# TOP NEWS OF J&K

JAMMU, WEDNESDAY, OCTOBER 30, 2024

Daily Evening Newspaper

**ENTERTAINMENT** 

16

The rise of OTT platforms has brought a big change to my career: Shivangi Verma



Rajnath to inaugurate war memorial, Sardar Patel

**SPORTS** 

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**Hong Kong Sixes 2024: Robin Uthappa 'excited and** honoured' to lead India



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### BRIEFLY

### 60-year-old man dies after being hit by tractor in Bandipora

SRINAGAR, Oct 30 (Agencies): A man was killed after being hit by a tractor late last night in the Hanjin area of north Kashmir's Bandipora, officials said.

They identified him as Mohammad Abdullah Sheikh (60), son of Ghulam Qadir Sheikh, a resident of Markundal Hajin.

They added that Abdullah was taken to CHC Sumbal, where doctors declared him dead on arrival, news

agency NVI reported. They said police have initiated an investigation in the matter.

### Unidentified body found in Aharbal

SRINAGAR, Oct 30 (Agencies): An unidentified body was found in the Aharbal area of south Kashmir's Kulgam on Wednesday afternoon, reports said. Quoting officials, news agency NVI reported that a dead body was

floated on the water. After the police was informed and they arrived at the scene, their custody even as taking cognizance of the incident, officials said.

spotted by locals as it

### **Youth** arrested along with pistol, two grenades in Handwara

SRINAGAR, Oct 30 (Agencies): Officials Wednesday said they arrested a youth for allegedly transporting arms and ammunition in a bag of rice on his motorcycle in north Kashmir's Handwara.

Officials said they established a checkpoint in Chhampura under police station Vilgam in Handwara after receiving specific inputs.

A motorcycle coming from Taratpura was stopped and upon questioning, the rider identified himself as Shahid Saleem Lone, 27, son of Ghulam Mohd Lone, resident of Bijhama Boniyar, Baramulla.

Officials said, he was carrying a small bag of rice on his bike and on searching the bag, the security forces found one pistol, one magazine, six pistol rods, and two Chinese

grenades. The person was apprehended on the spot and taken to the Bn HQ 15 RR Vilgam for further questioning,

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**NATIONAL** 

statue in Arunachal

provide any details.

Following the key

agreement firmed up

between India and

China, the two countries

began troop disengage-

ment at the two friction

points at Demchok and

Depsang Plains in east-

ern Ladakh on October

The ties between the

two Asian giants had

nosedived following

a fierce clash in the

Galwan Valley in June

2020 that marked the

Turn to page 9

Turn to page 9

most serious military

| 7

### Session on Nov 4, CM to Deliver Reply SRINAGAR, Oct 30

(Agencies): Lieutenant Governor Manoj Sinha will address the first session of the Jammu and Kashmir Union Territory Legislative Assembly on November 4 in Srinagar.

Omar Abdullah in his Civil Secretariat office after taking over as the Chief Minister on October 16, 2024

Agency reported that National Conference Government may offer the Deputy Speaker role to the main Opposition BJP, potentially leading



Jammu Kashmir Assembly: LG to Open

to a unanimous Speaker election. The calendar released by the Protem Speaker, does not include any Resolution on the restoration of Article 370 or Statehood for Jammu and Kashmir.

According to the schedule, the Speaker's election is set for 10:30 am on November 4, followed by the Lieutenant Governor's address to the Assembly at 11:30 am. This will be Manoj Sinha's first address to the Assembly since Jammu and Kashmir has been under Central

rule. On November 5, the Assembly will observe an Obituary Reference, paying tribute to former members of the Turn to page 9

### India, China troops disengagement in Eastern Ladakh taking place in 'Orderly' manner: Chinese Foreign Ministry

BEIJING, Oct 30 (Agencies): China on Wednesday said the Chinese and Indian militaries are implementing the "resolutions" concerning the disengagement in eastern Ladakh along the Line of Actual Control (LAC) in an "orderly" manner. China and India have

reached resolutions on issues concerning the border, the Chinese Foreign Ministry spokesman Lin Jian told a media briefing here replying to a question

SRINAGAR, Oct 30 (Agencies):

National Conference president and

former Chief Minister Dr Farooq

Abdullah Wednesday said, J-K

will always remain the "crown of

India." During a visit to Raghunath

Bazaar in Jammu, he reaffirmed

that Pakistan's attempts to influ-

ence Jammu and Kashmir have

Abdullah emphasized the need

to combat terrorism, encouraging

citizens not to fear but to confront

this challenge head-on. "Those

who wanted us to join Pakistan

consistently failed.



on the progress of the disengagement.

"At the moment, the Chinese and Indian

between Jammu and Kashmir: Dr Farooq

have failed," he said.

Expressing optimism in the new

Government, he voiced his belief

that Jammu and Kashmir will

frontier troops are implementing the resolutions in an orderly way," he said and declined to

Restoration of Darbar Move needed to foster unity

elevates it to new heights. However, he lamented the halting of the Darbar Move-a bi-annual administrative practice started by the Maharaja where the Government would shift between Srinagar

regain a developmental path that

and Jammu every six months. According to Abdullah, the Darbar Move was a significant tradition, fostering unity between the two regions, and its revival could restore the former glory of Raghunath Bazaar, news agency KNS

reported.

### JKPSC declares result of JKAS Combined **Competitive Examination 2023**



SRINAGAR. Oct 30 (Agencies): The Jammu Service Commission (JKPSC) has declared Competitive Examinations (CCE)-2023.

The selected candidates have been called for the medical examination as well.

As per the selection list issued by JKPSC, Sanjeev Kumar has secured the first position by scoring 1089 points while Iqra Farooq has secured second position. She has scored 1078 marks and Vasudha Sharma
Turn to page 9

### Around dozen people injured after mob allegedly attacks MLA Gurez's rally



SRINAGAR, Oct 30 (Agencies): At least a dozen people were injured after MLA Gurez Nazir Ahmad Khan's rally was allegedly attacked by a mob in Gujran area of Tulail in north Kashmir's Bandipora district yesterday evening, officials said.

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## Four people killed in two separate

BANIHAL/JAMMU, Oct 30 (Agencies): Four people were killed and as many were injured in two separate road accidents in Ramban and Reasi districts of Jammu and Kashmir on Wednesday, officials said.

A cab bearing a Punjab registration number plunged into a deep gorge near Magarkoot along Jammu-Srinagar



around 7 am, killing the driver and a female passenger on the spot, the officials said.

They said four other passengers - Neha (35), Aman (36), Manisha (40) and Megna (35), all residents of Maharashtra were critically injured in the accident and were evacuated by rescuers comprising of police and local volunteers.

## road accidents in J&K

in Ramban district



The group was apparently visiting Kashmir on a holiday, they said.

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### PDP MLA demands end of reservation policy in J&K, terms it 'Unjust'



SRINAGAR, 30 (Agencies): PDP leader Waheed Para on Wednesday called for the scrapping of the reservation policy in Jammu and Kashmir, saying it can compromise the long-term quality and competence of institutions.

2023 results had only

40 per cent of candi-

In a post on X, Para said the J&K PSC dates selected on "open merit," despite more than 70 per cent of the state population being in the unreserved cat-

He was commenting on the candidates called for the Jammu and Kashmir Combined Competitive Examination 2023.

■Turn to page 9

### and Kashmir Public the result of Combined Gupshup

Restaurant & Homestay / Guest House Air-Conditioner Rooms with attach Bathroom Location like Dalhousie



Contact: 9086072548, Email: gupshupjammu@gmail.com

SHADMOS/MASWAR

t has been 6 months since you left for

etemal journey. Yet your presence

remains etched in our hearts and minds. Your love continues to surround us, com-

forting us in moments of sorrow and guid-

Shadmos/Maswar held at our residence

3/4 Pandoka Colony Paloura Jammu on

Mrs Neetu Chauhan and Mr Sandeep Chauhan

10TH DAY / KRIYA

With heavy hearts and deep sorrow, we share th

sad news of the passing of our beloved Shri Parveen Kumar Bindroo (Amit Ji / Veor Ji / Papa), Slo the Late Shri Isher Das Bind roo, resident of Sarai Balla, Srinagar, Kashmir, (Presently Residing

at House No 116 Suryavanshi Nagar, Lower Roop Nagar ,Muthi Near Mahesh Bharti Aashram) on

Grand Children: Aashna, Aaransh, Anshita, Anushka 9797533300, 9796824819, 9596844415

ing us towards hope.

30th Oct/31st Oct 2024.

Deeply Remembered By:

Smt Vijay Kaul (Wife)

GRIEF STRICKEN:

/ishal Bindroo -Son

Smt. Rita Bindroo -Wife Sh. Vijay Kumar Bindroo -Brothe

Son & Daughter in Law

Daughter and Son in Law

Mr Vikas Kaul and Mrs Mosmi Kaul

### TENTH DAY/KRIYA

WITH PROFOUND GRIEF & DEEP SORROW, WE INFORM THE SAD AND UNTIMELY DEMISE OF OUR BELOVED SH. HARI KRISHAN SIO LATE SH. SOM NATH, RESIDENT OF H. NO-81/3, LOWER ROOP NAGAR, NEAR MAHAJAN

10TH DAY WILL BE PERFORMED AT OUR RESIDENCE MENTIONED ABOVE.

Day Date Thursday 31/10/2024 10th Day KRIYA RASAM PAGRI

NEPHEW & NIECE IN LAWS

11:00 am 12:00 Noon 04:00 pm

Friday 0 1/11/2024 Friday 0 1/11/2024 GRIEF STRICKEN: SMT. NEETA SHARMA (Wife) BHABHI AND BROTHERS

SMT. CHAMPA DEVI W/O LATE SH RAMESH KUMAR SON & DAUGHTER IN LAW ANKUSH SHARMA & SHIVANI SHARMA DAUGHTER & SON IN LAW PRIYA SHARMA & SHAKUN KHAJURIA RITIKA SHARMA & ANIL KHAJURIA

SMT. PARSHOTMA W/O LATE SH. RAM PAUL

RETHESH SHARMA AND SWATI SHARMA ROHIT SHARMA GRAND SONS AND DAUGHTERS MEDHASVI, AADVIK, AVIGHNA, KAASHVI, HARSHITA, DHANSHIKA, ASTITAV ALL NEARS AND DEARS

MOBILE NO: - 8011476076, 9419334485

### "OBITUARY FROM PATENTAL SIDE"

With profound grief and sorrow we regret to inform sad demise of our beloved Smt Makhani Labroo W/o Late Sh P M Labroo. She breathed her last on 28.10.24, last rites were performed on 29.10.2024 at Mumbai.

10th, 11th and 12th Day will be performed at Mumbai.

Grief Stricken

Santosh & B L Sarup

Ganshyam & Archana Wangnoo

Ashwani & Rajni Wangnoo Abhinav & Neeraj Wangnoo

Wangnoo Clan

343 Sharika Nagar Talab Tillo Jammu 9425301479, 7006472227

### TENTH DAY/KRIYA

Those we love don't go away. They walk beside us every day, Unseen, unheard but always nearby, Still loved still missed and very dear.

With deep grief and sorrow, we inform the sad demise of our beloved mother Smt. Bimla Devi Ji, wife of Late Shri Banke Behari, resident of House No. 48, Garden Avenue, Talab Tillo, Jammu, on 22nd October 2024.

The 10th Day will be held on 30th Oct. 2024 (Wednesday) at our residence at 11:00 AM.

The Kriya will also be performed on 31st October 2024 (Thursday) at 12:00 Noon at our residence.

GRIEF STRICKEN Rameshwar Sharma and Madhu Sharma - Son & Daughter-in-law Rinku and Kavita Sharma - Son & Daughter-in-law

Rohit Sharma and Priti Sharma - Son & Daughter-in-law Kashish Sharma and Rohit Gupta - Grand Daughter and Grand Son in Law Shanya Gupta and Shivaya Gupta - Great Grand Children

Grand Children: Rudraksh Sharma, Ojasvi Sharma and Atharv Sharma M/s PT. Devi Ditta Mal Madan Mohan Old Hospital Road Jammu. M/s New JK Surgicals Maheshpura

### RESPECTFUL REMEMBRANCE

13th Death Anniversary of Smt Sheela Devi W/o Late Sh Dewan Chand Datta H.No. 88, Resham Ghar Colony Jammu. Deeply Missed & Remembered By :

Son & Daughter-in-law Sh Rakesh Chander Datta & Smt Vinod Bala

Ms Sonika Datta - Grand Daughter

Grand Son & Grand Daughter-in-law

Mr Vijay Datta & smt Sudha Devi

Great Grand Daughter & Son Mehul & Ahaan



Smt. Bimla Devi Ji

Smt Makhani Labroo

Smt. Sheela Devi Datta W/o Late Sh Dewan Chand

Late Sh. Janak Ram Abrol

Sh. Sat Paul Singh

Jamwal

### BARKHI

One year has passed since you left us for the heavenly abode but your memories and blessings will remain in our hearts for-

Barkhi of our beloved father Late Sh. Janak Ram Abrol s'o Late Sh. Mangat Ram Abrol will be performed at our residence Village Kot Tehsil Bhalwal Distt, Jammu on 31st Oct, 2024 (Thursday) from 11.00 am onwards.

DEEPLY MISSED AND REMEMBERED BY Sons & Daughter-in-laws

Sh. Vijay Kumar Abrol & Smt. Shashi Abrol Sh. Parshotam Kumar Abrol & Smt. Suman Abrol (Daughters & Son-in-laws)

Smt. Prem Lata Verma & Sh. Brij Mohan Verma Smt. Geeta Verma & Sh. Pawan Verma

Amit Abrol - Grandson Aryan Abrol (Grand Son)

Sh. Ankit Abrol & Smt. Sonu Abrol (Grand Son & Daughter-in-law) Mob.: 9596050480, 9419618491

### 10TH DAY/KRIYA

With profound grief & sorrow, we regret to inform that our beloved Sh. Sat Paul Singh Jamwal, Retd. S.H.O. JKP, S/o Late Sh. Mangal Singh Jamwal R/o Old Gurha Bakshi Nagar, Jammu, expired on 21st October 2024. 10th Day will be performed on Wednesday 10:00 AM at

Rajput Sabha Old Gurha. Kriya Karam (13th Day) on Saturday at 12:00 Noon and

Uthala would be at 4:0 0PM at Rajput Sabha. GRIEF STRICKEN

Brothers & Bhabhis

Manjeet Singh Jamwal & Asha Jamwal Kuljeet Singh Jamwal & Ritu Jamwal Sons & Daughters-in-law

Lt. Sh. Rajinder Singh Jamwal & Rajni Jamwal Ravinder Singh Jamwal & Anju Jamwal

Grand Children:

Rupum Jamwal, Kanhaiya Jamwal, Hari Vardhan Singh Jamwal, Aashima Jamwal, Reevan Singh Jamwal



With profound grief & sorrow, we regret to inform the sad demise of Smt. Kamalawati Raina (Uma Raina) W/o Lt Nand Ram Raina original resident of Kathsu Pahalgam Distt Anantnag presently residing at Rama Krishna Vihar Udheywala Bohri Jammu who left for neavenly abode on 29-10-2024.

GRIEF STRICKEN

Son & Daughter in Law:

Mr Roop Krishan Raina & Mrs Jeeta Raina-8493918737 Son in Law & Daughter:

Mr Shiban Lal Kaul & Mrs Girja Kaul - 7780979159 Mrs Rozy Dhar W/o Lt Krishan Lal Dhar - (Daughter) 9419609933

Mr. Abshesh Bhat & Mrs Priyanka (Abshesh) Bhat

Grand Son in Law & Grand Daughter

Vishali, Mancy, Vimal, Komal -Grand Children

### BARKHI

Today marks one year of your absence. The ache of this privation is felt deeply in our hearts, yet the memories we shared continue to bring us comfort & strength.

You're no longer with us, but your legacy of love & wisdom lives on in our hearts forever.

On this day, we pay tribute to the man who gave us the gift of Life, Eternal love & Compassion & Determination to achive.

Genetics Jammu University/ Govt. Medical (Prof. Dr. Subash Gupta) College Jammu) shall be performed on 31st

47 1/A Channi Himmat, Jammu from 11 AM onwards.

DEEPLY MISSED & REMEMBERED BY:

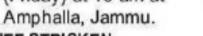
Mrs Arti Gupta (Wife)

Kanishka Mahajan (Grand Child)

### 10TH DAY

heavenly abode on 23/10/2024.

10th Day will be held on 01/11/2024 (Friday) at 10 am at



GRIEF STRICKEN

Hardev Singh and Suraj Kanta (Father and Mother) Shivani Jamwal and Sachin Slathia (Sister and Brother-in-law) Rajesh Jamwal and Mitika (Brother and Sister-in-law) Rakesh Jamwal and Shaveta (Brother and Sister-in-law) Niece and Nephew (Shivanshi, Divija, Avyukt and Bivan)

9622398201/9906094475/7051003655/7006847462/8082614112)

## BARKHI

BARKHI of Late Sh. Krishan Lal Bangathia on 31.10.2024 Thursday at Ravi Dass Mandir Krishana Nagar Jammu at 12.00 Noon.

**GRIEF STRICKEN** 

Smt. Shanta Kumari -Wife

Sons and Daughters in Law

Sanjeev Gupta and Late Smt. Asha Gupta Rajesh Gupta and Smt. Sweety Gupta

Grand Sons and Grand Daughter

Aadhunik Gupta, Aman Gupta, Akshay Gupta

BANGATTHIA FAMILY RAMNAGAR WALE Mobile Numbers: 94191-60298, 94191-87609

### **ADH BARKHI**

Six months has passed since you left us for your eternal journey. Your memories are still fresh and we feel your presence everywhere, everytime.

Adh Barkhi of our beloved Late Smt Sharda Bhandari W/o Sh Brij Pal Bhandari will be performed on 31-10-2024 (Thursday) at our residence H.No. 363, Sec-2, JDA Housing Colony Roop Nagar Jammu.

Grief Stricken Sh Brij Pal Bhandari -Husband Vikas Bhandari & Nidhi Heera -Son & Daughter-in-law

Shivani & Ajay Gupta - Daughter & Son-in-law Ekta & Manu Uppal - Daughter & Son-in-law Jeth & Jethani Sh Sat Pal Bhandari & Late Smt Raj Kumari Late Subash Chander Bhandari & Smt Radha Bhandari

Sh Ram Saroop Bhandari & Smt Veena Bhandari Grand Children: Aarnav, Anvi, Riya

Mob. No. 9419132829, 8492000865, 7298215586



BARKHI of our beloved (Prof. Dr. Subash Gupta) (Ex Dean, Life Sciences, Ex HoD, Dept. of Zoology, Ex Centre Coordinator Human

October Thursday at our residence Gupta Niwas

Mrs Champa Gupta (Sister)

Sunakshi Sharma & Er. Sandeep Gupta (Daughter-in-law & Son) Dr. Ashma Gupta & Er. Ankur Mahajan (Daughter & Son-in-law)

With Profound grief and sorrow we nform the sad demise of our beloved daughter Miss Sunali Jamwal D/o Hardev Singh and Suraj Kanta R/o 24-A Ext. Karanj Nagar Jammu who left for her

Ved Mandir, Amphalla, Jammu.



Miss Sunali Jamwal Date: 23-10-2024,

Late Sh. Krishan Lal

Bangathia

Late Smt Sharda

Bhandari

### M/s New JK Surgicals Maheshpura Wednesday

Shanta Dhar, W/o Late Sh M N Dhar, who left for her heavenly abode on 26/10/24, originally resident of Safakadal, Srinagar and resently residing at House No N-126. First loor, Mayfield Garden, Sector 51, Gurugram.

**GRIEF STRICKEN** Son & Daughter - in - Law Anii Dhar & Sushma Dhar

Daughters & Sons-in-law Smt Usha Raina, W/o Late Sh S K Raina Smt Nancy Taing, W/o Late Sh S C Taing Smt Renu Zaifrani, W/o Sh N K Zaifrani

Grand Children Ph. 9582176970, 9582219207, 9873829610

With profound grief and sorrow, we inform the sad demise of our beloved Sh. Badri Nath Kaul S/o Late Sh. S.N. Kaul (originally R/o Rainawari, Srinagar) on 24 October, 2024



10th Day Kriya will be per- Sh. Badri Nath formed on 2nd November at

Rajrani Villa, Sabathu Road, Saproon, Solan H.P. 9418468570, 6230941963

### TENTH DAY KRIYA 'You will forever be treasured in our hearts'

With profound grief and sorrow, we inform the sac and untimely demise of Karamyogini Smt. Nirmala Bhat W/o Lt. Sh Niranjan Nath Bhat R/o Ganeshpora, Tehsil Pahalgam, Distt. Anantnag A/P TRT BLOCK K-12 Nagrota Camp on 22nd October,

10TH DAY KRIYA will be performed at TRT Nagrota ommunity Hall on 31st October 2024 (Thursday) a

GRIEF STRICKEN:

. Som Nath Bhat & Smt. Sunita Bhat Sh. Pran Nath Bhat & Smt.Priva Bhat h. Kamal Krishan Bhat & Smt. Kiran Bhat



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Sh Mahraj Krishen

THE TENTH-DAY KRIYA will be performed on 1s Nov 2024 at Muthi Ghat, Jammu, J&K, at 9:00 am imt. Phoola Bindroo (Pyari) -Sister-in-law (Amit Ji / Veer Ji/ Papa)

Sister and Brother in law Smt. Phoola Mattoo and Sh. Mohan Lal Mattoo Smt. Neelam Kachroo and Smt. Krishan Ji Kachroo

Vishal Bindroo - Son Son and Daughter-in-law Aman Bindroo and Monesha Bindroo Ashwan i Kumar Bindroo and Bhavna Bindroo Daughter and Son-in-Law Sonam Gujral and Deepak Gujral



AKHAND PATH AND **ANTIM ARDAAS** nform the sad demise of our beloved S. Kirpal

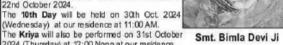
Singh Wazir S/o Late. Partap Singh Wazir R/ Bandurakh Opp. Airforce Gate No 2, left for hi eavenly abode 23rd. October 2024, peaceful t his residence Akhand Path and Antim Ardaas -

arambh Shri Akhand Path Sahib 30 -10-2024 at his Residence 9.00 a.m. Bhog Shri Akhand Path Sahib on 01-11-2024 at S. KIRPAL SINGH WAZIR nis Residence 9 a.m.

ANTIM ARDAAS will be performed at Shri Guru Singh Sabha Gurdwara Sahi Bandhu Rakh from 10.00 a.m. to 12.30 p.m. GRIEF STRICKEN: Daughter in law and Son

### Survinder Kour and Tarminder Singh aughter and Son in law Navneet Kour and Dhupinder Singh (Motor Vehicle Department) PHONE: 9419209799, 9419195769

TENTH DAY/KRIYA hose we love don't go away. They walk beside us very day, Unseen, unheard but always nearby, Still loved still missed and very dear. With deep grief and sorrow, we inform the sa demise of our beloved mother Smt. Bimla Devi Ji. wife of Late Shri Banke Behari, resident of House No. 48, Garden Avenue, Talab Tillo, Jammu, o



2024 (Thursday) at 12:00 Noon at our residence.
GRIEF STRICKEN Rameshwar Sharma and Madhu Sharma - Son & Daughter-in-law Rinku and Kavita Sharma - Son & Daughter-in-law Rohit Sharma and Prili Sharma - Son & Daughter-in-law Kashish Sharma and Rohit Gupta - Grand Daughter and Grand Son in Law Shanya Gupta and Shivaya Gupta - Great Grand Children Grand Children: Rudraksh Sharma, Ojasvi Sharma and Alharv Sharma M/s PT. Devi Ditta Mal Madan Mohan Old Hospital Road Jan

### OBITUARY/TENTH DAY KRIYA

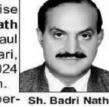
With profound grief and sorrow, we inform the sad demise of our beloved mother Smt The Tenth Day Kriya will be held on 04/11/24 (Monday) 8:00 am onwards at Guru Shankar Mandir, Sector 109, New Palam Vihar, Phase





### **OBITUARY & TENTH DAY KRIYA**

at Solan, Himachal Pradesh.



**GRIEF STRICKEN** KAUL AND SADHU FAMILY,



(Sons & Daughters in law) Sh. Sameer Bhat & Smt. Simran Bhat Sh. Shashi Bushan Bhat & Smt. Sunita Koul Brothers in law & Sisters-in-law)



Karamyogini Smt. Nirmala Bhat

DISCLAIMER

the contents on their own before acting there upon."

## **CEO JSCL leads inspection drive on E-Buses to**

**Top News Report** 

JAMMU, Oct 30: Chief Executive Officer (CEO) of Jammu Smart City Ltd. (JSCL) and Commissioner of Jammu Municipal Corporation (JMC), Dr. Devansh Yadav, conducted an extensive inspection drive across Jammu's e-bus routes today to ensure service quality and gather passenger feedback.

The drive, led by Dr. Devansh Yadav, commenced at 5:00 AM and will continue throughout the day.

Dr. Yadav was accompanied by senior officials from JMC and JSCL, including Senior General Manager Finance Ashish Anand, AEE Civil (Manager Depot) Ravi Salgotra, Manager Enforcement Rakhvinder Singh, and others.

Dr. Yadav and the



enhance passenger experience, get feedback

accompanying officials traveled alongside regular commuters on the e-buses, assessing passengers' daily experience and collecting direct feedback.

He interacted with passengers, aiming to understand their experiences regarding the operational efficiency, cleanliness, and reliability of the e-buses.

Senior officials also

the department can impart

training to the participants

at their door steps in the

art of processing of fruits

and vegetables to con-

vert it into value added

products such as Jam.

Pickle, Preserve, Candy,

Sauces, Squash, Jelly's

Further, he said that the

department will facilitate

the women entrepreneurs

in selling their products in

the departmental facilita-

tion centres and coopera-

During the interaction,

various queries were

raised by the women

farmers, which were very

calmly addressed by

The Exposure visit of

more than 70 women

farmers was flagged of

by Director Horticulture

Jammu C. L Sharma in

presence of Joint Direc-

tor Horticulture Jammu

Vikas Anand, Chief Hor-

ticulture Officer Jammu

Rakesh Kotwal, DLSMS

Jammu Sandeep Gupta

and other officers of the

visit, women farmers

visited Strawberry plan-

tation farm, Protected

Cultivation Structures,

Micro- Food Processing

Units, Geo-Tanks etc. at

Gazian and Morchapur

carried out by Sh. HDO

Dheeraj Sharma.

department

Director Horticulture

tive stores

inspected the buses' hygiene standards, addressing passenger concerns regarding service quality.

The inspection drive also aimed to address frequent issues raised by passengers, such as inconsistent ticketing practices, farerelated concerns, and overcharging. Dr. Yadav instructed the crew to ensure a smooth and hassle-free experience for passengers during this festive season.

He also directed the crew to adhere to the timetable, ensure that buses stop at designated bus stops, and strictly follow the established

Dr. Yadav highlighted the importance of these interactions, stating, "The primary purpose of today's inspection is to travel alongside the stand their experiences. We are here to gather feedback on the successful operations that passengers have appreciated, as well as tackle recurrent issues like ticketing problems and overcharging firsthand."

He assured the public of continued improvements, especially in the punctuality and operational standards of the e-buses.

He remarked, "In the coming days, our teams will strive to make e-buses even more efficient, ensuring they reach stops on time and provide an improved public transport experience."

Dr. Yadav emphasized the commitment to offering an efficient and accessible transportation system, aiming to set a new standard in the city's evolving public transport network.

### "JAMMU 86 GANGWAR" will be released on Dec 20

**Top News Report** 

JAMMU, Oct 30: We are thrilled to announce the release of "JAMMU 86 GANGWAR," an ambitious Punjabi feature film based on real events involving local gangsters in Jammu. This cinematic journey explores the rise and fall of crime in the esteemed City of Temples, highlighting how law enforcement intervened to dismantle the underworld, ultimately reshaping the community through the transformative power of education.

"JAMMU 86 GANG-

WAR" delves into the dark side of crime, including mafia activities, illegal mining, and robberies that threatened peace in the region. The narrative spotlights the decisive moment when authorities, armed with intelligence and strateaic interventions, began to break down the gangster culture. Beyond the thrill and suspense, the film carries a profound message about societal change and the pivotal role of education in creating a better future for all.



The film's grand inaugural ceremony was attended by Dr. Faroog Abdullah, the Ex-Chief Minister, adding honor to this project. Produced by Parshotam Gupta and crafted by Rajesh Raja through his screenplay, story, and direction, the film stars Bollywood icons Shakti Kapoor and Shahbaz Khan alongside Tanvir Darr and an ensemble of over 50 talented stars from Jammu. Filmed over 30 days in

production to date. The film celebrates the unique bond between Dogri and Puniabi cultures—akin to the connection of elder and younger sisters—illustrating Jammu's longstanding appreciation for Punjahi cinema. We believe this resonance

Jammu's breathtaking

locales, it stands as the

region's largest-budget

will extend across Puniab and beyond, drawing support from audiences keen to witness Jammu's cinematic prowess.

Partnering with PVR Cinemas for distribution, "JAMMU 86 GANG-WAR" will be released on December 20, 2024. in Jammu, Punjab, and Mumbai. This pivotal release is a testament to our vision of bringing Jammu-Kashmir cinema to the forefront, with aspirations to stand shoulderto-shoulder with Pollywood and Tollywood. We hope this landmark film will pave the way for a thriving cinematic future in Jammu.

We invite audiences across regions to support this milestone and experience a powerful story from Jammu-Kashmir that celebrates resilience, unity, and transformation.

### Horticulture Deptt flags off exposure visit of women farmers

**Top News Report** 

JAMMU, Oct 30: In an endeavour to motivate women farmers to adopt Horticulture as a profession, emerging as a better source of livelihood. Director Horticulture Jammu Sh. C. L Sharma flagged off an Exposure visit of women farmers.

Exposure visits are organised so that people living in one place can visit another location to observe and learn from other community's development activities. The purpose of exposure visits is to enable farmers to view Good Horticulture Practices which leads to sustainable horticulture.

Director Horticulture while interacting with the women farmers, briefed them about the various schemes of the department. He asked them to form Self Help Groups (SHG's) and assured that the department will assist them in setting up of Micro Food Processing units on subsidized cost for the value addition of fruit and vegetable products. This will not only provide employment opportunities to them, but also become self-reliant and can play an important role in enhancing the family income

The Director said that

### Javed Rana emphasises community based conservation efforts for revival of Markhor habitat

**Top News Report** 

SHOPIAN, Oct 30: Minister for Jal Shakti, Forest, **Ecology & Environment** and Tribal Affairs, Javed Ahmed Rana, today asked the wildlife authorities to assess the impact of human activities and livestock grazing by non-traditional migratory herders on Markhor and its habitat. While travelling through Mughal road, the Minister



visited the Hirpora Wildlife Sanctuary in Shopian and directed the officers of wildlife protection to aggressively undertake

### MP Gulam Ali Khatana **Delivers Lecture at Matrix Premiere Institute**

**Top News Report** 

RAJASTHAN/JAMMU, Oct 30: Addressing aspiring NEET and JEE students at Matrix Premiere Institute in Rajasthan, Rajya Sabha MP and senior BJP leader Er. Gulam Ali Khatana lauded the National Education Policy (NEP) 2020, describing it as a transformative step in India's education sector.

Serving as the Chief Guest, Khatana highlighted the contributions of Prime Minister Narendra Modi and Home Minister Amit Shah in advancing India as a global education leader.

"Under the visionary leadership of Prime Minister Narendra Modi, NEP 2020 has ushered

in revolutionary reforms," said Khatana. "The policy fosters holistic education and equips students to meet future challenges." He encouraged stu-

dents to aspire to be role models, stressing the impact of strong, ethical leadership on national pride and progress. "The nation has reached new milestones, and every Indian can hold their head high," Khatana remarked, urging youth to contribute positively to society.

The event underscored NEP 2020's focus on student-centric learning and India's educational reforms aimed at global recognition, inspiring students at Matrix Premiere Institute to strive for excellence.

### all possible measures for soil conservation, afforestation and other appropriate measures against wildlife crime to conserve and protect the fragile ecosystem inhabited by Markhor. He instructed for 24x7 patrols to combat

The Minister underlined the instrumental role of wildlife authorities in engaging migratory communities to bring about desirable results for Markhor revival and the fragile ecosystems they inhabit through community-based conservation efforts.

poaching and illegal hunt-

ing besides conducting

regular wildlife population

monitoring.

"There should be no harassment of traditional migratory herders, he cautioned, and directed the wildlife protection officers to involve local migratory communities and raise awareness through outreach programs by encouraging them to become more conscious and responsible stewards of wildlife conservation.

### **Divine Events J&K hosts music competition** Public School), and

**Top News Report** 

JAMMU, Oct 30: Divine Events J&K recently organized a lively music competition at the Writers Club, Abhinav Theatre, Jammu, bringing together young musical talents from four states. Organized by renowned artist Amritpal Singh, the event provided a platform for students to showcase their skills across instrumental and vocal categories, celebrating the diversity of musical expression.

The competition was graced by Chief Guest Dr. Devinder Kumar Manyal, MLA Ramgarh, Former Health and Education Minister of Jammu and Kashmir, and General Secretary of BJP J&K. Dr. Manyal commended both the participants and the organizers, highlighting the importance of such events in fostering students' holistic development and enhancing their creative abilities.

Special guests included Wing Commander Johnson, Rajesh Sharma (Principal, Sunshine Deepak Kumar (hailed as "Junior Kishore Kumar of Jammu"). The panel of esteemed judges, featuring Sandeep Saini (renowned drummer), Ausotosh Mangotra (acclaimed classical teacher), and Ravi Raghuvanshi (noted singer and shehnai player), brought their expertise to the event, helping to select the most outstanding performances in each category.

The competition showcased winners across various categories. In the Vocal Category, the first prize was awarded to Aavti Sharma, followed by Avni Sharma in second place and Ashvika Sharma in third. In the Western Singing category, Aaron Johnson from Kerala took Junior Singing Category, Sanmay Gupta won the top prize, with Darsh Andhare from Maharashtra in second place and Mahira in third. Among the instrumentalists, Survansh Gupta won the Drums category with Nirvaan and Ranvir as the second and third prize winners, respectively. Guitar (Open Category) was led by Ridhiman, while in the 15-18 Years Category, the top prizes went to Aaron, Arush, and Ojas in descending order. In the Bass Guitar category, Mehrab Singh took first prize, while in Keyboard, Shubhangi Sharma secured first place, followed by Parth Mangotra.

Concluding the event, Dr. Devinder Kumar Manyal praised the students' talents and encouraged them to actively participate in similar opportunities that help nurture their potential. He presented prizes to the winners, offering blessings and motivational words to all the participants.

not only celebrated the musical prowess of the young talents but also fostered a spirit of community and collaboration among young artists from diverse backgrounds, contributing to the cultural richness of the region.

### **KDP Wing of DPAP expresses** concern regarding gutting of migrant family huts at Purkhoo

**Top News Report** 

JAMMU, Oct 30: In a joint statement issued by Leaders of KDP Wing of DPAP, through it's President Sanjay Dhar, Chairman Piaray Lal Pandita, General Secretary Raj Kumar Ticku, have expressed their grave concern regarding guttings of Migrant family quarters at Purkhoo Camp and have expressed their sympathy with the families, whose all lodging, domestic appliances, clothing, electronic items have gone to ashes due to devastating fire.

The leaders have appealed the Commissioner Secretary DMRRR, Relief & Rehabilitation Commissioner Migrants to make alternate accommodation arrangements for the effected families on priority basis with support of all living domestic help, keeping in view the approaching winter season and have appealed the District / Red Cross Adminstration to provide immediate help and compensation to the

effected families for the damaged losses.

The leaders have also appealed the Social Organisations, NGOs to come to the rescue of these effected families, by donating help in the personal A/C Nos of the effected families and not through any agencies, for their survival and Rehabilitation ,being these families depending on a meager Relief assistance and appeal the Govt. for assessment of exgratia and release of free Ration over and above their quota for six months.

The leaders have appealed the Director General Of Fire and **Emergency Department** to Sanction Mini Fire Service stations in all Migrant Camps for meeting such emergent eventualities especially in Jagti Migrant Camp where 176 Buildings exist and is far away from City Fire stations.

The Relief & Rehabilitation Commissioner is also requested to recommend the Fire stations for Camps being long pending demand of the Camp residents

### FIR filed in Gurez incident; Minor injuries reported: **SSP Bandipora**

**Top News Report** 

SRINAGAR, Oct 30: National Conference Member Legislative Assembly (MLA), Nazir Ahmad Khan Gurezi on Wednesday claimed that his convoy was attacked by "stone-pelting assailants during a routine tour in Gujran Tulail". The incident Gurezi

said occurred when he was returning from Chakwali, where he had gone to thank locals for their support in the recent elections.

"Unidentified individuals blocked the convoy's path, leading to a violent confrontation" Harmeet Singh Mehta,

Senior Superintendent of Police (SSP) Bandipora told that a case has been registered and investigations have begun.

"A case has been registered. We have initiated an investigation into the

matter. Minor injuries were reported, and those affected have been taken to the hospital," SSP Bandipora stated.

The MLA however said that the incident led to multiple injuries and damage to vehicles.

'Some of the injured, with more serious wounds, were shifted to Srinagar for further treatment".

Nazir Gurezi expressed his concerns, saying, "We were on a routine tour to thank people for their support in the recent election. Unfortunately, supporters of my opponent tried to harm me. Four people were injured; two with minor injuries, while two were shifted to Srinagar. I urge those responsible should face punishment as soon as possible," Gurezi told.

Sources said that the police have registered an FIR (No. 7/24).

### UNION TERRITORY OF JAMMU AND KASHMIR OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI(PHE) MECH. DIVISION KATHUA

NOTICE INVITING TENDER

e- NIT No. 86/JSPHEMK of 2024-25 dated: 28-10-2024

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

Name of the \	Work	Name of the Division	Cost of Tender Document/Tender Fee(In Rs)	Earnest Money	Estimated Cost	Bid Validity
1		2	3	4	5	6
Providing,instal n, testing comm. of 500 x 150m head and allied wor Dug Well Sall Hiranagar.	and OGPH SPS ks at	Jal Shakti PHE Mech. Division Kathua	Rs. 200.00 (Non-Refundable) In the shape of Treasury Challan in favour of the Executive Engineer, Jal Shakti PHE Mechanical Division Kathua& also mentioned the e-NT No. and date	2% (pledged to Executive Engineer,Jal Shakti PHE Mechanical Division Kathua)	2.50 lac	Bid shall be valid for 180 days

- 1) Bid documents can be seen at and downloaded from the website http://jktenders.gov.in from 28-10-2024 (06:50PM) and uploaded from 28-10-2024(6:50 PM) to 04-11-2024 (01:00 PM). he complete bidding process will be online <a href="http://jktenders.gov.in">http://jktenders.gov.in</a>.
- Bids must be accompanied by bid security and cost of Tender Document as specified in column 3 & 4 of the table.
- The bid shall remain open for acceptance for a period of 180 days from the date of opening of bids. If any bidder/ tenderer withdraws his bid/ tender before the said period or makes any modifications in the terms and conditions of the bid, the tenderer shall be debarred from participating in tendering process for a period of 1 year.
- The Technical Bids of the tender document received shall be opened online in the office of Executive Engineer Jal Shakti Department PHE Mechanical Division Kathua on 05-11-2024 at 01:00 P.Mor any other day convenient to the Ex. Engineer in the Office chambers of Executive Engineer, PHE Mechanical Division Kathua.
- The Financial Bids of the tender document of the qualified bidders shall also be opened online in the office of the Executive Engineer Jal Shakti Department PHE Mechanical Division Kathua during office hours and shall be communicated separately.
- Other details can be seen inside the detailed tender document.

No: JSPHEMK/2121-24 Dated: 28-10-2024

DIP/J-6338/24

Sd/-Executive Engineer, Jal Shakti (PHE) Mech. Division, Kathua

## **EDITORIAL**

## EFFECTIVE SECURITY PLANNING

In today's fast-paced world, organizing events is essential across various sectors, from corporate gatherings and conferences to weddings and community celebrations. However, the safety and security of these events cannot be overlooked. Ensuring a secure environment for attendees is crucial for successful event execution. This overview discusses key strategies and considerations for saving and securing events effectively.

The first step in securing an event is conducting a thorough risk assessment. This process involves identifying potential threats, vulnerabilities, and consequences that could arise during the event. Factors to consider include the location, which should be evaluated for its security features, accessibility, and potential risks associated with the surrounding area. Additionally, estimating the number of attendees and identifying high-profile guests who may require additional security is essential. Different events pose varying risks; for instance, a concert may face crowd control challenges, while a corporate meeting might be susceptible to data breaches. By assessing these factors, event planners can develop a tailored security plan that addresses specific needs and concerns.

Once risks are identified, developing a comprehensive security plan is crucial. This plan should include hiring trained security personnel, which is essential for maintaining a safe environment. Depending on the event's size and nature, it may be necessary to employ uniformed security guards, off-duty police officers, or specialized security teams. Implementing strict access control measures can help prevent unauthorized entry, including ID checks, wristbands, or electronic ticketing systems. Additionally, outlining clear emergency response procedures for various scenarios—such as medical emergencies, natural disasters, or security threats—is critical. All staff members should be trained in these protocols to ensure a coordinated response during any

Advancements in technology can significantly enhance event security. Utilizing various tools can help mitigate risks and create a safer environment. For example, installing CCTV cameras throughout the venue provides real-time monitoring and deters criminal activity. Metal detectors can be used at entry points to screen attendees for weapons or prohibited items, especially for large-scale events. Establishing effective communication channels among security personnel is vital for rapid incident response; two-way radios or mobile apps can facilitate swift coordination. These technological integrations contribute to a more secure atmosphere for everyone involved.

Effective crowd management is essential for maintaining safety during events, particularly those with large attendance. Key strategies include designing the venue layout to promote smooth traffic flow, preventing bottlenecks and overcrowding. Clear and visible signage can guide attendees and inform them about emergency exits, first aid stations, and other essential information. Furthermore, ensuring that staff members are trained in crowd control techniques can help manage attendees effectively. They should be equipped to handle difficult situations and guide people calmly during emergencies, contributing to a safer event environment.

Health and safety should be prioritized at any event, making preparedness for medical emergencies crucial. Setting up designated first aid areas staffed with trained medical professionals ensures that necessary equipment and supplies are available to address common injuries or health concerns. Compiling a list of emergency contacts, including local hospitals, police stations, and fire departments, is vital; this information should be distributed to staff members and security personnel. In light of recent global health concerns, implementing health protocols—such as temperature checks, hand sanitizing stations, and social distancing measures—can further enhance safety and comfort for attendees.

After the event concludes, conducting a postevent review is essential for continuous improvement. This process involves gathering feedback from attendees, staff, and security personnel regarding their experiences and any security concerns they observed. Reviewing any incidents that occurred during the event can help identify areas for improvement in security protocols or planning. Compiling a comprehensive report summarizing the event's security performance and recommendations for future events is crucial for enhancing security measures in subsequent

The safety and security of events are paramount in today's environment. By implementing a proactive approach that includes thorough risk assessment, effective security planning, technology integration, crowd management, medical preparedness, and post-event review, organizers can create a safe and enjoyable experience for all attendees. Prioritizing security not only protects individuals but also enhances the overall success and reputation of the event, fostering trust and encouraging participation in future gatherings.

### Israel vs Iran countdown for Catastrophe begins

By: Omkar Dattatray

Tith Israel poised to attack Iran, having already blindsided friends and foes alike with its blitz against Lebanon's Hezbollah movement, all the talk is of an inexorable slide towards a new,pan -Middle Eastern war.yet brakes remain to halt a regional fall into a wider conflagration that would lock Israel and Tehran into escalating conflict and suck in other nations, according to several people with experience in intelligence and military decision -making .Israel is unlikely to flinch from launching an aerial barrage on Iran as soon as in the coming days in retaliation for Tehran's decision to launch 180 ballistic missiles at Israel on Tuesday". Whoever attacks us-we attack them,"said Israeli Prime Minister Benjamin Netanyahu told his security cabinet, summing his doctrine of deterrence. As tensions escalate ,both nations face a critical juncture. The choices made now could lead to devastating repercussions for the entire region. Following the alleged involvement in the Lebanon pager blast, which specifically targeted Hezbollah's upper echelons, Israel has initiated an extensive air campaign against the group ,leading to the reported assassination of Hezbollah chief Hassan Nasrallah in an operation codenamed"New Order."This military strategy ,characterized by attrition and limited ground operations, echoes the tactics employed during the 2006 Israel-Iran conflict.In an unprecedented attack, the Iranian revolutionary Guard Group and the Iranian army launched approximately 180 missiles at Israel .Iran claimed the responsibility for targeting three air force bases and Mossad headquarters in retaliation for the assassination of Hezbollah leader Hassan Nasrallah, the new Islamic Republican Guard Corps commander in Syria -Lebanon ,and senior Hams leader Ismail Haniyeh. While most of the missiles were intercepted through cooperation between

Israel ,the US and Jordan,a few dozen managed to strike military and civilian targets , resulting in limited physical damage and minor loss of life.We are now one step closer to a direct war between Israel and Iran ,a conflict whose effects will ripple throughout the Middle East and beyond. Such a conflict would have potentially devastating consequences., both conventional and nuclear. Time is not on the regions side ,and every effort must be made to ensure that decisions on this matter are not made rashly. Unlike the previous Iranian attack on Israel in April ,the latest attack was executed more quickly ,with relative surprise.It involved twice as many ballistic missiles. This escalation stemmed from significant damage Israel delivered to the image of the "axis of resistence," especially Iranian proxy Hezbollah ,following criticism that Iran was abandoning its allies while not carrying its weight. Concerns in Tehran likely arose from how perceived weakness could affect internal stability ,and the possibility of Israel further intensifying attacks against Hezbollah or targeting Iran directly. Both sides seem intent on continuing to raise the stakes. Despite Iran warning that it would target Israeli civilian infrastructure in future attacks, decision -makers in Jerusalem are expected to authorize a more robust response than one they launched in April.Previous Israeli efforts were misinterpreted and failed to deter a direct Iranian assault, and efforts to disrupt offensive support between "axis" members have moved to the fore. This could lead to more forceful, overt and effective Israeli military action against Iraq. The perception of Iran as the "octopus head" - the primary architect of a multi-front anti-Israeli strategy -also motivates intensified action. What is on the table? Israel may target military installations, such asv surface-to-surface missile bases or anti-aircraft systems,or Iran's energy sector and political regime symbols. An attack on Iran's nuclear facilities is being debated in Israel ,but is not likely at the moment. Factors being considered include the operational capability to excute such a strike effectively, the time that would be required to rebuild the facilities ,expected regional reactions and impact on Iran's future decisions to develop nuclear weapons .Tehran spared no expense in entertaining the masses during this year's Al Quds Day festivities .Israeli and US flags were banned ,inflammatory speeches were given ,and a new digital clock was unveiled in the Tranian capital's aptly -named Palestine Square .But this new clock doesn't tell the time -instead it counts down to the destruction of Israel ,set for 2040. The date prediction comes from a speech Iran's supreme leader Ayatollah Ali Khamenel gave on September 9,2015, in which he stated that the "Zionist regime will cease to exist in the next 25 years." Israel will be celebrating its 92nd -and supposedly last-birthday in 2040.Our day of destruction will also festively be shared with the 100th anniversary of the first remote operation of a computer ,105th birthday of Israeli actor Chaim Topol of the Fiddler on the Roof fame ,and oddly enough, the 47th anniversary of the Palestine Liberation Organization officially recognizing Israel as a legitimate state .Which one of these events will be worthy of a Google Doodle on September 9,2040? While we shake in our boots for the next 25 years, let us take a look some of at history's failed predictions. War ravaged the globe from 1914 to 1918. Millions of people were killed,new chemical weapons caused horrific injuries ,and entire monarchies collapsed.No wonderpeople called it the War to End All Wars was quickly followed by another global war that unleashed even more destruction. The 1914-1918 war was thus renamed as the first World War. Tensions with Iraq and the Bush administration were at an all-time high after 9/11 and everyone could see that war was on the horizon .When asked how long a war would

last during 2002CBS Radio interview ,then US Secretary of Defence Donald Rumsfled said,"I can not tell you if the use of force in Iraq would last five days or five weeks ,or five months ,but it is certainly isn't going to last any longer than that."In February 2003, prior to the March invasion of Iraq ,Rumsfeld told people in a town hall meeting that"And it is not knowable if force will be used ,but if it is to be , used it is not knowable how long that conflict would last .It could last, you know, six days , six weeks.I doubt six months."The war in Iran lasted nearly 8 yesrs and 9 months. officially ending in December 2011, and US troops remain in the country in the fight against ISIS.Israel is less likely to hit the oil facilities that underpin Iran's economy or its nuclear sites, according to many of the experts interviewed ,who include more than half a dozen former military, intelligence and diplomatic officers from US and Middle East. These highly sensitive targets would be expected to draw an escalated Iranian response including the potential targeting of the oil production sires of US allies in the region including Gulf Arab states .US President Biden said ,he would not negotiate in public when asked if he had urged Israel not to attack Iran's oil facilities.Israel has surprised much of the world with the scale of its offensive against the Iranian -backed group Hezbollah ,from the detonation of thousands of militants pagers and walkie- talkies, to the Assassination of leader Sayved Hassen Nasrallah in a Beirut airstrike and a ground incursion into southern Labanon."It would be unwise for outsiders to try to predict Israel's attack plan ,"said Norman Roule, a former senior CIA officer who served As the US intelligence community's top manager for Iran from 2008 to 20017.

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

### **Skin Detox Tips to Follow Post Diwali**

### By: Shahnaz Husain

he festive season is getting over and it is time to hit the life back, isn't it?

Due to the festive preparations, we tend to ignore our bodies which takes a toll on our skin and hair and they start to lose their glow and shine.

.The night of Diwali is usually reserved for night-long parties and for loading yourself with sugary stuff. But, in the midst of this all, one thing that goes on for a toss is your body.

Festival treats till the wee hours of the morning, eating oily foods and sweets, cleaning, post-Diwali pollution, skipping out on skincare routines, and the ensuing pollution can affect skin health.

Crackers burst during Diwali contains highly toxic heavy metals such as lead, copper, zinc, manganese, sodium, potassium, etc. which causes various skin issues.

After the Diwali festivities that involve heavy makeup and exposure to pollutants, it's high time we give our skin the love and care it deserves.

However, with the festive season over, now is a great time to detox your skin and take a break from everything

Give your skin the love it needs post-Diwali by following these simple skincare tips for healthy skin!

1--Try intermittent fasting Intermittent fasting involves periods of entirely or partially abstaining from

There are several different ways to do intermittent fasting, but they are all based on choosing regular time periods to eat and fast.

Fasting completely for 1 or 2 days a week, known as the Eat-Stop-Eat diet, involves eating no food for 24 hours at a time while they can take water, tea, and other calorie-free drinks during the fasting period. Fastly generally begins from morning up to the second day's morning breakfast time.

One way is to drink only water with lemon until 2 pm the next day, and have only one light meal with lots of fluid for a cleanse.

You can opt for day time ---restriction fasting where one can eat normally but only within an eight-hour window each day. For example, skip breakfast but eat

lunch around noon and dinner by 9 p.m Some studies have concluded that intermittent fasting may be more beneficial than other diets for reducing inflammation and improving conditions associated with inflammation,

It is important to drink lots of water and calorie-free drinks, such as herbal teas, throughout the day. This can help ensure you get enough electrolytes, sodium, and potassium chloride.

After breakfast take food that is high in fibre, vitamins, and minerals, to keep blood sugar levels steady and prevent nutrient deficiencies. A balanced diet will also contribute to overall health.

2----Add antioxidants to your diet------Antioxidants are molecules that fight

Antioxidants are molecules that fight free radicals in your body.

Plant-based foods are the best source of antioxidants. These include fruits, vegetables, whole grains, nuts, seeds, herbs and spices, and even cocoa.

Several vitamins, such as vitamins E and C, are effective antioxidants.

Plants have naturally occurring antioxidants such as carotenoids, flavonoids, isothiocyanates, and phenolic acids.

Berries, green tea, coffee, and dark chocolate are renowned for being good sources of antioxidants

Antioxidant vitamins C and E have skin benefits. Antioxidants make skin softer, reduce moisture loss and protect skin cells from sun damage.

However high doses of some antioxidant supplements can be harmful. For example, they can result in the effects of some medicines. If you are on any medicines, make sure you ask your doctor about taking antioxidant supplements.

Antioxidants help skin repair itself. Inflammation impedes the skin's renewal process. By reducing inflammation, antioxidants allow the skin to repair itself and correct visible damage. Some antioxidants, like vitamin C, can also stimulate collagen production, which is vital for youthful skin

3--Watch out for Food consump-

Eating healthy is one of the best and essential ways to rejuvenate.

The festive season is all about sweets and snacks. Oily and extra-sweet foods affect the skin leading to breakouts and clogged pores.

Now you need to shift to healthier food such as choosing whole grains over refined grains and eating more protein. Include more fruits, especially citrus fruits, salad, and sprouts in your diet.

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

Include a banana over your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit.

For a healthier choice, use a small amount of vegetable or olive oil, or reduced-fat spread instead of butter, lard or ghee

A good way to ensure you eat your salad as a starter. By doing so, you'll finish all of your greens while you're at your hungriest. It may lead you to eat fewer calories overall, which could result in improved health. Plus, eating vegetables before a carb-rich meal has been shown to benefit blood sugar

Most people consume too much sodium through salt while consuming an average of 9–12 g of salt per day is recommended

Avoid intake of excessive salt. About three-quarters of the salt you eat is already in the food when you buy it, such as breakfast cereals, soups, breads and sauces. More than 1.5g of salt per 100g means the food is high in salt

Try to start with a healthy breakfast which is high in fibre and low in fat, sugar and salt.

It an help you get the nutrients you need for good health.

The pace at which you eat influences how much you eat, as well as how likely you are to gain weight.

Your appetite, how much you eat, and how full you get are all controlled by hormones. Hormones signal to your brain whether you're hungry or full.

However, it takes about 20 minutes for your brain to receive these messages. That's why eating more slowly may give your brain the time it needs to perceive that you're full.

But if you eat too little or eat too much, your health and quality of life could be affected. This can result in negative feelings toward food.

Focusing on how and why you eat is just as important as what you eat, By being mindful of your habits and relationship with food, you can empower yourself and reveal the way to eat that is truly nourishing to your body and mind.

4--Keep yourself hydrated Consuming junk foods and having aerated drinks and sodas for liquid can

leave your body dehydrated.

The skin gets dry and flaky because of the hot temperature and the pollution caused due to the crackers. Therefore, in the post-Diwali days, you should concentrate on replenishing the water content of your body.

Hydration is the secret sauce for healthy skin, and post-Diwali skin hydration is our golden ticket to restor-

ing that dewy glow.

Make sure to drink 10 glasses of water throughout the day to keep your skin hydrated. You can also enjoy herbal teas or flavoured water to add a festive touch. This will help control your appetite and reduce the chances of overindulging in unhealthy snacks and sweets.

Water consumption at regular intervals throughout the day is essential for keeping our metabolism active and flushing out toxins.

Inculcate the habit of drinking a glass of warm lemon water early in the morning to flush out toxins in your body. A teaspoon of honey can also be added to the drink. Both lemon and honey have medicinal properties.

Additionally, including hydrating foods such as fruits and vegetables in your meals can also contribute to your overall hydration. This straightforward practice can have a remarkable impact on how you feel throughout the festive season.

(The author is an international fame beauty expert and is called the herbal queen of India)

### Jammu, Wednesday, October 30, 2024

## **GDC Budhal organizes lecture on 'New Criminal Laws'**

The event featured

Advocate Ashfaq Ahmed

Lone, Deputy Chief,

Counsel, Rajouri, as

the esteemed resource

person. Advocate Ashfaq

Ahmed provided an in-

depth analysis of the

Bharatiya Nyaya San-

hita (BNS), Bharatiya

Legal

Aid Defense

**Top News Report** 

BUDHAL, Oct 30: The Career Counseling Cell and the NSS Unit of Government Degree College, Budhal, collaboratively organized an extension lecture on the topic "New Criminal Laws".

The event aimed to educate students about their legal rights and responsibilities under the new legislative framework, drawing more than 150 students and staff for a highly engaging session.

The session commenced with a cordial welcome address by Prof. Tahir Nadeem, the **NSS Programme Officer** of the College and the Convener of the Career Counseling Cell, who also emphasized the importance of under-



standing the law for every citizen of India.

He highlighted how awareness of legal frameworks empowers individuals and contributes to a just society. Miss Sania Ajaz, a senior NSS volunteer, expertly carried out the proceedings of the program.

Nagarik Suraksha Sanhita (BNSS), and Bharativa Sakshva Adhiniyam (BSA), discussing their significance in modern jurisprudence.

**LOCAL** 

He illustrated the differences between these new laws and the Indian Penal Code (IPC), Code of Criminal Procedure (CrPC) and Indian Evidence Act, helping the audience grasp the evolving legal landscape.

Following Advocate Ashfaq's enlightening lecture, Prof. Manzoor Ahmed Dar, Principal of the College, delivered a presidential address. He shared his insights on the importance of legal literacy in today's society, encouraging students to be proactive in learning about their rights and responsibilities. His perspectives further enriched the audience's understanding of the subject.

The event culminated with a formal vote of thanks, proposed by Dr. Shokit Ali, HOD Urdu, who expressed his gratitude to the resource person and all others who contributed to making this event a resounding success.

In acknowledgment of the efforts of the NSS Unit and the Career Counseling Cell in organizing the event, the College Principal reiterated that such initiatives are of utmost importance to educate students regarding contemporary legal issues and foster a culture of awareness and responsibility among the youth.

### **GDC Kishtwar, District Police celebrate** Martyrs' Day to honour Police Martyrs

**Top News Report** 

KISHTWAR, Oct 30: Government Degree College (GDC) Kishtwar, in collaboration with the District Police Kishtwar, organized a solemn event to observe Martyrs' Day, paying tribute to the martyrs of the Jammu and Kashmir Police. The event was a heartfelt commemoration of the sacrifices made by the police force to protect the nation and ensure the safety of its citizens.

The program commenced with the National Anthem, followed by a welcome address by Dr. Tabassum Saleem. The event aimed to highlight the hardships faced by police personnel in their line of duty, reflected in a theme song specially curated for the occasion.

A documentary showcasing the contributions and dedication of the police force to the country was also screened, leaving a profound impact on the audience.

The event was attended by around 300 students



and was graced by Prof. Umar Din, who served as the Chief Guest, and Pawan Sharma, ASP Kishtwar, as the Guest of Honour

Khan (DAR), Sajad along with other police officers, also participated in the event. The faculty members who were present at the event were Prof NK Manhas Dr yasar Ahmad Prof Jaideep and Dr Sehrish Gazal. In a touching gesture, several police officers performed solo patriotic songs, further enhancing the spirit of the day and reminding the audience of the unwavering dedication of the martyrs.

The event concluded with a vote of thanks by Sajad Khan(DAR), who expressed gratitude to the dignitaries, police officers, students, and faculty members for their participation and contributions in making the event a memorable and meaningful tribute to the martyrs.

This collaboration between GDC Kishtwar and the District Police underscores the importance of recognizing the sacrifices made by the brave hearts of the J&K Police and serves as a reminder of their role in ensuring peace and security.

### SP Kishtwar holds security review meeting



**Top News Report** 

KISHTWAR, Oct 30: Senior Superintendent of Police (SSP) Kishtwar, Abdul Qayoom, conducted a comprehensive crime and security review meeting today at the District Police Office, Kishtwar, focusing on the security of the district's hydro electric power projects, other vital installations, and preparations for the upcoming Deepawali celebrations.

The meeting aimed to ensure public safety during the festive season and protect key infra-The meeting was attended by Addl. SP Kishtwar, Addl. SP PC Kishtwar, SDPOs, SHOs, IC PPs, IOs, and other senior officers.

The review covered essential aspects of security and crime management, focusing on the following key areas.

SSP Kishtwar led an analysis of recent crime patterns across the district to identify priority areas for proactive intervention.

Updates on ongoing investigations were reviewed, with a focus on timely case resolution and ensuring justice for victims through effective case management.

Emphasis was placed on community engagement, fostering a cooperative approach to public safety, and reinforcing peace within the com-

Current crime prevention initiatives were assessed to optimize resource allocation and enhance security outcomes district-wide.

Discussions included comprehensive measures to combat drug abuse through prevention, awareness, rehabilitation, and targeted enforcement.

Strategies to address bovine smuggling were reviewed, focusing on coordinated actions to disrupt this illegal practice and protect local interests.

Updates on anti-militancy operations highlighted the district's commitment to vigilance and proactive measures to ensure regional security.

In addition, SSP Kishtwar highlighted the ongoing training of Village Defence Groups (VDGs) to equip them with essential skills in community safety and rapid response.

The training aims to enhance the readiness of VDGs to support law enforcement efforts, particularly in remote and

sensitive areas, ensuring they are prepared to respond effectively to any potential threats.

SSP Kishtwar also emphasized the importance of securing the district's major hydro electric power projects. Detailed security protocols were reviewed, including enhanced surveillance, regular patrolling, and deployment of dedicated security personnel to protect these critical infrastructures from potential threats.

To reinforce vigilance, SSP Kishtwar instructed officers to maintain daily updates through E-beat book records and directed them to strengthen area domination, increase patrolling, and conduct targeted CASOs (Cordon and Search Operations) in vulnerable zones. Officers were urged to remain alert, fortify checkpoints, and proactively gather intelligence to counter potential anti-national activities

Commending the officers for their continuous efforts, SSP Kishtwar stressed the importance of heightened vigilance, especially during the festive season, to ensure a secure and peaceful environment for all residents of Kishtwar.

### Massive cache of weapons & warlike stores recovered from three terrorists killed in Akhnoor operation

**Top News Report** 

SRINAGAR, Oct 30: Security forces found a massive cache of ammunition and warlike stores in the encounter at Battal area of Akhnoor, Jammu, where security forces neutralized three heavily armed terrorists, indicating preparation for a large-scale assault.

The encounter, which unfolded early Monday, saw the terrorists neutralized after intense gunfight.

Upon searching the terrorists' belongings, security forces recovered a substantial arsenal, including one M4 carbine, AK-47 rifles, numerous loaded magazines, hand grenades, and a range of tactical equipment.

"Alongside weapons, the forces also seized a variety of supplies, such as solar panels, satellite phones, military camouflage uni forms, and various electrical devices, including chargers and digital

Security forces said

**Top News Report** 

JAMMU. Oct 30: The

Jammu and Kashmir

Batwal Sabha members

who joined their General

Secretary R.L.Kaith at

Ghou-Manhassan here

on Wednesday, hailed

and congratulated Sumit

Kumar Kaith on cracking

the JKAS exams with

Members said, "It is

gratifying to see the

hard work of our youth

bear fruit. Civil servants

are the extended arms

of the government. They

are responsible for man-

aging resources, deliv-

ering services. People

expect them to function

42nd rank

**JKBS congrats Sumit** 

**Kumar Kaith on cracking** 

JKAS exam with 42nd rank

that these solar panels appear to have been intended to provide a power source for electronic devices, potentially for use in IED detonation.

Additionally, security forces discovered a collection of provisions including medicines, dry fruits, and other items necessary for prolonged operations, suggesting that the terrorists were preparing for an extended presence in the area.

"Water bottles and locally-sourced food supplies indicated plans for sustainability while avoiding detection".

Military analysts believe this level of preparation points to a high-stakes mission, potentially aimed at large-scale disruption in the Jammu division.

However, swift action by security forces thwarted their plans, eliminating the immediate threat posed by the group.

Further investigations are underway to trace the origins of the recovered weapons and understand the larger network behind this infiltration attempt.

fairly, impartially, and

efficiently. We hope the

new recruit will maintain

the high standards of

professionalism, respon-

siveness and impartiality

Members also con-

gratulated Sumit's father

Ex SSP M.L.Kaith for

this remarkable achieve-

in serving the people".

### **GDC Chatroo celebrates Vigilance Awareness Week 2024**

**Top News Report** 

KISHTWAR, Oct 30: As a part of Vigilance Awareness Week (2024) celebration, today GDC Chatroo Organized an awareness programme regarding menace of corruption in our society. The programme started with introductory address given by Prof. (Dr) Tariq Tamkeen (HOD. Urdu), who introduced the students about purpose of the programme. This was followed by a detailed lecture delivered by Assist. Professor Ram Krishan (HOD Political Science) highlighting various aspects and manifes-



both public as well as private life.Apart from this he also highlighted various legal provisions for eradication of this evil from the society, particularly explaining and elaborating sections 7,7A and 8 of the Prevention of Corruptuon Act 1988 as amended in 2018 by the Indian parliament.

The programme was attended by students as well as faculty members of the college. The vote of thanks was presented by Assist. Prof. Vikram Rathore (HOD Environmental Science). The programme was organized under the overall supervision and guidance of Principal, Prof. (Dr) Ved kumar of GDC Chatroo.

## JKGB organises twin nukkad plays for bank public schemes at Devak & Triyat



**Top News Report** 

RAJOURI, Oct 30: To senstize customers and to make apprise of ongoing bank schemes for people, JK Grameen Bank (JKGB) today organised two Nukkad plays with Dogri songs at Govt higher sec .school, Devak & Triyat-distt Rajouri.

Ravi Dutta, a renowned music Director & Team head, Sarswati Sangeet Art & Cultural Foundation, Samba started program by welcoming the guests. He briefed about program's highlights.

Rampaul Dogra sang a Dogri song- "oh meriye iee jaane" followed by Ravi Dutta himself & Kuldeep Kumar for Dogri mash-up songs. A Nukkad was per-

formed on bank schemes by the artists effectively, delivered a valuable message focusing on bank schemes, loans & benefits for farmers & bussiness community. A message from team

also given on cleanliness . People enjoyed the program fully, took the information instantly. Branch Manager Devak

Amit Singh explained some technical points to farmers and said that bank is available for service of people and they must avail opportunity to grow their business & monthly income either through SHGs or directly.

At Triyat, distt rajouri another nukkad program was performed which much enjoyed by locals. Some more Mashup Dogri songs were sung appreciated by the local residents.

Some locals also ioined dance steps added more contentment in the program. Bank schemes therby explained in action mode decently. Doubts were cleared by bank authority. People were made alert regarding bank frauds also.

A large number of people attended the program who listened carefully.

Rohit Thappa, Branch Manager Grameen Bank Trivath appreciated Nukkad group performance and extended vote of thanks.

### **GDC R S Pura celebrates** Rashtriya Ekta Diwas



**Top News Report** 

JAMMU, Oct 30: On Rashtriya Ekta Diwas (National Unity Day) celebrated by NCC Cadets of GDc R.S. Pura on Wednesday

Principal of the college Prof. (Dr.) Preetpal Kour and staff and NCC Cadets participated in pledge led by Cadet

Shikha Devi in the college premises.

The event was followed by Unity Run in the Bana Singh Stadium, R. S. Pura. All the NCC Cadets and college students participated in the Run. The participants participated in the Run with great enthusiasm. Principal of the college applauded the efforts of the participants and also appreciate the organizing committee

The event was organized by Dr. Roopali Slathia, CTO and Dr. Rakesh Choudhary, ANO. Dr. Akrity Parihar, Prof. Geetika Goswami. Prof. Vijeeta Anand, Prof. Sunil Kumar Mangoch and Prof. Rajinder Singh participated in the pledge.

**Top News Report** 

MAHANPUR, Oct 30: Department of Hindi and NSS Unit has organized Deepawali Mela on Wednesday. The theme of the Diwali programme was "Light up the lives not the environment: A Sustainable and Eco-friendly Diwali"

This programme has been organised by Dr. Sapna, H.O.D. and Dr. Rupalee Jasrotia, NSS P.O. under the supervision of

GDC Mahanpur organizes Deepawali Mela Prof. (Dr.) Sangeeta Sudan, the Principal of the College.

The mega event consisted of a series of activities keeping in view the theme of the Mela. It consisted of making of handmade, eco-friendly and sustainable decorative items, Rangoli and Diya making exhibition.

The students made eco-friendly handmade clay Diyas, rangoli and decorative items using clay, flowers, leaves, bangles, coloured papers, bottles etc.

The participants exhibited their products. Moreover, Varun. Mehal and Vishal acted as Ram,

Sita and Laxman respectively. A small act on Ramayana was also staged by them. Moreover a small cultural performance was also staged by the students and NSS Volunteers on the occasion in which they performed various

dance and singing performances. The participants of the programme were Priti Sumbria, Monika Sharma, Amisha, Megha,

Anshu, Sunil, Mehak. More than 30 students participated in the

The faculty members who were present in the Programme were Dr. Mohinder Nath Sharma, Dr. Sudesh, Dr. Jogbinder Singh Soodan, Nisha, Dr. Sapna, Dr. Rupalee, Dr. Nishu, Dr. Babli, Dr. Yograj, Dr. Anju Bala, and Namita.

The stage was hosted by Monika, 3rd semester and the vote of thanks was given by Ajay Sanduria.

## Amitabh Bachchan recalls when Ratan Tata borrowed money from him

Beloved industrialist and visionary leader Ratan Tata passed away on October 9, leaving behind cherished memories of his kindness and modesty. In a recent episode of 'Kaun Banega Crorepati Season 16', featuring filmmaker Farah Khan and actor Boman Irani, Amitabh Bachchan shared one such heartfelt memory of Ratan Tata.

Recalling Tata's simplicity and humility, Bachchan described him as an extraordinary person. "Kya aadmi the main bata nahi sakta (What a man he was!)," Big B remarked.

Bachchan also recounted a story from a flight to London they once shared. After arriving at Heathrow Airport, when Tata realised he couldn't locate his aides, he went to a phone booth to make a call. Smiling,



Bachchan recalled that Tata came out, approached him, and asked, "Amitabh, can I borrow some money from you? I don't have money to make a phone call."

The mega superstar also shared another instance that highlighted Ratan Tata's modesty. A friend who attended an



event with Tata was surprised when he asked him for a ride home. "Ratan Tata told my friend, 'Can you drop me home? I just live behind your house,'" Bachchan shared.

"Ratan Tata said, 'I don't have a car' – can you imagine that? It's unbelievable," Bacchan said reflecting on the late industrialist's remarks

After Tata's sudden loss, several instances of his humility have resurfaced on the internet inviting bitter-sweet praise from netizens.

In a similar instance, an old viral post had recently resurfaced, where a woman had playfully called Tata "chhotu" on Instagram. While some found the comment disrespectful and criticised her, Tata responded with grace, diffusing the situation.

In a series of Instagram stories defending his supposed troll, he wrote, "There is a child in each one of us. Please treat this young lady with respect." He added, "I appreciate and respect the heartfelt note that the young lady had left me, and hope she will not refrain from posting again."

### Call Me Bae actor Vihaan Samat shares his Diwali plans



Actor Vihaan Samat, who was recently seen in streaming titles Call Me Bae and CTRL, has shared his plans for Diwali.

The actor says, "Diwali

has always been my favourite time of the year, and this year feels even more special thanks to the incredible work I've been part of and the overwhelming The actor is heading back to his hometown. He shares, "I can't wait to head to Delhi and celebrate with my loved ones, surrounded by the warmth and chaos that make the festival so unforgettable." While his profession demands a lot from him, especially a curated food intake, the actor wishes to let go of dietary restrictions

Vihaan says, "One of the things I'm most excited about is taking a complete break from my diet to indulge in my mom's homemade dishes, jalebi, pav bhaji, and her signature dal makhani."

for once and enjoy good

## Film editor Nishadh Yusuf found dead at apartment in Kerala

Noted film editor Nishadh Yusuf was found dead in an apartment here in the early hours of Wednesday, police said. He was found at around 2 am in an

apartment in Panampilly Nagar.

A police officer said that the incident is suspected to be a case of suicide. However, he did not provide further details. A Kerala State Film Award winner for Best Editor in 2022, Yusuf's notable works include 'Thallumaala', 'Chaaver', 'Unda', 'Saudi Vellakka', 'One', 'Operation Java', 'Bazooka', and 'Kanguva'. He won the Best Editor State Award for his work on 'Thallumaala'.

Upcoming releases edited by Nishad include 'Bazooka' starring actor Mammootty and the Tamil film 'Kanguva' featuring Suriya.



### The rise of OTT platforms has brought a big change to my career: Shivangi Verma



Shivangi Verma, who has been part of the web series Tera Ishq Mera Fitoor, says that the advent of OTT has changed her career trajectory. She adds that she got to a play a role, which was unheard of in conventional platforms.

"The rise of OTT platforms has brought a big change to my career. Earlier, the options were mainly films or TV shows, but now, with OTT, there are so many new opportunities. It's like a whole new world opened up. For someone like me, who was looking to try different types of roles, OTT has been a blessing," she says.

Ask her if the availability of diverse roles on OTT platforms has influenced her choices when selecting projects, and she says, "Yes, definitely. One of the best things about OTT is the variety of roles available.

There are so many different genres and stories that it allows actors to pick roles that truly excite them. I don't have to limit myself to one kind of character. Instead, I can try different shades and emotions, and that's what makes it fun."

## Is body positivity glamourising obesity? Celebs share their views

Lately, the term body positivity has received wide recognition. And, so has the emphasis on making healthy lifestyle choices. We speak to a few celebs to know their views on this topic, and here's what they had to say.

Personal choice Body shaming has

been prevalent as casual banter within homes. Now, I see that people have become more positive towards other's choices. Although many people still make it their job to comment on people's appearance and weight, but it's eventually up to them to make healthy choices to maintain a balanced lifestyle. One may consider body positivity to be a shield for an unhealthy lifestyle, but that's not the truth. There are gyms, life coaches, dieticians and if a person decides to make a change, there is a lot of support and motivation available out there. It is up to an individual to do what is best for him or her. Obesity happens over time and not overnight. It is a personal decision to have taken it that far. I don't believe that body shaming should be considered positive motivation. Good habits

Jaideep Singh
A rational mind would
always choose healthy
habits. Talking about
myself, I have changed
my food habits, sleeping schedule, and other
routines to get in better
shape and a healthy
state of mind. Although
it varies from person to

person, many are using



an individual choice. Body vs health

Monika Singh It's important to be proud of who you are and love your body, but we also need to think about our health. Body positivity is great because it helps people feel good about themselves, but we should not ignore the importance of a healthy lifestyle. Sometimes, people use body positivity as a reason to avoid making healthy choices. which can be a problem. It's not about shaming anyone; it's about finding a balance. We can accept ourselves while still trying to be healthier. As for glamourising obesity, it can happen when we only focus on loving our bodies without talking about health. It's essential to promote a positive body image while also encouraging healthy habits. So, we need to celebrate all body types but also remind ourselves to take care of our health.

Balanced approach Celesti Bairagey Body positivity is super important, especially for young people trying to

find their place in the

world. But here's the

thing - self-love doesn't mean we can ignore our health. It's like being on a journey where you want to embrace your unique self while still making choices that support your well-being. I think we sometimes focus so much on accepting ourselves that we forget we have the power to change and grow. It's not about fitting into a certain mold; it's about finding what makes us feel good and strong in our own skin. There's a

to be even better. Love yourself

balance between loving

who you are right now

and challenging yourself

Rushad Rana Body positivity is about owning who you are, but it should never be a free pass to ignore your health. Think of it like this — loving yourself means wanting to show up as the best version of yourself, and that includes taking care of your body. Sometimes, we get so focused on self-acceptance that we forget self-improvement is part of that journey too. Being confident in your skin doesn't mean you stop striving for a healthier, stronger version of yourself. The line isn't between fat and fit; it's between loving yourself enough to make healthy choices and using self-love as an excuse to stay where you are. The conversation isn't about glamourising fat or fitness — it's about asking, Am I doing my best to be the healthiest, happiest me? Body positivity shouldn't glamourise obesity. It should empower people to embrace their journey while still understanding that good health is nonnegotiable.

It's about balance Shivangi Verma

You should absolutely love yourself at every stage, but that doesn't mean you stop taking care of it. There was a time I thought being confident meant accepting everything as was, but I realised it's also about making choices that kept me healthy and energized. Just like I put in the effort to improve my acting skills, I do the same for my body - whether it's through

exercise, healthy eating

or mental wellness.

Body positivity is about

balance. And trust me,

taking care of your body

doesn't make you any less confident—it actually boosts it. Choose the best

Megha Sharma For me, body positivity is like being on stage. You've got to love your character, but that doesn't mean you stop improving your performance. Self-love should be the same — it's not about saying, 'I'm perfect as I am,' but more like, 'I'm proud of who I am, and I'm also open to getting better.' I think we sometimes treat body positivity like the final act, but really it's just the opening scene. You can accept your body while still making healthy choices to feel stronger and more energetic. It's not about comparing yourself to others or fitting into a box — it's about finding what feels best for you. Loving yourself is the first step. but respecting your body enough to take care of it is just as important.

Self-acceptance, self-care

Rinku Ghosh

Body positivity is essential, especially in an industry that often focuses on appearance, but I think of it as a beautiful canvas one that needs care and maintenance. Just like I wouldn't let a masterpiece sit in the dark and gather dust, I believe we should celebrate our bodies and also nurture them. It's not just about loving how we look today; it's about recognizing that we have the power to shape our health and well-being. So, yes, embrace your body and wear that confidence like a crown, but don't forget to also treat it like the temple it is. It's about balancing selfacceptance with selfcare, and that's the real art of living well.

### Fashion can often bring a bit of discomfort: Monika Singh

Tulsidham Ke Laddu Gopal actress Monika Singh has said that although fashion means being comfortable, that's not always the case. She shared, "Fashion can often bring a bit of discomfort — while you want to look good, it may not always feel comfortable. That's why I usually try to stick to simple things and keep my style very basic.'

She also revealed that she started putting more effort into her styling when she was around 20. "I realised how dressing well boosts your confidence and changes how others perceive



you. Since then, I've enjoyed experimenting with different styles and trends," she said.

Monika's wardrobe has a bit of everything. She added, "Whether tradi-

tional pieces like lehengas or casual western outfits, I have it all." She also updates her wardrobe frequently, "I don't do it in one go. I do a little shopping here and

there, picking out quality pieces that last long, and can be mixed and matched. Changing my entire wardrobe at once isn't really my thing." Her fashion idol is Priyanka Chopra, and she said that she has always inspired her. She said, "She's my role model. Her timeless, simple, yet sophisticated style has always been a source of inspiration for me. Monika's go-to outfit

is high-waist pants and palazzos because they are super comfortable. "High-waist pants and flowing dresses are back in trend now, which makes it easy for me to pick an outfit," she shared.

## **Guneet Monga Kapoor says 'Gutar Gu' season 2 captures innocence and love**



The Oscar-winning producer Guneet Monga Kapoor, whose new streaming title Gutar Gu Season 2 is getting a lot of positive response, has said that the show captures the emotions of innocence and love.

The show takes viewers back to the lives of Ritu and Anuj, following their journey as they navigate the complexities of young love. The second season of the show highlighting the emotional nuances of relationships amidst the trials of

growing up. Talking about the show, Guneet Monga Kapoor said in a statement, "The young cast brings such authenticity and spirit to this project. It started as a short film in 2021, titled Gupt Gyaan, and has grown with overwhelm-

ing demand, evolving into a series that is close to all our hearts. It's constructed from bits and pieces of our own first love stories. With Amazon MX Player's support, we're thrilled to explore how Ritu and Anuj tackle adulting together. It's rewarding to create a show where our audiences grow up with us, as Vishesh Bansal and Ashlesha Thakur take on new challenges".

She further mentioned, "Gutar Gu captures the pure emotions of innocence and love." Gutar Gu Season 2 is available to stream on Amazon MX Player.

### 10 years of One Rank One Pension to be marked in **November, PM likely to attend**

NEW DELHI, Oct 30 (Agencies): The Indian Armed Forces will be celebrating the 10th anniversary of the One Rank One Pension (OROP) scheme, along with a Directors Conclave, from November 7 to 8, at the Manekshaw centre in Delhi. According to the sources, Prime Minister Narendra Modi will also attend the event on November 7, marking a decade since the implementation of the OROP scheme.

The Ministry of Defense has invited representatives from the Indian Armed Forces' veteran community nationwide to join the celebration. Approval was given by the Secretary of the Department of Ex-Servicemen Welfare (ESW) for Directors of Rajya Sainik Boards (RSBs), along with two veteran representatives from each state, to attend the event. Attendees will include veterans from the Army, Navy, and Air Force. The



detailed schedule of the event will be announced soon.

On November 8, the Directors Conclave will convene to address pressing issues affecting former servicemen. Among the topics slated for discussion are the transition from traditional paper-based identity cards to more durable PVC versions and the establishment of state-level Ex-Servicemen Corporations

aimed at bolstering employment and welfare programs.

PVC is a synthetic resin made from the polymerisation of vinyl chloride. It is used in several domestic and industrial products, from raincoats and shower curtains to window frames and indoor plumbing.

The agenda also includes initiatives to support the construction of integrated Sainik Rest

Houses, designed to provide better accommodation and services for veterans. Additional items focus on streamlining the often-delayed submission and processing of financial claims from both central and state authorities.

Other discussions will address concerns within the Directorate General Resettlement (DGR) and the Ex-Servicemen Contributory Health Scheme (ECHS), with the overarching aim of improving services and support for India's ex-servicemen community.

One Rank One Pension (OROP) is a scheme implemented by the government in 2014 to ensure fair and equal pension payments for retired military personnel. Under OROP, veterans who retire at the same rank and with the same length of service receive equal pensions, regardless of their retirement date.

### Rajnath to inaugurate war memorial, Sardar Patel statue in Arunachal



ITANAGAR, Oct 30 (Agencies): Defence Minister Rajnath Singh will visit Tawang district in Arunachal Pradesh on Thursday to inaugurate the Museum of Valour dedicated to Major Ralengnao Bob Khathing and unveil a statue of Bharat Ratna Sardar Vallabhbhai Patel in the border dis-

Singh will also celebrate Diwali with soldiers stationed along the India-China border, officials said on Wednes-

trict.

Manipur Chief Minister N Biren Singh will also join the event, they said. Sharing the information in X, Arunachal Pradesh Chief Minister Pema Khandu welcomed both Rainath Singh and the Manipur CM to the state.

"The inauguration of Major Ralengnao Bob Khathing Museum of Valour and unveiling of Desh Ka Vallabh, the statue of Bharat Ratna Sardar Vallabhbhai Patel at Tawang, by him in the august presence of Hon'ble Manipur CM Shri @NBirenSingh ji and other dignitaries will be cherished by us for ages to come," Khandu posted in the microblogging site.

"The heroic deed of Major Ralengnao Bob Khathing, who bravely led an expedition in February 1951 to bring the Indian administration to Tawang, has no parallel in human history. What 'Iron Man' Sardar Vallabhbhai Patel did as India's first Home Minister by integrating several princely states into the country leaves us forever indebted to him. I on behalf of the people of Arunachal Pradesh heartily welcome Hon Defence Minister Shri @rajnathsingh ji on the pious land of dawn-lit mountains," the chief minister said

The two monuments dedicated to two great and brave souls will always remind us of their critical contributions to our country's integrity and sovereignty, the chief minister said in another social media

Set against the backdrop of the eastern Himalayas, Tawang has long symbolised India's commitment to securing its borders. Singh's visit comes at a time when India and China reached a breakthrough in patrolling along the Line of Actual Control (LAC) in Eastern Ladakh.

### Need to shift to renewable energy, public transport to tackle air pollution challenge: Jairam Ramesh

lenges we face.

NEW DELHI. Oct 30 (Agencies): Asserting that air pollution is one of India's leading public health challenges, Congress leader Jairam Ramesh on Wednesday said cracking down on stubble burning will not suffice and there was a need to re-imagine India's economic and sustainability model, with a large-scale shift to renewable energy, electric vehicles, and public transport.

Ramesh also stressed it is time to redo The Air (Prevention and Control of Pollution) Act, 1981 to reflect the public health consequences of air pollution and also called for a review of the National Ambient Air Quality Standards, 2009.

Former environment minister Ramesh cited a report by The Lancet Countdown on Health and Climate Change to flag concerns over air pollution.

"A new report by The Lancet Countdown on Health and Climate Change has revealed some disturbing findings on air pollution in India: A total of 16 lakh deaths in India in 2021 were due to air pollution," he said in a post on X.

Fossil fuels, such as coal and liquid gas, contributed to 38 per cent of these fatalities, he said, citing the report.

In 2022, India contributed 15.8 per cent of the world's consumptionbased PM2.5 emissions and 16.9% of the world's production-based PM2.5 emissions, he said.

These are pollution particles that are less

than 2.5 micrometres and can directly enter the lungs, Ramesh said. He said the past few weeks in Delhi have exemplified the chal-

> "Between October 16 and October 22, 2024, the PM2.5 average surged from 104 µg / m ³ to a concerning 168 µg / m 3. Yet, stubble burning which has long been blamed for Delhi's pollution crisis has fallen by 51% between 2018 and mid-October 2024 according to data from NASA's Visible Infrared Imaging Radiometer Suite (VIIRS)," Ramesh

This year, between October 12 and October 21, on average, stubble burning accounted for only 0.92 per cent of the PM2.5 levels in

said.



Delhi, he said, citing the Indian Institute of Tropical Meteorology (IITM). Instead over half of Delhi's PM2.5 pollution came from vehicles, Ramesh pointed out.

Air pollution is one of India's leading public health challenges and should be one of our foremost administrative priorities, he asserted.

"Cracking down on stubble burning as an easy win will not suffice, we need to re-imagine our economic and sustainability model, with a large-scale shift to renewable energy, electric vehicles, and public transport," Ramesh said.

"It is also time to redo The Air (Prevention and Control of Pollution) Act, 1981 to reflect the public health consequences of air pollution.

The National Ambient Air Quality Standards, 2009 also need a fresh review," he said.

### Woman dies after eating momos, 20 others fall ill in Hyderabad

HYDERABAD, Oct 30 (Agencies): A 33-yearold woman died and 15 others suffered food poisoning after consuming momos from a single vendor at different locations under Banjara Hills police station limits in Telangana's Hyderabad, said police.

The police have launched an investigation into the matter and registered a case over the same.

Ram Babu, Sub-



inspector of Banjara Hills Police Station says, "We received a complaint yesterday that Reshma Begum (33) died and 15 others suffered food poisoning after consuming momos

(street food) from a single vendor at different locations. We have registered a case and are investigating the matter." More updates on the matter are await-

### 153 Major traffickers linked to AAP targets PM Modi over Ayushman Bharat, big drug seizures arrested in 2024: Punjab Police

CHANDIGARH, Oct 30 (Agencies): Punjab Police on Wednesday said it has arrested 153 major traffickers linked to big drug seizures of over 2 kilograms of heroin in 2024.

The police have intensified its antidrug efforts with a twin approach of focusing on a crackdown on the traffickers and massive campaigns against the sale, Director General of Police, Gauray Yaday said.

"In 2024, 153 major traffickers linked to big seizures of over 2 kg heroin each have been arrested, and properties worth Rs 208 crore seized," the DGP

The total seizures this year include 790 kg heroin, he said.

At the grassroots level, Punjab police is rigorously targeting drug sellers in villages and urban areas, leading to 7,686 Narcotic Drugs and Psychotro-



pic Substances Act-related FIRs and 10,524 arrests this year, Yadav posted

"Total seizures in 2024 include 790 kgs heroin, 860 kgs opium, and 36,711 kgs poppy husk, he posted on X.

"Additionally, networks involved in pharmaceutical drug abuse, particularly those with links to Himachal Pradesh, Uttarakhand, and Gujarat, are under close scrutiny to dismantle supply chains fueling the drug trade in Punjab," he added.



ance scheme out of "political interests". A day back, AAP convener Arvind Kejriwal accused the prime minister of doing politics over the issue of public health in the national

man Bharat health insur-

capital. At a press conference on Wednesday, party spokesperson Priyanka Kakkar termed the



Ayushman Bharat health insurance scheme a "scam" and said the PM should study the Delhi health model

"Health is an important issue for the Aam Aadmi Party. We have presented such a model of health that Kofi Annan (former United Nations

Secretary-General) appreciated us, and PM Modi has presented a scam under Ayushman Bharat... the CAG has to speak about this fraud," Kakkar said.

Prime Minister Modi should examine Arvind Kejriwal's Delhi health model and apply it to the whole country, she added.

The spokesperson claimed that out of 27,000 hospitals incorporated in Ayushman Bharat, 7,000 only exist on paper and 4,000 hospitals have not admitted any patients under the scheme.

Addressing a public gathering in New Delhi's All India Institute of Ayurveda on Tuesday, Modi said, "I apologise to all the elderly aged above 70 years in Delhi and West Bengal. I hear your pain, but due to the state governments' decisions, I cannot help

you." Modi said he was disappointed with the state of free healthcare for the elderly in West Bengal and Delhi, and called it a missed opportunity to serve the senior citizens.

Reacting to Modi's allegations, Kejriwal said speaking wrongly about the issue of public health and indulging in politics on it is not right.

In a long post on X, he said PM Modi should study the Delhi model of healthcare and replace his Government's Ayushman Bharat health insurance scheme with it across the country for real benefit to the people.

### Gangster shot dead in exchange of fire with police in Amritsar

Deputy Inspector General of Police Satinder Singh said the gangsters were brought to the spot where they had concealed the weapons according to their disclosure statement to police.

AMRITSAR, Oct 30 (Agencies): A gangster was shot dead on Wednesday while trying to escape police custody when he and a few other accused in a murder case were taken to a place here to make some recoveries, officials said

Gangsters Gursharan and Paras, and another person were taken to a place in this district to make some recoveries when the two gangsters picked up guns they had previously hidden in the bushes and fired at the Amritsar Rural police personnel in their attempt to flee, police said.



The police personnel fired in self-defence. killing Gursharan while Paras managed to jump into a river and escape, they said. A

hunt is on to nab him, a police official said. In a statement, Deputy Inspector General of Police Satinder Singh said the gangsters were brought to the spot where they had concealed the weapons according to their disclosure statement to police.

However, the two gangsters suddenly pushed the police officials and ran. They fired upon the police party after getting possession of their weapons that they hid behind the bushes, he said.

The DIG said the accused were held in various criminal cases, including that of murder.

### 5 killed, 4 injured in clash among nomadic groups in Odisha's Sundergarh



ROURKELA, Oct 30 (Agencies): At least five persons, including three women, died and four others were critically injured in a clash between two nomadic groups in Odisha's Sundergarh district, police said on Wednes-

The incident took place at Karamadihi village under the jurisdiction of Sadar Police Station late on Tuesday over a suspected extramarital affair, they said. All the five were hacked to death by the rival group, a senior police officer

Western Range DIG Brijesh Ray said the four injured were undergoing treatment at Sundargarh District Headquarters Hospital.

According to preliminary reports, some persons of the rival group entered the village with sharp weapons and attacked members of the other faction. Investigation is underway and two police teams have been formed to nab

Senior police officers, forensic teams and a dog squad are at the spot, they added.

the culprits, officials said.

### **Spanish authorities report at least 51 dead from** devastating flash floods

BARCELONA, Oct 30 (Agencies): Spanish authorities said Wednesday that at least 51 people have died after flash floods swept away cars, turned village streets into rivers and disrupted rail lines and highways in the worst natural disaster to hit the European nation in recent memory.

**Emergency services** in the eastern region of Valencia confirmed the death toll.

Rainstorms on Tuesday caused flooding in a wide swath of southern and eastern Spain. Floods of mud-colored water tumbled vehicles down streets at frightening speeds. Pieces of wood swirled with household articles. Police and rescue services used helicopters to lift people from their



homes and cars. Authorities reported several missing people late Tuesday, but the following morn-

ing announcement of dozens found dead. Over 1,000 soldiers from Spain's emergency response units were deployed to the

ing brought the shock-

"Yesterday was the worst day of my life,"

devastated areas.

Ricardo Gabaldón, the mayor of Utiel, a town in Valencia, told national broadcaster RTVE. He said several people were still missing in his

"We were trapped like rats. Cars and trash containers were flowing down the streets. The water was rising to three meters," he said. Spain has experi-

enced similar autumn

storms in recent years, but nothing compared to the devastation over the last two days.

A high-speed train

with nearly 300 people on board derailed near Malaga, although rail authorities said no one was hurt. Highspeed train service between Valencia city and Madrid was interrupted, as were several commuter lines.

Valencian regional President Carlos Mazón urged people to stay at home so as not to complicate rescue efforts, with travel by road already difficult due to fallen trees and wrecked vehicles.

Spain's central government set up a crisis committee to help coordinate rescue efforts.

The rain had subsided in Valencia by late Wednesday morning. But more storms were forecast through Thursday, according to Spain's national weather service.

Spain is still recovering from a severe drought earlier this year. Scientists say increased episodes of extreme weather are likely linked to climate change.

### A powerful typhoon nears the Philippines, with many shelters still crammed after a recent storm



MANILA, Oct 30 (Agencies): Villagers in northern Philippine provinces were forced to evacuate on Wednesday as a powerful typhoon approached the nation still reeling from a recent storm that left at least 182 dead and missing and emergency shelters crammed with displaced

people. Typhoon Kong-rey was last tracked 350 kilometers (217 miles) east of northern Cagayan province, with sustained winds of up to 185 kph (115 mph) and gusting up to 230 kph (143 mph). Forecasters said it could further strengthen at sea.

It was blowing northwestward and was predicted to pass near the northernmost Philippine province of Batanes before slamming into southeastern Taiwan on Thursday.

"We are still recovering from the two previous typhoon and storm and here we go again," Batanes Governor Marilou Cayco told agency.

"We're going around now to supervise the forced evacuation of people, specially those whose houses were severely damaged by the last storm," Cayco said.

Elsewhere across the northern Philippines,

than 300,000 more people displaced last week by Tropical Storm Trami, remained in emergency shelters as the new typhoon approached, Office of Civil Defense officials

Forecasters also warned of a "life-threatening storm surge reaching 2 to 3 meters (6.5 to 9.8 feet)" that could be whipped up by Kongrey in low-lying coasts of Batanes and the nearby Babuyan cluster of islands.

All ships and cargo vessels were advised to remain in ports and those at sea should seek shelter or safe harbor as soon as possible until winds and waves sub-

Defense Secretary Gilberto Teodoro Jr., who oversees disasterresponse efforts, ordered the forced evacuation of people in high-risk areas threatened by Kong-rey, which is locally called Leon.

"We always aim for zero casualty in the event of disasters, so we strongly urge the public to heed our protocols," Teodoro said.

While Kong-rey was expected to blow off the northern Philippines, its extensive rain band with

a width of more than 600 kilometers (373 miles) could lash the entire main northern region of Luzon, the country's most populous, the government said

Tropical storm Trami, which blew out of the northern Philippines last Friday, left at least 145 dead and 37 missing mostly in widespread flooding and landslides and affected more than 7 million people in nearly 11,000 mostly rural villages, the government's disaster-mitigation agency said.

More than 111,000 houses were damaged, many inundated by floods and swollen rivers. Trami dumped up to two months' worth of rain in just 24 hours in some regions, setting off flash floods that swept away cars and trapped people on their roofs.

At the height of last week's onslaught, officials in the hard-hit region of Bicol, southeast of the capital of Manila, appealed frantically for more rescue boats to save thousands of villagers trapped in rising floodwaters.

About 20 storms and typhoons batter the disaster-prone Philippines each year. In 2013, Typhoon Haiyan, one of the strongest recorded tropical cyclones in the world, left more than 7,300 people dead or missing, flattened entire villages and caused several cargo ships to ran aground inland and smash into houses and people in the central Phil-

### New sanctions target Myanmar's military suppliers

BANGKOK, Oct 30 (Agencies): Opponents of Myanmar's military government on Wednesday welcomed the latest sanctions imposed by the European Union, the U.K. and Canada on individuals and entities supplying aviation fuel and equipment to the army, which has stepped deadly airstrikes.

The army is currently on the defensive against ethnic militias in much of the country as well as hundreds of armed guerrilla groups collectively called the People's Defense Forces, formed

to fight to restore democracy after the military seized power from the elected civilian government of Aung San Suu Kyi on Feb. 1, 2021.

Over the past year, the army has suffered unprecedented battlefield defeats, and has been increasingly relying on indiscriminate air and artillery strikes.

"The human rights violations taking place across Myanmar, including airstrikes on civilian infrastructure, by the Myanmar military is unacceptable and the impact on innocent

civilians is intolerable." Britain's minister for the Indo-Pacific, Catherine West said in the statement.

She said the sanctions target the suppliers of equipment and aviation fuel to the Myanmar military. "Alongside the EU and Canada, we are today further constraining the military's access to funds, equipment and

resources," she said. Six entities on the sanctions list include Asia Sun Group Company Limited, Swan Energy Company Limited, Myan-Oil Company

Limited, Rich Ray Trading Company Limited, Progress Technology Support Company and King Royal Technologies Company Limited.

August 2024 saw the highest number of airstrikes on record by the Myanmar military, killing dozens of civilians. West

Canada also separately imposed sanctions on three people including Myanmar's Industry Minister Charlie Than.

Nay Phone Latt, a spokesperson for Myanmar's main opposition group, the National Unity Government, thanked the Western countries for the sanctions and called for similar measures against the remaining companies and key resources that support the military and cooperate with it.

The Institute for Strategy and Policy-Myanmar, an independent think tank group, counted at least 7,186 airstrikes in at least 156 townships since the army takeover. Hundreds of civilians have been reported killed.

### South Korean military says the North appears poised to conduct nuclear and ICBM tests

SEOUL, Oct 30 (Agencies): South Korea's military intelligence agency told lawmakers Wednesday that North Korea has likely completed preparations for its seventh nuclear test and appears to be preparing to test a longrange missile capable of reaching the United States

In a closed-door hearing, the agency also said some advance units of North Korean troops sent to Russia may have arrived at battlefronts as the forces prepare to move to the Kursk region, where Russia has struggled to push back a Ukrainian incursion, according to two lawmakers who attended the meeting.

Earlier this month, South Korean President

Yoon Suk Yeol told The Associated Press earlier this month that he expects North Korea to stage major provocations like nuclear and intercontinental ballistic missile tests around the U.S. election to dial up pressure on Washington and its allies.

North Korean leader Kim Jong Un has also flaunted his military nuclear program in recent months, testing various missile systems and disclosing a secretive facility for producing weapons-grade uranium in September.

The agency believes that North Korea has finished preparations to conduct a nuclear test at its testing ground in the northeastern town of Punggye-ri, with the detonation likely to be

carried out at tunnel No. 3, said Lee Seongkweun, one of the lawmakers who attended the hearing. North Korea conducted its sixth and last nuclear test in 2017.

The agency also said it's detecting signs, including the placement of launch vehicles, that the North is preparing to test launch an ICBM designed to reach the U.S. mainland, said Lee and Park Sun-won, another lawmaker. The agency believes the ICBM test could take place sometime in November.

"We cannot specify the exact location but the transporter-erector launcher has been deployed at a certain area where it could be anticipated that an

ICBM test aimed at verifying atmospheric re-entry technology could be conducted. Lee added.

All of North Korea's ICBM tests since 2017 have been conducted at a high angle to avoid the territory of neighbors. Experts have said the North may eventually seek to flight test its weapons at an angle closer to a normal ballistic trajectory to verify whether the warhead would survive the harsh conditions of atmospheric re-entry.

Tensions on the Korean Peninsula have worsened since 2022 after Kim used Russia's invasion of Ukraine as a distraction to accelerate the growth of his nuclear weapons and missile program.

### China launches 3 astronauts to Tiangong space station in "dream" mission



JIUQUAN, Oct 30 (Agencies): Three Chinese astronauts including the country's only woman spaceflight engineer blasted off on a "dream" mission to the Tiangong space station in the early hours of Wednesday.

The new Tiangong team will carry out experiments with an eye to the space programme's ambitious goal of placing astronauts on the Moon by 2030 and eventually constructing a lunar base.

The Shenzhou-19 mission took off with its trio of space explorers at 4:27 am (2027 GMT Tuesday) from the Jiuquan Satellite Launch Center in northwest China, state news agency Xinhua and state broadcaster CCTV reported.

Among the crew is Wang Haoze, 34, who is China's only female spaceflight engineer, according to the China Manned Space Agency (CMSA). She is the third Chinese woman to take part in a crewed mission.

The space agency deemed the launch a "complete success", Xinhua said

"Like everyone else, I dream of going to the space station to have a look," Wang told a media gathering Tuesday alongside her fellow crew members, lined up behind podiums and tall panes of glass to seal them off from the public.

"I want to meticulously complete each task and protect our home in

space," she said. "I also want to travel in deep

launch.

space and wave at the stars." Headed by Cai Xuzhe, the team will return to Earth in late April or early May next year, CMSA Deputy Director Lin Xigiang said at a separate press event confirming the

Cai, a 48-year-old former air force pilot, brings experience from a previous stint aboard Tiangong as part of the Shenzhou-14 mission in 2022.

"Having been selected for the new crew, taking on a new role, facing new tasks and new challenges, I feel the honour of my mission with a great responsibility," said Cai.

The aerospace veteran added that the crew was now "fully prepared mentally, technically, physically and psychologically" for the mission ahead.

Completing the astronaut lineup is 34-year-old man Song Ling-

The crew currently aboard the Tiangong space station is scheduled to return to Earth on November 4 after completing handover procedures with the incoming astronauts, Lin said.

'Space dream' China has ramped up plans to achieve its "space dream" under

President Xi Jinping. Its space programme was the third to put humans in orbit and has also landed robotic rovers on Mars and the Moon.

ippines.

Crewed by teams of three astronauts that are rotated every six months, the Tiangong space station is the programme's crown jewel.

Beijing says it is on track to send a crewed mission to the Moon by 2030, where it intends to construct a base on the lunar surface.

The Shenzhou-19 crew's time aboard Tiangong will see them carry out various experiments, including some involving "bricks" made from components imitating lunar soil. CCTV reported.

These items -- to be delivered to Tiangong by the Tianzhou-8 cargo ship in November -- will be tested to see how they fare in extreme radiation, gravity, temperature and other conditions.

Due to the high cost of transporting materials into space, Chinese scientists hope to be able to use lunar soil for the construction of the future base, CCTV reported.

The Shenzhou-19 mission is primarily about "accumulating additional experience", Jonathan McDowell, an astronomer at the Harvard-Smithsonian Center for Astrophysics in the United States, told AFP.

While this particular swap of astronaut crews and upcoming sixmonth stint aboard Tiangong may not witness major breakthroughs or feats, it is still "very valuable to do", said McDowell.

China has in recent decades injected billions of dollars into developing an advanced space programme on par with the United States and Europe.

In 2019, China successfully landed its Chang'e-4 probe on the far side of the moon -- the first spacecraft ever to do so. In 2021, it landed a small robot on Mars.

Tiangong, whose core module launched in 2021, is planned to be used for about 10 years.

### Australian police recover 40,000 stolen 'Bluey' coins SYDNEY, Oct 30 her cattle dog family be-released series of arrested on Tuesday

(Agencies): Australian police said on Wednesday they had recovered more than 40,000 stolen limited-edition coins based on the hit children's animated series "Bluey."

The Bluey coins, with a face value of one Australian dollar (65 U.S. cents) each, were found on Tuesday afternoon in a self-storage business in the Sydney suburb of Wentworthville, a police statement said.

Bluey is the name of a blue heeler puppy whose adventures with living in the Australian city of Brisbane, where the series is produced, have become popular among children around the globe

The series premiered in Australia in 2018 and began streaming on Disney+ in 2020.

The 40,061 recovered coins were still in the Royal Australian Mint plastic bags that they had been stolen in three months earlier, police said.

Police were notified on July 12 that 63,000 of the yet-to-

coins produced by the national mint in Canberra had been stolen from a warehouse in the Sydney suburb of Wetherill Park, not far from where the coins were

recovered on Tuesday. Police formed Strike Force Bandit to investigate. Bandit is the name

of Bluey's dad. Three people have been charged over the

A 27-year-old woman whom police allege drove two accomplices to the July burglary was

hours before the coins were recovered. Two men had earlier

been charged over the theft and police were a searching for a fourth suspect. Police raided a Sydney

property on July 31 and recovered 189 of the coins. They discovered the dealer selling them was a legitimate coin collector who had innocently bought them for AU\$1.50 (98 U.S. cents) each. He was paid no compensation for the seized coins.

## NYK Udhampur celebrates closing ceremony of "Diwali with MY Bharat"

**Top News Report** 

UDHAMPUR, Oct 30: Nehru Yuva Kendra Udhampur, Ministry of Youth Affairs & Sports, Govt. Of India celebrated closing ceremony of first anniversary of MY Bharat by providing voluntary services in KLSM Rotary Eye & ENT Hospital, Udhampur. In addition, MY Bharat volunteers were also deployed at Jakheni Chowk, Udhampur to assist Traffic Police in traffic management and to aware people about Road Safety rules.



At the outset, Dy SP Traffic Jitendra Singh briefed the volunteers about the importance of wearing seat belt while

driving, using helmet and other safety gears to avoid causalities and injuries on road. He also did their counselling so as to

enable them to motivate the people about all these rules while on duty. The volunteers followed

the same and created awareness among drivers. riders & commuters. In another event, they handheld the patients in availing OPD services at KLSM Rotary Eye & ENT

Hospital, Udhampur. They motivated the patients and their wards to go for Cataract surgeries as soon as diagnosis is done in order to minimize their suffering.

They also worked in crowd management and

made the patients aware about various health insurance schemes of the government specifically the "Ayushman Bharat". Dr. D.N Sharma along with Dr. Anil Sharma were also present on the occa-

District Youth Officer Khushal Gupta briefed the media about the series of events organized by NYK Udhampur in celebrating Diwali with MY Bharat. He urged the youth to get registered on MY Bharat portal and work for "Viksit Bharat" by

### Prof. Ranganathan from DTU delivers lecture to Bachelor of Design Students at SMVDU

**Top News Report** 

KATRA, Oct 30: Prof Ranganath. M. Singari, Founding Head, Department of Design at Delhi **Technological University** delivered an online lecture related to various aspects of design.

This session was organized exclusively for the first batch of students of Bachelor of Design at Shri Mata Vaishno Devi University (SMVDU), Katra, Jammu.

SMVDU is the first university in the UT of

**Top News Report** 

JAMMU, Oct 30: The

NSS Unit of MIER Col-

lege of Education orga-

nized a Pledge Cere-

mony and Unity Rally to

celebrate National Unity

Day and honour the

148th birth anniversary

of Sardar Vallabhbhai

Patel.

unteers.

**MIER College** 

Jammu and Kashmir to offer a Bachelor of Design course. The talk aimed to introduce the key principles, methodologies, and trends in design, providing students with a solid foundation for understanding how design can shape industries and impact the

world around us. The session provided students with invaluable insights into the world of design and its significance in both academia and industry.

Prof. Ranganath M.

National Unity Day celebrated at

Singari introduced core design principles and inspired students to think critically about how design shapes our world. The talk was also attended by Monica Singh (DTU. New Delhi).

Prof.Ankush Anand (Coordinator, Bachelor of Design), Ar. Abhiney Gupta (Head School of Architecture), Dr. Mir Irfan UI Haq (Assistant Professor, SME) also attended the session and conveyed their gratitude to Prof. Ranganath for his insightful talk.

### Mohit brought laurels to GDC Marh

**Top News Report** 

JAMMU, Oct 30: Mohit Sakolia of B.Sc Sem V, a dedicated athlete of the college clinched gold medal in Men Physique category and brought laurel to the college in the highly competitive Jammu province level body building competition (25 competitors, open age) held at Police Auditorium Jammu on 26 Oct 2024 organized by Jammu body building Association J&K.

Mohit Sakolia's journey to the gold medal was marked by hard work, resilience, and a commitment to physical excel-

He impressed the judges with his wellphysique, strength, and outstanding overall performance, securing the top position

among participants from across the Jammu prov-

It is pertinent to mention that Mohit Sakolia also has secured Gold Medal and overall 5th place in Men physique category in Natural competition Muscle Mania at Ghalib Institute Auditorium New

In addition to his prestigious win, he has also expressed gratitude to his college Principal GDC Marh Dr. Rakesh Kumar Koul and Physical Director Ravi Kumar and coaches, whose support was crucial throughout his preparation and training.

Dr. Rakesh Kumar Koul Principal GDC Marh congratulated the student and encouraged him to achieve great height in

### Fire breaks out in basement of town Square in Goghibagh, Srinagar

**Top News Report** 

SRINAGAR, Oct 30: A fire incident was reported today from the basement of Town Square in Goghibagh, Srinagar, causing immediate con-

Fire tenders swiftly arrived on the scene, and firefighting teams were actively working to control the blaze and prevent further damage. The cause of the fire is currently unknown, and no injuries have been

### **GCW Bhagwati Nagar organizes** impactful activities aimed at fostering transparency, integrity

**Top News Report** 

JAMMU, Oct 30: In observance of Vigilance Awareness Week, themed "Culture of Integrity for Nation's Prosperity," Government College for Women (GCW), Bhagwati Nagar, organized a series of impactful activities aimed at fostering transparency, integrity, and accountability within the academic community. These events, conducted under the guidance of Principal Prof. (Dr.) Meeru Abrol, drew enthusiastic participation from faculty. students, and staff, all united in raising awareness and cultivating a culture of ethical con-

lant and upholding integ-

only for individual growth but also for contributing to the nation's progress and prosperity. Dr. Abrol encouraged students to embody these values daily, inspiring those

Key highlights from the day's activities included an Integrity Pledge Ceremony, where participants reaffirmed their

commitment to ethical

behavior. A slogan-writing competition followed, in which Muskan Bhat and Indu Raina from Semester V stood out, earning first and second positions, respectively, for their insightful slogans on integrity.

The poster-making competition saw exceptional creativity, with Vanshika Rajput and Ananya Jamwal of Semester V securing the top two positions for their visually compelling messages on vigilance

Semester V, won first and second places, respectively, with essays that delved into the significance of a vigilant

Additionally, a lecture on vigilance awareness by Neeraj Kumar from the Department of Economics provided an in-depth understanding

of the need for transparency in governance and personal responsibility.

The activities concluded with a quiz competition on the week's theme, where Team Indira emerged victorious, Prof. Mosmi Raina. Dr. Preeti Slathia, and Dr. Kamaldeep Singh judged the competitions, bringing their expertise to evaluate participants' efforts and insights. The event left a lasting impact on all attendees, furthering the college's mission of nurturing principled, responsible citizens.

### gathering and provided an insightful introduction to National Unity Day.

During the ceremony, NSS volunteers took a solemn pledge to uphold the unity, integrity, and security of the nation, led by Dr. Reeta Dwivedi, Convener of the Co-Curricular Committee, who recited the pledge in both

The event was graced English and Hindi. by Dr. Adit Gupta, Princi-Following the pledge pal and Director of MIER. ceremony, a Unity Rally Dr. Nishta Rana, Head was held, starting from of the SoE, Dr. Monika the college and progress-Bajaj, Head SSSH, Dr. ing through Indra Chowk, Bharti Tandon, Deputy the Bus Stand, and B.C. Head of SOE, faculty Road before returning to members, and NSS volcampus.

The rally aimed to Over 30 enthusiastic spread the message students from B.Ed. and of "Unity in Diversity" B.A. Honors programs within the community as participated in the celethe NSS volunteers disbrations. Hitakshi Bakshi played placards depicting formally welcomed the Unity slogans in the rally.

Prof. Adit Gupta praised the NSS Unit for organizing the impactful event and, in his inspiring address, emphasized Sardar Patel's dedication to social service, commitment to national unity,

He urged students to draw inspiration from Patel's legacy in contributing to nation-building and supporting the underprivileged.

and his lifelong ideals.

The event concluded with a vote of thanks delivered by Unmesh Kant Shah, B.A. (Hons.) Semester III, Political Science student.

The entire program was coordinated under the leadership of Dr. Komal Sharma, NSS Programme Officer, and Ayushi Grover, Member of the NSS Unit.

### duct. and accountability. Speaking on the occa-In the essay-writing sion, Dr. Meeru Abrol competition, Ananya emphasized the impor-Jamwal and Pallavi tance of remaining vigi-Bhagat, also from

rity in all spheres of life. She highlighted that vigilance is essential not

society.

### **GDC Khour hosts informative lecture on** "Cyber Hygiene and Security" Sharma and was attendcovered all the essential

**Top News Report** 

KHOUR, Oct 30: Government Degree College (GDC) Khour hosted an informative lecture on "Cyber Hygiene and Security" in continuation of events during Vigilance Awareness Week commenced from 28th Oct 2024. The event was organized under the esteemed patronage of

ed by faculty members and students of the college.

The resource Person Dr. (Capt.) Anjana Sharma, Associate Professor and HOD of Computer Applications, delivered the lecture emphasizing the critical importance of maintaining cyber Hygiene and security in today's digital practices for safeguarding personal and institu-

The lecture aimed to make staff and students vigilant against cyber crime and corruptions like Digital Arrest, phishing, smishing, spoofing, online transactions and other cyber scams, etc.

Principal Prof. (Dr.) T.K. Sharma expressed his ma's efforts in enhancing awareness among faculty and reiterated the college's commitment to promote vigilance in all spheres, especially in the realm of technology and

He also highlighted the role of the Internal Quality Assurance Cell (IQAC) in fostering a culture of continuous improvement and awareness in cyber

day to day life.

### India. China troops disengagement in Eastern Ladakh taking place in **'Orderly' manner: Chi**nese Foreign Ministry

conflict between the two sides in decades. Foreign Secretary Vikram Misri on October 21 had said in New Delhi that the agreement was finalised following negotiations over the past several weeks and that it would lead to a resolution of the issues that arose in 2020.

On October 23, Prime Minister Narendra Modi and Chinese President Xi Jinping endorsed the agreement on patrolling and disengagement along the LAC in eastern Ladakh during their bilateral meeting on the sidelines of the BRICS Summit in Kazan in Russia.

### **Jammu Kashmir Assem**bly: LG to Open Session on Nov 4, CM to Deliver Reply

Assembly, Council, Parliament, and others who passed away during the absence of an Assembly in J&K.

The Assembly will discuss the Motion of Thanks on the Lieutenant Governor's address from 6 to 8 November, with Chief Minister Omar Abdullah replying on the last day, 8 November, which is also the session's final day.

### **Restoration of Darbar Move needed to foster** unity between Jammu and Kashmir: Dr Faroou

Reflecting on his past, Dr. Abdullah

recalled accompanying his father, Sheikh Abdullah, to the market when he was the Prime Minister of J&K. He praised the Maharaja for initiating the Darbar Move, a practice he believes should be reinstated to strengthen regional brotherhood. Pointing out infrastructure issues, he

many areas with poorly maintained roads and inadequate lighting, highlighting the need for urgent improvements. Dr. Abdullah hopes for the restoration

noted that the Smart City project has left

of Jammu and Kashmir's Statehood, with local officers appointed to high-level post-He reminisced about the region's past prosperity, stating, "This was the most

progressive State in the country," and expressed a determination to regain that status after a challenging five years. Referring to Ghulam Nabi Azad's 2019 remarks comparing J&K to Gujarat, he

emphasized the importance of revitalizing the region. Dr Abdullah stressed India's unity through diversity, advocating for strengthened brotherhood across religions and languag-

the nation's future. "We are all Indians and should stand united," he said, warning that without unity, "there will be no India."

es, as he believes this unity is essential for

### **JKPSC** declares result of JKAS Combined **Competitive Examination 2023**

has secured 3rd position as she has scored 1075 marks. The JKPSC has issued a list of 71 candi-

dates who have also been called for their medical examination as well.

As per the selection notification, the General Administration Department, in April 2023 referred 75 posts of J&K Combined Competitive Examination-2023 to the J&K Public Service Commission for being filled up through the Combined Competitive Examination.

FROM PAGE 1

April 13 of 2024. As many as 30756 candidates were provisionally allowed to appear for the Prelimi-

The posts were advertised by JKPSC on

nary Examination. "The Preliminary Examination was conducted on October 15 of 2023, in which 18882 candidates appeared and as per the criteria fixed by the Commission, 2144 candidates were declared to have qualified for the Mains Examination including 77 candidates who were allowed to appear on the directions of the Central Administrative Tribunal." the notification reads.

It further reads that J&K Combined Competitive (Mains) Examination, 2023 was conducted from March 26 April 3 of 2024 both at Jammu and Srinagar in which 1296

candidates appeared in all papers. "As per the criteria fixed by the Commission in accordance with SRO-103 of 2018 dated 23.02.2018, as amended from time to time. 274 candidates were declared to have qualified for the Interview/Viva-Voice/ Personality Test," it reads.

It reads that addition 11 candidates (petitioners) were also called for interview in pursuance to the Court Orders and the Personality test (interview) of the candidates was conducted from October 21 to October 29 of 2024 at the Srinagar Office of JKPSC.

"Out of 274 candidates, eight candidates did not appear in the interview and the Commission in its meeting held on October 29 of w/2024 decided to declare the result of the candidates who appeared in the interview and also notify their aggregate marks and recommend 71 candidates for medical examination in accordance with the relevant rules.

The PSC notification reads that in pursuance of the provisions contained in SRO-103 of 2018 dated 23.02.2018, read with J&K Public Service Commission (Conduct of Examination) Rules 2022 as well as the above-mentioned decision taken by the fied the result of 266 candidates only who appeared in the interview for the post of Jammu and Kashmir Combined Competitive Examination 2023. **Around dozen people** 

Commission, the Commission has noti-

### injured after mob allegedly attacks MLA **Gurez's rally**

Quoting an official, news agency KNO reported that the mob attacked the rally in Gujran, resulting in injuries to around dozen people while several vehicles were also damaged.

He said that the injured were taken to a hospital for treatment from where three among them were referred to a hospital in Srinagar.

The official stated that a case has been registered under relevant sections of the law, and further investigation is ongoing. However, no arrests have been made so far. he said.

As clashes ensued, police arrived at the scene and used smoke shells to disperse the mob and brought the situation under

Meanwhile, MLA Gurez Nazir Ahmad Khan accused BJP workers and relatives of BJP leader Faqeer Mohammad Khan, who lost the election against him, of targeting the rally.

In response, DDC Tulail Ajaz Ahmad Khan, son of BJP leader Faqeer Khan said that the people in Nazir Khan's rally threw stones at their workers' homes and provoked them.

The villagers resisted, leading to clashes that resulted in "injuries to our workers and damage to several houses," he claimed.

### Four people killed in two separate road accidents in J&K

In another accident, the officials said two non-local labourers were killed when a dumper fell into a gorge at Gulabpura in the Chassana area of Reasi district around

The dumper was coming from Bakori towards Sungri and both of its occupants, Surinder Singh (42) of Punjab and Munna Kumar (26) of Bihar, died on the spot, they said. The bodies of the deceased were retrieved and shifted to a hospital for post-

### **PDP MLA demands end** of reservation policy in **J&K**, terms it 'Unjust'

According to a list, out of 71 candidates called for the medical exam, 42 belong to reserved categories.

"The government must scrap this unjust policy against merit and ensure reservations reflect true population proportions,' Para, an MLA from Pulwama, said.

"J&K's youth deserves inclusion, not exclusion. This isn't limited to jobs but compromising long term (sic) quality and competence in all institutions," the president of the party' youth wing added.

### **Youth arrested along** with pistol, two grenades in Handwara

said an official statement

The further questioning revealed that the accused is a graduate and has been involved in smuggling of drugs. As per officials, the accused earned enough money to start his own business. Facing loses, he got involved in illegal activities.

He was asked to carry this consignment to Sopore but was apprehended enroute, courtesy precise intelligence, said the statement. Further questioning is in progress and subsequent outcome will be intimated on his revelation during investigation, the statement concluded.

## **ABRSM J&K concludes state-level executive** meet, addresses key issues for teachers in J&K

**Top News Report** 

JAMMU, Oct 30: The Akhil Bhartiya Rashtriya Shaikshik Mahasangh (ABRSM) J&K School Wing recently concluded its state-level executive meeting in Jammu, led by State President Rattan Sharma. The meeting focused on various critical issues affecting the teaching community, including the need for adjustments of newly promoted Masters, conducting the Annual Transfer Drive (ATD-2024), and addressing the backlog of Departmental Promotion Committees (DPC) for all cadres. Rattan Sharma also took the opportunity to extend Diwali greetings, saying, "On this Diwali, let's share the light of kindness and compassion with the world.

One of the primary resolutions addressed during the meeting was the immediate adjust-



ment of newly promoted Masters, a process that has been pending for several months. ABRSM called upon the Director of School Education in Jammu to expedite this adjustment, stressing its importance for the effective functioning of the education system. The organization also emphasized the need for the timely conduct of ATD-2024, urging adherence to the new transfer policy to maintain transparency and fairness within the department. ABRSM highlighted that many teachers who have served in difficult, remote

areas for over six years are now awaiting transfers to more accessible zones as part of their

right to equal opportunity.

Another pressing concern raised was the conduct of DPCs for all teaching cadres. Despite ABRSM's repeated written requests to both the **Commissioner Secretary** of Education and the Director of School Education, Jammu, a comprehensive DPC has yet to take place. Although a limited DPC was conducted in June for 1,029 teachers promoted to Masters, many positions remain vacant, hinder-

ing career advancement for numerous teachers. ABRSM urged the education department to address this issue to avoid stagnation and ensure fair professional growth opportunities, as seen in other government

ABRSM also called for the regularization of incharge teachers whose confirmations have been pending since 2018. The organization emphasized that this delay has led to frustration and stagnation for many dedicated educators, further underscoring the need for prompt action on this matter.

sectors

Rattan Sharma extended warm Diwali greetings to the newly formed government in Jammu and Kashmir UT, led by Chief Minister Omar Abdullah. He congratulated Sakina Itoo on her new appointment as Minister of Education, Health, Medical Education, and Social Welfare, expressing optimism for a strengthened

education system that aligns with contemporary needs and expectations.

In addition, Sharma updated members on ABRSM's ongoing membership drive, encouraging them to complete it by the scheduled deadline and calling for a united effort to strengthen the organization's presence at the grassroots level.

The meeting saw active

participation from several prominent members, including Sanjay (State Cashier), Rahul (State Seh-Media Prabhari), Sanjay (State Vice-President), Mohan Singh Parihar, Neeraj Parihar, Rishi Singh, Amit, Sachin, Vipin, and many others, who pledged their support to ABRSM's mission of improving the education system in Jammu and Kashmir

ABRSM remains steadfast in its advocacy efforts, committed to securing improvements for the teaching fraternity across the region.

### **Seminar to observe Vigilance Awareness** week 2024 organized by GDC Ramnagar

**Top News Report** 

RAMNAGAR, Oct 30: Vigilance Awareness Week is one of the Participative Vigilance initiatives of the Central Vigilance Commission in the fight against corruption. The Vigilance Awareness Week aims to encourage all stakeholders to participate collectively in preventing and fighting corruption, raising public awareness about its causes, gravity, and the threats it poses.

GDC Ramnagar organised seminar to mark the observance of Vigilance Awareness Week 2024, themed 'Culture of Integrity for Nation's Prosper-

**Top News Report** 

JAMMU, Oct 30: On the

evening of October 29, the

floodlit KC Sports Ground

transformed into a vibrant

hub of culture and com-

munity during an hour-

long celebration of Garba

This lively event cel-

ebrated art and tradition

ity' under the patron ship of Dr Bhavnaish Chand,

principal GDC Ramnagar. The programme started with the welcome address by Prof Ritika Mahajan followed by seminar in which 15 students participated. The topic of the competition was 'Be vigilant; guard your mind against negative thoughts'

Prof Ashni Devi, Prof Sonia Raj and Prof Parminder Kumar were the jury members. Students expressed their ideas enthusiastically with an oath that We must persevere in all the fields with dedication and commitment, prosperity will certainly follow. Preeti

Garba evening celebrated at KC Public School

for diversity and youth

empowerment. The fes-

tivities featured energetic

dance performances in

colorful ethnic attire and

the enthusiastic par-

ticipation by one and all

reflected the rich tapestry

of cultures that KC Public

School promotes among

its students. This festive

devi of BA sem V stood first, Vansh Modi of B.Sc sem III stood third while Arti Sharma of BA sem III stood third.

At last, Dr Bhavnaish Chand, Principal GDC Ramnagar opined that he hoped that observing Vigilance Awareness Week will strengthen our belief in the power of Integrity and will help us incorporate this divine value in our everyday life.

Finally, a formal vote of thanks was delivered by Dr Pankaj Sharma, HOD English. The program was witnessed by all teaching and nonteaching staff members and students. Around 50 students were present

The event not only high-

lighted the importance of

cultural diversity of India

but also strengthened the

bonds among students,

thereby reinforcing the

school's commitment to

team dynamics, coopera-

It was an exclusively

student-led event with

tion and collaboration.

## Training Programme on Entrepreneurial Empowerment of Rural Women held at SKUAST-K

**Top News Report** 

SRINAGAR, Oct 30: The Division of Agricultural Extension & Communication, Faculty of Agriculture, Wadura, Sher-e-Kashmir University of Agricultural Sciences & Technology of Kashmir (SKUAST-Kashmir) successfully conducted Two, Weekly Training Programmes focused on "Entrepreneurial Activities and Empowerment of Rural Women through Processing and Value Addition of Agricultural and Horticultural Pro-

The primary objective of the programme was to equip and inspire participants to develop innovative ideas and understand the significance of agribusiness and startups in fruit and vegetable processing, preservation and canning. Participants received hands-on training in preparing, preserving, and storing jam, Jellies and other items using modern machinery such

as pulpers, steam cookers and other canning

equipments.

The event was graced by the presence of Chief Guest, Prof. Rihana Habib Kanth, Dean Faculty of Agriculture, who highlighted the growing acceptance of agri-preneurship as a crucial tool for generating employment, improving livelihoods, and fostering economic independence among unemployed women. Prof. Kanth noted that entrepreneurship in agriculture not only increases food production and productivity but also creates new startups and innovative products, enhancing export opportunities.

Dr. Tabassum Nazir Qadri, Convenor, Skill Development Centre at GDC Pattan, and Dr. Snober Hameed, Co-convenor Skill Development Centre at GDC Pattan, also played key roles in the program's success. Dr. Bilal Ahmad Bhat and Dr. S.S. Kubrevi shed light on the importance of training in fostering new enterprises and assured participants of the Division's continued support

in their entrepreneurial

Key contributors to the programme included Dr. Tabassum Nazir Quadri, Convenor Skill Development Centre at GDC Pattan, and Dr. Snober Hameed, Co-convenor of the Centre, played an important role during the training programme. On the concluding event Dr. Tabassum Qadri underscored the importance of training in nurturing new enterprises and pledged continued support to participant's entrepreneurial

Training Coordinator. Dr.Qadri Javeed Ahmad Peer, provided an overview of the training programme, demonstrated practical techniques for processing and value addition of agricultural products. At the conclusion of the programme, participants were awarded certificates of completion, while appreciation certificates were presented to PhD scholars who played a vital role in the event's smooth execution.

The event was concluded with a vote of thanks by Dr. Zahoor Ahmad Shah, Co-coordinator, who expressed gratitude to the participants, trainers and the organizing division for their contributions to the success of the programme.

This training programme reflects SKUAST-Kashmir's mission and commitment for empowering rural women through capacity building and promoting agri-preneurship as a pathway for sustainable economic growth.

### gathering of students to Students' Council memand at the same time fosenjoy the traditional Garba bers Lavanya Chauhan tered key values such as dance of Gujarat created and Akshita Kotwal headgratitude, teamwork, cula heart-warming atmoing the Organising Comtural diplomacy, respect sphere of joy and unity.

**Ex-JURSEA Prez urges Chancellor to** 

**Top News Report** 

JAMMU, Oct 30: Alleging complete mess in the functioning of Centre of Distance and Online Education (CDOE) of Jammu University, the former JURSEA President, Dr Vikas Sharma has demanded from the Chancellor to order high level probe to unearth the laxities which led to the closure of four courses and unnecessary delay in the opening of admission of Under-Graduate courses which is causing loss to thousands of

Addressing a press conference, Dr. Sharma mentioned that UGC (Open and Distance Learning) Regulations were amended four years ago (4th of September, 2020) and cirulcated it among all the Universities but. Jammu University authorities didn't take cognizance of it and remained lackadaisical.

"JU authorities had to file compliance of the new set of regulations but, it was completely ignored owing to which the affiliation of CDOE to run PG and UG courses was suspended

"Thereafter, the JU authorities immediately came into action and filed the compliance in a hush-hush manner. As a result, JU got permission to run PG Courses but, 4 PG courses (Economics, Education, PGDBM & PG Gyani) didn't get approval. Also, the permission for UG courses has not been granted," he claimed.

He stated that UGC amended the regulations for Open and Distance Learning more than four ago and subsequently issued three Amendments but, the concerned authorities in JU didn't evinced interest to deal with the matter and due to their laxity, the students were now suffering

"It was specifically mentioned by UGC that duration of PG Diploma Courses strictly should be of two years but, JU continued to run PG Diploma in Business Management and Gyani on one-year duration basis and violated UGC regulations. And, now they have closed these two courses citing UGC Regulation but, what about the validity of PG Diploma granted to students since 2020. And, who will be answerable for this lapse owing to which students have been made to suffer," Dr. Sharma elaborated.

were laid down by the UGC for running Distance and Open Learning Courses including preparation of study material one year in advance for PG courses; and two years in advance for UG courses. But, have the JU authorities actually complied with these directions " he explained and added that Study Material was meant to be having 60 percent original content and the same was also not guaranteed on the part of JU.

"Several guidelines

"Further, UGC has asked for arranging two teachers for running PG courses and if the same subject is also available in UG course then the number of teacher should

order high-level probe, fix accountability be three. But, JU has not complied with it. Also, **UGC** asked Universities to install CCTV cameras and make provision of Biometric Attendance during the examination but JU authorities didn't

make that," he revealed. UGC regulations specifically mentions that all the data should be preserved for at least five years and if, the JU authorities have complied with the UGC regulations then why they were not willing to share it, Dr. Sharma questioned. "UGC had also asked for establishment of Grievance Redressal Cell for Distance learners four years ago and surprisingly, the same was established only last month in a hush-hush manner," he revealed.

"JU authorities collected nearly Rs 20 crore from distance learners but instead of spending that amount on improvement in services offered by CDOE, the same is being spent of maintenance activities in JU main campus," the former JURSEA president revealed further.

Dr Sharma questioned the JU authorities that why four PG courses had been closed if everything was going fine in CDOE and who was responsible for lack of permission to run UG Courses.

the Chancellor to order high level inquiry into the matter to find the erring person and fix responsibility for such a big lapse which is hurting the interest of thousands of students who are aspiring to pursue their studies through distance mode.

He demanded from

### **GDC** Thannamandi organize seminar-cum-poster making competition on Vigilance Awareness

**Top News Report** 

THANNAMANDI, Oct 30: Govt. Degree College Thannamandi in collaboration with Tehsil Treasury office Thannamandi organized an intra-College seminar cum poster making competition as part of ongoing Vigilance Awareness Week observance here today.

An intra-College Seminar and a Poster making Competition organized on the theme "Culture of Integrity for Nation's Prosperity" under the patronage of Prof. (Dr.) Farooq Ahmed, Principal of College in which Bagh Hussain, Tehsil Treasury Officer Thannamandi was special Guest. Dr. Ashaq Malik, IQAC Co-ordinator and Dr. Gulshan Rashid Bhat, Head, Department of Geography in College co-ordinated the program.

Kamran Mumtaz of B.Sc 5th Sem stood first whereas Laiba Fatima and Ateeqa Fatima of B.A 1st Sem bagged 2nd and 3rd position in the seminar respectively. Dr. Nazar UI Islam, Head, Department of Islamic Studies, Dr. Junaid Ahmed, Head, Department of Environmental Sciences and Prof. Rumy Dar. Head. Department of English in

College were judges in the intra-college seminar. In the poster making

competition, Alia Fatima. B.A 3rd Sem., and Irtaga Naik and Sultana Kouser, B. Sc 3rd Sem. shared first prize whereas Sanam Kouser, B. Sc 3rd sem, and Uzma Maqsood, B.Sc 5th, won 2nd Prize. Kehkashan Rozeen of B.Sc 5th sem & Sabha Shaheen of BA 5th Sem bagged 3rd prize in the poster making competition that was coordinated by Prof. Rumy Dar and Dr. Nagina Kouser. The competition was judged by Dr. Sheraz Ahmed, Head Dept. of Zoology and staff secretary of the college, Prof Supriya Gupta HOD Computer Applications and Prof. Fatima Parveen from Department of Chemistry. While speaking on the

occasion, Dr. Faroog Ahmed emphasized upon the youth and students to stick with supreme principles of honesty, integrity, transparency and accountability to lead a quality life and help shaping healthy society and nation at large. He appreciated the efforts of the organizing team for meticulously holding a series of activities like poster making, essay writing, quiz competition, rally and signature campaign besides seminar to raise awareness about the perils of corruption and how to deracinate this menace from the roots. Bagh Hussain also spoke on the occasion and said that let the change start from self.

Farlier Dr Ashag Malik introduced the audience about the essence of observing the vigilance awareness week, and detailed about series of activities being organized by the college to observe this Vigilance Awareness week. Dr. Gulshan Rashid Bhat and Laiba Fatima conducted the proceedings of the programme whereas Prof. Asif Ajaz Lone presented the formal vote of thanks.

Prominent among others present on the occasion were Dr. Nazakat Hussain, Dr. Naseem Ahmed, Rakesh Puri, Prof. Supriya Gupta, Dr. Gohar Iqbal, Prof. Altaf Hussain, Dr. Shiraz Ahmed, Prof. Fatima Parveen, Anuj Bali, Dr. Ather Aziz Raina, Dr. Sarfraz Mirza, Dr. Mohd Zabir. Dr Ansir Ahmed. Dr. Mohd Arshaq, Dr. Shokat Ahmed, Dr. Mohd Shakoor and Dr. Aftab Ul

### **Students of GGS College of Management and Technology** selected in RBI 90 Quiz state level rounds



**Top News Report** 

JAMMU, Oct 30: The Reserve Bank of India (RBI) is commemorating the 90th year of its operations this year.

As part of the series of events being held throughout the year to mark this milestone, the Bank has launched the RBI90Quiz, a nationwide general knowledgebased quiz competition aimed at undergraduate students. RBI90Quiz is a team-based competition, conducted in several stages. The online stage was held from September 19-21, 2024.

Teams were selected to participate in the state level round based on their performance in the online stage of GGS Man-

agement and Technology College Giddarbaha. The State-level round of the RBI90Quiz for Punjab was conducted at Hotel The Lalit, Chandigarh, where 134 students (67 teams) competed.

Out of 134 students of Guru Gobind Singh College of Management and Technology, Mandeep Kaur B.Com (H) 3rd semester and Rajdeep Kaur BCA 3rd semester participated as a team under the supervision of Prof. Dolly in the state level competition. For this achievement, the Principal of GGS College Dr. RK Uppal awarded the students with certificates of RBI 90 Quiz Competition and motivated the students to participate

### Mubarak Gul pays obeisance at Hazrat Noor-ud-Din Noorani's (RA) Shrine at Charar-e-Sharief

**Top News Report** 

CHARAR-E-SHARIEF, Oct 30: On the auspicious occasion of the annual Urs of Hazrat Noor-ud-Din Noorani (RA), Protem Speaker, Jammu and Kashmir Legislative Assembly, Mubarak Gul today paid obeisance at the revered shrine in Charar-e-Sharief and prayed for peace and prosperity of Jammu and Kashmir.

During his visit,

Mubarak Gul emphasised the importance of proper arrangements for the comfort and convenience of large number of devotees who visit the shrine. He instructed the Augaf management to ensure that all necessary facilities are in place. He also directed the Floriculture Department to undertake the development and beautification of nearby park, enhancing the serene environ-

ment for the visitors.

annual Urs of Hazrat Noor-ud-Din Noorani (RA), a renowned saint known for his contributions towards spirituality and peace, is a significant event that draws devotees from various regions.

The deep concern of the Pro-tem Speaker towards development of the holy Shrine reflected a commitment towards honouring and preserving the cultural and spiritual heritage of the region.

### Time running out for struggling India stalwarts **Virat Kohli, Rohit Sharma**

NEW DELHI, Oct 30 (Agencies): The inglorious end of India's proud home record has left the cricket-mad nation grappling with the reality it has long been dreading — that ageing stalwarts Virat Kohli and Rohit Sharma might be approaching the end of the road. Through three World Cup titles, two World Test Championship (WTC) finals, and a 12-year Test series winning streak on home soil, Kohli and Rohit, often together, have been integral to every major Indian success of the last 17 years.

Both quit T20 Internationals after winning the World Cup and their diminishing returns in

Test cricket is a huge concern ahead of India's trip to Australia for a bumper five-Test series.

India will be hoping to avert a



rare whitewash in the third Test against New Zealand starting on Friday with fans hoping skipper Rohit and batting mainstay Kohli will produce some runs before they fly off to Australia.

Opener Rohit, at his peak a free-scoring and elegant batter who helped India to their first two series triumphs in Australia in 2018-19 and 2020-21, has six single-digit returns and just one fifty from his last eight Test innings. Kohli, widely considered one of the batting greats of the modern game, has managed just two centuries in the last five years and only two fifties in his last 12 innings in the longest format.

The right-hander's average has dropped to 48.31 and his

struggles against left-arm spin — he fell to New Zealand's Mitchell Santner in both innings of the second Test — has been conspicuous. It is not just Rohit and Kohli who have come up short, however, as India's usually strong and deep batting has been a major letdown in the two Tests against New Zealand. Their failure to put decent scores on the board in first innings meant a comeback in either Test was a tall order. India have a slender lead over Australia in the WTC standings and another defeat would mean they would need to win four of the five Tests Down Under to reach their third consecutive final. The next couple of months might also determine whether Kohli, who turns 36 next week, and Rohit, who is a year older, can extend their Test careers.

### Cricket Australia extends coach Andrew McDonald's term till 2027



SYDNEY, Oct 30 (Agencies): Cricket Australia on Wednesday extended the tenure of men's team head coach Andrew McDonald till the end of the 2027 season, meaning he will oversee the team's defence of the one-day World Cup in South Africa.

McDonald was appointed as head coach after Justin Langer's tumultuous departure in early 2022 and has since steered the men's team to notable achievements.

Under his guidance, Australia secured the World Test Championship and the 50-over World Cup and

also retained the Ashes in England. The extension will help McDonald to be in charge of the side till the defence of the one-day World Cup title in 2027 and in their effort to regain T20 World

Cup and Champion's Trophy next year. The period also includes 13 months of Test cricket, featuring away series against India and England and the

150th anniversary Test at the MCG.

Cricket Australia CEO Nick Hockley said: "Andrew has proven to be an outstanding men's head coach who as well as delivering exceptional results has built a strong coaching team, methodology and an excellent environment for the team to perform at its best. We are delighted to extend his tenure for a further two years.

McDonald said: "I am very fortunate to have an exceptional group of leaders, players, coaches and staff who are fully invested in the ongoing wellbeing, success and development.

"The professionalism, commitment and experience of my fellow coaches and the wider staff have ensured the journey has been extremely successful but just as importantly created a culture of unity, trust and inclusivity." he added.

### India will get warm welcome in Pakistan if they come for **Champions Trophy: Rizwan**

ISLAMABAD. Oct 30 (Agencies): Pakistan's new white-ball captain Mohammad Rizwan says that the Indian cricket team will get a warm welcome if they visit his country for the ICC Champions Trophy 2025. Speaking at a press conference, Rizwan highlighted the warm reception awaiting the Indian team if they decide to participate in the tournament in Pakistan.

"Fans here love Indian cricketers, and they would be thrilled to see the Indian team play in Pakistan. If they come, we will give them a warm welcome," Rizwan affirmed. Notably, India last visited Pakistan for the 2008 Asia Cup, where they reached the final but lost to Sri Lanka by 100 runs. Since then, bilateral cricketing ties have been largely limited to neutral venues due to political tensions and security concerns. Meanwhile. Pakistan's most recent visit to India was for the 2023 ODI

World Cup. Before that, the Men in Green visited India in 2012 for a bilateral ODI series.

In their most recent face-off, India defeated Pakistan by a narrow six-run margin at the 2024 T20 World Cup in the USA, where the intensity and excitement underscored the enduring allure of the rivalry.

As agency previously reported, the International Cricket Council (ICC) is exploring three possible models for hosting the Champions Trophy due to lingering uncertainties regarding India's participation in Pakistan:

Full Tournament in Pakistan: Under this model, all games, including the semi-finals and final, would be held in Pakistan as initially

Hybrid Model (Pakistan and Secondary Venue): This plan would see India's matches. along with the semifinals and finals, hosted at a neutral venue, likely Dubai. This approach is reminiscent of the recent 2023 Asia Cup, which employed a hybrid format to address security concerns for India in Pakistan.

Complete Relocation Outside of Pakistan: If a full relocation becomes necessary, Dubai, South Africa, and Sri Lanka are considered top contenders to host the tournament, with the PCB retaining official hosting rights regardless of location.

The PCB has already drafted a tentative schedule for the Champions Trophy, set to start on February 19 and culminate with the final on March 9. The proposed host cities include Lahore, Karachi, and Rawalpindi, each historically significant and well-equipped to host international cricket events. The ICC is expected to announce a decision by November, with additional insights likely when Jay Shah assumes the ICC Chair-

### Hong Kong Sixes 2024: Robin Uthappa 'excited and honoured' to lead India

NEW DELHI, Oct 30 (Agencies): Robin Uthappa is all set to lead the Indian team during the Hong Kong Sixes 2024. The right-handed batter expressed his excitement for the tournament and further added that he is honoured to be the captain of the side.

"I'm very excited to be a part of the Hong Kong Sixes 2024 and it's an honour to lead the Indian team. Some great cricketing action coming your way on November 1, 2 & 3," Uthappa said.

The Indian squad will have the likes of Kedar Jadhav, Manoj Tiwary, Stuart Binny, Shreevats Goswami, Bharat Chipli and Shahbaz Nadeem. Chipli and Goswami too expressed their delight on representing India in this fast-paced form of the game.

"It's a great feeling to represent India in the Hong Kong Sixes 2024 which ensures some nail-biting encounters and entertaining perfor-



mances," said Chipli. "Hong Kong Sixes is

a distinguished format of the game and can't wait to represent India," added Goswami.

All-rounder Stuart Binny who will play a key role for India is thrilled to play against some of the best cricketers around the globe. "Thrilled to represent India in Hong Kong Sixes 2024 and looking forward to play against some of the best players in the world."

The Hong Kong Sixes 2024 kickstarts on November 1 and will run till November 3 at the Tin Kwong Road Cricket Ground, featuring 12 teams, competing in sixa-side matches. Hosts

Hong Kong will take on South Africa in the first match while arch-rivals India and Pakistan will also be up against each

other on Day 1. Hong Kong Sixes: Schedule & Timings **NOVEMBER 1** 

South Africa vs Hong Kong: 6 AM (IST), 8:30 AM (Local time) England vs Nepal:

6:55 AM (IST), 9:25 AM (Local Time) Pakistan vs UAE: 7:50

AM (IST) 10:20 AM (Local Time) Sri Lanka vs Oman:

8:45 AM (IST), 11:15 AM (Local Time)

New Zealand vs Hong Kong: 9:40 AM (IST), 12:10 PM (Local Time) Bangladesh vs Oman: 10:35 AM (IST), 13:05 PM (Local Time)

India vs Pakistan:

11:30 AM (IST), 14:00 PM (Local Time)

England vs Australia: 12:25 PM (IST), 14:55 (Local Time)

South Africa vs New Zealand: 1:15 PM (IST), 15:45 (Local Time) Sri Lanka vs Bangla-

desh: 2:10 PM (IST), 16:40 (Local Time) **NOVEMBER 2** 

Australia vs Nepal: 6 AM (IST), 8:30 AM (Local Time) India vs UAE: 6:55 AM

(IST), 9:25 AM (Local Time) Bowl Match 1: A3 vs

D3 7:50 AM (IST), 10:20 AM (Local Time) Bowl Match 2: B3 vs C3 8:45 AM (IST), 11:15

AM (Local Time) Quarterfinal 1: B1 vs A2 9:40 AM (IST), 12:10 PM (Local Time)

Quarterfinal 2: A1 vs C2 10:35 AM (IST), 13:05 PM (Local Time) Bowl Match 3: A3 vs C3 11:30 AM (IST). 14:00 PM (Local Time) Bowl Match 4: B3 vs

D4 12:25 PM (IST),

14:55 PM (Local Time) Quarterfinal 3: D1 vs B2 1:15 PM (IST), 15:45 PM (Local Time)

Quarterfinal 4: C1 vs D2 2:10 PM (IST), 16:40 PM (Local Time) **NOVEMBER 3** 

Bowl Match 5: A3 vs B3 6 AM (IST), 8:30 AM (Local Time) Plate Semifinal 1: LQ1

vs LQ2 6:55 AM (IST), 9:25 AM (Local Time)

Plate Semifinal 2: LQ3 vs LQ4 7:50 AM (IST), 10:20 AM (Local Time) Bowl Match 6: C3 vs D3 8:45 AM (IST), 11:15

AM (Local Time)

Women's Exhibition Match: 9:40 AM (IST), 12:10 PM (Local Time) Semifinal 1: WQ1 vs WQ2 10:20 AM (IST), 12:50 PM (Local Time) Semifinal 2: WQ3 vs WQ4 11:10 AM (IST), 13:40 PM (Local Time) Bowl final: 12:05 PM (IST), 14:35 PM (Local

Plate Final: 12:55 PM (IST), 15:25 PM (Local

Time) Cup Final: 1:55 PM (IST), 16:25 PM (Local Time)

### MS Dhoni takes dig at IPL retention rumours, says "everyone's a team owner..."

manship on December

MUMBAI, Oct 30 (Agencies): The deadline for the IPL 2025 retentions will end on Thursday and experts as well as fans have been trying to predict that big names that find their way into the mega auction. While nothing has been confirmed by the BCCI or the franchises, the rumour mill has been working overtime with many prominent players finding themselves in headlines. In a recent event, former Indian cricket team skipper MS Dhoni

surging to the top spot in the latest ICC Men's

Test Player Rankings. Rabada's rise follows

his impressive form during the ICC World

Test Championship, particularly highlighted

by his nine-wicket haul in South Africa's

recent victory over Bangladesh in Mirpur,

The 29-year-old Rabada's strong perfor-

mance led the Proteas to a seven-wicket win,

helping him leap past Bumrah, as well as

which also marked his 300th Test wicket.

was asked about the continuous discussions and he came up with a hilarious reply.

"Everyone is a team owner now," Dhoni said at the event. "Whatever player they desire, whichever player is going up for auction and whoever they decide to purchase, we should be prepared for it. IPL auction works in mysterious ways.," he added.

Dhoni, who captained Chennai Super Kings to five IPL titles, recently confirmed that he will be taking part in



IPL 2025. The veteran wicket-keeper batter is expected to be retained by Chennai Super Kings for just Rs 4 crores thanks to a rule that was brought back by the BCCI for this auction.

According to the rule, an Indian cricket team

ICC Test Rankings: Jasprit Bumrah loses No 1 rank to

player will be considered 'uncapped' if he has not played for the national side in the last five years.

"People enter the auction, and there's the uncertainty of where you'll end up. The most delightful aspect comes

from the fans. They are the ones who make predictions on which team a certain player will end up with. Look, you find yourself in a market where all teams are well-funded," Dhoni explained.

"Whoever acquires you, you will need to perform for them. That certainly is the beauty of the IPL auction. It's not simply a trade; rather, it involves one player being moved to another franchise. You have the freedom to go wherever you desire," Dhoni added.

### New Zealand coach hopeful of India whitewash and WTC Final: Done it before



MUMBAI, Oct 30 (Agencies): New Zealand coach Gary Stead is hoping that his side can make it to the World Test Championship final by winning their remaining matches, which would also mean they will have to whitewash India with a win in the Mumbai Test. New Zealand were the inaugural winners of the WTC title when they beat India in 2021

During that time, the Blackcaps faced a similar situation as they had to win their remaining 4 Tests and did so. New Zealand have the one match against India and 3 Tests against England remaining in their 2023-25 cycle. Stead is hoping that his side can do ta repeat of the 2021 heroics once again. Speaking to the New Zealand media, as quoted by agency, Stead said that his side will be looking to draw inspiration from their WTC run in 2021.

"The first time we were in the situation of qualifying for the first WTC final, we had to win four tests on the bounce and we managed to," said Stead.

"Hopefully that's something we can lean on and say, 'we've done it before, here's an opportunity to perhaps do something very special again'."

Adapting to Mumbai pitch key for India series whitewash

New Zealand will have

the chance to become the first team in 24 years to blank India in a home Test series after South Africa did it in 2000. Stead believes that his side would need to quickly adapt to the pitch conditions in Mumbai to pull off the feat.

Stead emphasized the difficulty of adjusting to the red clay pitch at Wankhede Stadium, especially after their initial two wins on black soil surfaces.

"A series win in itself is incredible, but what we want to do is keep trying to get better every dame, and we're going to different circumstances now," Stead told New Zealand media.

"The red clay is very different, so we're going to have to adapt quickly," he added. "Our next two trainings are going to be important but for the WTC itself, there's no doubt one more win would certainly help us." India and New Zealand will square off in

the Mumbai Test from November 1, Friday.

### **Kagiso Rabada** NEW DELHI, Oct 30 (Agencies): India Australia's Josh Hazlewood and India's Ravipace spearhead Jasprit Bumrah's reign as chandran Ashwin, to claim the No.1 ranking the No.1 ranked Test bowler has ended, with for the first time since early 2019. Rabada South African fast bowler Kagiso Rabada first ascended to the top in January 2018

position in February 2019. Hazlewood now occupies the second spot, while Bumrah and Ashwin drop to third and fourth, respectively.

and has remained a consistent presence in

the top 10 ever since, only relinquishing his

Elsewhere in the rankings, Pakistan's Noman Ali made significant strides with a career-high entry into the top 10, following his standout performance in Rawalpindi against

England. His nine-wicket performance lifted him eight places to ninth.

Fellow Pakistan spinner Sajid Khan also reached a career-best rating, moving up 12 spots to 38th after a 10-wicket showing.

New Zealand left-armer Mitchell Santner surged 30 places to a new career-best of 44th overall after his 13-wicket haul in Pune against India. Additionally, New Zealand's Rachin Ravindra climbed eight spots to sit in 10th place among batters, while England's Joe Root retains his lead at the top of the batting rankings despite a challenging third Test against Pakistan.

## **SMVDU** students visit Baglihar **Hydropower Project**

**Top News Report** 

KATRA, Oct 30: In an effort to enhance practical learning, a group of students of Skill Enhancement Course, Introduction to Hydropower, coordinated by Gautam Narula, from Shri Mata Vaishnodevi University recently visited the Baglihar Hydropower Project. Students were from various branches like B.Tech Civil Engineering, B Sc. Hons Biotechnology, and students from Bachelor of Business Administration (BBA).

The visit of students from multiple branches

allowed understanding of multiple concepts in Plannings, design and operations of the Hydropower Project.

The educational trip was organised by the university's School of Civil Engineering, aiming

benchmarks like patient

footfall, bed occupancy,

revenue, and clinical

capabilities. Notably, the

hospital has seen a foot-

fall of over 8 Lakh patients

since commencement

with nearly a third receiv-

ing free treatment under

to provide students a comprehensive experience of how large-scale hydropower facilities operate.

The Baglihar Hydropower Project, located on the Chenab River in J&K with a capacity of operation of hydropower plants, including the generation, transmission and distribution of electricity.

He highlighted the technology used in the dams, turbines and generators. Dr. V.K Dogra, Associate Professor and Head, School of Civil Engineering and Gautam Narula, Assistant Professor at School of Civil Engineering, SMVDU, led the whole site visit aiming to share knowledge and provide in-depth technical explanations to the students.

This visit was made possible with the excellent support of Baglihar

### Shiv Sena demands to declare Jammu the permanent capital of J&K



**Top News Report** 

JAMMU, Oct 30: Jammu should be declared the permanent capital of the state immediately to end the era of discrimination and injustice against Jammu, stated by Manish Sahni, president, Shiv Sena (UBT) Jammu-Kashmir unit.

In a press conference organized at Jammu party office today, state chief, Manish Sahni said that Jammu has always been ignored in the history of Jammu and Kashmir, till date no one from Jammu division has been able to reach the post of Chief Minister.

The BJP, which won a historic victory in 2014 in the name of discrimination, despite having a share in the government and the post of deputy chief minister, the interests of Jammu were ignored

Along with this, the focus of the former and current central governments also remained Kashmir-centric. In the year 2022, the Delimitation Commission also did not do justice to Jammu.

Jammu, which was entitled to 50 assembly seats, had to be satisfied with only 43 seats. At the same time, Jammu is also facing the brunt of the discontinuation of the Darbar Move tradition in 2021.

Sahni said that Jammu has got nothing but deceit, betrayal and hollow promises. Sahni has demanded from Jammu and Kashmir Chief Minister Omar Abdullah to declare Jammu as the permanent capital in the upcoming assembly session.

Sahni said that Jammu is better from the security point of view. The Northern Command Headquarters of the Indian Army is also in Udhampur of Jammu division. By declaring Jammu as the permanent capital, the functioning of the administration and secretariat will not be affected by any kind of weather

This is sure to give impetus to business along with the development of Jammu and tourist places. Sahni said that Jammu could not get a Chief Minister in the last 78 years, but Omar Abdullah can take a historic decision, declare Jammu as the capital and succeed in making a place in the hearts of the

Sahni has also asked the BJP MLAs, who garner votes by singing the song of Jammu Jammu, to support the demand of declaring Jammu as the permanent capital.

people of Jammu.

On this occasion, Working President Jai Bharat, Senior Vice President Balwant Singh, Vice President Rajesh Jandial, Bharat Mahajan, President Kanghar Wing Raj Singh, Secretary Geeta Lakhotra, Dimple and many others were present.

### Governing Body of SMVDNSH holds 69th Meeting Reviews hospital functioning and medical college operations

**Top News Report** 

KATRA, Oct 30: The 69th Meeting of Governing Body of SMVD Narayana Superspeciality Hospital, Kakryal (Katra) was held at Kalika Dham, Jammu under the Chairmanship of Dr Ashok Bhan, Member, SMVDSB.

The Meeting was attended by Suresh Kumar Sharma, Member SMVDSB, Anshul Garg, CEO, Alok Kumar Maurya, Addl. CEO, SMVDSB, Dr. Yashpal Sharma, Executive Director/CAO SMVDIME and other senior functionaries of Shrine Board and Narayana Health. Viren Shetty, Group C.O.O., NH joined the meeting virtually alongwith his team.

The Governing Body expressed satisfaction

the UT-sponsored Ayushwith Shri Mata Vaishno man Scheme, solidifying Devi Narayana Superits position as the largest speciality Hospital's steady growth, reflect-Ayushman service proed in key performance

vider in the state. As a mark of clinical reputation of the Hospital, the beds of the Hospital; particularly critical care beds are in great demand. Consequently the ICUs of Hospital are almost full at all points of

Since its inception in 2016, Shri Mata Vaishno Devi Narayana Superspeciality Hospital has provided free treatments worth over Rs.46.83 crore to nearly 92k beneficiaries under the Medical Support Policy of the Board. This policy aims to support the poor and needy patients, demonstrating the hospital's commitment to making quality healthcare accessible to all.

The Governing Body also convened to review the operationalization of the fully funded 50 seater Medical College (upgradable to 100 seats) scheduled to commence classes from academic year 2025-26 as per NMC norms, aiming to boost healthcare services, education and regional development as per the decision of the Board at its 72nd Meeting.

900MW, plays a crucial

role in boosting energy

in northern India. During

the visit, students were

given detailed insights

by respected authorities

of Baglihar Hydropower

Project who enlight-

ened students about the

The Governing Body was updated that the procurement of medical equipments, consumables and over 2,700 books & journals is progressing rapidly and nearing completion.

Additionally, a swift and transparent recruitment process for the Medical College faculty has been initiated, resulting in the hiring of 38 faculty members and makeshift arrangement for accommodation in SMVD University premises is underway for the college's

future expansion.

Several important decisions concerning further growth of the Hospital with the introduction of "positive interventions" to strengthen the quality of patient care were taken in the Meeting.

This included various decisions to address operational issues, critical review of progress of early expected Organ Transplant Programme of Hospital, finalizing plans for incurring capital expenditure for growth of Hospital upto 500 beds, extensive review of feedback / suggestions received from patients / attendants and firming-up of a road map for expanding services-framework of Hospital's Jammu clinic.

The meeting also saw key decisions made to expand the hospital's bed capacity, enhancing its operational capabilities to meet growing demands. Strategic plans were put in place to ensure the hospital's continued growth with Dr. Bhan stressing the importance of swift execution in driving future success for both the hospital and medical college.

This development promises to elevate healthcare services and education in the region, aligning with the Shrine Board's philanthropic vision.

### AJBRCEA greets people on eve of Diwali 2024

**Top News Report** 

JAMMU, Oct 30: All Jammu Based Reserved Category Employees Association (AJBRCEA) Kashmir has extended warm greetings to people of Jammu and Kashmir on the eve of Diwali festival

In a message, Chairman AJBRCEAK Vipen Kumar has said, "On the auspicious occasion of Diwali, I extend my heartiest greetings and best wishes to the people of Jammu and Kashmir. May this Diwali fill our lives with the light of hope and positivity for building a new Jammu and Kashmir with a renewed spirit."

"This Festival of Lights inspires us to work for service of society. May this festival bring happiness, peace and prosperity to each and every house of our Union Territory," Chairman AJBRCEAK added.

"Let us light a lamp of compassion, peace and love and build a better and prosperous J&K for our future generations," Vipen Kumar stated.

Extending Diwali greetings to the people of UT, President AJBRCEAK Anil Radhev in his message underlined the tradition of celebrating festivals in an atmosphere of amity and brotherhood and called for the strengthening same in

Radhey said that on the auspicious occasion of Diwali "we should light the lamp of happiness in the lives of others."

He also prayed for the peace, prosperity and development of the Union Territory and the country.

All Executive Members of the association also extended warm greetings to the people of J&K in their message they said that the festival of lights symbolizes the triumph of truth and righteousness over falsehood and of good over evil and highlights the ethos and high values of the country's civilisation and history.

### NCC S/W of GDC Kishtwar celebrates **National Unity Day**



**Top News Report** 

KISHTWAR, Oct 30: The NCC Senior Wing (S/W) of Government Degree College (GDC) Kishtwar organized a grand celebration to mark National Unity Day, commemorating the birth anniversary of Sardar Vallabhbhai Patel.

The event, conducted under the guidance of Principal Prof. Basharat labal and the supervision of Dr. Tabassum Saleem (CTO NCC S/W), was a vibrant display of unity, culture, and patriotism, bringing together students and staff in a collective expression of national pride.

The program included a wide array of activities, starting with a pledgetaking ceremony, followed by a Run for Unity, speeches by students, group dances, and solo performances, all reflecting the spirit of national unity and harmony. The event was

designed to inspire participants and celebrate the contributions of Sardar Patel in uniting the country.

The program commenced with a welcome address by Dr. Tabassum Saleem, followed by the pledge-taking ceremony and various cultural performances.

The event concluded with a heartfelt vote of thanks by Dr. Sehrish Gazal, who expressed her gratitude to the dignitaries, participants, and faculty members for their contributions, making the event a resounding suc-

The NCC S/W and the college administration remain committed to fostering a sense of unity and patriotism among the students and promoting the values exemplified by Sardar Vallabhbhai Patel.



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