direction of Director Department of Youth Services and Sports Subash Chander Chibber and Ved Parkash Joint Director YSS and under the supervision of District Youth Services and Sports Officer Poonch Mool Raj Uttam and Narinder Singh Zonal Physical Education Officer Poonch. Earlier the August gath-

ering was welcomed by Rajinder Singh Physical Education Teacher and Taekwondo Coach of Department of Youth Services and Sports he also highlighted the role of Department of youth services and sports in the development of youth energy in postive manner by organising different Levels of events

The Chief guest Col S.S Purewal meet with all the participants and gave his best wishes to all the players He also congratulated Department of Youth services and Sports for giving extraordinary platform to the youth of Poonch and advised to all the participants to play the game with the true Spirit of Sportsmanship.

All matches are held under the Technical Supervision of Rajinder Singh Taekwondo Coach Department of Youth services and Sports, Pawandeep Singh PET, Jatinderpaul PET Gurpreet Singh PET, Aman Kumar REK, Ritika Sharma REK, Sandeep Kumar REK, Kernail Singh REK. Prominent others were present are Iqbal Kour Majid Hussain, PET. Singh, Anmol Sohan Singh, Sarvjeet Singh wushu Coach Ashaq Hussain PDTA Referee

SPORTS

India seek to avert historic ODI series defeat against Sri Lanka

Virat Kohli's struggles against Sri Lankan spinners reflect the broader issues facing India's batting lineup.

COLOMBO, Aug 6 (Agencies): The onus will be on Indian batters, particularly the talismanic Virat Kohli, to follow the path laid down by skipper Rohit Sharma and tactfully counter the spin challenge in the third and final ODI here on Wednesday to avoid their first series defeat to Sri Lanka in 27 years.

India's previous bilateral ODI series defeat against the Islanders came in 1997 when the Arjuna Ranatunga-led Lankans inflicted a 0-3 hammering on Sachin Tendulkar and his men. Since then, India and Sri Lanka have played 11 bilateral ODI rubbers home and away, with the 'Men in Blue' emerging on the right side of the result in all of them.

India will not be able to win the current three-match series after succumbing to the hosts by 32 runs in the second ODI and conceding a tie in the first game. This position of discomfort is brought upon the team by the batsmen, who seemed to have been plagued by indecisiveness on a pitch that offered plenty of turn to the spinners.

Curiously, none reflected that brittleness more than star batter Kohli. He has made 38 runs in two matches, but more than the volume of runs, the manner of his dismissals evoked greater concern. Kohli looked subdued in the middle, particularly after the fiery starts given by Rohit.



Kohli just needed to build on it. But the master batter in him remained dormant as he pottered around the leg-spin of Wanindu Hasaranga in the first match and of six-wicket man Jeffrey Vandersay in the next, before eventually getting consumed by them. He looked a far cry from the dominant batsman who once cracked four hundreds at this very same venue. Perhaps, Kohli should direct his mind to happier times than allowing it to be fettered by the demons of the present. A flowing Kohli is imperative for India's healthy run in the middle overs. be it while chasing or setting a target. But then his turmoil is a true reflection of the struggle that has gripped the Indian batting unit.

In Shivam Dube, India have a designated spin-basher, but the left-hander could not even pick a regulation leg-break by Vandersay in the second onedayer, getting trapped in front of the wicket. Shreyas lyer and KL Rahul too have lorded over spinners in the past, but here their feet and wrists have been unresponsive against the Lankan slow bowlers. They seemed to be going through a temporary memory loss as to how to rotate strike, the most effective weapon to keep spinners in check on tracks such as the ones at the Premadasa.

They just need to watch the batting of Rohit to find a remedy – not so much in his approach but more in the confidence and planning behind his knocks. There is no need to gild the lily while describing Rohit's batting; still, his taming of the Lankan bowlers – pace and spin alike - has been exceptional. Often a 44-ball 64 would contain a few chancy shots, but Rohit's strokes were so well-calculated

that they hardly appeared risky. Can his colleagues take a cue? From a combination perspective, the team management might look at the position of Dube, despite a 24-ball 25 in the first match. Under the existing conditions, Rivan Parag's spin, either off-spin or leg-spin, might come in handier than the honest medium pace of Dube, and the former is an equally good hard-hitter. From their part, the Indian bowlers too should improve their effort in the business end as they failed to apply finishing touches to Lanka after reducing them to 142 for six and 136 for six.

Teams (from): India: Rohit Sharma (C), Shubman Gill (VC), Virat Kohli, KL Rahul (WK), Rishabh Pant (WK), Shreyas Iyer, Shivam Dube, Kuldeep Yadav, Mohd. Siraj, Washington Sundar, Arshdeep Singh, Riyan Parag, Axar Patel, Khaleel Ahmed, Harshit Rana.

Sri Lanka: Charith Asalanka (C), Pathum Nissanka, Avishka Fernando, Kusal Mendis, Sadeera Samarawickrama. Kamindu Mendis, Janith Liyanage, Nishan Madushka, Dunith Wellalage, Chamika Karunaratne, Akila Dananjaya, Mohamed Shiraz, Maheesh Theekshana, Asitha Fernando, Eshan Malinga, Jeffrey Vandersay.

Dinesh Karthik's stunning u-turn, to play for this T20 franchise outside India

Dinesh Karthik was earlier roped in by his final IPL team Royal Challengers Bengaluru as a mentor-cum-batting coach

this opportunity came

about, I couldn't say no

because of how spe-

cial it would be to come

back to playing competi-

tive cricket and win this

incredible competition

with the Royals," said

Karthik, who has played

180 matches for India

across all three formats.

His last competitive

T20 outing was for

RCB in the IPL 2024,

for whom he made 326

runs in 14 matches at a

Karthik's last match

in India colours was

against Bangladesh

during the T20 World

Cup in Australia in 2022.

"I am delighted to be

strike-rate of 187.36.



NEW DELHI, Aug 6 (Agencies): Former wicketkeeper batter Dinesh Karthik was on Tuesday signed by Paarl Royals for the third season of the SA20, making him the first Indian cricketer to participate in the South African league, starting on January 9. Karthik, 39, retired from all forms of cricket in June this vear and since then he has been roped in as a mentor-cumbatting coach by IPL side Royal Challengers Bengaluru. "I have so many fond memories of playing in and visiting South Africa, and when joining the Paarl Royals team which oozes a lot of experience, quality and potential. I am certainly looking forward to joining the group and contributing to what should be an exciting season," Karthik, who was roped in as the league ambassador a day earlier, said.

Royals' Director of Cricket, Kumar Sangakkara hoped to tap in the extensive T20 experience of Karthik.

"Dinesh has served as one of the modern-day greats for India in whiteball cricket, and his wealth of experience will contribute to the making of our side.

"He has always proved to be a great asset for the teams he's represented across leagues for the way he approaches the game and the impact he can make," said Sangakkara.

At the Royals, Karthik will join other international stars like skipper David Miller, Joe Root, Lungi Ngidi, Andile Phehlukwayo and Kwena Maphaka.

Lovlina Borgohain vows to come back 'stronger than ever' after **Olympics failure**

PARIS, Aug 6 (Agencies): Lovlina Borgohain dropped a note on her social media handles where she pledged to make a strong comeback after her disappointing campaign in Paris Olympics 2024. Back in 2021, Lovlina became only the third Indian boxer after Vijender Singh and Mary Kom to win a boxing



than ever next time. This Lovlina began her

Resilient Mirabai Chanu sets sights on historic podium finish in Paris Olympics

PARIS, Aug 6 (Agencies): Away from the spotlight owing to an injury-plagued buildup, Mirabai Chanu will be in focus on Wednesday when she attempts to become India's first weightlifter to win two Olympic medals but a challenging field and lingering fitness concerns stand in the way.

The lifter, who opened India's tally on the first day of the competition at the Tokyo Olympics with a sparkling silver, has kept a low profile since suffering hip tendonitis during the Asian Games last October.



been known to be a fighter and one of the most tenacious athletes in the country.

Be it battling intense menstrual camps to win a medal in Tokyo or attempting a 117kg clean and jerk lift despite injuring herself during the Asian Games, she has shown her resolute side. Despite the absence of North Korea's Asian Games champion and world record holder

Ri Song Gum, the 49kg event is a highly competitive contest.

medal for India in the quadrennial event.

But this time around, Lovlina could not quite step up.

However, instead of throwing in the towel, the 26-year-old said that she would be looking for a fresh start and try and return "stronger than ever".

'This is not over' "I really want to say sorry to the entire Nation that I couldn't bring a medal home this time. Especially to the people of Assam who always pray for me no matter what. I will work harder and come back stronger

isn't over, looking for a fresh start once again," Lovlina wrote. Lovlina also thanked his coaches, support staff and the others, who helped her out in her journey to the Paris Olympics.

"I also want to thank all the coaches, support staff, SAI, Assam Government, BFI, Reliance Sports Foundation, IOS sports and all my sponsors for all the support and encouragement they showered on me," Lovlina added. Lovlina Borgohain's performance in Paris 2024

campaign with a stunning victory over Sunniva Hofstad from Norway. With the victory, she was only one win short of securing another medal in the showpiece. But that was not the case as China's Li Qian defeat-

ed her. Had Lovlina won her quarterfinal bout, she would have joined PV Sindhu and Manu Bhaker in the elite list of Indian women with multiple medals in the Olympics. It now remains to be seen of Lovlina returns four vears later for the Los Angeles Olympics.

Chanu has endured a rather underwhelming Olympic cycle thanks to injury and workload management.

Her best effort since Tokyo came at the 2022 Commonwealth Games where she lifted 201kg (88kg+113kg).

She had won the silver in Tokyo by heaving 202kg (87kg+115kg).

in her pet 49kg weight category, Chanu is likely to be in the scramble for a silver or bronze if she matches or betters her personal best in both sections. Reigning Olympic champion China's Hou Zhihui is the favourite to defend her title.

While there are still murmurs surrounding her fitness after she returned from a five-month hiatus following the hip injury, both Chanu and chief national coach Vijay Sharma have asserted that the Manipuri has completely recovered.

"We know that Mira has to go well beyond the 200kg mark. 202kg will not cut it this time but somewhere around 205-206kg should do it. But we are prepared for the challenge," coach Sharma told agency.

However, this is easier said than done, as the 29-year-old has struggled to surpass her personal best of 88kg in the snatch, set at the 2020 National

Championships, and 119kg in clean and jerk, achieved at the 2021 Asian Championships, for quite a while.

While Chanu, who turns 30 on Thursday, will have one eye on her competitors' barbells, the Manipuri's main battle will be with herself at the South Paris Arena

Her performance in the snatch section continues to be her achilles heal and her mediocre clean and jerk performance recently also doesn't inspire confidence.

While a 90kg snatch lift continues to elude Chanu, four of her competitors have breached the coveted mark. Having said that, Chanu has

Chanu has set an entry weight of 200kg alongside two others -USA's three-time Pan American champion and a world bronze medallist Jourdan Delacruz and 2021 world champion Surodchana Khambao of Thailand. Zhihui and two-time European champion Romanian Mihaela Cambei have set entry weights of 210kg and 205kg respectively. Chanu has been training in Paris for a month.

She also got help from American Dr Aaron Horschig, a former weightlifter-turnedphysical therapist and strength and conditioning coach, who has been working with Chanu since 2020.

Pawan Sehrawat, Pardeep Narwal among big names to go into PKL season 11 auction

NEW DELHI, Aug 6 (Agencies): Pawan Sehrawat, Pardeep Narwal and Fazel Atrachali were amongst the big names that will be heading into the Pro Kabaddi League season 11 auction as the teams announced their retained players for the upcoming campaign. Pawan, who played for Telugu Titans in season 10 and Pardeep, who was part of the UP Yoddhas, were released by both teams on August 6, Tuesday as the list of the retained players came out. The PKL auction will take place from 15th-16th August 2024 in Mumbai.

The Pro Kabaddi League (PKL) announced the 'Elite Retained Players', 'Retained Young Players' and 'Existing New Young Players' for Season 11 on Tuesday. Each of the franchises have retained a strong



core group of players and are looking to build stronger units in the Pro Kabaddi League Season 11 Player Auction. Dabang Delhi K.C. have retained their raider duo of Ashu Malik and Naveen Kumar. Meanwhile, the Most Valuable Player award winner in Season 10 - Aslam Inamdar has been

retained by Puneri Paltan. Furthermore, the Jaipur Pink Panthers have retained their star raider Arjun Deshwal.

A total of 88 players were retained across three categories with 22 from the Elite Retained Players (ERP) category, 26 in the Retained Young Players (RYP) category and 40 in the

Existing New Young Players (ENYP).

How will the Season 11 PKL auction work?

The Domestic and Overseas players will be divided into four categories at the PKL Season 11 Plaver Auction: Category A, B, C and D. The players will be further sub-divided as 'All-Rounders', 'Defenders' and 'Raiders' within each category. The base prices for each of the categories are Category A-INR 30 Lakh, Category B – INR 20 Lakh, Category C - INR 13 Lakh, Category D - INR 9 Lakh. The Season 11 Player Pool will consist of 500+ including the 24 players from the two finalist teams of the Khelo India University Games 2024. The total Salary Purse available to each franchise for its squad is INR 5 crore.

Women's World Cup in Bangladesh: ICC monitoring situation amid political unrest

there in October. The

event is to be organised

in Dhaka and Sylhet

"The ICC has an inde-

pendent security moni-

toring system across all

its member nations. The

situation is being moni-

tored closely but with

seven weeks left for the

tournament to begin, it

from October 3 to 20.



International Cricket Council

NEW DELHI, Aug 6 (Agencies): The ICC's internal security team is monitoring the unrest in Bangladesh, which has forced Prime Minister Sheikh Hasina to resign and flee the country, but it will wait and watch before deciding the fate of the Women's T20 World Cup scheduled will be too early to comment whether the tournament will be shifted from Bangladesh," an ICC board member said. The ICC has contingency plans for unavoidable situations but Sri Lanka can be an option considering that the 2012 men's T20 World Cup was held there between September and October.

It will be interesting to see if the SENA countries (South Africa, England, New Zealand and Australia) send their women's teams to a country where security situation could remain vulnerable.

LOCAL

GDC R S Pura organizes water body cleanliness-cum-plantation drive

Top News Report

JAMMU, Aug 6: In continuation of the Independence Day celebration. the NSS unit of Government Degree College R. S. Pura, in collaboration with the NCC units of the college, organized a water bodies' cleanliness drive in the near by canal located at midst of village Chohala -Jindlehar, R. S. Pura as a part of Swachhta Phagwara

Around 50 NSS volunteers and NCC cadets participated in the drive with full enthusiasm. The main motive behind this campaign was to spread awareness related to cleanliness and rejuvenation of rivers and water bodies which is one of the objectives of the Clean India Program

wonderful experience for students to motivate

The drive became a



with the collaboration of

Forest Protection Force,

Gama Unit J2 Sidhra.

Tarvinder Kour, Assistant

Director of FPF Gama

Unit J2 Sidhra was the

overall coordinator for

the drive under the over-

all. supervision of Arun

Near about 100 medici-

nal Plants of varied vari-

eties such as Gulmohar,

Popular, Hibiscus, Sukh-

chain. Amla. Amaltas etc.

were planted and distrib-

uted during the event.

Kumar Gupta.

them to contribute their bit to society and they are major role players to raise awareness on the importance of cleanliness in one's neighborhood. During the cleanliness drive, participants active-

ly collected plastic waste that had been discarded near the water body. They also worked to remove algal blooms, twigs, dead leaves, and silt from the bottom of the water body. In the second half of the day a plantation drive was also carried at Govt. Citv

The event was conduct-Middle School, R.S.Pura ed under the guidance of

Prof (Dr.) Preetpal Kour, Principal of the College. She appreciated and acknowledged the initiative of FPF for their valuable contribution and congratulated all for the success of the event and appreciated the participants for their diligent efforts. She apprised the stu-

dents that environment is the most precious resource which must be conserved for the future generations and students being active citizens can act as social messenger to disseminate such messages to the general masses at large. The event was co-ordinated by Dr. Chanchal Angral (NSS PO) and co-coordianted by Dr. Rakesh Choudhary, ANO Boys and Dr. Roopali Slathia, ANO Girls. The staff members who worked to make this event successful were Dr. Hari Singh, Prof. Sanjeev Upadhyay and Dr. Sunil Kumar Mangoch. This initiative by Gov-

ernment Degree College R.S.Pura and FPF aimed to contribute to a cleaner and healthier environment both within the campus and in the surrounding areas. It reflects the commitment of the college and

its students to promote cleanliness and sustainability and sustainable environment aligning this auspicious time of Independence.

RAMBAN, Aug 6: In a significant move to foster cooperation and dialogue between educational authorities and teaching staff, a highprofile delegation of the Jammu Kashmir Teachers Forum (JKTF) met

with the newly appointed Chief Education Officer (CEO) of Ramban, Bikram Singh, at his office today. The delegation was led by JKTF UT President Mohammed Ashraf and District President Ramban Nasir UI Hag Bhat.

Top News Report

The meeting commenced with a warm welcome to Bikram Singh on his new assignment as the CEO of Ramban. The JKTF delegation presented him with a bouquet as a gesture of goodwill and expressed their best wishes for his success in this role.

Speaking on the occasion, Mohammed Ashraf Sheikh, UT President of JKTF, praised Bikram Singh's commendable service and positive contributions in various districts during his tenure as Principal. Sheikh expressed optimism that Singh would continue to bridge the gap between teachers and the education department, thereby enhancing the educational environment in the district. Sheikh assured the CEO of JKTF's full



cooperation in ensuring the smooth functioning of schools and addressing the concerns of the teaching community. ČEO Bikram Singh

expressed his gratitude

for the warm welcome

and assured his full

support to the teachers

in bringing about posi-

tive changes within the

department. He high-

lighted the importance of

collaboration in achieving

the district's educational

Nasir UI Haq Bhat, Dis-

trict President of JKTF,

introduced the members

of the JKTF delegation,

including zonal presi-

dents and district and

state body representa-

tives. He emphasized that

JKTF, under the leader-

ship of Chairman Amin

Khan and Vice President

AISTF and UT President

Mohammed Ashraf, is

a registered organiza-

tion affiliated with the All

India Secondary Teach-

ers Federation and Edu-

cational International (EI).

During the meeting,

Ashraf Hussain, Dis-

trict President of EJAC

Ramban, introduced the

EJAC body, headed by

State President Wajahat

Husain Durrani and Divi-

goals.

JKTF welcomes CEO Ramban, urges

bridging gap between teachers and office

Mohammed Ashraf. He assured the CEO of EJAC's full cooperation for the efficient management of schools and offices in the district.

sion President Jammu

Ajeet Singh Vice president NMOPS also introduced the NMOPS delegation, led by National President Vijay Kumar Bandhu and UT President Mohammed Ashraf. He assured the CEO of NMOPS's cooperation in ensuring the welfare of employees under the NPS Scheme and promoting student welfare.

The meeting was attended by several notable leaders, including, Nasir UI Haq Bhat, District President JKTF Ramban, Ashraf Hussain, District President EJAC Ramban, Senior Leader Mohinder Goswami, Ajeet Singh District Vice President, Mustafa Kamal, District General Secretary JKTF, Mohd Amin, General Secretary Gool, Zafar Iqbal, District Coordinator JKTF Ramban, Farooq Ahmed Bhat, District chief organizer, Vaqur Shaan, Zonal President Banihal, Zakir Hussain, Secretary Gool.

GODOWN FOR RENT Corner Plot Size 100 ft x150 ft Kanals) at Kirthali, Bari (3 Brahamana Private **Commercial Registered Land** with 40 ft both side lane having 6000 Sq. ft Covered Shed

GGM Science College organizes quiz competition on "Freedom Struggle and National Heroes"

Top News Report

JAMMU, Aug 6: Continuing with the series of activities organized under the 'Swachhata Pakhwada' and in celebration of Independence Day, the NSS and NCC units of GGM Science College hosted a quiz competition focused on the theme of "Freedom Struggle and National Heroes.

This event was a part of the college's ongoing efforts to instill a sense of patriotism and awareness about India's rich history among students. The event was honored by the presence of the esteemed Principal of GGM Science College, Prof. (Dr.) Romesh Kumar Gupta.

He not only witnessed the quiz competition but also encouraged the students to actively participate in such educational and nation-building activities. His presence was a source of inspiration for all participants. He interacted with the students and briefed them about significance of national flag and its history.

The competition featured three teams, each showcasing their knowledge and understanding of India's freedom struggle and its national heroes.

The quiz was meticulously adjudged by two distinguished faculty members, Prof. Kiran Bala, Head of the

Department of Biotechnology and Prof. Arti, Head of the Department of Environmental Sciences. Their expert judgment ensured a fair and competitive environment. Among the teams, Team A consisting of students Mokshi, Tanish and Ujjwal, emerged victorious, demonstrating exceptional knowledge and quick thinking. In addition to the quiz

also included a cleanliness drive, further emphasizing the importance of Swachhata (cleanliness) as a part of national responsibility and civic duty. The combination of intellectual engagement and community service provided a holistic experience for

the students. The event was meticulously organized by the college's dedicated faculty members, Lt. Dr. Devinder Kumar Sharma and Dr. Shafia S`aleem, Associate NCC Officers (ANOs), along with Dr. Rahul Kait and Dr. Neha Sharma, NSS Programme Officers (POs), played a pivotal role in the successful execution of the event. Their efforts ensured that the event was not only informative but also aligned with the broader objectives of the Swachhata Pakhwada and the Independence Day celebrations.

Swachhta Pakhwada 'Green Campus' Drive held at GDC Udhampur

Top News Report

UDHAMPUR. Aug 6: In continuation to the Swachhta Pakhwada NSS Units of GDC Udhampur organized plantation drive under the patronage of Principal Dr. Sanjay Kumar Verma on Tuesday.

The initiative aimed to bring together students, faculty and environmental enthusiast in a collective endeavor to spread the awareness of sustainable development through ecological sustainability.

The drive was inaugurated by Principal Dr. Sanjay Kumar Verma, he emphasized on the significance of planting trees for a sustainable future and to cope up with the existing challenges of climate change due to excess human interference into ecological cycle.

He further impressed upon the students to become a responsible

citizens and become the torch bearers of the society to bring a change in the mindset of the people to become environment friendly and reclaim the

the nature. fact that planting more tress will help to create a better world and need to take active part in the events and other environscious citizen.

sustainability.

balance maintained by He reiterated upon the

mental activities so that one can become a con-Students were also

invited to express their views on the plantation drive and its significance wherein the students were also proactive to respond for the message of development through

Senior faculty members who were present on the occasion were. Prof. B L Thakur, Dr. Mohinder Pal, Prof Suresh Kumar Dogra, Prof Sanjay Kumar along with NSS PO Prof. Sanjeet Singh and NSS Volunteers.

Yoga class organized by VKMI, Sarv Uthan Trust

competition, the event



Top News Report

JAMMU, Aug 6: The Sunday Yoga class, organized by Vichar Kranti Manch International (VKMI) and Sarv Uthan Trust, continues to inspire participants with its focus on meditation and voga. This week. the session featured S. Gurmohan Singh ji, a preceptor from Heartfulness, who led a meditation session. The event began with a series of Yogasans practiced by Dr. Shreyansh Kumar Jain, State Yoga Commissioner, Chairman of the Indian Yoga Association, and President of VKMI. The session included standing, sitting, and lying postures such as Tadasan, Ashwathanasan, Kati

Chakrasan Utkatasan Vajrasan, Shalbhashan, Konasan, Ushtrasan Bhujang, Shalbh, and Pawanmuktasan. Following the asanas, participants engaged in Pranayama exercises, including deep breathing, Chandranulom, and Anulom Vilom. Ashok Gupta, Global

Vice President of VKMI. State Vice President of Bharat Vikas Parishad, and Managing Chairman of Sarv Uthan Trust, led a segment on Hasya Yoga, exploring its benefits and applications

Dr. Jain introduced the concept of meditation as a means to unlock boundless creativity. He emphasized that creativity is as limitless as the sky and that meditation helps reconnect with our innate potential.

Despite the distractions of modern life, meditation offers a way to embrace our true selves and find inner peace. Gurmohan Singh was introduced and honored by active members including Yashpaul Sharma, Suresh Chand Gupta, Lavan Gulati, Narendra Vadhara, Ashok Gupta, Dr.

Jain, and Anju Bansal. Singh discussed Heartfulness, an Indian-origin, non-profit organization with a global presence in over 160 countries and headquarters in Kanha Shanti Vanam, Hvderabad. The organization's mission is to promote love and brotherhood through meditation.

Singh demonstrated Heartfulness meditation, focusing on the divine light within the heart, which helps alleviate stress, anxiety, and disturbed sleep while enhancing wisdom and balance in life. Yash Paul Sharma, Director of Skill Development and Life Member of VKMI, concluded the session with a heartfelt vote of thanks

GDC Bishnah organises painting competition on theme Viksit Bharat

Top News Report

BISHNAH, Aug 6: Government Degree College (GDC) Bishnah, organized a painting competition on 6th of August, 2024 in connection with celebration of 78th Independence Day under this year's theme, "Viksit Bharat".

The whole program was conducted under the guidance of Dr Shallu Samyal, Principal of the college. The competition aimed to inspire students to visualize and express their vision of developed India through art.

The poster-making competition, held at the college premises, brought together students from various disciplines to showcase their creativity. The judges for the competition were Prof. Rashmi Arya, HOD English and Prof Shrotika Rajput, HOD Political Science.

The program was organised by Dr. Nisar Ahmed Bullah (HOD Chemistry), Dr. Ratika Sharma (HOD Physics) and Dr. Sonika Khajuria (Assistant Professor. Chemistry).

Palak Mangotra and Muskaan Bharti of semester-5th bagged first and second prize respectively, while Smile Kokadia of semester-3rd won the third prize. The program ended by the prize distribution ceremony to the winners by worthy Principal of the college. She applauded the efforts of the stu-

dents in exhibiting their

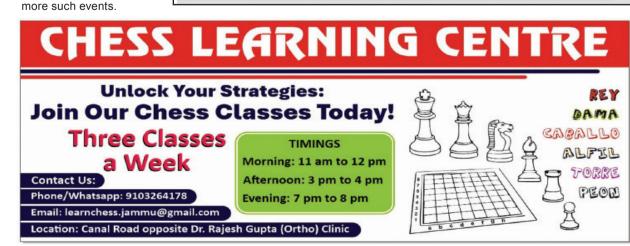
innovative and artistic

talent and encouraged

them to participate in

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