

TOP NEWS OF J&K

JAMMU, MONDAY, OCTOBER 07, 2024

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Elon Musk offers \$47 to each US voter signing petition on gun rights, free speech



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BRIEFLY

KPDCL replaces over 4000 burnt smart meters

SRINAGAR, Oct 7 (Agencies): The Kashmir Power Distribution Corporation Limited (KPDCL) Monday said that it has so far replaced 4,263 burnt smart meters.

KPDCL, which is responsible for providing electricity to people in Kashmir said, the replacement shall continue till "all burnt meters are replaced in a time-bound manner to facilitate consumers."

However, KPDCL didn't tell when, why, and how these newly installed smart meters were damaged. On its official handle on X, the KPDCL has also warned consumers of tampering or sabotaging the electricity measuring device. People found involved in tampering will be taken action against, it warned.

Rusted Anti-Tank Mine, Mortar Shell defused in Samba

SAMBA/JAMMU, Oct 7: A rusted anti-tank mine and an old mortar shell were defused after they were found by villagers at separate places in Samba district of Jammu and Kashmir, officials said on Monday.

The anti-tank mine was noticed by a farmer working in his fields near the Regal border outpost this morning, the officials said.

They said the farmer immediately informed the concerned Border Security Force (BSF) unit and the mine was later safely defused by experts.

The mortar shell was found lying in the garbage in Balole Khad in the Bari Brahmana area on Sunday evening and was subsequently defused by the bomb disposal squad of police, the officials said.

J&K Assembly Polls | Security tightened in Udhampur ahead of Counting Day

UDHAMPUR, Oct 7 (Agencies): Udhampur police tighten security across Udhampur district in Jammu and Kashmir ahead of counting of votes on October 8.

Speaking to Udhampur

Plea filed in Supreme Court for restoration of Jammu and Kashmir Statehood

NEW DELHI, Oct 7 (Agencies): An application has been filed in the Supreme Court seeking restoration of the statehood of Jammu & Kashmir within two months.

Filed by college teacher Zahoor Ahmed Bhat and activist Khurshaid Ahmad Malik, the plea contends that the failure to restore the statehood of Jammu & Kashmir is gravely affecting the rights of the citizens the Valley.

Referring to the recently concluded polls in the Valley, the plea filed through Advocate Soyaib Quresi states that the formation of the Legislative Assembly before the restoration



of statehood would violate the idea of federalism, which forms part of the basic structure of the Constitution of India.

The petitioner states that since the recently concluded assem-

bly elections were conducted peacefully, there would be "no security concerns" in case the top court passed a direction to restore statehood to the Valley within a time-bound period.

It is also contended that the conversion of the State of Jammu & Kashmir into two Union Territories has resulted in Jammu & Kashmir being given a lesser form of elected democratic government, which will soon be formed once the results of the Legislative Assembly are declared.

Bhat maintains that the Valley always had a federal relationship with the Union of India. Thus, it is of utmost importance that the status of statehood is restored "so that they can enjoy an autonomy in their individual identity and also play an important part in the overall development of the Country."

Is owning dog good for your health?



MELBOURNE, Oct 7 (Agencies): Australia loves dogs. We have one of the highest rates of pet ownership in the world, and one in two households has at least one dog.

But are they good for our health?

Mental health is the second-most common reason cited for getting a dog, after companionship. And many of us say we "feel healthier" for having a dog – and let them sleep in our bedroom.

Here's what it means for our physical and mental health to share

our homes (and doonas) with our canine companions.

Are there physical health benefits to having a dog?

Having a dog is linked to lower risk of death over the long term. In 2019, a systematic review gathered evidence published over 70 years, involving nearly four million individual medical cases. It found people who owned a dog had a 24% lower risk of dying from any cause compared to those who did not own a dog.

Dog ownership was linked to increased

Mallikarjun Kharge confident of Congress forming Govt in Haryana, J&K



BENGALURU, Oct 7 (Agencies): All India Congress President Mallikarjun

Kharge on Monday expressed confidence about his party coming to power in Haryana, and the party along with its alliance partner National Conference forming the Government in Jammu and Kashmir.

The results of both the assembly elections will be announced on October 8. "Earlier too we had said that in Haryana and Jammu Kashmir, the Congress Government will be formed.

In Jammu and Kashmir, Congress and NC (National Conference) alliance will form the

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ED raids AAP MP Sanjeev Arora's house in money laundering case

JALANDHAR, Oct 7 (Agencies): The Enforcement Directorate on Monday searched multiple locations in Jalandhar, Ludhiana, Gurugram and Delhi in connection with a land "fraud" case against AAP Rajya Sabha member Sanjeev Arora and others, official sources

said. About 16-17 locations, including the house of the 61-year-old MP at Ludhiana (Punjab) and Gurugram (Haryana), are being searched, they said.

Premises linked to real estate businessman Hemant Sood and

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J&K Congress Chief Tariq Karra criticizes LG's Powers, expresses confidence in election outcome

SRINAGAR, Oct 7 (Agencies): A day before Jammu & Kashmir Assembly election results, J&K Congress Chief Tariq Hameed Karra expressed cautious optimism about the outcome while raising concerns about exit polls and the role of the



Lieutenant Governor (LG) in the nomination

of Assembly members. Karra acknowledged the exit polls but emphasized that they do not always reflect the true outcome.

"Exit polls are fine in their place, but we hope that the exact poll will be even better than that. A

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Tarigami expects secular parties to dominate JK elections

SRINAGAR, Oct 7 (Agencies): After the exit polls projected a close contest in Jammu and Kashmir, Communist Party of India (Marxist) candidate from Kulgam Assembly constituency, Muhammad Yousuf Tarigami claimed that the public seek the formation of a non-BJP and secular government in the Union Territory.

"The public of Jammu and Kashmir wants a non-BJP government to be formed in the Union Territory. They want

to elect a government that will raise their voices. The public has given their mandate and the results will be announced on October 8 on expected lines," the CPM leader said.

"Exit polls have their assessments and projections but we are waiting for the results. According to me, the mood of the people is to elect a secular government that fulfills the promises. It is also my opinion that non-BJP secular parties need to have the upper hand and win," said Tarigami.

PDP ready to support NC-Congress if needed: Nayeem Akhtar

SRINAGAR, Oct 7 (Agencies): Ahead of tomorrow's vote counting for the J&K Assembly elections 2024, Peoples Democratic Party (PDP) senior leader Nayeem Akhtar said the party is ready to support a Congress-NC alliance if needed.



"We are ready to support the NC-Congress if needed," Akhtar said.

He also said, "Yes, we are ready to support the alliance, any secular arrangement that includes Congress, as we are part of the INDIA alliance with them."

When asked if PDP is currently in talks with Congress or National Conference, Akhtar

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Yoga & Meditation session focused on management of hypertension organized

Top News Report

JAMMU, Oct 7: A comprehensive yoga session focused on the management of hypertension was organized by Vichar Kranti Manch International, the Indian Yoga Association, and Sarv Utham Trust at the Yoga & Meditation Center in Chhanni Himmat, Jammu.

Dr. Shreyansh Kumar Jain emphasized that hypertension (high blood pressure) can be effectively managed through yoga, meditation, and natural remedies. He explained how these practices help to relax both the mind and body, reducing stress—a significant contributor to high blood pressure.

Specific yoga poses were recommended for their beneficial effects on hypertension.

These included Shavasana (Corpse Pose) for deep relaxation, Setu Bandhasana (Bridge Pose) to improve blood circulation, and Vajrasana (Thunderbolt Pose) to calm the nervous



system. Other effective poses were Paschimottasana (Seated Forward Bend) and Balasana (Child's Pose), both of which promote relaxation and improved circulation. The poses were demonstrated by NS Chib, a well-trained yoga practitioner, highlighting their practical application.

In addition to physical postures, specific pranayama (breathing techniques) were highlighted for their role in balancing blood pres-

sure. Techniques such as Nadi Shodhana (Alternate Nostril Breathing), Anulom Vilom, and Bhramari (Humming Bee Breath) were discussed as effective methods to alleviate stress and promote relaxation. Meditation was also emphasized as a crucial tool for managing hypertension. Techniques like mindfulness meditation, guided imagery, and loving-kindness meditation were recommended to calm the mind, reduce

cortisol levels, and foster a sense of well-being. Participants were introduced to various home-made remedies that can help control blood pressure. Ingredients like garlic, fenugreek seeds, lemon juice, and a honey and ginger mix were recommended for their natural properties. Coconut water was also highlighted for its potassium content, which is beneficial for maintaining healthy blood pressure levels. Alongside

these remedies, lifestyle tips such as reducing salt intake, staying hydrated, and engaging in regular moderate exercise were suggested to enhance heart health.

The event featured a meditation session led by Acharya Shivam, State Head of Oshodhara, who discussed the importance of right meditation and introduced participants to the Oshodhara, Yoga, and Pragma courses.

Ashok Gupta, Vice President of VKMI and Founder Managing Trustee of SUT, shared techniques from Hasya Yoga and engaged participants in an interactive question-and-answer session. The session concluded with Gupta expressing gratitude, particularly towards Acharya Shivam, for his valuable contributions.

Overall, the session aimed to empower participants with practical tools and knowledge to manage hypertension naturally, encouraging a holistic approach to health and well-being.

New J-K govt has numerous challenges: Dr Farooq

Top News Report

SRINAGAR, Oct 7: The Jammu and Kashmir National Conference (JKNC) chief and former chief minister of the erstwhile state, Dr Farooq Abdullah Monday said he will accept PDP's support 'from the core of his heart.'

This, Abdullah said is important to pull 'J&K out of the mess which it has been in the last ten years.'

Commenting on the administration's move of nominating five members for the legislative assembly, Abdullah said only the elected government has a right to do so.

The NC patriarch said the new government has enormous challenges to face.

He said the central government must realise this and support the government in its quest to strike



the challenges.

Kashmir, he said is an important region, "it borders the two enemies, J&K's welfare is the whole country's welfare," he said.

When asked possibilities of horse-trading as the votes are counted, Farooq said, let those who want to get involved in it get involved.

On AIP chief's suggestion to political leaders in Kashmir on delaying government formation to pressure the GoI to restore J&K's statehood,

Farooq said he wonders what brought Rashid out of prison.

"If he was in jail, who released him and why, when others are languishing in prison. What happened to Rashid's slogan of plebiscite for Kashmir," Dr Farooq asked.

Dr Farooq also urged the world powers to stop the ongoing wars in the West Asia and Ukraine.

"If they want this planet to survive, they should put an end to these wars," he said.

BJP to secure 35 seats in J&K, Will form Govt with like-minded parties: Ravinder Raina



JAMMU, Oct 7 (Agencies): Jammu and Kashmir BJP chief Ravinder Raina on Monday asserted that his party will emerge as the single largest party in the region by securing 35 seats and will form Government with the help of like-minded and independent candidates. He also said that the nomination of five MLAs by the Lieutenant Governor is being carried out as per the Reorganisation Act.

"We are confident of winning 35 seats in Jammu and Kashmir, and with the support of independents and like-minded groups, who will secure around 15 seats, we will cross the majority mark of 50 to form the

Government," Raina told reporters here.

"The people have voted for us, endorsing our vision for development and peace," he said.

He said the BJP is set to perform exceptionally well and "the overwhelming public support for our party, demonstrated by the large crowds at rallies by Prime Minister Narendra Modi and Home Minister Amit Shah clearly indicates that people have voted for the BJP."

The Congress would suffer a "crushing defeat" in these elections, making BJP the single largest party, he said.

On the issue of party's alliances, he said the "BJP has supported 15

independent and like-minded candidates, but we have no ties with Engineer Rasheed's party. They (Independents and like-minded groups) will score a victory. We will be the largest voted party in Jammu and Kashmir."

Ahead of the counting of votes, the BJP is holding a crucial meeting at its headquarters, with senior leaders Tarun Chugh and Ram Madhav participating.

On the nomination of five MLAs to the J&K Assembly, he said, "The reorganisation Act has already been passed by Parliament. This process will proceed accordingly... It will be carried out by the LG as part of the constitutional process."

Asked whether the process of nomination should have left to next Government to decide, he said "whatever is being done by LG is as per the law. It is done as per the Reorganization Act".

Counting of votes for the 90-member Jammu and Kashmir Assembly will take place on Tuesday.

Nothing more favourable for BJP than to continue central rule in J&K: Omar on Rashid's statehood plan



SRINAGAR, Oct 7 (Agencies): JKNC vice president and former chief minister of the erstwhile state, Omar Abdullah flouted AIP chief Engineer Rashid's remarks on unitedly demanding statehood for J&K.

The member of Parliament (MP) and former MLA, Er Rasheed, earlier on Monday said all regional parties in Jammu and Kashmir should unite and demand the restora-

tion of statehood.

Quoting a video of Rashid, Omar said, the BJP would like nothing more than to extend central rule in J&K.

"The man goes to Delhi for 24 hours and comes back to play straight in to the hands of the BJP. The BJP would like nothing more than to extend central rule in J&K if they aren't in a position to form a government," Omar wrote on his official handle.

5 members to be nominated by LG to J&K Assembly may play crucial role in Govt formation

JAMMU, Oct 7 (Agencies): Five persons to be nominated by the lieutenant governor as members of the Jammu and Kashmir Assembly may play a crucial role in the formation of the next government in the union territory, sources said on Monday.

The Congress, National Conference and the

PDP have opposed the nomination of the five members before government formation, and threatened to move the Supreme Court.

In August 2019, Article 370 — which gave Jammu and Kashmir special status — was revoked and the state was divided into two union territories.

Bovine smuggling bid foiled, six bovines rescued, vehicle seized

Top News Report

SAMBA, Oct 7: Continuing its drive against bovine smugglers and their propagators, Police has foiled bovine smuggling attempt in the jurisdiction of Police SQA-tation Ghagwal, rescued six bovines and seized vehicle.

A Police team of Police Station Ghagwal headed by SHO Ghagwal, while performing vehicle checking duty at NHW Tapyal, intercepted a Mahindra load carrier

bearing registration No JK021C-1503 for checking.

During checking, six bovines were found laden inside which were tied in a cruel manner and were being transported illegally without any valid permission.

All the rescued bovines have been shifted to a safer place.

A case FIR No. 135/2024 U/S 223 BNS 11 PCA Act has been registered at PS Ghagwal and investigation started.

Brazen pre-result rigging of polls: Iltija Mufti on move to nominate five members of J-K Assembly

Top News Report

SRINAGAR, Oct 7: PDP leader Iltija Mufti on Monday said giving power to the Lieutenant Governor to nominate five members to the Jammu and Kashmir assembly was a "brazen pre-result rigging" of the polls.

"All of the five MLAs nominated by LG are BJP members or associated with the party. Brazen pre result rigging & shameful manipulation," Iltija Mufti posted on X.

She said it seems no lessons were learned from the rigging of 1987 elections in Jammu and Kashmir.

"Might as well have nominated all 90 members instead. Why even



hold elections? 1987's stolen election took J&K to the brink. Yet no lessons learnt?," she said.

On her party supporting an anti-BJP front for Government formation, she said the senior leadership of the PDP will take a call after the poll results are out.

"Unnecessary specu-

lations. Let me put the record straight. PDP's senior leadership will take a call on extending support to a secular front only once the results are out. This is our official stand," she said.

Counting of votes for the 90-member Jammu and Kashmir Assembly will take place on Tuesday.

BJP playing 'Desperate Games' to engineer majority in J&K: Congress

JAMMU / NEW DELHI, Oct 7 (Agencies): A day before Assembly poll results, the Congress on Monday accused the BJP of taking "malicious steps" through a malafide exercise of power to negate the people's verdict in favour of the Congress-NC alliance in Jammu and Kashmir.

The opposition party said it will do everything in its power to thwart such "nefarious designs".

In a post on X, Congress general secretary Jairam Ramesh said, "Facing imminent defeat, the BJP is playing desper-



ate games to engineer a majority and hoping for a hung assembly to aid them in their subterfuge."

They know that the people of Jammu and Kashmir have given a clear mandate to the Congress-National Conference (NC) alliance, he said.

"To undo this democratic process, they have

resorted to the old ways of their self-proclaimed bogus 'Chanakya-niti.' We have clear information and basis to say that malicious steps are being taken through a colourable and malafide exercise of power to negate the people's verdict in favour of the INC-NC alliance in J&K," Ramesh said.

"We will do everything in our power to thwart such nefarious designs," he alleged.

Jammu and Kashmir voted in three phases on September 18, 25 and October 1. The votes will be counted on Tuesday.

Renowned singers Sultana Nooran, Mannat Noor, Preet Harpal perform in Aryans

Top News Report

JAMMU, Oct 7: Renowned Singers Sultana Nooran, Mannat Noor, Preet Harpal, Runbir, Shavy Vik etc enthralled the audience at Campus, Aryans Group of colleges, Rajpura, in association with MH One Dr. Anshu Kataria, Chairman, Aryans Group, presided over this event. Deputy Superintendent of Police, Rajpura, was a special guest.

The event was hosted by Preet Raman Kaur & RJ Shanky. Students also gave vibrant performances in this cultural fest. Thousands of Students, Alumni of Aryans Group attended the mega cultural function.

Sultana Nooran gave a soulful performance



on "Ali Ali Ali", "Dunia Matlab Di", "Tung Tung Tung", "Dama Dam Mast Kalandar", "Patakha Guddi" etc and mesmerized the audience. Mannat Noor enthralled the audience with "Long Lachi", "Royi Na", "Eko Jehe", "Mai Gori Aa", "Jutti", "Tu Mileya" etc. and made the audience dance.

Preet Harpal performed on "Kala Suit", "Gaani",

"Yaar Berozgar", "Tor", "Kamle Nain", "Case", "Jinde Rehe" etc. and enthralled the audience. Runbir gave performances on "Kade ta tu aavega", "Ve Rabba", "Hasna sikhdi Si", "Aadi ve", "Has Ke", "Tere Warge nahi" and the audience enjoyed it to the fullest. Savy Vik performed on "Mitha Banke", "Bukkal", "Fake Love", "Lakdan", "Desire" etc.

Tap water reaches 78.58% of rural households under JJM

Top News Report

JAMMU, Oct 7: The Jal Jeevan Mission (JJM) was launched by Prime Minister Narendra Modi on August 15, 2019, with the ambitious goal of providing tap water supply to every rural household by 2024. At the time of its inception, only 3.23 crore (17%) of rural households had tap water connections. The mission aims to bridge this gap by providing nearly 16 crore additional households with tap water by 2024, ensuring the functionality of existing water supply systems, and directly benefiting over 19 crore rural families.

This initiative is intended to reduce the rural-urban divide and enhance public health. Jal Jeevan Mission also strives for the freedom of mothers and sisters from centuries old drudgery of fetching water for the household, and improving their health, education and socio-economic condition.

The Mission is bringing 'ease of living' and

adding pride and dignity to rural families. Jal Jeevan Mission also implements source sustainability measures as mandatory elements, such as recharge and reuse through greywater management, water conservation and rainwater harvesting.

The Mission is based on a community approach to water and will include extensive Information, Education and Communication (IEC) as a key component. JJM looks to create a janandolan for water, thereby making it everyone's priority.

As of October 6, 2024, Jal Jeevan Mission has successfully provided tap water connections to 11.95 crore additional rural households, bringing the total coverage to more than 15.19 crore households, which accounts for 78.58% of all rural households in India.

The mission has reached a significant milestone, profoundly impacting the lives of rural people by providing them with reliable access

to potable water in their homes.

In conclusion, the Jal Jeevan Mission has made remarkable strides toward achieving its ambitious goal of providing every rural household in India with a functional tap water connection.

With over 15.19 crore households, numerous schools, and Anganwadi centres now benefitting from reliable access to clean water, the mission is significantly improving the quality of life in rural areas.

This initiative not only addresses water scarcity but also empowers communities, particularly women, by alleviating the burden of water collection and enhancing public health outcomes.

The mission's emphasis on community participation, sustainability, and technological innovation underscores its long-term vision. As the mission progresses, it continues to transform lives and foster a healthier, more equitable future for rural India.

EDITORIAL

SAKSHAM:

Empowering Lives

SAKSHAM, an initiative focused on skill development and empowerment, has emerged as a transformative force in India, particularly in underserved communities. Launched with the aim of enhancing employability and promoting self-reliance, SAKSHAM seeks to address the pressing issue of unemployment and underemployment that affects millions across the nation.

The core vision of SAKSHAM is to create a skilled workforce that can meet the demands of the rapidly changing job market. Recognizing that traditional educational pathways may not adequately prepare individuals for the skills needed in today's economy, SAKSHAM aims to bridge this gap. The initiative focuses on providing vocational training, entrepreneurship development, and soft skills training, ensuring participants are well-equipped for various industries.

One of the primary objectives of SAKSHAM is to empower marginalized communities, including women, youth, and people with disabilities. By providing access to quality training and resources, SAKSHAM aims to uplift these groups, enabling them to contribute meaningfully to the economy. This empowerment is not just about employment; it is about fostering a sense of dignity and self-worth among individuals.

SAKSHAM offers a diverse range of training programs tailored to meet the needs of different sectors.

Focused on practical skills, these programs cover various trades such as plumbing, electrical work, hospitality, and beauty therapy. Participants receive hands-on training from experienced professionals, ensuring they acquire the skills needed to succeed in their chosen fields.

Recognizing that self-employment can be a viable pathway to economic stability, SAKSHAM provides training on business management, financial literacy, and marketing strategies. Participants are encouraged to develop their own business ideas and are supported in executing them, fostering a culture of entrepreneurship.

In addition to technical skills, SAKSHAM emphasizes the importance of soft skills such as communication, teamwork, and problem-solving. These skills are crucial for workplace success and are integrated into all training programs.

In an increasingly digital world, SAKSHAM includes digital literacy programs that teach participants how to navigate technology and utilize online resources. This knowledge is vital for accessing job opportunities and improving productivity in the workplace.

SAKSHAM's approach is deeply rooted in community engagement. The initiative collaborates with local organizations, educational institutions, and businesses to identify training needs and create tailored programs. This community-centric model ensures that the training provided is relevant and meets the actual demands of the job market.

The impact of SAKSHAM is significant. Many participants have successfully transitioned into stable employment, while others have launched their own businesses. Testimonials from beneficiaries highlight the transformative nature of the training. Individuals who once struggled to find work now share stories of financial independence and personal growth. This ripple effect contributes to the overall socio-economic development of their communities.

Despite its successes, SAKSHAM faces challenges, including limited resources and the need for continuous adaptation to the evolving job market. To remain effective, the initiative must keep pace with industry trends and emerging skills. Furthermore, increasing awareness about the importance of skill development among youth and their families is essential to ensure higher participation rates.

Moving forward, SAKSHAM aims to expand its reach, targeting more remote and underserved areas. The initiative plans to leverage technology to enhance training delivery, making programs more accessible to a broader audience. Online courses and virtual workshops are on the horizon, allowing participants to learn at their own pace.

SAKSHAM stands as a beacon of hope for many individuals seeking to change their lives through skill development. By empowering marginalized communities and fostering self-reliance, SAKSHAM not only addresses the issue of unemployment but also contributes to the larger goal of economic growth and social justice in India. As the initiative continues to evolve and expand, its commitment to creating a skilled and empowered workforce remains unwavering, making it a crucial player in the nation's journey toward inclusive development.

Potential Chief Minister & Government will be Toothless Tigers

By: Omkar Dattatray

The crucial and historic UT assembly elections have come to close on first October 2024 with the completion of third phase of polls which will decide which candidates in 40 constituencies will make it to be MLA's. The ballots will be in EVMs and on 8, October counting of the votes will be done and on the same day it will be clear which alliance will come to power and who will be heading the new coalition government as after all, after the political churning will result in a hung verdict is all that awaits the political leaders, parties and UT at large. Whichever alliance will come to power one thing is all most certain that new chief minister and his government will be the best example of a toothless tiger as the central government through the ministry of home affairs-MHA has stripped the major powers of the legislative assembly and of the political executive which is the chief minister and had allotted overriding and sweeping powers to LG and had thus clipped the wings of the potential chief minister and the government. Thus election or no election, it will in practical terms make no significant difference to the UT and its potential government as well as to the gullible people. In effect, the new chief minister will be ineffective as he will be bound to get prior approval for all strategic and pivotal decision from the LG. Thus the hands of the new chief minister stand already tied who is yet to be decided and clear. So the prospective UT government will in fact be more or less a powerless entity and JK UT will resemble Delhi UT and the Chief minister will resemble AAP chief minister Arvind Kejriwal who had always been at daggers drawn with the

LG and the biggest casualty were the people of Delhi and similar will be the fate of J&K chief minister who will be in constant friction with the UT's LG. For all important decisions, the chief minister will have to consult the LG and seek his approval. In the backdrop of already transferred of sweeping powers to the LG, the new chief minister will be a paper tiger without any real powers and authority and thus the new chief minister and government will be ineffectual one and for even little and routine matters it will have to turn to LG. Thus potential / new government though a democratic and popular will be forced to toe the line of the LG and the central government and it will be a naked assault on the federal spirit of constitutional scheming and so will be against the real democracy. The Modi government had vested increased powers to LG Jammu and Kashmir much in advance of the assembly polls which has tilted the balance of power in favor of the LG, thus snatching the powers of the potential chief minister and his government. In this respect these elections are meaningless as it will make no difference to new government and the people of the UT who will be continue to be remote controlled by the center. Jammu and Kashmir Lieutenant Governor has got more powers and it does not bode well for democracy. The Union Ministry of Home Affairs extended the administrative authority of the LG of Jammu and Kashmir by amending the Transaction of Business Rules through an executive notification. Under the new rules, the LG will now have the final say on the functioning of the All India Services that includes the senior bureaucracy of the Union territory. The new rules have also placed the Anti Corruption Bureau, the Directorate

of Public Prosecution, Prisons, and J&K Forensic science Laboratory under the LG's control. The LG will also have the final approval over the appointment of the Advocate General and other law officers. The government will have to first seek the LG's approval for the grant or refusal of prosecution sanction or filing of an appeal. Particularly, following their incarceration after abrogation of Article 370 in August 2019, many local politicians, who previously held big ministerial posts and portfolios were waiting for their resurgence. But now, they may have to practice a different style of politics in Kashmir. "This change was introduced to ensure the continuity of central control in Jammu and Kashmir," said Rekha Chowdhary, former professor of political science at Jammu university. "The political parties have been understanding the situation from the very beginning. Being a chief minister in a UT is very different from being a CM in a state. In a UT, a chief minister's powers remain limited." "The political parties of J&K baring the national party BJP had criticized the rules giving increased powers to LG J&K as it amounts to stealing the power and authority of the elected government when constituted. Four time MLA and CPI-M leaders, Mohammed Yousaf Tarigami described the new order as anti-people. "It seems that even after August 2019, the central government is still unsure if they have full control over the region," Tarigami said. According to Tarigami, this amendment amounts to a repeated betrayal of the promises made by the BJP government regarding the restoration of full statehood to Jammu and Kashmir. The elections will not provide any sense of achievement to the people as the elected legislature will not be effective in providing any

substantial relief. So it can be said that the new chief minister will have very limited administrative powers and authority, with no real power. Rightly have the mainstream political parties reacted sharply to changes notified by the MHA that enhanced the powers of LG on government departments and over the appointment and transfer of senior civil and police officers. The changes have come just before the assembly polls, the motive was to strip the powers of the democratically elected government. Thus the new legislature, chief minister and the government will be with limited powers and authority. The central government had already transferred increased powers to the LG Jammu and Kashmir. So the new chief minister and the government will be a toothless tiger and can also be termed as paper tiger having limited powers in the UT after the assembly polls. In short the potential legislative assembly, chief minister and the government will all have little powers as real powers will be with the centers nominated representative the LG and not to the democratically elected CM and the government. It is really a sad commentary on the politics and powers of the government. It may lead to frictions between the elected CM, his government and the LG and it will not be in the interest of the people of Jammu and Kashmir. The government and its leader will be without wings and the both cannot fly meaning thereby it cannot take important decisions without the prior approval of LG. The chief minister will be no more than a rubber stamp.

(The author is a columnist, Social and KP activist)

Diseases increasing due to adulterated food

By: Vijay Garg

In recent times, cases of death due to heart disease, diabetes and cancer have increased rapidly among small children and youth. The outbreak of dangerous diseases caused by fungus and viruses has increased. According to the report of the World Health Organization, 14.1 lakh new cases of cancer were reported in the country in 2022, in which more than nine lakh people died. According to the report, cancer incidence will increase worldwide by the year 2050. According to IRAC, the international organization for research on cancer, There has been an increase in thirty-five types of cancer in addition to the increase in mouth, throat and breast cancer over the years. The sudden increase in stomach, colon, prostate, skin and blood cancers is surprising. While obesity is increasing among people in the country, it is also causing increase in cancer cases. According to the World Health Organization, by 2035 the number of people dying from cancer in India will reach 35 lakh per year. Cancer is caused by abnormal growth and division of human body cells. Food items containing chemicals and raw materials Lifestyle is also the reason for this. According to the report of 'Centre for Science and Environment' (CSE), 93 percent children living in cities eat canned food items once a week, while 53 percent children eat instant food i.e. 'junk food' every day. Have eaten. From cities to poor children of villages, their daily routine is starting with 'junk food'. In the period from 2011 to 2021, the business of 'junk food' in the country is continuously increasing at the rate of 13.37 percent. Due to this, eleven percent of the children of the country have become victims of obesity. 'Lancet maga-

zine's research report According to 2022, 1.25 crore children were overweight than the expected weight. This number is increasing 25 times more than the figures. The reason for this new phenomenon is the presence of multinational influence in the country. After getting permission for foreign trade, companies are given open permission for all types of trade including catering items. The trend of processed canned goods has increased very rapidly in the country. In the year 1990s, people from poor to rich and from young to old in the country started considering canned food as a food item to instantly satisfy hunger. Are. A large number of common people have now become dependent on market food items instead of taking home-made snacks to work. More than one in seven adults in the country over the age of 20 whose daily diet includes highly processed foods do not consider themselves healthy. Too much salt in canned food, too much 'preservatives' along with artificial sweeteners in soft drinks. Are responsible for cancer diseases including liver, kidney disease, brain tumor etc. Artificial beverages, chocolates and canned fruits-Complaints of urine infection due to the juice of custard apple have increased rapidly in the country. CSE figures show that 71 percent of the population in the country is not eating a healthy diet. Due to which every year 17 lakh people in the country are dying due to diabetes, cancer, tuberculosis and heart related diseases. According to the report of America's 'Institute for Health Statistics and Pollution', after cigarettes and alcohol, most of the deaths in the world are caused by consuming more salt than the prescribed quantity. World Health Organization: No more than 2 grams per adult per day is allowed. A research by

an NGO named 'Toxics Link' has claimed that one of the reasons for the increasing cancer and heart disease in the country is the micro particles of plastic present in salt and sugar. The only area of concern in canned goods is salt or sugar. Thousands of women there have filed a case against an American cosmetics company alleging that its product is spreading 'mesothelioma cancer'. Whereas in India, these products are being sold indiscriminately by claiming that they are of high quality and this 'good' product of physical beauty is being sold indiscriminately. 'Asbestos' is used to make cosmetics on the body longer lasting. According to the report of 'British Medical Tesbird', asbestos in beauty products is not easy to detect with available technology. Therefore, cosmetic companies claim their products to be virus-free, but beauty products contain trace amounts of "talcum and benzene", which is carcinogenic. The concerned departments neither have adequate staff nor adequate capacity to monitor and inspect the items of daily use including food items and medicines in the country. Testing laboratories. State governments lack the financial budget to run such departments. According to the rules of 'Food Safety and Standards Authority of India' (FSSI), a food inspector should have the responsibility of monitoring a maximum of two thousand shops, but in each state, each food inspector has the responsibility of monitoring up to fifteen thousand shops. By the year 2022, there were only 224 food testing laboratories in the country. In which the number of government laboratories is not more than hundred. At times due to shortage of laboratories Due to lack of investigation, those involved in adulteration are left out of the penal action. In the

past, even after an Indian spice company based in Hong Kong and Singapore, the sale of these products in the Indian market was not stopped after the import ban, because there was no clear test report from the Indian laboratories. Whereas use of high quantity of carcinogenic 'preservative' on the company's product was found in foreign laboratories. Due to laxity in Indian law and delay in investigation, the crime of adulteration has not been effectively prevented. Despite there does not seem to be any concern about tightening government checks, the quality of food and the health of citizens. In the past years, on public demand, some state governments including Rajasthan and Madhya Pradesh have increased the punishment for adulteration, but have not been able to improve the investigation process by amending the law. The long process of investigation, hearing and corruption have proved helpful in acquitting Radhi. Food Safety Standards Authority of India regulates quality and defective products in sales, manufacturing and For the purpose of restricting the storage of 1, registration of fourteen digits has been made mandatory; But even today sixty percent of food vendors do not have a license. Reason: Lack of monitoring system. Unhealthy food items are sold indiscriminately on the roadside. In case of an accident due to adulterated material, it is not easy for the administration to trace it. The truth is that the government machinery remains asleep until any incident occurs.

(Vijay Garg Retired Principal Educational Columnist Street Kaur Chand MHR Malout Punjab)

Seasonal migration of Nomads of Chenab Valley in J&K begins

Top News Report

BHADARWAH, Oct 7: Tribal nomads traditionally move with their livestock to the upper slopes of the northern Himalayas during the summer and return to the plains in winter after covering hundreds of miles on foot along serpentine tracks. The Chenab Valley Nomads, a centuries-old indigenous community are making a significant shift from their traditional mountainous habitats to the plains. This migration, prompted by a confluence of factors, reflects the resilience and adaptability of this unique community. The Chenab Valley Nomads known for their nomadic lifestyles and deep connection to the Himalayan mountains, have been an integral part of the cultural fabric

of the region for generations. Their annual migrations between highlands and plains have defined their identity, customs, and traditions.

However, recent years have brought about considerable challenges to this traditional way of life.

The unpredictable impact of climate change, characterized by erratic weather patterns and more severe winters, has disrupted their livestock rearing and posed increased risks during their perilous treks.

These hardships have forced many to re-evaluate their lifestyle choices. "Our lives have become full of miseries as the vagaries of Nature have intensified and unpredictable climate changes have added to our living," said Ismail a highland sheep rearer. Economic factors also



play a significant role in this transition. Limited access to essential services such as healthcare and education in the highlands has spurred a desire for a more settled life in the plains, where opportunities for employment and education are more readily available.

"The health scenario of nomads earlier was strong enough which resisted the unsuitable conditions of a given environment and they were satisfied with their

life, but it is not without challenges. It raises questions about preserving their rich cultural heritage and adapting to new circumstances. Local organizations and government initiatives are stepping in to document their traditions, provide access to education and create economic opportunities that honor their heritage.

This migration serves as a testament to the resilience of the Chenab Valley Nomads, who, in the face of changing environmental and economic dynamics, are embracing change while preserving the essence of their unique cultural identity. It underscores the importance of cultural preservation and adaptation in the face of evolving challenges in the modern world.

GDC Vijaypur celebrates World Habitat Day 2024

Top News Report

VIJAYPUR, Oct 7: Department of Environmental Sciences in collaboration with Department of Geography of Government Degree College (GDC) Vijaypur celebrated World Habitat Day 2024.

The Programme started with the welcome address by Poonam Kundan, Head, Department of Environmental Sciences, and elaborated on the theme, discussing how youth engagement can drive innovation and foster social change.

She encouraged students to actively participate in discussions about urban development and to contribute ideas for improving their environments.

The event aimed to inspire the younger generation to take initiative and lead efforts towards building a sustainable



urban future.

Students of the college actively participated in the Slogan Writing Competition on the theme "Engaging Youth for a Better Urban Future."

First position was achieved by Ranjit Kaur of B.Sc. Semester III, Second position was attained by Palak Panotra of BA Semester III and third position was secured by Avijeet Kumar of B.Sc. Semester III.

The competition was adjudged by Prof. Mamta Gupta (HOD Commerce), Dr. Anoop Bhagat (HOD Sociology) and Prof. Ritu Bhagat (HOD Education).

Dr. Vandana Verma, Principal of the College,

highlighted the vital role that young people play in shaping sustainable cities. She emphasized that empowering youth to participate in urban planning and environmental initiatives is essential for creating vibrant, resilient communities. Dr. Vandana appreciated the efforts of the students for their active participation.

The whole event was coordinated by Prof. Poonam Kundan (HOD Environmental Sciences) and Prof. Meetu Sharma (HOD Geography) and co-coordinated by Prof. Ritu Bhagat (HOD, Education) and Dr. Naseem Choudhary (HOD, English).

Wildlife Seminar inspires action for conservation during World Wildlife Week

Top News Report

KISHTWAR, Oct 7: In an inspiring initiative, the Department of Wildlife Division Chenab Kishtwar, in collaboration with the Department of Environmental Sciences, organized a seminar to commemorate World Wildlife Week, celebrated annually from October 2 to 8.

The event, held under the expert supervision of Dr. Sehrish Gazal (Head of the Department, Environmental Sciences) and Prof. Ajeet Kumar, brought together esteemed guests and enthusiastic students. Manoj Puri, Senior Range Officer, graced the occasion as the Chief Guest, while Prof. Basharat Iqbal served as the Guest of Honour.

Dr. Sehrish Gazal delivered the formal welcome

address, focusing on digital innovation and practical strategies for human-wildlife coexistence. The seminar featured six passionate student participants, each highlighting the importance of wildlife conservation and proposing innovative strategies to protect our natural heritage. Abroo Wahid was awarded the 1st prize, with Radhika and Madhuri securing the 2nd and 3rd prizes, respectively.

In his address, Manoj Puri emphasized the critical theme of the event, urging collective local action to safeguard wildlife. He passionately called upon everyone to play an active role in preserving nature as a whole.

Principal Prof. Basharat Iqbal highlighted the urgent need to engage young minds and inspire

them to become ambassadors of environmental safety. Quoting William Wordsworth, he remarked, "One impulse from a vernal wood / May teach you more of man, / Of moral evil and of good, / Than all the sages can." He further elaborated on this message, stressing the shared responsibility we all have in protecting our environment.

The seminar also saw participation from Mohd. Asgar (Junior Range Officer), Javed Iqbal Shah and other officials from the wildlife department.

The event concluded with a heartfelt vote of thanks from Prof. Waseem Rashid, who expressed gratitude to the Wildlife Department for organizing such a meaningful event. Participants were also facilitated with T-shirts promoting wildlife conservation.

JKBS members felicitate civil engineering student Chituban Motan



Top News Report

JAMMU, Oct 7: The Jammu and Kashmir Batwal Sabha members today felicitated a brilliant civil engineering student Chituban Motan at a brief function held in Uptown Skyla Zirakpur, Chandigarh.

Thanking the JKBS members, Chituban said that he felt really delighted to receive the

honour from JKBS members, which was a great encouragement and appreciation. This would motivate him to perform well and achieve greater heights in academics, he added.

JKBS' General Secretary R.L. Kaith and its Member Subedar (Retd) Tilak Raj Motan said, Young engineers are future of the country.

Both wished Chituban all the best for future.

Skipper Gurkeerat Mann guides team to second win in Legends League Cricket 2024

Top News Report

JAMMU, Oct 7: Dilshan Munaweera's all-round performance was overshadowed by Gurkeerat Singh Mann's top class knock with the bat which helped Toyam Hyderabad to defeat Konark Suryas Odisha by 4 wickets at the Molana Azad Stadium in Jammu on Sunday.

After losing the toss and put into bat first, Richard Levi and Jesse Ryder opened the innings for Konark Suryas Odisha. They faced an early setback as Richard Levi was dismissed for 1 from 3 balls by Bipul Sharma. Ryder was then joined by Kevin O'Brien in the middle. The duo added 19 runs for the second wicket before Kevin O'Brien was dismissed for 5 from 9 balls. Ryder managed to add just 11 from 15 balls. Dilshan Munaweera remained the lone warrior in the innings as he scored 51 from 51 balls. Irfan Pathan scored 7 from 9 balls and Yusuf Pathan contributed with 7 from



18 balls. At the end of the innings, Konark Suryas Odisha posted a total of 100/9 in 20 overs.

For Toyam Hyderabad, Bipul Sharma (2/23) and Ravi Jangid (2/15) picked two wickets each in the innings. Nuwan Pradeep (1/21), Monty Panesar (1/13), Shivakant Shukla (1/10) and Stuart Binny (1/6) bagged one wicket each.

With a target of just 101 on the board, Chadwick Walton and George Worker opened the innings for Toyam Hyderabad. They lost the first wicket at just 21 runs on

the board as Chadwick Walton (8) was dismissed by Dilshan Munaweera. George Worker could manage to score 12 from 12 balls. Gurkeerat Singh Mann single handedly helped his team to win the match as he remained unbeaten on 52* from 50 balls. Bipul Sharma also remained not out on 7 from 6 balls.

For Konark Suryas Odisha, Dilshan Munaweera took 3/26 in 4 overs while Shahbaz Nadeem (1/12) and Pravin Tambe (1/20) picked one wicket each in the innings.

New Land Immigration inaugurated its second branch in Miran Sahib

Top News Report

JAMMU, Oct 7: New Land Immigration inaugurated its second branch in Miran Sahib, Jammu, marking a significant milestone in its commitment to facilitating international travel and education experiences.

The inauguration was graced by renowned journalist Ravinder Singh, who served as the Chief Guest, and Vikram Singh Chib, President, Yuva Rajput Sabha (YRS) alongside Sushil Singh Charak, Founder of Nations Development Association (NDA) and Former Secretary of the International Human Rights Organisation J&K, as the Guest of Honour.

Patrons Satish Katoch and Rekha Katoch also attended to support this momentous occasion.

In his address, Sushil Singh Charak emphasized the importance of New Land Immigration's expansion, which aims to meet the increasing demands of students and travelers in the region.

The management of



New Land Immigration expressed sincere gratitude to Chief Guest Ravinder Singh for his inspiring words and invaluable presence, highlighting his guidance as pivotal to the event's success.

"We are excited to expand our presence in Jammu and remain committed to delivering personalized services to our clients," said Rahat Katoch, Founder cum Director and Danish Katoch Managing Director. "Our goal is to empower individuals to achieve their global aspirations."

The new branch offers specialized services

tailored to the unique needs of clients, including Study Visa guidance for students, hassle-free Tourist Visa processing, and Work Visa support for professionals seeking international opportunities. Under the leadership of Rahat Katoch and Danish Katoch, the New Land Immigration team is dedicated to providing exceptional support.

Parmjeet Singh, Anikat Singh Chib New Land Immigration Team Members, Er. Ashu Kumar Member of Nations Development Association (NDA), Mohinder Singh and Yuva Rajput Sabha (YRS) Teams, were also present on the occasion.

GDC Ramgarh organizes documentary screening on life of Mahatma Gandhi

Top News Report

RAMGARH, Oct 7: IQAC of GDC Ramgarh organised a documentary screening on the "Life of Mahatma Gandhi" in honor of the Mahatma Gandhi's enduring legacy.

The event was organised to mark the 155th birth anniversary of the Father of the Nation, which holds



great significance in promoting Gandhian values among young minds.

The event was held under the guidance and supervision of Prof. (Dr.) Geetanjali Andotra, Principal of the College. Speaking on the occasion, she highlighted the importance of introducing students to historical figures like Mahatma Gandhi, from whose life the students can learn about ideals of

peace, equality, non-violence & justice.

Dr. Aditi Khajuria, convener IQAC, spoke on the impact of Gandhiji on Freedom Struggle of India. The documentary delved into pivotal moments of Gandhiji's life from his role in the Indian Freedom struggle to his philosophy of Truth and Non-violence which has



inspired millions not only in India but all over the world.

The documentary screening was attended by all faculty members and students of the college. Students expressed appreciation for the event, describing it as an eye-opening experience and remarking, "Watching the documentary made us realize the power of truth & non-violence".

50 missing Mobile phones with estimated cost of Rs 8 lakh recovered

Top News Report

JAMMU, Oct 7: ESU team of SP Rural Office Jammu recovered 50 mobile phones, missing reports of these mobile phones were lodged by people in different Police Stations/Police Posts of Rural zone Jammu.

As the report of missing mobile phones reached ESU unit through concerned SHOs/ICPPs.

ESU unit of SP Rural office Jammu was assigned the task of tracing out the missing mobile phones and with the sincere efforts of ESU team under the close



guidance and supervision of SP Rural Jammu, 50 missing mobile phones were traced out from various Districts of UT of J&K with the help of concerned SDPOs, SHOs and ICPPs.

The estimated cost of these recovered mobile phones is approximately

Rs 7.5-8 lakhs and with the recovery of these mobile phones many mobile missing reports has been closed.

The people who received their lost mobile phones were very thankful to the Jammu Police and appreciated the sincere efforts of police.

Suspected IED found in Rajouri: Security forces

Top News Report

SRINAGAR, Oct 7 (Agencies): Security forces Monday claimed to have found a suspected explosive material on a link road in Saranoo village of J-K's Rajouri district on, reports said. Quoting sources news agency NTV reported that the suspected explosive material was found during an area domination patrol in the area. "Initial examination suggests that the material may be an IED," they said. "Security forces and the Bomb Disposal Squad (BDS) are on the spot, and the area has been cordoned off for further investigation," they said.

Karan Johar slams 'gore misinterpretation' of Vasan Bala's comments on 'Jigra' script

Producer Karan Johar urged people on social media to hear and read entire interviews before making 'click bait assumptions', days after remarks made by Vasan Bala, the director of his latest production 'Jigra', in an interview went viral.

Johar shared an Instagram post to dispel rumours of a rift between him and Bala after the producer sent a 'roughly drafted' script of the film to lead star Alia Bhatt without telling him.

Both Bala's tone and comments were misinterpreted on social media, he said.

"I broke up with the nauseous noise and muted the unwarranted angst... but social media is like the Lockness monster it's gets to you even when you can't see it... so was flooded with Vasan Bala's interview which he answered with pure innocence and so much love... the gore misinterpretation of his comment about me sending the script to Alia without his grammar checks made me laugh initially at the ludicrousness of it all but now is truly annoying me



(sic) Johar wrote.

The producer said Bala continues to be one of his 'most talented and wonderful' collaborators.

"... and if you see his interview and hear his tone you will totally get it! BUT NO... much ado about nothing is all over the

place... I fold my hands and tell everyone please hear and read entire interviews before making click bait assumptions.! Loads of Love to all of you," he said.

In a recent interview, Bala said he had sent one very "kaccha pakka" (roughly drafted) to Johar by email.

"I think six or seven hours later, he called saying, 'I've already set it to Alia'. I was really not happy with it. I was like, 'I would have at least done some spellcheck, grammar check, hygiene, written some very nice hero entry. So that email was sent, I was like, 'Why did you do this?'. Karan said, 'No, no, this is how it works'," he had said.

Bala, known for 'Mard Ko Dard Nahin Hota' and 'Monica, O My Darling', thanked Johar in the comments section of the post.

'Love you Karan,' the director wrote with a heart emoji.

'Jigra' revolves around Satya (Bhatt), who goes to great lengths to break her brother Ankur (Vedang Raina) out of jail. The film is slated to hit the big screen on October 11.

Priyanka Chopra Jonas shares what her life looks like 'lately'



Actress Priyanka Chopra Jonas, who is busy with the shoot of the second season of her upcoming streaming series 'Citadel', has

shared a leaf from her routine that she follows these days.

The actress took to her Instagram, and dropped several pictures of what

her life looks like these days as she swings between her professional and personal duties.

The pictures show her busy with the shoot of 'Citadel', her daughter visiting on the sets of the show, the actress taking a walk with her daughter and engaging in playtime.

She wrote in the caption, 'Lately 1 & 2: Nadia is a little different this season #citadel 3: On the tube. 4: Early wrap takes us to the park 5: When she comes to see mama at work 6: And then we go to the park again. 7: Walks, songs and chats 8: Visiting friends @natasha.poonawalla 9: She turned 80! Happy birthday Fran. @mamadjonas 10: When the sun wakes you up in bed 11: Traffic selfie 12,13,14: When the glam is so good @harryjoshhair @yumi_mori 15: Back on a plane. As usual, racing home.'

Huma Qureshi excited for her role in 'Bayaan'

Actress Huma Qureshi is quite excited about her police drama Bayaan, which will participate in Busan's Asian Project Market. Directed by Bikas Ranjan Mishra, the film centres on a female detective investigating her first case in a small Rajasthan town. She faces significant challenges due to her opponent's deep-rooted influence within the system, while also striving to live up to her father's legendary reputation in law enforcement.

On essaying the role of a cop in the film, Huma said, "I choose stories which resonate with me. I am always looking to dabble in different genres... and if it helps me experiment as an actor, then I do want to be part of it. When Bayaan came to me, I was intrigued by its milieu, the role, the film's narrative and the sheer passion of the makers to bring this story to the fore. I wanted to understand what it meant to



be a protector who aids in the delivery of justice as part of the system." Chandrachur Singh, Sachin Khedekar, Avijit

Dutt, Shampa Mandal, Priti Shukla, Vibhor Mayank and Aditi Kanchan Singh are also a part of Bayaan.

Nimrit Kaur Ahluwalia, set for a debut with Punjabi film Shaunki Sardar, believes one must be open to new experiences in life

When the timing is right, everything pans out well... A strong believer in that is actress Nimrit Kaur Ahluwalia, who is due to make her Punjabi film debut with Shaunki Sardar.

Dheeraj Rattan as director, Punjabi film industry heavyweight Babbu Maan and popular singer-actor Guru Randhawa as co-stars, all boxes ticked right, it was the character that sealed the deal for her. "I am all for the right kind of projection of women in cinema. To get a character that is substantial and beautifully written, I had to pick this role," shared Nimrit.

A law graduate, she participated in Miss India contest and made it to the top 12 finalists. Though the crown evaded her, it paved the way for modelling and acting assignments. Television show Chhoti Sardarni gave her a chance to showcase her acting abilities, and reality show Bigg Boss 16 followed. Having recent-



ly been a part of Khatron Ke Khiladi 14 (KKK), she revealed how she waited before taking it up, "I was offered the show last year as well, but I believe too much

exposure isn't good either." A believer in experiencing life to the fullest, Nimrit is having a whale of time. While most stunts test her limits, it's the ones with

car sequences that she learnt to enjoy! "If you ask me what stunts were tough, there were so many. But, yes, I truly felt the high of adrenaline in the car sequences," she informed.

The tasks at KKK often involved creepy crawlies, and Nimrit shared that the trick was to psyche oneself up. Right before her tasks, in the vanity van, she banked on her shabads and simran to guide her through. "If you start thinking about it, you can never do it. I just focused on the task and chanted God's name, till it was done."

Reality shows helped her know about her strengths and weaknesses better. One thing that she has learnt from her Bigg Boss 16 stint was to never wear the heart on her sleeves. "People aren't interested in knowing the real you. Keep your honesty to yourself or those who respect that. If I could do Bigg Boss when I was not in the right mental

space, now I am invincible," she said.

The film on her mind, she has enjoyed the first schedule in Punjab. Her naankas from Ludhiana, and daadkas from Batala, hailing from an Army background, she loved living across the length and breadth of the country. But with Punjab, she has a special connection. Having spent five years in the tricity, pursuing law at the Army Institute of Law, Mohali, she loves to come back. "My core college years were in the tricity. I miss the food, the peace. So, I love being back every now and then."

Staying fit is what Nimrit's work demands. And she likes to mix and match. Having done mixed martial arts before, she banks on cross fit and strength training these days, and Pilates is next on her to-do list. "I believe we must be open to new things, new experiences. That's the only way to grow," she shared.

Chandigarh-based designer Samarjeet is preserving traditional embroideries and integrating them into the modern fashion narrative

In an era where the essence of traditional craftsmanship often gets lost amidst mass production and commercial interests, Samarjeet, a textiles, embroideries revivalist and designer, is the brainchild behind Plumtin Trust for Folk Art Revival, a Chandigarh-based NGO that is charting a course to breathe new life into the world of artisanal embroidery and art in general. From hand-embroidered lehengas to a broader cultural revival, Samar is committed to preserving and celebrating the rich tapestry of Indian art forms.

When Samarjeet and her team embarked on their journey with their Trust, their primary mission was clear—to resurrect traditional embroidery techniques

and present them in a way that resonates with modern sensibilities. As she explains, "We wanted to take the old embroideries and bring them into something that appeals to the younger generation, like brides, so they feel it fits their personality."

Today, the industry is increasingly dominated by industrial and machine-produced embellishments. Samar reveals, "Most designers aren't doing hand embroidery anymore. They either do Banarasi or get industrial machine panels done from China, adding embellishments by hand. This isn't really giving work to artisans."

One of the challenges Samarjeet faces is the proliferation of brands that falsely claim to offer hand-embroidered

pieces. She describes how some designers manipulate perceptions. "Some brands that say they are still doing hand embroidery are cheating. They get their stuff pre-made and then add final touches." Samarjeet's commitment to transparency means clearly distinguishing between purely hand-embroidered and mixed pieces. Other than directly employing 150 artisans and adhering to labour laws that include providing benefits to workers, Plumtin as a Trust is further bridging the gap in understanding and appreciation of true craftsmanship by launching a significant campaign centered around the theme — "Love is a journey, Love is a commitment, and Love is a celebration."



This initiative includes reviving forgotten folk traditions and incorporating them into their work. Samarjeet explains, "The campaign features a rich blend of old and new art forms. It includes folk music, poetry and even miniature art paintings, all presented in a movie format."

Samar is particularly excited about integrating diverse art forms into a unified narrative. "For our next project, we aim to bring together around 10 different art forms on one platform to create a larger story," she reveals.

Samarjeet points out the importance of having artisans to sustain the revival efforts. "You can only revive art if there's somebody to restore it," she says. This is why the

project is committed to supporting and showcasing various styles of embroidery, from Parsi to Lucknowi, with a particular focus on preserving Zardozi craftsmanship."

Team spirit Fusion of tradition and innovation

Samarjeet's vision is not just about preserving traditional crafts but also about integrating them into the modern narrative. "What Samarjeet is creating here is a blend of old-world traditions and new-world sensibilities, empowering us by merging the two," says Amy, who is involved in the campaign.

Artistic collaborations and Innovations

The project has garnered support from various artists. Choreographer Puneet Jwan-

dah, who has designed the first event along with Amy and others, expresses her gratitude, noting, "The best work comes from an environment of freedom and support. I am incredibly grateful and fortunate to have collaborated with a team that deeply believes in the transformative power of the arts."

Lighting director Gyan Dev also shares his positive experience, saying, "The amalgamation of theatrical lighting with the beautiful couture designed by Plumtin created interesting dynamics." His background in theatre lighting brought a new dimension to the project, enhancing the visual storytelling. "The synergy was surprising to me as I saw the end result."

PM Modi meets Maldives President Muizzu at Hyderabad House in Delhi

As Maldives is grappling with serious economic downturn, India decides to extend vital budgetary support to Maldives government with rollover of USD 50 million Treasury Bill for another year

NEW DELHI, Oct 7 (Agencies): Prime Minister Narendra Modi on Monday met Maldives President Mohamed Muizzu here for extensive discussions on strengthening bilateral ties that are emerging after hitting a rocky patch last year.

Muizzu arrived here on Sunday evening on a four-day visit.

'Taking forward India-Maldives special ties! PM @narendramodi warmly received President @MMuizzu of Maldives as the latter arrived at Hyderabad House. Extensive discussions on India-Maldives bilateral relations lie ahead,' External Affairs Ministry spokesman Randhir Jaiswal said in a post on X.

Earlier, Muizzu was accorded a ceremonial welcome at the Rashtrapati Bhawan by Presi-



dent Droupadi Murmu. Prime Minister Modi was also present on the occasion.

Muizzu was given a tri-services guard of honour before he drove down to Rajghat to offer his respects at the memorial to Mahatma Gandhi.

This is Muizzu's first state visit

to India since assuming office in November last year. He had visited Delhi in June for the swearing-in ceremony of Prime Minister Modi's third term in office.

The ties between India and the Maldives came under severe strain since Muizzu, known

for his pro-China leanings, took charge of the top office in November.

Muizzu won the presidential election last year on the 'India out' campaign and asked New Delhi to withdraw its military personnel posted in the archipelago nation by May this year.

The bilateral ties also hit a rocky patch when Maldivian ministers were critical of Modi. However, Muizzu has since toned down his anti-India stance and even sacked ministers who were critical of the Indian prime minister.

As the Maldives was grappling with a serious economic downturn, India has decided to extend vital budgetary support to the Maldives government with the rollover of a USD 50 million Treasury Bill for another year.

Time for final assault on Left-wing extremism: Amit Shah

Home Minister reviews security situation with CMs of 8 Naxal-hit states



NEW DELHI, Oct 7 (Agencies): Union Home Minister Amit Shah on Monday said Left-wing extremism (LWE) was on its last legs in India and the country would be rid of the problem by March 2026.

Addressing a review meeting attended by chief ministers of eight LWE-affected states

today, Shah said for the first time in 30 years, deaths due to LWE violence in India had fallen below 100, and it's a huge achievement.

He said in all 13,000 LWE cadres had surrendered arms and joined the mainstream in the last ten years.

Shah appealed to youngsters still waging Maoist battles to surren-

der and seek benefits of Centre's "lucrative rehabilitation schemes."

"Naxal violence has never and will never help anyone," said Shah, adding that 80% of the Naxal cadre strength of the country was not located in Chhattisgarh alone and it was time for the final assault on Left-wing extremism.

"The time for final assault, a final push against LWE is now," the minister said.

As of today, India has 38 LWE-affected districts with 15 of them in Chhattisgarh alone.

The states affected by the menace include Chhattisgarh, Odisha, Telangana, Maharashtra, Jharkhand, Bihar, Andhra Pradesh and Madhya Pradesh.

Will protect Constitution that gives Bahujans their rights: Rahul Gandhi

NEW DELHI, Oct 7 (Agencies): The Congress will protect that Constitution that gives Bahujans their rights but true inclusion and equality for all in the society will be possible only when every Indian strives with the spirit of brotherhood in their hearts, Leader of Opposition in the Lok Sabha Rahul Gandhi said on Monday.

Gandhi shared a video on his social media handles of his recent interaction at a Dalit household where he helped out in cooking a meal in their kitchen.

"Even today, very few people know about Dalit kitchens. As Shahu Patole said, 'Nobody knows what Dalits eat.' Intrigued by what they eat, how they cook, and its social and political significance, I spent an afternoon with Ajay Tukaram Sanade and Anjana Tukaram Sanade," Gandhi said in his post in Hindi on X along with the video.

"They honored me by inviting me to their home in Kolhapur, Maharashtra to help out in the kitchen. Together we cooked 'chane ke saag ki sabzi' 'harbharyachi bhaji', and 'tuvar dal' with brinjal," the former Congress president said.

"Drawing on Patole and the Sanade family's personal experiences with caste and discrimination, we discussed



the lack of awareness about Dalit cuisine and the importance of documenting this culture," he said.

The Constitution gives Bahujans a share and rights, and we will protect that Constitution, he asserted.

But true inclusion and equality for all in the society will be possible only when every Indian strives with the spirit of brotherhood in their hearts, Gandhi said.

In the video, Gandhi is seen helping out in the kitchen and then having a meal with the family at their home.

Shahu Patole informed Gandhi that he had written a book in Marathi and now translated into English 'Dalit Kitchens of Marathwada', to highlight foods eaten by the Dalits.

Derogatory remarks against deities, saints of any religion unacceptable: Adityanath

LUCKNOW, Oct 7 (Agencies): Uttar Pradesh Chief Minister Yogi Adityanath on Monday said derogatory remarks against deities, great men or saints belonging to any religion or sect are unacceptable and those doing so will be "punished vigorously", remarks that come in the backdrop of Dasna temple priest Yati Narsinghanand's remarks against Prophet Muhammad.

Reviewing the law and order situation with the chief secretary, DGP and other officials, the chief minister also said that "anarchy, vandalism or arson in the name of protest is not acceptable" and whoever dares to do this will have to pay the price for it.

The chief minister stressed that faith of every sect and religion



should be respected.

"Every citizen should have a sense of gratitude towards great men, but this cannot be forced and cannot be imposed on anyone," Adityanath said in a statement issued here.

"If any person tampers with faith, makes derogatory remarks against the faith of great men, deities, sect etc., then he will be brought under the purview of law and punished rigorously, but people of all sects,

religions will have to respect each other," he said.

Adityanath's remarks came in the backdrop of Narsinghanand's objectionable remarks against Prophet Muhammad.

Several Muslim organisations have called for the arrest of the priest, and leaders of political parties like the BSP, the National Conference and the Samajwadi Party have also joined the chorus for strict action against him.

On October 3, an FIR was lodged by Sub-inspector Trivendra Singh against Narsinghanand stating that on September 19 he had made derogatory remarks against a community during an event at Hindi Bhavan in Lohiya Naga and termed it as a violation of Section 302 of BNS (deals with the offence of uttering words or making sounds to intentionally hurt someone's religious feelings.)

Another FIR was lodged by Bhanu Prakash Singh, sub-inspector and area beat in-charge Dasna area of Wave City police station.

In this complaint, the priest's disciples—Anil Yadav Chota Narsimhanand, Yati Ran Singhanand, Yati Ram Swaroopanand and Yati Nirbhayanand of

Dasna temple — have been accused of making objectionable remarks, a video of which had appeared on social media.

The chief minister also directed the police administration that every district and every police station should ensure that the upcoming festivals are celebrated with joy and harmony.

"Identify those who spoil the atmosphere and take strict action against them. Deal strictly with those who work against the law," he said.

While giving instructions to ensure women's safety, the chief minister said foot patrolling and police response vehicle should be intensified in crowded areas.

He said safety and convenience of women should be ensured.

Junior doctors continue fast-unto death for third day; demand justice, workplace safety

KOLKATA, Oct 7 (Agencies): Agitating junior doctors in West Bengal continued their fast-onto-death for the third consecutive day on Monday, demanding justice for the rape and murder of a woman medic of the RG Kar hospital and workplace safety even as the state government remained silent to address their issues.

Six junior medics have been on the fast-onto-death since Saturday evening and later one more joined them.

"Our fast-onto-death protest is on. We have not received any message from the state government. We will continue this until all our demands are met. No external pressure will be able to move us from our path of protest seeking justice for our deceased sister. It's now or never," Aniket

Mahato, a junior doctor, told agency.

Mahato of RG Kar hospital joined Snigdha Hazra, Tanaya Panja and Anustup Mukhopadhyay of Kolkata medical college, Arnab Mukhopadhyay of SSKM hospital, Pulastha Acharya of NRS medical college and Sayantani Ghosh Hazra of KPC medical college for the fast-onto-death protest.

The junior medics also alleged non-cooperation on the part of the Kolkata Police as they were not allowed to set up bio-toilets at the protest site at Dorina Crossing in the Dharmatala area of the city.

To maintain transparency, the junior medics have installed CCTV cameras where their colleagues are holding the strike.

A large number of people and

a few celebrities gathered at the protest site to express solidarity with the agitating doctors.

On Friday, the junior doctors had called off their 'total cease work', which had crippled healthcare services at state-run medical colleges and hospitals.

The protesting doctors emphasised that securing justice for the deceased woman medic remains their foremost priority.

They also called for the immediate removal of Health Secretary NS Nigam, as well as accountability for the alleged administrative incompetence and action against corruption in the department.

Other demands include the establishment of a centralised referral system for all hospitals and medical colleges in the

state, implementation of a bed vacancy monitoring system, and formation of task forces to ensure essential provisions for CCTV, on-call rooms, and washrooms at their workplaces.

They are also demanding increased police protection in hospitals, recruitment of permanent women police personnel, and swift filling of vacant positions for doctors, nurses, and other healthcare workers.

The junior doctors went on to cease work following the rape-murder of a fellow medic at RG Kar Medical College and Hospital on August 9.

They ended their stir after 42 days on September 21 following assurances from the state government to look into their demands.

7 killed, several workers injured after blast at coal mine in Bengal's Birbhum



KOLKATA, Oct 7 (Agencies): At least seven people were killed, and several others were injured on Monday after a blast at a coal mine in West Bengal's Birbhum district.

According to sources, the incident occurred at Gangaramchak Mining Private Limited colliery,

located in Birbhum's Lokpur area, while carrying out an explosion to extract coal.

After the explosion, several workers and senior officials of Gangaramchak Mining Private Limited ran towards safe places. Visuals from the ground after the incident showed the bodies of the people

lying on the ground and damaged vehicles that were parked near the coal mine.

Upon receiving an alert about the incident, local police reached the spot and rushed the injured people to a nearby medical facility for treatment.

Earlier in January 2023, several people who were illegally digging a coal mine in West Bengal's Kulti were trapped after the roof of the mine collapsed on them. The mine belonged to Bharat Coking Coal Limited (BCCL), and the people trapped were allegedly mining coal from the mine illegally.

Six-year-old girl raped in MP, hospitalised in serious condition

DINDORI, Oct 7 (Agencies): A six-year-old girl was raped allegedly by a man residing in her neighbourhood in Madhya Pradesh's Dindori district, police said on Monday.

The girl's condition was serious and she was referred to a hospital in Jabalpur, they said, adding the 21-year-old accused has been arrested.

The incident took place on Sunday under Shahpura police

station area, an official said. The victim was staying with her maternal grandparents.

While she was alone at home, the accused entered the house and raped her, Shahpura police station in-charge Shivlal Markam said.

The victim's grandmother was working in the backyard and her grandfather was also not at home, he said.

A girl in the neighbourhood

saw the victim lying injured and informed her grandmother, the official said.

The victim was bleeding from her private parts when her grandmother reached there, he said.

The woman subsequently approached police.

The victim was immediately taken to the district hospital from where she was referred to a medical facility in Jabalpur due to her serious condition, the official said.

3 dead as bus carrying pilgrims overturns after hitting pole, falls into valley in Gujarat



BANASKANTHA, Oct 7 (Agencies): Three people died and over 25 others were injured after a bus carrying pilgrims overturned when it hit a pole and veered off

from a hilly road before it fell into a valley in Gujarat's Banaskantha district on Monday, police said. The vehicle was carrying around 50 pilgrims.

While Superintendent of Police Akshay Raj earlier said four passengers were killed, he later corrected the figure saying the number of fatalities stood at three. "As of now, the number of passengers confirmed dead stands at three," he said, according to news agency.

The bus, carrying pilgrims from Kheda district, was returning from

Ambaji temple when the accident occurred.

Police said the bus driver lost control of the vehicle when he hit a pole, which resulted in the vehicle overturning and falling from the hill.

The bus was carrying nearly 50 pilgrims to Kathlal in Kheda district, police said.

People from the nearby areas assisted the police and rescuers in the rescue operation.

Police were present at the spot and conducted an investigation into the accident.

Palestinian militants in Gaza fire four rockets into Israel as mourners mark Oct 7

The fighting on the anniversary underscored the militants' resilience in the face of a devastating Israeli offensive that has killed around 42,000 Palestinians.

TEL AVIV, Oct 7 (Agencies): Palestinian militants in Gaza fired four rockets into Israel on Monday as mourners marked the anniversary of the Oct. 7 attack, without disrupting a nearby ceremony.

Hamas also said it attacked Israeli forces in different parts of Gaza. The Israeli military said three rockets were intercepted and a fourth fell in an open area. There were no reports of casualties or damage.

The military said it launched a wave of artillery and airstrikes overnight and into Monday to thwart what it said was an imminent attack. It



said it targeted Hamas launch posts and underground militant infrastructure.

The fighting on the anniversary underscored the militants'

resilience in the face of a devastating Israeli offensive that has killed around 42,000 Palestinians, according to local medical officials. It has also destroyed

large areas of Gaza and displaced around 90% of its population.

Hamas-led militants blew holes in Israel's security fence and stormed into nearby army bases and farming communities in a surprise attack one year ago, killing some 1,200 people, mostly civilians, and abducting another 250. They are still holding around 100 captives inside Gaza, a third of whom are believed to be dead.

Israel is now at war with Hamas in Gaza and its ally Hezbollah in Lebanon. It has also vowed to strike Iran in response to a ballistic missile attack on Israel last week.

Pakistani separatist group claims bombing that killed two Chinese near Karachi airport



KARACHI, Oct 7 (Agencies): A Pakistani separatist group claimed responsibility for a late night bombing that targeted a convoy with Chinese nationals outside the country's largest airport, killing two workers from China and wounding eight people, officials said Monday.

The attack by the Baloch Liberation Army outside the airport in the southern port city of Karachi was the latest deadly assault on Chinese in the country and came a week before Pakistan is to host a summit of the Shanghai Cooperation Organization, a security grouping founded by China and Russia to counter Western alliances.

Initially, Pakistani authorities gave conflicting details and indicated the explosion may have been from an oil tanker but police later confirmed it was a bomb attack.

Pakistani news channels broadcast videos of flames engulfing cars and a thick column of smoke rising from the scene. Troops and police cordoned off the area. On Monday, counter-terrorism officials were investigating how the attacker reached Karachi, Pakistan's largest city.

Among the wounded were also police officers who were escorting the Chinese convoy when the attack happened.

The spokesman for the separatist group, Junaid Baloch, said Monday that one of their suicide bombers targeted the convoy of Chinese engineers and investors as they left the airport.

The Baloch Liberation Army is mainly based in

the restive southwestern Balochistan province but it has also attacked foreigners and security forces in other parts of Pakistan in recent years.

The Chinese Embassy in Islamabad said Chinese staffers working at the Port Qasim Electric Power Company - a coal-powered power plant that's a joint China-Pakistan venture - were in the convoy when it came under attack around 11 p.m. Two Chinese nationals were killed and one was wounded, the embassy said and added there were also Pakistani casualties but did not elaborate.

Pakistan's Ministry of Foreign Affairs denounced the bombing, saying it was a "heinous terrorist attack near Karachi airport." It said another Chinese was injured in the attack.

"We extend our deepest condolences and sympathies to the families of the victims, both Chinese and Pakistani, and offer prayers for the swift recovery of the injured," said the ministry in a statement.

"We remain resolute in bringing to justice those responsible for this cowardly attack," it added.

Pakistan's Prime Minister Shehbaz Sharif said he was shocked and saddened by the attack. He said the attackers were "enemies of Pakistan" and promised the perpetrators would be punished.

"I strongly condemn this heinous act and offer my heartfelt condolences to the Chinese leadership & the people of China, particularly the families of the victims," he wrote on the social media platform X.

"Pakistan stands com-

mitted to safeguarding our Chinese friends," he added. "We will leave no stone unturned to ensure their security & well-being."

Pakistan hosts thousands of Chinese workers as part of Beijing's multibillion-dollar Belt and Road Initiative, which is building major infrastructure projects. The outlawed separatist group, which has long waged an insurgency seeking independence for Balochistan, has repeatedly warned against any Chinese working in Balochistan.

The Sunday night attack followed deadly attacks in August that killed more than 50 people in Balochistan. Sharif at the time said the attackers sought to harm Chinese-funded development projects.

The oil- and mineral-rich Balochistan is Pakistan's largest but also least populated province. It is also a hub for the country's ethnic Baloch minority whose members say they face discrimination and exploitation by the central government. That has fueled a separatist insurgency demanding independence. Islamic militants also operate in the province.

In 2018, the BLA stormed the Chinese Consulate in Karachi, triggering an intense hourlong shootout that killed two Pakistani civilians, two police officers. All three assailants were also killed.

In March, in northwestern Pakistan, a suicide bombing killed five Chinese engineers and their Pakistani driver as they headed to the Dasu Dam, the country's biggest hydropower project. In April, five Japanese workers were unharmed when a suicide bomber targeted their van as they were on their way to a factory in Karachi. One bystander was killed.

In 2022, three Chinese teachers and their Pakistani driver were killed when an explosion ripped through their van at the University of Karachi campus.

Elon Musk offers \$47 to each US voter signing petition on gun rights, free speech

WASHINGTON, Oct 7 (Agencies): Tesla boss Elon Musk is offering \$47 to every registered voter in the US who refers others to sign a petition supporting free speech and the right to bear arms. The programme is exclusively for registered voters living in swing states.

"For every person you refer who is a swing state voter, you get \$47! Easy money," Musk wrote on X.

The petition, launched on the website of Musk's America PAC, which was formed with the support of several tech entrepreneurs to back Donald Trump's 2024 presidential campaign, aims to gather 1 million

signatures from swing state voters. It supports the First and Second Amendments of the US Constitution.

The First Amendment provides that the US Congress makes no law respecting the establishment of a religion or prohibiting its free exercise. It protects freedom of speech, the press, assembly, and the right to petition the Government for a redress of grievances. The Second Amendment gives citizens the right to bear arms.

Musk took the stage at Donald Trump's rally in Butler, Pennsylvania, where he spoke about Trump's campaign and warned that this could

be "the last election" if Trump doesn't win. He also talked about the false claim that Democrats plan to infringe upon Americans' rights, including free speech and the right to bear arms.

The rally location in Butler holds significance, as it was the site of an assassination attempt on Trump during a previous rally in July. The gunman's bullet narrowly missed Trump's head, grazing his ear, and killed a supporter in the crowd.

The petition targets voters in key battleground states -- Pennsylvania, Georgia, Nevada, Arizona, Michigan, Wisconsin, and



North Carolina -- and is valid only for registered voters in those states.

The petition reads, "The First and Second Amendments guarantee freedom of speech and the right to bear arms. By signing below, I am pledging my support for these rights."

Gun rights in the United States have been a divisive issue, with some

people supporting easy access to guns, while others argue that guns pose a threat to public and personal safety.

Kamala Harris, the Democratic presidential candidate, acknowledged that she owned a gun during an interview with Oprah Winfrey, stating that any intruder who breaks into her house would be shot.

Ukraine strikes a Russian oil hub as Zelenskyy says the war is in 'a very important phase'

KYIV, Oct 7 (Agencies): Ukraine's military claimed it struck a major oil terminal Monday in Crimea that provides fuel for Russia's war effort as Ukrainian President Volodymyr Zelenskyy said the war has entered a key phase.

Both sides are facing the issue of how to sustain their costly war of attrition — a conflict that started with Russia's full-scale invasion of Ukraine in February 2022 and that shows no signs of a resolution.

Ukraine's General Staff said on social media that the oil terminal in Feodosia, on the south coast of the Russia-occupied Crimea Peninsula, has been supplying the Russian army with fuel and that the strike was part of an ongoing effort to "undermine the military and

economic potential of the Russian Federation."

Russian-installed authorities in the city of Feodosia on the coast of the Black Sea reported a fire at the terminal on Monday morning but did not say what might have caused it.

Ukraine has increasingly targeted rear areas that are essential for Russia's onslaught, now deep into its third year. It has developed long-range drones that have hit oil depots and refineries as well as armories.

Ukraine's aim is to impair Russia's ability to support its frontline units, especially in the eastern Donetsk region where the main Russian battlefield effort is stretching weary Ukrainian forces.

Kyiv is still awaiting word from its Western partners on its

repeated requests to use the long-range weapons they provide to hit targets on Russian soil.

Developments on that question could come next weekend at Ramstein Air Base in Germany, when defense leaders from the 50-plus partner nations that coordinate military aid to Ukraine are due to meet.

The conflict has largely been a war of attrition, which requires large amounts of ammunition. Late on Sunday, Zelenskyy said the war is in "a very important phase" as the Ukrainian army works hard to hold the bigger Russian forces at bay in the east while also holding ground in Russia's Kursk border region, which it captured two months ago. Ukraine needs to "put pressure on Russia in the way

that's necessary for Russia to realize that the war will gain them nothing," Zelenskyy said in a video statement.

"We will continue to apply even greater pressure on Russia — because only through strength can we bring peace closer," he added.

Meanwhile, Russia fired six missiles of various types and 74 Shahed drones at Ukraine overnight, Ukraine's air force said.

Missile debris fell in three districts of Kyiv, causing minor damage to civilian infrastructure and starting a fire, Mayor Vitalii Klitschko said. He said nobody was hurt. Three missile fragments fell on a kindergarten, he said without elaborating.

Russia's Defense Ministry said it shot down almost two dozen Ukrainian drones overnight.

A woman goes on trial in Sweden for war crimes over allegedly abusing Yazidis in Syria

COPENHAGEN, Oct 7 (Agencies): A 52-year-old woman associated with the Islamic State group went on trial on Monday in Sweden on charges of genocide, crimes against humanity and war crimes against Yazidi women and children in Syria.

Lina Laina Ishaq, who is a Swedish citizen, is accused of committing the crimes during the period from August 2014 to December 2016 in the Syrian city of Raqqa, which at the time was the seat of the militant group's self-proclaimed caliphate and home to about 300,000 people. The trial marks the first time that IS attacks against the Yazidis, one of Iraq's oldest religious minorities, have been tried in Sweden. The hearings are expected to last about two months, most of them behind closed doors.

The crimes took place under IS rule in Raqqa, where Ishaq was living at the time.

Under IS rule, Yazidi women and children were "regarded as property and subjected to being traded as slaves, sexual slavery, forced labor, deprivation of liberty and extrajudicial executions," prosecutor Reena Devgun said when the charges were made public last month. The prosecution says that at her home in Raqqa, Ishaq abused Yazidis with the aim to "completely or partially annihilate the Yazidi ethnic group," Devgun said as the trial opened at the Stockholm District Court, the Swedish TT news agency said.

The charge sheet, obtained by The Associated Press, says Ishaq is suspected of holding nine people, including children, for up to seven months, treated

them as slaves and also abused several of those she held captive. Ishaq, who denies wrongdoing, is also accused of having molested a baby, said to have been 1 month old at the time, by holding a hand over the child's mouth when he screamed to silence him. She is also suspected of having sold people to IS, knowing they risked being killed or subjected to serious sexual abuse. The Islamic State group abducted Yazidi women and children and brought them to Syria in 2014, when IS militants stormed Yazidi towns and villages in Iraq's Sinjar region. Women were forced into sexual slavery, and boys were taken to be indoctrinated in jihadi ideology. Three years later, when the Islamic State's reign began to collapse, Ishaq fled from Raqqa and was captured by Syrian

Kurdish troops.

She managed to escape to Turkey where she was arrested with her son and two other children she had given birth to in the meantime with an IS foreign fighter from Tunisia. She was later extradited to Sweden.

Ishaq was earlier convicted in Sweden and sentenced to three years in prison for taking her 2-year-old son to Syria in 2014, to an area then controlled by IS. She had claimed that at the time, she had told the child's father that she and the boy were only going on a holiday to Turkey. However, once in Turkey, the two crossed into Syria and into IS-run territory.

Ishaq who already is in prison, was identified through information from a U.N. team investigating atrocities in Iraq, known as UNITAD.

Russian court sentences a 72-year-old American to nearly 7 years in prison for fighting in Ukraine

MOSCOW, Oct 7 (Agencies): A Russian court on Monday sentenced a 72-year-old American to nearly seven years in prison for fighting as a mercenary in Ukraine.

Prosecutors said Stephen Hubbard signed a contract with the Ukrainian military after Russia sent troops into Ukraine in February 2022 and he fought alongside them until being captured two months later.

He was sentenced to six years and 10 months in a general-security prison. Prosecutors had called for a sentence of seven years in a maximum-security prison.

Hubbard, from the state of Michigan, is the first American known to have been convicted for fighting as a mercenary in the Ukrainian conflict.

The charges carried a potential sentence of 15 years, but prosecu-



tors asked that his age be taken into account and that he had admitted guilt, Russian news reports said.

Arrests of Americans have become increasingly common in Russia in recent years. Concern has risen that Russia could be targeting U.S. nationals for arrest to use later as bargaining chips in talks to bring back Russians convicted of crimes in the U.S. and

Europe.

The U.S. and Russia in August completed their largest prisoner swap in post-Soviet history, a deal involving 24 people, many months of negotiations and concessions from other European countries, which released Russians in their custody as part of the exchange. Several U.S. citizens remain behind bars in Russia following the swap.

GDC Sidhra organises Student Induction Program for fresher students

Top News Report

JAMMU, Oct 7: Inter-nal Quality Assurance Cell (IQAC) of GDC Sidhra successfully conducted Deeksharamb – Students Induction Programme (SIP) for the fresher students of B.A/B.Com Sem-I for the session 2024-25 as directed by University Grants Commission (UGC). The event was meticulously designed to help new students acclimate to their academic and social environment.

The program started with formal welcome address by Dr. Anshu Gupta, Convenor IQAC nad HOD of Environmental Sciences of the college. The event commenced with the traditional ceremony of Lamp Lighting by Principal of the College, Dr. G S Rakwal accompanied by all the faculty members. It was followed by formal welcome of the Principal of the College by presenting a memento. After this, the

Induction Program formally began with making the students aware about what is DEEKSHARAMBH and why it is organised, focussing on the need and importance of it. It was discussed what role an institution plays in making the students familiar with the functioning of the college and helping them overcome the challenges they face as they enter higher education from school.

After this, Dr. Harpreet Kour, HOD Political Science addressed the freshers and shared how college can help them in adapting to the new environment of the college. It was followed by introduction to NEP and Four-Year Undergraduate Degree Program (FYUGP) by Dr. Anshu Gupta. She introduced the students to the FYUGP course structure and told the students about structure and courses they will be studying in their undergraduate degree program. Heads of different



departments and faculty members were introduced to the students. Moving further in the program, students were made aware of functioning of the college through various committees. Convenors of different committees familiarized the functions of various committees/cells and clubs. Fresher students also introduced themselves to the faculty members and their peers.

The main aim of the SIP is to educate the new entrants about the environment in the college and connect them with the stakeholders in it and to make them con-

versant of the college's campus, facilities, support services and its Virtual learning environment in the campus. The main aim of Deeksharamb is Socialising, Associating, Governing and Experiencing (SAGE).

The IQAC cell made its best efforts to achieve the objective of SAGE through the SIP organised.

Principal of the College, Dr. G.S Rakwal formally welcomed the new entrants to the College. In his address, he advised the students to have clear goals in their minds regarding what they want to achieve in

their lives and to work whole heartedly and with full dedication to achieve those goals. He further impressed upon the students that by following discipline in the domain of education in particular and life in general they can turn their dreams into reality.

He assured the students that they will be provided full cooperation and support of the college administration as and when required. To conclude his address, he wished good luck and best wishes to the students for their journey ahead.

The event was organised by Dr. Anshu Gupta, Convenor IQAC of the college with the active support of Dr. Harpreet Kour, HOD Political Science and cooperation of other members of IQAC. The proceedings of the program were carried by Dr. Anshu Gupta. The event culminated with formal vote of thanks by Dr. Anu Sharma, Head Department of Botany of the college.

Inter Division UT level kho kho C'ship for u-17 years girls begins



Top News Report

KATHUA, Oct 7: The Department of Youth Services and Sports, District Kathua organized Inter division UT level kho kho tournament for U17 girls at Sports Stadium Kathua.

The tournament is a part of calendar activity assigned by the Director-

ate of youth services and sports Jammu and Kashmir UT.

The tournament which began on 5 October with U14 years girls competition in which Jammu division team remained winner.

Now the tournament is in its second phase where U17 years girls competitions are going on. In

the first match Jammu division team won it's match by an inning and 05 points. Before that District Youth Services Sports Officer Kathua Sunil Singh Sanyal advised the players to showcase their best talent so that a best team of UT can be selected which will further represent the JK UT at national level.

GCoE Jammu hosts interactive session on "Teachers of Future"

Top News Report

JAMMU, Oct 7: As part of the ongoing two-week Induction-cum-Orientation Program for the Four-Year Integrated Teacher Education Program (ITEP), the Government College of Education, Jammu, organized an insightful interactive session titled "Teachers of Future". The session was aimed at equipping future educators with the skills and knowledge necessary to thrive in evolving educational landscapes.

The event commenced with Aditi Sharma, a student of ITEP, delivering the welcome address. Dr. Rakesh Bharti, Assistant Professor and Coordinator of ITEP, introduced the esteemed resource person, Dr. J.N. Baliya, Professor in the Department of Educational Studies at Central University of Jammu. Dr. Baliya's

expertise and vast experience provided an enriching perspective on the future of teaching and education.

During his deliberation, Dr. J.N. Baliya elaborated on the theme "Teachers of Future", addressing the changing dynamics in education and the importance of adaptability and continuous learning for teachers. His thought-provoking insights sparked meaningful discussions among the participants. Dr. Baliya quoted the key recommendations of NEP 2020 concerning teacher education, highlighting their importance in shaping educators to better serve the nation.

The Principal of the college honored Dr. J.N. Baliya by presenting a memento as a token of appreciation for his valuable contribution to the session.

Following the presenta-

tion, students Harshita, Shranya, and Nadita provided feedback on the session, expressing their reflections on the key takeaways and how it has inspired them to shape their approach to becoming future-ready educators.

The session concluded with a formal vote of thanks delivered by Dr. Shalini Rana Convenor IQAC, expressing gratitude to the resource person, faculty members, and students for their participation and engagement.

Also present on the occasion were Prof. Satish Kumar, Dr. Suraj Parkash, and Dr. Ambica, who contributed to the success of the event with their valuable presence.

Simran, a student of ITEP, served as the rapporteur for the session and Muskan conducted the proceedings of the programme.

'CBI inquiry demanded to unearth recruitment frauds in JU'

Top News Report

JAMMU, Oct 7: Former Jammu University Research Scholars Executive Association (JURSEA) President, Dr. Vikas Sharma today lambasted the Election Commission for its inaction against the Jammu University (JU) authorities which violated the Model Code of Conduct (MCC). Addressing a meeting of scholars and students of Jammu University here today, Dr Sharma said that JU authorities conducted the interviews of top administrative positions during the MCC period and after the uproar over it, the Elec-



tion Commission issued an order asking JU authorities not to declare the selection list, which is just an eye-wash on the part of Election Commission authorities.

He asked, "If selection list can't be issued during the MCC period, then how the JU authorities issued the selection list of contractual teaching staff during this period and why no action has

been taken by Election Commission on this act of JU authorities. And, if JU can make contractual appointments then why Higher Education Department has put on hold contractual appointments in Colleges citing enforcement of MCC."

The JU authorities made the contractual appointments and picked up those people who are close to a particular

political party whereas, the genuine candidates have been ignored. Even for the administrative posts, the interview has been conducted in hurried manner which has exposed the game plan of incumbent Vice Chancellor, Umesh Rai to fit his blue-eyed on the top administrative positions, Dr Vikas added.

He further said that it was no secret that who would be selected on those posts and why the Vice Chancellor is running from pillar to post to get his blue eyed adjusted despite their Ph.D degree has been questioned by none other than CAG.

The office of Election

Commission has been completely exposed as it runs on the whims and fancies of ruling party, and its inaction against JU authorities has also exposed its dual character, Dr Sharma alleged and demanded from Election Commission to at least take some action against JU for releasing selection list of contractual teachers during the MCC period.

The Ex-JURSEA president urged Lieutenant Governor Manoj Sinha to intervene in the matter and order CBI enquiry to unearth the recruitment scam going on in Jammu University for the last three years.

FROM PAGE 1

Is owning dog good for your health?

physical activity. This lowered blood pressure and helped reduce the risk of stroke and heart disease.

The review found for those with previous heart-related medical issues (such as heart attack), living with a dog reduced their subsequent risk of dying by 35%, compared to people with the same history but no dog.

Another recent UK study found adult dog owners were almost four times as likely to meet daily physical activity targets as non-owners. Children in households with a dog were also more active and engaged in more unstructured play, compared to children whose family didn't have a dog.

Exposure to dirt and microbes carried in from outdoors may also strengthen immune systems and lead to less use of antibiotics in young children who grow up with dogs.

Health risks
However, dogs can also pose risks to our physical health. One of the most common health issues for pet owners is allergies.

Dogs' saliva, urine and dander (the skin cells they shed) can trigger allergic reactions resulting in a range of symptoms, from itchy eyes and runny nose to breathing difficulties.

A recent meta-analysis pooled data from nearly two million children. Findings suggested early exposure to dogs may increase the risk of developing asthma (although not quite as much as having a cat does). The child's age, how much contact they have with the dog and their individual risk all play a part.

Slips, trips and falls are another risk – more people fall over due to dogs than cats.

Having a dog can also expose you to bites and scratches which may become infected and pose a risk for those with compromised immune systems. And they can introduce zoonotic diseases into your home, including ring worm and Campylobacter, a disease that causes diarrhoea.

For those sharing the bed there is an elevated risk of allergies and picking up ringworm. It may result in lost sleep, as dogs move around at night.

On the other hand some owners report feeling more secure while co-sleeping with their dogs, with the emotional benefit

outweighing the possibility of sleep disturbance or waking up with flea bites.

Proper veterinary care and hygiene practices are essential to minimise these risks.

What about mental health?
Many people know the benefits of having a dog are not only physical.

As companions, dogs can provide significant emotional support helping to alleviate symptoms of anxiety, depression and post-traumatic stress. Their presence may offer comfort and a sense of purpose to individuals facing mental health challenges.

Loneliness is a significant and growing public health issue in Australia.

In the dog park and your neighbourhood, dogs can make it easier to strike up conversations with strangers and make new friends. These social interactions can help build a sense of community belonging and reduce feelings of social isolation.

For older adults, dog walking can be a valuable loneliness intervention that encourages social interaction with neighbours, while also combating declining physical activity.

However, if you're experiencing chronic loneliness, it may be hard to engage with other people during walks. An Australian study found simply getting a dog was linked to decreased loneliness. People reported an improved mood – possibly due to the benefits of strengthening bonds with their dog.

What are the drawbacks?
While dogs can bring immense joy and numerous health benefits, there are also downsides and challenges. The responsibility of caring for a dog, especially one with behavioural issues or health problems, can be overwhelming and create financial stress.

Dogs have shorter lifespans than humans, and the loss of a beloved companion can lead to depression or exacerbate existing mental health conditions.

Lifestyle compatibility and housing conditions also play a significant role in whether having a dog is a good fit.

The so-called pet effect suggests that pets, often dogs, improve human physical and mental health in all situations and for all people. The reality is more nuanced. For some, having a pet may be more stressful than beneficial.

Importantly, the animals that share our homes are not just "tools" for human health. Owners and dogs can mutually

benefit when the welfare and wellbeing of both are maintained.

Mallikarjun Kharge confident of Congress forming Govt in Haryana, J&K

Government, and in Haryana Congress Government will be formed," Kharge told reporters here.

Several exit polls have predicted a clear majority for the Congress in Haryana and gave an edge to its alliance with the National Conference in Jammu and Kashmir, with the regional partner emerging as the single largest party.

Haryana had gone to single phase polls on October 5, while Jammu and Kashmir voted in three phases on September 18, 25 and October 1. Elections were held in Jammu and Kashmir after a gap of 10 years and the bifurcation of the state into two union territories — Jammu and Kashmir, and Ladakh — in 2019. Responding to a question on the Congress and its leader Rahul Gandhi demanding caste census at the national level, Kharge said, "We had said it during Parliament election too, after taking views from all states, further action has to be taken."

Asked whether the much-awaited Socio Economic and Education Survey report, also known as the "caste census" will be implemented in Karnataka, he replied, "Ask the state leaders about it."

Karnataka Home Minister G Parameshwara had on Sunday said the Government has decided to place the caste census report before the Cabinet, where it will be discussed, and further action will be decided. Karnataka State Commission for Backward Classes under its then Chairman K Jayaprakash Hegde on February 29, had submitted the report to Chief Minister Siddaramaiah.

The report was submitted amid objections by certain sections of society and also within the ruling Congress. Karnataka's two dominant communities — Vokkaligis and Lingayats — have expressed reservations about the survey, calling it "unscientific", and have demanded that it be rejected and a fresh survey be conducted.

J&K Congress Chief

Tariq Karra criticizes LG's Powers, expresses confidence in election outcome

clear-cut verdict has been given to the alliance," he said.

"In some places, the exit poll projections are correct, but in others, they are manipulated. We believe more in the exact poll than the exit poll," he said, reinforcing his confidence in the forthcoming results.

Karra remained hopeful that the alliance would emerge victorious, surpassing the expectations set by exit polls. In a pointed critique of the powers vested in the LG, Karra referred to the allocation of five seats by the LG as an overreach of authority.

He argued that the Indian Constitution does not allow for arbitrary nominations, even by the President in the Rajya Sabha. "The government is represented by the cabinet, and such appointments should be made on their recommendation. If the same is applied here, the arbitrary powers given to the LG are unconstitutional and undemocratic," Karra asserted.

He questioned how an LG could be granted powers that even the President of India does not have.

"This is a clear violation of democratic norms, and such powers should not be vested in one individual," he added.

When asked about potential alliances, particularly with the People's Democratic Party (PDP), Karra stated that no direct contact was necessary.

He reiterated his long-standing stance of aligning with any party or organization that seeks to keep the Bharatiya Janata Party (BJP) out of power. "Every political party or organization on the same page, wanting to prevent BJP from entering the power corridor, is part of our broader objective," he remarked.

Karra concluded his remarks by expressing skepticism about the reliability of exit polls.

PDP ready to support NC-Congress if needed: Nayeem Akhtar

remained tight-lipped, simply saying, "No."

J&K Assembly elections were held in three phases, with vote counting scheduled for tomorrow. Congress had earlier stated that doors are open for like-minded parties to join the alliance.

J&K Assembly Polls | Security tightened in Udhampur ahead of Counting Day

Senior Superintendent of Police (SSP) Amod Ashok Nagpure on Sunday said that a three-tier security system has been implemented at the counting venues in the Union Territory.

Jammu and Kashmir voted in three phases on September 18, September 25 and October 1. The results of the assembly elections will be declared on October 8 along with the results of Haryana.

"In the first layer are troops of the Central Armed Police Force (CAPF), in the second layer are guarded by State Armed Police, and in the third layer are troops of district police. At both strong rooms and counting halls Deputy Superintendent of Police (DSP) level officers will supervise security arrangements. Special traffic arrangements have been made for the counting day," Udhampur SSP said.

He further said that traffic will not be allowed within a 100-meter radius and has been declared a "No Pedestrian Zone of both strong rooms and counting centres."

"Only those with proper identification cards will be permitted to enter the counting centres," he added.

The SSP mentioned that a detailed traffic plan has been prepared for the day, which will be communicated to citizens soon to avoid any inconvenience.

The Axis My India has predicted a hung assembly in Jammu and Kashmir with the National Conference-Congress alliance slightly ahead and the BJP tailgating the opposition.

The National Conference (NC) and the Congress have formed an alliance for these elections, while the People's Democratic Party (PDP) and the Bharatiya Janata Party (BJP) are among the other major contenders.

TBS, JU escalates in National Rankings 2024

Top News Report

JAMMU, Oct 7: The Business School (TBS), University of Jammu, has once again demonstrated its excellence in management education by securing 8th position in Return on Investment (ROI) and 28th position in the Government B-School category in the highly acclaimed BT-MDRA Best B-School Survey Silver Jubilee Edition, published in October 2024. This recognition places TBS as the only B-school from Jammu & Kashmir to be ranked among the top management institutions in the country.

This year's ranking reflects a notable improvement compared to the previous year, where TBS was ranked

11th in ROI and 33rd among top Government B-Schools of India, published in BT-MDRA Best B-School ranking (July 08, 2023) and 9th position in prestigious India Today Best B-Schools Ranking for Value for Money (November 13, 2023). The consistent upward trajectory highlights the institution's dedication to provide quality education, strengthening corporate linkages, and enhancing the employability and success of its students.

Prof. Umesh Rai, Vice Chancellor, University of Jammu, expressed his appreciation and congratulated the entire TBS team, including faculty members, students, alumni, and other stakeholders of the department and the University, for

their outstanding efforts that led to this achievement. He stressed upon the significance of participating in such rankings as they provide an opportunity to showcase the institution's strengths on a national platform and encouraged further initiatives by the department to enhance institutional excellence.

Prof. Vinay Chauhan, Director, The Business School, highlighted that the improved ranking is a testament to the dedicated efforts of the faculty and the exemplary performance of students and alumni in the corporate world. The improved ranking is a result of the best practices that promote industry-academia connections that has been instrumental in achieving this recogni-

tion. The steady rise in ranking shows that TBS is committed to offer quality management education that is not only affordable but also results in substantial career growth for TBS students.

TBS's consistent improvement under the visionary leadership of the Hon'ble Vice Chancellor reflects its dedication to establishing a robust and recognisable brand in management education. The institution is actively implementing a range of innovative programs, including Executive Education, Management Development Programmes (MDPs), Consultancy Services, and Incubation & Entrepreneurship Development, aimed at bridging the gap between academia and industry to provide

students with the skills necessary for today's dynamic business environment.

By achieving 8th position in ROI and 28th position in the Government B-School category, TBS continues to stand as a beacon of quality management education in the region and beyond. The improvement in rankings from last year is a clear indication of the School's commitment to achieving and maintaining excellence, and TBS remains poised to continue this upward momentum in the coming years.

The Business School, University of Jammu, is proud to set benchmarks, achieve milestones and contribute to the growth and development of management education in India.

Heritage School conducts mock fire drill



Top News Report

JAMMU, Oct 7: To create awareness among the students about disaster management, a mock Fire and Evacuation drill, involving students and teachers, was conducted by the Fire and Emergency Services, J&K Police at Heritage School, Jammu.

The mock drill was carried out in the school premises to prepare the students and teachers for any such exigency.

The 'evacuation' operation began immediately after the fire alarm alerted the students.

The students were evacuated from their classrooms and advised to gather at the assembly area, following the 'Exit' signs displayed at various vantage points. Following all safety precautions the entire building was successfully evacuated in record time.

Pankaj, Inspector Fire and Emergency Services, along with his four team

members, shared simple and easy guidelines to follow in the event of such an eventuality, he also explained the functioning of a fire extinguisher and spoke of Do's and Don'ts regarding precautions to be taken at the same time addressing various queries from students.

Rashmi Thakur, the Vice Principal, expressed her gratitude to the Fire and Emergency Services for the informative session on this life-saving skill.

Usha International supports "Dah-Fangs" traditional archery event in Kargil

Top News Report

KARGIL, Oct 7: Consumer durables brand Usha in collaboration with the Ladakhi Craft & Design Skill Centre and the Department of Physical Education and Sports, Govt Degree College Kargil, Ladakh, organised Dah-Fangs, a traditional archery event at the College premises at Kargil. The event witnessed 80 male and female participants compete across teams, with an enthusiastic local audience comprising students and community members cheering them on.

Govt Degree College, Kargil emerged as the champion in boys category while Govt Polytechnic College, Kargil stood second. In the girls section, Govt Degree College, Kargil won the title while Govt Polytechnic College, Kargil placed runner up. The Guests of Honour at the event included Tahir Hussain, Director, Youth Service & Sports, UT Ladakh; Mohd Ishaq, Zonal Physical Education Officer Taisuru/ Traditional Archery Expert, and Mohd Sadiq Shalti, Former National Archery Coach, felicitated the winning and runners-up teams. All winners received certificates and traditional tokens of appreciation.

Dah-fangs is the Ladakhi word for archery and is distinct in its style and equipment. The bows are typically made from



locally sourced willow wood, while arrows are crafted using bamboo and tipped with metal points. The competition is characterised by unique rules and formats, with archers aiming at small, brightly coloured targets. This form of archery dates back many centuries and originally served as a crucial skill for hunting and self-defence and has since been an integral part of the lives of Ladakhi people.

Speaking on the Occasion, Komal Mehra, Head, Sports Initiatives & Associations at Usha International, said, "Every traditional sporting event brings us closer to the rich traditions and cultural commitment at Usha to preserve and support these practices. The enthusiastic significance that shapes local communities. Today's Dah-Fangs event has deepened our understanding of its importance

in Ladakhi culture and has further encouraged response from the local community and inspires us to continue connecting people to their roots while promoting the importance of following a healthy lifestyle through the power of sport."

Usha has been a fervent supporter and promoter of a wide range of inclusive sporting initiatives across the country. This includes its affiliation with the Mumbai Indians; Ultimate Flying Disc; Football; Ladies amateur and junior golf; Cricket for the deaf; and Sports for the visually challenged, including athletics, kabaddi, judo, and powerlifting. The brand is deeply committed to reviving long-forgotten sports and supporting indigenous Indian regional sports such as Kalaripayattu, Mallakhamb, Siat Khanam, Thang-Ta, Turai Kabaddi, Saz-Loung, Mardani Khel, Satoliya, Yoga, and Silambam.

LGEU seeks prompt disbursement of payment on account of G.P Fund

Top News Report

JAMMU, Oct 7: The Lower Grade Employees Union (LGEU) Civil Secretariat met on Monday under the chairmanship of its President and expressed its deep concern for delay in disbursement of payment on account of the G.P Fund of the Employees and piling of the cases since August, 2024.

The Employees are badly suffering by virtue of the unnecessary delays resulted in hardships on account of solemnizing marriages of their wards, facilitating admissions for professional courses and especially medical treatments.

Besides, approval to the enhancement of Children Allowance/HRA is also pending without any cogent reasons and need to be released immediately. The Union unanimously decided to appeal to the Lieutenant Governor, J&K, Chief Secretary, J&K and Principal Secretary to the Government, Finance Department for their kind intervention for early and prompt disbursement of payment on account of the G.P Fund and liquidation of all pending cases and also approval to the enhancement of Children Allowance/HRA is also pending without any cogent reasons.

Advisor Ladakh distributes Certificates of Practice, felicitate newly appointees Notary Public



Top News Report

LEH, Oct 7: The Advisor to Lieutenant Governor Ladakh Dr Pawan Kotwal accompanied by (A) Secretary Law & Justice Shashi Kant Bhagat distributed the certi-

cate to the 17 advocates appointed as Notary Public for the Union Territory of Ladakh under the Notaries Act, 1952.

The event marked Ladakh's first Batch of Notary public for the UT post abrogation. The certificate

distribution ceremony was held at the Civil Secretariat Leh.

During the ceremony, Advisor Ladakh hailed the contributions of the newly appointed Notary Public and wished them the best in their future endeavours.

Dr Jitendra chairs IIPA National Executive meeting, advises collaboration in 'Karmayogi' programme

Top News Report

NEW DELHI, Oct 7: While chairing the National Executive meeting of Indian Institute of Public Administration (IIPA) here today, Union Minister of State (Independent Charge) for Science and Technology, Minister of State (Independent Charge) for Earth Sciences, MoS PMO, Department of Atomic Energy, Department of Space, Personnel, Public Grievances and Pensions, Dr Jitendra Singh advised institute's collaboration in the Modi Government's flagship programme Mission 'Karmayogi'.

Institutions like Indian Institute of Public Administration (IIPA), said Dr Jitendra Singh, should work in sync with Karmayogi programme of the Government of India to train personnel for tackling new challenges of governance, especially to train young civil servants of not only Centre but States and Union Territories as well. Dr Jitendra Singh also mentioned that Assistant Secretaries on Delhi stint must be exposed to modern governance tools in IIPA for their better understanding. This will make them more aware and oriented about the working of Govt of India and the functioning of IIPA, he said.

Envisaged in 2020, the flagship Mission Karmayogi has been care-

fully designed to lay the foundations for capacity building for Civil Servants so that they remain entrenched in Indian Culture and sensibilities and remain connected, with their roots, while they learn from the best institutions and practices across the world. The Programme is being delivered by setting up an Integrated Government Online Training-iGOTKarmayogi Platform. Capacity of Civil Services plays a vital role in rendering a wide variety of services, implementing welfare programs and performing core governance functions. A transformational change in Civil Service Capacity is proposed to be affected by organically linking the transformation of work culture, strengthening public institutions and adopting modern technology to build civil service capacity with the overall aim of ensuring efficient delivery of services to citizens.

Speaking about injecting young blood in IIPA, the Minister said, "We took a decision of opening up the membership because otherwise it was getting reduced to the retired officers' club and the results have been very rewarding. In the last two years we have had the youngest members among the Assistant Secretaries who just passed out of Mussoorie. He even suggested IIPA for thinking about having

a membership drive because many of the prospective members have not acquired membership because they're not aware of it. He said, "Every year what we are doing is that we have a batch of assistance secretaries before they go to their respective cadres, we request them or suggest to them to acquire the membership otherwise in the normal course most of them are not aware of it but once they are told they're very happy doing it."

The Minister also informed about his initiative to make IIPA an integrated board, which is much more integrated than a few years ago amalgamating institutions like Lal Bahadur Shastri National Academy of Administration, DoPT.

Established on March 29, 1954, the IIPA believes in building upon the vision of its founding fathers. The IIPA aims to be one of the world's leading academic centres of thought and influence on public governance, policies and implementation so that public governance systems are more responsive to human needs and aspirations and aligned with human values. It also believes in creating an enabling environment for the development and management of human resources of the government for efficient, effective accountable responsive transparent & ethical governance.

Joint Action Committee demands immediate arrest of threatening accused of Tara Chand

Top News Report

JAMMU, Oct 7: The Joint Action Committee of SC, ST, and OBC organizations has called for the immediate arrest of individuals who threatened Tara Chand, former Speaker and Deputy Chief Minister, during an incident at his residence on October 1, 2024.

The committee held a press conference to address the serious threats posed by miscreants to Tara Chand, who is contesting as an assembly candidate from the 82-Chhamb constituency. During the incident, three out of five accused entered the room where he was with his supporters, insisting he step outside, allegedly with the intent to harm him. Fortunately, his supporters intervened, allowing the accused to escape.

The committee has submitted a written complaint to the Chief Election Commissioner and the ADGP, urging immediate action against the accused. However, they expressed frustration over the lack of response from law enforcement agencies. The participants unanimously stressed that swift action is essential to deliver justice to Tara Chand, who they believe has been unfairly targeted due to his Scheduled Caste background. They con-

demned the situation as a "murder of democracy" and called on all political leaders to denounce such incidents, regardless of party affiliation.

Despite Tara Chand bringing the matter to the attention of local police authorities—including the SHO, SDPO, and SSP Jammu—there has been no progress in apprehending the suspects. This has sparked significant outrage among community members, who are demanding accountability and protection for their leaders.

The Joint Action Committee has reached out to the Lieutenant Governor and the DGP of Jammu and Kashmir Union Territory, urging their personal intervention to ensure justice for Tara Chand and to safeguard his family from potential threats.

The gravity of the situation is underscored by the fact that if a prominent figure like Tara Chand, who has held various esteemed positions, is not safe, it raises concerns about the security of ordinary citizens in the region.

The press conference saw participation from various community leaders, including retired officials, presidents of numerous organizations, and representatives of different social groups, all united in their demand for justice and safety.

Capacity Building Program on Mission YUVA organized at Govt Women Polytechnic

Top News Report

JAMMU, Oct 7: Directorate of Skill Development Department, J&K under the supervision of O.P. Bhagat, Director, Skill Development Department, J&K organised Capacity Building Program on Mission YUVA (Yuva Udhayami Vikas Abhiyaan) at Govt. Polytechnic for women, Jammu. This program aims at sensitising all Nodal/Coordinating officers on purpose, components and monitoring of Mission YUVA in the UT

of Jammu and Kashmir. All the Hols/Principals/ Superintendents of various Polytechnics/ITIs of Jammu Division participated in this program.

O.P. Bhagat, Director, Skill Development Department, J&K gave an overview of Mission YUVA explaining its Mission and vision statement. He emphasized on creating a conducive environment where the youth can feel confident to take risks, innovate and build businesses.

The key resource persons of the event were

Narendar Abrol, from SIBDI, Ajay Thapa from Govt. Polytechnic, Jammu, Dr. Vinod Kumar from JKEDI and Sh. Kanav Sharma from NABARD.

They elucidated the various components of Mission YUVA - Eco-System Creation, Institutional Business support Mechanism, Enterprise Development, Creating Business Plans, DPR and Credit Enabling for easy access to Entrepreneurs. Er. Suket Gupta presented vote of thanks to all the participants.

Field office of Union Ministry of MSME organizes seminar on Procurement & Marketing Support Scheme at Leh

Top News Report

LEH, Oct 7: MSME-Development Nucleus Cell, Ladakh the field office of Union Ministry of MSME implements various schemes and activities for the benefit of MSME Sector for Ladakh with jurisdiction of all Districts of Ladakh.

The activities including Entrepreneurship Awareness Program, Intellectual Property Rights Awareness Program, PM-Vishwakarma Seminar, PM-Vishwakarma Awareness Workshop, Entrepreneurship & Skill Development Program, Management Development Program, Reimbursement of Barcode Expenditure, Reimbursement of Stall Charges, To and From Charges, Advertising Expenditure for participating in various exhibitions conducted in all parts of the Country.

MSME DNC Leh organized a seminar on Procurement & Marketing Support with objectives to increase the awareness about the Public Procurement Policy among the MSEs of Ladakh.

As per the PPP 2012 twenty five percent of Goods and services procured by Various Government departments and PSUs are reserved for exclusive purchase from

MSEs with sub target of 4% from SC/ST owned MSEs and 3% from Women owned enterprises.

These targets are yet to be achieved by many Government departments and PSUs operating in Ladakh, to achieve this target mission based awareness is needed for the MSEs of Ladakh and this seminar is a step in this direction. Implementing this policy is very crucial for the social development of Ladakh for providing employment opportunities of youth of this region.

The programme is organized as per the directions of G.Velladurai IEDS, Joint Director of MSME DNC Leh. The following departments namely IOCL, CPWD, BSNL, GeM and Director of Industries and Commerce, Ladakh participated in the Seminar and informed about their requirements from MSME sector.

The participating departments gave a detailed presentation about their purchase procedure and clarified the queries raised by entrepreneurs during the Q&A Sessions.

Earlier DK Tyaghi IEDS Assistant Director MSME DNC Leh delivered a lecture on PPP 2012. Ghulam Mehdi, Executive Coucillon(Industries), LAHDC, was chief Guest

for the program and he has appreciated the efforts of MSME DNC and requested to conducted similar programmes for Ladakh. Md. Nazir Sheikh, Director Directorate of Industries and Commerce, Ladakh has informed official order for EMD exemption for MSEs of Ladakh in Govt. of Ladakh being issued in a day or two and Tashi Gyaltsen Khachu, Chairman, Chamber of Industries & Commerce, Ladakh participated as Guest of Honour and praised the efforts of MSME DNC and requested the support in implementing the PPP 2012. Santosh Gayakwad General Manager Contracts Indian Oil Corp Ltd, Mohan Lal Kohli, Executive Engineer & Senior Manager CPWD Leh, Devender Saini, Sub Divisional Engineer, BSNL Leh, Md. Shah, GeM Trainer, from New Delhi are the officials participated from the PSUs and Government Departments. Deachean Chuskit & Tsering Chorol PM Vishwakarma artisans from Ladakh who have participated in the exhibition at Wardha and had interacted with Prime Minister was also facilitated during the seminar.

Rajesh Kumar IEDS Assistant Director MSME DNC Leh delivered vote of thanks in the seminar.

India's aggression overwhelms Bangladesh in 1st T20I with 7-wicket win

Chasing a modest total of 128, the new opening duo of Sanju Samson and Abhishek Sharma quickly embraced an aggressive style of play.

GWALIOR, Oct 7 (Agencies): A clinical spell with the ball and a high-flying approach from the batters sealed a comfortable 7-wicket win for India in the opening T20I against Bangladesh in Gwalior.

While chasing a paltry total of 128, the newly established opening duo of Sanju Samson and Abhishek Sharma didn't waste a moment to establish an aggressive brand of cricket. Shoriful Islam began the proceedings by mixing up his length, swinging the ball back into the batter and relying on the slower ones for the first three deliveries.

Samson opened the gateway to boundary fest with a sublime straight drive. With another drive on the final ball of the opening over to find the boundary rope, Samson perfectly set up the tempo of the chase.

The fusillade of boundaries continued in the next over with Abhishek tonking a six on the first delivery and then following it up with two fours. The barrage of boundaries momentarily halted after the southpaw fell well short of the crease and got run out for a score of 16(7).

Suryakumar Yadav and Samson continued the onslaught on Bangladesh bowlers forcing them to go on the backfoot. In the final over of the powerplay, the Indian skipper nonchalantly smoked the



ball across the boundary rope, looking to make the most of the opportunity.

On the next delivery, Mustafizur Rahman's good length delivery was enough to seal Suryakumar's fate. The versatile batter went for a swipe, connected well but sent the ball straight to Jaker Ali at long leg. The Indian skipper's cameo concluded with a score of 29(14).

Bangladesh continued to fight back with Mehidy Hasan Miraz luring Samson to play a false shot and lose his wicket for a score of 29(19).

The all-round duo of Hardik Pandya and Nitish Reddy stayed till the end and saw off the chase with ease. With a no-look shot, Hardik left Taskin Ahmed speechless. He smashed another boundary on the next ball making it two in a

row. He struck a six to finish it off in style and seal a clinical 7-wicket win for India with more than eight overs to spare.

Earlier in the match, after winning the toss, skipper Suryakumar Yadav decided to bowl on the black soil pitch that appeared to benefit both pacers and spinners.

Parvez Hossain Emon (8 runs from 9 balls, 1 six) and Litton Das (4 runs from 2 balls, 1 four) opened for Bangladesh and had a disappointing start to the game.

Arsheep Singh got the first breakthrough of the game when he removed the Bangladesh batter in the first over. He was on fire during the powerplay as he dismissed Parvez Hossain in the seventh over.

Bangladesh skipper Najmul Hossain Shanto (27 runs from 25 balls, 1 four and 1 six) tried

his best to help the visitors pose a comeback but Washington Sundar removed him from the crease in the 12th over.

The middle order batters of the visitors Towhid Hridoy (12 runs from 18 balls, 2 four), Mahmudullah (1 run from 2 balls) and Jaker Ali (8 runs from 6 balls, 1 six) displayed a sloppy performance while batting.

Mehidy Hasan Miraz (35* runs from 32 balls, 3 fours) was the only standout batter for Bangladesh, his unbeaten knock helped the visitors power to 127.

Arsheep and Varun shined while bowling as they bagged three wickets in their respective spells. One of the main takeaways from the first inning was Mayank Yadav picking up his maiden international wicket of his career. The youngster removed Mahmudullah in the 8th over to take his first international wicket.

Hardik Pandya and Washington Sundar also took one wicket each in their respective spells.

Brief score: Bangladesh 127 (Mehidy Hasan Miraz 35*, Najmul Hossain Shanto 27, Towhid Hridoy 18; Arsheep Singh 3/14) vs India 132/3 (Hardik Pandya 39*, Suryakumar Yadav 29; Mehidy Hasan Miraz 1-7).

India register unconvincing win against Pakistan, keep semifinal hopes alive

DUBAI, Oct 7 (Agencies): Skipper Harmanpreet Kaur's years of experience spared India's blushes as they huffed and puffed to a six-wicket win over arch-rivals Pakistan, keeping their semifinal hopes alive in the Women's T20 World Cup.

India's batters made heavy weather of a paltry 106-run target as it required a 24-ball-29 from their experienced skipper to eke out the crucial win. After Harmanpreet retired hurt when two runs were required for victory, Sajana Sajeevan, playing her first game, finished it off with a boundary.

The defensive approach by opener Shafali Verma (32 off 35 balls) and new No. 3 Jemimah Rodrigues (23 off 28 balls) meant that India could not boost their net run rate, which could prove very costly in the larger context of making it to the last-four stage. India would need to beat both Australia and Sri Lanka by comfortable margins to harbour any hopes of a semifinal berth. The entire Indian innings had only five boundaries and none of the top three looked like getting a move on. The chase was not exactly a cakewalk as Smriti Mandhana (7 off 16 balls) was out early while Shafali and Jemimah concentrated on taking singles.

The running between the wickets wasn't impressive as some easy doubles and a sure triple was not even tried, probably due to the sapping heat. Even as Jemimah showed some interest in pushing fielders, Shafali's poor fitness came in the way.

Shafali could hit only three shots to the fence in her knock and she increased the pressure on the batting unit with the below-par effort. Jemimah's forte isn't power as she relies more on her timing and the ability to find gaps.

Once Fatima Sana removed both Jemimah and Richa Ghosh (0) off successive deliveries, the onus was on Harmanpreet to take the team past home.

Back at No. 4 after being promoted to No. 3 in the opening game, Harmanpreet manoeuvred the field to keep the scoreboard ticking. Harmanpreet, who hit just one boundary, was the only Indian batter in the top six with a strike rate of over 100.

Harmanpreet almost saw India home in the company of Deepti Sharma but she sprained her neck while turning awkwardly to avoid being stumped and walked back retired hurt.

Earlier, the Indian bowling unit fired in unison, restricting a clueless Pakistan to a lowly 105/8.

Having conceded 160 against New Zealand on a slow track under lights in their opener, the Indian bowlers read the pitch well, and more importantly, took the pace off the deliveries to make stroke-making all the more difficult.

Such was their control that India's bowlers were able to deliver 58 dot balls. Seamers Renuka Singh (1/23) and Arundhati Reddy (3/19) neither erred in line nor in length while off-spinners Deepti Sharma (1/24) and Shreyanka Patil (2/12) got enough grip and bounce to keep the Pakistan batters on tenterhooks.

Leg-spinner Asha Sobhana (1/24) went for a few boundaries but got rival skipper Fatima with a big leg-break as the batter was brilliantly snapped by Richa Ghosh behind the stumps.

Brief scores: Pakistan: 105/8 in 20 overs (Nida 28; Arundhati 3/19, Shreyanka 2/12); India: 106/4 in 18.5 overs (Shafali 32, Harmanpreet 29; Fatima 2/23).

Arctic Open Super 500: Sindhu, Sen eye comeback after Paris setback

VANTAA, Oct 7 (Agencies): Star shuttlers PV Sindhu and Lakshya Sen will lead the Indian contingent at the Arctic Open Super 500 tournament commencing in Vantaa (Finland) on Tuesday, as they eagerly look to reclaim their momentum on the international stage following a medal-less outing at the Paris Olympics.

This tournament marks the first outing for Sindhu and Sen since the Olympic Games, and they are keen to reset their goals. The duo has reassessed their performances and implemented changes to regain their rhythm.

Sindhu has roped in Anup Sridhar and Korean legend Lee Syun Il as her new coaches, moving on from her previous coach Indonesia's Agus Dwi Santoso.

Sen, who narrowly missed a medal in Paris, spent time at the Red Bull Arena in Austria for physical assessment.

In the opening round, Sindhu, who exited in the round of 16 in Paris, will face familiar rival Canada's Michelle Li, while Sen, who lost in



the bronze medal play-off, will compete against Denmark's Rasmus Gemke.

Double Olympic medalist Sindhu is favoured to overcome Li and could face 18-year-old Japanese sensation Tomako Miyazaki, the 2022 junior world champion, in the next round, an opponent against whom she lost at the Swiss Open earlier this year.

For Sen, it's a chance for revenge against Gemke, having lost to him at the India Open in 2023. If he overcomes Gemke, he might face seventh-seeded Chou Tien Chen of Chinese Taipei.

Kidambi Srikanth, returning to action at the Macau Open after a four-month injury layoff, will compete in the qualifiers alongside younger compatriots Kiran George and Sathish Kumar Karunakaran.

Former world number one Srikanth is set to face George, while Sathish will battle against France's Arnaud Merkle. In women's singles, besides Sindhu, in-form Malvika Bansod and Aakarshi Kashyap are also in contention.

Malvika, who reached the quarterfinals at the China Open Super 1000, will open against World No. 24 Sung Shuo Yun of Chinese Taipei, while Aakarshi will be up against Yvonne Li of Germany in the first round. Another promising player, Unnati Hooda, who won the 2022 Odisha Masters, will take on Heli Neiman of Israel in the qualifiers.

While there is no Indian representation in men's doubles, Rituparna Panda and Swetaparna Panda will compete in women's doubles, and Sathish will partner with Aadya Variyath in mixed doubles.

Sanath Jayasuriya appointed as full-time Sri Lanka cricket team head coach

COLOMBO, Oct 7 (Agencies): Sri Lanka cricket on Monday, October 7 has confirmed the appointment of Sanath Jayasuriya as the permanent head coach of the men's team after their recent run of good form. Jayasuriya, who took over as the interim coach after the T20 World Cup 2024, will remain in the post until March 31, 2026.

In a statement released on their official X account, Sri Lanka cricket said that the executive committee made the call, taking into consideration the team's recent good perfor-



mances against India, England and New Zealand where the former captain was assuming the role of head coach. The cricket board said that the appointment

had already come into effect on October 1, 2024.

"Sri Lanka Cricket wishes to announce the appointment of Sanath Jayasuriya as the head

coach of the national team. The Executive Committee of Sri Lanka Cricket made this decision taking into consideration the team's good performances in the recent tours against India, England, and New Zealand, where Jayasuriya was in charge as the 'interim head coach'.

The appointment came into effect on October 1, 2024, and will remain until March 31, 2026," read the statement from Sri Lanka cricket.

Sri Lanka under coach Jayasuriya The Sri Lankan team has seen a serious

revival under the guidance of Jayasuriya as the coach. The former captain's tenure started with the India T20Is and ODIs where they were able to upset Rohit Sharma and Co. in the 50-over format.

This was followed by the England tour, where they won the third Test to create history at the Oval. The Lankan Lions would then demolish New Zealand at home to win the series 2-0. Jayasuriya's first assignment as the full-time coach will be the T20I and ODI series against the West Indies, which will start from October 13.

Yuvraj Singh's special 'Tambdi Chaamdi' birthday wish to Zaheer Khan

Yuvraj Singh celebrated Zaheer Khan's 46th birthday with a playful Marathi-themed video, featuring the song "Taamdi Chaamdi," delighting fans and reminiscing on their bond during India's iconic 2011 World Cup win.

NEW DELHI, Oct 7 (Agencies): Former India cricketer Yuvraj Singh posted a special birthday video for his 2011 ODI World Cup teammate Zaheer Khan, adding a unique Marathi touch that quickly won the hearts of fans on social media. As Zaheer Khan turned 46, Yuvraj's heartfelt birthday wish celebrated their close friendship and Zaheer's contribution to Indian cricket.

Yuvraj, known for his playful and charismatic persona, selected the popular Marathi song "Taamdi Chaamdi" for the video, which added to the excitement surrounding the post.

The gesture, filled with humor and nostalgia, struck a chord with fans who have long admired the camaraderie between these two former cricketing stars.

"Happy birthday cookie... Monster, hope you aren't stealing someone's cookies on your birthday. Loads of love brother!



Hope you have an amazing and blessed year ahead," Yuvraj's post read.

Both Yuvraj and Zaheer were instrumental in India's success across formats during their playing careers, particularly in their role in winning the 2011 World Cup. Yuvraj's performances with

both bat and ball were crucial during that tournament, while Zaheer's expertise with the ball in the powerplays and death overs helped guide India to their second ODI World Cup title.

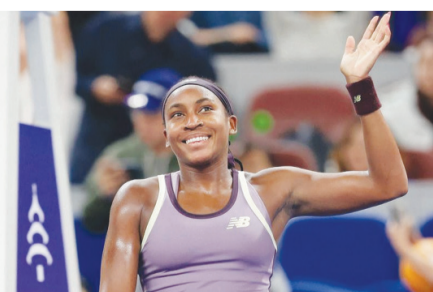
Zaheer's career in numbers Zaheer, a key figure in Indian cricket, was widely regarded for

his mastery of reverse swing and ability to adapt across all conditions. He played 92 Test matches for India, claiming an impressive 311 wickets. His stellar performances in ODIs were equally significant, with Zaheer taking 282 wickets in 200 matches. Though he had fewer appearances in T20Is, his impact was still felt, picking up 17 wickets in just as many matches.

Now, Zaheer has walked into the role of coaching and has recently been roped in by Indian Premier League (IPL) side Lucknow Super Giants as their mentor for the upcoming 2025 season.

The birthday post from Yuvraj is a reminder of their shared memories on and off the field and serves as a touching tribute to one of India's most successful fast bowlers. Fans of the duo enjoyed the mix of humor, celebration, and cricket nostalgia, making it a viral moment on social media.

Gauff grabs China Open title



BEIJING, Oct 7 (Agencies): Coco Gauff won her second title this season with a lopsided 6-1 6-3 victory over Karolina Muchova in the final of the China Open.

Aged 20, the sixth-ranked US player became the youngest China Open champion in 14 years. She is also the second American champion in Beijing, following Serena Williams' title runs in

2004 and 2013.

It was Gauff's eighth career title. She improved her record in tour finals to 8-1 and has now a 7-0 record in hard-court finals, a feat never achieved before in the Open Era.

Gauff, who defended her Auckland title earlier this season, wasted no time and took the opening set in just 31 minutes. She dropped just five points on her first serve, hit 24 winners and broke Muchova five times.

Gauff's win in Beijing improved her chances of qualifying for the WTA Finals featuring the eight top players for the third consecutive year. With her title, she will overtake Jessica Pegula to take the No. 5 spot ahead of the final WTA 1000 tournament of the season, the Wuhan Open starting today.

MIER students explore career pathways in music and dance at IMFA

Top News Report

JAMMU, Oct 7: In an initiative aimed at broadening students' understanding of the arts, a group of 12th-grade students from the Model Institute of Education and Research (MIER), BC Road Jammu, visited the Institute of Music and Fine Arts (IMFA), Jammu.

The visit, organized to introduce students to potential career opportunities in the fields of music and dance, provided them with a comprehensive overview of academic and professional prospects available in the performing arts after completing their schooling.

The IMFA, known for its dedication to preserving and promoting traditional art forms, welcomed the students with an engaging and informative orientation session.

Dr. Priya Dutta, Head of the Department of Music and In-Charge of the Kathak Dance Department, led the session. With her expertise in Kathak, Dr. Dutta presented an insightful introduction to the classical dance form, explaining its rich cultural heritage and significance.



Her session included a live demonstration of Kathak, where she captivated the audience with the elegance and expressive storytelling inherent in the dance.

The students were not only able to witness the beauty of the art form but also gained a deeper appreciation for the discipline and passion required to pursue Kathak as a career.

During the presentation, Dr. Dutta discussed the various career opportunities available for students interested in dance, from performance and choreography to teaching and

cultural preservation. She emphasized the growing demand for professionally trained artists in India and abroad, particularly in classical dance forms like Kathak, which continue to draw interest and appreciation on global stages.

Following the orientation on Kathak, the students were taken on a guided tour of other departments within the institute, including those dedicated to vocal music and instrumental studies.

Guru Suraj Singh, Dr. Sumit Madan, Sunil Raina, and Rajesh Kumar, all renowned

faculty members in their respective fields, introduced the students to the world of Indian classical instruments like the sitar, violin, and Tabla.

Each expert provided hands-on demonstrations of their instruments, sharing the history, significance, and career pathways associated with mastering these traditional instruments.

Bindu Sharma, who also played an instrumental role in organizing the visit, provided the students with an overview of all the departments at IMFA, explaining the diverse opportunities the institute

offers for those wishing to pursue higher education and professional training in music and fine arts.

The students' music and dance teachers, Vivek Mohan and Mohini, accompanied them throughout the visit, offering their guidance and support as they explored the various departments. The educational trip served as an eye-opener for many students, sparking interest in pursuing the performing arts not just as a passion but as a viable career option.

The Institute of Music and Fine Arts, Jammu, remains committed to nurturing young talent and encouraging students to explore their artistic potential. Through such initiatives, the institute hopes to inspire future generations of musicians and dancers to carry forward the legacy of India's rich cultural heritage while contributing to the global arts community.

This visit marks an important step in bridging the gap between secondary education and specialized artistic training, providing students with a clearer vision of the possibilities that lie ahead in the vibrant fields of music and dance.

Bridal Masterclass organized by ZNS NIST in collaboration with Recode Studio

Top News Report

UDHAMPUR, Oct 7: ZNS NIST is committed to delivering high-quality, hands-on training, and this masterclass will include live demonstrations, interactive sessions, and personalized feedback from industry experts.

More than 100 students participated in this Masterclass.

The session is open to beginners, beauty professionals, and anyone with a passion for bridal makeup. Each attendee will receive a Certificate of Participation & Goodies Bag from ZNS NIST and Recode Studio, further adding to their professional credentials.

Participants will have the unique opportunity to learn and refine their skills in areas such as Traditional and Contemporary Bridal Makeup Techniques.

Mastering Flawless Base Makeup, Long-Lasting Bridal Looks for Different Occasions, Latest Trends in Eye Makeup and Lip Artistry.



Working with Diverse Skin Types and Complexions. Masterclass Bridal look created by Celeb-

rity Makeup Artist Nusrat Malik & Centre Head Shivangi Dogra (ZNS NIST Udhampur) also present there.

Drawing Competition on Dengue Awareness held at BSF School Jammu



Top News Report

JAMMU, Oct 7: A drawing competition on dengue awareness was successfully organized at BSF Senior Secondary School, Jammu, with enthusiastic participation from students across various classes. The event aimed to educate students about the dangers of dengue and the preventive measures that can help control its spread.

The school's Principal, Dr. S. K. Shukla, graced the occasion and praised the students for their cre-

ativity and commitment to such an important cause. Addressing the students during the school's morning assembly, Dr. Shukla emphasized the significance of spreading awareness about dengue prevention and maintaining clean surroundings to prevent mosquito breeding.

During the assembly, Dr. Shukla presented awards to the winners of the drawing competition, appreciating their efforts in highlighting the vital message of dengue prevention through their art. The event not only provid-

ed a platform for students to showcase their artistic talents but also served as an important step toward raising awareness about dengue, particularly among young minds.

Dr. Shukla concluded by urging the students to take the message beyond the school, encouraging their families and communities to stay vigilant and adopt preventive practices. The competition was part of the school's larger initiative to promote health and hygiene awareness among students and staff.

S&T Deptt sponsors educational trip to Asia's Largest Trout Farm in Kokernag

Top News Report

SRINAGAR, Oct 7: Continuing its initiative to bolster scientific curiosity and career awareness, the J&K Science Technology & Innovation Council (J&KSTIC), Department of Science and Technology, arranged yet another educational tour for students of Government Girls High School, Narwara, Srinagar.

On 5 October, the students visited Asia's largest trout fish farm at Kokernag, sponsored by the Science and Technology Department.

Dr. Ubaiq Qayoom, Fisheries Inspector, welcomed the students on behalf of Director Fisheries Abdul Majid Tak and Chief Project Officer Sajjad Hussain Dar. He provided an insightful tour around the farm, explain-



ing the life cycle of trout from eggs to adulthood.

"Trout were introduced to Kashmir's pristine waters by the British in the early 20th century, and since then, this delicate species has flourished here, contributing to the region's biodiversity and economy," he said.

The visit aimed to provide hands-on learning, and the students were captivated by the trout fish in various phases

of development, particularly awed by one trout that weighed over five kilograms.

Dr. Qayoom said Kashmir is home to a vast network of fish farms, with several smaller trout farms operating in different parts of the Valley. These farms, located in regions like Mamar, Dachigam and Pahalgam, play a significant role in both preserving the region's aquatic biodiversity and supporting

local livelihoods.

"The Fisheries Department actively manages these farms, ensuring the sustainability of the trout population while promoting aquaculture as a viable economic activity," he said.

Dr. Nasir Shah, Additional Director of J&K Science Technology and Innovation Council, reiterated the importance of outdoor learning in enhancing students' conceptual understanding.

"Excursions like these expose students to real-world applications of what they study in classrooms, he said. "Such scientific explorations are essential for broadening their perspectives and inspiring innovation."

The students expressed their deep appreciation to both the Science and Technology Department

and the Fisheries Department for making the excursion possible.

The visit to the trout fish farm provided an enriching experience, blending scientific learning with practical exposure, leaving the students inspired to explore careers in fields related to science and agriculture.

Previously, the Science Technology Department had organized an educational tour for the same students to Sher-e-Kashmir University of Agricultural Sciences and Technology (SKUAST).

"The Department's continued dedication to arranging such educational tours is commendable, as it plays a pivotal role in nurturing the scientific temper and career aspirations of young students," Headmistress Kounser Jan said.

KC College of Education observes World Habitat Day



Top News Report

JAMMU, Oct 7: Environmental Club of K.C. College of Education observed 'World Habitat Day', a day celebrated on first Monday of October every year as designated by United Nations with the purpose to reflect the basic right of all to adequate shelter.

On this occasion, the club organized a slogan writing activity for the students of Arya Girls High School, Jammu on the theme "Creating A Better Urban Future". The main aim of the activity was to remind the people in general and students

in particular that they are responsible for the habitat of future generations.

A good number of students of Arya Public High School participated enthusiastically in the activity and showcased their creativity.

The best slogan writers were rewarded. Principal of the college, Dr. Sanjay Tickoo appreciated the efforts of the students and the environmental club of the college for organizing such awareness activities.

The whole event was convened by Dr. Puja Sharma, Club convenor and Rita Jamwal, college faculty.

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