

TOP NEWS OF J&K

JAMMU, SUNDAY, OCTOBER 13, 2024

Daily Evening Newspaper



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BRIEFLY

Magnitude 4.3 Earthquake hits Doda

DODA, Oct 13 (Agencies): A 4.3 magnitude earthquake hit Chenab valley with an epicenter in Gundoh area of district Doda this morning. The earthquake shook the entire region around 6.14 am but the time period was short. "We don't often feel such moderate earthquakes at our home but today it woke us all up. The tremor didn't allow anyone to come out of their homes," a resident of Doda town said.

For the past few years Chenab valley has been witnessing frequent earthquakes and experts believed that such moderate earthquakes release pressure and the chances of any big earthquake become less.

As per the early reports no loss of life or property was reported from anywhere.

13-year-old girl, 3-year-old boy killed in Kulgam accident

SRINAGAR, Oct 13 (Agencies): Two children died after allegedly being hit by a dumper in Damhal Hanjipora area of south Kashmir's Kulgam district on Sunday, reports said.

Quoting an official, news agency KNO reported that the accident occurred near the residence of former MLA Abdul Majeed Padder at DH Pora, where a dumper vehicle hit the two children, causing severe injuries.

The official said the injured children were taken to Sub-District Hospital DH Pora, where doctors declared them brought dead.

The deceased were identified as Maliha Aijaz (13), daughter of Aijaz Ahmad Wani, resident of DH Pora, and Amman Aijaz (3), son of Aijaz Ahmad Hella, resident of Yaroo.

Police have taken cognizance of the accident, the official added.

Man killed by cousin in Parimpora

SRINAGAR, Oct 13 (Agencies): A man was stabbed with a sharp-edged weapon by his cousin in Srinagar's Parimpora, reports said Sunday.

Quoting an official, news agency NVI reported that a scuffle

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Farmers block roads, squat on rail tracks in Punjab to protest 'tardy' paddy purchase

CHANDIGARH, Oct 13 (Agencies): Punjab farmers on Sunday blocked roads and squatted on rail tracks at many places in the state as part of their protest against the alleged tardy procurement of paddy in the ongoing kharif marketing season.

While the Samyukta Kisan Morcha has given a call for a statewide road blockade from noon to 3 pm, the Bharti Kisan Union (Ekta Ugrahan) has also given a call for 'rail roko' for three hours. Police diverted road traffic through alterna-



tive routes.

In Ludhiana, farmers disrupted road traffic at many places, including Samrala, Kohara, Khanna, Raikot, Doraha, Payal and Jagraon.

Farmer leader Balbir Singh Rajewal said despite assurances by the state government regarding the smooth procurement of paddy, farmers are facing prob-

lems in grain markets. In Amritsar, protesting farmers squatted on Wallha railway crossing to protest against the "slow purchase" of the paddy crop.

Bhartiya Kisan Union leader Parminder Singh Ugrah said farmers have blocked the Amritsar-Pathankot rail track.

Farmers have also held road blockades at places, including Attari, Kukrawal village near Ajnala town.

In Sangrur, farmers squatted on the rail track at Sunam railway

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Senior NCP leader Baba Siddique shot dead in Mumbai



MUMBAI, Oct 13 (Agencies): NCP leader Baba Siddique sustained two gunshot wounds to his chest before being brought to Mumbai's Lilavati Hospital for emergency treatment, doctors at the hospital said.

He was admitted around 9.30 pm on Saturday and, despite extensive resuscitative

efforts, succumbed to his injuries shortly after.

Dr Jaiil Parkar, a physician at Lilavati Hospital, said, "Around 9.30 pm, Baba Siddique was brought here. When he arrived in the emergency room, his pulse and blood pressure were unrecordable, and the ECG showed a flat line. We shifted him to the ICU."

"He was declared dead around 11.27 pm. He had bullet wounds on his chest," Dr Parkar added.

Dr Nitin Gokhale, a cardiologist at the hospital, said that the exact

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BSF man shoots himself dead with his service rifle in Handwara

SRINAGAR, Oct 13 (Agencies): A Border Security Force (BSF) man Sunday shot himself dead with his service rifle in at District Police Lines (DPL) in north Kashmir's Handwara, reports said.

Quoting sources, news agency NVI reported that the BSF man was found critically injured by his colleagues, following which he was taken to the District Hospital Handwara where he succumbed to his injuries.

The BSF man, whose identity has been withheld for now, was a part of E-127 Battalion.

His post-mortem is presently underway and after completion, his body will be handed over to his family.

Police have initiated an investigation into the circumstances surrounding the incident, sources said.

Wangchuk, 20 others detained for protesting outside Delhi's Ladakh Bhawan

NEW DELHI, Oct 13 (Agencies): Climate activist Sonam Wangchuk and 20 other protestors were detained by the Delhi Police for protesting outside the Ladakh Bhawan here on Sunday, officials said.

Around 20 to 25 protesters, who were on fast with Wangchuk, were detained and taken to the Mandir Marg police station, they said.

Heavy police deployment was arranged to



maintain the law and order.

Some of the protesters argued that they were not protesting, but sitting

peacefully. A senior police officer said the protesters do not have any

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"Shocked and saddened": PDP chief Mehbooba Mufti on Baba Siddique's 'assassination'

SRINAGAR, Oct 13 (Agencies): Peoples Democratic Party chief Mehbooba Mufti on Sunday expressed her grief over the killing of the Nationalist Congress Party (NCP) leader Baba Siddique, and said her heart goes out to the family and loved ones of the NCP leader.

Siddique, a leader in Ajit Pawar's faction of



the Nationalist Congress Party (NCP), was shot at near Nirmal Nagar in Bandra. He later suc-

cumbed to his bullet injuries at Lilavati Hospital late Saturday night.

"Shocked & saddened to hear about the assassination of Baba Siddique Sahab. Unsettling to know that this happened in broad daylight despite him having Y security. My heart goes out to his family & loved ones. May Allah Ta'Aala

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GK Health Editor appointed president of GOSI North India Chapter

SRINAGAR, Oct 13 (Agencies): Dr Zubair Saleem, a renowned specialist in Geriatric Medicine and Gerontology and the Health Editor at Greater Kashmir has been appointed as the president of the Geriatric Orthopaedic Society of India (GOSI) for its North India Chapter. His tenure would last for three years.



In this role, Dr Saleem will focus conducting Continuing Medical Education (CME) programs, outreach, advocacy, and

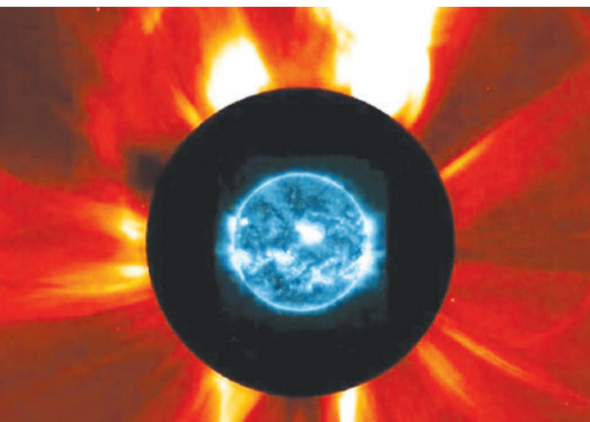
organizing social activities that benefit senior citizens in Jammu and Kashmir.

With an impressive record of treating over 35,000 elderly patients, Dr Saleem is recognized for pioneering geriatric care in Kashmir, including home-based and telehealth services.

Through the Moul Mouj

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Aurora in Ladakh Validate India's space weather monitoring efforts: Astrophysicists



NEW DELHI, Oct 13 (Agencies): Ladakh's recent sightings of aurora, marked by reddish or greenish light in the night sky and usually observed in the far northern regions, is a validation of our efforts in space weather monitoring, a team of astrophysicists that predicted the activity about 48-72

hours prior said.

The appearance of intense red-coloured light rays in the sky on the intervening night of October 10-11 was the latest in a series of recent auroral sightings — previous ones occurred on those of May 11 this year, and November 5 November and May 10 of 2023.

All-sky cameras of the Bengaluru-based Indian Institute of Astrophysics (IIA) at Hanle and Merak in Ladakh captured the aurorae throughout the night.

Dibyendu Nandi, head of the Center of Excellence in Space Sciences India (CESSI) at the Indian Institutes of Science Education and Research (IISER) Kolkata, told agency, "The aurora sightings are a validation that we are on the right track. It boosts our confidence to predict extreme weather events in space that can potentially endanger all kinds of satellite based services on Earth, bringing modern society to a standstill." Space agencies and

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No Tolerance for Terrorism in J&K: CHANDEL

Top News Report

JAMMU, Oct 13: National President of Rashtriya Valmiki Sena, senior leader of Hinduist BJP Guruji Raju Chandel, while worshipping the weapons of Mata Kali, today organized a weapon worship on the occasion of Dussehra to commemorate the end of the demon king Ravana by Lord Shri Ram. On this occasion, he said that our beloved Lord Shri Ram freed the entire earth from the demon race by killing all the demons from the entire earth and ended their atrocities, but today in our city of gods,

the city of Lord Kashyap, Jammu Kashmir, the demon-like terrorists are daring to raise their head again. It is a great misfortune of our country that some of Jaichand's children are supporting these evil demons and giving them terrorism. We are giving life to terrorism.

Chandel said that this cruel demon of terrorism and terrorists will be eliminated soon. Terrorism will not be allowed to flourish again in Jammu Kashmir, whether it is Jamaat-e-Islami organization or Hurriyat Conference. No terrorist organization will be allowed to flourish in Jammu



Kashmir. Its roots will be attacked and those who support terrorism, no matter how big a leader of any political party he is, will be eliminated.

Chandel said that no stone-pelting terrorist of Jammu Kashmir will be spared. Their release

means that terrorism will not get life in Jammu Kashmir and neither will Article 370 and Article 35A be restored.*

Chandel said that no matter how many Mungerilal dreams the ruling National Conference shows to the people of Jammu Kashmir, their terrorist mindset and any of their ploy to destroy Jammu Kashmir will not be allowed to succeed.

Our Jammu Kashmir is the land of Sanatan, only the gods will rule over it, demons will have protection, terrorists have no work on this earth.

Chandel claimed that the ruling government

here, which is seeing Mungerilal's sweet dreams, will not be able to last even for 6 months and the false promises made to the people will remain only Mungerilal's sweet dreams. He said that the people of the ruling government have started torturing the BJP leaders of our Jammu Kashmir and have started shameful incidents like vandalism in their houses, which are reprehensible. The ruling political party has started attacking the opposition among the people in Jammu Kashmir like before, which is absolutely intolerable.

KDPW urges accommodation for PM Package Employees before winter

Top News Report

JAMMU, Oct 13: In a joint statement issued by KDP Wing of DPAP through its President Shri Sanjay Dhar, Chairman Sh.Piary Lal Pandita, General Secretary Shri Raj Kumar Ticku & others have demanded that the completely constructed quarters in different Valley sites may be allotted to the P.M.Package employees before setting in the coming winter season so that their long pending sufferings are mitigated.

The Leaders have appealed the Honble Commissioner Secretary DMRRR to intervene into the matter and issue earliest orders for allotment of completely constructed quarters to the P.M.Package employees before November 2024 so that these employees are able for shifting to the allotted quarters during the present dry spell in view of expected coming winter.

The Leaders have appealed the Worthy Relief Commissioner Migrants that having completed the Election duties successfully the allotment of completely constructed quarters in various Transit sites of Valley may be made on war footing

basis as at few places provisional allotment lists stand already issued since about two months back but due to elections these could not be processed so far and have further requested that earliest kind attention may be given now for allotment to the P.M.Package employees who have suffered very much for a long time.

The Leaders have demanded that under construction incomplete quarters may be got completed before setting in of winter season by issuing orders for double-shift workmanship so that the announcements of repeatedly promised completion of allotment 6000 quarters by the Hon'ble Home Minister of India is fulfilled.

The Leaders have appealed the Concerned Authorities to also get all incomplete works of drainage, main /inner Lanes completed in the Accommodation allotted already in Barramula, Idina and other places so that coming winter may not create sufferings to the employees who have been allotted quarters and have shifted since.

The Leaders have also appealed that in few Transit Camps mainly in

Vessue the occupation of persons other than P.M.Package employees be vacated at an earliest who inspite of no connection with an authorised professions in Valley have been allowed to occupy the accommodations in Transit Camp, meant for only P.M.Package employees.

The Leaders have appealed further that the P.M.Package Employees have suffered a lot financially, safety on account of living in rented accommodations inspite of long assurances for allotment of quarters which needs to be addressed on priority basis.

The Leaders have expressed their hopes that the long pending sufferings of P.M.Package employees are addressed regarding their seniority, promotions, Suitable adjustments and merging their services at par with State Govt.employees who have been rendering their services in Valley together with State Govt. employees and may be provided each entitled facilities with Govt. Ration Stores, Fair price Grocery, Medical shops in each Transit Camp so that they may not feel any stepmotherly behaviour with them.

Discourses of Sadguru Madhuparamhans Ji Maharaj: The Guru-Disciple Connection



Top News Report

JAMMU, Oct 13: Sadguru of Sahib Bandagi Shri Madhuparamhans Ji Maharaj, while delighting the congregation with the nectar of his discourses in Rakhbandhu, said that the Guru merges into the disciple. How does he merge? Sahib is saying that when I was there, the Guru was not there, now the Guru is there, I am not there. The path of love is very narrow. Two cannot merge in it. If the Guru is very far away, then do your meditation. He will come riding on the horse of words. Like when the ghost comes, the body is his, but he does the same work that the ghost makes him do. In this way, the Guru merges.

We all pray. It means that we all have accepted that our prayers reach God. You see that when America killed Osama Bin Laden, they first caught his voice. Wherever he spoke, they were getting to know. Where he was killed, there was no TV. There was no mobile there either. Still, they got to know. Vasudev Krishna had imparted the knowledge of Gita to Arjun in Kurukshetra, they are still in the universe. Scientists are trying to find those words. They have claimed that they will find the original words of Vasudev Krishna, which came out of his mouth. Some even claimed that they have identified them, but could not give proof. Because they did not

have the original voice of Vasudev Krishna to match.

The word that comes out of your mouth travels in the universe. Like we put a drop of water, it reaches seven seas at the same time. Similarly, the word that comes out of your mouth reaches the universe at the same time. Because the rays of microscopic water are connected to each other. Similarly, your voice reaches the universe at the same time.

How did man come to believe that the prayers we are saying are reaching God. Every person prays to God in times of trouble. The death will go to the person whose number you have called. Guru is sitting across seven seas, this Surat will reach there in a moment. It does not take much time for Surat to go away. Secondly, after Naam you are under surveillance. You keep praying. You have faith. Then no one can harm you. That power joins you. It takes care of you every moment. The power of Naam will slowly take you there.

JKBS Members hail Kaith Music Factory's newly released Bhajan 'Baawe Aali Da Dawara'

Top News Report

JAMMU, Oct 13: The Jammu and Kashmir Batwal Sabha Members hailed Kaith Music Factory's newly released Dogri

imagine the revered Baawe Wali Maa and we try to flow with the lyrics, so a tranquility is created inside our mind and that gives us peace.

Also speaking, the



Bhajan 'Baawe Aali Da Dawara' sung by the renowned singer Sapna Malhotra and composed by Nirbhay Slathia.

JKBS Members said, When we listen this bhajan we try to purely

General Secretary R.L.Kaith said, This bhajan calms the mind and energizes the body for extended periods of time, and creates an environment beneficial for meditation.

Army Conducts Lecture on Physical Fitness at Hatiyan Rajouri

Top News Report

RAJOURI, Oct 13: Army conducted a lecture on Importance of physical fitness on 13 Oct 2024 at Government High School, Hatiyan District Rajouri (J&K) with an aim to raise awareness about importance of physical fitness for youth and local populace. The

lecture was attended by students in positive spirit. The representative of the Indian Army discussed about the importance of Physical Fitness and emphasized that exercise is important for everyone including young & old. The Government of India's 'FIT INDIA INITIATIVE' is an initiative which intends to boost

overall health of population by Primary Physical Fitness. Thus, children, adolescents and adults of all ages need regular physical activity. The lecture was successful in instilling confidence and competitive spirit amongst the populace of Government High School, Hatiyan District Rajouri (J&K).

Historic Judgement welcomed by Jammu and Kashmir Clerical Staff Association

Top News Report

JAMMU, Oct 13: The Jammu and Kashmir All Department Clerical Staff Association held a press conference today, led by President Babu Hussain Malik and senior leader Yashpal Sharma, to celebrate a significant ruling from the Hon'ble Central Administrative Tribunal (CAT). The judgement provides for a retrospective effect on pay from January 1, 1996, and monetary benefits from February 19, 2003, similar to other government cadres.



The association expressed strong support for the quashing of SRO 333, dated August 2, 2018, which had limited pay upgrades to prospective effects. This ruling marks a crucial victory for clerical staff across

the region. In a unified appeal, representatives urged the UT Government to promptly implement the CAT's landmark decision (TA Number 861 of 2020) pronounced on October 4, 2024.

Malik emphasized the importance of solidarity among clerical cadre employees, encouraging them to unite and continue their struggle for rightful recognition and benefits. He also called on the newly appointed Chief Minister and Lieutenant Governor to personally address the ongoing pay anomalies faced by clerical staff.

The association remains committed to fighting for equitable pay and the rights of its members, marking this moment as a pivotal step towards justice in the clerical cadre.

Army Organized Dussehra Celebration Across The Southern Pir Panjal Region At Poonch, Rajouri & Reasi

Top News Report

POONCH, RAJOURI, REASI, Oct 13: Army recently celebrated Dussehra at multiple locations in Poonch, Rajouri and Reasi districts in the southern PirPanjal region, showcasing its commitment to fostering community ties and promoting cultural heritage. This multi-site celebration engaged various local communities, enhancing the Indian Army presence and support throughout the region. At each location, festivities commenced with traditional rituals honouring the festival's significance, symbolizing the victory of good over evil. Local residents participated enthusiastically, bringing families and



friends together to join in the celebrations. The atmosphere was filled with traditional music and dance performances, highlighting the rich cultural diversity of the area. These events provided a platform for local artists to showcase their talents, promoting pride in their heritage. The Indian Army also conducted awareness programs focused on health, safety, and community welfare, demonstrating their commitment to the holistic development of the region. These initiatives were well-received, addressing the needs and concerns of local residents while reinforcing the army's role as a supportive presence. By

celebrating Dussehra at multiple locations, the Indian Army emphasized the importance of tradition and its dedication to community engagement and building trust. This approach fosters a sense of unity and resilience among the people, promoting peace and stability in a region that has faced its share of challenges. The Dussehra celebrations across the southern Pir Panjal region reflected the Indian Army efforts to integrate into the community, cultivating a spirit of cooperation and mutual respect. The success of these events underscores the significance of cultural exchange in strengthening bonds and promoting harmony in the region.

UNION TERRITORY OF JAMMU & KASHMIR
OFFICE THE EXECUTIVE ENGINEER PWD (R&B) ELECTRIC DIVISION JAMMU

NOTICE INVITING TENDER
xenpwdelcdiv.jammu@gmail.com
e-NIT No.EDJ/75 of 2024-2025 Dated 11-10-2024

For and on behalf of the **Lieutenant Governor, Union Territory of Jammu and Kashmir** e-tenders are invited on Percentage Basis from approved and eligible Contractors registered with Union Territory of J&K, CPWD, Railways, MES and other State/Central Governments for each of the following works:-

S. No	Name of Work	Name of Division	Estimated Cost (₹ in lacs)	Cost of document (₹)	Earnest Money (₹)	Time Allowed for complete-on	Time and date of opening of tender	Class of Contractor
1.	Providing and laying of XLPE Power Cable for Digital Flat Panel Detector 800 MA X-ray Unit at Associate Hospital GMC Doda.	PWD (R&B) Electric Division Jammu	6.40	600/-	12800/-	Linked with Civil works	22-10-2024 At or after (12:00 A.N)	"A" Class Electrical Contractor

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website <http://jktenders.gov.in> as per below schedule.

1	Date of Issue of Tender Notice	11-10-2024
2	Period of downloading of bidding documents	From 12-10-2024 to 21-10-2024, 4:00 P.M
3	Bid submission Start Date	12-10-2024
4	Bid Submission End Date	21-10-2024 up to 4:00 P.M
5	Date & time of opening of Technical Bids (Online)	22-10-2024 at or after 12:00 A.N in the Office of the Executive Engineer PWD (R&B) Electric Division Jammu
6	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

- Bids must be accompanied with cost of Tender document in shape of **e-challan through Treasury indicating Treasury Voucher No. & date and also indicating the name of work and NIT No. duly crediting to 0059 (Revenue) favouring Executive Engineer PWD (R&B) Electric Division Jammu. uploading a copy of treasury challan/receipt.** The original instruments in respect of cost of documents, and relevant documents of **L1** be submitted to the Executive Engineer PWD (R&B) Electric Division Jammu. at the time of allotment.
- Bid Security Declaration should be kept in the Bid documents as per tendered.**
- The date and time of opening of Financial-Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The **Financial-bids of Responsive bidders** shall be opened online in the **Office of the Executive Engineer PWD (R&B) Electric Division Jammu.** The date for same shall be intimated separately.

No :- EDJ/6116-24
Dated :-11-10-2024

DIP/J-5428/24
Sd/-
Executive Engineer
PWD (R&B) Electric Division
Jammu

EDITORIAL

Special Campaign
for Swachhata

The Special Campaign 4.0 for Swachhata represents a significant initiative by the Government of India to enhance cleanliness and sanitation across the country. As part of the broader Swachh Bharat Mission (SBM), this campaign aims to address critical gaps in urban and rural sanitation, promote public health, and reinforce the culture of cleanliness. Monitoring the progress of this campaign involves a comprehensive assessment of various parameters, including implementation effectiveness, public participation, and the achievement of key milestones.

Special Campaign 4.0 is designed to build upon the successes of previous phases by targeting specific areas that need further attention. The objectives of the campaign include improving sanitation infrastructure and services in both urban and rural areas; Increasing community involvement in cleanliness drives and encouraging responsible waste management practices; Strengthening the capabilities of local authorities and stakeholders to manage sanitation activities effectively; Promoting awareness about hygiene practices and the importance of maintaining a clean environment.

To achieve these goals, the campaign employs various strategies, including organizing cleanliness drives, upgrading sanitation facilities, and conducting training workshops. Local bodies, including municipal corporations and panchayats, are tasked with executing these initiatives, with support and oversight from state and central authorities.

Effective monitoring is crucial to ensure that the campaign's objectives are met and to identify areas for improvement.

The mechanisms are employed to track progress which include Local authorities are required to submit periodic reports detailing the activities undertaken, challenges faced, and progress achieved. These reports help in assessing whether the campaign is on track and if any corrective actions are needed; Senior officials and representatives from the central and state governments conduct field visits to inspect the implementation of sanitation activities. These inspections provide firsthand insights into the ground realities and help in evaluating the effectiveness of the campaign; Data on various aspects of sanitation, such as waste collection efficiency, the condition of sanitation facilities, and public participation levels, are collected and analyzed. This data helps in measuring the impact of the campaign and identifying trends; Engaging with the community through surveys, feedback forms, and public consultations allows for the collection of opinions and suggestions from the people directly affected by the campaign. This feedback is valuable for assessing the campaign's success and addressing any concerns raised by the public; Key performance indicators (KPIs) are established to evaluate the campaign's success. These metrics include the percentage of areas covered by sanitation facilities, the amount of waste processed, and improvements in public health indicators.

The Special Campaign 4.0 has achieved several milestones since its inception. Upgrades to sanitation infrastructure, such as the construction of new toilets and waste management facilities, have been implemented in various regions. There has been a noticeable increase in public participation in cleanliness drives and waste segregation practices. Awareness campaigns have successfully educated communities about hygiene practices and the benefits of maintaining cleanliness. However, the campaign also faces challenges that need to be addressed. Limited financial and human resources can hinder the timely execution of sanitation projects; Sustaining long-term community engagement and behavior change remains a challenge; Some areas still lack adequate sanitation facilities, requiring continued investment and attention.

To build on the progress of Special Campaign 4.0, several steps can be taken: Strengthening Partnerships: Collaborating with non-governmental organizations (NGOs) and private sector partners can enhance resource mobilization and expertise. Scaling Best Practices: Identifying and replicating successful initiatives in different regions can help in achieving uniform progress across the country. Innovative Solutions: Embracing innovative technologies and solutions can improve efficiency in waste management and sanitation services.

The Special Campaign 4.0 for Swachhata is a critical effort to advance cleanliness and sanitation in India. Monitoring its progress through effective reporting, inspections, data analysis, and public feedback is essential for achieving its objectives. While the campaign has made significant strides, ongoing efforts and adjustments are necessary to overcome challenges and ensure sustained improvements in sanitation and public health.

In a multipolar world, will the Quad be able to thrive?

By: Debatri Dhar

The four friends are in the news again. This year's Quadrilateral Security Dialogue, the strategic dialogue between India, the United States, Australia and Japan to promote diplomatic, economic and military cooperation was held last month in Wilmington, Delaware, in President Joe Biden's hometown. Clearly a farewell gesture to the outgoing President, there have been some interesting developments around the September summit. Also Read - Farukh Dhondy | As UK 'reclaims its narrative' on 'Black History', a tribute to CLR Advertisement The basics remain somewhat unchanged, with the strategic cooperation framework between the four democracies aimed at strengthening maritime security in the Indo-Pacific. As in the case of its first joint statement which had no direct reference to China and no mutual defence pact -- even though the 2017 Asean summit's decision to revive the Quad was a result of the Chinese actions in the South China Sea -- this 2024 meet also steered clear of highly provocative attacks aimed at China. A stronger warning to Beijing may have been Washington's and now Tokyo's preference -- the United States and Japan share a defence treaty, and the Japanese leadership is promoting the idea of an "Asian Nato" for the Indo-Pacific's future. But India and Australia played a moderating role, with India's Prime Minister saying the Quad stands for a free and open Indo-Pacific with respect for sovereignty, territorial integrity, and promoting collective prosperity, and is not against any country. More recently, India's external affairs minister S. Jaishankar also emphasised that a security alliance-type architecture does not suit India's history and strategic vision. Also Read - Sanjaya Baru | Ratan Tata: A gentleman tycoon & a global Indian Sino-Indian territorial disputes, including the deployment of 60,000 Chinese

troops near the Line of Actual Control (LAC) and Beijing's claims over India's Arunachal Pradesh and other areas, have resulted in a tense military and political face-off, especially since the 2020 deadly clash in Ladakh's Galwan Valley. While some media reports point to diplomatic progress in bridging differences in eastern Ladakh, indications that Beijing may be constructing permanent infrastructure across the LAC, ongoing tensions in Depsang and Demchok, and the inability of Indian troops to access peacetime patrolling points has resulted in New Delhi maintaining forward troop deployment. So, India not taking a more strident position against China at the Quad summit seems to reflect, firstly, a pragmatic desire to avoid the economic and human costs of a full-fledged war. Also Read - Dilip Cherian | Will RBI governor's term be extended after deputy gov is given 1 more year? Secondly, New Delhi's relations with its immediate neighbours are currently not the best. The fall of Sheikh Hasina government in Dhaka paved the way for an expanded role for Bangladesh's Army, the Jamaat-e-Islami, and pro-Pakistani hardliner factions in Bangladesh's domestic and foreign policy, at a time when New Delhi-Islamabad bilateral ties are also at a low. The upcoming Shanghai Cooperation Organisation (SCO) meet in Pakistan during October 15-16 would have been an opportunity for bilateral talks, but Mr Jaishankar has ruled this out. Relations with Nepal continue to present a diplomatic challenge, though there has been a resumption of communication with Kathmandu to address outstanding bilateral issues and Prime Minister Modi's planned visit to Nepal. On the positive side, the India-Bhutan friendship is still going strong, there has been improved dialogue with the Maldives, particularly during President Mohamed Muizzu's recent visit, and a potentially collaborative roadmap with Colombo following President Anura Dissanayake's electoral vic-

tory in Sri Lanka on the promise of increasing sovereignty and economic parity, reassessing Chinese investments and reducing foreign control over the island nation. Under the circumstances, New Delhi is working to strengthen friendly alliances rather than further inciting adversarial elements in its vicinity. Also Read - Nilanjan Mukhopadhyay | How 'social engineering' led to BJP triumph in Haryana The Quad grouping for the Indo-Pacific is unique in that it cuts across traditional geopolitical divides between the West and the Global South. Given the historical and contemporary inequities in international relations, the Quad's espousal of a "rules-based order" must ensure that rules are formulated collaboratively. Realising that the answer to local and global challenges ultimately lay in forging a more representative world order led me, some years ago, to research and write on friendship as a framework in political and cultural theory. Indian cultural narratives offer rich perspectives on friendship based on mutual respect and understanding, where the more powerful does not use the one with less power for their own agenda. The friendship between Lord Krishna and Sudama, for instance, where the latter's poverty does not stop the just king of Dwarka from listening to his friend as an equal and yet with care. Such stories can teach both ethics and effectiveness to the hardheaded calculus of international coalition-building. A year ago, my piece on the Quad's pivotal place in a broader Indo-Pacific security agenda made the case for it to not be reduced to a purely militaristic alliance, instead also emphasising its multidimensional activities such as gender, global health security, socio-economic development and humanitarian assistance to meet member nations' needs. A key debate among policymakers worldwide concerns the ratio between military and domestic spending. While calls for abolishing the Army are impossible to imagine in the real world outside academic ivory

towers, the other extreme of building heavily militarised security states without adequate attention to domestic socio-economic development does not serve a democratic world order either. In comparison to the more developed Quad nations that also have a slew of socioeconomic needs to address, India's domestic development needs are greater, from education and healthcare for the marginalised, to electricity, improved roads and other infrastructure, especially in non-metropolitan areas, to women's safety, from the poorest workers to more privileged women in the home and the workplace. This Quad summit's Cancer Moonshot initiative to address cancer as a serious health issue in the Indo-Pacific by expanding upon health infrastructure and support systems for prevention and cure, beginning with high rates of cervical cancer among women, is an example of a beneficial use of member-nations' resources for human well-being. In a major global development, the growing call for India's inclusion as a permanent member of the United Nations Security Council, as a leading voice for the Global South, recently resounded again at the UN General Assembly. Endorsements have come from France, Britain and the US, as well as from Global South nations like Portugal, Chile and Bhutan, whose Prime Minister described India as Bhutan's closest friend that has steadfastly supported the Himalayan nation's development. Since Japan's inclusion as a permanent member of the UNSC is a part of the same global call for UN reforms, this would result in three out of four Quad nations becoming permanent members of the UNSC with veto power if the reforms do come to pass, making it a powerful transnational grouping even without a formal defence treaty. Strengthening the Quad strategic dialogue for regional and global good should therefore be a policy priority for this friendship.

Navigating medical education abroad

By: Vijay GarG

Several countries are renowned for offering world-class medical education, providing high-quality training, research opportunities, and globally recognised degrees. Here are some of the best countries for aspiring doctors:

Medical education is a highly sought-after field for students from India and South Asia, and selecting the right destination is crucial for both educational quality and career prospects. In India, over 24 lakh students compete for just 1 lakh MBBS seats through the NEET.

This intense competition has driven many to explore international options.

Historically, the UK was a favoured choice, but in recent years, other countries have emerged as top destinations for medical aspirants.

THE DECLINE OF THE UK AS A MEDICAL DESTINATION

Before independence, the UK was a prime destination for Indian medical students. However, before India's independence, the UK was a prime destination for medical students. However, after the UK stopped recognising Indian medical degrees in the late 1970s, interest waned, and students began looking elsewhere, such as Russia. Despite Russia's popularity, the language barrier and the prevalence of Russian-medi-

um programs made adaptation difficult for Indian students, pushing many to seek other alternatives.

RISE OF CHINA AS A MEDICAL HUB

In the early 2000s, China gained prominence due to its strong infrastructure, affordable tuition, and relevant curriculum. English-medium programmes were introduced to attract international students. However, post-Covid-19 pandemic travel restrictions and new Indian regulations have created hurdles, as China currently does not offer the licensing exam in English, complicating the return pathway for Indian students.

THE PHILIPPINES: A POPULAR ALTERNATIVE

The Philippines has become a popular choice due to its English-based curriculum and high success rate in India's Foreign Medical Graduate Examination (FMGE). This makes it a strong option for students seeking a smooth transition to practicing medicine in India. However, clinical exposure can vary depending on the region and medical school, with some schools having limited access to advanced facilities.

NEPAL AND BANGLADESH: CLOSE AND CONVENIENT

For students seeking proximity to home, Nepal and Bangladesh offer affordable medical programmes in

English, with socio-cultural similarities making them attractive. The short travel distance adds convenience for students. However, challenges in Nepal include learning the local language and limited hands-on patient care during internships. In Bangladesh, overcrowded medical schools can affect the learning experience, and some areas have subpar living conditions, along with occasional political unrest.

THE CARIBBEAN: A GROWING OPTION

For those deterred by the high competition or fees in the US, Caribbean medical schools are increasingly attractive. These institutions follow a US-based curriculum, allowing students to gain access to clinical rotations in prestigious teaching hospitals across the US, UK, and Canada. This exposure provides hands-on experience within different healthcare systems, enriching their medical training. Caribbean medical schools offer smaller class sizes, promoting personalised attention and better student-faculty interaction. Many schools provide dedicated USMLE preparation, boosting students' readiness for licensing exams.

Graduates often enjoy strong US residency placement opportunities, enhancing their career prospects. With affordable tuition, straightforward admis-

sions, and multiple yearly intakes, these schools are an attractive option for aspiring medical professionals aiming to practice in the US. However, students should research accredited and well-established schools to ensure quality education and career outcomes.

OTHER EMERGING DESTINATIONS

Countries like Georgia and Kyrgyzstan have also gained popularity due to their English-medium programs and affordable tuition. However, students should carefully evaluate the geopolitical stability of these regions before committing.

Choosing the right country for medical education is a critical decision for any aspiring doctor. Each country offers unique advantages, and students should carefully weigh factors before making their choice.

**(Vijay GarG
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J&K Assembly Polls | At Least 13 New MLAs From Political Families

Top News Report

SRINAGAR, Oct 13: At least 13 newly elected MLAs in Jammu and Kashmir come from political families whose members have won or contested elections in the past, with the National Conference accounting for the maximum number of such legislators.

The National Conference, which has emerged as the single largest party in the assembly elections, is said to form the Government and had fought the polls in an alliance with the Congress. Chief Minister designate Omar Abdullah is a third generation legislator from the Abdullah clan. His father Farooq Abdullah and grandfather Sheikh Muhammad Abdullah have both been MLAs and the chief ministers of Jammu and Kashmir as well.

Jammu and Kashmir Pradesh Congress Committee (JKPCC) president Tariq Hameed Karra comes from an influential political family of Srinagar. Although his grandfather Ghulam Mohiuddin Karra was never an MLA, he held



considerable influence in the National Conference till he parted ways with Sheikh Muhammad Abdullah in 1954 to form his own party — Political Conference. The JKPC chief has been an MLA in the past. He was elected to the Lok Sabha from Srinagar constituency in 2014 but resigned to protest the civilian killings during the summer unrest of 2016 in the valley.

However, the man expected to have a bright political future among the second generation politicians is Salman Sagar, who has been elected to the assembly from the Hazratbal seat.

Salman Sagar's father, Ali Mohammad Sagar, will be sitting in the front row of the treasury benches in the assembly having won a record seventh straight term as an MLA — twice from erstwhile Batamaloos seat and five times from Khanyar segment.

A key player in tribal politics of Kashmir, Mian Altaf Ahmad — who is currently the Lok Sabha member from Anantnag-Rajouri constituency — has been replaced as the MLA from Kangan by his son Mian Mehar Ali. The 67-year-old Lok Sabha member would have been vying for a sixth straight term if he was not elected

to the Lok Sabha earlier this year.

Another relative of Mian Altaf Ahmad has been elected to the assembly this time. His brother-in-law Zafar Ali Khatana was elected from the Kokernag assembly segment, which has been reserved for the Scheduled Tribe candidates following the delimitation exercise in 2022.

Hilal Akbar Lone, the son of former assembly speaker Mohammad Akbar Lone, has been elected from the Sonawari seat. The senior Lone was a member from the Sonawari seat three times from 2002 to 2018. National Conference

chief spokesman Tanvir Sadiq, who was elected from Zadibal assembly segment, is the son of former MLA Sadiq Ali while party's MLA from Uri Sajjad Shafi is the son of former Education Minister Mohammad Shafi Uri.

Irshad Rasool Kar, who won on the National Conference ticket from Sopore assembly segment, is the son of veteran Congress leader and former JKPC chief Ghulam Rasool Kar.

The MLA from Srigurwara-Bijbehara Bashir Ahmad Veeri is the son of former Minister Abdul Gani Shah Veeri while MLA Lal Chowk Sheikh Ahsan Ahmad is the son of former MLC Sheikh Ghulam Qadir Pardesi.

Outside the National Conference (NC)-Congress alliance, PDP MLA Rafeeq Ahmad Naik, who won from the Tral segment, is the son of former speaker and National Conference leader Ali Mohammad Naik and MLA Langate Khurshid Ahmad Sheikh is the brother of Lok Sabha member from Baramulla, Sheikh Abdul Rashid alias Engineer Rashid.

Seminar on Constipation held in Jammu: Yoga and Home Remedies Explored



Top News Report

JAMMU, Oct 13: Seminar on Constipation, Causes, Symptoms & Treatment through yoga and Home made medicines.... Seminar on constipation was organised by Vichar Kranti Manch International, Indian yoga Association & Sarv Uthan Trust, at "Yoga & Meditation Center at 31/3 Chhanni Himmat Jammu. Dr Shreyansh Kumar Jain, State Yoga Commissioner, President Vichar Kranti Manch International and Chairman Indian Yoga Association was the key speaker of the session. He explained that Constipation is a condition where a person has difficulty in passing stools, often accompanied by infrequent bowel movements. Stools may become hard, dry, and difficult to pass.

Causes of Constipation: Poor diet: Lack of fiber, water, or excessive intake of processed food.

Sedentary lifestyle: Lack of physical activity reduces bowel movements.

Stress: Anxiety or emotional stress can affect digestion.

Dehydration: Inadequate water intake makes stools hard and difficult to pass.

Medications: Certain medicines, like painkillers or antidepressants, can lead to constipation.

Ignoring the urge: Suppressing bowel movements can lead to chronic constipation.

Hormonal imbalances: Thyroid disorders or pregnancy may slow digestion.

Symptoms of Constipation: Infrequent bowel movements: Fewer than three times a week.

Hard or dry stools: Difficulty in passing stools.

Abdominal discomfort: Bloating, cramps, or pain. Straining during bowel movements: The need for excessive pushing.

Feeling of incomplete evacuation: Sensation that bowel movement is incomplete.

Loss of appetite: Accompanied by a feeling of fullness.

Treatment through Yoga and Pranayama: Yoga Asanas:

Pavanamuktasana (Wind-Relieving Pose): Helps in releasing gas and promotes bowel movement.

Bhujangasana (Cobra Pose): Strengthens abdominal muscles and stimulates digestive organs.

Malasana (Garland Pose): Opens up the hips and improves bowel function.

Trikonasana (Triangle Pose): Stimulates the intestines and aids digestion.

Vajrasana (Thunderbolt Pose): Practicing this after meals helps digestion.

Pranayama (Breathing Exercises): Kapalabhati Pranayama: Stimulates abdominal muscles and enhances digestive fire.

Anulom Vilom (Alternate Nostril Breathing): Balances energy and improves digestion.

Bhastrika Pranayama (Bellows Breath): Energizes and aids digestion by increasing oxygen supply.

Agnisara Kriya: Stokes the digestive fire (Agni) and aids in detoxification.

Homemade Remedies: Hydration: Drink 6-8 glasses of water daily.

Warm water with lemon in the morning stimulates digestion.

High-fiber foods: Include whole grains, fruits like papaya, apples, and pears, and vege-

tables like spinach, and carrots.

Psyllium husk (Isabgol): A natural fiber that helps in smooth bowel movements.

Castor oil: A teaspoon of castor oil can stimulate bowel movements.

Ghee and milk: Drinking warm milk with a spoon of ghee before bed can help relieve constipation.

Prunes or figs: Soaked prunes and figs overnight help in easing digestion.

Ajwain (carom seeds): Boil a teaspoon of ajwain with water and consume to relieve gas and aid digestion.

Triphala powder: An ayurvedic remedy, when taken with warm water at night, improves digestion.

Lifestyle Tips: Establish a regular toilet routine.

Exercise regularly to promote bowel movement.

Manage stress with meditation and relaxation techniques.

Integrating these yoga practices, pranayama, and home remedies can naturally help alleviate constipation and promote overall digestive health.

Yogasans and Pranayama were demonstrated by Mr Narinder Wadhwa, a social Activist & Yog Sadhak, Sh Ashok Gupta, Founder Managing Trustee SUT practiced Hasya Yoga and Dr Ravi Kant, a Professor in IIT Ngrora and a preceptor Heartfulness, practiced Meditation in a very simple and effective manner.

Other Participants and yog Sadhaks including S/Sh Lavan Gulati, Yesh Paul Sharma, Dr Ravi Kant, Shubash Chander Gupta, Narinder Wadhwa, Ashok Gupta, Smt Anju Bansal & Smt Monika Khajuria, participated in Questions & Answer Hour.

Army and Local Cricket Association Inaugurate Manwan Premier Cricket League 2024 Season 09 in Awoora, Kupwara

Top News Report

KUPWARA, Oct 13: In an endeavour and to continue its efforts in promoting culture of sports and to provide a platform to the youth of Kupwara, Indian Army's Kupwara Terriers with the help of local cricket body conducted Inaugural match of Manwan Premier League at Awoora Kupwara on 13 Oct 24.

This league will be played at Awoora Manwan in which a total 24 teams from Awoora, and nearby villages are participating. The inaugural match was played today at Manwan cricket ground between Friends Eleven Awoora and Sufian Eleven Manwan which was won by Friends Eleven Awoora



by 55 runs. Man of the match award was given to Suhail Mur of Friends Eleven Awoora for his brilliant performances with the bat as he scored match winning runs for his team.

The event was organised by Mr Showkat Ahmad Khan from Awoora assisted and supported by Indian

Army's Kupwara Terriers. This inaugural match was witnessed by CO Kupwara Terriers along with the Sarpanches, ward members and about 120 locals & Children from Awoora and adjacent villages.

Besides the inauguration of Manwan Premier Cricket League a certification drive was

also conducted at the occasion by the chief guest for those students who have completed 6 months basic computer course at Peer Computer Institute Awoora run by Indian Army. A total of 16 students were awarded with the diploma certificates by CO, Kupwara Terriers on the occasion. This is the fourth batch of

students who have completed their six months computer course at this computer Institute. This computer institute was started by Indian Army's Kupwara Terriers in year 2022 to provide quality digital education to the poor local students of this remote area. A total of 220 financially weak students have been awarded with diploma certificates after completion of their course at this institute.

At last Cricketers and organizers thanked Indian Army's Kupwara Terriers for supporting and assisting in conduct of the event.

Indian Army, Kupwara Terriers, remains in forefront of encouraging such events to boost a culture of sports in Kupwara.

More Health Packages Focused On Elderly Care Likely To Be Added To AB-PMJAY

NEW DELHI, Oct 13 (Agencies): The National Health Authority, the implementing agency for the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY), is assessing the need to add more health packages catering to the elderly as the government is set to roll out the health coverage for all aged 70 years and above.

The expanded scheme, which will benefit an estimated six crore citizens in about 4.5 crore households, is likely to be launched by the end of this month, official sources said.

"The committee which decides on health-benefit packages under the scheme is deliberating on the need for adding more health packages, which exclusively tend to geriatric care, as the number of such beneficiaries will go up with the launch of the scheme," an official source said.

The scheme presently offers a comprehensive coverage that includes 1,949 medical procedures across 27 medical specialties, such as general medicine, surgery, oncology and cardiology. Hospital services, includ-



ing drugs (covering 15 days' medication post-discharge), diagnostics (up to three days before admission), food and lodging, are provided at no cost to the beneficiaries.

"The admissions necessitated due to certain mental-health conditions, such as Alzheimer's and dementia, are also covered under the current scheme," the source said.

Be it the poor, middle class, upper-middle class or rich, every individual aged 70 years or above is eligible to receive the Ayushman card and free

treatment up to Rs 5 lakh at any of the AB-PMJAY-empanelled hospital once the expanded scheme is launched.

Till September 1, a total of 29,648 hospitals, including 12,696 private ones, were empanelled under the scheme, which is currently being implemented in 33 states and Union territories, except for Delhi, Odisha and West Bengal.

Anyone aged 70 or above according to the person's Aadhaar card will be eligible for applying under the scheme, another official source

said. It is an application-based scheme and people will need to register on the PMJAY portal or the Ayushman app, the sources said.

"Those already having the Ayushman card will be needed to apply again for a new card and complete their eKYC again," the source said.

Senior citizens aged 70 years and above and belonging to families already covered under AB-PMJAY will get an additional top-up cover of up to Rs 5 lakh per year for themselves, which they do not have to share with other family members below the age of 70 years.

Senior citizens aged 70 years and above who are under private health insurance policies or the Employees' State Insurance scheme will also be eligible to avail benefits under the scheme, officials had said earlier.

However, those already availing benefits of other public health-insurance schemes, such as the Central Government Health Scheme (CGHS), Ex-Servicemen Contributory Health Scheme (ECHS) and Ayushman Central Armed Police Force (CAPF), may either

choose their existing scheme or opt for AB-PMJAY.

The scheme has covered 7.37 crore hospital admissions, including 49 per cent women beneficiaries. The public has benefited to the extent of over Rs 1 lakh crore under the scheme, the health ministry had said earlier.

The AB-PMJAY scheme has witnessed continuous expansion of the beneficiary base, it had said, adding that initially, 10.74 crore poor and vulnerable families comprising the bottom 40 per cent of India's population were covered under the scheme.

In January 2022, the Union Government revised the beneficiary base from 10.74 crore to 12 crore families, considering India's decadal population growth of 11.7 per cent over the 2011 population.

IAF's Vayu Veer Vijeta Car rally leaves Jammu amidst grand fanfare for Chandigarh and Dehradun



Top News Report

JAMMU, Oct 13: Continuing its spell on thousands of spectators IAF UWM Vayu veer vijeta car rally was flagged off by AOC Jammu, Air Commodore Sagar Singh Rawat, VM today morning.

A Pooja was conducted before flagging off the vehicles. Thereafter the team visited Balidan Stumbh War Memorial

and wreath was laid by Wg Cdr Vijay Prakash Bhatt, team leader.

Rally is fast speeding to Chandigarh and arrive in Dehradun on 14th Oct afternoon to be welcomed by Uttarakhand Science and Technology Council in Jhajhra for a reception and a brief interaction with scientists on Science and Tech role in National defence led by its Director General Prof (Dr)

Durgesh Pant.

A special feature is that students from north-east, particularly from Arunachal Pradesh where rally will reach finally, will welcome rally in their traditional tribal attire. On 15th October the rally will lay wreath at Unknown Soldier's statue at Uttarakhand War Memorial Shaurya Sthal in presence of state's top dignitaries.

Over 1,300 kg illegal firecrackers seized in Delhi, 3 arrested

NEW DELHI, Oct 13 (Agencies): The Delhi Police has arrested three people and seized more than 1,300 kilo-

grams of illegal firecrackers from several areas of the national capital, officials said on Sunday.

They were identified as Manoj Kumar, Sanjay Atri and Vipin Kumar. The officials said Manoj Kumar had

been involved in selling banned crackers since the Covid-induced lockdowns and Atri supplied the crackers.

Akal Takht directs SGPC to form review board for Diljit Dosanjh-starrer 'Punjab 95' amid censorship concerns

The Akal Takht has directed the Shiromani Gurdwara Parbandhak Committee (SGPC) to form a board of Sikh intellectuals to review the biopic 'Punjab 95', a film based on the life of late human rights activist Jaswant Singh Khalra. This move comes after concerns were raised about the Central Board of Film Certification's (CBFC) proposed 120 cuts to the film.

Akal Takht Jathedar Giani Raghbir Singh issued the directive following a memorandum submitted by Khalra's widow, Bibi Paramjit Kaur Khalra, and SGPC member Gurcharan Singh Grewal. The Jathedar expressed concerns that CBFC's cuts may conceal the truth exposed by Khalra, a former leader of Sikh Students Federation.

The biopic, starring Diljit Dosanjh, portrays government repression and false police encounters during the Punjab



conflict from 1984 to 1995. The Khalra family had initially consented to the film, but now fears that CBFC's cuts will alter its message. CBFC has reportedly asked filmmakers to remove references to extrajudicial killings and change real dates and loca-

tions of recorded events.

Bibi Khalra and Gurcharan Grewal expressed concerns to the Akal Takht that attempts were made to alter facts verified by the Supreme Court, Punjab and Haryana High Court, and Central Human Rights Commis-

sion reports. Grewal revealed that the film, 'Punjab 95', has been delayed for two years, sparking suspicions about the motives behind the proposed changes.

Three years ago, Jaswant Singh Khalra's family — wife Paramjit Kaur Khalra, daughter Navkiran Kaur, and son Janmeet Singh — authorised Honey Trehan to direct 'Punjab 95', with Diljit Dosanjh in the lead role. After viewing the film, they praised its accurate portrayal of Khalra's human rights legacy and Punjab's tumultuous history.

However, they expressed concern that CBFC demanded significant changes like the removal of extrajudicial killing numbers and alteration of real dates and locations of documented events. Notably, the film's depicted events are verifiable through news archives and court records.

Happu ki Ultan Paltan has been a dream role for Sonal Panvar



There are some projects which are very close to your heart, and one such show for actress Sonal Panvar is Binaiferr and Sanjay Kohli's Happu ki Ultan

Platan.

"My experience has been quite amazing so far. Honestly, I never imagined myself doing a comedy show, but now that I am, and it's

working well, I feel it has been the most beautiful experience of my life. The biggest lesson I've learned from doing comedy is patience, both in the show and in general life. Patience helps you appreciate the little things in life, which you might not even realise are funny until you perform them on screen," she says.

Talking about the different layers of comedy, she adds, "Comedy has many layers to it, but I really enjoy the kind of comedy I'm doing right now.

There are different styles of comedy, and I would love to try loud, theatrical comedy on stage. But on television or in front of the camera, I prefer to keep it more subtle to connect with the audience better."

Mansi Bhanushali on playing Bhoomi in Suman Indori

Mansi Bhanushali is stepping into spotlight with her new role as Bhoomi in the television show Suman Indori, produced by Prateek Sharma and Parth Shah, under Studio LSD. Mansi gives us insight into her character, her experience on set and the deep connection she feels with the storyline.

Mansi Bhanushali portrays a character with layers of ambition, family loyalty, and compassion. She shares, "My character's name is Bhoomi and she is Suman's sister. Bhoomi wants to become a lawyer and help her sister."

Bhoomi marks Mansi's debut collaboration with Studio LSD, and the experience so far has been rewarding. "This is



my first show with Studio LSD. I met Prateek sir for the first time in the narration meeting. It's been a few days since we're shooting and I am really enjoying working in this production," she said.

At its core, Suman Indori explores themes

that are deeply relatable to its audience, particularly young women navigating challenging responsibilities. Mansi added, "Personally, I feel many girls take full responsibility of their household at a very young age like Suman did."

Rima Das' 'Village Rockstars 2' wins Kim Jiseok Award at Busan International Film Festival

Filmmaker Rima Das' "Village Rockstars 2", a sequel to her 2017 film, has won the Kim Jiseok Award at 2024 Busan International Film Festival.

"Village Rockstars 2" was the only Indian feature among eight films selected in the Jiseok Competition section at the 29th edition of the festival.

The film is a follow-up to the internationally acclaimed, national award-winning "Village Rockstars", which premiered at Toronto International Film Festival in 2017 and was India's official entry for the 2019 Academy Awards.

Kim Jiseok Award, established in 2017, commemorates the late Kim Jiseok, who dedicated his life to discovering and supporting the



growth of Asian cinema. It is awarded to two films that best reflect the contemporary state of Asian cinema.

The Jiseok jury, which included Christian Jeune, Prasanna Vithanage, and Shin Suwon, described Das' film as "an honest poetic expression of everyday life, showing the harmony between nature and humankind through the struggles and gaze of a young girl".

"Receiving the Kim Jiseok Award, in honour of someone who dedicated his life to the growth of Asian cinema, is truly a privilege," said Das in a statement. Earlier this year, she was invited to join the director's branch of Academy of Motion Picture Arts and Sciences.

"Village Rockstars 2"

follows a teenage girl's relentless pursuit of her musical dream.

"However, life's harsh realities challenge her innocence.

As she faces these trials, she embarks on a journey to rediscover the profound connection between music and life, seeking a new harmony in the symphony of her dreams," reads the official synopsis.

The film, produced by Flying River Films and Akanga Film Asia, stars Bhanita Das, Basanti Das, Junumoni Boro, Boloram Das, and Manabendra Das.

"Village Rockstars 2" will have its India premiere at MAMI Mumbai Film Festival 2024 in South Asia Competition. The festival will be held from October 19 to 24.

Christopher Reeve's kids wanted to be 'honest, raw and vulnerable' in new documentary 'Super/Man'

Film released to coincide with 20th anniversary of Reeve's death this month

Christopher Reeve's children say they made a point to include all the complexities of their father's life — his strengths and weaknesses — in the new documentary 'Super/Man: The Christopher Reeve Story' — because that's what he would have wanted.

The film includes family home videos, mixed with interviews and movie clips of Reeve, who famously played Superman in four films, in addition to other acting and directing roles later in his career.

Reeve's three children, Matthew, Alexandra and Will Reeve, say there were no restrictions on topics or video used in their father's story.

"He wouldn't have wanted to be viewed through rose-colored glasses. He would want art and cinema and factual, comprehensive storytelling and that's what he got," Reeve's youngest son, Will said.

"It's important to us to be honest and raw and vulnerable and give a 360-degree view of a very human life, of a very human family."

Known as the Man of Steel, Reeve — an avid athlete, sailor, skier and horseman — was nearly

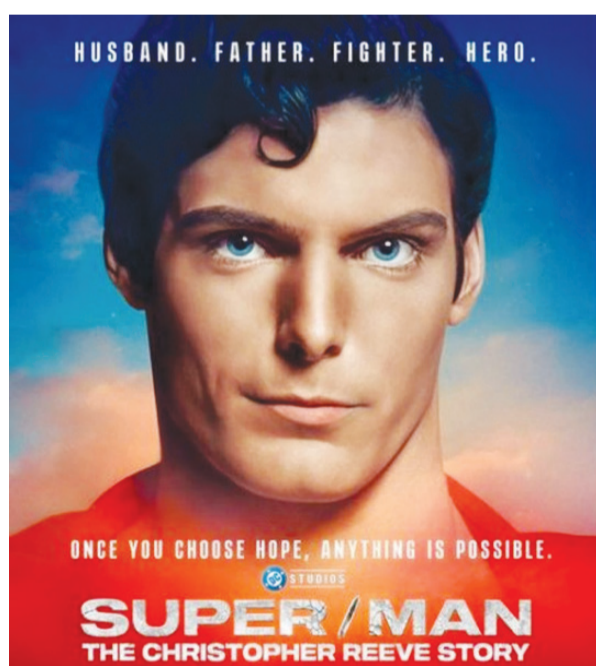
killed in a 1995 horse-riding accident that left him paralysed for the rest of his life. He used his platform to become an advocate for people with disabilities, starting a foundation in his name.

Directors Ian Bonhote and Peter Ettedgui were able to access some never-before-seen home movies of the Reeve family before and after the accident.

"When we started to make the film, one of the things they were adamant (about) is that they will share everything. They will share the archive, but they will share their emotional states ... everything," Bonhote said. "That was the first time they were going to do it, and they were going to go all out."

Reeve had recorded audio of his memoir before he died in 2005, so his narration is used in parts, adding to the film's intimacy.

The actor became a father to Matthew and Alexandra with his first partner, Gae Exton, and the family was living in the UK before Reeve decided he needed a break and moved back to the US alone. Exton, who is interviewed in the film, shares compelling



memories of that time, and Matthew and Alexandra admit their father was not around regularly during their childhood.

Other interviews include Susan Sarandon and Glenn Close, who befriended Reeve after he graduated from the Julliard School and started taking on acting roles in New York. Close suggests in the film that Reeve and Robin Williams — Julliard classmates and close friends — had a deep connection and that if Reeve were still alive, Williams likely would be too.

Reeve's kids say the process of going through

their archives and being interviewed for the film gave them a new perspective and appreciation of their dad.

Will Reeve was only 12 when his father died. His mother, Dana, was diagnosed with cancer and died less than 18 months later. Now an ABC News correspondent, Reeve says he was fortunate to have had family and close friends help raise him and considers himself "pretty well-adjusted".

"There's a scenario in which things could have turned out differently," Will Reeve said. "But because of the values

instilled in us by our parents, because of the way that they let us into their lives, the good and the bad, the joyous and the tragic... that prepared us for life's difficulties and life's joys."

One thing that impressed the directors most in their research was Reeve's commitment to help others even after he was physically limited in his own life.

After becoming a quadriplegic, Reeve and his family were shocked at the lack of resources for people with disabilities and started the Christopher and Dana Reeve Foundation to help improve quality of life and fund research for a cure for people with spinal cord injuries.

"He allowed him(self) to have 10 or 15 minutes of self-pity, and then he was on a mission to change the world. And I think that's very, very inspiring because ... the family as a whole, Dana and the kids, they faced a huge amount of difficulties, you know, 24-hour care, the cost," Bonhote said. "So he would fight for those that are less privileged than him."

Alexandra Reeve Givens has kept up the advocacy in the family,

working on the foundation and as a Washington attorney and CEO of the Center for Democracy and Technology. She said reflecting on her father's life was powerful.

"To see those elements of his character that stayed constant throughout his life: the commitment, the intensity, the passion, the strength," she said. "Those things changed after the accident and manifested in new ways. That strength suddenly meant something totally different. It was a strength to get up every day."

The film is being widely released on Friday to coincide with the 20th anniversary of Reeve's death this month.

Matthew Reeve — a writer, producer and director — says the film re-emphasised lessons the family learned from their parents, including the fragility of life.

"I think what it also instilled in us very early on was this deep sense of gratitude of everything, from being thankful that he survived the accident to an enduring gratitude that tomorrow is not promised and that you have to really value the present," he said.

Know how Dipshikha Nagppal joined the industry



The journey of Dipshikha Nagppal into showbiz has been a rather special one. The actress, who is currently seen in Megha Barseong on Colors, says it was the legend Dev Anand who encouraged her to start acting.

"My family, particularly my nanaji, was already part of the film industry. My nanaji, from the silent era, had given breaks to legends like Dada Muni (Ashok Kumar) and Mehmoond. My mom was a heroine in Gujarati films, and my dad was a director, writer and actor. Dev Anand, the legend, was looking for girls for his movie, and my mother took my sister and me to meet him. To my surprise, Dev saab wanted to sign me, not my sister, even though she was the one aspiring to become an actress. I was shocked and initially turned down the offer because acting was never my dream. I wanted to be Miss India or an independent corporate woman, maybe even a fashion designer. But Dev saab was persistent, and, eventually, he convinced me to work with him. I still remember his words: 'Work with me, Deepshikha, and then don't work with anyone else if you don't want to.' I finally agreed, though I insisted he also sign my sister. My first film was Gangster, and even though I thought it would be my last, it wasn't."

President Murmu leaves on visit to Algeria, Mauritania, Malawi

NEW DELHI, Oct 13 (Agencies): President Droupadi Murmu on Sunday left on a three-nation state visit to Algeria, Mauritania and Malawi, in a first-ever presidential visit from India to these countries in Africa.

The MEA spokesperson in a post on X said: "Deepening India-Africa special ties.

President Droupadi Murmu @rashtrapatibhvn emplanes for a 3 country State visit to Algeria, Mauritania and Malawi.

This will be the first-ever visit by an Indian Head of State to these nations."

President Murmu's visit to Algeria from Oct 13-15 is at the invitation of President Abdelmadjid Tebboune. During the



visit, President Murmu will hold bilateral talks with her counterpart. Several Algerian digni-

ties including President of the Council of Nation (Upper House of the Algerian Parlia-

ment) and President of National People's Assembly (Lower House of the Algerian Parliament) are expected to call on her. President will address the India-Algeria Economic Forum and the Sidi Abdellah Science and Technology Pole University. She will also inaugurate the India Corner at Hamma Garden at Jardin d'essai. India and Algeria share cordial relations with cooperation in several fields including strategic areas like oil and gas, defence, and space cooperation. The visit is expected to further enhance bilateral ties between the two countries.

She will later proceed to Mauritania and finally to Malawi.

PM Modi hails PM GatiShakti as a transformative initiative revolutionising India's infrastructure



NEW DELHI, Oct 13 (Agencies): Prime Minister Narendra Modi on Sunday lauded the PM GatiShakti National Master Plan as a transformative initiative that is revolutionising India's infrastructure, driving faster and more efficient development across various sectors.

Launched on October 13, 2021, the PM GatiShakti National Master Plan (PMGS-NMP) aims to provide multi-modal connectivity infrastructure to numerous economic zones across the country.

The plan represents a transformative approach to economic

growth and sustainable development, focusing on seven key sectors: railways, roads, ports, waterways, airports, mass transport, and logistics infrastructure. In a post on X, Modi stated, "PM GatiShakti National Master Plan has emerged as a transformative initiative aimed at revolutionising India's infrastructure. It has significantly enhanced multimodal connectivity, driving faster and more efficient development across sectors."

He further emphasised that the seamless integration of various stakeholders through GatiShakti has boost-

ed logistics, reduced delays, and created new opportunities for many.

"Thanks to GatiShakti, India is adding speed to fulfil our vision of a Viksit Bharat. It will encourage progress, entrepreneurship, and innovation," the Prime Minister said.

Modi's remarks came in response to Union Minister of Commerce and Industry, Piyush Goyal, who also praised the GatiShakti initiative on its third anniversary.

Goyal, in his post, said, "Today marks 3 years since the launch of the PM GatiShakti National Master Plan for Multi-modal Connectivity by PM Narendra Modi ji. By streamlining logistics and advancing connectivity, this path-breaking initiative ensures faster and more efficient project implementation."

He added that the plan continues to play a pivotal role in developing a modern, interconnected infrastructure network, which strengthens the vision of building a Viksit Bharat.

Three, including two foreign nationals, killed in UP road accident

ETAWAH, Oct 13 (Agencies): Three people, including two foreign nationals, were killed while three others were injured when their car crashed into a truck on the Agra-Lucknow Expressway, police reported on Sunday.

The accident took place on Saturday night, near the 125 km mark of the expressway in the Usrahara area, as the car

was travelling from Lucknow to Delhi, according to Senior Superintendent of Police (SSP) Sanjay Kumar Verma.

"The passengers were returning from Lucknow after the Dussehra holiday," Verma said.

Naz (30), a woman from Afghanistan, her Russian friend Katharina (20), and Sanjeev (40), the car driver and a

resident of Delhi's Tughlakabad Extension, died on the spot, Verma confirmed.

Naz's sister Atifa (25), Christine (20), currently residing in Delhi's Lajpat Nagar, and Rahul (38) from Delhi's Ambedkar Nagar, were injured in the crash.

They were admitted to Saifai Medical College in Etawah for treatment, Verma added.



The bodies have been sent for post-mortem.

Man allegedly murders wife, mother-in-law over social media post in Tripura

AGARTALA, Oct 13 (Agencies): A poultry farmer allegedly murdered his estranged wife and mother-in-law in West Tripura district, reportedly over a social media post, police said on Sunday.

The 51-year-old accused, a resident of Madhupur in Sepahijala district, has been arrested, authorities confirmed.

The man had been living with his two sons at Madhupur, while his wife, who had filed for divorce, had been residing with her mother in Netajinagar, West Tripura, for the past one and a half years, according to a police officer.

"On Sunday, his wife uploaded photographs with two male friends during

Durga Puja festivities on social media. Upon seeing the photographs, the husband became enraged and plotted to kill her," SP Kiran Kumar K of West Tripura told reporters.

"When the mother and daughter duo were returning home, the accused attacked them both with a sharp object. They died on the spot," the SP added.

A police team arrived at the scene and found the bodies lying in a pool of blood. The accused was arrested within an hour of the incident, the SP said.

An investigation is underway, and the suspect will be presented before a local court, the officer confirmed.

Two cadres of militant outfit PREPAK arrested in Manipur

IMPHAL, Oct 13 (Agencies): Two cadres of the banned militant outfit People's Revolutionary Party of Kangleipak (PREPAK) were arrested in Manipur's Imphal West district, police said on Sunday.

The two cadres, aged 34 and 18, were allegedly involved in extorting businessmen in the state capital Imphal.

Two mobile phones and a two-wheeler were seized from their possession during the arrest on Saturday, police said.

The state government has recently set up an anti-extortion cell to combat rising

extortion cases by underground groups. IGP (Intelligence) K Kabib earlier said that extortion has reached unprecedented levels over the last 16 months, especially after ethnic violence erupted in May last year.

It is suspected that extortionists have been using weapons looted from police armouries.

Over 200 people were killed and thousands rendered homeless in clashes between Meitei and Kuki communities since May 3, 2023.

A number of police armouries were looted since then.

RG Kar stir: Junior doctors' hunger strike enters ninth day, others on 'symbolic fast'

KOLKATA, Oct 13 (Agencies): The hunger strike by junior doctors of West Bengal to press for their demands following the RG Kar hospital incident entered the ninth day on Sunday, when people are holding a "symbolic fast" at various parts of the state to express solidarity with the agitators.

Three of the junior doctors who were observing fast unto death in Kolkata and Siliguri city in the northern part of the state have so far been hospitalised after their condition deteriorated.

"Their conditions are worsening but the state administration remains unmoved, a leader of the agitating Junior Doctors Forum said.

Meanwhile, a group of former students of R G Kar hospital have reached the medical establishment for a symbolic fasting of 12 hours to express solidarity with the students on hunger strike.

However, they faced resistance from the CISF personnel who were on security duty at



the hospital following a court order.

The ex-students, most of whom are senior citizens, said they will go ahead with their proposed symbolic fast programme, come what may.

Several people are also observing the "symbolic fast" during the day in Malda and Murshidabad districts.

The agitating doctors have urged people to observe "Arandhan" (no cooking) on Sunday to show solidarity and support for their cause.

A large number of common people visited the venue of the hunger strike during the past few days when the Durga Puja festivities

were on.

The junior doctors have been demanding justice for the RG Kar hospital victim, immediate removal of Health Secretary N S Nigam, workplace security and other measures.

Their other demands include the establishment of a centralised referral system for all hospitals and medical colleges in the state, the implementation of a bed vacancy monitoring system, and the formation of task forces to ensure essential provisions for CCTV, on-call rooms, and washrooms at their workplaces.

The hunger strike from October 5 followed nearly 50 days of cease

work' in two phases.

Their agitation began after an on-duty post-graduate trainee was allegedly raped and murdered inside state-run RG Kar Medical College and Hospital on August 9.

While one person was arrested by the Kolkata Police the next day, the CBI is now investigating the case on a Calcutta High Court order.

On Friday, the Indian Medical Association (IMA) urged West Bengal Chief Minister Mamata Banerjee to intervene before the situation escalates.

Doctors of private hospitals called for a 48-hour partial cease work from October 14 in

medical establishments across West Bengal, in solidarity with the agitating junior medics observing a fast-unto-death.

The doctors, under the banner of Healthcare Professionals of Private Hospitals, however, said emergency services in all medical facilities will remain operational.

The Joint Platform of Doctors, West Bengal, has also called for a protest carnival' on October 15 at Esplanade.

The date coincides with the West Bengal government-organised carnival on Red Road, situated nearby, where prominent Durga Puja idols and decorations are showcased through processions and cultural events.

The ongoing agitation also prompted the Federation of All India Medical Associations (FAIMA) to warn of a nationwide "complete shutdown of medical services" if any harm is caused to the protesting junior doctors.

LPG cylinder found on railway track in Roorkee in another train derailment bid

The Northern Railway's Chief Public Relations Officer (CPRO), Himanshu Upadhyay, stated that the incident occurred at 6:35 am between Landaura and Dhandhera stations.

NEW DELHI, Oct 13 (Agencies): A major disaster was narrowly avoided early Sunday when an empty LPG cylinder was discovered on the railway tracks near Roorkee, Uttarakhand. The cylinder was spotted by the loco pilot of a goods train, who immediately alerted authorities, preventing a potential derailment.

The Northern Railway's Chief Public Relations Officer (CPRO), Himanshu Upadhyay, stated that the incident occurred at 6:35 am

between Landaura and Dhandhera stations, approximately one kilometer from Dhandhera. A pointsman was dispatched to the scene and confirmed the cylinder was empty. It has since been placed under the custody of the Station Master at Dhandhera.

Local police and the Government Railway Police (GRP) have been notified, and an FIR is being filed.

The incident is one of many in a recent surge of train derail-



ment attempts across India. Indian Railways revealed that there have been 18 such

attempts nationwide since August, with an additional three reported in the weeks following.

In the most recent case, another LPG cylinder was found on the tracks in Kanpur.

Since June 2023, there have been 24 incidents involving various objects, including LPG cylinders, bicycles, iron rods, and cement blocks, being placed on tracks in an apparent attempt to derail trains. Of these, 15 incidents occurred in August, with five more in September, underscoring the growing concern over railway safety.

Killing of Baba Siddique exposes Maharashtra law and order collapse: Rahul Gandhi



NEW DELHI, Oct 13 (Agencies): Leader of Opposition in Lok Sabha Rahul Gandhi on Sunday said the killing of senior leader of Ajit Pawar's NCP faction, Baba Siddique, was

'shocking and exposed the complete collapse of law and order in Maharashtra.'

The former Congress president on his social media handle X said, "The tragic demise

of Baba Siddique ji is shocking and saddening. My thoughts are with his family in this difficult time."

He said, "This horrifying incident exposes the complete collapse of law and order in Maharashtra. The government must take responsibility, and justice must prevail." The former Maharashtra minister was shot dead allegedly by three unidentified assailants near the office of his son, Zeeshan Siddique, in Bandra East on Saturday evening. The Mumbai Police detained two persons who were involved in the murder.

Hezbollah claims Israel trying to infiltrate Lebanon village as conflict escalates

BEIRUT/CAIRO, Oct 13 (Agencies): Hezbollah said on Sunday it was fighting Israeli forces trying to infiltrate Ramiya village in southern Lebanon, as a third U.N. peacekeeper was wounded in Israel's escalating conflict with the Iran-backed Lebanese group.

Israeli strikes have shook the peacekeepers' main base in southern Lebanon, prompting U.N. Secretary-General Antonio Guterres and Western countries to condemn the attacks. The UNIFIL force called it a "serious development" and said the security of U.N. personnel and property must be guaranteed.

France summoned Israel's ambassador, and issued a statement with Italy and Spain calling such attacks "unjustifiable". U.S. President Joe Biden said he was asking Israel not to hit the UNIFIL forces. Russia said it was "outraged" and demanded Israel refrain from "hostile actions" against peacekeepers.

Israeli military strikes on Gaza on Saturday killed at least 29 Palestinians, medics said, and forces kept pushing deeper into the Jabalia area, where international relief agencies say thousands of people are trapped.

Residents in Jabalia, in the north of the enclave and the largest of its historic refugee camps, said it was being pounded by Israeli forces from the air and ground.

The Israel Defense Force (IDF) said Hezbollah had fired nearly 320 projectiles from Lebanon into Israel on Saturday, without giving further details. It declared areas around some towns in



north Israel closed to the public. Evacuation orders were issued to residents of 23 southern Lebanese villages to move north of the Awali River, which flows from the western Bekaa Valley into the Mediterranean.

The military said evacuations were necessary for the safety of residents due to increased Hezbollah activities, claiming the group is using sites to conceal weapons and launch attacks on Israel. Hezbollah denies concealing weapons among civilians.

Israeli military also published new evacuation orders on Saturday for two neighbourhoods on the north edge of Gaza City, saying it was a "dangerous combat zone". In a statement, Gaza's Hamas-run interior ministry urged residents not to relocate.

The conflict between Israel and Hezbollah militants erupted one year ago when the Iranian-backed group began launching rockets at northern Israel in support of Hamas, at the start of the Gaza war.

Israel has intensified its mili-

tary operations in recent weeks, bombing southern Lebanon, Beirut's southern suburbs and the Bekaa Valley, killing many of Hezbollah's top leaders, and sending ground troops across the border. Hezbollah for its part has fired rockets deeper into Israel.

Israel's expanded operation has displaced more than 1.2 million people, according to Lebanon's government, which says more than 2,100 people have been killed and 10,000 wounded in over a year of fighting. The toll does not distinguish between civilians and combatants, but includes scores of women and children.

US CALLS FOR 'DIPLOMATIC PATHWAY'

The Middle East remains on high alert for further escalation, awaiting Israel's response to an Iranian missile barrage on Oct. 1, which was in retaliation for Israel's assassination of Hezbollah leader Syed Hassan Nasrallah in the Iranian capital Tehran.

In a sign of a spreading conflict, a Syrian security source said the U.S.-led coalition in

Syria had targeted Iran-linked sites near northeastern Syria's Deir el-Zor airport on Friday night.

The U.N. peacekeeping mission in Lebanon (UNIFIL) said on Saturday that a third peacekeeper was wounded in an Israeli strike when he was hit by gunfire on Friday, adding that the man was stable after undergoing surgery to remove the bullet.

The UNIFIL statement also said its position in the southern Lebanese town of Ramiyah sustained significant damage due to explosions following nearby shelling, but did not specify who was responsible for either attack.

Two U.N. peacekeepers were wounded by an Israeli strike near their watchtower at the UNIFIL's main base in Naqura in southern Lebanon on Friday. UNIFIL has more than 10,000 personnel, with Italy, France, Malaysia, Indonesia and India among the biggest contributors.

U.S. Defense Secretary Lloyd Austin, in a call with Israeli Defence Minister Yoav Gallant, expressed "deep concern" about reports that Israeli forces had fired on U.N. peacekeeping positions in Lebanon in recent days and urged Israel to ensure safety for them and the Lebanese military, the Pentagon said.

Austin also "reinforced the need to pivot from military operations in Lebanon to a diplomatic pathway as soon as feasible," according to the Pentagon statement.

Israel has rejected calls by the United States and other allies for a ceasefire in Lebanon and Gaza.

Lithuanians vote in parliamentary election with many looking for change despite a strong economy

VILNIUS, Oct 13 (Agencies): Lithuanians voted Sunday in the first round of parliamentary elections that could lead to the center-right governing coalition being replaced by the opposition Social Democrats and smaller center-left parties.

Despite economic successes, strict COVID-19 measures and an influx of migrants have cast shadows over conservative Prime Minister Ingrida Šimonytė's government, which took office in 2020.

Although European Union member Lithuania has seen annual double-digit personal income growth and has one of the lowest inflation rates in the 27-nation bloc, many voters don't seem to be impressed.

"There's a lot of disappointment and discontent among voters," said Rima Urbonaitė, a political analyst at Vilnius Mykolas Romeris University. "It is related to numerous crises and shocks and cannot be compensated by economic factors like positive change in purchasing power."

Šimonytė has faced criticism for strict measures during the pandemic, with many complaining that her government didn't do enough to help companies during lockdown. Others say thousands of people didn't have proper access to health care services.

Šimonytė also has been lambasted for her handling of migrants arriving via Belarus. Lithuania has its eastern neighbor, as well as Russia, of orchestrating the influx of people, mostly from Africa and the Middle East.

A recent survey by pollster Vilorus says that the Social Democratic Party, led by Vilija Blinkevičiūtė, would top the poll, with twice as many votes as Šimonytė's Homeland Union. Nemuno Aušra, a newly registered party of right-wing politician Remigijus Žemaitaitis, who was impeached earlier this year for making antisemitic statements, would come in between them.

However no party would obtain more than 20% of the vote, forcing anyone hoping to govern to look for alliances.

The Social Democrats have ruled out an alliance with Žemaitaitis' party, meaning that three or four parties, likely small groups representing the political center, will be necessary to form a governing coalition.

"I have voted for the conservatives my entire life, but this year I'm thinking of giving my ballot to another good party, not to them," said Darius Mikalauskas, a 51-year-old teacher in Vilnius. "Šimonytė and the entire Homeland Union looks battered, worn out and they would better spend some time on the spare bench."

Analysts say a shift to the left wouldn't bring significant changes to the foreign policy of Lithuania, which also borders Russia's Kaliningrad exclave to the west. But the vote comes at a time when Russia's war in Ukraine is fueling greater fears about Moscow's intentions, particularly in the strategically important Baltic region.

"In this country, the foreign policy course is determined mainly by the president," Urbonaitė said. Earlier this year, President Gitanas Nausėda beat Šimonytė in the presidential election to take a second five-year term.

In 2020, Šimonytė led her Homeland Union to victory in the parliamentary election. She later formed a coalition with two liberal parties, the Freedom Party and the Liberal Movement.

About 2.4 million people are eligible to elect 141 members of the parliament, or Seimas, for a four-year term in two rounds. On Sunday, 70 lawmakers will be elected by party lists, joined by those in single-mandate constituencies who manage to win more than 50% of votes. The runoff is Oct. 27, when the majority of single-member constituencies will vote to choose between the two leading candidates.

China, Vietnam draw closer with agreements on rail link, QR code payments

HANOI, Oct 13 (Agencies): Vietnam and China signed 10 agreements on Sunday, including on expanding cross-border railway links, payments and economic cooperation.

The signings followed a meeting between Vietnamese Prime Minister Pham Minh Chinh and visiting Chinese Premier Li Qiang.

They agreed to work on a technical plan for a rail link between Lao Cai in northern Vietnam and Hekou in China's Yunnan province.

The two sides also signed a memorandum of understanding (MoU) on the implementation of cross-border payment services via QR codes and an agreement to study a model for an "economic cooperation zone" across their border.

China is Vietnam's biggest trade partner, but the two countries share historic tensions -- including in the South China Sea, a waterway through which trillions of dollars of trade pass each year.



Vietnam's top leader To Lam and Li agreed on Saturday to boost defence and economic cooperation, Vietnamese state media reported.

The two agreed to "maintain regular high-level exchanges and cooperation in defence, security, and foreign affairs... expanding the implementation of new mechanisms", agency said.

Vietnam would facilitate more high-tech Chinese investment in the country and Beijing would strengthen market access for Vietnamese agricultural products, the newspaper said.

Tensions have flared recently between the two nations over territorial claims in the South China Sea.

China has for years sought to expand its presence in contested areas of the sea, brushing aside an international ruling that its claim to most of the waterway has no legal basis.

Hanoi protested last week what it said was a "brutal" attack by Chinese vessels on Vietnamese fishermen in a disputed area of the sea.

At Saturday's meeting Vietnam's Lam "urged both parties to... better manage and resolve differences" in maritime issues, agency said.

Lam took office in early August as general secretary following the death of his predecessor, Nguyen Phu Trong.

He later met Chinese President Xi Jinping in Beijing during his first overseas trip.

Macao's former top judge is elected as the Chinese casino hub's first leader born in mainland China

MACAO, Oct 13 (Agencies): Macao's former top judge, Sam Hou Fai, was chosen as the Chinese casino hub's next leader in a largely ceremonial election on Sunday, setting him up to become the city's first chief executive born in mainland China.

Almost the entire election committee stacked with Beijing loyalists 394 of 398 voted for Sam, the sole candidate, in a departure from the long-standing custom of having chief executives who were born in the former Portuguese colony, typically from influential business families. The remaining four were blank votes.

The shift in the city's leadership to someone from the legal profession is likely to create expectations of a declining influence from business circles, which critics have often accused of colluding with officials, analysts say. They anticipate Beijing's policy agenda for the city will take priority. Sam, 62, is widely



seen to have Beijing's blessings. During the nomination period, he had already secured endorsements from 386 election committee members who voted in batches in a conference hall on Sunday.

Influential figures among the 400-strong committee were Shun Tak Holdings' group executive chairperson Pansy Ho, daughter of late casino tycoon Stanley Ho, lawmaker Angela Leong, one of Ho's widows, and former chief executives Edmund Ho and Fernando Chui.

Sam is expected to meet reporters later Sunday.

Most of the territory's 687,000 residents lack

its gambling-reliant economy.

Sam has promised to accelerate the current government's plan to boost tourism and other sectors such as traditional Chinese medicine, finance, exhibitions and commerce. However, the city will still need to rely on the gambling industry for government revenues to support the city's welfare and accomplish other goals laid out by Beijing, analysts say.

China wants Macao to develop into a world-class tourism and leisure center and play a bigger role as a bridge for trade between China and Portuguese-speaking countries.

Small local businesses have been hurt by residents who spend money in the neighboring mainland city of Zhuhai, which offers a wider selection of items with good value for money. Chinese tourists are also now spending less than before.

It remains to be seen whether Sam, with a lack of government

leadership experience, can form a capable cabinet to tackle these pressing issues.

Sam was born in neighboring Guangdong province in 1962. He graduated from the prestigious law school of Peking University in Beijing. He also studied the Portuguese language, culture and law at the University of Coimbra in Portugal, and once practiced law in mainland China.

When Macao returned to Chinese rule in 1999, Sam was appointed the city's top judge, a role in which he served for nearly 25 years before resigning in August to participate in the election.

He handled some politically sensitive cases, including rejecting an appeal of a police ban on a vigil commemorating China's bloody 1989 military crackdown on the Tiananmen Square pro-democracy protests. His court also upheld a decision to bar pro-democracy figures from running in the 2021 legislative elections.

Train crash in Egypt killing at least one person and injuring at least 21 people

CAIRO, Oct 13 (Agencies): A locomotive crashed into the tail of the Cairo-bound passenger train Sunday in southern Egypt, killing at least one person and injuring multiple others, authorities said. It is the second train crash in a month in the North African country.

The collision occurred in the province of Minya, 270 kilometers

(about 168 miles) south of Cairo, the railway authority said in a statement, and two railway carriages fell into an adjacent watercourse. The cause of the crash was being investigated, the statement added.

Footage aired by local media showed the two carriages partially submerged in the watercourse.

Along with the fatality,

the Health Ministry said in a separate statement at least 21 people were taken to hospitals, of which 19 were later discharged after receiving treatment.

Train derailments and crashes are common in Egypt, where an aging railway system has also been plagued by mismanagement.

In September, two pas-

senger trains collided in a Nile Delta city, killing at least three people.

In recent years, the government announced initiatives to improve its railways.

President Abdel Fattah el-Sissi said in 2018 some 250 billion Egyptian pounds, or \$8.13 billion, would be needed to properly overhaul the neglected rail network.

'Curious astral energy': Boris Johnson all praise for Modi in his memoir

LONDON, Oct 13 (Agencies): Former British prime minister Boris Johnson is all praise for "change-maker" Prime Minister Narendra Modi in a new memoir that reflects upon his eventful political career and recalls a "curious astral energy" that he felt on his very first meeting with the Indian leader. 'Unleashed', which hit the shelves in the UK this week, devotes a

whole chapter to Britain's relationship with India as "a relationship as good as it has ever been".

Repeatedly stressing the strong India-UK friendship in the context of the Indo-Pacific, the former prime minister credits himself for setting the course for a "proper free-trade deal" with India thanks to finding "exactly the partner and friend" needed with

Modi. "For some reason, we went down to stand in the dark in the plaza by Tower Bridge, in front of a crowd of his supporters," shares Johnson in the chapter entitled 'Britain and India', referencing his first meeting with Modi during a visit to his City Hall office by the river Thames when he was Mayor of London. "He raised his arm and

chanted something or other in Hindi, and though I couldn't follow it I felt his curious astral energy. I have enjoyed his company ever since -- because I reckon he is the change-maker our relationship needs. With Modi, I felt sure, we could not only do a great free-trade deal but also build a long-term partnership, as friends and equals," he writes.

Caffeine is proven to boost heart health in many people

NEW YORK, Oct 13 (Agencies): Let's talk about caffeine, that wonderful elixir we clutch onto dearly from our morning coffee cup, afternoon tea break, or even that comforting mug of hot chocolate in the winter. Caffeine consumption is apparently doing more than just keeping our eyes peeled open, it's also improving heart health.

Recent findings published in *Rheumatology* by Oxford University Press show that this familiar friend might actually be doing our hearts a favor by improving vascular and heart health. Here's the scoop on this refreshing revelation.

Heart disease and caffeine

Vascular disease, or the harming of our blood vessels, and its grim companions — heart attacks and strokes — rank high on the mortality chart for the global population.

For those battling inflammatory rheumatic diseases, such as lupus and rheumatoid arthritis, the stakes are even higher.

Their diseases, coupled with certain treatments like cortisone derivatives, make them vulnerable to aggravated vascular risks.

Doctor recommendations

Until now, doctors often advised patients to evade these vascular and heart health risks by essentially shunning risk factors, such as caffeine intake.

This meant dialing down



inflammation, reducing cortisone medications, and adhering to the age-old healthy lifestyle mantras — no smoking, less cholesterol, and keeping high blood pressure in check.

But here's the exciting part. Scientists from Sapienza University of Rome, Italy, believe they've stumbled onto something truly unique.

How about improving your vascular health with something enjoyable, something as simple as sipping on your favorite cup of joe?

Caffeine and vascular growth

The research team led by Fulvia Ceccarelli found that caffeine, a key component in coffee, tea, and cocoa, plays an active role in boosting endothelial progenitor cells.

These cells are the good guys, regenerating the lining of our blood vessels, and taking part in vascular

growth.

We're all pretty tuned into caffeine's stimulant prowess. But it turns out, it's been holding out on us.

Caffeine also flexes its muscles in the anti-inflammatory department, thanks to its knack for bonding with receptors on the surface of immune cells.

Lupus patients

To substantiate this hypothesis, the researchers conducted a study involving 31 lupus patients, all devoid of traditional cardiovascular risks.

While avoiding known vascular risk factors remains crucial, adding caffeine into the mix provides a potentially natural and enjoyable way to fortify vascular health.

This discovery calls for a reassessment of dietary guidelines, encouraging patients and healthcare providers to consider how integrating caffeine could complement existing treatment protocols.

So, what did they find?

Patients who had consumed caffeine exhibited improved vascular health. This was measured via the endothelial cells, the

vital inner layer of blood vessels.

Caffeine and heart health research

"The present study is an attempt to provide patients with information on the possible role of diet in controlling the disease," said the paper's lead author, Fulvia Ceccarelli.

"It will be necessary to confirm the results through a longitudinal study, aimed at assessing the real impact of coffee consumption on the disease course."

However, there's more to this story that needs uncovering. A longitudinal study is necessary to validate these findings and assess the actual impact of coffee consumption on the course of the disease.

Implications for rheumatic disease

For individuals suffering from rheumatic diseases, this caffeine connection could herald a transformative shift in daily management strategies.

While avoiding known vascular risk factors remains crucial, adding caffeine into the mix provides a potentially natural and enjoyable way to fortify vascular health.

This discovery calls for a reassessment of dietary guidelines, encouraging patients and healthcare providers to consider how integrating caffeine could complement existing treatment protocols.

However, as promising as these findings are, patients should con-

sult with their healthcare providers before making any significant lifestyle changes.

Broader impact on public health

Beyond the immediate circle of those with rheumatic conditions, the broader implications of this study invite us to rethink our societal relationship with caffeine.

A staple in global cultures, from bustling urban coffee shops to tranquil tea ceremonies, caffeine emerges as more than a simple daily ritual.

Its potential role in promoting cardiovascular health could thereby influence public health policies, inspiring further research into dietary components that foster well-being.

Caffeine beyond vascular and heart health

As scientific investigation continues to uncover the myriad effects of diet on health, caffeine stands out as a compelling candidate for further exploration, promoting a vision of everyday choices that significantly enhance life quality.

While the quest for understanding caffeine's impact on cardiovascular health has encountered mixed results thus far, this new piece of the puzzle surely gives us food for thought.

So, the next time you're enjoying a steaming cup of coffee, give a nod to those endothelial progenitor cells it might be helping out.

WHO report shows vaccines can reduce antibiotic use, fight resistance



NEW DELHI, Oct 13 (Agencies): Vaccines are key to preventing infection and thus reducing the use of antibiotics, supporting worldwide efforts to tackle rising antimicrobial resistance (AMR), according to a new report by the World Health Organization (WHO).

The report showed that vaccines against 24 pathogens could help reduce the number of antibiotics needed by 22 per cent or 2.5 billion defined daily doses globally every year. If vaccines could be rolled out against all these pathogens, it could save a third of the hospital costs associated with AMR.

Misuse and overuse of antimicrobials cause AMR, making people sicker and increasing the risk of illness, death, and the spread of infections that are difficult to treat. Every year, AMR claims nearly 5 million lives worldwide.

"Addressing antimicro-

bial resistance starts with preventing infections, and vaccines are among the most powerful tools for doing that," said Dr Tedros Adhanom Ghebreyesus, WHO Director-General.

Ghebreyesus called for "increasing access to existing vaccines and developing new ones for critical diseases, like tuberculosis (TB)," to fight AMR.

The report comes as world leaders at the recently concluded 79th UN General Assembly high-level meeting on AMR in September committed to reducing the deaths associated with bacterial AMR annually by 10 per cent by 2030.

The new report estimates that vaccines already in use against pneumococcus pneumoniae, Haemophilus influenzae type B (Hib), a bacteria causing pneumonia and meningitis, and typhoid could avert up to 1,06,000 of the deaths associated with

AMR each year. An additional 5,43,000 deaths associated with AMR could be averted annually when new vaccines for tuberculosis (TB) and Klebsiella pneumoniae are developed and rolled out globally.

Further, the report showed that if the Immunization Agenda 2030 target of 90 per cent of the world's children were vaccinated, as well as older adults, it could save 33 million antibiotic doses against Streptococcus pneumoniae every year.

Typhoid vaccines can save 45 million antibiotic doses; jabs against Malaria caused by Plasmodium falciparum could save up to 25 million antibiotic doses — often misused to try to treat malaria.

Similarly, new TB vaccines could have the highest impact once they are developed, saving between 1.2 to 1.9 billion antibiotic doses.

FROM PAGE 1

Farmers block roads, squat on rail tracks in Punjab to protest 'tardy' paddy purchase

station. In Moga, farmers blocked Ferozepur-Ludhiana national highway near Duneke.

In Sunam, a protesting farmer leader accused the state government of running away from the purchase of the paddy crop. Protesters claimed that farmers' produce was not being lifted at grain markets.

The state rice millers and the commission agents are also supporting the farmers' protest.

While 'arthiyas' (commission agents) are pressing for a raise in their commission, the state rice millers have raked up the issue of space crunch for storing the fresh paddy crop.

Rice millers have also expressed concern over the out-turn ratio (post milling yield) of the PR-126 paddy variety, claiming that it will lead to huge losses to them.

Punjab Chief Minister Bhagwant Mann on Saturday had said he would meet the Union Consumer Affairs Minister on October 14 to flag the demands of protesting rice millers and arthiyas.

Mann had said the demands of the rice millers and commission agents were genuine and the union government must take a sympathetic view.

Senior NCP leader Baba Siddique shot dead in Mumbai

number of bullets would be confirmed following a postmortem examination.

"Baba Siddique was brought in with no pulse or blood pressure. He had two gunshot wounds to his chest. We initiated emergency resuscitation measures and shifted him to the ICU. He was declared dead at 11:27 PM. The total number of bullets will be confirmed after the postmortem," Dr Gokhale told reporters.

Dr Niraj Uttamani of Lilavati Hospital detailed the severity of Siddique's condition upon arrival, and said, "He was brought to the emergency medical services in an unresponsive state, with no pulse, no cardiac activity, and no blood pressure, with a history of gunshot wounds. He had lost a lot of blood, and resuscitation was initiated immediately. He was then moved to the ICU, where further revival attempts were made."

"Despite all efforts, we were unable to revive him, and he was declared dead at 11:27 pm," he added.

Siddique was shot dead by unidentified attackers in Mumbai on Saturday evening.

He was a three-time MLA from Bandra West and had joined Ajit Pawar's faction of the NCP earlier this year after resigning from the Congress.

Mumbai police have arrested two suspects in connection with the killing of NCP leader.

"The incident occurred around 9:30 pm in Nirmal Nagar. Baba Siddique was taken to Lilavati Hospital after being shot. Two suspects have been arrested, and the Mumbai Crime Branch is investigating the case," Additional CP Paramjit Singh Dahiya told reporters.

Police have also recovered a 9.9mm pistol used in the crime.

Wangchuk, 20 others detained for protesting outside Delhi's Ladakh Bhawan

permission to sit outside the Ladakh Bhawan.

"They have filed an application to hold protest at the Jantar Mantar. Their application is under consideration. They are not allowed to protest at any other site. We have detained a few people, who will be released soon," he said.

Wangchuk, along with his supporters, marched to Delhi from Leh demanding Ladakh's inclusion in the sixth schedule of the Constitution.

They were detained at the capital's Singhu border earlier on September 30 by the Delhi Police and released on the night of October 2.

The group is demanding a meeting with top leaders, including Prime Minister Narendra Modi.

The sixth schedule of the Constitution includes provisions for the administration of tribal areas in the northeastern states of Assam, Meghalaya, Tripura and Mizoram.

It establishes autonomous councils that have legislative, judicial, executive and financial powers to independently govern these areas.

The protesters are also demanding statehood, a public service commission for Ladakh and separate Lok Sabha seats for Leh and Kargil districts.

"Shocked and saddened": PDP chief Mehbooba Mufti on Baba Siddique's 'assassination'

grant maghfirat to the departed soul," Mufti said in a post on X.

Lok Sabha Leader of Opposition Rahul Gandhi also expressed his grief over the

killing of the NCP leader.

Slamming the Maharashtra government over law and order, Rahul Gandhi wrote on X, "The tragic demise of Baba Siddique is shocking and saddening. My thoughts are with his family in this difficult time. This horrifying incident exposes the complete collapse of law and order in Maharashtra. The government must take responsibility, and justice must prevail."

Maharashtra Chief Minister Eknath Shinde on Sunday announced that Siddique would be cremated with full state honours.

According to the Chief Minister Office (CMO), Siddique will be given full state honours as he served as minister in the Maharashtra government during 2004-2008 and also as chairman of the Maharashtra Housing and Area Development Authority (MHADA).

Meanwhile, the Mumbai Crime Branch has registered a case at Nirmal Nagar Police Station in connection with the murder under relevant sections of the Bharatiya Nyaya Sanhita, Arms Act and Maharashtra Police Act.

The case has been registered at Nirmal Nagar Police Station under Crime Registration No. 589/2024, Sections 103(1), 109, 125, and 3(5) of the Bharatiya Nyaya Sanhita (BNS), along with Sections 3, 25, 5, and 27 of the Arms Act, and Section 37 and section 137 of the Maharashtra Police Act.

Delhi police will also send a special investigation team to Mumbai to investigate the murder of NCP leader Baba Siddique in Mumbai, according to the Delhi Police Special Cell sources.

It is believed that a suspected gangster's motive behind the murder of Baba Siddique was to establish his influence in Mumbai, the sources added.

The police have also revealed the identities of two arrested accused and made some shocking revelations about their planning. The two accused have been identified as Gurmil Singh, a native of Haryana and Dharamraj Kashyap from Uttar Pradesh.

According to the police, the accused were in Mumbai for some time and were keeping a close eye on Siddique.

The police also mentioned that the accused had done reconnaissance of Baba Siddique's house and office premises and were in Mumbai for one and a half to two months and were keeping an eye on him.

GK Health Editor appointed president of GOSI North India Chapter

Foundation, he continues to provide free medical care to marginalized and neglect-

ed seniors in the region.

Aurora in Ladakh Validate India's space weather monitoring efforts: Astrophysicists

organisations such as National Oceanic and Atmospheric Administration (NOAA), US, monitor space weather to provide timely information of disruptions from the Sun, that can possibly cause communication blackouts and satellite outages.

While aurorae are known for their scenic beauty, their occurrence in lower-latitude regions like Ladakh is an indication of heightened solar activity in the form of solar storms known as coronal mass ejections, or CMEs, Nandi said. Solar storms periodically occur as the Sun's internal dynamo process — that creates its magnetic field — intensifies and weakens. This cycle of solar activity typically lasts 11 years. In 2018, CESSI team which included Nandi as a member, predicted that the current solar activity cycle would peak in 2024, a finding published in the journal *Nature Communications*.

"However, we continue to track solar activity to determine if the current cycle has indeed peaked," Nandi said.

An aurora occurs when charged particles from the Sun interact with the Earth's magnetosphere or magnetic field, which acts as a shield against harmful solar and cosmic rays. These particles pierce through the shield, triggering aurorae. The phenomenon is most commonly seen in the far northern regions of Canada, Norway, Sweden, Finland, Alaska and Russia, and all of Iceland and Greenland.

However, the recent aurorae were also witnessed in the low-latitude regions of Mexico and Germany, Nandi added.

"The current Solar Cycle 25 is at its peak levels of sunspot activity, which is significantly higher than the previous Cycle 24," said IIA Professor S. P. K. Rajaguru.

The current solar cycle is said to have begun in December 2019, with the preceding one said to have begun from December 2008.

On October 7, Nandi's team at CESSI was alerted to a possibly adverse development in space weather, when they saw multiple 'active' regions in the Sun's magnetic field facing the Earth.

"Some filaments (sheared magnetic field structures in the lower solar atmosphere) are also observed on the Earth-facing solar disk. There are chances of flare or filament eruption induced coronal mass ejections. Current near-Earth space weather conditions are moderately perturbed," CESSI had said in a post on X on October 7.

"This is when our machine learning based

computer models first flagged the possibility of solar flares and associated solar storms. When the storm indeed took off, we analysed its satellite observations and predicted a 'severe' (solar) storm on October 9," Nandi said.

The astrophysicist explained that a 'severe' solar storm is capable of triggering aurorae and enhancing orbital decay of satellites, while an 'extreme' one is capable of "killing satellites, tripping power grids and causing large-scale communication blackouts".

The team detected two solar storms directed at Earth, because of which they expected a "further escalation in space weather conditions over the next 24-36 hours", according to their post on X on October 9.

"For an extraordinary fourth time during the current solar cycle, intense red coloured auroral activity was seen from Ladakh, India, and was photographed by astronomers of the Indian Institute of Astrophysics (IIA) from Hanle, Leh, and Merak on the night of 10-11 October 2024," the institute's press statement read.

Easily seen with the "unaided eye", bright red streamers forming the aurora started to appear by 10:45 pm and continued to be intense till dawn, it said.

Nandi said that the aurora sightings "herald the peak of the current solar cycle". However, whether or not the current cycle has peaked will need to be watched out for. This would possibly be marked by less frequent solar storms and aurorae over the years when the Sun's activity starts declining, he added.

Nandi said that the results are a validation that we are on the right path and bolstered confidence in their abilities to predict an 'extreme' solar storm, the effects of which would likely be more disruptive.

"The effects in such a case will not be limited to spectacles for the night-sky gazers, but will be much more damaging to communications, telecommunications and satellites, on which humanity has come to rely upon for their everyday lives, including navigation, banking and other strategic services," the astrophysicist cautioned.

Man killed by cousin in Parimpora

erupted between the two cousins at the Parimpora Bus Stand.

"During the altercation, one man sustained critical injuries from the stabbing," he said.

The injured man was quickly shifted to SMHS Hospital where he was declared dead on arrival, the official said. He identified him as Amir Ahmad Mir, a resident of Parimpora.

The police have initiated an investigation into the incident, said the official.

Fortunes soar: India's richest cross \$1 trillion mark amid market rally

NEW DELHI, Oct 13 (Agencies): India's wealthiest have hit a major milestone this year, with their combined wealth surpassing the \$1 trillion mark for the first time, according to a recent report by Forbes. The report highlights the positive investor sentiment around India's economy, driven by Prime Minister Narendra Modi's successful bid for a third term in office earlier this year. This optimism has led to a strong performance in the stock market, with the BSE Sensex rising by 30% over the past 12 months.

Forbes' analysis shows that India's 100 richest individuals now have a total net worth of \$1.1 trillion, more than doubling their wealth since 2019. In the last year alone, they added \$316 billion to their collective fortunes, reflecting a growth of nearly 40%.

A majority of the individuals on the list—over 80%—saw an increase in their wealth, with 58 of them gaining at least \$1 billion. Several business magnates experienced particularly large increases, with half a dozen seeing their net worth rise by over \$10 billion. Together, the top five richest people in the country contributed nearly \$120 billion to this surge in wealth.

Mukesh Ambani, Gautam

Adani lead the pack

At the top of the list is Mukesh Ambani, chairman of Reliance Industries, whose wealth rose by \$27.5 billion this year, bringing his total to \$119.5 billion. Ambani remains the richest person in India.

Close behind is Gautam Adani, head of the Adani Group, whose net worth climbed by \$48 billion to reach \$116 billion, making him the largest gainer of the year. This marked a significant recovery for Adani, whose businesses faced scrutiny following the short-selling allegations by Hindenburg Research last year. Adani's rise has been bolstered by his strategy of placing family members in key roles within his business.

Notable gainers

Other prominent figures on the list include Savitri Jindal, the head of the O.P. Jindal Group, who became the third-richest person in India with a net worth of \$43.7 billion. Jindal's wealth increased by \$19.7 billion over the past year, driven by the group's expansion into sectors like electric vehicles through collaborations with companies like MG Motor.

Shiv Nadar, founder of tech giant HCL, follows in fourth place with a net worth of \$40.2 billion, with both Jindal and

Nadar among the six individuals whose fortunes grew by more than \$10 billion this year.

The pharmaceutical sector has also seen significant gains. Dilip Shangvi, the founder of Sun Pharmaceutical Industries, climbed to fifth place with a net worth of \$32.4 billion, up from \$19 billion last year.

The Mehta brothers, Sudhir and Samir, of Torrent Pharmaceuticals also witnessed a sharp rise in their wealth, which more than doubled to \$16.3 billion, as the company eyed potential acquisitions in the healthcare sector.

Historic year for India's billionaires

The year 2024 marks a pivotal moment for India's richest individuals, with their collective wealth growing by 40% from \$799 billion in 2023 to \$1.1 trillion this year. The BSE Sensex's 30% gain played a key role in this growth, as did investor confidence in the country's economic future. According to Forbes, more than 80% of those on the list saw their fortunes rise, with 58 individuals adding at least \$1 billion to their net worth.

Among the notable new entries on the Forbes list are four newcomers, including B. Partha Saradhi Reddy, founder

of Hetero Labs, who debuted in 81st place with \$3.95 billion. Mahima Datla, who controls vaccine producer Biological E, also made the list, securing the 100th spot with \$3.3 billion. Other new entrants include Harish Ahuja of Shahi Exports and Surender Saluja, founder of Premier Energies.

For the first time, the Godrej family's holdings were split between two factions, leading to separate appearances on the list. The wealth cutoff to make it into the Forbes rankings increased to \$3.3 billion this year, up from \$2.3 billion in 2023. As a result, 11 billionaires from the previous year dropped off the list.

India's Top 10 richest for 2024 In conclusion, here are the top 10 richest individuals in India for 2024:

Mukesh Ambani: \$119.5 billion.

Gautam Adani: \$116 billion.

Savitri Jindal: \$43.7 billion.

Shiv Nadar: \$40.2 billion.

Dilip Shangvi: \$32.4 billion.

Radhakishan Damani: \$31.5 billion.

Sunil Mittal: \$30.7 billion.

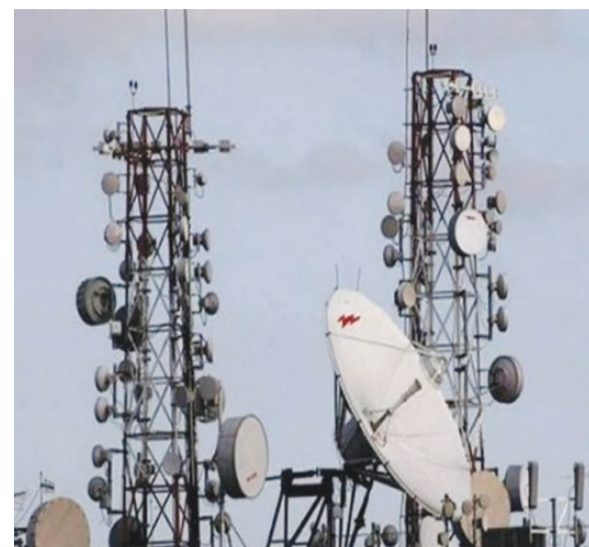
Kumar Birla: \$24.8 billion.

Cyrus Poonawalla: \$24.5 billion.

Bajaj Family: \$23.4 billion.

Telecom sector to stabilise by FY27 with 15% increase in tariff

Additionally, the current regulatory climate provides a conducive environment for telecom companies to implement successive tariff increases without alienating consumers.



NEW DELHI, Oct 13 (Agencies): The Indian telecom sector is expected to stabilise with an additional tariff hike of 15% by the fiscal year 2027, according to a report by JP Morgan. The report notes that despite a decade marked by disruption, the Indian telecom sector will stabilise, with another tariff increase anticipated by FY27.

Additionally, the current regulatory climate provides a conducive environment for telecom companies to implement successive tariff increases without alienating consumers.

"We believe India will stay in tariff repair over the next few years supported by a benign regulatory regime after a decade of disruption given limited returns, lack of AGR

relief and persistent affordability. We build in 15% tariff hikes in FY27 as well," reads the report. According to the report, mobile tariffs in India remain significantly lower than those in other Asian markets, with the Indian data yield at just \$0.09 per GB. J.P. Morgan believes that as affordability improves and regulatory pressures ease, telecom operators such as Bharti Airtel, Reliance Jio, and Vodafone Idea can progressively raise tariffs to align more closely with regional trends.

"India has the lowest data yield among its Asian peers nine years after Jio's disruptive entry and after three tariff hikes," said the report. This low pricing structure, coupled with mobile fees accounting for 0.7% of GDP, indicates substantial headroom for tariff increases.

Death risk found to rise due to adverse effects on health in wake of extreme rainfall events

NEW DELHI, Oct 13 (Agencies): The risk of death was found to rise in the wake of an extreme rainfall event, including death due to heart and lung conditions, according to a study.

With climate change making short-term rainfall events more extreme and frequent, there is emerging evidence that suggests a compelling link between these events and their adverse effects on health, especially the spread of infectious diseases, researchers said based on a study of over 62,000 rainfall events across the globe.

The study by the team, including researchers from German Research Centre for Environmental Health, provides a global perspective of how extreme rainfall events can impact health, they said.

They looked at the data of daily deaths and rainfall from 645 locations from across 34 countries and regions, recorded from 1980 to 2020. A total of over 100 million deaths from any cause, and more than 31 million and 11.5 million deaths due to heart and lung conditions, respectively, were analysed.

A day of extreme rainfall, that could likely recur over the following five years, was linked with an eight per cent

increase in deaths due to any cause over the 14 days following the extreme weather event.

Such an event was also related with a five per cent increase in cardiovascular deaths and a nearly 30 per cent increase in lung-related mortality in the fortnight following the rainfall.

"Daily rainfall intensity is associated with varying health effects, with extreme events linked to an increasing relative risk for all cause, cardiovascular, and respiratory mortality. The observed associations varied with local climate and urban infrastructure," the authors wrote in the study published in British Medical Journal. Acknowledging the limitations of the research, the team said the study was observational and thus, could not draw cause-and-effect conclusions. Further, locations analysed were largely in east Asia, Europe, and North America, they added.

The findings, however, highlighted the need for coordinated public health strategies targeted at the health impacts of extreme rainfall, the authors said. "This is especially important considering the well-established trend of increasing short term rainfall intensity as a result of climate change," they wrote.

In 5 years property prices double in Chandigarh

CHANDIGARH, Oct 13 (Agencies): Property prices in Chandigarh have nearly doubled over the past five years, according to real estate experts. Houses on plots in northern sectors have seen a significant price increase, crossing the pre-Covid price levels.

This surge in prices has further strengthened City beautiful's status as a prime destination for property investment in the northern region.

According to realty experts, prior to 2020, a one-kanal house in Sector 10 could fetch around Rs 8 crore — a figure that has since jumped to Rs 15-16 crore.

Although property values plummeted during the pandemic in 2020, the market saw a rebound by 2022, and soon enough prices were back to the pre-pandemic levels.

Since 2022-23, property prices have been on a steady upward trend in the city.

Kamaljit Singh Panchhi, president of the Property Federation, Chandigarh, attributes this increase to the city's strategic location in the foothills of



the Shivalik range and its well-planned layout, which have drawn interest from investors and homebuyers, especially from metropolitan cities like Mumbai and Delhi.

Additionally, the rising demand from NRIs and children of landowners in Punjab and Haryana, whose land has been acquired by the government for different infra projects, has further driven up property prices.

He pointed out that a one-kanal house in Sector 21 recently sold for nearly Rs 14 crore, while a

10-marla house in Sector 18 fetched over Rs 8 crore.

Similarly, a 10-marla house in Sector 21 is now valued at around Rs 6 crore, and a two-kanal house in Sector 28 is priced at Rs 36 crore.

While property prices largely depend on the purchasing power of the buyers, sellers often quote inflated prices, he adds.

Another factor contributing to the price surge is the influence of vastu shastra. Panchhi explained that if a vastu expert

deems a property favourable, buyers are often willing to pay extra, setting a higher benchmark for other properties in the area.

Property consultant PK Grover echoed these sentiments, noting that prices of flats in southern sectors have also surged by 60 to 100 per cent in the past five years. For example, Chandigarh Housing Board flats in Sector 13 now sell for up to Rs 2 crore.

Experts further attribute the city's unique status as a Union Territory and capital of two states to the remarkable rise in property value here.

However, Akhil Sharma, a resident of Sector 45, expressed concern that property prices have become unaffordable for common man and salaried individuals.

He urged the Chandigarh Administration to launch housing projects that cater to this segment, and called on the governments of Haryana and Punjab to develop similar areas in their states to ease the housing crisis for middle-class families.

High levels of heat found to affect foetuses, infants up to age 2: Study

For every degree Celsius rise in average daily heat in the first trimester of pregnancy, the weight of a baby at birth corresponding to gestation period was found to be lowered

NEW DELHI, Oct 13 (Agencies): Exposure to high levels of heat could affect growth of foetuses in the womb and infants up to two years of age, an analysis of over 600 pregnancies in the west African country of The Gambia has suggested.

For every degree Celsius rise in average daily heat in the first trimester of pregnancy, the weight of a baby at birth corresponding to gestation period was found to be lowered, according to the findings published in The Lancet Planetary Health journal. One experiences heat stress when their body's ability to regulate temperature is compromised.

The researchers, led by those at the London School of Hygiene and Tropical Medicine (LSHTM), UK, followed a total of 668 infants, about half of whom were girls and half boys, for their first 1,000 days of life.

At birth, 66 infants (10 per cent) were found to weigh under 2.5 kilograms, described as a



low birth weight by the researchers. About a third of the infants studied (218) were found to be small for gestational age, while nine infants were born prematurely.

The researchers also found that heat stress experienced by foetuses can continue to affect them after birth -- infants up to two years of age exposed to high heat had lower weights and heights for their age.

The infants aged between 6-18 months who had experienced higher levels of daily heat stress in the previous three-month period were found to be the most affected.

The study is the first of its kind to show that heat stress can hamper development of babies after birth, the researchers said.

As climate change intensifies, the effects of exposure to heat must be urgently considered in

public health interventions, they added.

"Our study demonstrates that the intersecting crises of climate change, food insecurity, and undernutrition are disproportionately affecting the most vulnerable, including young children," said lead author Ana Bonell, an assistant professor at the Medical Research Council Unit The Gambia, LSHTM.

The data for analysis was collected as part of a trial, conducted in West Kiang, The Gambia, between January 2010 and February 2015.

"These findings build on previous evidence showing that the first trimester is a vulnerable time to heat exposure and it's important that we now consider which factors may be contributing to the relationship," Bonnell said.

Further research is needed to look at heat stress and its health impacts in regions beyond The Gambia, the researchers said.

New technique to combat post-surgery tumour recurrence in cancer patients

CHANDIGARH, Oct 13 (Agencies): Addressing limitations of existing medical procedures, researchers from several institutes have jointly developed a technique to reduce post-surgery tumour recurrence in cancer patients by using an implant consisting of metal-based nanomedicine along with blood-clotting components derived from tissues or cells of patients.

The technology can be used to fabricate a therapeutic kit that can generate this hybrid implant by using simple equipment such as handheld homogeniser and a centrifuge which can be beneficial to marginalised cancer patients, according to scientists.

The Institute of Nano Science and Technology, Mohali; Post Graduate Institute of Medical Education and Research, Chandigarh; Indian Institute of Technology, Ropar; and All India Institute of Medical Sciences, Bilaspur, are involved in the project.

Experts said that surgery and chemotherapy are inevitable in managing solid tumours. However, local recurrence due to residual tumour and systemic toxicity from drug non-specificity make these vital modalities inefficient.

Nanotechnological tools show promise in reducing toxicity and improving solubility of chemo-drugs, but their progress is reduced due to factors like poor tumour bioavailability and rapid

clearance. A key obstacle is also the adsorption of host serum proteins over the surface of nanoparticles.

Researchers at these institutes developed and tested an indigenous intra-operative combination treatment consisting of a hybrid implant of drugs and metal-based nanomedicine stabilised by patient derived serum protein corona to aid in the post-surgical management of locally recurrent tumours.

Protein corona has been recently established as a molecular fingerprint of a patient and can be integrated into the basic design of nanoparticles for a futuristic personalised treatment strategy.

The hybrid implant so developed quickly bonds with damaged tissue in the residual tumour bed and after closure of the surgical site, localised chemo-phototherapy impedes tumour recurrence.

Scientists said that the hybrid implant exhibited remarkable synergy and superior outcomes in suppressing recurrent breast tumours and the host-specific approach addressed the limitations of conventional therapies and ensured.

Considering the large number of patients suffering from solid tumours in India, an affordable methodology for localised post-surgical management will have significant impact in controlling recurrence of primary tumour or its spread to other organs, according to the scientists.

I've learned to cope with pressure and failures: Sanju Samson

Samson, finally, managed to build a bridge between talent and productivity while smashing a sparkling maiden T20I hundred against Bangladesh here, but the period preceding it was not really a pleasant one for him

HYDERABAD, Oct 13 (Agencies): Sanju Samson has learned to live with the inevitable "pressure and failures" in top-flight sport, and the Indian batter profusely thanked the leadership group for guiding him through dark phases of self-doubt, giving him another chance to prove his worth.

Samson, finally, managed to build a bridge between talent and productivity while smashing a sparkling maiden T20I hundred against Bangladesh here on Saturday, but the period preceding it was not really a pleasant one for him.

Two successive ducks against Sri Lanka in July and two more tepid outings against Bangladesh over the past week here had left him creaking.

"After a couple of ducks in Sri Lanka, I was a bit doubtful about getting a chance in the next series. But they (coaching staff and captain) backed me and kept on saying that they would back me no matter what," said Samson in the post-match press meet.

Now, the 29-year-old accepts the fact he cannot walk away from the pockets of pressure as an Indian cricketer.

"I think mentally you go through a lot as an Indian cricketer, especially in this format (T20). But I have learned to cope with the pressure and the failures. I think a lot of credit has to go to the dressing room, the leadership group, and the captain and the coach have been backing me," he added.

Samson said head coach



Gautam Gambhir had conveyed well in advance the decision to hand him the opener's role during the Bangladesh series.

"I think three weeks before this series, I was very fortunate to get a message from the leadership group -- Gautam Bhai, Suryakumar (Yadav) and Abhishek Nair (assistant coach) -- that I will be opening. I think that gave me proper preparation.

"I went back to Rajasthan Royals Academy and I was playing lots against new ball bowlers, and I think that preparation helped me a tiny bit. I think I was just coming in 10% more ready in this series than any other series," he detailed.

Samson said the role clarity has also helped him to develop more awareness about his own game.

"Basically, I have understood my game that I can bat anywhere from 1 to 6. I think I have power and I also have timing in my game. So, it is all about

working according to which role I am playing in."

This newfound self-discovery has made Samson more confident in himself -- as a person and as a cricketer.

"When you have those failures, I think, it is very easy to go back and say I will make my run in the next game. But I know what (type of) person I am. It is all about my friends, my team.

"So, I like to go out and fail or succeed in my own way. I just want to be myself. It is all about knowing your game, knowing your personal character. So, it is all about being true to yourself."

The Kerala man said he was trying to stay in the middle for as long as possible during the third T20I against Bangladesh here.

"I have been batting well for the last two games. I was timing the ball much better, even though I didn't get enough scores. I think if I came out of power play, I wanted to make sure that I reach a good score.

"I think scoring four consecutive boundaries (off Taskin Ahmed in the second over) definitely gave me lots of confidence," he explained.

Samson said the presence of skipper Suryakumar at the other end was helpful.

"I was having a good partnership with Surya and there was great communication happening between both of us. He was also taking a lot of pressure off me and we both were scoring. I think there was a great combination happening in the middle."

The Rajasthan Royals skipper said the Indian T20 side is looking to dominate every game.

"We have committed as a batting group to go out and dominate each and every game we play in this format. So, as a team we are doing it and I am very grateful that I did something good for the team. But we were not thinking about 300 (total)," he added.

The highlight of Samson's innings was the five successive sixes he hammered off leg-spinner Rishad Hossain.

Samson said hitting six sixes in an over has been on his mind for a while now.

"I know what I can do to a spinner. So, I just wanted to hit maximum runs in that over. I have been thinking that I can hit six 6s in an over. I am not joking. I have been working accordingly with my coaches.

"I have been practising and visualising for that. I am very grateful that it finally happened," he signed off.

Big changes on cards? Pakistan board top brass meets after horror loss vs England



ISLAMABAD, Oct 13 (Agencies): There might be massive changes on cards in Pakistan cricket as the country's cricket board met for an emergency meeting on Sunday, October 13. Pakistan Cricket Board Mohsin Naqvi chaired a meeting with the selection committee and Champions Cup mentors to discuss the ongoing crisis in the country's cricket.

The meeting comes right after Pakistan's loss in the first Test match against England. The Pakistan team - under the leadership of Shan Masood lost the game by an innings despite scoring 556 runs after opting to bat first.

The PCB held the meeting to discuss the performances and fitness of Pakistan players and instructed the relevant authorities to make better pitches for upcoming matches. In the first game against England, the visiting

side scored 823 runs, the fourth highest in Test cricket history, to leave Pakistan reeling in their own conditions.

The massive loss seems to have ramifications on the team, as rumours suggest that Babar Azam might be dropped from the Test side for his prolonged poor form in the red-ball format.

"Mohsin Naqvi chaired a special joint meeting of the selection committee and mentors. The meeting of selection committee and mentors continued for 2 hours. Chairman PCB Mohsin Naqvi first held a separate meeting with the mentors and then held a joint meeting with the selection committee members and mentors. In the long meeting, the recent performance and fitness of the team was reviewed in detail," a PCB tweet said on Sunday.

"Chairman PCB Mohsin Naqvi and mentors agreed to complete the process of evaluat-

ing the performance of new players by the end of the current series. The meeting also decided to complete the fitness process of the players till the end of the current series," it further added.

Earlier, several Pakistan cricketers had hammered the PCB for the mess in the country's cricketing system. One of the rants from Shoaib Akhtar went viral on social media where he rued losses against Bangladesh and England. Pakistan are winless at home since 2022, the only Test side with such a record in recent times.

"Over the decades, I have seen the decline. The situation is disappointing. Losing is fine, but the game should be close. However, what we saw over the past two days, they completely gave up hope. This shows that we aren't good enough. England scored 800+ and Bangladesh also beat you," Akhtar told PTV Sports.

"Fans are saying that Pakistan should stop playing Test cricket. I saw some comments. ICC must be thinking, 'Should we send teams to Pakistan and keep their Test status alive'. It's just disheartening. This is going to hurt Pakistan cricket, fans and the upcoming talents. I want to request the PCB to sort out this mess," he added.

India Test series battle of attrition, says Cummins

SYDNEY, Oct 13 (Agencies): Australia captain Pat Cummins is expecting the upcoming series against India to be a survival of fittest as his team look to avenge consecutive losses on home soil when the two nations go head-to-head over five Tests from late November.

The latest series begins in Perth on November 22 with the Australians attempting to overturn defeats to the Indians in 2018-19 and 2020-21, when India edged a four-Test series 2-1 with a three-wicket win in the final clash in Brisbane. "The couple of home series I've played against India there's always an



element of attrition to them," said Cummins. "The last series came down to the last session at the Gabba on the last day of the last Test match. That's a good

thing to keep in mind. It is a long series, and it might be tightly held until the last game, so you've got to manage your resources throughout."

Will Tim Southee lose his spot in New Zealand side on India tour? Coach Stead reacts

WELLINGTON, Oct 13 (Agencies): Former New Zealand captain Tim Southee's pace in the Test squad hangs in the balance as the Blackcaps prepare for their highly anticipated away Test series against India. New Zealand head coach Gary Stead addressed the uncertainty surrounding Southee's role, especially after the fast bowler stepped down from captaincy following New Zealand's 2-0 loss to Sri Lanka last month. The decision opens up selection flexibility for the team, with Stead acknowledging the "delicate" nature of their discussions.

Southee, 35, is coming



off a challenging year in Test cricket, having taken only eight wickets at a costly average of 73.12. Despite his struggles, the seamer boasts an impressive record in India, with 20 wickets at an average of 28.70, including a career-best 7 for 64 in Bengaluru in 2012. Nevertheless, with New

Zealand pondering their bowling attack composition for the first Test in Bengaluru, Southee's spot is under scrutiny.

Speaking to the media, Stead said, "Like all Test tours and series, we have reviews at the end of it, and Tim and I had a conversation around it. He made the decision to step down, believing it

was in the best interests of the team, and I supported that decision."

With Southee no longer captain, Stead emphasized that the team now has greater flexibility in selecting the best combination of players. "Without Tim as captain, it allows us to consider different players for key roles. When he was captain, he was always starting and leading the side, but now we can focus on choosing what's best for the team moving forward."

The selection dilemma also extends to New Zealand's lower-order batting. The team needs to balance their attack with potential contributions from bowl-

ers like Mitchell Santner and Michael Bracewell, who can both spin and add depth to the batting lineup.

If New Zealand opts for a three-pronged pace attack, Southee or Matt Henry could be tasked with bolstering the tail-end runs.

Southee is working closely with bowling coach Jacob Oram to regain his rhythm and return to his wicket-taking form.

With 382 Test wickets to his name, Southee is just 18 shy of becoming the second New Zealand bowler to reach 400 Test wickets. However, his form will need to improve if he is to keep his place in the side.

Indian men's cricket team for blind gears up for 4th T20 World Cup

BENGALURU, Oct 13 (Agencies): The Cricket Association for the Blind in India (CABI) announced a 26-member squad that will undergo rigorous cricket coaching in Delhi starting October 27, in preparation for the upcoming 4th T20 World Cup Cricket for the Blind, scheduled to take place in Pakistan from November to December.

This is the first time the Pakistan Blind Cricket Council (PBCC) is hosting the T20 World Cup. The previous three tournaments were held in India by CABI and the Samarathanam Trust for the Disabled.

CABI is currently awaiting the No Objection Certificate (NOC) from the Ministry of Sports and the Government of India, which is essential for the Indian team to travel for the World Cup.

Chairman of CABI Dr Mahantesh G Kivadasannavar said, "These



tournaments are the biggest platforms for blind cricketers to showcase their skills. Representing the country and playing in Pakistan is a rare opportunity for all players. Our past victories have greatly aided in promoting cricket for the blind, earning players much-deserved awards and recognition."

The CABI selection committee will finalise a 17-member team, of the total 26, based on performance during the coaching camp. Among the selected players are 10 B1 category (totally blind), seven B2 category (2 metres sight), and nine B3 category (up to 6 metres sight) players.

India clinch three medals, historic women's doubles bronze at Asian TT Championships

ASTANA, Oct 13 (Agencies): India wrapped up their campaign at the Asian Table Tennis Championships with three medals, including a historic bronze in the women's doubles, after Ayhika Mukherjee and Sutirtha Mukherjee's dream run ended in the semifinals here on Sunday.

The world No.15 pair, who stunned the reigning world champions from China en route to a bronze at the Asian Games last year, fell to Japan's Miwa Harimoto and Miyuu Kihara, 4-11 9-11 8-11 in under 30 minutes in their last-four clash.

Before that, the Indian duo had defeated South



Korea's Kim Nayeong and Lee Eunhye in the quarterfinals to secure India's first-ever women's doubles medal at the Asian meet.

The Indian women's team had earlier clinched a historic bronze in the team event.

The trio of Manika

Batra, Ayhika Mukherjee, and Sutirtha Mukherjee secured the country's first-ever medal in the women's team category since the competition began in 1972, though they eventually lost 1-3 to Japan in the semifinals.

In the men's category, India secured another

bronze, their third straight in the tournament, after the team of Achanta Sharath Kamal, Manav Thakkar, and Harmeet Desai fell 0-3 to Chinese Taipei in the semifinals.

In men's singles, Manav Thakkar and Manush Shah bowed out in the pre-quarterfinals. World No. 60 Thakkar, who had earlier shocked world No. 14 Jang Woojin of South Korea, was defeated by Hong Kong's Baldwin Chan, 4-11 4-11 8-11. Meanwhile, Manush put up a tough fight against Lin Yun-Ju of Chinese Taipei and took two games before narrowly losing 8-11 5-11 11-7 11-6 12-14.

Natrang Presents Powerful Adaptation of Chekhov's "Nincompoop" in Jammu

Top News Report

JAMMU, Oct 13: Natrang presented a well-designed performance of "Reed-Rahit", a play based on Russian writer Anton Chekhov's "Nincompoop" adapted in Hindi by Satyendra Sharat here today at its Studio Theatre in Sunday Theatre Series. The play was directed by Neeraj Kant. The play is an inspiration for all those who do not have courage to stand for their rights.

The play opens in the house of one landlord who wanted to settle down his account with Mohan, the instructor of his children



who also works as domestic help, he has not been paid the salary for the last two months. In the play the Landlord tries to teach a lesson of self-respect and dignity of labor to

Mohan. In this context, he created a drama in reality and he started debating on the amount to be paid to Mohan, he tells him that he has to pay him Rs.1,100/- only, after

ridiculously forged deductions, against the expected and promised amount of Rs.8,000/-. Very gullible by the nature, Mohan just sits there, without saying a word in support of his genuine payment he accepts the money with gratitude. Aggravated by such kind of nincompoop/spine less behavior of Mohan, landlord bursts into an indignant rage and tells him that he should speak up for his rights and shall not allow anyone to exploit him, if we remain silent, no one will come to our support, thus we have to speak boldly and fight righteously for our rights.

At the end, the landlord pays him Rs.8,000/-, putting an end to his human experiment in humiliation. Thus, a lesson was given to all those who are too submissive to stand for themselves and allow other to take benefit of the same.

Natrang actors who acted in the play included Aadesh Dhar, Mihir Gujral and Vandana Thakur. Lights and music of the play were operated by Neeraj Kant. Brijesh Avatar Sharma presented the show before the audience and the show was coordinated by Mohd. Yaseen.

Rajesh Mukhi embarks on prestigious Pre-Everest expedition to Ama Dablam

Top News Report

JAMMU, Oct 13: Rajesh Mukhi, a seasoned mountaineer of Mountaineering Association of J&K left today for Nepal to undertake a very prestigious pre-Everest expedition to Ama Dablam peak (6826m) in Nepal. Rajesh would join a multi national team of a reputed mountaineering company M/s Pioneer Adventure Ltd, Nepal which has been hired for this expedition. The company would take care of all the logistics and technical support during the expedition.

It is pertinent to mention here that for the last two years Mountaineering Association of J&K, on its own, has undertaken a very ambitious project of preparing its mountaineers for major mountaineering expeditions and finally to put at least one mountaineer at the top of Mount Everest, the highest peak of the world, in 2025.

Accordingly, to familiarize themselves with the vagaries of nature faced during major mountaineering expeditions our mountaineers have trekked to the base camp of Mount Everest, Mount Cho Oyu, an 8000m peak and submitted some other peaks in the Everest region.



est region.

However, keeping in view the high cost of participation in a Pre Everest expedition which amounts to Rs. 7 lakh per person and the prohibitive cost of Rs.40 lakh per person for participation in an Everest expedition the Association decided to depute only one mountaineer Mr. Rajesh Mukhi, a senior mountaineer, for the Pre Everest expedition to Ama Dablam peak (6826m) in October, 2024 and the Everest expedition in April-May, 2025.

It may also be noted that Rajesh Mukhi is a

highly trained mountaineer who has to his credit the scaling of Winson peak, the highest peak of Antarctica, the frozen continent; Island peak in the Everest region besides some other formidable peaks.

Meanwhile, Zorawar Singh Jamwal and Shawetika Khajuria, President and General Secretary of Mountaineering Association of J&K along with members of District Mountaineering Associations of J&K have wished good luck to Rajesh Mukhi for the success of the expedition

Inauguration of Key Road Project Enhances Connectivity in Ramgarh

Top News Report

RAMGARH, Oct 13: Dr. Devinder Kumar Manyal, MLA Ramgarh and former Minister of Health and Medical Education J&K, along with Sarbjit Singh Johal, DDC Ramgarh-B, inaugurated a blacktopped road from Village Karalia to the cremation ground. The project, costing Rs 17 lakhs, addresses a long-standing demand from the community.

The ceremony was attended by key local leaders, including Sarbjit Singh Johal, Shiv Kumar



Choudhary, Block President Ramghar, Naib Sar-

panch Sunil Choudhary, Hazara Singh, Lamber-

dar Darshan Singh, Balbinder, Rohit Choudhary,

and Balkar Singh and others. This development highlights Dr. Manyal's commitment to improving living conditions in Ramgarh, showcasing his track record of delivering on promises, as evidenced by his recent electoral success.

Road is expected to enhance connectivity, improve access to essential services, and stimulate economic growth in the region, reflecting the collaborative efforts of local authorities and community leaders in advancing Ramgarh's progress.

Congress Selling Hatred In Its 'Shop Of Love': Naqvi Slams Kharage's Remarks

NEW DELHI, Oct 13 (Agencies): Slamming Congress president Mallikarjun Kharge's BJP is a "party of terrorists" remark, senior leader of the saffron party Mukhtar Abbas Naqvi alleged on Sunday that the Congress is selling hatred in its "shop of love".

Naqvi said the opposition party has become a "multinational distribution centre" of "certificates" labelling nationalists as terrorists and anti-nationalists as nationalists.

Kharge alleged on Saturday that the BJP is a "party of terrorists", as he hit back at Prime Minister Narendra Modi over his recent remarks that the Congress is being run by a "gang of urban Naxals". Kharge also accused those in the saffron party of "lynching and beating" people, and committing atrocities against the Scheduled Castes (SCs) and Scheduled Tribes (STs).

Talking to reporters here, Naqvi said in its "depression of defeat", the Congress has become "hostage to hopelessness" due to its "habit of hate".

The "dynasty's animosity and hostility" towards Prime Minister Narendra Modi is becoming a "political disaster" for the grand old party, the former Union minister said.

The Congress is trying to portray the "political danger to dynasty" as a "danger to democracy", which shows its arrogance and not wisdom, he added.

Instead of "introspection", the Congress is still engaged in "smugness" as it blames electronic voting machines (EVMs)

for its internal conflict, Naqvi said, adding that it is like "a bad workman blaming his tools".

Asked about the Congress criticising a recent statement of Rashtriya Swayamsevak Sangh (RSS) chief Mohan Bhagwat, the BJP leader accused the opposition party of harbouring a "prejudiced political mindset" and said Bhagwat gave an effective nationalist message of "Constitution, culture, harmony, social security and inclusivity".

Communal political statements made by some champions of pseudo-secularism even on a message of national unity and integrity is like "empty vessels making noise", he said.

The Congress is selling hatred in its "mohabbat ki dukaan", Naqvi alleged.

Addressing reporters in Karnataka's Kalaburagi, Kharge had said, "His (Modi's) own party is a party of terrorists. They are involving in lynching, beating people, urinating in the mouths of people from Scheduled Castes, raping tribal people. His party is a terrorist party. They support people indulging in such acts, then they blame others."

"Modi has no right.... Wherever his party is in power, atrocities take place on the scheduled class, especially on tribal people. Then he (Modi) says injustice is happening. Is the government ours (Congress)? It is your (BJP's) government, you can control. But Modi's habit is to speak. He speaks less about the country and people, more about the party," the Congress chief had said.

Ex-JURSEA president urges LG to order probe in violating the rules and regulations in JU

Top News Report

JAMMU, Oct 13: Lieutenant Governor has been making several statements on making J&K Corruption free and exposing various scams. But why is he silent on irregularities being committed in Jammu University? If he is really serious then he should immediately order the inquiry and cancel the recruitment process of administrative posts," Former JURSEA President Dr Vikas Sharma urged the Lieutenant Governor.

Addressing a meeting here today, Dr. Sharma said, "The whole process of recruitment is dubious

as the Vice Chancellor, Prof Umesh Rai is misusing his position to benefit some of his blue-eyed, violating the rules and regulations."

The core of the controversy revolves around what Dr. Sharma described as the illegitimacy of some candidates shortlisted for these positions. "There are candidates with questionable qualifications, including those with fraudulent PhD degrees, as highlighted in the Comptroller and Auditor General (CAG) report. This process seems engineered to favor individuals tied to a political faction," he alleged.

Additionally, Dr. Sharma



highlighted a violation of university norms, stating that certain candidates are directly involved in the recruitment process, which he emphasized is against the established rules. "Those who are candidates for the top posts are directly involved in the recruitment process which is a mockery of the system but the Vice Chancellor is

a mute spectator as if he is willingly a party to this wrong-doing," he stated.

Dr. Sharma demanded that JU should make the names of screening committee member's public who made the ineligible candidates as eligible. "The candidates who are ineligible were made eligible by the screening committee members for

the interview. And, it is a matter of investigation as to how they did so. Screening Committee members shall also be brought under the purview of inquiry," he stated.

Dr. Sharma demanded that the video of interview should be released forthwith so that all could know about the people who attended the interview,

both internal as well as external candidates.

He also highlighted an instance from the past wherein a person without having any academic credentials was directly appointed as Professor just because he had high level connections.

He further demanded that all the selections made by JU during the two and half year tenure of VC Umesh Rai as several allegations have been levelled by the candidates against the selections and LG Manoj Sinha should not waste time in ordering inquiry to unravel the frauds and restoring confidence of people in this institution.

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