

TOP NEWS OF J&K

JAMMU, WEDNESDAY, SEPTEMBER 18, 2024

Daily Evening Newspaper



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BRIEFLY

Police register FIR against alleged attack on Sugra Barkati by JKNC workers

SRINAGAR, Sep 18 (Agencies): Jammu and Kashmir Police have registered a First Information Report (FIR) against unidentified National Conference workers following an alleged attack on Sugra Barkati and her supporters in the Beerwah area of Budgam district. As per news agency KDC, Police Station Beerwah has registered FIR No. 109/2024 under Sections 126(2) and 351(2) of BNS. The police have named unknown workers of the National Conference in the FIR.

Sugra, the daughter of jailed cleric Sarjan Ahmad Wagay, also known as Sarjan Barkati, claimed her supporters were assaulted and campaign vehicles vandalized while campaigning in the Beerwah constituency on Tuesday evening. Sarjan Barkati is contesting as an independent candidate from the Ganderbal and Beerwah assembly segments, and her daughter is leading the campaign for her.

A viral video showing Sugra fainting has invited widespread condemnation from various political leaders, who have called for an investigation.

However, the National Conference denied the allegations and requested a thorough inquiry.

J&K Cong expels Srinagar District Unit president for entering poll fray as Independent

SRINAGAR, Sep 18 (Agencies): The Congress in Jammu and Kashmir on Wednesday expelled a district unit president and some other leaders from the basic membership of the party for going against the spirit of its alliance with the National Conference (NC) and contesting as Independents in the assembly polls.

"Breach of alliance unity shall not be tolerated," a spokesperson of the Jammu and Kashmir Pradesh Congress Committee (JKPCC) said.

He said the party has expelled Srinagar

'One nation, one election' cleared by Modi Cabinet

NEW DELHI, Sep 18 (Agencies): The Narendra Modi Cabinet on Wednesday cleared its ambitious 'One nation, one election' poll for simultaneous Assembly and parliamentary elections across the country.

The decision came hours after a high-level committee on 'One nation, one election' placed its report before the Cabinet, sources said.

The committee, which was headed by former President Ram Nath Kovind, had submitted the report in March ahead of the announcement of the Lok Sabha elections.

Placing the report before the Cabinet was a part of the law ministry's 110-day agenda.



The high-level committee had recommended simultaneous elections for the Lok Sabha and state Assemblies as the first step followed by synchronised local body polls within 100 days.

The panel had also proposed setting up

of an 'Implementation Group' to look into the execution of the recommendations made by the committee.

Simultaneous polls will help save resources, spur development and social cohesion, deepen "foundations of demo-

cratic rubric" and help realise the aspirations of "India, that is Bharat", the panel had said.

The panel also recommended the preparation of a common electoral roll and voter ID cards by the Election Commission of India (ECI) in

consultation with state election authorities.

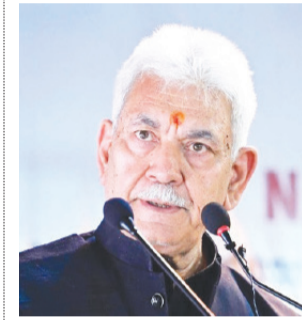
At present, the ECI is responsible for the Lok Sabha and Assembly polls, while the local body polls for municipalities and panchayats are managed by state election commissions.

The panel recommended as many as 18 constitutional amendments, most of which will not need ratification by state Assemblies. However, these would require certain Constitution amendment Bills that would need to be passed by Parliament.

Some proposed changes regarding the single electoral roll and single voter ID card would need ratification by at least half of the

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LG Manoj Sinha urges people of J&K to vote in record numbers



SRINAGAR, Sep 18 (Agencies): Lieutenant Governor Manoj Sinha on Wednesday appealed to the people of Jammu and Kashmir to vote in record numbers.

"J&K Assembly elections commence today. I call upon all the voters

whose assembly constituencies are voting in the first phase today to turn out in record numbers & exercise their democratic rights. I especially urge youth, women and first-time voters to vote in large numbers," Sinha said in a post on X.

The voting for the first phase of elections is underway in 24 assembly segments of Jammu and Kashmir.

The assembly polls are being held after a gap of 10 years and these are the first assembly elections after Jammu and Kashmir was reorganised into two union territories.

Tarun Chugh visits Sher-i-Kashmir Stadium to check preparations ahead of PM Modi's rally

SRINAGAR, Sep 18 (Agencies): Bharatiya Janata Party's (BJP) national general secretary, Tarun Chugh on Wednesday said he inspected the venue designated for Prime Minister Modi's public rally to be held tomorrow.

Modi is visiting Srinagar in a bid to attract



voters to choose BJP in the ongoing assembly

elections in J&K. He is among the star cam-

paigners for the ruling party.

Security grid has been intensified across the region amid elections and high-profile visits to J&K and in the backdrop of spate of attacks in the otherwise peaceful province of Jammu.

"Inspected the public meeting venue for the

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J&K Polls: Omar urges voters to avoid splitting ballot, hopes for NC-Congress Alliance victory

SRINAGAR, Sep 18 (Agencies): National Conference (NC) vice president Omar Abdullah on Wednesday expressed hope that voters in Jammu and Kashmir would avoid "fragmentation of their votes", warning that many independent can-



didates in the Valley

were contesting with the aim to divide the ballot.

"People will have to keep it (a huge number of independent candidates contesting) in mind, because most of these candidates are in Kashmir. It seems it is an attempt to fragment

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J&K polls : Statehood, right to vote snatched; today time to change this," says Priyanka Gandhi

NEW DELHI, Sep 18 (Agencies): As the polling in the first phase of the Jammu and Kashmir election is underway, Congress leader Priyanka Gandhi Vadra has urged the voters to exercise their franchise to strengthen their rights as they were "snatched in the last ten years".

"Statehood was snatched, the right to vote and elect a government was snatched, the identity and self-respect



of Jammu and Kashmir was snatched. Today is the time to change this," Priyanka Gandhi said in a post on X.

"Your every vote will strengthen Jammu and

Kashmir and your rights. Use your right to vote in maximum numbers and make India win with a huge majority."

Polling for the first phase of the Jammu and Kashmir assembly elections began at 7 am this morning amid tight security arrangements.

The Congress and the National Conference are fighting the polls in alliance. The PDP, Bharatiya Janata Party (BJP),

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Govt orders transfer of 2 IAS officers in J&K



SRINAGAR, Sep 18 (Agencies): The Jammu and Kashmir administration on Wednesday ordered transfer of two senior IAS officers.

According to an official order, Dr. Shahid Iqbal Choudhary, Administra-



tive Secretary, Department of Rural Development & Panchayati Raj, is transferred and posted as Administrative Secretary, Planning, Development and Monitoring Department.

"Mohammad Aijaz,

Administrative Secretary, Planning, Development and Monitoring Department, holding additional charge of the posts of Administrative Secretary, Civil Aviation Department and Civil Aviation Commissioner, Public Grievances and Chief Executive Officer, J&K Economic Reconstruction Agency, is transferred and posted as Administrative Secretary, Department of Rural Development and Panchayati Raj," the order reads, reported

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TENTH DAY KRIYA

With profound grief and sorrow, we inform the sad demise of my beloved mother **Smt. Gouri Shouri Bhat** W/o Late Sh. Jia Lal Bhat R/o Aagam Bandipora Srinagar at present H.No. 213 Suraksha Vihar Paloura Top Phase-2nd Jammu.

Tenth Day Kriya will be performed on 20th September 2024, at Muthi Ghat at 8:00 AM Near Directorate of School Education.

Grief Stricken:
Son and Daughter in Law
Sh. Chuni Lal Bhat & Late Smt. Shama Bhat
Sh. Pyare Lal Bhat & Smt. Basanti Bhat
Sh. Buhon Lal Bhat & Smt. Safa Bhat
Daughters & Sons in Law
Smt. Amrita Walkhoo & Sh. Raj Nath Walkhoo
Smt. Jiga Pandita & Sh. Kuldeep Pandita
Grand Son & Grand Daughter in Law
Sunny Bhat & Neeta Bhat
Amit Bhat & Sona Bhat
Rahul Bhat
Rohit Bhat & Shreya Bhat
Grand Daughter & Grand Son in Law
Upasana Koul & Suniti Koul
Debia Mahajani & Sameer Mahajani
Priyanka Koul & Arun Koul
Annie & Soumya Khot
Megha & Sh. T. Bak Raj Ji
M: 919149766060, 9796271751, 7006276434, 9419814106



Smt. Gouri Shouri Bhat

TENTH DAY & UTHALA

It is very sad that **Shri Ashok Kumar Gupta**, Praant Seva Pramukh, Vishwa Hindu Parishad Jammu Jammu and Kashmir passed away on Wednesday, September 11. It was God's will. May God grant him a place in his Lotus feet.

The TENTH DAY tribute and UTHALA will be held on Thursday, September 19 from 12 Noon to 1 PM at Grand Kesari Resort, Simbalwala.

Grieving family
Wife - Vimla Gupta (Praant Saha Sanyojika)
Son & Daughter in law:-
Vikas Gupta AEA & Kirti Gupta
Vishal Gupta & Supriya Gupta
Daughter and Son in law:-
Vandana Gupta and Jagdish Gupta
Bhai and Bhabhi:-
Dr. OP Gupta & Nirmala Gupta
Late Shesha Kumar & Late Geeta Devi
Dr. Kewal Krishan Gupta & Neelam Gupta
Bharat Bhushan Gupta & Neera Gupta (Pink)
Grand Children:-
Mansha, Sakshat, Kamakshi,
Abhay, Udhay, Vidushi



SHRI ASHOK KUMAR GUPTA

Aay Kay Trading Corp
Vishal Trading Corp
Udhay Trading Corp
Kay Gee Agro
CONTACT NO: 9419123702, 9419155394

VAHERVAR AND MASWAR

"Your love remains a guiding light in our lives." A year has passed since our beloved father, **Late Mr. Bansi Lal Wali**, left us to join the heavenly abode. The void he left behind in our lives is immense, but we cherish the memories and the lessons he taught us.

As a tribute to our beloved father, we are performing the **MASWAR AND VAHERVER (BARS) POOJA** that will be held at his residence. It's a time for us to come together and honor his life & legacy and seek blessings for his eternal journey.
Date: Maswar 19th September 2024
Vahrever (Bars) 20th September 2024
Time: 9:00 am onwards
Venue: Flat No. 5032, Prestige Lakeside Habitat, Gunjur, Varthur, Bangalore-560087
Please keep our family in your thoughts and prayers during this time.
GRIEF STRICKEN
Mrs. Desha Wali (Wife) Mob No.9906061717
Mrs. Parool Sadhu & Mr. Ashish Sadhu (Daughter & Son-in-Law)
Mob No.7769999780 / 9741366119
Grand Children - Bhavin and Purvee



LATE MR. BANSI LAL WALI

TENTH DAY KRIYA

With profound grief and sorrow, we inform sad and untimely demise of our beloved son **Amit Kumar Raina S/o Sh. Ashok Kumar Raina R/o Kathwar Budgam** at present Lane No. 6 Block No. 28, Flat No. 9 Jagti Nagrota, Jammu.
Tenth Day will be performed on 24-09-2024 at Muthi Ghat near Directorate of School Education at 8.00 am.

Grief Stricken
Father & Mother
Smt. Sunita Raina & Ashok Kumar Raina
Ranjeeta Raina and Vijay Raina- Uncle & Aunt
Daleep Raina and Sushma Raina- Do
Shalni Raina- Sister
Pinky and Ramesh Pandita- Fufi & Fufad
Neetu Dhar & Winoo Ji Dhar- Fufi & Fufad
Raj Raina- Fufi
Yogeta, Shruti, Tejasvi, Pihu- Sisters
Karan & Udesh- Brother



Amit Kumar Raina

Mob.: 9419575785, 979

OBITUARY

With profound grief and sorrow, we regret to inform our beloved and respected Father **Sh. Pran Nath Bhat S/o Lt. Sh. Ram Chand Bhat** originally resident of Nagam Chadoora, Budgam at present 316, Shantidoot Apartment Vasundha Enclave New Delhi, left for heavenly abode on 15/9/2024.

Tenth Day Kriya will be performed on Tuesday, 24th September, 2024 at Murad Nagar, Ghaziabad.
GRIEF STRICKEN
Smt. Sanbsh Bhat - Wife
Sh. Ravinder Bhat & Doly Bhat (Son & Daughter-in-law)
Smt. Renu Bhat - Daughter-in-law
Smt. Ritu Bhat - Daughter-in-law (Daughter & Son-in-law)
Smt. Jyoti Peer & Sh. Ravinder Peer
Smt. Anjali Kaul - Daughter
Grand Children : Ankush, Eshaan, Anant, Shuhul
Samast Bhat Family
Contact Details : 9971711926, 9818673789



Sh. Pran Nath Bhat

TENTH DAY

Though you are no longer physically with us, the love and the wisdom you imparted, will forever remain woven into the very fabric of who we are. Our beloved **Bairaj, Mr. O. N. Dhar (Retd Sr Lecturer in English)**, H/o Late Smt Phoola Dhar (Asha Ji) R/o Jagti, originally from Trichal Pulwama, left for heavenly abode on 12th September 24. Family Guardian Angel, a dedicated and passionate educationist, who shaped and touched innumerable lives, will always remain the Legendary God of English

Tenth Day Kriya will be performed at Muthi Ghat, near Directorate of School Education on Saturday 21-09-2024
Time for assembly is 8:30 am
GRIEF STRICKEN :
Chuni Lal Dhar (Brother)
Roshan Lal Raina & Jaya Raina (Brother & Sister-in-law)
Col Vimal Tikoo & Archana Tikoo (Son-in-law & Daughter)
Ashish & Renu (Son & Daughter-in-law)
Ankur & Aparna (Son & Daughter-in-law)
Ankit (Son)
Abeer, Amaya & Amiya (Grand Children)
Contact: 9419131791, 9796108861, 9779455949



Mr. O. N. Dhar (Retd Sr Lecturer in English)

TENTH DAY/KRIYA

We are deeply saddened by the untimely demise of **Sh. Rakesh Sharma S/o Lt. Sh. Tara Chand Sharma, R/o H No 12, Lane No. 7, Opp. Bal Ashram Vaid Mandir, Katon Nagar, Jammu** on 9 Sep.
10th Day shall be performed at 11:30 AM on 17 Sep (Tue), at our residence.
Kriya will be performed at 12:00 Noon on 18 Sep (Wed), at our residence.
Uthala will be performed from 4:00-5:00 PM on 20 Sep (Fri), at our residence.

GRIEF STRICKEN:-
Smt. Anju Sharma (Wife)
(Daughter & Son-in-law)
Ishara Sharma & Sahil Khindri
Shobanya Sharma (Daughter)
Brothers and Bhabhis
Col. Ravi & Smt. Divya Sharma
Sh. Ashwani & Smt. Manju Sharma
Sisters and Brothers-in-Law
Lt Smt. Veena & Sh. Lalit Sharma
Smt. Sunita & Sh. Kailash Sharma
Smt. Seema & Sh. Joginder Sharma



SH. RAKESH SHARMA

Brothers-in-Law and Sisters-in-Law
Lt Sh. Ashok & Smt. Rita Sharma
Sh. Anun & Smt. Vandana Sharma
Sh. Sanjeev Manmota & Smt. Sushma Sharma
Sisters-in-Law and Brothers-in-Law
Smt. Shakti & Sh. K. L. Sharma
Smt. Neelam & Sh. Ram Sarup Sharma

PRAYER MEET AND 10TH DAY KRIYA

This is to inform everyone that a prayer meet will be held to honour the life and legacy of our dearest Mother, **Smt. Girja Mahaldar (Asha Ji)** wife of Sh. Kundan Lal Mahaldar at 76-A Patoli Mangotriam, Jammu on Friday, 20th Sept 2024 from 4 PM to 7 PM.

TENTH DAY and Subsequent Days/Rituals will be held at Haridwar from 23rd Sep 2024 to 26 Sep 2024.
Anita and M K Koul
Antra and Sanjay Watal
Anupama and Abinash Khashu
Hopson and Vijaya Mahaldar
Anshinee and Akhil Koul
Nishchint and Kajal Mahaldar
Mob: 9878618451, 9849145151

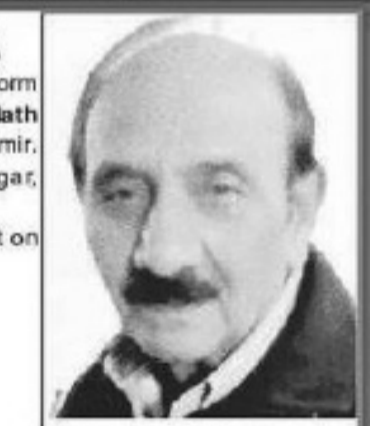


SMT. GIRJA MAHALDAR (ASHA JI)
23-04-1953 TO 15-09-2024

TENTH DAY KRIYA

With profound grief and sorrow we regret to inform about the sad demise of our beloved **Sh Omkar Nath Mussa** originally resident of Mattan Kashmir. Presently H No. 37, Lane No. 3 Bhatat Nagar, Bantatalab Jammu.

10th Day Kriya will be performed at Muthi Ghat on 21-09-2024 at 9:00 am.
Grief Stricken :
Vijay Devi (Wife)
Sanjay Mussa & Anju (Son & Daughter in law)
Rahul Mussa & Suhani (Son & Daughter in law)
Ankit Mussa & Shiply (Son & Daughter in law)
Arvi Khar & Dr Vinod Khar (Daughter & Son in law)
Usha Ji & Sh Ashok Ji Mussa (Sister & Brother in law)
Grand Children : Swastik, Suhana, Hardik, Rubani, Kavya, Aradhya, Aradhana
9149518330, 9419225122



Sh Omkar Nath Mussa

OBITUARY / 10TH DAY

With profound grief and sorrow, we inform that our beloved **Uma Shree Bhat (Bhabhi)** Wife of Late T.N Bhat, resident of Fatehpura, Anantnag at present residing at Tata Primanti, Sector 72 Gurgaon, left for her heavenly abode on 15 September.

10th Day shall be performed on 24 September 2024 at Gaun Shankar Mandir in Gurgaon.
GRIEF STRICKEN
Sushma Mujoo (9891948532-WhatsApp Call only)
Prof. J L Bhat (8825021983)
Dr D P Bhat (9418035869)
Phoola Bakshi (8847347448)
Bhat Family (Fatehpura, Anantnag)
Kamal Ji Fotedar (94191 86890)
Fotedar Family (Mattan)



Uma Shree Bhat

TENTH DAY/KRIYA

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Smt. Kamla Pandit W/o Lt. Sh. Lassa Pandit R/o H.No. 140 Lane No.3 sector-2, Dream City Muthi Jammu.**

10th Day Kriya will be performed at Muthi Ghat near Directorate of School Education on 19/09/2024 at 09:00 am.

GRIEF STRICKEN:
Pandit's, Koul's, Maratha's and Raina's
Mob. No. 9419684700, 6005042626

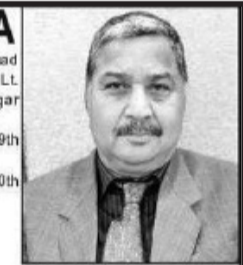


Smt. Kamla Pandit

TENTH DAY / KRIYA

With profound grief and sorrow, we inform the sad demise of our father **Sh. Kailash Goswami S/o Lt. Shri Sant Kumar Goswami R/o 215/1 Sarjey Nagar** on 10/09/2024

Tenth Day will be performed at our residence on 19th September 2024 (Thursday) at 11 AM
Kriya will be performed at our residence on 20th September 2024 (Friday) at 12 Noon.
GRIEF STRICKEN
Lt. Smt Tripta Sharma - Wife
Rishav Goswami (Son)
Charu Goswami (Daughter)
Daughter and Son-in-law
Rudhika Goswami & Varun Sharma
Brother and Sister-in-law
Kiran Kant Goswami & Anjana Sharma
Sister & Brother-in-law
Sandhya & Ramesh Sharma
Dubey and Goswami Family
Mob: 9419144050, 700603358



Sh. Kailash Goswami
EX-SO DHS, Jammu

10TH DAY/KRIYA

WITH PROFOUND GRIEF & SORROW, WE INFORM THE SAD DEMISE OF OUR BELOVED **KIYANSH GUPTA S/O SH ASHISH GUPTA R/O 146/A EXCELSIOR LANE JANIPUR JAMMU** ON 10-09-2024.

TENTH DAY WILL BE HELD ON 19-09-2024 AT 11.00 AM AT LAKKAD MANDI DURGA MANDIR (LANE NO. 1).
KRIYA WILL BE HELD ON 21-09-2024 AT OUR RESIDENCE H.NO. 146-A EXCELSIOR LANE JANIPUR JAMMU.
GRIEF STRICKEN
SMT USHA GUPTA -GRAND MOTHER
SMT SHIKHA & SH ASHISH GUPTA -MOTHER & FATHER
SMT SARUCHI & SH RAJEEV GUPTA -BUA & FUFAD JI
SMT ARTI & SH AMISH GUPTA -CHACHI & CHACHA JI
SH SHUBHAM MAHAJAN -MAMU JI
MOB. 9906024466



MASTER
S/O SH ASHISH GUPTA

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Khatana criticizes Congress for disempowerment of Muslims

Calls on community to reject fear politics and support Modi in nation-building

Top News Report

JAMMU, Sep 18: In a strong critique of the Congress party, BJP leader and Rajya Sabha MP Er. Gulam Ali Khatana accused the Congress of deliberately keeping Muslims illiterate and disempowered during its decades-long rule in India.

Addressing polling booth meetings at Narwal, Bathindi, and Sunjwan in Jammu, Khatana urged the Muslim community to reject the fear politics allegedly promoted by Congress and instead support the BJP, which is focused on the empowerment of all communities under Prime Minister Narendra Modi's leadership. "It is the responsibility of every citizen in this country to keep the NC, Congress, and PDP out of power, as these parties have plunged the nation into darkness. I urge the people of Jammu and Kashmir to vote for the BJP and choose a bright future," he added.



"Congress used Muslims as a vote bank for seventy years, keeping them deliberately uneducated and marginalized," Khatana stated. "Now, the party is creating fear among the community to continue exploiting them for political gain."

Khatana's remarks came as part of a broader address aimed at encouraging Muslim voters to see beyond the rhetoric of the Congress and recognize the BJP's efforts to uplift all sections of society. The Congress party's historical approach to Muslims has been one of manipulation, with the party keeping them in a state of dependency through

inadequate education and socio-economic opportunities.

"The Congress party survived by dividing people and exploiting their fears. For seventy years, they kept Muslims illiterate and economically weak so they could control their votes without offering real progress. Today, the same party is playing a new game by instilling fear in the community," Khatana said during his address. He emphasized that Muslims should not fall prey to Congress's divisive tactics.

The Rajya Sabha MP praised Prime Minister Narendra Modi's government for fostering inclu-

sive governance. "There is no need to fear under the Modi government. We are dedicated to the empowerment of all citizens, including Muslims, and providing them with equal opportunities."

The BJP leader also accused Congress of fueling communal tensions for political survival. The Congress party continues to rely on fear-mongering and division to maintain its voter base, particularly among minority communities.

He argued that such tactics have not only harmed national unity but also stunted the socio-economic progress of the very groups the Congress claims to represent.

"The Congress party thrives on communal and divisive politics. It has done more harm than good to this nation by perpetuating fear and insecurity among minorities," Khatana remarked. "In contrast, the BJP is focused on unity, growth, and the betterment of all citizens."

Sawhney raises concerns over power shortages, high tariffs in Jammu

Top News Report

JAMMU, Sep 18: Congress NC Candidate Yogesh Sawhney, Yogesh Sawhney, expressed deep concern over the persistent power shortages and skyrocketing electricity tariffs in Jammu.

Speaking on the issue, Sawhney emphasized that the issue has become one of the most troublesome concerns for the residents of Jammu East. He highlighted how frequent power outages are affecting daily life, businesses, and essential services in the region.

Sawhney stated that despite numerous assurances from the current administration, the situation has only worsened over time. "The people of Jammu are suffering. They face long hours of load shedding and are burdened by high power tariffs. This is unacceptable, and the government must be held accountable," he remarked. He



urged the administration to take immediate corrective measures to ensure the uninterrupted supply of electricity, especially as the region prepares for the upcoming festival season.

The Congress leader also asserted that addressing the power crisis will be a top priority for the party if it returns to power. "Congress is committed to resolving this issue. We will work towards ensuring that affordable and reliable electricity reaches every

household in Jammu. The people deserve better, and we will not rest until this basic necessity is fulfilled," Sawhney promised, drawing attention to the need for reforms in the energy sector.

Sawhney's comments have resonated with many residents of Jammu East, who have long been vocal about the need for a more reliable power infrastructure. With elections approaching, Sawhney urged the people to think deeply on these points before casting their vote.

Your vote for INDIA Bloc will ensure return of your rights: Rahul To People Of J&K

JAMMU / NEW DELHI, Sep 18 (Agencies): Leader of Opposition in the Lok Sabha Rahul Gandhi on Wednesday urged people in Jammu and Kashmir to vote for the INDIA bloc, saying every such vote will ensure the return of their rights and bring employment.

Voting was underway on Wednesday for the assembly elections in Jammu and Kashmir for the first time since the abrogation of Article 370. Twenty-four constituencies spread over seven districts of the Union territory are voting in the first phase.

"My brothers and sisters of Jammu and Kashmir, today the first phase of voting is being held. For the first time in the history of the country, a state's statehood has been taken away and it

has been made a union territory – this is a violation of all your constitutional rights, an insult to Jammu and Kashmir," Gandhi said in a post in X.

"Your every vote for INDIA will ensure return of your rights, will bring employment, will make women strong, will bring you out of the 'era of injustice'... will make Jammu and Kashmir prosperous again," he said.

"Today, come out of your homes in the largest of numbers possible and exercise your democratic right – vote for INDIA," Gandhi added.

This is the maiden assembly election in Jammu and Kashmir as a Union territory. It is also the first poll to elect an assembly in the last 10 years.

The Centre abrogated Article 370, which gave

special status to Jammu and Kashmir, and bifurcated the erstwhile state into two Union Territories – Jammu and Kashmir, and Ladakh – on August 5, 2019.

In the first phase of the three-phase polls, seven districts of Jammu and Kashmir located on either side of the Pir Panjal mountain range are voting to choose their representatives.

More than 23 lakh voters will decide the fate of 219 candidates, including 90 Independents, who are running for 24 assembly segments – eight in three districts of the Jammu region and 16 in four districts of the Kashmir valley.

The other two phases are scheduled to be held on September 25 and October 1, while the votes will be counted on October 8.

Former J&K Cong Chief joins early voters in J&K, says confident of hat-trick victory in Banihal

Top News Report

BANIHAL (J&K), Sep 18 (Agencies): Former president of Jammu and Kashmir Pradesh Congress Committee Vikar Rasool Wani was among the early voters to cast their ballot at a polling station here in Jammu and Kashmir's Ramban district on Wednesday.

Wani, a former minister who won the Banihal constituency seat in the 2008 and 2014 elections, expressed confidence in securing the seat for a third consecutive term.

He faces competition from six other candidates, including National Conference's Sajjad Shaheen, PDP's Imtiyaz Shan, and BJP's Mohd Saleem Bhat. "Who is at fault that assembly elections are taking place in J&K after a gap of 10 long years? BJP is responsible for this otherwise the elections should have taken place in 2019," the Congress leader told PTI after casting his vote at Tulbagh-Rallu polling station.

Wani said he could not visit all parts of the constituency due to paucity of time but expressed confidence that the people of the segment will vote in favour of the Congress given its developmental track record.

"I contested and won in 2008 and 2014. Today, I see overwhelming support in my favour than in the past. I am confident of victory in this election as well. Compared to previous elections, my confidence is even higher. We will win this election too. Mark my words," he told reporters at a polling station.

Banihal is one of the five seats where both the NC and the Congress alliance partners have fielded their candidates under what they called 'friendly contest'.

"National Conference and PDP had done nothing for Banihal and all the developmental work in the region was done by Congress. The people will vote for that work as NC and PDP have zero contribution in developmental works in Banihal," he said, claiming that NC and BJP candidates are no threat to him.

"BJP has no base in Banihal and their presence is mostly in Jammu," he said. Banihal, which is nestled in the Pirpanchal mountains and along the

banks of Nalla Bischleri, linking Kashmir with the rest of the country, witnessed brisk polling with long queues since early morning.

After casting his vote, a local resident, Sajjad Ahmad, emphasised the importance of development and the formation of a popular government in Jammu and Kashmir.

"People want development in this beautiful valley with its many tourist spots. We want better connectivity for various mountainous areas and promotion of numerous untouched tourist destinations to provide alternative job opportunities for the youth," Ahmad said.

Wani emphasised that the Congress is poised to win these elections as people seek an end to central rule. "People have turned out in large numbers since morning to vote. We are contesting five seats in the Chenab Valley. We are confident of winning four seats. They (voters) want to end central rule," he said.

He also highlighted development issues and statehood concerns as key factors in this election. "Congress is fighting for these issues," he added.

Regarding the friendly contest, he pointed out that the NC has not won this seat since 1986, came fourth in 2008 and third in 2014. "NC has been critical of us since the start of the campaign. It is not a friendly contest as they have criticised and abused us continuously," the Congress leader said.

"It was initially a triangular contest, but NC seems to have slipped out of it. Now, it is a one-on-one contest with the PDP," Wani said.

Meanwhile, the NC candidate from Kishtwar and former minister Sajjad Ahmad Kitchloo said people are happy that assembly elections are taking place after a decade.

"The last elections were held when Jammu and Kashmir was a full fledged state and now the elections are taking place under the status of Union Territory. People are enthusiastic and voting to ensure a strong government is formed which can resolve all their problems and issues including unemployment," he said, lauding the arrangements made by the election authorities.

Middle Class, weaker sections, women and youth bear brunt of BJP's misrule in J&K: Rattan Lal Only NC Congress Alliance can save people from the clutches of BJP, says T.S Tony



Top News Report

JAMMU, Sep 18: Rattan Lal Gupta, Provincial President of the Jammu and Kashmir National Conference (JKNC), criticized the Bharatiya Janata Party (BJP) for its failed policies that have caused immense suffering to the middle class, weaker sections, women and youth during its long 10 years of misrule in Jammu and Kashmir.

He made these remarks while addressing a gathering of prominent NC and Congress workers at Sher-e-Kashmir Bhawan in support of Taranjit Singh Tony, the Alliance candidate for the Bahu Constituency in the upcoming Assembly elections.

The senior NC leader emphasized that despite the middle class being one of the largest tax-paying groups in the country, they continue to suffer due to the hollow and anti-people policies of the current dispensation. "The BJP government has burdened the common people with rising taxes and inflation, without providing any

relief. The middle class, along with the weaker sections women and youth, have faced the brunt of this misgovernance," he said.

The Provincial President called upon the party cadre to extend their vote and support to the Alliance candidate, T.S. Tony, in the upcoming Assembly polls. "This is a crucial election for the future of Jammu and Kashmir, and we must ensure the victory of the NC-Congress Alliance candidate to protect the interests of our general public," he added.

Earlier, Taranjit Singh Tony received a rousing reception upon his arrival at Sher-e-Kashmir Bhawan, Jammu. He was warmly welcomed by senior leaders and workers of the NC, who expressed their confidence in alliance candidate.

While addressing the gathering, T.S. Tony stressed the need for a united front to defeat the BJP in the forthcoming elections. "Only the NC-Congress Alliance can save the people of J&K from the clutches of the

BJP's oppressive policies," he stated.

Tony further highlighted the suffering endured by the people over the past decade due to the lack of basic civic amenities and infrastructure development under the BJP rule. He said people are decrying for basic needs like regular supply of drinking water, electricity, Govt ration, unemployment, and high price inflation.

Tony urged the party workers from both NC and Congress to stay connected with the people at the grassroots level and make them aware of BJP's misrule in the country. "This is a fight for the future of J&K and coming generation and we must work tirelessly to ensure a better tomorrow for our people," he added.

Among those who were present included Sheikh Bashir Ahmad Provincial Secretary Jammu, Vijay Lochan Chairman SC Cell, Rakesh Singh Raka Vice President Central Zone, Gorav Kapoor Senior Youth leader, Sahil Sharma, Ajay Kumar Block Secretary Jammu East, S. Asha Singh and others.

Randhawa vows 24x7 accessibility for Bahu Constituency

Top News Report

JAMMU, Sep 18: Bharatiya Janata Party (BJP) senior leader Vikram Randhawa known as people's man, MLA candidate for Bahu Constituency, intensified the door-to-door campaign in different locations in Gandhi Nagar, Bahu Fort and Trikuta Nagar of Bahu Constituency. He expressed unwavering confidence in the BJP's imminent victory in Jammu and Kashmir. He attributed this certainty to the party's unwavering commitment to protecting public interests and its comprehensive vision for the region's development.

Randhawa stated, "No one can stop the formation of a BJP government in J&K. We have emerged as a powerful force, dedicated to serving the people. With the public's full blessings, we will deliver benefits to all segments of society." He assured the residents of Bahu Constituency timely completion of development projects, access to essential services and amenities, transparency in governance, and round-the-clock availability for public grievances in Bahu Constituency.

Randhawa highlighted



Prime Minister Narendra Modi's vision for J&K, emphasizing youth empowerment. Key initiatives include zero electricity bills through solar energy, transparent recruitment systems, job opportunities and skill development programs, infrastructure development and connectivity enhancement, generating 5 lakh employment opportunities for the youth, and adding 1000 seats in medical colleges to improve the education system.

Randhawa elaborates the citizens of Bahu constituency; furthermore, numbers of public friendly schemes, namely under the Maa Samman Yojana, the senior most women in every household will be

given Rs 18000 per year; initiate metro services in J&K; and the Ayushman Bharat Sehat Yojana will provide an additional 2 lakh in healthcare coverage on top of the 5 lakh already provided. Randhawa's vision for Bahu Constituency aligns with the BJP's comprehensive manifesto, prioritizing public-centric governance, accountability and transparency, empowerment of marginalized communities, and environmental sustainability.

Randhawa concluded, "We will work tirelessly to ensure J&K's prosperity. If I vote to power, our promise to the people of Bahu assembly will be fulfilled, and I will remain accessible 24/7 to address your concerns."

Reject dynasty politicians, anti-national parties: SSP

Top News Report

JAMMU, Sep 18: Col S.S Pathania, Chief Convenor and President, Sainik Samaj Party (SSP), J&K UT expressed his anguish and concerns about the present political conditions obtaining in the JKUT.

All three phases voting will be over on 1 October and results will be declared on 8 October, paving the way for formation of government.

NC and Congress have gone in for pre poll alliance and PDP as a fence sitter, eagerly waiting for an invitation to join the government,



if the situation warrants.

An irrevocable damage has been caused to the country by dynasty politicians, which is undemocratic in nature and has adverse ramifications on growth and involvement of our nation.

Congress, NC and PDP are not only the epitome

of dynastic politics but also proved their credentials over a long period and on numerous occasions.

Restoration of article 370 and 35 A as announced by NC has the silent support of Congress and PDP will create a constitutional problem and vitiate the situation not only in JKUT but across the nation.

Pathania appealed to the intelligent and aware voters of Jammu region to totally discard the dynasty politicians and their anti national, anti people, divisive and appeasement politics, affecting the nation adversely.

EDITORIAL

India as
'Vishwa Bandhu'

India, often referred to as 'Vishwa Bandhu,' embodies the spirit of global brotherhood and unity. The term 'Vishwa Bandhu' translates to 'World Brother' or 'Universal Friend,' reflecting India's long-standing ethos of inclusivity and communal harmony. This philosophy is deeply rooted in Indian culture, history, and spiritual traditions, fostering a vision of a world where diversity is celebrated and unity is paramount.

Historically, India has been a melting pot of cultures, religions, and philosophies. From ancient times, it has embraced various civilizations, including the Indus Valley, Vedic, and Mauryan empires, each contributing to a rich tapestry of societal values. The teachings of sages like Gautama Buddha and Mahavira further emphasized compassion, non-violence, and universal welfare, resonating across borders and influencing global thought.

The struggle for independence in the 20th century showcased India's commitment to non-violence and peaceful coexistence, championed by leaders like Mahatma Gandhi. His philosophy of 'Ahimsa' (non-violence) and 'Satyagraha' (truth-force) not only galvanized the nation but also inspired global movements for civil rights and freedom.

In contemporary times, India stands as a beacon of hope and resilience amidst global challenges. As a democracy, it champions values of freedom, equality, and justice, serving as a model for emerging nations. India's commitment to a multi-religious society underscores its identity as Vishwa Bandhu. The country is home to a myriad of religions, languages, and ethnicities, each coexisting peacefully, contributing to the country's vibrant social fabric.

India's foreign policy further reinforces its role as a global leader. Initiatives like the 'Act East' policy and participation in international forums like BRICS, the G20, and the United Nations demonstrate its commitment to collaborative global governance. India's focus on sustainable development, climate change, and technological innovation positions it as a crucial player in addressing global challenges.

Cultural diplomacy is another pillar of India's identity as Vishwa Bandhu. Through initiatives like Yoga and Ayurveda, India shares its ancient wisdom with the world, promoting well-being and holistic health. The global popularity of Indian cuisine, music, and dance further exemplifies how cultural exchanges can foster international understanding and friendship.

The Indian diaspora plays a vital role in this narrative. With over 30 million Indians living abroad, they serve as cultural ambassadors, bridging gaps between nations. Their contributions to various fields, including technology, business, and arts, have strengthened India's global presence and fostered goodwill.

While India's aspirations as Vishwa Bandhu are commendable, challenges remain. Internal divisions, often driven by communal tensions, pose risks to social cohesion. Economic disparities can also hinder the realization of a truly inclusive society. To uphold its role as a global leader, India must address these challenges head-on, fostering dialogue and understanding among its diverse communities.

The rise of nationalism in various parts of the world calls for a reaffirmation of India's commitment to pluralism. By embracing its diversity and promoting inclusivity, India can lead by example, encouraging other nations to adopt similar approaches.

Looking ahead, India's role as Vishwa Bandhu will be shaped by its ability to harness the strengths of its diversity. Education plays a pivotal role in this endeavor; promoting intercultural understanding and tolerance in schools can cultivate a generation that values global citizenship.

Additionally, India can enhance its soft power by expanding cultural exchanges and collaborations with other nations. Initiatives like the International Day of Yoga not only promote wellness but also strengthen international ties.

In conclusion, India as Vishwa Bandhu represents a powerful vision of global unity and brotherhood. By embracing its rich heritage and promoting inclusive growth, India can continue to inspire the world towards a future of peace, cooperation, and mutual respect. As it navigates the complexities of the modern era, India's commitment to being a universal friend remains steadfast, echoing the age-old wisdom that together, we can build a better world for all.

Let's try listen more to each other; it's now a forgotten art

By: Devi Kar

Even though we are a democracy, many of us feel that our voices are hardly ever heard except when we join forces and make it a point to get heard by the powers that be. Otherwise, it is only the voices of the political leaders that are heard ad nauseam. Today, it seems that we have forgotten how to listen. Strangely, technology has contributed to this phenomenon. Students say that they find it difficult to focus on dry lectures. They have got too accustomed to watching colourful images on the screen along with bold captions and brief explanations. The voice of the speaker is happily ignored. Also Read - Sanjeev Ahluwalia | Budget for right results: State needs to step back Advertisement As time marches on, I feel that we should make a special effort to both listen and to be heard. This can happen only if we are interested in what the other person is saying. In school debates I have observed that speakers are only interested in their own points of view and in ridiculing their opponents with scathing witticisms. Rarely do we hear well thought through counter arguments. In social gatherings too, one witnesses people getting into arguments (we Indians just love arguing) and each one is busy out-shouting the other. And nobody concedes simply because nobody is interested in what the other person has to say. Also Read - Aakar Patel | If Modi adopts Vajpayee's line,

he'll get more space to govern I feel that we don't really listen to what small children say. We would be surprised to discover the kind of wisdom that they display at times. We teachers just wait to hear the "right" answers. Listening to children carefully is extremely enriching. Recently, I conducted an interactive session for teachers which I named, "Your Views Matter". Of course, I had to elicit their views on multiple topics before I could give my own points of view. I was disappointed that more teachers did not give opposing views across the floor. However, it was heartening to observe that many teachers were eager to express their individual views. Generally, everyone was listening but that was because they knew that they might be questioned on what was being said. Also Read - Shikha Mukerjee | I.N.D.I.A. bloc faces a vacuum: Who'll fill Yechury's shoes? One interesting case study at the same session threw up an unexpected response. I placed before the teacher attendees a scenario in my school where there was a single Muslim girl in the class and on one occasion I happened to ask her if her classmates ever made her feel "different". I asked the teachers whether I should have posed such a question. One teacher was not at all comfortable about my question. "You should have asked the rest of the class!" she exclaimed. (In other words, why make the lone girl self-conscious?) Also Read - Sanjaya Baru | A very Hyderabad boy who became

an icon of the Left Incidentally, the rest of the students were upset with me; their view was that there was no need to rake up a sensitive issue when everything was going peacefully. Well, I believe that there is something seriously wrong if you can't talk about it and this is why we must listen extra carefully. My duty, I felt, was to listen to all. In our country, different voices are definitely not heard and many hesitate to voice their opinions. We are weary of listening to party spokespersons around the clock as well as to those talking heads on the television screen every evening. Political leaders, especially, must have their ear to the ground to understand the pulse of the people, their trials and tribulations and, importantly, what they want. Our Prime Minister broadcasts his "Mann ki Baat" regularly. He has even published a book titled Examination Warriors to help young examination candidates "conquer" examinations. (Sometimes I wonder why one has to "fight" exams. Well prepared students should take tests and exams in their stride -- and believe it or not, some even enjoy them!) My question is: do we ever give young people a proper platform to express their thoughts or opinions? Why must adults only impose their views and beliefs on them? As mentioned before, children's wisdom can often leave you feeling inadequate! Also, the way some of them can get out of a sticky situation, is nothing short of sheer ingenuity. I remember

an incident many moons ago. My principal had sent me to Class 3 to fill in for a Bengali teacher who was absent that day. So, I asked a student to recite the poem while I illustrated it on the blackboard. Suddenly I heard some murmurs and I stopped what I was doing and asked the class what the disturbance was about. One distressed child piped up saying with a horrified expression: "Ma'am, Lalita is saying that her drawing teacher draws much better than you!" The said Lalita was unfazed, and she said: "My drawing master draws all day. He gets plenty of practice. For a history teacher you draw quite well." Frankly, I was quite speechless at the tactful and logical way in which she deflected an awkward situation. I thanked Lalita for her compliment but the girl who had complained still looked indignant. I feel good that instead of silencing them I listened to both the students. In the context of children, I have noticed that they often make philosophical pronouncements which are astonishing. I believe a child told his friend that he had used a word which he had just made up. And his friend's response was: "All words were made up sometime." Our teachers kept telling us not to talk so much, and they didn't tire of repeating the adage: "God gave us two ears but only one mouth for a reason. Think about it." Let us listen more not only to each other but also to the rhythm of life and nature and to different voices.

NEET UG 2025: Role of Mental Health, Strategies to stay Focused and Calm

By: Vijay GarG

Effective NEET preparation requires more than just academics; incorporating mindfulness, regular exercise, and a balanced lifestyle are essential for managing stress and enhancing focus. Prioritizing mental health is key to achieving success in the exam.

Tips for maintaining mental health and focus during NEET preparation, including mindfulness and stress management strategies.

The National Eligibility and Entrance Test Undergraduate (NEET UG) preparation process can be demanding and stressful. It takes more than just academic preparation to manage a demanding study schedule and the pressure to achieve well—strong mental health measures are also necessary. Sustaining mental health is essential for focused learning, successful study, and general performance. Here are a few original ways to maintain composure, concentration, and mental health while preparing for NEET UG.

Recognising the effects of mental health

Exam preparation is dependent on mental wellness. Exam performance, memory retention, and cognitive processes can all be strongly impacted by stress, worry and burnout. Inadequate mental well-being can result in diminished focus, disturbed sleep cycles, and an

absence of drive. As a result, taking proactive measures to address mental health issues can improve your capacity for successful study and NEET UG performance.

Techniques for stress management and maintaining focus

1. Include mindfulness techniques: Being mindful entails focusing on the here and now without passing judgement. Including mindfulness practices, like yoga, meditation or deep breathing exercises, can aid in the management of stress and anxiety. Practising mindfulness for just ten to fifteen minutes a day will help with focus and emotional regulation, which can help you cope better with the demands of NEET preparation.

2. Make attainable goals and acknowledge little victories: Having attainable goals aids in preserving motivation and a feeling of success. Divide your preparation into manageable goals, like finishing a chapter or becoming an expert on a certain subject. Recognise your improvement, reward yourself with a tiny gift, or engage in a soothing activity to commemorate these little successes. This method maintains your motivation and rewards positive conduct.

3. Establish a customised study plan: A strict, one-size-fits-all study schedule may be too much to handle. Instead, create a customised study plan that works with your everyday routine and learning style.

Divide up study sessions into digestible portions and incorporate brief breaks. Sort topics into priority lists according to your skills and shortcomings, and make sure each session has attainable goals. Having a flexible schedule helps you cope with stress and adjust to your requirements as they change.

4. Exercise on a regular basis: Exercise is an excellent stress-reduction strategy. Regular exercise produces endorphins, which are organic mood enhancers. Examples of this type of exercise include jogging, cycling, or even brisk walks. Exercise also raises energy and general health, which facilitates concentration during study sessions. On most days of the week, try to get in at least 30 minutes of exercise.

5. Keep a balanced diet and adequate hydration- For optimum mental and physical performance, a balanced diet and adequate hydration are prerequisites. Assemble a diet rich in whole grains, lean proteins, fruits, and vegetables. Sugary snacks and too much coffee should be avoided since they can cause energy slumps and elevated anxiety. Water keeps you hydrated and helps you stay focused.

6. Practice relaxation techniques: Acquiring relaxation skills will ease anxiety and help you relax. Techniques that work well include progressive muscle relaxation, guided imagery, and relaxing music. To keep your mind clear and

concentrated, include these practices into your everyday routine, particularly before study sessions or bedtime.

7. Make rest and sleep a priority- Getting enough sleep is essential for healthy brain development and general well-being. Make sure you follow a consistent sleep schedule and obtain 7 to 8 hours of sleep every night. Stay away from studying late at night and using screens right before bed as they can interfere with your sleep. A mind that has had enough sleep is more concentrated, awake, and capable of handling the strain of a test.

Effective mental health management is essential for NEET preparation to be successful. You can increase focus, lower stress levels, and perform better overall by implementing mindfulness techniques, creating attainable objectives, exercising, and leading a balanced lifestyle. Recall that maintaining your mental health requires more than just getting through the planning stage. Put these techniques into practice to remain composed, concentrated, and prepared to do well on the NEET exam.

(Vijay GarG Retired Principal Educational columnist street Kour Chand MHR Malout)

GGM Science College hosts Inter-Collegiate Football Tournament

Top News Report

JAMMU, Sep 18: Inter-Collegiate Football Tournament was inaugurated at the GGM Science College grounds with an impressive and exhilarating opening ceremony.

The event was graced by Dr. S.P. Sarswat, Principal of PSPS GCW Gandhi Nagar and Nodal Principal for Jammu Division Colleges, who led the inaugural proceedings being the Chief Guest of the event.

The ceremony was further elevated by the presence of Dr. Naven Anand, Dean of Academic Affairs at Cluster University Jammu, as guest of honour and Prof. (Dr.) Romesh Kumar Gupta, Principal of GGM Science College Jammu.

The gathering also included Principals of various colleges that include Prof. (Dr.) Rajinder Singh Principal SPMR Commerce College Jammu, Prof. (Dr.) B. B. Anand Principal MAM College Jammu, Prof. (Dr.) Jyoti Parihar



Principal B.Ed. College Jammu, esteemed faculty members, Physical Directors of constituent colleges, a vibrant array of students, and football players.

The event on behalf of Cluster University of Jammu, was organized under the meticulous supervision and guidance of Prof. (Dr.) Romesh Kumar Gupta, Principal GGM Science College, with close coordination from Dr. Vinod Kumar Bakshi, Director Physical Education and sports, Dr. Anshul Sawhney Convener Hospitality and Protocol committee,

Dr. Sunil Dutt, Convener of the Sports Committee, and Dr. Ashaq Hussain, In-Charge of Football on behalf of Cluster University of Jammu. The opening ceremony was made festive by the rhythm of band played by the Police Pipe band accompanied by the NCC Cadets, and of the College led by Dr. Shafia Saleem and Dr. Davinder Kumar (NCC Officers) besides NSS Volunteers.

Earlier Dr. Ashaq Hussain, Associate Professor and In-Charge of the football game, while carrying the proceedings of the Programm, extended

a warm welcome to all guests and dignitaries at the grand ceremony. Following this, Dr. Vinod Kumar Bakshi delivered an insightful introductory address, setting the stage for the day's festivities.

Later, in his presidential address, Prof. S.P. Sarswat emphasized the significance of sports and extracurricular activities, noting that the tournament transcends mere competition. He highlighted that the event is a celebration of sportsmanship, unity, and the remarkable talent possessed by each student. Prof. Sarswat inspired the players by stating that true success begins within oneself and that each participant has the inner spark and drive to not only compete but excel and showcase their best on the field.

The inauguration marked the beginning of what promises to be a thrilling and memorable football tournament, celebrating the spirit of

sports and camaraderie among colleges. In the very first match Played between Mam College Jammu and SPMR College of Commerce Jammu, the 1st goal was scored by Vishvjeet Singh for M. A. M College whereas the other goal for the same team was score by Rakshit in 25th minute in this way in the inaugural match, MAM College Jammu registered win by 2-0 goals.

The match was officiated by Aman Sudan, Karthik Sharma, Atul Verma, Rahul Sharma, and Gagan Kumar in presence of Physical Directors of constituent Colleges of Cluster university Jammu including Neenu Sawhney, Ravi Kumar, Sh. Ramandeep Kralia and Kajal Premi.

Others who were present on the occasion include Dr. Anshul Sawhney, Dr. Arun Sharma, Dr. Shafia Saleem, Dr. Sanjay Kumar, Dr. Mona Sethi, Dr. Ankush, Prof. Nisha Sharma, Prof. Kiran Bala, Prof. Vishal and Dr. Sheetu Raina.

Madhuparamhans ji delivers religious sermon

Top News Report

JAMMU, Sep 18: In a powerful sermon delivered by Sadguru Shri Madhuparamhans Ji Maharaj in Ranjri, Jammu, he emphasized the unique nature of the soul, which transcends the physical elements and the attachments of the mind and Maya. He pointed out that many people, despite leading seemingly fulfilling lives with material comforts, fail to recognize the importance of seeking salvation.

He compared the soul to pure water, highlighting that while the soul itself is untainted, the experiences and attachments of life can muddy its clarity. Just as a child may not understand the value of money until they grow older, many individuals remain unaware of the significance of salvation, often due to ignorance and a lack of curiosity.

Sadguru noted that people are caught in a



cycle of living for worldly pleasures—education, jobs, families—without realizing the transient nature of these pursuits. He illustrated this with the analogy of a gambler who, despite the joy of winning, ultimately must leave everything behind, mirroring how people leave this world filled with regrets.

He stressed that ignorance, rooted in Tamoguna (one of the three gunas in Hindu philosophy), blinds individuals to the truth of their existence

and keeps them bound to the material world. The mind, which mistakenly identifies itself with the body, becomes the true enemy, obstructing the soul's journey toward liberation.

Ultimately, Sadguru called for a deeper understanding and effort toward salvation, urging individuals to recognize their true nature beyond the mind and body, and to strive for spiritual awakening and liberation from the cycle of birth and death.

GDC Kathua signs MoU with LBS College of Education, Kathua



Top News Report

KATHUA, Sep 18: A Memorandum of Understanding was signed by Government Degree College (Boys), Kathua with Lal Bahadur Shastri College of Education, Rajbagh, Kathua for the period of five years.

The objectives of MOU are to promote mutual understanding and cooperation in the areas of teaching-learning process, research, education, student exchange, faculty exchange, joint programs and Internship activities.

The institutions agree to cooperate in the areas viz. Student Exchange, Faculty Exchange, Joint Research Projects, Conferences, Seminars and Workshops, Resource Sharing, NEP-2020 Implementation, Promotion of Indian Knowledge System, Faculty Development Programmes, Promotion of Arts, Culture & Languages, Book Publications and Internship Programmes.

Both institutions will facilitate the exchange of students for short-term educational programs. Faculty members from both institutions will col-

laborate in teaching, research and other academic activities. Collaborative research projects will be encouraged and supported by both institutions in areas of common interest. The institutions will jointly organize and participate in academic conferences, seminars and workshops.

Both institutions agree to share academic resources, such as libraries, laboratories and databases. The institutions will share the ideas and take initiatives for the successful implementation of NEP-2020 with regard to curriculum designing, teaching-learning and evaluation practices.

The institutions will establish IKS cells and organise activities / programmes regarding rich Indian Knowledge system. The institutions will jointly organise faculty development programmes annually for the faculty members for upskilling and updating them regarding new trends in the field of education. Both Institutions will take initiatives for the promotion of local arts, culture and regional languages. The faculty of

both institutions shall be involved in the publication of books with ISBN for the students of Degree colleges and B.Ed. colleges of UT of J&K. Lal Bahadur Shastri College of Education will train the students of subject Education of FYUGP (under NEP-2020) of Government Degree College (Boys), Kathua in different approaches of lesson planning under internship programs.

The MoU came into effect on Wednesday and will remain in effect for a period of 05 years. The MOU was signed by the Principals of both institutions namely Prof. Seema Mir and Dr. Brij Bala Kohli in the presence of Dr. Ram Singh, Head, Department of Education and Prof. Ravinder Kour, Convener, IQAC, GDC Kathua and Harbans Singh, Administrative and Priyanka Sharma, Convener, IQAC, LBS College of Education, Rajbagh Kathua. Prof. Sanjay Karlupia, Prof. Neelam Bhagat, Prof. Shalini Sharma, Dr. Dinesh Jasrotia, Dr. R.K. Manhas, Dr. Yash Pal Sharma and Prof. Ambika Rajput also graced the occasion.

World Bamboo Day celebrated at SPPND GDC Samba

Top News Report

SAMBA, Sep 18: The Department of Botany and Basantar Eco Club celebrated World Bamboo Day-2024 under the patronage of Principal of the College Prof. (Dr.) Twinkle Suri.

This year's World

Bamboo Day with enthusiastic participation of the students.

The programme started with plantation of Bamboo saplings in the Botanical Garden of the campus.

Bamboo, an incredible plant with remarkable properties, is one of the fastest growing plants on



Bamboo Day theme is "Next generation bamboo: solution, innovation and design".

The major highlights of the programme include Bamboo plantation drive and Exhibition-cum-sale of innovative bamboo articles.

In her address, the Principal congratulated the efforts of the organizing team in embracing sustainability and innovation via celebrating World

Earth, capable of combating Climate Change by sequestering carbon and improving soil health.

The Exhibition-cum-sale of innovative bamboo articles witnessed huge participation by faculty members and students. The initiative aimed at raising awareness about the environmental, economic and cultural significance of Bamboo. A green solution for sustainable future.

NDA honours Rajat Charak for winning silver medal at 10th Asian Wushu Championship



Top News Report

JAMMU, Sep 18: Nations Development Association (NDA), a registered NGO, honoured Rajat Charak, son of Pawan Singh Charak from Chak Lala, Bishnah, District Jammu, for his outstanding achievement at the 10th Asian Wushu Championship held in Macau, China.

Rajat Charak brought laurels to Jammu and Kashmir by securing a silver medal in the below 90kg weight category. The Indian team, comprising 24 members, delivered an impressive performance, winning one gold, five silver, and three bronze medals.

Swarn Singh Charak Chairman Nations Development Association, Sushil Singh Charak, Founder, General Secre-

tary, and Former Chairman of NDA, Deepak Singh Charak, Ashu Kumar, Aakash Singh along with NDA members, presented Rajat Charak with a Bouquet of flowers to recognize his achievement.

Rajat Charak's Achievement. Silver medal in below 90kg weight category. India's Performance. One gold, five silver, and three bronze medals. 10th Asian Wushu Championship. Held in Macau, China, from September 9 to 16. Jammu and Kashmir's Athletes, Shine on the global stage.

Sushil Singh Charak praised the team's efforts, stating, "Rajat Charak's exceptional performance earned him a silver medal, making Jammu and Kashmir proud."

Apni Party is only hope for people of Jammu & Kashmir, says Pavneet Kour

Top News Report

JAMMU, sep 18: In a strong display of support, the Jammu Kashmir Apni Party organized a padyatra (foot march) from Ranibagh to Chatha Morh, led by Pavneet Kour, the party's candidate for Jammu South.

The march witnessed a large turnout of enthusiastic supporters, with workers chanting slogans in favor of Kour, showcasing the rising momentum behind her campaign.

Addressing the media during the padyatra, Pavneet Kour stated, "The Apni Party is the only hope for the people of Jammu & Kashmir. The people of Jammu South have expressed their desire for change, and we are committed to fulfilling their aspirations." She emphasized the party's dedication to inclusive growth, minority rights, and addressing



the pressing needs of the region.

The padyatra saw growing participation, with supporters energized by Kour's vision for Jammu South. The event concluded with Kour thanking her supporters and reaffirming her commitment to bringing about meaningful change in the region.

Provincial Senior Vice President and former MLA Faqir Nath, Provincial Secretary Rohit Gupta, Pushap dev uppal

dist president jammu rular A, State President of the Trade Wing Ajaz Kazmi, Provincial President of the Minority Wing Balbir Singh, Provincial President of the Transport Union Tirath Singh, District President of the Minority Wing Inderpal Singh, along with Vaibhav Mattoo, Dalbir Singh, Neelam Gupta, Ritu Pandita, Farooq Chauhan, Ritu Devi, and Sunita Devi, were also present at the padyatra.

GDC Paloura conducts intra college debate competition

Top News Report

JAMMU, Sep 18: IQAC of Govt Degree College, Paloura, Jammu under the guidance of the college Principal, Dr. Kulvinder Kaur successfully conducted an engaging intra college debate competition on the topic, "Social Media: A Boon or a Bane".

The event aimed at fostering critical thinking and public speaking skills attracted wide participation from students of the college.

The event was organized by the Department of English. The aim of the programme was to inculcate awareness among students regarding social media and its benefits as well as its drawbacks.

The jury members for the competition were Dr. Sapna Sharma, Associate Professor and Head, Dept of Chemistry and Prof. Pooja Sharma, Head of Dept, Sociology, Govt Degree College, Paloura. Time management during the debate was handled by Prof. Poonam Rainu, Assistant Professor, Department of Sociology.

The proceedings were compared by Janshee and Tanmay of Semester 3rd.

After intense rounds of debate Shazia Choudhary of 5th semester was declared the winner of the competition. Jaswant Singh and Tanmay Mahajan of 3rd Semester shared the second position

and Rohan Singh of 5th semester got third position.

The winners and participants were awarded certificates by the Principal of the college who applauded their dedication and preparation. She expressed immense pride in the student's performance.

She congratulated the participants for their enthusiasm and motivated them to actively take part in such events.

The event concluded with a vote of thanks by the organizing committee who extended gratitude to the Principal, Dr. Kulvinder Kaur, faculty, judges and all participants for making the event a success.

SPPND GDC Samba signs MoU with Social Welfare & IIMCSD Samba

Top News Report

SAMBA, Sep 18: In a landmark initiative to empower students and enhance educational outcomes, Shri Pandit Prem Nath Dogra Government Degree College, Samba signed two significant Memoranda of Understanding (MoUs) with the Social Welfare Department Samba and also with Institute of Mass Communication and Skill Development (IMCSD), Sarore Samba.

The signing ceremony was graced by Nawaz Sharief, District Social Welfare Officer, from Social Welfare Department and Vikas Sharma, Managing Director/CEO

of IMCSD. The partnership aims to provide comprehensive skill development training and Internship programmes with special focus on mass communication and other vocational modules thereby preparing the youth for emerging industry in alignment with the governments Skill India Mission.

The partnership marks a significant milestone to equip the young learners with essential skills for their future careers under different schemes like Mission Shakti and Mission Vatsalya.

The Social Welfare department will also sponsor the education expenses of the meritorious and

financially weaker female students of the college under 'Beti Padoo, Beti Bachao' Scheme.

The MoU with IMCSD exemplifies the commitment to bridging the gap between education and industry, by providing exposure to students of SPPND GDC Samba in various aspects of journalism including news reporting, anchoring, content writing, camera facing, digital media, communication skills and broadcasting.

This collaboration signifies a proactive approach to addressing the skill gap in the region ensuring that students from College are not only academically proficient but also career-ready.

GCW Bhagwati Nagar organizes Swachhata Pledge event

Top News Report

JAMMU, Sep 18: The Eco Club 'Tawishi' and NSS unit 'Veerangana' of GCW Bhagwati Nagar organized a Swachhata Pledge Event on Wednesday marking the launch of a series of activities in celebration of Swachh Bharat Diwas.

The theme for this inaugural event, "Swabhav Swachhata - Sanskaar Swachhata," focused on fostering cleanliness and environmental awareness.

The event brought together students and faculty, united in their commitment to a cleaner and greener future. It commenced with an inspiring address by Dr. Meeru Abrol, the Principal of the college, who highlighted the vital role of individual

responsibility in maintaining cleanliness and safeguarding the environment.

Students actively engaged in the event, enthusiastically sharing their thoughts on sustainable practices and emphasizing the significant role of youth in driving positive change. Together, they took a collective pledge to uphold cleanliness in their personal lives and within their community, embodying the spirit of the Swachh Bharat Mission, which aims to enhance awareness about sanitation and hygiene.

The event was expertly organized by Dr. Mosmi Raina, Convener of the Eco Club, reflecting a dedicated effort to inspire and mobilize the college community towards sustainable practices.

Anmol Sidhu, whose film Jaggi was a hard-hitting statement on toxic masculinity, now trains his camera on the lives of orchestra dancers

Beyond Carry on Jatta and Jatt and Juliet, beyond balle balle Punjab, stands Anmol Sidhu's hard-hitting statement on toxic masculinity, Jaggi. While the young director's debut film has been picking up laurels ever since it premiered in 2022 at Indian...

Beyond Carry on Jatta and Jatt and Juliet, beyond balle balle Punjab, stands Anmol Sidhu's hard-hitting statement on toxic masculinity, Jaggi. While the young director's debut film has been picking up laurels ever since it premiered in 2022 at Indian Film Festival of Los Angeles, Sidhu would not care to repeat himself. As he is ready with yet another film, as yet untitled, an incisive look at the struggles of orchestra dancers, the film will certainly bear the stamp of realism. It has been born out of an actual incident and based on tales of scores of such women Sidhu interviewed. But the genre, he insists will be totally different from Jaggi.

Indeed, a film on dancers will have a lot of music and dance and he has picked up songs and pop references which are an integral part of Punjabi weddings. But it will not be all naach gaana as we or our cinema understands it. Interestingly, Sidhu's young actors not only first learnt how to dance, but he even captured them performing at actual marriage functions and not reel ones. He shares, "None of the marriage sets you see in the film have been created but are scenes from real weddings." Precisely why, it took him a long time to shoot.

The trigger for the film lay in a tragic incident of 2016 when an orchestra dancer was shot dead on a stage in Bathinda. So affected was Sidhu by the



unfortunate turn of events that he noted it down in his diary. For the making of his film, the more he interacted with these dancers, the more he realised the challenges they face on stage and in their personal lives.

Circling around five women, he can't say whether the film will be as brutal or intense as Jaggi, but it won't shirk away from looking at harsh realities of Punjab in the eye. There are many more concerns that bother him and you will soon see him exploring issues like Punjab's drug problem for sure, but not in the clichéd fashion, in which these are often depicted.

Growing up in Kauloke village in district Bathinda, what made this youngster move against the tide and tread on a path Punjabi cinema rarely does? Well, Sidhu recalls how as a young child he would get epileptic fits and since bright light triggered

that, his parents kept him away from television. Thus he missed watching regular Hindi cinema. Once cured, his first introduction to cinema was on a laptop and invariably movies with a cutting edge. If Anurag Kashyap's Gangs of Wasseypur remains his Bible, he also swears by films like Ritesh Batra's The Lunchbox. In Punjabi cinema he has been inspired by Gurdinder Singh's Chauthi Koot. Of course, his real guru is theatre person Chakresh, from whom he learnt how to immerse oneself fully in the character. The same rules of becoming one with the role, gain and lose weight, not cut hair or shave your beard, are today applied by him on his actors. Like Jaggi, his new film too stars many debutant actors. One day he would love to work with big names like Dev Khairoud, Gurpreet Ghuggi and even Jaswinder Bhalla —

all of whom he thinks are phenomenal actors, only typecast. "Comedy", he insists, "is not an easy genre to master. Only of late, it is getting formulaic."

If his cinema is candid to the point of being discomfiting, he is equally honest in his assertions. While making Jaggi, he insists, he was only trying to communicate the pain of a man under sexual assault and not trying to take any unwanted cinematic liberties in the name of realism. Certain meanings and words that critics attributed to the film, he was totally oblivious of. Why he didn't even have any idea that films are reviewed and there are critics to do the job. And when Jaggi landed at film festivals, he was often at a loss for words. Today, of course, even heavy questions like, 'what is the purpose of cinema' evoke more than a logical answer. Naysayers may feel cinema can't change society, he believes, "Movies, especially, those that stay with you, possess the power to transform you even if by a .01 per cent."

Jaggi may have touched more than a raw nerve and won praise too, but he knows as of now he and his cinema are only a work in progress and he is yet to develop a distinct voice of his own. But, he is certainly in quest of a language, that will not necessarily make him stand out, but certainly those on the margins whose stories he cares to tell.

Demi Lovato gets anxiety if she thinks 'too hard' about ageing



Singer-songwriter and actor Demi Lovato talked about her latest documentary Child Star, and discussed the process of ageing and how much it affects her mentally, reported People.

Demi Lovato on ageing "Aging is something that, if I think too hard about it, I can get anxiety about — not because I'm worried about how I look or the changes in my body or my face, but because of that existential dread," shared Demi, who will make her directorial debut with the documentary.

"I like to stay in the present moment. When we think about things

that are in our past or things that are in our future, we're not present, and presence is the biggest gift that we can give ourselves," she added.

About the documentary, Child Star

In the teaser of Child Star, one can see the video of Demi, Drew Barrymore, JoJo Siwa, Kenan Thompson, Raven-Symone, Christina Ricci and Alyson Stoner from the past and present.

"This was just a story that I had been wanting to tell for quite some time. I've always thought about exploring the history of child stars, and also looking at different points of views and the perspective of what it's like to be a child star in today's day and age," said Demi.

She continued that in her own part she has "been very, very honest in the past, and I've demonstrated that vulnerability throughout my life. I've shared a lot with people, and I've realized that my experiences don't define me."

The ace star further shared that as a human being "we always want what we can't have. And so when we get older, we sometimes put pressure on ourselves because we're not as young as we used to be," reported agency.

Kangana Ranaut faces court notice over 'Emergency' movie complaint

A Chandigarh court has issued notices to actor-turned-politician Kangana Ranaut and other respondents for December 5, regarding a criminal complaint filed over the movie "Emergency". The complaint, filed by Ravinder Singh Bassi, president of Lawyers for Humanity, alleges that the film maligns the image of Sikhs and misrepresents historical facts.

Bassi claims that Ranaut, with malicious intent, falsely presented Sikh history, creating division between communities and hurting Sikh sentiments. He asserts that Ranaut portrayed Sikhs negatively without studying historical facts and made false allegations against the supreme temporal seat of the Sikh community.

The complaint seeks registration of an FIR



under Sections 196(1), 197(1), 302, and 299 of the BNSS. The court has jurisdiction, as the

complainant, a devoted Sikh, and the Sikh community's feelings have been hurt.

Karan Johar to host Indian adaptation of 'The Traitors' for Prime Video

Producer-director Karan Johar is all set to host the Indian adaptation of popular reality show 'The Traitors' for Prime Video, the streamer announced.

The OTT platform has joined hands with independent distributor All3Media International for the BAFTA and Emmy Award-winning global format that is produced by BBC Studios India Productions.

The game show, which has been adapted in over 20 countries, will premiere exclusively on Prime Video in Hindi with subtitles in English.

The show, set as an ultimate game of trust and deception, will see 20 players competing for a cash jackpot at a royal palace. They have to carry on many missions to win the cash prize but unknown to them, a few amongst them will be 'traitors', secretly chosen at the



beginning of the show by the host, a press release said.

"The Traitors' is one of the most watched reality series, with its popularity growing all over the world as the audience laps up the riveting drama and entertainment. Having watched the UK and US versions, I have become an avid fan of the format

and am in awe of Claudia Winkleman and Alan Cumming, who are so marvellous in the way they host their respective shows with poise yet suspenseful theatrics that leave you at the edge of your seat.

"Building on the very successful relationship with Prime Video, I am thrilled to take on the mantle as the host for

the Indian adaptation of the show. And the 20 players on the show are in for an unforgettable and unpredictable journey, especially with me operating in the shadows," Johar said.

Nikhil Madhok, Head of Originals, Prime Video India, said unscripted content continues to be a key focus for us at the streamer as they have witnessed "an exponential growth in the consumption, attention, and appreciation" in the content for shows such as 'Angry Young Men' and 'Follow Kar Lo Yaar'.

"In our journey of introducing highly compelling and bingeable unscripted content, 'The Traitors' marks a significant milestone for Prime Video. It is a unique reality format that has enthralled a global audience in various regions and languages. An exciting show like this requires an equally exciting host.

We are thrilled to have Karan Johar host and commandeer the show. Who better than him to amp up the drama and entertainment," Madhok said.

According to Sabrina Duguet, EVP APAC at All3Media International, 'The Traitors' will create a whole new genre of fandom in India when it premieres on Prime Video. "We're also thrilled to share that following this deal with Prime Video India there are now over 30 versions of 'The Traitors' commissioned worldwide," Duguet said.

Sameer Gogate, GM BBC Studios India Productions, said, "... Keeping true to the international format and scale, the Indian adaptation will appeal to audiences of all ages with varied choices and preferences. We can't wait for them to enjoy this game."

Kate Winslet reveals testosterone therapy at 48 to boost her 'sex drive': 'You'll feel sexy again...'

Kate Winslet is opening up about how she restored her sex drive as she approached her late 40s. The celebrated Titanic star in a recent podcast interview candidly discussed her experience with testosterone replacement therapy. Winslet, now 48, shared advice with a listener struggling with a similar issue, explaining that dips in libido can often be linked to hormonal imbalances.

Kate Winslet opens up about testosterone therapy

"Sometimes women have a real dip in libido because there might be stuff going on with their thyroid," the Heavenly Creatures fame said on the Sept. 10 episode of the How to Fail with Elizabeth Day podcast. "There could also be stuff going on with your level of testosterone," she added while

offering advice to one of the listeners curious about reigniting her sex life.

"A lot of people don't know this, but women have testosterone in their bodies, and when it runs out — like eggs — it's gone," Winslet explained after the listener raised concerns about losing her sex drive with her long-term boyfriend. "Once it's gone, you have to replace it, and that is something that can be done. You'll feel sexy again ... I know," she added.

Kate Winslet gets candid about her personal life

Kate, whose movie Lee is soon to make its theatrical debut, has been a champion for women and has openly spoken out against body shaming and other issues in the past. Continuing in the same vein, the actress recently reassured a podcast caller



that "it's not [her] fault" for the changes women's bodies go through.

Additionally, the acclaimed star advised caller to check thyroid and testosterone levels, as hormonal imbalances can affect emotions and desire, especially with age. "It's not your fault, our bodies are weird and they behave in strange ways, especially as we get older," she added.

"So there could be a dip in those hormonal levels for you that is contributing much more than you think to how you're feeling about having sex with your boyfriend, so I would definitely go ahead and do that," Winslet continued.

Women 'get juicier and sexier' as they age

Winslet not only offered advice on boosting intimacy but also celebrated ageing

and embracing body positivity. The actress challenged societal expectations for women in their 40s that suggest ageing leads to negative and dull changes, asking, "So what?"

You think you're going into menopause and you'll stop having sex, your boobs are going to sag and your skin's going to go creepy," she explained. "First of all, so what? And secondly, it's just conditioning."

The actress emphasised that as women age, they become "juicier, sexier," and more confident in their truth, adding that this empowerment is a beautiful thing. She often reminds her friends, "You look amazing."

Lee, a drama about a model turned war photographer during World War II, is set to premiere on September 27.

Increased involvement of women in research and development crucial for country's progress: Murmu

JAIPUR, Sep 18 (Agencies): President Droupadi Murmu on Wednesday said that increased involvement of women in research and development is crucial for social and economic progress of the country as well as for enhancing the quality of life for women.

Addressing the 18th convocation of the Malaviya National Institute of Technology (MNIT) here, she also called upon the youth to shape the country on the strength of their education and determination.

"Out of the 20 gold medals that I have given today, 12 posi-



tions have been won by girls. This ratio of girls among medal winners is a proof that if they are given equal opportunities,

they can achieve relatively greater excellence," she said.

"Greater participation of women in the field of research and development is important not only for the country's social and economic development, but also for improving the quality of life of our daughters," she said.

Murmu said the aim is to make India a developed nation by 2047.

"It is your duty to provide leadership to national development. You have to take the country forward," she said.

Sacking Gokhale VC another instance of institutional decay: Cong's Jairam

NEW DELHI, Sep 18 (Agencies): The Congress on Wednesday said the termination of Ajit Ranade from the post of Vice-Chancellor of the Pune-based Gokhale Institute of Politics and Economics was yet another instance of "institutional decay taking place in an increasingly illiberal atmosphere".

Taking to X, Congress general secretary in-charge of communications Jairam Ramesh said, "In February 2022, Ajit Ranade was appointed the VC of the prestigious Pune-based Gokhale Institute of Politics and Economics. This selection was widely acclaimed."

"In September 2024, he gets sacked on the grounds that he does not have 10 years of teaching experience as per UGC rules.

Isn't this strange? Surely, this information was available to the appointing authorities two years back," Ramesh wrote.

The Congress leader said Ranade was highly educated and an accomplished scholar with degrees from IIT-Mumbai and IIM-Ahmedabad.

"These academic credentials cannot be bettered. He has published a number of well-cited research papers and has had long experience in the corporate sector. He has been associated with academic institutions much before February 2022. All through, he has always maintained his professional independence and integrity," Ramesh added.

The Congress leader claimed that there was more to Ranade's "abrupt" removal than



what met the eye. "Whatever it is, it is a sad commentary on how institutional decay is taking place in an increasingly illiberal atmosphere," the senior Congress MP said.

Congress holds protests against Ravneet Bittu's 'terrorist' jab at Rahul Gandhi

Congress leader Ajay Maken filed a complaint against BJP leaders and Ravneet Bittu over open threats to 'eliminate' or cause physical injury to Rahul Gandhi.



NEW DELHI, Sep 18 (Agencies): Congress leaders on Wednesday staged a massive protest in Delhi against Union Minister Ravneet Singh Bittu for allegedly calling Leader of Opposition Rahul Gandhi the "number one terrorist of the country". Bittu's jab came in response to Rahul Gandhi's remarks on Sikhs during his US visit.

Several Congress leaders, including the party's Delhi unit chief Devender Yadav, were detained as they held a protest march in the national capital. Visuals showed Congress leaders being dragged by cops to a police vehicle. "We are fighting to

protect the Constitution following the path of Rahul Gandhi. We are not scared of the BJP," said Yadav while being detained by the police.

Separately, Congress leader Ajay Maken filed a complaint against BJP leaders and Bittu over open threats to "eliminate" or cause physical injury to Rahul Gandhi.

The complaint stated that BJP leader Tarvinder Singh Marwah openly issued an assassination threat against the Raebareilly MP. Marwah had said if Rahul Gandhi didn't mend his ways, he would meet the same fate as his grandmother Indira Gandhi.

"You are making such statements about a person whose family members sacrificed their lives for the country. Politics can never stoop to this level," Maken said after filing the complaint. Congress leader Sandeep Dikshit called the statement "pathetic" and said that strict action would have been taken if anyone from the Opposition had made such a remark to any Union Minister.

"This is a pathetic statement. The statement instigates violence and they (BJP) are showing their mentality. They are displaying that they have no character or culture. There is no reaction from the Prime Minister when such a remark is made against the LoP. If such a remark was made against a cabinet minister, the person would've been charged with sedition," Dikshit said.

Meanwhile, Shiv Sena (UBT) leader Sanjay Raut said that the act of openly giving a death threat to a member of the Opposition "only happens in Russia".

'Bulldozer' not symbol of rule of law; SC fulfilled Centre's responsibility: Mayawati

LUCKNOW, Sep 18 (Agencies): Former Uttar Pradesh Chief Minister and BSP president Mayawati on Wednesday expressed serious concerns over the "rising" trend of using bulldozers for demolitions, saying it does not symbolise a just rule of law.

The Bahujan Samaj Party supremo also stressed that the Centre and state governments must pay attention to the implementation of the Constitution and the rule of law.

Her remarks came a day after the Supreme Court said there would be no demolition of properties, including of those accused of crime, till October 1 without its permission, while observing that even one instance of illegal



demolition was against the "ethos" of the Constitution.

"Despite bulldozer demolition not being a symbol of the rule of law, the increasing trend of its use is a matter of concern.

However, when the general public does not agree with the bulldozer or any other matter, then the Centre should come forward and make uniform guidelines for the whole country, which is

not being done," Mayawati posted on X in Hindi.

"Otherwise, in the case of bulldozer action, the Hon'ble Supreme Court would not have had to intervene and fulfil the responsibility of the central government, which was necessary. The central and state governments must pay attention to the implementation of the Constitution and the rule of law," she added.

"My daughter would have been alive if...": Kolkata doctor's father

"The day the accused will be punished, that day will be our victory," the doctor's father said.

KOLKATA, Sep 18 (Agencies): The father of the trainee doctor from Kolkata's RG Kar Medical College who was raped and murdered today said his daughter would have been alive if West Bengal Chief Minister Mamata Banerjee had taken action against former RG Kar Medical College principal Sandeep Ghosh in 2021.

"CBI is doing its job, we cannot say anything about this (investigation)... Whoever is connected to this murder in some way or those who are involved in tampering with evidence, all are under investigation... They are sitting in protest (protesting junior doctors) with pain, they are like my children, we feel pain seeing them... The day the accused will be punished, that day will be our victory... In the year 2021 also, many allegations were levelled against former principal Sandeep Ghosh; if the Chief Minister had



taken action against Sandeep Ghosh then, today my daughter would have been alive," the victim's father told reporters.

Earlier today, IPS officer Manoj Kumar Verma has been appointed as the new Commissioner of Police (CP) for Kolkata following the removal of Vineet Kumar Goyal from the position.

The decision comes after West Bengal Chief Minister Mamata Banerjee agreed to the demands made by junior doc-

tors protesting the recent rape and murder case at Kolkata's RG Kar Medical College and Hospital.

Following her meeting with the protesting junior doctors, Chief Minister Mamata Banerjee announced that most of their demands had been met, including the removal of Kolkata CP Vineet Kumar Goyal and certain officials from the health department.

Amid the ongoing protest

against the rape and murder of the second-year postgraduate trainee doctor inside a seminar room of Kolkata's RG Kar Medical College on August 9, the front noted down five-point demands, which include the call for justice for the victim "Abhaya" and to expedite the investigation process in the case.

They also demanded the removal of the Director of Medical Education (DME), the Director of Health Services (DHS), and the Health Secretary from the Department of Health and Family Welfare of the West Bengal Government.

The front called for "action against incompetent and complacent police authorities" and demanded the removal of Kolkata Commissioner of Police Vineet Goyal as well as the Deputy Commissioner of Police of North and Central for administrative failure and alleged evidence tampering.

If use of loudspeakers harmful for Ganesh festival, same for Eid too: Bombay High Court

A division bench of Chief Justice D K Upadhyaya and Justice Amit Borkar made the remark while hearing a bunch of public interest litigations (PILs) seeking a ban on the use of "DJs", "dance" and "laser lights" during the Eid-e-Milad-un-Nabi processions.

MUMBAI, Sep 18 (Agencies): The Bombay High Court said on Wednesday that if the use of loudspeakers and sound systems beyond permissible noise levels was harmful during the Ganesh festival then it also has the same effect during the Eid-e-Milad-un-Nabi processions.

A division bench of Chief Justice D K Upadhyaya and Justice Amit Borkar made the remark while hearing a bunch of public interest litigations (PILs) seeking a ban on the use of "DJs", "dance" and "laser lights" during the Eid-e-Milad-un-Nabi processions. The petitions urged

HC to direct the civic bodies and police to refrain from granting permission for the use of such high-decibel sound systems.

The PILs claimed that neither the Quran nor the Hadith (holy books) prescribes the use of DJ systems and laser lights for the celebration.

The bench referred to an order passed by it last month just before the Ganesh festival wherein it emphasised the ban on the use of sound systems and loudspeakers emitting noise levels beyond the permissible limits specified under the Noise Pollution (Regulation and



Control) Rules, 2000, during festivals.

The petitioners' advocate Owais Pechkar sought the court to add Eid too in its earlier order to which the bench said that was not required as the order said "public festivals".

"If it is harmful for Ganesh Chaturthi, it is harmful for Eid also," the court said disposing of the petitions.

On the use of laser lights, the bench asked the petitioners to show scientific evidence regarding the harmful

effects of such lights on humans. The bench said before such petitions are filed, proper research should be done.

"Why didn't you do your research? How do we adjudicate such an issue unless it is proved scientifically that it causes harm to humans?" the bench said.

It added that the petitioners must help courts give effective directions.

"That's the problem. Before filing a PIL, you must do basic research. You should assist the court in giving effective direction. We are not experts. We do not know the 'L' of laser," the bench added.

3-Year-old student raped in Bhopal school, teacher arrested: police

The child is three years and seven months old, the police official said.



BHOPAL, Sep 18 (Agencies): Police have arrested a 28-year-old teacher from a private school in Bhopal for allegedly raping a three-year-old girl student, an official said on Wednesday.

The child's mother approached the police

on Monday after the school management allegedly ignored her complaint, Deputy Commissioner of Police Priyanka Shukla said.

The child is three years and seven months old, the police official said. Acting on the complaint, police visited the

school to gather information and arrested the accused, Kasim Rehan, a computer teacher.

According to the child's mother, she approached the school after spotting injury marks in her daughter's private parts, but the management ignored her complaint, the official said.

The accused has been booked under the Bharatiya Nyaya Sanhita (BNS) and the Protection of Children from Sexual Offences (POCSO) Act for rape, she said, adding that further investigation is underway.

Gold Apollo says pagers that exploded in Lebanon, Syria were made by company in Budapest

Gold Apollo chair Hsu Ching-kuang told journalists Wednesday that his company has had a licensing agreement with BAC for the past three years, but did not provide evidence of the contract.

TAIPEI, Sep 18 (Agencies): Taiwanese company Gold Apollo said Wednesday that it authorised its brand on the pagers that exploded in Lebanon and Syria but that another company based in Budapest manufactured them.

Pagers used by hundreds of members of the militant group Hezbollah exploded near-simultaneously Tuesday in Lebanon and Syria, killing at least nine people, including an 8-year-old girl, and wounding more than 2,000. Hezbollah and the Lebanese government blamed Israel for what appeared to be a sophisticated remote attack.

The AR-924 pagers used by the militants were manufactured by BAC Consulting KFT, based in Hungary's capital, according to a statement released Wednesday by Gold Apollo.

"According to the cooperation agreement, we authorize BAC to use our brand trademark for product sales in designated regions, but the design and manufacturing of the products are solely the responsibility of BAC," the statement read.

Gold Apollo chair Hsu Ching-kuang told journalists Wednesday that his company has had a licensing agreement with



BAC for the past three years, but did not provide evidence of the contract.

At about 3:30 p.m. Tuesday, as people shopped for groceries, sat in cafes or drove cars and motorcycles in the afternoon traffic, the pagers in their hands or pockets started heating up and then exploding — leaving blood-splattered scenes and panicking bystanders.

It appeared that many of those hit were members of Hezbollah, but it was not immediately clear if non-Hezbollah members also carried any of the exploding pagers.

The blasts were mainly in areas where the group has a strong presence, particularly

a southern Beirut suburb and in the Beqaa region of eastern Lebanon, as well as in Damascus, according to Lebanese security officials and a Hezbollah official. The Hezbollah official spoke on condition of anonymity because he was not authorized to talk to the press.

Experts believe explosive material was put into the pagers prior to their delivery and use in a sophisticated supply chain infiltration.

The AR-924 pager, advertised as being "rugged," contains a rechargeable lithium battery, according to specifications once advertised on Gold Apollo's website before it was apparently taken down Tuesday after the sabotage attack.

It could receive text messages of up to 100 characters.

It also claimed to have up to 85 days of battery life. That's something that would be crucial in Lebanon, where electricity outages have been common as the tiny nation on the Mediterranean Sea has faced years of economic collapse. Pagers also run on a different wireless network than mobile phones, making them more resilient in emergencies — one of the reasons why many hospitals worldwide still rely on them.

For Hezbollah, the militants also looked at the pagers as a means to counteract what's believed to be intensive Israeli electronic surveillance on mobile phone networks throughout the country.

"The phone that we have in our hands — I do not have a phone in my hand — is a listening device," warned Hezbollah chief Hassan Nasrallah in a February speech.

He later added: "I tell you that the phone in your hands, in your wife's hands, and in your children's hands is the agent. It is a deadly agent, not a simple one. It is a deadly agent that provides specific and accurate information. Therefore, this requires great seriousness when confronting it."

Multiple Ukrainian drone attacks force evacuation in Russian town



TOROPETS, Sep 18 (Agencies): A Ukrainian drone attack sparked a fire in Toropets, a town situated in the west of Russia's Tver region, causing a partial evacuation, regional authorities said on Wednesday.

Governor Igor Rudenya said emergency services in the town of Toropets were trying to "localise" the blaze caused by falling drone wreckage. However, no information about casualties is currently available.

A video showed multiple drones hitting a military site in Toropets, causing a massive explosion. Thick smoke could be seen billowing

from the attack site.

According to a 2018 report by a Russian news agency, Russia was building an arsenal for the storage of missiles, ammunition and explosives in Toropets, a 1,000-year-old town housing just 11,000 people. Schools and kindergartens were ordered shut and moved online on Wednesday in Zapadnodvinsky, which borders the Toropets area, the administration of the district reported.

Overnight attacks were also reported from western regions of Russia, including Bryansk, Kursk, Oryol and Smolensk.

As many as 54 drones that Ukraine launched

were shot down, Russian media agencies reported, citing a report by the Russian defence ministry.

One of Ukraine's biggest drone attacks on Moscow came in September, killing at least one person, damaging houses and disrupting flights at Moscow's airports.

Kyiv had earlier said that it strikes Russia's military, energy and transport infrastructures, which are key to the country's war efforts. Notably, both countries have been engaging in attacks ever since Russia launched its full-scale invasion of Ukraine in February 2022.

A student attending a Japanese school in China is attacked and a suspect is in custody

BEIJING, Sep 18 (Agencies): A 10-year-old student attending a Japanese school in southern China was attacked Wednesday and a suspect is in custody, officials said.

The student was stabbed by a man about 200 meters (220 yards) from the gate of the Shenzhen Japanese School, Ministry of Foreign Affairs spokesperson Lin Jian said in a daily briefing.

"The injured student was sent to hospital immediately and is being rescued with all-out efforts. The attacker

was arrested on site. The case is still being further investigated," Lin said.

The motive for the attack in the city of Shenzhen was not immediately clear.

In an email sent to Japanese citizens living in China, the Japanese Embassy warned residents to be vigilant and take precautions, citing knife attacks in recent months.

The Japanese Consulate in Guangzhou, which is responsible for Shenzhen, called for measures to prevent such incidents.

On June 24th, a knife attack at a school bus stop for a Japanese school in the southeastern city of Suzhou killed a Chinese national who was trying to stop the attacker and injured a Japanese mother and her child.

Earlier in June, a Chinese man stabbed four U.S. university instructors at a public park in Jilin in the northeast and a Chinese person who tried to intervene. The four instructors from Cornell College were teaching at Beihua University. None was in critical condition.

US Secret Service calls for new security arrangements if Trump continues golfing: Report

WASHINGTON, Sep 18 (Agencies): The 78-year-old former US President and Republican presidential candidate Donald Trump's love for golf may come with a hefty security price tag after the Secret Service thwarted a second assassination attempt on him in less than two months. The head of the US Secret Service told Trump that if he wants to continue playing golf, new security arrangements will be needed, according to a agency report.

In a private meeting with Secret Service acting director Ronald Rowe, Trump reportedly questioned Rowe about the safety of continuing to play golf, prompting Rowe to suggest that the golf course at Joint Base Andrews in Maryland would be easier to secure due to its military status.

This advice came after the



latest assassination attempt occurred on Sunday at Trump's golf course in West Palm Beach, Florida, where Secret Service agents fired on Ryan Wesley Routh, the would-be assassin, after spotting the barrel of his gun poking through the fence.

Routh, who had been hiding under the cover of darkness for nearly 12 hours in an apparent attempt to assassinate Donald

Trump, was later arrested by local police.

Before this assassination attempt, Trump had previously faced another assassination attempt at a rally in Butler, Pennsylvania. That attempt led to the resignation of the then Secret Service chief Kimberly Cheatle and Ronald Rowe taking on the role as an interim measure.

Despite the heightened threat

after the second assassination attempt, Trump assured supporters during a phone interview with agency that his security detail was being strengthened.

"We've long requested more people... I think we are getting it now. Somebody told me that they will be providing more people now," Trump told interviewer Sean Hannity, as reported by agency.

A Secret Service spokesperson, Melissa McKenzie, emphasised that Trump is receiving the highest level of protection.

"We will continue to evaluate and adjust our specific protective measures and methodology based on each location and situation," McKenzie said in a statement as reported by agency.

However, West Palm Beach Sheriff Ric Bradshaw pointed out that "Trump's security detail was not as tight as that of a sitting president".

Google wins challenge against Brussels' \$1.66 billion antitrust fine

BRUSSELS, Sep 18 (Agencies): An EU court on Wednesday scrapped a 1.49-billion euro (\$1.65 billion) fine imposed by Brussels against Google for an abuse of dominance over online advertising. "The General Court annuls the (European) Commission's decision in its entirety," the Luxembourg-based court said in a statement, adding that the "institution committed errors in its assessment".

Brussels "failed to take into consideration all the relevant circumstances in its assessment of the contract clauses that the commission had deemed abusive", the court said.

The commission, the EU's influential competition regulator, said it "takes note" and would "carefully study the judgment and reflect on

possible next steps" -- which could include an appeal.

The ruling will be a relief for Google after the EU's highest court last week upheld a 2017 fine worth 2.42 billion euros for abusing its dominance by favouring its own comparison shopping service.

As part of a major push to target big tech abuses, the EU slapped Google with fines worth a total of 8.2 billion euros between 2017 and 2019 over antitrust violations.

The 1.49-billion euro fine is the third of those penalties, focused on Google's AdSense service.

But the long-running legal battles between Google and the EU do not end there.

Google is also challenging a 4.3-billion-euro penalty Brussels levied on it for putting

restrictions on Android smartphones to boost its internet search business.

The 2018 fine remains the EU's largest-ever antitrust penalty.

The General Court in 2022 slightly reduced the fine to 4.1 billion euros, but mainly supported the commission's argument that Google had imposed illegal restrictions.

The legal saga continues in that case after Google appealed the latest decision before the higher European Court of Justice.

The EU has since armed itself with a more powerful legal weapon known as the Digital Markets Act (DMA), to rein in tech giants including Google.

Rather than regulators discovering egregious antitrust violations after probes lasting many

years, the DMA gives businesses a list of what they can and cannot do online.

The aim is that tech titans change their ways before the need for deterrent fines.

Google is already the subject of one investigation under the DMA alongside Facebook owner Meta and Apple.

Google is in the US regulators' crosshairs as well.

Last week, the tech titan faced its second major antitrust trial in less than a year with the US government accusing Google of a monopoly in ad technology -- the complex system determining which online ads people see and their cost.

It comes after a US judge in August found Google's search business to be an illegal monopoly, a ruling which

threatens a possible break-up for the tech behemoth.

Ad tech is at the centre of multiple probes by regulators around the world.

British regulators earlier this month said in provisional findings that Google abused its dominance in the market.

The EU similarly concluded last year that Google is distorting competition in the market and recommended that the company be forced to divest its ad tech business.

Google has the right to respond in the British and EU cases before the regulators reach final conclusions.

Parent company Alphabet in July said revenue from online ad searches climbed to \$48.5 billion in the second quarter of this year.

Australian police infiltrate encrypted messaging app Ghost and arrest dozens

MELBOURNE, Sep 18 (Agencies): Australian police said Wednesday they have infiltrated Ghost, an encrypted global communications app developed for criminals, leading to dozens of arrests.

The app's alleged administrator, Jay Je Yoon Jung, 32, appeared in a Sydney court Wednesday on charges including supporting a criminal organization and benefitting from proceeds of crime.

Jung did not enter pleas or apply to be released on bail. He will remain behind bars until his case returns to court in November.

Australian police arrested 38 suspects in raids across four states in recent days while law enforcement agencies were also making arrests in Canada, Sweden, Ireland and Italy, Australian Federal Police Deputy Commissioner Ian McCartney said.

"We allege hundreds of criminals including Italian organized crime, motorcycle gang members, Middle Eastern organized crime and Korean organized crime have used Ghost in Australia and overseas to import illicit drugs and order killings," McCartney told reporters.

Australian police had prevented 50 people from being killed, kidnapped or seriously hurt by monitoring threats among 125,000 messages and 120 video calls since March, Assistant

Commissioner Kirsty Schofield said.

Police allege the Jung developed the app specifically for criminal use in 2017. Australia joined a Europol-led global taskforce targeting Ghost in 2022.

Col. Florian Manet, who heads France's Home Affairs Ministry National Cyber Command Technical Department, said in a statement issued by Australian police that his officers provided technical resources to the task force over several years that helped decrypt the communications.

McCartney said the French had "provided a foot in the door" for Australian police to decrypt Ghost communications.

Australian police technicians were able to modify software updates regularly pushed out by the administrator, McCartney said.

"In effect, we infected the devices, enabling us to access the content on Australian devices," McCartney said, adding that the alleged administrator lived in his parents' Sydney home and had no police record.

Jung was arrested at his home on Tuesday. Police say Jung used a network of resellers to offer specialized handsets to criminals around the world.

The modified smartphones sold for 2,350 Australian dollars (\$1,590) which included a six-month subscription to Ghost and tech support.

Launching ICICI Pru Signature Pension – benefit from the India growth story to build retirement savings

Top News Report

JAMMU, Sep 18: ICICI Prudential Life Insurance has launched 'ICICI Pru Signature Pension', a market linked pension product enabling customers to build a cost and tax efficient retirement fund. Retirement planning is a crucial activity and a must for all customers to be financially independent. This unique product helps customers to effectively plan for both the accumulation and income generation phases of retirement

planning.

Announcing the launch Amit Palta, Chief Distribution Officer, ICICI Prudential Life Insurance said, "We are happy to offer ICICI Pru Signature Pension, a market linked product which provides customers the opportunity to participate in the India growth story to build their retirement corpus.

This product allows customers to have a 100% exposure to equity besides offering unlimited free switches between equity, debt and bal-

anced funds to maximise returns. With this product we are also offering two new funds – ICICI Pru Pension India Growth Fund and ICICI Pru Pension Balanced Fund.

ICICI Pru Signature Pension has a feature which allows customers to 'advance' or 'postpone' the income start date.

Advancing the income start date can allow individuals to achieve their goal of early retirement whereas customers who wish to start receiving income on retiring can choose to postpone the

income start date.

Importantly, the product allows customers to make a tax-free withdrawal of up to 60% of the accumulated savings at the end of the policy tenure with the balance required to be deployed to purchase an annuity to receive guaranteed lifelong income."

He added, "Choosing the waiver of premium add-on benefit can ensure the retirement plan doesn't get disturbed due to a critical illness or permanent disability due to an accident.

Also, the partial withdrawal feature can help customers overcome liquidity requirements without disturbing the savings plan. Customers can also use the top-up feature to make additional investments to boost their retirement savings."

He concluded, "Our claim settlement ratio of 99.17% in FY2024 for individual death claims, with an average settlement turnaround time of just 1.27 days (non-investigated death claims) is one of the best in the industry."

DSE Ladakh announces MACP for lecturers; Ladakh Teacher Award Policy also rolled out

Top News Report

LEH, Sep 18: In a major development, the Department of School Education, UT Ladakh has announced the implementation of the provision of Modified Assured Career Progression (MACP) to the lecturers of the School Education Department, Union Territory of Ladakh, in sync with the rest of the country.

In this regard, a Departmental Screening Committee has been constituted, wherein the Director, School Education, UT Ladakh shall be the Chairperson, and the Chief Education Officer, Leh, and Kargil shall be committee members, who shall examine and recommend lecturers eligible for the financial upgradation, strictly as per guidelines of the MACP scheme of 2019.

It is pertinent to note that the scheme shall be operative in the UT of Ladakh from the date of



issuance of the order, i.e. September 5, 2024.

This Central Government provision intends to facilitate financial upgradations to employees facing stagnation due to lack of promotional opportunities. MACP ensures every government servant's upgrade on completion of 10, 20 and 30 years of regular service from the date of joining.

Additionally, the department has also announced the adoption of Ladakh Teacher Award Policy in the School Education Department of the Union Territory of Ladakh. All teaching faculties, inclusive of Lecturers/Masters/Teachers,

of the School Education Department of UT Ladakh, shall be entitled to avail the benefit of the yearly best teacher award under the Teacher Award Policy of UT Ladakh.

The percentage of academic results achieved, the conduct of extra classes, means and methods used in the classroom, innovative practices, subject knowledge, communication skills, regularity, community engagement, voluntarism, etc shall be evaluated, along with feedback from students and DDOs.

The policy has been introduced to identify and celebrate outstanding teachers in UT Ladakh who significantly promote quality education and lifelong learning practices among students while fostering a culture of excellence within the teaching community in a fair process.

The award shall encompass a cash incentive and an exposure tour within the country.

46 % of global asthma deaths occur in India: Dr Sonal

Top News Report

CHANDIGARH / JAMMU, Sep 18: In order to create awareness on Childhood and Adult Asthma, a Patient Awareness Seminar was Organized by LIVASA Hospitals, which is Punjab's biggest Super Specialty Hospital Chain with 05 Hospitals, 750 Beds, 280 ICU beds, 20 Modular OT, 06 Cath Lacs and is successfully treating over 3 Lac patients every year.

Present on the occasion were Dr Suresh Kumar Sharma, Director Pulmonology and Dr Sonal Consult Pulmonology from LIVASA Hospital Mohali.

Speaking on this Dr Sonal Shared that with an estimated 1.5-2 crore asthma patients, at least one in every 10 asthma patient globally lives in India. Globally, the economic costs associated with asthma exceed those of TB and HIV/AIDS combined. Asthma is considered the most common chronic disease among children and is prevalent in all countries, whether they are developed or underdeveloped. In fact, over 80 per cent of asthma deaths, according to the World Health Organization (WHO), occur in low and lower-middle-income countries. Dr Sonal also Shared that Asthma affects 30 million Indians, and less than 10 % patients receive proper treatment. Myths prevent taking proper advice from Qualified Pulmonologist or Chest Specialist. Asthma is genetic, lifelong, worsened by dust, smoke, stress, potentially causing fatal attacks. Symptoms of Asthma include shortness of Breath, Coughing, Wheezing and chest tightness.

Sharing his View Dr Suresh Goyal said that "Asthma is a chronic condition that can persist throughout a person's life.

While some children may experience fewer asthma symptoms as they get older, others may continue to have asthma symptoms or experience asthma symptoms as they grow old as well. Rarely do some children go into spontaneous remission for a prolonged period in adulthood." He also said that there is no permanent cure for asthma, and childhood asthma is not something which eventually goes away. But, with Proper medical intervention and conscious care, the lungs will become stronger and become less susceptible to triggers.

Asthma is a heterogeneous condition i.e. that are various types of asthma. It can be allergic, non allergic, late onset, cough variant and obesity associated. Depending upon the type of asthma, the treatment in the form of immunotherapy, biologics etc along with inhaler are advised. He also shared that these days in our advance Asthma Clinic – SWASH CLINIC we will offer services like respiratory allergy panel,

fungal allergy (ABPA) work up, lung function tests (spirometry) and start Immunotherapy, Biologics, along with inhalers according to the type of asthma to treat patients suffering from Severe Asthma and these are newer treatment options which offer tremendous clinical response, reduce oral steroid dependence, prevent exacerbations & repeated hospitalization and improve Quality of life of Asthma patients in longer run.

On the occasion, Sunveer Bambara VP Operations LIVASA Hospital Moahali said that with Lauch of this Advance Asthma Clinic Patients of Moahali, Chandigarh, Panchkula, Zirakapur, Yamauanagar, Ambala, Ropar, Nawanshahr, Patiala, Karnal, Kailash, Solan & Shimla are going to be immensely benefited from this. He also shared that LIVASA Hospital Mohali is now empaneled with Haryana Govt, Himachal Govt, ECHS, CGHS, all Major TPAS & OPD and indoor treatment.

Samsung TV Plus expands its channel offerings; Adds Four New FAST Channels from India TV Group

Top News Report

JAMMU, Sep 18: Samsung TV Plus, the brand's free ad-supported streaming TV (FAST) service in India, has tied up with India TV Group to launch of four new channels on its portfolio. As part of this collaboration, India TV Group's Connected TV (CTV) exclusive channels India TV, India TV Speed News, India TV Aap Ki Adalat, and India TV Yoga are now accessible on the Samsung TV Plus platform. Viewers can now enjoy easy access to extensive high-quality content offerings ranging from news, current affairs, fitness and entertainment.

Samsung TV Plus is a free streaming service that comes pre-installed on Samsung Smart TVs, offering a wide range of channels, including news, sports, entertainment, and more, in select countries. In India, Samsung TV Plus gives viewers access to over 100 live TV channels and

thousands of movies and shows, both live and on-demand.

"Samsung TV Plus has been at the forefront of bringing high-quality content via FAST to our viewers.

We remain steadfast in our commitment to provide content that our consumers find interesting and useful. The addition of the four new channels from the India TV group impresses upon our vision to deliver quality and diverse content," said Kunal Mehta, Head of Partnerships, Samsung TV Plus India.

"Our collaboration with Samsung TV Plus opens new and wider avenues for viewers. It is a stepping-stone towards delivering quality and diverse and rich content to the combined audience. We are optimistic that the coming together of India TV and Samsung TV Plus will redefine and improve the experience of online content consumption," said Amit Kumar Sinha, Chief Strategy Officer, India TV.

India's position is of a 'Vishwa Bandhu' in global world order, says CDS Gen Chauhan

Top News Report

NEW DELHI, Sep 18: Chief of Defence Staff General Anil Chauhan has stated that India's position is of a 'Vishwa Mitra' and a 'Vishwa Bandhu' in the global world order. He was addressing a conclave for Foreign Service Attaches (FSAs) hosted by the Defence Intelligence Agency of Headquarters Integrated Defence Staff at New Delhi on 18 Sep 2024. The CDS articulated the importance of Military Diplomacy, wherein the FSAs have a pivotal role

to play.

"In the most violent decade since World War II, there is a growing propensity amongst nations to use force to contain conflicts. The growing uncertainty and insecurity is leading nations to renew their National Security Strategy and increase expenditure on Defence", the CDS said while highlighting four distinct areas of India's Defence viz operational preparedness, modernisation, transformation and indigenisation. He emphasised the significance of Data Centric Warfare and the role of

Artificial Intelligence in revolutionising warfare. The CDS gave an insight into India's Atmanirbharta for defence capability development and strategic autonomy.

Director General Defence Intelligence Agency (DG DIA) Lt Gen DS Rana apprised the FSAs that India's Defence Diplomacy was expanding steadily in terms of the nature of activities as well as geographic coverage where-in security cooperation was a key component. He highlighted the vision of Atmanirbharta and indigenization in Defence

and implored upon FSAs to gain first-hand experience in modernisation programmes.

A holistic overview of India's strategic perspective was given to the FSAs by Defence Subject Matter Experts. Lt Gen Raj Shukla (Retd) spoke on 'India's National Security: Challenges & Opportunities', Vice Admiral Pradeep Chauhan (Retd) deliberated upon 'Indo-Pacific Region Competition, Cooperation & Challenges' and Lt Gen Rakesh Sharma (Retd) gave insights on 'Grey Zone Warfare and Impact on Security Dynamics'.

With his hard work; PM Modi has won hearts & trust of Kashmiris: Tarun Chugh

Top News Report

JAMMU, Sep 18: The BJP National General Secretary, and Incharge J&K Affairs, Tarun Chugh, on Wednesday said that the Prime Minister Narendra Modi has won the hearts and trust of the people of Kashmir and PM's tomorrow's rally at Kashmir will turn out to be milestone in Kashmir's history.

"People of J&K immensely love PM Modi and, whenever Modi comes here, people in large number come out to listen to their beloved leader," Chugh said, while talking to media

persons after taking stock of the arrangements for PM Modi's rally to be held at Kashmir tomorrow.

Chugh said that PM Modi has won the hearts and trust of the people of Kashmir by his works. "PM Modi has worked very-2 hard for the development of J&K and to win the trust and hearts of the people of Kashmir," he said, while adding, "People are very happy and satisfied by the development works be it road connectivity or be it rail connectivity".

He said several works for infrastructural development have also been

undertaken by Modi government.

People from different areas of Kashmir will come to the rally to listen to their beloved leader PM Modi, Chugh said, while adding, "Seeing the enthusiasm among the people of Kashmir, tomorrow's rally at Srinagar would prove to be a milestone".

PM Modi's government made it sure that every house gets power, water, gas cylinder and senior most woman of every house will get Rs 18,000, he said. Landless will get 5 marla of land, homes to homeless will also be given, he said.

FROM PAGE 1

'One nation, one election' cleared by Modi Cabinet

states. Separately, the Law Commission is also likely to come up soon with its own report on simultaneous polls, of which Prime Minister Narendra Modi has been a strong votary.

Sources said that the Law Commission is likely to recommend holding simultaneous polls for all three tiers of the government — the Lok Sabha, state Assemblies and local bodies like municipalities and panchayats — starting with 2029 and a provision for unity government in cases like a hung House.

Tarun Chugh visits Sher-i-Kashmir Stadium to check preparations ahead of PM Modi's rally

preparations of the huge public meeting

of the country's successful Prime Minister Honorable Shri @NarendraModi ji to be held in Srinagar, Jammu and Kashmir tomorrow on 19th September 2024," Chugh wrote on his official X handle.

J&K Polls: Omar urges voters to avoid splitting ballot, hopes for NC-Congress Alliance victory

votes and divide people. "I hope the voters will remain cautious of these and avoid fragmentation of their votes in this election," Abdullah told PTI Videos here.

The NC leader also said he is hopeful that people will vote in favour of the NC-Congress pre-poll alliance.

"We are hoping that vote will be in favour of the candidates of NC-Congress alliance in which a CPI(M) member is also a part of, but it is the voters who will decide. We have tried to take our agenda for J-K for the next five years to the voters, let us see what happens," he said.

The former chief minister of the erstwhile

state of Jammu and Kashmir said the assembly elections, which are being held here after 10 years, are very important.

"The more we talk about the importance of these polls, the less it will be. They are happening after 10 years and a lot has changed in these 10 years. Jammu and Kashmir was divided into two, Ladakh was separated from us, we were granted a UT status even as we fail to understand how it benefitted us.

"We have not forgotten what happened with Jammu and Kashmir on August 5, 2019, so it is a very important election in all respects," he said.

When asked if Prime Minister Narendra Modi's rally here on Thursday would have any impact on the polls, Abdullah said there would not be any such impact in the Kashmir valley.

"Nothing in Kashmir. It will be a huge thing if the BJP can give a tough fight on a single seat in Kashmir. The election will be incomplete without the PM's visit to Kashmir, but it will not make a difference on the seats here," he said.

To a question about Union Home Minister Amit Shah's remarks that even as NC and PDP have promised restoration of Article 370 in their manifestos, the BJP government at the Centre will not allow that, the

NC vice president said many issues do not need the government's approval.

"We know whose government is there, but why is there a need to threaten us? There are some things which do not need government's approval, like this election. This election is not taking place because the government wanted to conduct them. Had it been up to them, we will not have got this election.

"This election is taking place because of the Supreme Court's order. The SC ordered elections to be conducted before September 30 and that is why they are being conducted. If the Centre does not do the other things, then we can have them through the SC," he added.

J&K polls : Statehood, right to vote snatched; today time to change this," says Priyanka Gandhi

and People's Conference, to name a few, are other parties in the fray for 90 Assembly seats.

The voting will conclude at 6 pm. Long queues of voters were seen at polling sta-

tions in the morning. J-K recorded 41.17 % turnout as of 1 pm in the first phase of polls. According to the ECI, Kishtwar recorded 56.86 per cent turnout followed by Doda 50.81 per cent, Ramban 49.68 per cent, Kulgam 39.91 per cent, Shopian 38.72 per cent, Anantnag 37.90 per cent and Pulwama 29.84 per cent.

Govt orders transfer of 2 IAS officers in J&K

news agency KNO. It added that he may continue to hold the charge of the posts of Administrative Secretary, Civil Aviation Department, Public Grievances, Civil Aviation Commissioner and Chief Executive Officer, Economic Reconstruction Agency, till further orders.

J&K Cong expels Srinagar District Unit president for entering poll fray as Independent

district president Intiyaz Ahmad Khan and two others from the basic membership of the party.

BJP Govt will ensure minimum interference, maximum assistance to promote business, trade: Arun Gupta

Top News Report

JAMMU, Sep 18: The J&K BJP Spokesman and Incharge of party's media Center, Arun Kumar Gupta, on Wednesday said that the interference of government in trade and business industry inadvertently adversely affects trade and business and BJP government will make it sure that there is minimum interference but maximum assistance by the government in this industry.

"We believe that business and trade of Jammu has suffered a lot due to excessive interference by the government," Arun Gupta said, while adding, "BJP believes that too much interference of the government badly affects business and trade and our government will make sure that there is minimum interference of the government. Simultaneously the government will ensure all the necessary steps



to promote the trade and commerce in the region". Arun Kumar Gupta strongly suggested that the Department of Labor and Employment in Jammu is pressurizing business and commercial institutions to remain closed for one day a week. However, issuing such orders will negatively impact the economy of Jammu and Kashmir. He said that the department must take measures to ensure the welfare and well-being of employees by imple-

menting all regulations without requiring weekly closures for commercial and industrial institutions. Also, the alternative steps should be taken to protect the rights and interests of the employees and allow the business houses to run their operations smoothly.

This was stated by Arun Gupta, while addressing a press conference at BJP media center, here today. BJP Spokespersons, Lieutenant General Rakesh Sharma (Retd) and Rajni Sethi, and par-

ty's state media incharge, Dr Pardeep Mahotra were also present in the press conference.

Too much interference does not allow the trade and business to flourish, Gupta said, adding, "BJP government will put this to an end and will make sure that there is no unnecessary interference but only the remedial measures to increase the economic activities in the region".

He said, "Traders know how to run the business and it should be left to them". Gupta said that

there are 7000 MSME units in J&K. "BJP government will devise an effective policy for rejuvenation of these MSME units to take them forward," Arun Gupta said.

"BJP government will also develop women-oriented business hubs and also develop women oriented industrial areas for woman empowerment," he said, while adding, "Special IT hubs and IT zones will also be developed by the BJP government for flourishing of trade and business".

He also said that the various issues related to lease deeds of the traders and small businessmen will be addressed and stalled lease deeds of small traders like those of mandis and other markets will also be extended by the BJP government.

He also said that the BJP government will also make sure that the highly trained Agniveers get top posts in industries.

BLSKS presents Nukkad Natak on "Mera Vote Mera Adhikar"

Top News Report

000 JAMMU, Sep 18: To raise awareness about the importance of voting and strengthen Indian democracy, the Bhartiya Lok Sangeet Kala Sansthan (BLSKS) staged a Nukkad Natak titled "Mera Vote Mera Adhikar." This event was part of their 458th Wednesday Series Musical Play, held at Old Ram Vihar, Janipur, Jammu, under the direction of Dr. M.L. Dogra.

The program was inaugurated by Chief Guest Sh. V.K. Magotra, former Regional Director of the Directorate of Field Publicity, Ministry of Information and Broadcasting, Government of India. Among the honored guests were Dr. Anju Kumari Dogra from the Health Department, Dr. Tara Singh Charak, former Deputy Director of the Health Department, Ramesh Chander from Shavshat Art Gallery, and senior media person Mr. Mukesh Singh.

The event aimed to rejuvenate the traditional folk art and culture of the J&K region. Performances included songs and



skits focused on themes such as "Vote Dalana Hai Badi Zaroori" and "Neta Chune Khudse."

In his address, the Chief Guest emphasized that as citizens of a democratic nation, it is vital to cast votes with integrity and make informed decisions. He commended the organizers for their efforts in raising voter awareness.

Dr. M.L. Dogra, Chairman of BLSKS, highlighted the importance of choosing leaders wisely during elections, urging voters to gather complete information about candidates before casting their votes. He stressed that a strong democracy relies on active participation, stating, "Voting is the

cornerstone of democracy."

Rajni Gupta, Troupe Incharge of BLSKS, discussed the SVEEP (Systematic Voters' Education and Electoral Participation) program, which aims to educate citizens about the electoral process. She noted that outreach efforts include door-to-door campaigns in Jammu to enhance voter literacy and awareness.

The performers included Usha Raina, Zulekha Bano, Raju Bajgal, and others who captivated the audience with their talent. Deepak Kumar Dogra, Program Incharge, concluded the event with a vote of thanks, ensuring the program's success.

Only Congress can do justice to OBCs— OBC Chairman

BSP Candidate from Udhampur West withdraws joins Congress



Top News Report

JAMMU, Sep 18: OBCs have expressed gratitude to the congress party for including all major demands of OBC communities in the election manifesto of J&K and said that only congress party under the leadership of Rahul Gandhi can do justice to them and all sections of people.

Addressing press conference here today, Madan Lal Chalotra Chairman JKPCO OBC, Vijay Manhas Ex-Member OBC Board & others while welcoming Om Prakash who withdrew from the contest as BSP Candidate in Udhampur West into the Congress Party, they extended their heartfelt gratitude to our Nyay Yodha, Rahul Gandhi (hon'ble leader of opposition), Mallikarjun Kharge (hon'ble president Indian National Congress), K.C Venugopal (General Secretary, AICC), Bharatsinh Solanki (AICC, Incharge J&K), Capt. Ajay Singh Yadav (Chairman OBC Dept. AICC), Manoj Yadav (Secretary AICC Incharge J&K), Tariq Hameed karra (President J&K Pradesh Congress Committee), Tara Chand (Working President JKPCO) for considering the demands of the OBC community in the congress manifesto

of Jammu and Kashmir. Their unwavering commitment to addressing needs of marginalized communities has opened new pathways for the empowerment and progress of OBC's something we have striving for since Indian's independence. This step marks a significant milestone in ensuring the rights and representation of OBCs, SCs, STs, and minorities in the region.

A special thanks goes to PCC President Tariq Hameed Karra, Chairman Manifesto Committee Prof. Saifu-ud-din Soz, Co-Chairman Ravinder Sharma Sr. Vice President & chief spokesperson JKPCO and the National Manifesto Committee and other dedicated manifesto committee members for their understanding of our concerns and subsequent reflects leadership that prioritizes the welfare of the people.

This is a historic first step of Jammu and Kashmir congress, demonstrating their clear intentions to serve the people of the state with justice and equality. The inclusion of the OBC demands in the manifesto signals the party's commitment to implementing charges that will uplift these communities, providing them with opportunities long denied.

However, this journey has just begun. We urge every member of the OBC community to come forward and vote for Congress - NC alliance in the J&K assembly elections. This is our chance to ensure that these promises are realized with the first two months of a congress govt. being formed in J&K. The dreams we have nurtured since independence - dreams of justice, equality, and representation- can now be brought to life.

EX- Secretary PCC (President Vishav Karma Sabha Udhampur) Ex member OBC Board Sunil Dutt OBC chairman Dist. Kathua, Ishan Khokar Vishavbandan Chadotra, expressed gratitude to the congress party & its leadership for considering all our demands and including in the manifesto.

Om Parkash (Ex -BDO) (BSP candidate from Udhampur West who withdrew from contest after going through congress manifesto and joined congress today in presence of Sr. Vice President, Chief Spokesperson and Co - chairman of PCC manifesto committee Ravinder Sharma, Vice President I/C HQ Ved Mahajan, General Secretary Narinder Sharma, Mulkh Raj Bhamagi and others.

Let us unite and work together to secure a better future for our children and future generations. Voting for congress is voting for govt. that will prioritize our need and guarantee a brighter future for OBC'S and all marginalized communities in J&K, Said OBC leaders.

Amit intensifies door-to-door campaign, seeks support from residents

Top News Report

JAMMU, Sep 18: Social activist Amit Kapoor, a candidate for the Jammu North Assembly constituency, has intensified his door-to-door campaign, seeking support from local residents. During his outreach, Kapoor visited several areas, including Khairi, Kangar Mor, Thathar, Upper Mishriwala, Lower Kot Bhalwal, and Upper Patauli.

As he canvassed, Kapoor engaged with voters, emphasizing the importance of their support by encouraging them to press the number 11 button for his Sofa election symbol. He addressed community gatherings, urging citizens to give him the

opportunity to represent their interests in the Assembly and pledging to work tirelessly on their behalf.

Kapoor criticized the BJP and NC, claiming their leaders were silent during protests against smart meters and property tax. He accused them of attempting to mislead voters with populist promises and urged the public to remain cautious of their past failures.

He emphasized the need for a new representative from Jammu North, someone who can effectively advocate for the community's issues. Throughout his campaign, Kapoor received enthusiastic support, with locals welcoming him warmly and promising their backing.

Cabinet approves new moon mission Chandrayaan-4

NEW DELHI, Sep 18 (Agencies): The Union Cabinet on Wednesday approved a new moon mission Chandrayaan-4 to develop and demonstrate technologies needed for landing of Indian astronauts on the moon and safely bring them back to Earth.

Chandrayaan-4 mission will achieve the foundational technologies for the landing of Indian astronauts on the moon (planned by year 2040) and return safely back to Earth, a statement said. "Major technologies that are required for docking/undocking, landing, safe return to earth and also accomplish lunar sample collection and analysis would be demonstrated," it said.

The total fund requirement for the technology demonstration mission "Chandrayaan-4" is Rs 2,104.06 crore, the statement said. ISRO will be responsible for the development of spacecraft and launch. The mission is expected to be completed within 36 months of approval with the participation of industry and academia. All the critical technologies are envisaged to be indigenously developed.

Natrang stages 6 shows of 'Loktantra Ka Asli Mantra' in Rajouri-Poonch

Top News Report

RAJOURI, Sep 18: Natrang sensitized masses of 6 major towns of Rajouri and Poonch districts through its highly powerful play 'Loktantra Ka Asli Mantra' which was staged at Surankote, Mendhar, Poonch, Rajouri, Nowshera and Sunderbani. Innovatively written by Padamshree Balwant Thakur and directed by Neeraj Kant, these shows are sponsored by the office of the Chief Electoral Officer, J&K and were locally organised efficiently by the district Election Offices of Poonch and Rajouri. Aimed at making the larger population aware about their voting rights, Balwant Thakur has exclusively devised a highly motivational play using local idioms, cultural expressions and storytelling forms. Interestingly wherever this play is performed, the actors are



trained to use the local language in their effective narratives which makes a strong connection with the audiences and they (audience) also identify with the local characters being portrayed in this mind blowing play.

On the occasion Natrang Director Balwant Thakur thanked the Chief Electoral Officer, J&K for giving Natrang this amazing opportunity to use arts for a larger national cause. All the three shows in Anantnag received standing ovations and people were seen acknowledging the fact that this play has impacted them very effec-

tively and have prompted the audience to become the ambassadors of this strong message.

The play 'Loktantra Ka Asli Mantra' opens with the aggression of the disillusioned, frustrated youth who are struggling to survive in the contaminated air of corruption, scandals and dishonesty. They do not see any hope in the future as their present is being rotten by the corrupt system. They want to devastate everything around them in rage but when questioned by an educated person that 'what are they doing to come out of this unfor-

tunate situation? Busy in their illusionary world created by the social media, they are speechless as they just want the things to happen but are not ready to be part of that change and want everything without making any required effort. Termining them as the most vibrant human resource of the world, the educated person prompts them to come forward, take the command and change their fate. The most effective way of changing the fate of a country is the way of voting, this is the highly peaceful and effective way to bring big reforms of their choices. As the play proceeds, different age groups and varied sections of people are shown in satirical manner who have their petty reasons to not vote and also whom to vote. This ignorance and arrogance of the masses leaves huge space for the vested interests to exploit

this situation. Through this play all the sections of society are prompted not to run away from their ultimate responsibility of voting for the stronger democracy of India. Vote has the only and ultimate power to change the fate of the country and everyone through this play is motivated to ensure that this right of voting of every citizen should not go waste. Let's pledge to vote!

The artists who participated in the play Loktantra Ka Asli Mantra included Neeraj Kant, Subash Jamwal, Mohd. Yaseen, Vrinda Gujral, Brijesh Avtar Sharma, Vansh Pandotra, Vishal Sharma, Palshin Dutta, Mihir Gujral, Ananya Verma, Aadesh Dhar, Kushal Bhat, Lalita Sharma, Kananpreet Kaur, Pratibha Verma and Lal Mohd. The music of the play was operated by Mohd. Yaseen & Palshin Dutta.

Chandel expresses concern over declining population of Hindus in world

Top News Report

JAMMU, Sep18: Raju Chandel, President of the National Valmiki Sena and a prominent Hinduist leader, expressed deep concern over the declining population of Sanatani Hindus in various states across India and worldwide. Speaking to journalists, he highlighted that in states like Jammu and Kashmir, Bihar, Jharkhand, Kerala, and Madhya Pradesh, Hindus are increasingly being classified as a minority.

Chandel urged the community to take proactive measures, suggesting that



newly married couples pledge to have ten children to ensure the survival of Sanatani culture. He warned that without such measures, Hindus could face a future similar to the challenges currently faced by minorities in Bangladesh.

He emphasized that the goal of increasing the population is not to prepare for conflict but to strengthen

the Sanatan culture politically and culturally. Chandel criticized the historical narrative that encouraged smaller families due to resource scarcity, asserting that India is now a strong nation capable of supporting larger families.

He called on the central government to expedite efforts to settle and provide employment for Hindus in regions where their numbers are dwindling. Chandel plans to raise this issue at the upcoming Maha Kumbh in Prayagraj in 2025, urging all Hindu leaders to advocate for population growth within the community.

Kohli, Gambhir put end 'to all masala' in 'never-seen-before' interview

In the video shared by BCCI, Kohli and Gambhir could be seen discussing their on-field altercations with opposing players over the years

NEW DELHI, Sep 18 (Agencies): The BCCI set the internet abuzz on Wednesday with a teaser of a "never-seen-before" freewheeling interview, featuring former India captain Virat Kohli and head coach Gautam Gambhir, who have joined hands to "put an end to all the masala" surrounding their long-rumoured rift.

Kohli and Gambhir, who have played together for Team India across formats, had some famous altercations on the field on quite a few occasions in the past, particularly in the Indian Premier League (IPL), which made headlines.

BCCI shared the teaser of an interview on X with a caption, "A Very Special Interview. Stay tuned for a deep insight on how great cricketing minds operate. TeamIndia's Head Coach @GautamGambhir and @imVkohli come together in a never-seen-before freewheeling chat."

Now that the two share the dressing room as coach and player in the Indian team, they have moved past old feuds. In



the 1 minute, 40 second video clip, which racked up over 185,000 views, Virat said, "We have come along way to put an end to all the masala."

Gambhir, who burst into laughter, added, "That's a good start to the conversation."

In a video, Kohli and Gambhir could be seen discussing their on-field altercations with opposing players over the years.

Kohli asked Gambhir about the zone he goes into whenever he

gets involved into an altercation with a player on the field.

"When you are batting and you have a bit of a chat with the opposition, did you ever feel like this might carry on to you going out of the zone and potentially getting out, or it put you in a more motivated state?" Kohli asked Gambhir.

The India head coach gave a cheeky reply, saying, "You have had more altercations than I have. I think you can answer

that question better than I can."

"Main to ye dhund raha hun ki koi meri baat se agree kar jaye. Ye nahi bol raha ki galat hai. Koi to bole haan, yahi hota hai (I am just looking for validation. I am not saying that it is wrong. I want someone to say, 'yes this is what happens', " Virat replied with a laugh.

Gambhir also praised Kohli for his superb batting show in the 2014-15 Border-Gavaskar Trophy.

"I remember when you had that bumper series on Australia where you scored heaps and heaps of runs and that got you in touch zone. And for me, it was exactly the same when I played in Napier.

"And if I look back, can I bat for another two and a half days? I don't think so. I could have ever done that again. And I have never been in that zone ever in my life after that. So, I can imagine how good that feeling is to be in that zone. And I'm sure you must have experienced this many more times as compared to what I have," Gambhir said.

Bangladesh series not rehearsal for Oz tour: Rohit



CHENNAI, Sep 18 (Agencies): India are focused on making a strong start to their home Test season and will not view their two-match series with Bangladesh merely as preparation for their tour of Australia later this year, skipper Rohit Sharma said.

Rohit's side begin a busy schedule with the opening match against Bangladesh starting on Thursday, after which they will host New Zealand in three games and then head to Australia in November for five more Tests. "Every game is important while playing for the country," Rohit said. "It's not a dress rehearsal for the Australia series. There are World Test Championship points at stake

and we need to start the season on a high. The focus is on winning the Bangladesh series rather than looking too far ahead." Rohit asserted that there is no need to devise a new strategy against Bangladesh, despite their impressive recent triumph over Pakistan. "Every team wants to beat India. They take some pride in it. Let them have fun. Our job is to think about how to win the matches. We don't ponder about what the opponent team is thinking about us," said Rohit.

"India has played cricket against almost every top team in the world. So, there's no need to create a whole different strategy," he added.

India last lost a home Test series in 2012

when they fell 1-2 to England and have since won 17 consecutive series, losing only four out of 51 matches, but Rohit said his players cannot get complacent. "We're resuming after a long time," said Rohit, whose side completed a 4-1 win over England in March. "When it (the series) starts, we have to see where we stand and take it from there."

Rohit threw his weight behind batsman KL Rahul, who made 86 and 22 in the first match against England in January but missed the rest of the series with injury.

"Everybody knows the quality Rahul has. We want him to play all the games to bring the best out of him," he said. "Unfortunately, he got injured after Hyderabad and didn't play afterwards. I hope he continues from where he left off," he added.

"He's got the game to play spin and seamers. So, I don't see any reason why he can't flourish in Test cricket. Obviously, the opportunities are there now," he added.

Our batting has quality to take on any spin unit: Gambhir

CHENNAI, Sep 18 (Agencies): India head coach Gautam Gambhir on Wednesday dismissed concerns surrounding Indian batters' recent struggle against quality spin bowling, saying that the line-up has enough firepower to take on the best in the world.

Speaking to media on the eve of the two-Test series against Bangladesh, Gambhir also said that the bowling quartet of pace spearhead Jasprit Bumrah, Mohammed Shami, R Ashwin and Ravindra Jadeja has managed to offset India's obsession with batting.

"Our batting unit has



so much quality that it can take on any spin unit," Gambhir asserted after being asked about the line-up's struggles in last month's white-ball series against Sri Lanka, especially in the ODI leg that India lost. "There is a lot of differ-

ence between ODIs and Tests," he said.

He also heaped praise on the team's bowlers.

"India once was a batting-obsessed nation. But Bumrah, Shami, Ashwin and Jadeja have turned it into a bowlers' game," he pointed out.

Shreyas Iyer, Sanju Samson, Riyan Parag go into final round of Duleep Trophy with point to prove

ANANTAPUR, Sep 18 (Agencies): The likes of Shreyas Iyer, Sanju Samson, Riyan Parag and Rinku Singh will get another opportunity to enhance their red-ball credentials when the final round of Duleep Trophy matches begin here on Thursday.

No knockout games are scheduled for the season opening event and the team with maximum points will lift the trophy. With nine points from two games, India C sit at the top of the points table, followed by India B (7), India A (6) and India D (0).

Table leaders India C, captained by Rituraj Gaikwad, will take on

India A, while Abhimanyu Easwaran led India B will face India D, whose captain is under-pressure Iyer.

After being ignored for the Bangladesh series, Iyer had a point to prove but he has not been able to lead from the front thus far in the competition.

With his team yet to earn a point in the tournament, he will be fired up to put an inspiring performance.

The performance of India D batter Samson and pacer Arshdeep Singh will also be tracked by the selectors. In the India B camp, Rinku will be aiming to get big runs after low returns in the previous

game.

In the India A versus India C contest, the selectors will be expecting more runs from Agarwal, Parag and Sai Sudharsan. Parag has batted confidently thus far but needs to stay longer in the middle.

Pacer Prasidh Krishna, making a comeback from injury in the previous round, would be looking to log in a significant number of overs, while Shams Mulani will be fancying another match-winning effort in the prevailing conditions.

Ishan Kishan, who made a memorable return to red ball cricket by scoring a hundred for India C, will need another

epic knock to garner more attention from the selectors.

Squads:
India A: Mayank Agarwal @, Riyan Parag, Tilak Varma, Shivam Dube, Tanush Kotian, Prasidh Krishna, Khaleel Ahmed, Avesh Khan, Kumar Kushagra, Shaswat Rawat, Pratham Singh, Akshay Wadkar, SK Rasheed, Shams Mulani, Aaqib Khan.

India B: Abhimanyu Easwaran @, Musheer Khan, Nitish Kumar Reddy, Washington Sundar, Navdeep Saini, Mukesh Kumar, Rahul Chahar, R Sai Kishore, Mohit Awasthi, N Jagadeesan (WK), Suyash Prabhudessai, Rinku Singh, Himanshu Mantri

(WK).

India C: Rituraj Gaikwad @, Sai Sudharsan, Rajat Patidar, Abishek Porel (WK), Ishan Kishan, B Indrajith, Hrithik Shokeen, Manav Suthar, Gaurav Yadav, Vyshak Vijaykumar, Anshul Khamboj, Himanshu Chauhan, Mayank Markande, Aryan Juyal (WK), Sandeep Warrior.

India D: Shreyas Iyer @, Atharva Taide, Yash Dubey, Devdutt Padikkal, Ricky Bhui, Saransh Jain, Arshdeep Singh, Aditya Thakare, Harshit Rana, Akash Sengupta, KS Bharat (WK), Saunabh Kumar, Sanju Samson (WK), Nishant Sindhu, Vidwath Kaverappa.

Big boost for women as ICC announces prize pay parity

The prize pool will not just include knockout stages as each group stage win for a team will now be rewarded with \$31,154, reflecting a 78% increase from last year's \$17,500.

CHENNAI, Sep 18 (Agencies): With the ninth edition of the Women's T20 World Cup a few days away, the International Cricket Council announced equal prize money for men and women in World Cups. Starting with the 2024 edition in Dubai the total prize pool is raised to \$7,958,080 — more than double that of the 2023 edition.

"The winner of the 2024 T20 World Cup will earn a massive amount of \$2.34 million, a staggering 134% increase from the \$1 million awarded to the winners of the previous edition in 2023," ICC said in a statement. Meanwhile, the runners-up of the tournament will also benefit from a 134% rise as they are scheduled to receive \$1.17 million.

Two teams exiting in the semifinal will receive \$675,000 each, which has seen the highest percentage of increases at 221% compared

to that of the eighth edition in South Africa. The prize pool will not just include knockout stages as each group stage win for a team will now be rewarded with \$31,154, reflecting a 78% increase from last year's \$17,500.

Former Indian captain and head of Tamil Nadu Cricket Association's Cricket Advisory Committee, Sudha Shah welcomed this decision by the governing body. "Getting the equal prize money is such a boost for women's cricket and it is well deserved by the players," Shah told this daily.

Given the increasing number of contracted players and more and more cricket boards offering equal match fees for their men and women players, Shah believes this is probably the best time to choose cricket. "It is a good move for the game. I think my generation sowed the seeds and now we are seeing



the fruits of that. This pushes women's cricket forward," she added.

Shah, who represented India in 21 Tests and 13 ODIs between 1976-1991, highlighted how the influx of money in the women's game has led to changes in the condition of players for better and this announcement from ICC is in line with the trend. "Back in the day when we were playing, many talented players had to decide between cricket and career.

And because of that

dilemma, we lost a lot of players who could have represented India at the international level. They could not depend on cricket financially. In fact, the players had to put money from their own pockets to play. Considering all of that, if we look today, it is really good that today's cricketers don't have to look for a job outside of cricket. They can play the game professionally. This is a giant leap from our generation to now," Shah explained.

The rise in prize money

is not just limited to the teams who will potentially top their group-stage fixtures but also to the teams exiting during the group stage. There is a base prize of \$112,500 awarded to all 10 participating teams, totalling \$1.125 million. Teams finishing fifth to eighth will earn \$270,000 each, and teams finishing ninth and 10th earn \$135,000 each. For comparatively smaller cricket boards like Scotland, playing their first Women's T20 World Cup, this is great news as they can make the most of their stay at the World Cup and there is an additional monetary incentive for them to win more matches.

This decision is in line with ICC's recent announcement regarding the expansion of the T20 World Cup to 16 teams in 2030. With this ICC has put money where the mouth is and this will definitely lead to more inclusivity in the near future.

'Golden girl' Manu Bhaker eyes hitting bullseye at Los Angeles Olympics



NEW DELHI, Sep 18 (Agencies): Manu Bhaker has claimed that her aim is to hit the 'bullseye' at the Los Angeles Olympics in 2028 and change the colour of her medal from bronze to gold at the games next time. Manu was one of the stars of India in their 2024 Paris Olympics campaign as she won 2 bronze medals in the 10m air pistol individual and mixed team events. She came close to adding another medal in the 25 m pistol round but ended up finishing fourth.

Speaking to agency in an exclusive interview, the 22-year-old said being referred to as the 'golden girl' of shooting was both humbling

and motivating for her. Manu said that each stage of her training is now aimed at refining her precision and focus with the goal of winning the gold medal at the next Olympics.

"Being referred to as the 'golden girl' of shooting is both humbling and motivating. My sights are set on hitting the bullseye at the Los Angeles Olympics. Each stage of my training is aimed at refining my precision and focus, all with the goal of securing that gold medal. While I focus on the journey and the hard work, the dream of standing on the podium and representing India keeps me inspired and driven," said Manu.

Journey to Olympics

was a team effort

Manu said that her journey to the Olympics was a team effort and she wouldn't have succeeded without her coach Jaspal Rana. The Indian shooter said Rana's constant encouragement coupled with her family's support kept her motivated and grounded.

Manu also paid tribute to her teammates for providing crucial support and making her journey feel less solitary.

"The journey to the Olympics was a team effort, and I couldn't have succeeded without my coach, Jaspal Rana, my family, and my teammates. Jaspal's constant encouragement guided me through challenging moments, while my family's unwavering belief kept me motivated and grounded. My teammates provided crucial support, making the journey feel less solitary. Their collective presence and support were essential, reminding me that every achievement is the result of many hands working together," said Manu.

Manu is currently having a break from the sport and will miss the ISSF World Cup.

Deptt of Students Welfare, CLUJ hosts awareness program on International Ozone Day



Top News Report

JAMMU, Sep 18: The office of Dean Students Welfare, CLUJ organized an impactful awareness program in honor of International Ozone Day and International Day of Clean Air for Blue Skies.

The event was held under the patronage of Prof. Bechan Lal, Chancellor, Cluster University of Jammu. The entire program was coordinated under the guidance of Dean Faculty of Arts Dr. Monika Sharma

acting Incharge DSW CLUJ, who delivered the welcome address and highlighted the critical importance of protecting the ozone layer.

In her address, Dr. Monika Sharma emphasized the vital role the ozone layer plays in shielding our planet from harmful ultraviolet radiation. She urged everyone to take collective responsibility in ensuring its preservation for the well-being of future generations.

The program featured a

notable presentation by Dr. Rakesh Attri, a distinguished expert on environmental science from University of Jammu.

Dr. Attri shared his extensive knowledge on the topic of ozone depletion. His presentation provided in-depth information about the factors contributing to the depletion of the ozone layer, including human activities and industrial processes. He also offered practical solutions and strategies for mitigating this environmental issue,

emphasizing the importance of global cooperation and individual actions in addressing the crisis.

The event was conducted by Dr Kuldeep Raina(Cultural Coordinator CLUJ) Dr. Shubhra Jamwal, (Assistant Dean, GCOE) and Ashraf, (Assistant Dean, MAM-College). Their efforts were instrumental in the successful execution of the program.

The event was a significant step in raising awareness about the ozone layer and encouraging proactive measures to protect our environment. The Department of Students Welfare thanks all participants and speakers for their valuable contributions.

Assistant Deans Sunita Kumari , Dr. Roomi Rani and Paramjit Singh also attended the lecture. The lecture concluded with formal vote of thanks by Dr. Kuldeep Raina Cultural Convener CLUJ.

No Aadhaar without a valid birth certificate for 0 to 5: Advisor Ladakh

Top News Report

LEH, Sep 18: The Advisor to the Lieutenant Governor UT Ladakh, Dr. Pawan Kotwal chaired a UIDIC meeting to review Aadhaar penetration and usage of Aadhaar for good governance in UT Ladakh, at Civil Secretariat Leh.

Bhawna Garg, Deputy Director General (DDG) UIDAI, apprised the Advisor about the progress of Aadhaar enrolment/ update in Ladakh. She also appraised about the challenges to enrol children in the age-group of 0-5 years.

The presentation covered key aspects including working of Aadhaar Centers, Aadhaar penetration status, Department wise review, Aadhaar usage for Welfare schemes etc.

During the meeting, The Advisor Ladakh meticulously reviewed the work progress of Enrolment Agencies and highlighted issues related to the Aadhaar generation in UT. He stressed the officials to work hand in hand and



identify delays and technical snags, so that left-out population to be covered.

He emphasised that covering children aged 0-5 years under the Aadhaar initiative enables parents and children to avail multiple benefits. He further said that 0-5 years age should be enrolled with Aadhaar with a valid birth certificate. He instructed that birth certificates should be issued on time so that Aadhaar enrolment will be done in the hospital itself.

During the meeting, the Advisor instructed that all the non- Functional kits

be made functional. He instructed officials that awareness campaigns and intensive advertisement should be done by all the enrolment agencies of Aadhaar. People should also be made aware of the document update process. Advisor stressed that residents who got Aadhaar more than 10 years ago should update their Aadhaar with valid documents. Moreover, document update is currently free online up to 14th December 2024.

The meeting was attended by the Principal Secretary Sanjeev

Khirwar, Bhawna Garg, DDG UIDAI RO Chandigarh, S.D Singh Jamwal, ADGP Ladakh; Commissioner Secretary, Health and Medical Education, Dr. Vasanthakumar; Commissioner Secretary, Social and Tribal Welfare, Padma Angmo; Administrative Secretary, Food, Civil Supplies and Consumer Affairs, Yetindera M. Maralkar; District Magistrate Leh and other officials. Administrative Secretary, Information Technology, Amit Sharma, District Magistrate Kargil, Director Health joined the meeting virtually.

67th Worker Education Day celebrated by GoI, MoLE, DTNBWED

Top News Report

JAMMU, Sep 18: Government of India, Ministry of Labour & Employment, Dattopant Thengadi National Board for Workers Education and Development, Regional Directorate, Jammu has organized its 67th foundation day as Worker Education Day at the Auditorium of Chamber of Commerce and Industries, Jammu.

The Chief Guest of the programme was Mohd. Rizwan Uddin, Regional Provident Fund Commissioner, Ministry of Labour & Employment, GOI, Jammu and the said meeting was presided over by Chanan Singh Toor, Chairman, RAC, DTNBWED, Jammu & General Secretary, Bharatiya Mazdoor Sangh, UT of J&K and attended by about 40 senior officials from various PSUs, Industries, Trade Unions, NGOs, University & other Social organizations of Jammu.

On this occasion a Panel discussion on the subject "Role of Worker Education & how it can contribute in the Socio-Economic progress of the UT States of J, K & L and Role & Importance of Hindi Language in it" was also held and following speakers have participated in the discussion namely : Anil Gupta, Sr. Vice President, Chamber of Commerce & Industries, Jammu, Dushyant Pandey, Dy. Director, ESIC, Ministry of Labour & Employment, GOI, Jammu, Dr. (Prof.) Prakash Chand, Dean, Student Welfare, Jammu University and Dr. (Prof.) Rajni, Hindi Dept. HOD, Jammu University, Jammu.

In his address as the



Chief Guest, Rizwan Uddin has congratulated DTNBWED, Jammu on its 67th Foundation Day and appreciated its efforts in uplifting the quality of worker's life through their educational & training activities throughout the UT States of J, K & L. He also ensured that EPFO, Jammu will extend all kinds of help & Cooperation to DTNBWED, Jammu for proper implementation of GoI's Workers Education Scheme in J, K & L.

In his presidential address Chanan Singh Toor, RAC Chairman, DTNBWED, Jammu too congratulated all the officers and Staff members of DTNBWED on its 67th Foundation day and said that Board was renamed in 2016 to honour Late Dattopant Thengadi, who was an eminent Trade Union leader of India and a great visionary from whom Board takes inspiration and accordingly works for the welfare & development of workers across the country.

He also informed the gathering that Board has trained millions of workers since its inception on 16th September, 1958 & it will continue to play an important role by making workers aware about

their rights under different labours laws and welfare schemes from Central & State Governments agencies in all the districts of UT States of Jammu, Kashmir & Ladakh.

Prior to the above a healthy discussion was also held among all the Dignitaries, Special Guests & Invitees from various PSUs, Industries, NGOs, Trade Unions, Social Organizations & Rural volunteers about better implementation of Workers Education Scheme in UTs of Jammu, Kashmir & Ladakh. Their Suggestions were noted

by DTNBWED, Jammu for further necessary action. Further, during the said panel discussion:

In his address Anil Gupta, Sr. Vice President CCI, Jammu has assured DTNBWED and other Government Departments at Jammu that CCI, Jammu will fully support & Co-operate with all the mutually beneficial Government policies in J & K and thanked DTNBWED, Jammu for giving this opportunity to organise 67th workers Education Day Function at CCI, Jammu in their premises.

ELC of GDC Neeli Nallah organizes multifarious activities under SVEEP

Top News Report

UDHAMPUR, Sep 18: In a significant stride towards fostering a culture of responsibility among the electorate, GDC Neeli Nallah Udhampur, organized a series of activities under SVEEP ahead of the J&K Assembly Election 2024, with an aim to increase the voter turnout across the UT under the Mentorship of Principal of the college, Prof. Dr. Seema Arora.

In sequel, a voter's pledge was launched under SVEEP (Systematic Voters' Education and Electoral Participation), a flagship programme of the Election Commission of India (ECI) to promote voter education and participation in elections commencing on 18 September, 2024 across Jammu and Kashmir.

The Voters' Pledge campaign aimed to inspire all the citizens of J&K UT to



endorse the initiative and pledge their unwavering support to actively participate in the upcoming Assembly Elections.

It was followed by the Electoral Literacy Club work on ELC Wall and a beautiful wall prepared by Electoral Club in which importance of voting and vote was shown with the help of pictures and quotations. In other initiative to create awareness a screening of short movie had been done.

The Screening took place at the conference hall of GDC Neeli Nallah Udhampur in the presence of college students and several dignitaries.

The Principal, Prof. Dr. Seema Arora appreciated the efforts of the Staff and Students. She stressed that the purpose of this event is to enlighten, enable and empower every citizen to register as a voter and cast his/her vote at every election in an informed and ethical manner. Further she emphasized the importance of voting and the role of the youth in ensuring high voter turnout.

She encouraged students to actively participate in the electoral process and urged all eligible voters to exercise their democratic right.

This was followed by an

awareness programme where students from various classes participate with great enthusiasm. The theme of the programme was "My vote My Right".

The Convenor Prof. Shaista Yasmeen highlighted the essence of Indian democracy, underscoring the rights and duties of citizens in building a strong and responsible nation.

These awareness initiatives were yet another step by G.D.C Neeli Nallah Udhampur towards creating a well-informed, active, and responsible electorate, playing a pivotal role in strengthening the democratic fabric of the nation.

All the events were successfully conducted by Prof. Shaista Yasmeen, in charge of the Electoral Literacy Club. Others present in the event were Dr. Maansi Sharma, and Prof. Rekha Sharma and Rajeshwar Singh Jamwal.

Independent candidate from Marh Mohan Lal Kaith seeks vote

Top News Report

JAMMU, Sep 18: SSP Retired Mohan Lal Kaith who is independent candidate from Marh Constituency, has intensified his election campaign and appealed to the general public to vote in his favour for peace and prosperity.

Kaith stressed on the need to promote employment opportunities for the youth and assured that he will remain connected with the public always whether he is elected or not. Kaith was highly welcomed by the people wherever he visited.

People raised basic issues being faced by them, for which Kaith assured that he would talk to the concerned authorities.

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