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BRIEFLY

Unidentified male body found in Bhaderwah

JAMMU, Feb 5 (Agencies): An unidentified male body was found on Wednesday in Guldanda area of Doda district.

Officials said that this morning a male body was found in Guldanda by some passersby.

Soon a team of police reached to the spot and took the body in their possession for medico-legal formalities.

Meanwhile, police have registered a case in this regard and investigations has been taken up.

BJP's Sunil Sharma blames NC for exodus of Kashmiri Pandits, Kulgam attack

SRINAGAR, Feb 05: The Bharatiya Janata Party (BJP) senior leader and MLA Padder-Nagseni, Sunil Sharma today lashed out at ruling National Conference (NC) for deteriorating peaceful atmosphere in Jammu and Kashmir. He held NC responsible for 1931, exodus of Kashmiri Pandits in 1989, till recent Kulgam attack in which an ex-serviceman was killed by unidentified terrorist while his wife and niece sustained injuring in the attack.

Speaking to reporters outside Army's 92-Base hospital in Srinagar, Sharma said today our visit was aimed to see and inquire our sisters who got critically injured in a terrorist attack in Behibgah village in south Kashmir's Kulgam two days back.

"I along with BJP J&K president Sat Sharma, former president Ravinder Raina and other leaders are visiting Kulgam to express solidarity and sympathy to the family of Manzoor Wagay, an ex-serviceman who lost his life in a terrorist attack. On the directions of party high command we are here to express our solidarity and help the family adequately," Sharma said.

While hitting hard, the BJP leader Sunil Sharma alleged NC for disturbing peaceful atmosphere in the region. "Be it 1931, 1989 exodus or recent Kulgam attack, NC has always played a dirty game and is responsible for deteriorating peace in J&K," Sharma as per Greater Kashmir said.

Speaking to reporters, BJP J&K president Sat Sharma strongly condemned the Kulgam attack, and accused certain elements of trying to create unrest in the region.

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Amit Shah directs security agencies to step up fight against terrorism in J&K



NEW DELHI, Feb 5 (Agencies): Union Home Minister Amit Shah Wednesday directed all security agencies to step up the fight against terrorism in Jammu and Kashmir with the goal of achieving 'zero infiltration'.

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Chairing two high-level review meetings in as many days here on the security situation in

Jammu and Kashmir, he also said the ecosystem of terror in the Union Territory has been weakened due to the sustained and coordinated efforts of the Narendra Modi government.

The home minister directed all security agencies to step up the fight against terrorism with the goal of 'zero infiltration', according to an official statement.

"Our goal should be to uproot the existence of

terrorists," he said.

Shah said that under the leadership of Prime Minister Narendra Modi, the government is committed to wiping out terrorism from Jammu and Kashmir. "Terror funding from the proceeds of the narcotics trade has to be curbed with alacrity and rigour," he said.

The home minister reviewed the security situation of Jammu and Kashmir with top officials of the Army, police,

paramilitary forces and others in two back-to-back meeting held on Tuesday and Wednesday. This was for the first time that the home minister had such such threadbare discussions on security situation on Jammu and Kashmir in two consecutive days.

Those who attended the meetings include Jammu and Kashmir Lieutenant Governor Manoj Sinha, Union Home Secretary Govind Mohan, Director of Intelligence Bureau Tapan Deka, DGP Nalin Prabhakar, Army Chief General Uday Kumar and other top army, police and civil officials.

The meetings were held in the wake of a terror attack in south Kashmir's Kulgam district, in which ex-serviceman Manzoor Ahmad Wagay was killed and his wife and niece were injured.

Northern Command of Indian Army to hold investiture ceremony at Mathura on Feb 12



JAMMU, Feb 5 (Agencies): The Northern Command of the Indian Army will hold a prestigious investiture ceremony at Mathura Military Station in Uttar Pradesh on February 12 to felicitate officers and soldiers of the command with gallantry and distinguished service awards for their acts of bravery beyond the call of duty and distinguished service to the nation.

The Northern Command is set to pay tribute to its gallant and distinguished soldiers and units during the ceremony, a defence spokesperson said.

Lieutenant General M V Suchindra Kumar, General Officer Commanding-in-Chief (GOC-in-C), Northern Command, will felicitate the officers and soldiers of the Northern Command with gallantry and distinguished service awards for their acts of bravery beyond

the call of duty and distinguished service to the nation, he said.

Various units will also be conferred with GOC-in-C Unit Appreciation in recognition of their exceptional professionalism and unparalleled achievements, the spokesperson added.

This event will serve as a platform to honour and recognise the awardees for their extraordinary acts of bravery, unwavering dedication to duty and distinguished service to the nation, he said.

The soldiers of the Northern Command and units have displayed exceptional courage, often putting their lives on the line to safeguard the sovereignty and security of their homeland.

"Their remarkable deeds and sacrifices exemplify the highest standards of resilience, dedication and commitment that define the ethos of the Indian Army," the spokesperson said.

Through this ceremony, the Army not only celebrates the individual and collective achievements of its personnel but also underscores the values of loyalty, selflessness and patriotism that are integral to its mission, he emphasised.

"The investiture ceremony is a solemn reminder of the critical role played by these heroes in upholding the safety and freedom of the nation, inspiring future

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J&K has no exclusive women's Jail: MHA

SRINAGAR, Feb 5 (Agencies): Jammu and Kashmir is among 13 States and Union Territories in India that do not have an exclusive jail for women, according to official data presented in the Lok Sabha.

The data, provided by Minister of State for Home Affairs Bandi Sanjay Kumar, reveals that Jammu and Kashmir, along with

Arunachal Pradesh, Assam, Chhattisgarh, Haryana, Himachal Pradesh, Jharkhand, and others, lacks dedicated facilities for female prisoners.

Currently, India has 34 exclusive women's jails, with some states like Rajasthan (7), Tamil Nadu (5), and Kerala (3) having multiple such facilities. However, several regions,

including Jammu and Kashmir, continue to house female prisoners in general jails, raising concerns over safety, security, and living conditions.

Prison management and the welfare of women inmates, including those with children, fall under the responsibility of State Governments and Union

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Govt appoints SHOs, SDPOs as special police officers to crack down human trafficking, sexual exploitation

SRINAGAR, Feb 5 (Agencies): The Government of Jammu and Kashmir has issued an order appointing Station House Officers (SHOs) of J&K Police, not below the rank of Inspector, along with SDPOs/DySP Headquarters, as Special Police Officers

within their respective jurisdictions under the Immoral Traffic (Prevention) Act, 1956 (ITPA).

This decision, issued by Chandrakar Bharti, Principal Secretary to the Government, supersedes all previous notifications on the subject. The move aims to strengthen enforcement

mechanisms against human trafficking and sexual exploitation for commercial purposes.

Notably, the Immoral Traffic (Prevention) Act, 1956 is an Indian law designed to curb human trafficking and the organized commercial exploitation of individuals.

Mehbooba Mufti Returns from Umrah, Discusses Political Developments at Grand PDP Welcome

SRINAGAR, Feb 5 (Agencies): Peoples Democratic Party (PDP) president Mehbooba Mufti was greeted with enthusiasm by party leaders and workers at the party headquarters in Srinagar upon her return from Umrah.

PDP General Secretary, Khursheed Alam, along with other senior leaders like Abdul



Qayoom Bhat, Arif Lai-groo, Iqbal Tramboob, Hameed Koshneen, and

Syed Tajamul, extended a warm welcome to Mufti.

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10th Day / Kriya

With profound grief and sorrow we inform the sad and untimely demise of our beloved **Sh. Parkesh Singh Chib** S/o Late Sh. Mian Singh Chib R/o Uttam Nagar Kunjwani Jammu who left for heavenly abode on 25-01-2025.

10th Day will be performed on 03-02-2025 (Monday) at our residence Uttam Nagar Kunjwani at 11.30 am.

Kriya will be held on Thursday 06-02-2025 at our residence H.No. 284/C Uttam Nagar, Kunjwani at 12.00 Noon.

GRIEF STRICKEN

Smt. Simro Devi - Wife

Romesh Singh Chib & Anuradha Chib - Son & Daughter-in-law

Daughter & Son-in-law

Neelam Jasrotia & Upjinder Singh Jasrotia

Reeta Charak & Kuldeep Singh Charak

Late Sh. Janak Singh Chib & Sita Devi - Brother & Sister-in-law

Sh. Vijay Singh Chib & Prem Lata - Brother & Sister-in-law

Late Sh. Reghbir Singh Chib & Kanta Devi - Brother & Sister-in-law

M.No: 9419144882 / 7006636040



Retd. Nb/Sub.
Sh. Parkesh Singh Chib
(12 JAKRIF)

TENTH DAY, KRIYA

With profound grief and sorrow we regret to inform that the sad demise of our beloved **Smt. Dayawanti Chaudhari** W/o Lt. Sh. Hem Raj Chaudhari (Ramnagar Wale) R/o MIG 22 Phase 1st Housing Colony Udhampur expired on 27/01/2025.

TENTH DAY will be performed on 05/02/2025 (Wednesday) at Shiv Mandir Hall Housing Colony Udhampur at 11:00 AM.

And **KRIYA** will be performed at Devika Ghat on 08/02/2025. (Saturday).

GRIEF STRICKEN :-

Sons and Daughter-in-laws

Smt. Seema and Sh. Naresh Kumar Chaudhari

Smt. Suman and Sh. Ashok Kumar Chaudhari

Smt. Sushma and Lt. Sh. Jitender Kumar Chaudhari

Daughters and Son-in-law

Smt. Asha and Lt. Sh. Ram Parshad

Smt. Neelu and Lt. Sh. Parveen Kumar

Smt. Sanjogta and Sh. Parkash Chand

Smt. Shashi and Sh. Ashok Gupta

Grand Children

Smt. Seema and Sh. Aditya Chaudhari

Smt. and Sh. Ankit Chaudhari

Advait Chaudhari and Anish Chaudhari

Contact Numbers :-

9419160624, 7006050883, 6005639730



Smt. Dayawanti
Chaudhari

10TH DAY KRIYA

With profound grief and sorrow, we inform about the sad demise of our beloved mother **Smt Rani Dhar** W/o Lt. Sh. A.K. Dhar.

10th Day Kriya will be performed on 6th Feb 2025 at Akhnoor and Assembly will be held at our residence at H.No 283 Bikram Nagar Sarwal Chowk at 11.00am.

GRIEF STRICKEN

Mr. Inder Kumar Dhar & Mrs. Anupama Dhar (Son & Daughter-in-law)

Mrs. Vijanti (Daughter)

Mrs. Sarojni & Mr. Vikas Rambal (Daughter & Son-in-law)

Grandchildren

Param Dhar, Prakashini Dhar, Dr. Yashasvi Koul, Ojasvi Koul, Ishan

Rambal, Vashisht Rambal

DEEPLY MISSED AND REMEMBERED BY

Dhars, Kous, Raina, Ambardar, Khurdis, Rambals, Malhotra



Smt. Rani Dhar

TENTH DAY

With profound grief and sorrow, we inform the sad demise of our beloved father **Karmyogi Sudershan Dhar**, S/o Lt. Sh. Hari Ram Dhar, R/o Burnham Kupwara Kashmir, A/P Block-M, Flat No. 05, Butts Nagar Jammu.

10th Day will be performed on 06.02.2025 at Akhnoor Ghat. Assembly shall be held at Butts Nagar Committee Hall on 10:00 AM.

With Grief

Sons & Daughter-in-laws

Smt. Sunita Dhar W/o Lt. Jawahar Lal Dhar

Sh. Shubhan Krishan Dhar & Smt. Neelam Dhar

Sh. Ravi Kumar Dhar & Smt. Neetu Dhar

Daughter & Son in law

Smt. Girja Pandita & Sh. Pyaray Lal Pandita

Brothers & Bhabhis

Sh. P. N. Dhar & Smt. Nancy Dhar

Lt. Sh. P. N. Dhar & Smt. Bubli Dhar

Sh. M. L. Dhar & Smt. Desha Dhar

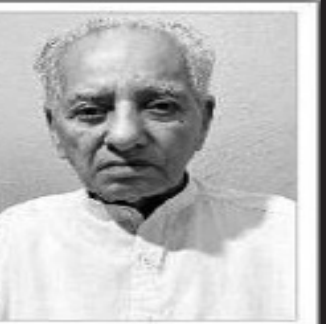
Sh. T. K. Dhar & Smt. Nancy Dhar

Sister's & Brother in law

Smt. Dulari Pandita & Lt. Sh. Lassa Ram Pandita

Smt. Dura Ji Salman & Sh. Ashok Ji Salman

Ph. No. 9906129978, 9906118335, 8178267816.



Karmyogi Sudershan
Dhar

TENTH DAY/KRIYA/UTHALA

With profound grief and sorrow, we inform the sad demise of our beloved **Lt. Rtd. Col Tara Mani** S/o Late Shri. Beli Ram Mansotra R/o Lane No 3, Greater Kailash, Jammu.

The **10th Day** will be performed at Shiv Mandir, Lane No. 9 (Up-side) Greater Kailash on 29/01/25 at 10 am and **Kriya** will take place on 30/01/25 at our residence Lane No. 3, Greater Kailash.

The **Uthala** will be performed at Shiv Mandir Lane 9 (Up-side) Greater Kailash on 07/02/25 at 4 to 5 PM.

GRIEF STRICKEN

Smt. Kanta Devi - Bhabhi

Daughter in law & Son

Smt. Raman & Sh. Ratian Sharma

Smt. Roma & Sh. Deepak Sharma

Daughters and Son in Law

Smt. Shobha & Sh. Ashok Sharma

Smt. Pamila & Sh. Shiv Nandan Kumar

Smt. Sheela & Sh. Anil Sharma

Grand Children : Resham, Ameesha, Aakriti, Kamiya, Snigdha, Shantanu and Tarush

Great Grand Children : Karavya

Contact Number: 8192902842 & 9419727586



Lt. Rtd. Col Tara Mani

13TH DAY KRIYA

Our hearts still ache sadness, and many tears still flow. When I realize to loose you, no one will ever know. We hold you close within our hearts, and there you will remain to walk with us throughout our lives until we meet again.

The soul of our family passed away peacefully to merge with eternity on 25 January, 2025 at Ramnagar.

13th Day Kriya will be held at House No. 35, Ward No. 12 (Near Narsingh Gas Agency) Ramnagar on 6 February 2025 at 11:00 AM

GRIEF STRICKEN

Lakshmi Devi - Mother

Smt. Sharda Jammwal - Wife

Sh. Mohinder Jeet Singh Jammwal & Smt. Anju Jammwal - Brother & Sister in law

Maj. Nitin Jammwal & Smt. Rohini Jammwal - Son & Daughter in Law

Sh. Banu Pratap Singh Jammwal & Smt. Pooja Jammwal - Son & Daughter in Law

Smt. Priya Jammwal & Sh. Rajesh Arthal - Daughter & Son in Law

Vishav Jeet Singh & Surbhi Jammwal - Nephew and Niece

Aarav, Aamdyah, Vivan, Niyati, Nirbhay & Ananya - Grand Children

And the entire relatives, friends and well wishers

Mob. 7006450580, 9419075588, 9419987230, 7006463617



Narinder Singh Jammwal
02 March, 1954 till eternity

TENTH DAY, KRIYA & UTHALA

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Smt. Bimla Kohli** W/o Late Sh. Satya Pal Kohli R/o Near Police Station Lakhampur, who left for heavenly abode on 28-01-2025.

10th Day will be performed on Thursday 06-02-2025 at our residence at Lakhampur at 9.00 am.

13th Day Kriya will be held on Saturday 08-02-2025 at our residence at 11.00 am.

Rasam Pagri will be held at Rivaz Palace Lakhampur on Saturday 08-02-2025 from 1.00 pm to 3.00 pm.

Grief Stricken

Sons & Daughters-in-Law

Sh. Ashok Kohli & Smt. Bholi Devi

Sh. Pushpinder Kohli & Late Smt. Sandhya Kohli

Daughters & Sons-in-Law

Smt. Vijay Luxmi & Sh. Romesh Salhotra

Smt. Suman Bala & Sh. Sudesh Nijhawan

7006631155, 9906071094



Smt. Bimla Kohli

TENTH DAY / KRIYA/ RASAM PAGRI & UTHALA

With profound grief and sorrow we inform the sad demise of our dearest **Smt. Krishna Devi** left for her heavenly abode on 24 January 2025.

Tenth Day will be performed on 02 February 2025 at 11 am at our residence Shiv Nagar, Udhampur.

Kriya will be performed on 05 February, 2025 at Devika Ghat.

Rasam Pagri & Uthala will be performed on 07 February, 2025 Btw 3:00-4:00 PM at our residence Shiv Nagar, Udhampur

GRIEF STRICKEN

Shiv Kumar Verma - Husband

Sons & Daughter in law

Sanjay Verma & Arti Verma (9419294441)

Ajay Verma & Jyoti Verma (7006633865)

Daughters and Son in law:

Veena Devi & Rakesh Sehgal

Sunita Verma & Mohinder Pal Verma

Mukta Mani & Ram Prasad



Smt. Krishna Devi

TENTH DAY / KRIYA & UTHALA

With profound grief and sorrow, we inform the sad demise of our beloved **Sh. Jai Kumar Upadhyay** S/o Late Sh. Madan Lal Upadhyay R/o 738-Janipur Colony, near Ram Lila Ground on Monday, 20-01-2025.

TENTH DAY: 29-01-2025 (Wednesday) from 11 A.M. to 12 P.M. at Trimurti Mandir, Janipur Colony.

KRIYA: 30-01-2025 (Thursday) 12 Noon at home.

UTHALA: 07-02-2025 (Friday) from 4 P.M. to 5 P.M.

Venue: Trimurti Mandir, Janipur Colony.

GRIEF STRICKEN:

Smt. Shanta Sharma (Wife)

(Son and Daughter-in-law)

Er Naveen Sharma and Pooja Bindra (Teacher)

(Daughter and Son-in-law)

Renu Sharma (JKBOSE) and Rajesh Khajuria (JKP)

Grandchildren (Arya, Aryan, Akriti, Mrighank)



Sh. Jai Kumar
Upadhyay

TENTH DAY

With profound grief & sorrow, we inform the sad demise of our beloved mother **Smt Kamla Sahib** W/o Late Sh. Mohan Krishan Sahib R/o H.No. 144, Sec 3, L.No. 7, Durga Nagar, Jammu who left for her heavenly abode on 27th of January 2025 (Wednesday).

Tenth Day will be performed on 6-2-2025 (Thursday) at Mata Bhaderkali Asthapan Thalwal Phallian Mandal, Jammu at 8.30 AM and **Assembly** will be held at Muthi Ghat at 11.30 am.

GRIEF STRICKEN

Sons & Daughters-in-law

Shri. Kaka Ji Sahib

Sh. Jai Kishan Sahib & Smt. Girja Sahib

Sh. Ashok Sahib & Smt. Veena Sahib

Daughters & Son-in-law

Smt. Bimla Mattoo & Sh. B. K. Mattoo

Smt. Namrita Raina

Contact No. 9796608333, 9419105331, 9103038508



Smt. Kamla Sahib

10TH DAY KRIYA

With profound grief and sorrow, we regret to inform about the sad demise of our beloved Father **Sh. Bansi Lal Nagri** S/o Late Sh. Shambhu Nath Nagri originally resident of H. No 220 Jawahar Nagar, Srinagar Kashmir A/p H. No 56B, Lane No 17 Bhawani Nagar, Janipur Jammu for heavenly abode on 30th Jan 2025 at 5.40 AM.

TENTH DAY KRIYA will be performed on 07-02-2025 at Akhnoor Ghat.

ASSEMBLY will be held at 12.00 Noon at Muthi Ghat Near Directorate School Education.

WITH GRIEF STRICKEN

Smt. Dulari Nagri - Bhabhi

Smt. Toshia Nagri - Bhabhi

Smt. Sarla & Sh. A.K. Koul - Sister & Brother in Law

Smt. Nancy Trisal - Sister in Law

Smt. Suman Trisal - Sister in Law

Smt. Munni & Sh. Vijay Kumar Kaul - Sister in Law & Co-Brother in Law

Sanjay Nagri & Meenakshi Nagri - Son & Daughter in Law

Grand Children: Ritik, Rinish & Hitesh

MOBILE NO: 6005493520



SH BANSI LAL NAGRI

TENTH DAY KRIYA

It is with profound sadness that we share the passing of our beloved Mother **Smt. Chuni Labroo / Rani Bhan** W/o Late Sh. Nand Lal Bhan, Who left us for heavenly abode on January 28th. A guiding light in our lives.

10th Day Kriya will be performed at Akhnoor on 6/2/2025, Thursday at 9.00 am.

Assembly will be held at Muthi Ghat at 11.30 am.

IN GRIEF

Sushma & Ashok Kaul

Rita & P.R. Khushu

Renu

Joshina & Bharat

Shruti & Akhil

Vrinda & Vishal

Nivaan & Viraj

Bhans & Labrus



Smt. Chuni Labroo /
Rani Bhan

UTHALA

With profound grief and sorrow, we inform the sad demise of our beloved **Smt. Pushpa Sharma** W/o Sh. Ved Parkash Bakshi R/o Plot No. 210, Hari Singh Nagar, Rahar Colony, Jammu who left for heavenly abode on 25-01-2025.

Uthala will be performed on 05-02-2025 (Thursday) at Hari Mandir Rahar Colony Jammu from 3:00pm to 4:00pm.

GRIEF STRICKEN:

Husband

Sh. Ved Parkash Bakshi (Retd. Sericulture Asst.)

Sons & Daughters-in-law

Sh. Prince Bakshi (Retd. AD) & Smt. Veena Bakshi (Retd. Teacher)

Sh. Sanjay Bakshi (Retd. Teacher) & Smt. Manjira Bakshi (Retd. Teacher)

Sh. Sunil Bakshi (Master) & Smt. Bindu Rani (Teacher)

Sisters-in-law & Brothers

Late Smt. Bela Bakshi & Sh. S.C. Bakshi (Retd. D.D. Five Services)

Smt. Kisan Bakshi & Sh. Rajeshwar Bakshi (Retd. SP Prosecution)

Smt. Vibha & Sh. Nareesh Sharma (Retd. S.E. RAB)

Smt. Shweta Bakshi & Late Sh. Romesh Sharma (Tmma)

Sister & Brother-in-law

Smt. Sushma Sharma & Sh. Sham Lal Bakshi (Retd. Sr. AD, PCDA, Jammu)

Sh. Badyal & Aditya Badyal (Adv

Satish Sharma interacts with KNVB Dutch Football Association Coaches

Top News Report

JAMMU, Feb 5: Minister for Youth Services and Sports, Satish Sharma, today interacted with instructors from the KNVB Dutch Football Association to discuss football development initiatives in the region.

Satish Sharma reiterated the government's commitment towards promoting grassroots football, women's participation and expanding



ing the sport in rural, tribal and border areas.

He welcomed international collaborations to

strengthen coach and referee education, youth

exchange programs and football infrastructure in J&K.

As part of the initiative, a refresher course for coaches and referees is being conducted to enhance their skills and align with international best practices.

The Minister reaffirmed the government's support for structured training programs and global partnerships, ensuring better opportunities for young footballers in J&K.

Haq Insaaf Council hosts discussion on “Pakistan Doomsday: Exposing Facts of Terrorism in Jammu & Kashmir”

Top News Report



JAMMU, Feb 5: The Haq Insaaf Council, under the leadership of Advocate Zeshan Syed, organized a thought-provoking panel discussion at Press Club Jammu on the theme “Pakistan Doomsday: Exposing Facts of Terrorism in Jammu & Kashmir” and “Kashmir Solidarity Day: A Facade or Genuine Concern?” The event aimed to uncover Pakistan's misleading narrative on Kashmir and its destructive role in the region.

Advocate Zeshan Syed, in his keynote address, exposed Pakistan's hypocrisy in claiming solidarity with Kashmir while being responsible for decades of terrorism, bloodshed, and suffering. He cited the tragic loss of over 96,000 lives, including women and children, due to Pakistan-sponsored violence and emphasized that Pakistan has exploited the Kashmir conflict for its own political and economic gains rather than supporting Kashmiris.

The discussion was moderated by Momina, a law student, and featured an esteemed panel of speakers. Subash Gupta, Former PSC Member and Session Judge, highlighted the legal and humanitarian violations by Pakistan in Jammu & Kashmir. Rajiv Chuni, Chairman of SOS International, spoke about the ongoing struggles of PoJK refugees and the need for justice and accountability. Sheraz Zamaan Lone, representing Team Kashmir Renaissance, focused on Kashmiris' resilience and the importance of reclaiming their identity. Gurdev Singh, Chairman of the Sharnathi Committee PoJK, addressed Pakistan's exploitation of PoJK's natural resources, while Advocate Basharat Hussain discussed Pakistan's illegal occupation of PoJK and Gilgit-Baltistan.

Sushil Singh, representing the Kashmiri Pandit Migrant Committee, shared his community's struggle and endurance. Senior Police Officer Ajaz Sharma detailed the security threats posed by Pakistan-backed terrorism, and Dr. Nitán Sharma provided a socio-political analysis of Pakistan's declining credibility and failed policies.

The discussion revealed Pakistan's misuse of foreign aid, originally meant for development, to fund terror networks and ISI operations. Panelists condemned the manipulation of young boys by extremist leaders, trapping them in a cycle of violence and death, while ISI handlers and tanzem leaders enjoy privileged lives. The debate also explored Pakistan's history of leveraging geopolitical tensions and religious extremism to secure international funding, including past involvements in Afghanistan and ties to global terror networks.

Experts predicted Pakistan's possible disintegration, with regions like Baluchistan seeking independence, KPK merging with Afghanistan, and PoJK reuniting with India. Dr. Nitán Sharma, in his vote of thanks, stressed the importance of peace, education, and development over conflict. The Haq Insaaf Council urged the people of PoJK and Pakistan to demand accountability from their government and ensure public resources are used for welfare instead of funding terrorism.

The event reaffirmed the Haq Insaaf Council's commitment to justice, peace, and national integration, with the presence of researchers and students including Jaspreet Kaur, Tahir Mustafá Malik, Shivam Jasrotia, Anirudh Sharma, Vaibhav Dabur, Ravi Shanker, Kritika, Waheed Parvaaz, Sageer Qureshi, and others.

Commissioner Secretary IT reviews projects being handled by BISAG

Top News Report

JAMMU, Feb 5: Commissioner Secretary, Information Technology, Saurabh Bhagat, today held a review meeting regarding various projects of Jammu and Kashmir being handled by Bhaskaracharya National Institute for Space Applications and Geo-informatics (BISAG) at Civil Secretariat, Jammu.

Besides the Project Director, BISAG-N

the meeting was also attended by the CEO, JaKeGA; SIO NIC J&K; Director Finance, IT; Additional Secretary, IT and other officers of the department.

During the meeting, the Commissioner Secretary reviewed all the projects being handled by BISAG-N. He had detailed assessment of projects like JK-Samadhan including Raabita-Grievance Redressal Wing in CM Secretariat (a window for handling

the online grievances on existing Samadhan portal); AI-based classification of grievances under JK Samadhan 2.0; Kisan Khidmat Ghar; Daksh Kisan; JK Yuva App (Mission Yuva); Sehat Mobile Application; Progress Output Tracking Application-the Kisan Sathi Output Tracking Mobile Application for HADP; E-commerce for handloom items; JK Jalshakti Mobile app; JK PWD mobile app;

PM-Gatishakti - State Master Plan; Revenue-Cadastral Mapping and JKCIP.

The Commissioner Secretary asked the BISAG-N to develop an application based out of PM Gati Shakti for applying online NOC for small hydro projects having less than 25 MW capacity in renewal sector in Science & Technology. He further pointed out that it is essential to measure the objectives set under these projects.

He made out that there is no better way to meet these ends than using IT and other modern tools like AI and IoT which are mostly error free and efficient to a larger extent.

Project Director, BISAG-N informed that most of the projects have been completed and rest are in completion stage and shall be completed soon. He has been directed to share latest status including timelines for completion.

Breeders sensitized about scientific sheep husbandry practices

Top News Report

JAMMU, Feb 5: Department of Sheep husbandry Udhampur organised awareness camp for sheep and goat farmers/FPO members and SHGs under wool and pelt project of Holistic Agriculture Department Programme (HADP) at Panchayat Chiani, Block Majalta.

More than 100 progressive sheep farmers, Farmers Producer organization members and ex-PRI members partici-

pated.

The participants were educated regarding scientific sheep husbandry practices and different income generating schemes particularly HADP and Integrated Sheep Development Scheme through lectures, banners, posters and distribution of pamphlets containing resource material.

District Sheep Husbandry Officer Dr. Farhat Bashir, while interacting with farmers, laid emphasis on rear-

ing of improved quality Sheep and Goats and availing of the benefits of HADP scheme, particularly establishment of commercial farms, use of artificial insemination in sheep and goats and establishment of farmers producer organization for wool collection, grading, transportation and marketing.

Veterinary Assistant Surgeon Majalta Dr. Pankaj Sharma, while interacting with the farmers, registered all the participants on Daksh Kissan and JK

Samadhan portal.

The participants landed the role of Department in organising such a programme and demanded that more camps shall be organized in the area for welfare of the sheep farming community.

The participants were distributed resource material and free seed kits under the Fodder project of HADP.

Among others Ex-Sarpanch Chiani Panchayat, Block Majalta participated in the camp.

Refresher training in Basic Veterinary Practices imparted to Paravets

Top News Report

JAMMU, Feb 5: Disease Investigation Laboratory (S&G), Kartholi Sheep Husbandry Department Jammu organized a refresher training programme for Paravets on Basic Veterinary Practices and Diagnosis under CSS-ASCAD 2024-25.

The four day orientation started on Feb 4,

2025 and will continue till Feb 7, 2025, benefiting 35 Paravets from all the districts of the Jammu Division.

They will be imparted training on different emerging diseases in Sheep and Goats, their diagnosis, treatments and preventive measures to be undertaken along with latest reproductive technologies being adopted to enhance the socio eco-

nomic status of Sheep/Goat breeders

Director Sheep Husbandry Department Dr. Syed Moin ul Haq delivered a keynote lecture, discussing different schemes being implemented by the Department.

He advised the trainees to learn advance techniques in disease diagnosis from this Refresher Training for the welfare of the live-

stock.

Later, the Director also inspected under construction wool Mandi at Kartholi Complex.

Those present on the occasion were Deputy Director (Central) Dr. Surinder Gupta, Research Officer DIL Kartholi Dr. R.B. Singh and Principal Sheep and Wool Workers Training Class, Kartholi Dr. Pritam Manhas, Kartholi and others.

Balbir releases poems on Guru Ravidass in Dogri

Top News Report

JAMMU, Feb 5: Ahead of the Guru Ravidass birth celebrations, Balbir Ram Rattan, released collection of Dogri poems on different aspects of the life of this great Indian saint.

Balbir Ram Rattan, National General Secretary, Guru Ravidass Vishwa Mahapeeth and Indian Branch General Secretary, British Ravidasia Heritage Foundation, released collection of poems on Guru Ravidass in Dogri, along with prominent members of the community namely Ashok Gandhi and Yash Pal Shivgotra, in presence of a large number of followers of Gurujiji.



Balbir had approached C.S.Kattal, a dogri poet and write, to contribute in honour of Guru Ravidass and as a result, Kattal wrote these poems in Dogri language.

Balbir Ram Rattan, on the occasion, said that it is rare that someone has written on Guru Ravidass in Dogri. The collection of

poems, titled “Sabne de Raidas,” pays tribute to Guru Ravidass's teachings of equality, love, and humanity.

Balbir emphasized the significance of Guru Ravidass's message in today's world. His philosophy of universal brotherhood and social justice remains as relevant as ever. “Through these poems, it is hoped

to bring his wisdom closer to Dogri-speaking people,” he said.

Balbir Ram Rattan pointed out that collection explores Guru Ravidass's core ideals—devotion to the divine, rejection of caste-based discrimination, and the pursuit of truth. Written in Dogri, the poems aim to make his teachings accessible to a wider readership.

Both, Ashok Gandhi and Yash Pal Shivgotra, called it a valuable addition to Dogri literature. They said that the poems are expected to inspire further literary explorations of Guru Ravidass's legacy in regional languages.

ENT NO. 69OF 2024-25 DATED 31-01-2025

GOVERNMENT OF JAMMU AND KASHMIR
OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI PHE MECHANICAL DIVISION UDHAMPUR
NOTICE INVITING TENDER
E-NIT JSPHEMUDHR/ 69OF 2024-25 DATED31-01-2025
Executive Engineer Jal Shakti PHE Mechanical Division, Udhampur, on behalf of the Lt. Governor of Jammu and Kashmir UT, invites tenders by e-tendering mode from registered firms who have sufficient experience in the relevant field of electro-mechanical/ electrical works.

Sl.	Name of the work	Qty	Name of Division	Cost of Tender Document / Tender Fee (in Rs)	Earnest Money (in Rs)	Bid validity
1	2	3	4	5	6	7
1	Design, fabrication, installation, testing and commissioning of 140 ampere rating LT control panel with allied works at pumping station Garrai stage-0.	01 job	Jal Shakti PHE Mech. Division Udhampur	Rs. 500.00 (Non-refundable in shape of treasury challan in favour of the Executive Engineer Jal Shakti PHE Mech. Division Udhampur	(Rs. 4000.00) 2% (in case of non-registered firms)/Or (Rs. 2000.00) 1% (in case of firms registered with DIC / SSI / MSME)	90 days

1. Bid documents can be seen at and downloaded from the website <http://jktenders.gov.in> from 01-02-2025 (18:00 Hrs.)

2. The Bids shall be deposited on the website <http://jktenders.gov.in> from 01-02-2025 (18:30Hrs) to 10-02-2025 (3:00 PM).

3. After opening tender only successful bidder shall be asked for submitting the hard copies of documents with CDR and tender fee

4. The complete bidding process will be online <http://jktenders.gov.in>.

5. The technical bid will be opened on line on 11-02-2025 at 11.00 A.M or any other subsequent date in the office of the Executive Engineer Jal Shakti PHE Mechanical Division Udhampur.

6. The Financial bids of the bidders shall be opened online in the office of the Executive Engineer Jal Shakti PHE Mechanical Division Udhampur after evaluation of technical bids. The date shall be communicated separately.

7. Bids must be accompanied by bid security and cost of Tender Document as specified in column 5 & 6 of the table (and for DIC/SSI/MSME registered firms as per Industrial Policy of J&K govt.) payable at Udhampur pledged in favour of Executive Engineer, PHE Mechanical Division, Udhampur.

8. Bid security will have to be in form of CDR / FDR / BG of any scheduled bank and shall have to be valid for one year or more after last date of receipt of Bid. The cost of downloaded tender documents shall be in form of Treasury Challan / e-Challan in favour of Executive Engineer PHE Mechanical Division, Udhampur payable at Udhampur.

9. Firms who will fulfill the following parameters are eligible to participate.

i) Average Annual financial turnover during the last 3 years, ending 31 March of the previous financial year, should be at least 30% of this estimated cost.

ii) Experience of having successfully completed similar works during last 07 years ending last day of month previous to the one in which applications are invited should be either of the following:-

a. Three similar completed works costing not less than the amount equal to 40% of the estimated cost

b. Two similar completed works costing not less than the amount equal to 50% of the estimate cost.

c. One similar completed work costing not less than the amount equal to 80% of the estimated cost.

iii) Definition of ‘similar work’ should be clearly defined.

10. The bid shall remain open for acceptance for a period of 90 days from the date of opening 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 earnest money of the firm shall stand forfeited.

11. The tenderers are advised to visit the site of work before uploading their tenders so as to acquaint themselves with exact site conditions.

12. Other details can be seen in the bidding documents from the website <http://jktenders.gov.in>

NO. JSPHEMUDHR/2024-25/3759-62
Dated:-31-01-2025

DIP/J-9827/24

Sd/-
Executive Engineer
Jal Shakti PHE Mech. Division
Udhampur

EDITORIAL

AN INCREASING CONCERN

Jammu, once known for its peaceful surroundings and a hub of religious tourism, is increasingly grappling with a surge in criminal activities. The city, along with the entire Jammu & Kashmir region, has witnessed a steady rise in crime rates in recent years. From petty thefts to organized criminal activities and cybercrimes, the issue has become a growing concern among citizens and authorities alike. Various socio-economic factors, changing societal dynamics, and challenges in law enforcement have contributed to this escalating crisis.

One of the most alarming trends in Jammu has been the surge in violent crimes, including murder, attempted murder, and assault. Gang-related violence has become more prominent, with rival groups often clashing over territorial control or revenge. These violent altercations are not only harming individuals but also causing a sense of fear among the public, especially in the urban areas of Jammu city.

Alongside violent crimes, property crimes such as theft, burglary, and snatching have witnessed an uptick. Residential areas, markets, and even public transport systems have become frequent targets for criminals. The rise in burglaries has particularly affected the city's suburban and rural neighborhoods, where residents are often left vulnerable due to inadequate security measures. Thieves are increasingly employing advanced methods, such as breaking into homes during the night or during brief moments when the residents are away. In many cases, these criminals are even targeting the elderly and children, adding to the anxiety of local residents.

Another concerning trend is the rise in drug abuse and trafficking. Jammu, due to its proximity to regions with high drug trafficking activity, has unfortunately become a major transit point for the supply of narcotics. With an increase in demand among the youth, especially in urban areas, drug-related crimes are on the rise. From addiction to drug dealing, the drug trade has led to several social issues, including family breakdowns, increased health problems, and a surge in associated crimes like theft and robbery to fund addiction. It's a vicious cycle that not only harms the individuals involved but also has a broader negative impact on the community's well-being.

In the age of technology, cybercrime has also been on the rise in Jammu. From online frauds to identity theft and hacking, the digital age has given criminals a new platform to exploit. With a significant increase in internet penetration and digital transactions, cybercriminals are increasingly targeting individuals and businesses. Jammu has witnessed several cases of online frauds where people have lost large sums of money through fake websites, phishing emails, or fraudulent investment schemes. The anonymity of the internet has made it difficult for law enforcement agencies to trace and apprehend the criminals involved, and many victims are left without any means of recourse.

The increase in cybercrime is not just limited to financial frauds. Social media platforms have become breeding grounds for harassment, bullying, and defamation. Cases of cyberbullying, identity theft, and harassment are becoming more common, especially among young individuals who are active on social media. Such crimes leave lasting psychological impacts on victims, particularly teenagers and young adults, making this an urgent issue to address.

The Jammu & Kashmir Police and local authorities have taken several initiatives to curb the rising crime rate. One of the most significant steps is the implementation of more proactive surveillance systems, including the installation of CCTV cameras in key public areas. Additionally, there has been an increased focus on community policing, where local police work closely with communities to gather intelligence and address issues before they escalate into criminal activities.

The police are also focusing on increasing public awareness regarding crime prevention, educating citizens on how to protect themselves from becoming victims of theft, cybercrime, and other types of criminal activity. Along with these preventive measures, the Jammu Police have been working on strengthening inter-state cooperation to combat drug trafficking and organized crime, which have links to criminal syndicates operating in other parts of India.

The rising crime rate in Jammu is a complex issue that needs multi-faceted attention and response. While the law enforcement agencies have made notable strides in curbing crime, the underlying socio-economic factors, such as unemployment, lack of education, and societal breakdown, continue to fuel criminal activity. It is essential that the government, local authorities, and citizens work together to create a safer, more secure environment. This includes providing employment opportunities for the youth, strengthening the criminal justice system, and fostering stronger community ties. Only through concerted efforts can Jammu hope to combat the rising tide of crime and ensure a better future for its residents.

Beauty Tips to Look Awesome This Valentine’s Day



By: Shahnaz Hussain

For couples in love and hopeful singles, February is the Paris of all months.

Finally, it is the time of the year when everything around you seems lovely and beautiful. It's Valentine's Day.

Getting ready for Valentine's Day is a hectic task. It requires a lot of things in place. You have to think about clothes, makeup, shoes or sandals. But at the same time, we forget about the basics of healthy skin. We try things from outside rather than caring for food, sleep, and regular skincare routine accurately.

Valentine's day is the most awaited time of the year , whether you've been together for three months or three decades. Valentine's day is the perfect opportunity for you to bond and reconnect with your partner, girlfriend, boyfriend, husband, or wife.

It doesn't matter if you are going on a special date for a romantic night out, looking for one or just a walk with friends and family , It brings the biggest date night of the year and the restlessness that comes along to look one's best on the special day.

If you can't be with your sweetie in

person this year, then you might as well send them something sweet through online store/e-commerce websites. There are a lot of Valentine's gift packs in the market containing chocolate truffle flavours: milk chocolate, milk chocolate caramel, and dark chocolate strawberry. You may choose desi Ladoo /mithai depending on the taste of your sweetie.

Especially impressive if you live apart, a surprise gift might be the perfect way to share the love this year. Not sure what to buy? Keep it classic – paintings, art objects and flowers like roses will always be well-received and create a sense of occasion. Twinned with a scented candle, Valentine's Day will be truly wrapped up.

Take advantage of sweater weather and escape into the wilderness, where you can relax by the fire and enjoy some hot chocolate. Take a scenic hike together and enjoy all the beautiful sights and the fresh air — it's a great way to bond while getting some much-needed time to unplug, too.

If you've got a new boyfriend, a hot date, or a tried-and-true love, Valentine day gives you the perfect excuse to pamper yourself to look romantic,sweet presentable, attractive with flawless looking radiant skin with youthful glow

Water based moisture is key for glowing skin. Moisturizers provide a good base before applying any makeup. Moisturizers which are formulated with shea butter , dimethicone, ceramides. hyaluronic acid and aloe vera water help provide long-lasting hydration. Hydrate and nourish your skin every night before sleeping.

If your skin is clear, leave out the foundation during the day. Use baby powder or compact power. Pay more attention to the oily areas of the face, like the nose, forehead, and chin. Press the powder all over the face and neck, with a slightly damp sponge. This helps it to set and last longer.

If you want to use foundation at night, choose a water-based one. Add a drop of water for a lighter coverage. Before

applying foundation, apply astringent lotion if your skin is oily, or moisturizing lotion for dry skin. Wait for a few minutes to allow the skin to absorb it. Next, use concealer to cover up pimples and scars, if any. Or, use two shades of foundation. One shade should be as close to your skin colour as possible. The other should be a shade lighter if the blemishes are dark. Take a little light coloured foundation and apply it directly on the pimple or pimple scar. Avoid rubbing or smearing. Pat it into the skin. Then apply your normal foundation on the face and using a moist sponge, spread it evenly, going outwards. Remember the neck too. Blending is important to achieve a smooth finish then apply tinted loose powder on top to “set” the foundation. Or, use compact powder.

Blusher comes next, or you can apply it at the end. Use powder blusher. Pink or peach blusher would suit most skin tones. Apply on the cheekbones and slightly below it. Use your finger tips to dot the area with blusher. Then, blend with the brush, outwards and slightly upwards. Apply highlighter on the cheekbones. Highlighters should not be white. Choose from ivory or pale pink. Blend well.

For the eyes, use a brown eye shadow on the eyelids. Use the same brown shadow under the lower lashes, instead of eyeliner or kaajal. Take a darker brown eye shadow and apply it on the upper lid, close to the upper lashes. The entire effect will be natural. If you want to line the eyes, use an eye pencil. Give your eyes a light touch of mascara. Make sure the lashes do not stick together. Brush them with an eyelash comb.

Wear a sunblock for outdoor events during the day, this acts as a shield and also works as a good under base for your foundation accelerating its performance.

Take proper sleep for at least eight hours during the night . Lack of sleep will show on your face no matter how well you fashion your appearance. . Put a drop or two of lavender oil on your pillowcase and try to relax. Sandalwood and Clary Sage are other good options.

For the night and for a more dramatic effect, use a dark brown, or dark grey eye shadow on the eyelids close to the lashes and stroke it upwards and outwards. For the smoky-eyed look, line the eyes with eyeliner close to the lashes and then smudge the eyeliner slightly with a sponge-tipped applicator. It should not be a harsh line.

Who ever heard of a Valentine's Day date ending without a goodnight kiss? Go with a soft pink or berry hue that is no more than two shades darker than your natural lip color is a good way to keep your lips colored without going overboard.

Exfoliate your lips the night before date night with a gentle lip scrub to remove dead skin cells to soften your pucker and improve the look and application of your date night lipstick.

For the buttery soft and smooth lips, plain gloss can be enough for the day, or add a touch of gloss over light pink or mauve lipstick. Coloured gloss is also available. Avoid using lip liners and just brush the lips with lipstick, going for shades of pink, from pale pink, to rose or tawny pink. At night, go for rose, coral or bronze, or just stick to pink. Just don't forget to hydrate your lips with your favorite lip balm, salve, or conditioner after exfoliating.

Wear a light flowery or lemony fragrance, nothing too overpowering. Always be kind and confident. I think these two traits together make someone beautiful.

As the last step, touch up your nails, smooth your strands, and spritz on some perfume. You're ready to go!

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

Exam Phobia- Cause and Remedies

By: Vijay Garg

Every one of us experiences some kind of anxiety from time to time which results out from a situation that we perceive as threatening, such as having to do an oral presentation, having a near-miss with a car, or waiting for the results of a lab test. Anxiety is really common among humans during a situation that tends to create a tense atmosphere. The examination can be one such event that leads to a lot of tension and anxiety commonly known as examination phobia. It has been often observed among the students that suddenly something feels very wrong; they feel like they might be losing control. You feel physical symptoms that mimic serious health problems and in some cases, you feel as if death or doom is imminent. Anxiety is a normal human feeling that is part of life and can often serve as a good form of adrenaline. However, in a few people this adrenaline rush exceeds normal limits and at times may lead to some negative consequences. Buy vitamins and supplements

We often come across the terms examination fever or examination phobia. Scientifically this is a result of anxiety and is often termed as test anxiety. Test anxiety is a type of anxiety that can affect a test taker before, during, or after a test. It is an issue that many students deal with at one time or another and at times can hamper their performance badly. A lot of people think that the cause of examination fever is an inadequate preparation for the test that makes students sick fearing the bad results, which is not true. Exam anxiety can be caused due to under-preparedness as well as over-preparedness also. Test anxiety can also be experienced at varying levels and may range from slight exam stress that can help you by providing alertness, readiness, and help you to concentrate. However, excessive exam anxiety can result in stress and negatively affect performance and can also lead to forgetfulness or dizziness.

It has been observed that children attend classes regularly, completed homework, and studied regularly. He or she arrived at the exam confident about the material, but are not able to perform well owing to test anxiety. If students develop test anxiety, a type of performance anxiety, taking the test becomes really difficult for them. Fear of failure, lack of preparation or over preparation and lack of experience in handling high-pressure situations. Everyone should feel somewhat anxious before they begin to take a test which is a normal part of life. However, anxiety becomes a problem when it begins to interfere with a student's ability to think logically or remember facts. Physical symptoms of real test anxiety include tense muscles, sweaty palms, a pounding heart, and feeling faint or nauseous. Cognitive symptoms include the inability to remember simple things, illogical thinking, and mental blocks. However, it is very important that if a student faces anxiety that causes some physical imbalance or hampers his performance then one must consult a doctor.

Phobia A phobia is an intense fear of something that, in reality, poses little or no actual danger. If you are suffering from any kind of phobia, you'll often experience a host of physical and mental symptoms that can leave you severely frightened and incredibly drained once they pass. Common phobias and fears include closed-in places, heights, highway driving, flying insects, snakes, and needles. However, we can develop phobias of virtually anything. A headache, nausea, diarrhoea, excessive sweating, shortness of breath, rapid heartbeat, light-headedness and feeling faint can all occur. Phobias can lead to a panic attack, which is the abrupt onset of intense fear or discomfort in which individuals may feel like they are unable to breathe or having a heart attack. Most phobias develop in childhood, but it is also possible that these can also develop in adults too. In phobia even if you realize that your fear is unreasonable then also you can't do anything about it and can't control your feelings, whenever you're actually exposed to the thing you fear, the terror is automatic and overwhelming.

Causes of Anxiety From long ago there has been researching about anxiety and its effect, but still, researchers don't know exactly why some people experience anxiety disorders, they do know that there are various factors involved. Like many other mental health conditions, anxiety disorders seem to be a result of a combination of biological, psychological, and other individual factors. Anxiety has often been linked to the stressful situation leading to an adrenalin rush. Tension or fear is not the only reason for the anxiety, however, excitement can also be a reason for anxiety. How we think and react to certain situations can affect anxiety to a great extent. Psychologists believe that we can deal with anxiety to a great extent by the way we actually take up an event. Some people may perceive certain situations to be more dangerous than they actually are e.g., fear of flying or swimming and most of the time ends up developing a phobia. It is also evident that at times people may have had a bad experience with a particular thing and they fear this will happen again to them. Some psychologists believe that childhood experiences can also contribute towards anxiety to a great extent. Buy vitamins and supplements

Psychologists believe that chemical imbalance or in other words problems with brain chemistry can contribute to the development of anxiety disorders. Certain neurotransmitters that are chemical messengers carrying messages to the brain are involved in anxiety and these include serotonin, norepinephrine, and gamma-aminobutyric acid (GABA). Hence chemical balance from brain which is directly linked to how we perceive a situation may control our anxiety levels. Researchers have also shown that changes in activity in certain areas of the brain are involved in anxiety. Many anxiety disorders run in families and are likely to have a genetic cause. However among students errors in time management, poor study habits, failure to properly organize material and cramming the night

before the exam are also likely to increase test anxiety. If a test has been adequately prepared for, the precipitating anxiety may result from negative thinking and worries.

Difference from Fear A lot of people think that fear is the only cause of anxiety or a phobia and they think that phobia is a kind of fear only. However, the reality is different and phobia is different from fear. Though fear is a result of phobia, still both are not the same. It is normal and even helpful to experience fear in dangerous situations. Fear is an adaptive human response towards extreme situations. It serves a protective purpose, activating the automatic response that cautions us. With our bodies and minds alert and ready for action, we are able to respond quickly and protect ourselves in the situation of fear. However, phobia maybe something complex as compared to a normal situation of fear. With the phobias, the threat is greatly exaggerated or nonexistent. For example, we all normally fear of road accidents that make us even more cautious while driving; however, there are a lot of people who may develop a road phobia due to an accident and are simply unable to drive again on road.

Fear is something that may make you feel uneasy at times, but still, you go on with the situation with an extra care. However, a phobia is something that not only creates a fear in your mind, but that fear and anxiety are so much that you can't even think of being through that particular situation. A normal person who has fear of heights may develop tension or uneasiness when in plane or at the time of taking off, whereas phobia is something that if you have a phobia of heights or flying, you may be ready to miss an important event or opportunity of your life rather than taking a flight to reach an important event.

Reason for Examination Phobia A lot of people think that examination phobia is the result of under-preparation for a test or an examination and fear of flunking the exam leads to a stressful situation for the students or a phobia. However, research specialists have simply discarded this theory and made this point very clear that examination phobia can be observed among an underprepared, fully prepared, normally prepared as well as an over-prepared student. A lot of times the most anxious people tend to be the ones who are least prepared, but occasionally they are the high achievers for whom only the top grades will do and even bright students who have prepared well may also experience anxiety that may cause an examination phobia.

Examinations vary in their intentions and purpose, and the fact that they are often only revealed at the time of the exam makes them unpredictable. A lot of preparation and expectations are also facts that trigger stress among the students. Lack of predictability and control are sure to make most people feel anxious and this is a fact of life not simply examinations. You can improve your odds if you have a broad understanding of the topic. You will find this helps your ability to answer the question(s) in the form the examiner has set.

Overcoming your Phobia As defined earlier, a phobia is an intense fear situation from something that may or may not possess any actual threat in reality. Phobia may turn you down and at times may become your greatest enemies or hurdles in your life. Examination phobia among the student can be a great hurdle for your academic success. It is very important to realize on time that you have developed a phobia form something and overcome your phobia at the right time before it ruins a good opportunity of your life. It is important to realize that factors such as caffeine, alcohol, and certain medications can cause anxiety symptoms. Traumatic life events such as the death of a family member, witnessing a death, war, and natural disasters such as hurricanes and earthquakes may trigger anxiety disorders or phobias.

If you are suffering from any kind of phobia, it is very important that you must act to overcome your problem before it takes on to you. When it comes to treating phobias, self-help strategies and therapy can both be effective. What's best for you depend on a number of factors, including the severity of your phobia, your insurance coverage, and the amount of support you need. As a general rule, self-help is always worth a try. The more you can do for yourself, the more in control you'll feel which goes a long way when it comes to phobias and fears. However, if your phobia is so severe that it triggers panic attacks or uncontrollable anxiety, you may want to get additional support, do not hesitate to get a professional support if the problem is serious. Yoga and meditation is also a very effective way of keeping your mind calm and developing your inner strength.

If you are trying self-therapy then you must start with full confidence and motivation. Face your fears, one step at a time and should never consider stepping back an option. It's only natural to want to avoid the thing or situation you fear but this time don't avoid them rather find you ways out to deal with those. When it comes to overcoming phobias, facing your fears is the key. Face your phobias fearless and you will wonder that no longer these would be a problem for you. While avoidance may make you feel better in the short-term, it prevents you from learning that your phobia may not be as frightening or overwhelming as you think. You never get the chance to learn how to cope with your fears and experience control over the situation. As a result, the phobia becomes increasingly scarier and more daunting in your mind. Hence don't fear just face these strongly and kick your phobias away from your life forever.

(Vijay Garg Retired Principal Educational columnist street kour Chand MHR Malout)

Month long sports activities to promote Nasha Mukta campaign across Kishtwar District

DC reviews drug control, road safety measures, DRCS working at separate meetings

Top News Report

KISHTWAR, Feb 5: Deputy Commissioner Rajesh Kumar Shavan on Wednesday reviewed drug control and Road Safety measures in the District at District-Level NCORD Committee and District Road Safety Committee meetings held back to back here.

He also reviewed the working of the District Red Cross Society at a separately held meeting.

While reviewing anti-drug measures, the DC discussed comprehensive strategies and reviewed the implementation of drug de-addiction measures to counter the menace in the district. At the outset, the DC took a detailed appraisal from the concerned members of the NCORD Committee regarding the present scenario of drug-related occurrences, areas of concern, affected age groups, and hotspots of drug abuse in the district.

The Deputy Commissioner emphasized intensifying testing across all educational institutions, public places, and Panchayats, especially in identified hotspots under surveillance.

SSP informed the meeting that police have adopted a comprehensive strategy to tackle the drug problem from



both the supply and demand sides, which is vital for containing drug peddling and breaking the supply chain. He also assured stringent action against those involved in the hazardous trade of drugs.

The DC announced hosting of month-long sports activities across all 13 blocks of the district under the aegis of Nasha Mukta Bharat Abhiyan. Additionally, he directed stakeholders to host awareness camps every Monday in all 156 revenue villages. The DC stressed the need for painting "100% Nasha Mukta" slogans on school boundary walls. He also directed the ATF authorities to submit reports on patients taking medication and conduct periodic surveys of such patients.

A committee was formed, to conduct counseling and awareness programs at project sites. He also warned of strict action on drug abuse at all project sites in the district.

Enforcement agencies, including Police and Excise were instructed to ensure 100% technological surveillance by installing CCTV cameras for monitoring, computerized billing, containment, and mitigation at educational institutions, pharmacies, medical stores, and public spaces. The DC also reviewed the status of screening of blood pressure apparatus distributed to ASHA Workers and AWWs.

While reviewing district road safety, the DC, with a special focus on minimizing road accidents,

directed all enforcement agencies to utilize their skills to prevent accidents by conducting document checks, monitoring over speeding and ensuring compliance with traffic rules.

He directed ARTO to collaborate with different stakeholders for awareness and joint enforcement by using speed guns and other advanced equipment besides strict action against overloading and over-speeding, frequent fitness and license checks, health camp activities, the establishment of driving institutes, driver sensitization programs against drug abuse, and general public awareness regarding overloading.

The DC also conducted a detailed review of blind spots, crash bar-

rier installations, and convex mirrors at black spots. He directed BRO authorities to expedite the process.

SSP Kishtwar urged ARTO Kishtwar to conduct random testing of existing license holders.

While reviewing Red Cross activities, the DC emphasized its critical role in saving lives during disasters. He urged participants to amplify public awareness about the society's contributions. He underscored the need for increased collaboration and support from all sections of society to sustain emergency response efforts and assist those affected by calamities, disasters, and other urgent situations. He encouraged everyone to actively participate in the Red Cross movement. The DC also stressed the need for a comprehensive District Red Cross plan, increased blood donation camps, enhanced hospital services, and first aid training.

The meeting was attended by SSP Kishtwar Javed Iqbal (JKPS), ADC Kishtwar Pawan Kotwal, ACR Kishtwar Idrees Ahmed Lone, ACD Kishtwar Phulail Singh, DSWO Zubair Ahmed, ARTO Kishtwar, CEO Kishtwar, Nodal Officer ATF, and other members.

Working of Rural Development Department Kishtwar reviewed

DC sets deadline for completion of works



Top News Report

KISHTWAR, Feb 5: Deputy Commissioner (DC) Kishtwar, Rajesh Kumar Shavan chaired a meeting and conducted a comprehensive review of the Rural Development Department (RDD), focusing on the implementation of MGNREGA and PMAY schemes.

At the outset, ACD provided detailed insights into the status of works under MGNREGA and PMAY. The DC directed the department to map the cardholders with the E-Shram portal and weed out passive job

cards.

The BDOs were asked to publish notices in all Panchayats, urging eligible individuals to avail themselves of employment under MGNREGA and ensure that there was no delay in wage payments.

Reviewing PMAY implementation, the DC asked the BDOs to identify defaulters and share the lists with Tehsildars for further action. He set March 31, 2025 as deadline for completion of all the PMAY houses sanctioned to date, while emphasizing on accuracy of ongoing AwasPlus survey.

He also directed BDOs to prioritize water conservation, soil conservation, and beneficiary-oriented projects under MGNREGA adding that women's empowerment should be a key aspect while framing development plans.

The meeting was attended by ACD Kishtwar Phulail Singh, Tehsildars, AD Planning, all BDOs, Panchayat Secretaries, Technical Assistants, MIS Operators, GRSSs, Incharge Executive Engineer (REW Kishtwar) besides other staff of RDD.

DDC Poonch inspects developmental works in villages near LoC, across the fence

Top News Report

POONCH, Feb 5: District Development Commissioner Poonch (DDC) Vikas Kundal conducted an extensive tour of the villages along the Line of Control (LoC) in Poonch district, assessing the progress of the developmental projects aimed at enhancing the socio-economic landscape of the region.

During the visit, DDC Vikas Kundal inspected several key locations, including the Lift Irrigation and Water Supply Schemes coming up in village Dallan, construction of Panchayat Ghar in Degar Terwan, besides working of and Government High School at Degar Terwan Government Girls Higher Secondary School at Degwar Mal-diyana.

He issued specific directives to expedite ongoing projects and ensure their timely completion.

At the Zero Line of the LoC near Degwar Terwan, DDC Kundal interacted with local residents, who presented various demands and projected local



developmental needs in the presence of district officers from multiple departments. He directed executing officers to address these concerns promptly.

During his visit to educational institutions, DDC Kundal engaged with teachers and students.

He inspected the quality of the mid-day meal and announced the construction of a boundary wall for the Government High School in Degwar Terwan to enhance safety and security.

At the Lift Irrigation Scheme in Dallan, DDC Kundal instructed officials to prepare a proposal for augmentation of the Installation to benefit local residents.

He also inspected bunkers near border

villages to assess their condition.

The visit underscored the administration's commitment to addressing civic issues, expediting developmental works, and improving the overall infrastructure and living standards of local residents.

DDC Kundal also handed over the key of a house constructed under the Pradhan Mantri Awas Yojana Grameen (PMAY-G) to owner Rasma Bi. The beneficiary expressed gratitude to the government for the initiative, which has significantly improved her living conditions.

Accompanying the DDC were ACD Poonch, CEO Education, Xen PWD, and other district and sectoral officers.

Popular Govt ushering in developmental transformation in J&K: Rattan Lal Gupta

NC reaching people's doorstep to mitigate their issues

Top News Report

Jammu, February 5: Adv Rattan Lal Gupta, Provincial President of Jammu and Kashmir National Conference (JKNC), asserted that the popular government is bringing a significant change in the development landscape of the region. He emphasized that the National Conference, under the leadership of Party President Dr. Farooq Abdullah and Chief Minister Omar Abdullah, is committed to bridging the gap in providing essential services to the people.

He made these remarks while interacting with women party workers at Sher-e-Kashmir Bhawan Jammu. The meeting was organized under the leadership of Mrs Rajni Devi Working President Women Wing Jammu in the presence of Mrs Bimla Luthra former MLA and State Vice President, Mrs Satwant Kour Dogra Provincial President Women Wing Jammu and Sheikh Bashir Ahmad Provincial Secretary Jammu, who apprised the senior leadership about the sufferings of women during the last ten years of BJP rule.

At the beginning of the meeting, she highlighted the growing hardships faced by women due to rising inflation, unemployment, and inadequate welfare measures. She emphasized that the earlier government failed to address issues like safety, economic empowerment, and social security for women, leaving them vulnerable and neglected. She urged the NC leadership to prioritize women-centric policies, ensuring their rights, digni-



ty, and equal opportunities in the party's vision for a progressive Jammu and Kashmir.

Addressing the gathering, Rattan Lal Gupta said that the NC leadership is actively reaching out to people at their doorsteps to mitigate their concerns and ensure their grievances are addressed in a time-bound manner.

Highlighting the proactive governance of the NC-led administration, Rattan Lal Gupta recalled how Omar Abdullah and his Cabinet ministers addressing public issues on a priority basis by holding Public Darbars, demonstrating the government's commitment to responsive governance.

Highlighting the achievements of Omar Abdullah's government in its first 100 days, he noted the sanctioning of 575 lecturer posts to strengthen academic infrastructure and raising the upper age limit for PSC aspirants. Key reforms included a three-tier faculty structure for dental colleges, amendments to the J&K GST Act for streamlined financial operations, and eliminating oral tests for certain government jobs to enhance transparency. Additionally, financial relief was provided to government employees and pensioners by clearing

pending DA arrears

"The present government is making strides in ensuring the availability of basic amenities. Regular water supply, discipline in the medical sector, and improved governance in public service delivery are our top priorities. The people of Jammu and Kashmir are witnessing tangible results due to the efforts of our government," he added.

Provincial President also lauded Chief Minister Omar Abdullah's personal efforts in promoting tourism in Jammu and Kashmir during his recent visit to the Jammu and Kashmir Tourism Pavilion at the Outbound Travel Mart (OTM) 2025, Asia's largest travel trade show, held at the Jio World Convention Centre in Mumbai. He reiterated that NC's leadership is dedicated to unlocking the full potential of the region's tourism industry.

Calling upon party workers, Rattan Lal Gupta urged the cadre to further strengthen the party at the grassroots level and work towards consolidating the support base of National Conference. "We must stand united to strengthen the hands of Dr. Farooq Abdullah and Chief Minister Omar Abdullah in their mission to serve the people of J&K," he said.

The Provincial President further encouraged the party workers to gear up for the upcoming Panchayat elections, emphasizing that a strong NC presence at the grassroots is crucial to ensuring good governance and equitable development across the Union Territory.

On this occasion Mrs Sushma Devi District President Samba Women Wing nominated the following office bearers District Samba Women wing.

Mrs Neeta Devi has been nominated as Vice President District Samba Women wing and Mrs Pinki Kumari as District Secretary Samba Women wing.

Mrs Tripta Sharma has been nominated as Block President Parmandal Women wing, Mrs Neeta Devi as Block President Rajpura women wing and Mrs Sunita Devi as Block President Bari Brahmana Women wing.

Those who joined the party fold include: Mrs Usha Kumari, Mrs Sunita Devi, Jyoti Devi, Rubi Pawa, Miss Rimpdy, Mrs Nisha, Mrs Veena Devi, Miss Neha and others.

Among those who were present included:- Mrs Laxmi Datta Senior leader, Mrs Dilshad Malik Vice President Central Zone, Mr Mohinder Kumar Rana Joint Secretary Central Zone, Mrs Joginder Kour District Vice President Women wing Jammu Urban, Mrs Sushma Devi, Mrs Mrs Anu Radha, Kumari, Mrs Usha Kumar, Mrs Neela Devi, Mrs Sunita Rajput, Fayez Ahmad, Balkar Chand, Mrs Nisha Kumari, Mrs Veena Devi, Mrs Priyanka, Mrs Suneeta, Mrs Neha Kumari, Mrs Vishno Devi, Mr Gourav Kumar, Mr Sourav Kumar and others.

Through her debut novel Too Good To Be True, star influencer Prajakta Koli wants to touch hearts

It's a sun-drenched, deliciously warm, winter morning. At around 12 pm, the buzz in the air thickens. As a petite Prajakta Koli (donning an ethereal Anita Dongre ensemble) tiptoes into the legendary Bahrisons Book-Store in Sector 8, Chandigarh, an excited bunch of youngsters bursts out singing and clapping—instantly opening their arms and hearts to welcome their favourite influencer-turned-debutant author.

The 350-strong crowd at the bookstore entrance is merrily crooning lines from Saanvare, the Hindi song featured in the soundtrack of Koli's debut novel Too Good To Be True. The scene is, incidentally, a clear indication of the immense love and adulation, which Prajakta's swooning, giggling army of 16 million social media fans have showered on her, ever since she started her YouTube Channel, MostlySane. No wonder, Prajakta Koli's book event at this Chandigarh bookstore is a frenzy, with 600 plus fans flooding in, hearts full and voices loud, turning the meet-and-greet into a celebration.

Hug in a book's form

Prajakta's book feels like a fresh whiff of young romance. Catering majorly to Prajakta's very young fan base (say from 11 to 21-year-olds), Too Good To Be True is witty, warm, and deeply relatable. "I only enjoy writing romances and am going to stick to this genre for now," quips the storyteller, who read her first romance novel at the age of 28.

In her bestseller era



And guess what, Too Good To Be True is not just a book—it's already becoming a phenomenon of sorts. The book is still the Nielsen BookScan India's No. 1 Fiction Bestseller for over two weeks running, having sold lakhs of copies in just a few weeks. It has surpassed expectations, proving the deep connection her fans feel with her storytelling.

From making us laugh as MostlySane, to winning hearts on screen in Mismatched,

JugJugg Jeeyo and Neeyat, Prajakta Koli has always been a storyteller at heart.

Surprisingly though, Prajakta describes her creative process as chaotic. "I'm extremely hard-working, and a constant learner but a little messy and chaotic," she candidly confesses.

And her creativity truly lies in this chaos, we guess, "I don't find linear journeys intriguing. I am actually very grateful for a messy arc when it comes to my work."

Homely girl

Hailing from a loving, middle class home in Thane, Mumbai, 31-year-old Prajakta is still an endearingly homely girl at heart. "My parents have been the beginning and end of everything that I have built today!" What makes Prajakta's journey magical is the connection she shares with people, "My parents, partner, friends, team and, of course, fans remain my real strength."

Any daily rituals that contribute to this multi-hyphenated star's success? "I believe in positive affirmations and showing up daily for myself, besides working very hard," quips the girl on a whirlwind of a book tour across cities.

Her grit and hard work is clearly visible, knowing she is headed to a university in Chandigarh, a shoot in the fields and then to Amritsar, right after this bookstore event.

True connect

So, having dunked her fingers in so many delicious pies, which part of her career has been closest to her heart? "I think I'll always be a creator because everything that I have today stemmed from my YouTube channel," smiles the content creator. "But what touches me most deeply is when my young readers tell me this is the first book they've finished," reveals Prajakta. Too Good To Be True, for Prajakta, isn't just about writing a book. It's about touching hearts and creating memories that are, quite like her book, too good to be true!

Kangana Ranaut turns restaurateur: It's an extension of myself



Actor-filmmaker and politician Kangana Ranaut has added another feather to her cap as she turns restaurateur. She said that it is one of the most special projects of her life and is an extension of herself. Kangana took to her social media to announce her cafe christened The Mountain Story and shared a video, where the actress-filmmaker proudly showcased her Himachali roots.

The video was captioned: "A childhood dream comes alive, my little cafe in the lap of Himalayas. The Mountain Story, it's a love story. #TheMountainStory Opening 14th

February."

Kangana said: "It is undoubtedly amongst the most special projects of my life, it is an extension of myself, something that is not only close to my heart but also my roots and I'm extremely proud of having the opportunity to offer an experience of the same through The Mountain Story."

Kangana is the latest celebrity to step into the world of hospitality. Several Bollywood personalities such as Malaika Arora, Amruta Arora Ladak, Karan Johar, Shilpa Shetty, Rakul Preet Singh, Sunny Leone, Dharmendra, Asha Bhosle and Bobby Deol among

many others have opened their restaurants in recent times.

In the acting front, Kangana was recently seen in the historical biographical drama film directed and co-produced by the actress herself. It is based on a screenplay by Ritesh Shah Based on the Indian Emergency, it stars Ranaut as former Prime Minister of India, Indira Gandhi.

'Emergency' is set during the period of Emergency in the 1970s imposed by the late Prime Minister Indira Gandhi. The film promises to offer a gripping exploration of one of the most spoken about chapters in Indian democracy.

Last month, Kangana revealed she has already begun working on her upcoming movie. She took to the Stories section of her Instagram, and shared a BTS picture from the sets of her yet-to-be-titled movie. The picture showed a clapperboard from the sets with details of the shoot day. The film also stars R. Madhavan, and reunites the two actors after almost a decade. The two were last seen in 'Tanu Weds Manu Returns'.

The actress wrote on the picture, "Nothing is more delightful than being on a film set".

I am an overly raw person, says Lady Gaga

Singer-actress Lady Gaga says whenever she talks about her music, it makes her want to 'cry' and that she definitely is an overly raw person. Gaga specifically talked about her latest single, Abracadabra.

For Gaga, music strikes a chord that is deep in her body. "And I think for some people, my music might do that for them too. Music brings us alive in a new way. My favourite thing about music is that a room can be feeling one way. And then you turn on a record and it's just like magic, the mood changes."

Asked if she feels vulnerable due to not playing a character in Mayhem, like previous albums, she agreed, "So yeah, I definitely think this album is very vulnerable. I'm not trying to play a character, the way that I did with Chro-



matica, with Joanne, with ARTPOP, there were all these characters. With Mayhem, they're all in there, but I'm the composer and it's for real."

Although she goes to a dark place at the start, the Die with a Smile hitmaker explained that the ending reflects the "hopefulness" she found

with her fiancé Michael Polansky during the process.

She added, "Overall, I would say that I have a special relationship with every single song on the record. Each one has its place on the album. And it really is an arc of a story that starts with something very unsettling."

For me, important films are those I saw when I was not a filmmaker: Imtiaz Ali

Films that you make are like houses that you live in on rent but the ones that you grew up watching are your own, says filmmaker Imtiaz Ali who would defend "Sholay" over his movies "Rockstar" or "Tamasha" any day.

Ali, whose films have a fandom of their own, particularly "Rockstar" and "Tamasha", said these films may not have done well during their release weekend but over the years, they have acquired a certain power and fans get mad at any kind of criticism against them. The filmmaker was speaking at Jaipur Literature Festival.

Asked whether he finds it amusing that people defend these films with such vehemence, the filmmaker recalled his own formative years as a movie buff.

"I think what happens with a filmmaker is that you make the film, then you move on. For me, the important films are not 'Tamasha', 'Rockstar', 'Highway' and all of that. The important films are the films that I saw when I was not a filmmaker."

"So, (if) somebody says something wrong about 'Sholay', I will protest. Ramesh Sippy (director), he won't even know. I have told Dharmendra about a scene. He doesn't remember it; he only remembers Dilip Kumar's scenes. So, the films that you watch are your own. The films that you make are just like houses that you live in on rent," the filmmaker said during a session hosted by film critic Anupama Chopra.

Ali said he has often been told that his films



are ahead of time, something that he would like to change.

"There was a girl in the lift right now and she said, 'Sir, do you think you are ahead of your time? I am trying very hard not to be. And this whole thing that your movie doesn't do very well on the first day of release and then it does better later, I am working to change that. I am trying to learn all the tricks possible," the director, who last made critically-acclaimed "Amar Singh Chamkila" for Netflix, said.

Ali said he was not being modest by admitting that it is his incapacity as a filmmaker that his films gain popularity later.

"What happens is, it is your inability to tell the story simply that makes it seem like if you watch it for three times, you really enjoy it most. It is my inability and I am working to dispel that. So that every layer, everything that one enjoys in a movie, why can't

it be seen and enjoyed in the first viewing? It should be. But for that, I need to have the ability of the storyteller to tell it simply," he said.

Citing the example of "Mahabharata", the filmmaker said everyone understands its text.

"I am not making anything bigger or more complicated than that. If that can be understood, then my movies can also be understood. There is no such thing as rocket science. But obviously, as a filmmaker and as a storyteller, one needs to try to have that ability that Ved Vyas, Valmiki (Ramayana) or Homer (Greek poet known for 'Iliad' and 'The Odyssey') and all of these people have had."

"Tamasha" is often cited by fans for being a life changing movie with its inherent message of choosing one's dream over societal expectations but Ali said it would be "too much" to take that kind of responsibility as a filmmaker.

"And this is not the intent at all. I don't think I know any better than anybody else to be giving 'gyan' (lecture) in my movies. But yes, it's a part of me...This is definitely a reflection of a greater truth than my life... So, if somebody takes it into consideration in any decision-making, then it's up to them really. But yes, I'm never expecting a response of a personal type from a movie."

"All response that I'm thinking of is that when the film ends in the theatre, and the doors open and people come out, they have smiles on their faces. This is the only response I'm aiming at."

Veteran South Indian actress Pushpalatha passes away at 87

Noted South Indian actress Pushpalatha passed away on February 5 in Chennai, at the age of 87 after a prolonged illness. Pushpalatha had a distinguished career spanning multiple decades, acting in over 100 films across Tamil, Telugu, Malayalam, and Kannada cinema.

She made her Tamil film debut in 1958 with Senkkottai Singam and entered the Malayalam film industry in 1969 with Nurse, directed by Thikkurissi Sukumaran Nair. Throughout her career, she gained recognition for her performances in notable films such as Sarada, Paar Magaley Paar, Naanam Oru Penn, Yarukku Sontham, Thaaye Unakkaga, Karpooram, Jeevanamsam, Dharisanam, Kalyanaraman, Sakalakala Vallavan, Simla Special, and Puthu Vellam.

She shared screen space with legendary actors like M.G. Ramachandran, Sivaji Ganesan, Rajini

kanth, and Kamal Haasan. Some of her most memorable roles include performances in Rajinikanth's Naan Adimai Illai and Kamal Haasan's Kalyanaraman and Sakalakala Vallavan.

Beyond acting, Pushpalatha was also a trained Bharatanatyam dancer and ventured into film production, producing two films. In 1964, she became the face of Lux soap advertisements, further cementing her presence in the public eye.

Her personal life was closely tied to the film industry as well. She fell in love with actor and producer AVM Rajan during the shooting of Naanam Oru Penn, and the two later got married. The couple had two daughters, including Tamil actress Mahalakshmi.

Pushpalatha made her final silver screen appearance in the 1999 film Poovasam, directed by Sree Bharathi. Following her retirement



from cinema, she dedicated her later years to spirituality and social service, embracing a life away from the limelight. Her demise marks the end of an era, leaving behind a legacy that continues to inspire generations of actors and cinema lovers.

North vs South cinema debate great for only clickbait: Huma Qureshi

Dismissing the ongoing North versus South cinema debate, actress Huma Qureshi has said rather than engaging in these 'petty' divisions, the Indian film industry should unite to create its own versions of hit global franchises like Avatar, Squid Game and Money Heist.

According to Qureshi, there is one film industry in India and anyone who has an understanding of creativity or market economics would recognise that it's advantageous for every artiste across the country. "It is such a silly debate; we are one country. A Drishyam is loved across the entire country. We need to find storytellers from all over the nation. Today with the way the world is growing, our focus should be on what local, specific Indian stories we want to take globally. Like, where is the Squid Game from India? Why can't we make our version



of Avatar?

"These are the questions that should be asked. The whole industry should come together to answer them, as opposed to being

engaged in these petty, divided conversations about which industry is taking over. I feel it's a rubbish debate—great for clickbait, but there's no reality to it," Huma said on the sidelines of the recently concluded Kerala Literature Festival.

Having worked in South Indian films herself, including two Tamil movies—Rajinikanth's Kaala (2018) and Ajith's Valimai (2022)—as well as the Malayalam romantic drama White (2016) with Mammootty, Qureshi said cross-pollination of artistes from the North and South is not a new phenomenon. "I have been fortunate enough to have worked in the South and I hope to get more opportunities because you get to learn so much," she added. The 38-year-old made her debut as an author last year with the fantasy fiction novel Zeba: An Accidental Superhero.

Maha Kumbh 2025: PM Modi takes holy dip at Triveni Sangam amidst Vedic chants

PM also offered prayers to Lord Surya, chanted on Rudraksha beads, and performed rituals to worship Rivers Ganga, Yamuna, and Saraswati, followed by Ganga Puja and Aarti and offering of attire.

MAHAKUMBH NAGAR, Feb 5 (Agencies): Prime Minister Narendra Modi took a holy dip at the confluence of the Ganga, Yamuna, and the mythical Saraswati during the Prayagraj Mahakumbh on Wednesday.

Choosing the day when the national capital is voting to elect its next state dispensation, the PM soaked in unwavering faith and devotion, immersed himself at Triveni Sangam amidst the resonant chanting of Vedic hymns.

Before his ritual bath, PM Modi offered prayers to Lord Surya, chanted on Rudraksha beads and performed rituals to worship Rivers Ganga, Yamuna, and Saraswati, followed by Ganga Puja and Aarti and offering of attire.

Earlier, the PM was welcomed by CM Yogi Adityanath upon his arrival in Prayagraj. Adhering to sacred traditions, Prime Minister Modi touched the holy waters in reverence before offering Tarpan and prayers to the Sun.

Clad in a black kurta, saffron sash, and a Himachali cap, he offered 'akshat', 'naivedya', flowers, fruits, and a red 'chunari' to the divine confluence, amid Vedic chants.

However, the PM had ensured to keep the paraphernalia comprising the VIPs, state ministers, saints, seers and Mahamndaleshwars away from him during his Mahakumbh visit. He



was flanked only by CM Yogi to the ghat where he took the holy bath and performed the Vedic rituals to worship the waters of Sangam.

Following the dip, he performed Aarti of the three sacred rivers. The Tirtha Purohit anointed a tilak on his forehead. After a stay of around one hour including the rituals, PM Modi and CM Yogi Adityanath shared a boat ride back to the helipad.

The PM's ritual dip at the Sangam was a moment of historical significance as it coincided with an auspicious alignment of celestial configuration —Gupt Navratri and Bhishmashtami. While Gupta Navratri is dedicated to worshipping the Goddess, Bhishmashtami is observed for ancestral Tarpan and Shraddha of ancestors.

Prime Minister Narendra Modi arrived at Prayagraj Airport in the morning and proceeded to the DPS helipad aboard an

MI-17 helicopter, where Chief Minister Yogi Adityanath warmly received him. From there, he travelled to Arail Ghat and boarded a specially arranged boat to head toward the Triveni Sangam.

Accompanied by CM Yogi Adityanath, the Prime Minister was seen discussing the extensive arrangements made for the Mahakumbh and the facilities provided for devotees. During the boat ride, he also acknowledged the greetings of the devotees gathered at the Sangam and waved to them.

Upon reaching the Triveni Sangam, PM Modi joined thousands of common devotees already performing their ritual baths. Notably, despite the VVIP movement, there was no restriction on public participation, allowing devotees to continue their sacred dips alongside the Prime Minister.

The seamless coordination

ensured no disruption, creating a remarkable moment where PM Modi and lakhs of pilgrims shared the holy experience. The banks of the Sangam echoed with resounding chants of Har Har Gange and Modi-Modi, reflecting the enthusiasm of the masses.

Since the Mahakumbh commenced on January 13, an impressive 39 crore devotees have taken the holy dip in Sangam within the period of 24 days, a testament to the well-managed arrangements.

PM Modi's visit to Prayagraj came a month after his previous trip on December 13, during which he inaugurated 167 projects worth Rs 5,500 crore. These projects encompassed major railway station upgrades, ROB flyovers, road widening, strengthening, and beautification.

Additionally, he inaugurated permanent ghats, riverfront development, sewerage and drinking water facilities, and power supply projects. Among the key religious and cultural developments were the Akshayvat Corridor, Saraswati Koop Corridor, Bade Hanuman Mandir Corridor, Bhardwaj Rishi Ashram Corridor, and Shringverpur Dham Corridor.

These initiatives aimed to enhance the Mahakumbh experience for devotees and marked a new era of progress for the sacred city of Prayagraj.

Jaishankar holds key meeting with UNGA president Philemon Yang in Delhi



NEW DELHI, Feb 5 (Agencies): External Affairs Minister (EAM) S Jaishankar held a meeting with United Nations General Assembly (UNGA) President Philemon Yang in New Delhi on Wednesday.

Following the meeting with Yang, Jaishankar posted on X, "Pleasure to meet @ UN_PGA Philemon Yang this afternoon in Delhi."

The EAM said he discussed various issues on the UN agenda, including the need for reformed multilateralism, with Yang.

"Also exchanged views on regional, global, and developmental issues. Appreciate his leadership and guidance at the UN," the minister

added.

UNGA President Yang arrived in India for a five-day visit from February 4 to 8.

Yang is scheduled to meet President Droupadi Murmu during his visit.

The UN President is also scheduled to visit Karnataka. In Bengaluru, he is scheduled to visit Infosys and the Indian Institute of Science, where he would interact with experts on India's innovations in various fields, including sustainability, digital and public infrastructures.

In June 2024, Cameroon's Yang was elected as UN President of its seventy-ninth session, which runs from September 2024 until September 2025.

Ahead of his India visit, Yang hailed India saying

that New Delhi continues to fulfil its obligation as a member state of the UN by paying its dues in full and on time.

India has paid USD 37.64 million dollars to the United Nations Regular Budget for 2025, joining the "honour roll" of 35 member states who have paid their regular budget assessments in full and on time to the UN.

According to the UN Committee on Contributions, as of January 31 2025, 35 member states have paid their regular budget assessments in full within the 30-day due period specified in UN financial regulations.

Yang is a seasoned diplomat with a track record of experience. He has served as Cameroon's Prime Minister and Head of Government from 2009 to 2019. In this capacity, he represented the Head of State at important high-level regional and international meetings.

The UNGA president has also served as Cameroon's High Commissioner to Canada (1984-2004), where, for 14 years, he was Dean of the Diplomatic Corps. He has led Cameroonian delegations to high-level economic summits in Washington, DC, London, New Delhi and several other capitals.

Daring act by Kerala woman to rescue husband from well

ERNAKULAM, Feb 5 (Agencies): A 56-year-old woman rescued her husband who fell into a well in their house while plucking peppercorns in Kerala on Wednesday.

The husband, identified as 64-year-old Ramesan, was busy plucking black peppercorns from the pepper vines.

As he was plucking it, the ladder slipped and since the tree was close to the well, Ramesan fell into it.

Brave Padma, who was inside the house, hearing the noise, rushed out and was startled to see that her husband had fallen into the 40-foot well.

Raising a hue and cry, Padma slowly and carefully entered the well using a rope.

After reaching the bottom of the well, which had around five feet of water, she lifted Rame-



san and held him close.

By the time, the locals gathered and in around 20 minutes, the Fire Force Rescue team arrived.

Praful, the local officer of the Fire Force, called out to Padma and asked if everything was fine.

"She told us that none of them need to come down, instead send a net. So we lowered a net. She first helped Ramesan into the net and we pulled him up. Then she came up and

her hands were fully bruised because of going down the 40 feet well on the rope. He has been taken to the hospital and is fine. But the daring act of Padma has to be fully appreciated," said Praful the Fire Force official who took part in the operation.

Praful added that they reached the spot in about 40 minutes and the two had to wait inside well for around 20 minutes.

Constitution under 'attack' from BJP-RSS combine: Rahul Gandhi

PATNA, Feb 5 (Agencies): Congress leader Rahul Gandhi on Wednesday alleged that the Constitution was under "attack" from the BJP-RSS combine, which was trying to hoodwink people by a show of deference towards Dalit icons like B R Ambedkar.

The statement from the Leader of Opposition in Lok Sabha came at a function in the Bihar capital, organised on the birth anniversary of Dalit freedom fighter and Congress activist Jaglal Choudhary.

"Today, Delhi Assembly polls are underway. But, I believed this function was equally important. So I flew down after casting my vote," said the 54-year-old leader.

In a speech that lasted close to 30 minutes, Gandhi spoke extensively of the need to ensure better "bhagi-



daari" (participation) of Dalits, tribals and OBCs in all walks of life, asserting that mere political representation was not enough.

"I want to see the day when Dalits, tribals and backwards become leaders, not just foot-soldiers, in bureaucracy and the private sector," said the former Congress president.

Waving a pocket-size edition of the Constitution, he alleged, "As long as this is in force, Dalits and other deprived sec-

tions of the society can hope for a better life. The BJP-RSS knows this, so they attack the Constitution, but not overtly."

"You can see Prime Minister Narendra Modi bowing before the Constitution and the statue of Ambedkar. Today, many RSS leaders can also be seen singing paeans to Ambedkar. They do so while working against the very ideals that Ambedkar espoused," claimed Gandhi.

"Modi says representation is being given to deprived classes and cites the number of tickets they get in elections. But, he has snatched away all powers from MLAs and MPs. Even his ministers function with an OSD appointed on recommendation of the RSS breathing down their necks," alleged the Congress leader.

Gandhi also asserted that the number of Dalits is negligible in the media, a reason why their issues do not get highlighted.

In educational institutions, Dalits have still not reached the stage where "we can see them setting the question papers," he said.

"The public health network in the country, which was meant to serve the needs of common people, is giving way to private hospitals that are owned

by Ambani, Adani and their ilk. Needless to say, there is no Dalit among the country's billionaires," Gandhi claimed.

The former Congress chief said the first step in the direction of better participation of the depressed classes would be a caste census, "a veritable X-ray of the society... which the Modi government wants to avoid but we are determined to push through".

He also claimed that the caste survey in Bihar, ruled by the BJP-led NDA, was not up to the mark, unlike a similar exercise undertaken by his party's government in Telangana.

During his speech, Gandhi cited the example of the change that came about in the US when "Blacks started having a say in the system".

Woman jumps from 1st floor to escape sexual assault, hotelier held

KOZHIKODE, Feb 5 (Agencies): A hotelier, who had been absconding after a woman employee jumped down from the first floor of a building here while resisting his alleged sexual assault attempt, was held from Thrissur district, police said on Wednesday.

The accused, identified as Devadas, was nabbed by the Makkam police from Kunnankulam during a bus journey on Tuesday night.

A source said the investigators received a tip-off about his move-

ments, and a team of police personnel followed him and held him after stopping the bus midway.

He was brought to Makkam police station in the early hours of Wednesday.

According to police, Devadas, who runs a moderate hotel in the district, was accused of barging into the room of a woman employee at her rented house here on Saturday night.

His accomplices, Riyas and Suresh, who were also with him at the time of the alleged sexual

assault attempt, remain at large, and a manhunt is underway to apprehend them, the police said.

The shocking incident came to light after the woman, who sustained serious injuries from jumping from the first floor of the building to escape the assault, shared her harrowing experience with the police. Hailing from Payyannur in Kannur, the victim had joined the hotel owned by Devadas a few months ago.

She gave the statement that the trio barged

into her room when she was watching a video on her phone, and she had no other way but to jump down the building to escape the assault.

After hearing her cries, neighbours and local people rushed to the spot and soon shifted her to a nearby hospital.

Devadas was arrested a day after the victim's family released some mobile visuals purportedly showing the trio's assault bid and the woman's attempt to escape from them.

The family said on Tuesday that the visu-

als got recorded accidentally in the victim's phone as her camera was automatically on because she was watching a video.

Police said the accused were booked under various sections of the BNS. The arrest of the hotel owner would be recorded soon, they said, adding that the victim is currently undergoing treatment at a medical college hospital here. She suffered fractures in her hip and hand, and her condition is stable as of now, sources added.

3 workers die as wall at under-construction building collapses in Hyderabad



HYDERABAD, Feb 5 (Agencies): Three construction workers died and another was injured after a wall collapsed

on them at an under-construction site here on Wednesday, police said.

The accident occurred

when the labourers were digging in the cellar of an under-construction commercial building.

A layer of the wall collapsed on them, trapping them under the debris, police said based on preliminary investigations.

Three workers died and another was injured in the incident, a police official at L B Nagar police station said.

The injured person has been shifted to a hospital. Investigation is on.

Trump's US 'take over' of Gaza Strip suggestion rejected by allies, adversaries

DUBAI, Feb 5 (Agencies): President Donald Trump's proposal that the United States "take over" the Gaza Strip and permanently resettle its Palestinian residents was swiftly rejected and denounced on Wednesday by American allies and adversaries alike.

Trump's suggestion came at a White House news conference with Israeli Prime Minister Benjamin Netanyahu, who smiled several times as the president detailed a plan to build new settlements for Palestinians outside the Gaza Strip, and for the US to take "ownership" in redeveloping the war-torn territory into "the Riviera of the Middle East."

"The US will take over the Gaza Strip, and we will do a job with it too," Trump said. "We'll own it and be responsible for dismantling all of the dangerous unexploded bombs and other weapons on the site, level the site, and get rid of the destroyed buildings, level it out, create an economic development that will supply unlimited numbers of jobs."

The comments came amid a fragile ceasefire between Israel and Hamas, during which the militant group has been turning over hostages in exchange for the release of prisoners held by Israel.

Egypt, Jordan and other American allies in the Middle East have already rejected the idea of relocating more than 2 million Palestinians from Gaza elsewhere in the region.

Saudi Arabia, an important American ally, weighed in quickly on Trump's expanded idea to take over the Gaza Strip in a sharply worded statement, noting that its long call for an independent Pales-



tinian state was a "firm, steadfast and unwavering position."

"The kingdom of Saudi Arabia also stresses what it had previously announced regarding its absolute rejection of infringement on the legitimate rights of the Palestinian people, whether through Israeli settlement policies, annexation of Palestinian lands or efforts to displace the Palestinian people from their land," the statement said.

Similarly, Australian Prime Minister Anthony Albanese told reporters in Canberra, Australia, that his country has long supported a two-state solution in the Middle East and that nothing had changed.

"Australia's position is the same as it was this morning, as it was last year, as it was 10 years ago," he said.

Trump has already made waves — and upset long-time allies — suggesting the purchase of Greenland, the annexation of Canada and the possible takeover of the Panama Canal. It was not

immediately clear whether the idea of taking over the Gaza Strip was a well thought out plan, or an opening gambit in negotiations.

Albanese, whose country is one of the strongest American allies in the Asia-Pacific region, seemed frustrated to even be asked about the Gaza plan, underscoring that his policies "will be consistent."

"I'm not going to, as Australia's prime minister, give a daily commentary on statements by the US president," he said. "My job is to support Australia's position."

New Zealand's Foreign Ministry said in a statement that its "long-standing support for a two-state solution is on the record" and added that it, too, "won't be commenting on every proposal that is put forward."

Hamas, which sparked the war with its October 7, 2023, attack on Israel, said Trump's proposal was a "recipe for creating chaos and tension in the region."

"Instead of holding the Zionist occupation accountable for the crime of genocide and displacement, it is being rewarded, not punished," the militant group said in a statement.

In its attack on Israel, Hamas killed some 1,200 people, primarily civilians, and took about 250 hostages.

Israel's ensuing air and ground war has killed over 47,000 Palestinians, more than half of them women and children, according to local health authorities who do not say how many of the dead were fighters. The war has left large parts of several cities in ruins and displaced around 90 per cent of Gaza's population of 2.3 million people.

In the US, opposition politicians quickly rejected Trump's idea, with Democratic Sen. Chris Coons calling his comments "offensive and insane and dangerous and foolish."

The idea "risks the rest of the world thinking that we are an unbalanced and unreliable partner because our president makes insane proposals," Coons said, noting the irony of the proposal coming shortly after Trump had moved to dismantle the US Agency for International Development.

"Why on earth would we abandon decades of well-established humanitarian programmes around the world, and now launch into one of the world's greatest humanitarian challenges?" Coons said.

Democratic Rep. Rashida Tlaib, a Palestinian American member of Congress from Michigan, accused Trump in a social media post of "openly calling for ethnic cleansing" with the idea of resettling Gaza's entire population.

Saudi Arabia says no diplomatic ties with Israel without creation of Palestinian state



RIYADH, Feb 5 (Agencies): Saudi Arabia reiterated its support for independent Palestinian state and said that it would not diplomatic ties with Israel until the creation of such a state with East Jerusalem as its capital. Saudi Arabia's statement comes just hours after US President Donald Trump announced that United States will take over Gaza Strip.

In a statement shared on Wednesday, Saudi Arabia's Foreign Ministry stated that country's stance on the establishment of a Palestinian state is "firm and unwavering" and recalled the statement made by Saudi Arabia's Crown Prince Mohammed bin Salman bin Abdulaziz Al Saud during his speech at the opening of the first session of the ninth term of the Shura Council on September 18 last year.

In a statement shared on X, Saudi Arabia's Foreign Ministry said, "The Ministry of Foreign Affairs affirms that the Kingdom of Saudi Arabia's position on the establishment of a Palestinian state is firm and unwavering. His Royal Highness Prince Mohammed bin Salman bin Abdulaziz Al Saud, Crown Prince and Prime Minister clearly and unequivocally reaffirmed this stance during his speech at the opening of the first session of the ninth term of the Shura Council on September 18, 2024. His Royal Highness emphasized that Saudi Arabia will continue its relentless efforts to establish an independent Palestinian state with East Jerusalem as its capital, and will not establish diplomatic relations with Israel without that."

According to the statement, Saudi Arabia

rejects infringement on the legitimate rights of the Palestinian people, whether through Israeli settlement policies, land annexation or attempts to displace Palestinians from their territory. Saudi Arabia stressed that its unwavering position is "non-negotiable and not subject to compromises."

In the statement, Saudi Arabia's Foreign Ministry said, "The Kingdom of Saudi Arabia also reaffirms its unequivocal rejection of any infringement on the legitimate rights of the Palestinian people, whether through Israeli settlement policies, land annexation, or attempts to displace the Palestinian people from their land. The international community has a duty today to alleviate the severe humanitarian suffering endured by the Palestinian people, who will remain steadfast on their land and will not move from it."

"The Kingdom of Saudi Arabia emphasizes that this unwavering position is non-negotiable and not subject to compromises. Achieving lasting and just peace is impossible without the Palestinian people obtaining their legitimate rights in accordance with international resolutions, as has been previously clarified to both the former and current US administrations," it added.

Security forces deny existence of Imran Khan's letter to Pak Army chief

ISLAMABAD, Feb 5 (Agencies): Contrary to the claims made by Pakistan Tehreek-e-Insaf (PTI), security sources have revealed that no letter from the country's former prime minister Imran Khan was received by Chief of Army Staff (COAS) General Asim Munir, according to a media reports on Wednesday.

The controversy began when PTI Chairman Gohar Ali Khan and Khan's lawyer Faisal Chaudhry informed the media on Monday that the PTI founder had written a letter to the army chief, urging him to "reevaluate policy."

According to The Express Tribune newspaper, sources familiar with the matter stated that the news regarding Khan's letter reached the military leadership through the media, not a formal communication.

Separately, the Dawn newspaper quoted security sources saying the military had not received the letter. They also dismissed reports about the existence of such a letter and claimed that the military establishment was not interested in receiving it.

The security sources alleged that the PTI leadership had staged another "drama" and suggested that if the party was interested in holding talks, it should contact politicians instead of the military establishment. They clarified that if any such letter is received, it will not be entertained, according to the Dawn report.

Meanwhile, speaking outside Rawalpindi's high-security Adiala jail,

lawyer Chaudhry elaborated that Khan had sent a six-point letter to General Munir in his capacity as PTI supremo and ex-prime minister. The Express Tribune reported.

He shared that in the letter, Khan expressed solidarity with the military in its fight against terrorism, recognising the sacrifices of soldiers. He also called for national unity and support for the armed forces.

The letter, according to Chaudhry, included several critical points. The first highlighted the issue of "fraudulent elections" and the alleged promotion of money launderers in the current government.

The second point focused on the 26th Constitutional Amendment, which Khan claimed negatively impacted judicial independence and the rule of law. The letter also referenced the Al-Qadir Trust case verdict. An accountability court in Islamabad convicted Khan and his wife Bushra Bibi in the high-profile 190 million British Pounds case in a much-anticipated ruling last month. Khan's third point criticised the Prevention of Electronic Crimes Act (PECA), accusing the government of weaponising the law to suppress dissent and restrict social media. The fourth point addressed allegations of terrorism charges, raids, and the use of force against PTI workers. He also expressed concerns about threats to journalists, which he believed were damaging the military's reputation. The fifth point dis-

cussed the role of intelligence agencies, while the final point focused on the state of the economy. Khan allegedly blamed the current government for weakening the economy by artificially controlling the rupee's value and raised concerns about low investment and internet shutdowns.

Chaudhry further said that Khan had urged the army chief to reconsider certain policies and suggested the formation of a judicial commission to address these issues.

Despite the media buzz around the letter, Gohar Khan denied any suggestion of a "policy shift" following the letter's alleged delivery. He clarified that Khan had written the letter in his capacity as former prime minister, stressing the importance of re-evaluating the country's policies.

Khan, according to Gohar, has no intention of instigating chaos, as he considers the Pakistan Army to be an integral part of the nation.

The alleged letter surfaced just weeks after PTI leaders, including Khyber-Pakhtunkhwa Chief Minister Ali Amin Gandapur and Gohar, met with the army chief. During this meeting, they discussed Pakistan's security situation. Last month, PTI ended talks with the government, which had included demands for the formation of judicial commissions to investigate incidents on May 9, 2023, and November 24-27, 2024, as well as the release of all political prisoners, including Khan, according to the report.

Kazakhstan introduces tourist safety system, every foreign visitor to receive a QR code card

ASTANA, Feb 5 (Agencies): Kazakhstan is taking steps to enhance the safety and convenience of foreign tourists and has introduced a new initiative to provide every incoming traveller with a special QR code card linked to the SafeTravel.kz platform.

This multilingual online resource offers essential safety information, emergency contacts, as well as travel recommendation.

The Embassy of Kazakhstan in a press release stated, "At a recent expanded government meeting, the Head of State empha-



sised the strategic importance of tourism development and the creation of favorable conditions for foreign visitors."

It added, "In line with this directive, Kazakhstan's Ministry of Internal Affairs continues to

enhance the safety of incoming tourists. Now, every foreign visitor entering Kazakhstan, including those passing through border control, can receive a special card with a QR code linking to the multilingual online platform

SafeTravel.kz. This platform provides essential information and recommendations for a safe stay in Kazakhstan, along with links to download useful mobile applications."

The first QR code cards have already started being distributed to tourists at the capital's international airport. SafeTravel.kz offers the "102" mobile app for instant contact with the police, including an emergency SOS function, a guide on migration regulations to help visitors comply with legal requirements, a city map with links to popular navigation apps,

a list of official taxis and online transport services to ensure safe travel, a list of telecom operators with links to their official websites for easy SIM card purchase, emergency response guidelines for various incidents, contact information for other emergency services, including medical assistance, fire departments, and the national rescue service.

This initiative is designed to enhance the safety of tourists, as well as strengthen Kazakhstan's reputation as an attractive destination for travel and investment.

Taiwan libraries stock banned books from Hong Kong amid political crackdown

Libraries in Taiwan are now offering tens of thousands of books that have been banned in Hong Kong due to the government's ongoing crackdown on politically sensitive content, according to a report by Radio Free Asia (RFA).

TAIPEI, Feb 5 (Agencies): Libraries in Taiwan are now offering tens of thousands of books that have been banned in Hong Kong due to the government's ongoing crackdown on politically sensitive content, according to a report by Radio Free Asia (RFA).

Hong Kong's bookstores were once famous for their wide range of books, including controversial and politically radical works. According to Radio Free Asia, since the Chinese government introduced a strict National Security Law in 2020, which limits public criticism,

many books have been removed from shelves, and independent bookstores have been forced out of business.

In response to this, libraries in Taiwan have stepped in to preserve and protect these banned books, RFA reported.

Many of these books are now available in Taiwanese libraries, including the National Taiwan Library, Taipei City Library, and Academia Sinica Library. This effort may also be driven by the demand from Hong Kong residents who have fled to Taiwan, as reported by RFA.



A recent search of these libraries revealed that many books previously banned in Hong Kong are now available in Taiwan.

RFA reported that some of these include works about Hong Kong's 2014 Umbrella Movement, which

called for fully democratic elections. Books like We Were Chosen by the Times and Every Umbrella, which were removed from the Hong Kong Central Library, can now be found in Taiwan. Other titles, including 'Farewell to Cynicism: The Crisis of

Liberalism in Hong Kong and Hong Kong, a Restless Homeland, are also available in Taiwanese libraries.

According to RFA, Taiwan's libraries have a significant collection of books related to the 1989 Tiananmen Square massacre, the 2019 Hong Kong protests, and the Umbrella Movement. These collections serve as an important outlet for Hong Kong's Cantonese culture and history, especially as many Hong Kong people now live in exile in Taiwan, seeking to preserve their freedom of expression.

Engage, wages payment of 754 Casual workers under CAMPA into Outsourcing Head 364 Non Plan

Top News Report

JAMMU, Feb 5: Wildlife Casual Workers Association J&K UT asked the government for engagement and wages payment of 754 Casual workers under CAMPA into Outsourcing Head 364 Non Plan.

“We, the casual workers as per the directions of the Director of Finance, submitted a letter requesting necessary action regarding our employment status and wage payments. The Director of Finance has specifically instructed Chief Wildlife Warden Jammu & Kashmir to submit the list of 754 casual workers by name,” association members said.



“We reiterate that casual workers of the Wildlife Department are currently engaged in a strike/protest at Manda Zoo, Jammu, demanding our transition from the CAMPA Scheme

to the Outsourcing Head 364 (Non-Plan). Despite our dedicated service, we remain under CAMPA, which does not provide us with job security and consistent wages.

With the Finance Department currently preparing the 2025–2026 budget, we find ourselves in a critical situation. We sincerely urge you not to take our request lightly and to take immediate steps to include us under the Outsourcing Head 364 (Non-Plan).

They requested to instruct the Regional Wildlife Warden, J&K, to provide the detailed list of 754 casual workers by name, as per the directives of the Director of Finance.

Shiv Sena demands ban on disposable paper cups



Top News Report

JAMMU, Feb 5: Shiv Sena (UBT) Jammu-Kashmir unit has demanded ban on disposable paper cups in view of the possibility of fatal diseases like cancer.

In a press conference held today at the party's state central office, state chief Manish Sahni said that the trend of consuming tea and other hot beverages in disposable paper cups is increasing.

Today, tea, coffee and other hot beverages are served in disposable cups

made of paper at railway stations, airports, hospitals and other places. He said that according to a recent study, a layer of hydrophobic film is usually applied to make these cups, which is mainly made of plastic.

This plastic, reaching our body through these beverages, causes fatal diseases like cancer.

Sahni said that recently special treatment for cancer patients was started in AIIMS Jammu. But here also, there is no ban on selling and serving tea and other hot beverages in disposable cups made of paper in canteens and other outlets.

Sahni has demanded the Jammu and Kashmir administration and the concerned departments to issue instructions to ban the use of use and throw paper cups. Along with this, tea lovers have been advised to take care of their health and use earthen kulhars, glass and steel glasses.

Kuldeep, Surinder leave for Senior UT Kabaddi Championship at Mendhar

Top News Report

JAMMU, Feb 5: General Secretary of Jammu & Kashmir Amateur Kabaddi Association Kuldeep Kumar Gupta along with Surinder Mohan Technical Director Yuva Kabaddi Series J&K and Ladhak left for 22nd Senior UT Kabaddi Championship for Men & Women section to be held from February 7 to 9, 2025 at Govt. Boys Hr. Sec. School Mendhar, Poonch under the banner of Jammu & Kashmir Amateur Kabaddi Association and under the aegis of Jammu & Kashmir Sports Council.

The officials will assess the standard of accommodation ground fields with mats, mess hall & team hired for food will be provided to players & officials by the hosting Poonch District Kabaddi Association during the Championship.

All the affiliated district kabaddi teams/ Belt forces teams in Men & Women Section will be allowed to participate in the 22nd Senior U.T. Kabaddi Championship at Mendhar, Poonch. The team

consist of 10 players one coach and one Manager. All the Districts President / Secretary / Departments Incharge are advised to select their teams on merit before participation in said Championship. The last date of entry is on or before 6th February 12:00 Night positively.

The selection for the Senior National Men & Women teams shall be Conducted during the Senior U.T. Kabaddi Championship and the Men team probables coaching camp will also be held from 10th February 2025 at Mendhar, Poonch .

All the district players will come with their Aadhar Card, Photograph and Domicile Certificate and Medical Fitness Certificate from the Medical officers, Belt Forces Players will come with Aadhaar Card, Photograph along with their commanding officer letter and Medical Fitness Certificate from the Medical officers and all the players should be duly registered with Amateur Kabaddi Federation of India.

CUJ hosts inspiring orientation on Gandhian Fellowship



Top News Report

JAMMU, Feb 5: The Department of Social Work, Central University of Jammu under the guidance of Vice Chancellor Prof. Sanjeev jain, in collaboration with Piramal Foundation, a CSR initiative of Piramal group, successfully organized an Orientation Program on the

Gandhian Fellowship for its budding Social work students. This transformative session aimed to immerse students in the values of nation-building, grassroots leadership, and social innovation, inspired by Mahatma Gandhi's principles.

The session was graced by distinguished Gandhian Fellows—

Santosh, Shahid, Raj Kishore, and Faizan—who shared their firsthand experiences of working in rural India and leading impactful community initiatives. Their powerful narratives and real-world insights captivated the students, igniting a deep passion for social change. The event provided students with a

unique opportunity to explore the Gandhian Fellowship and envision their future engagement with the community in the sector of educational development.

The program concluded with a vote of thanks delivered by Dr. Nancy Mengi, Head of Department, acknowledging the invaluable contributions of the Gandhian

Fellows. Their guidance and mentorship played a crucial role in making this orientation a grand success.

NOTICE

I, Principal Sanatan Dharam Higher Secondary Kanya Vidyalyaya, Jullaka Mohalla, Jammu, have applied for issuance of No Objection Certificate (NOC) in Jammu Municipal Corporation for running the institution under the name of Sanatan Dharam Higher Secondary Kanya Vidyalyaya, Jullaka Mohalla, Jammu. Objection if any may be conveyed to Assistant Commissioner Municipal Corporation Jammu within one week of publication of this notice.

Samsung's flagship store at BKC sets record with over 700 early deliveries of new Galaxy S25 Series smartphones

Top News Report

JAMMU, Feb 5: Samsung's flagship store at Bandra Kurla Complex (BKC) celebrated the success of the new Galaxy S25 Series with a special event to kick off the early delivery of the devices, where over 700 customers were handed over the phones. This record delivery follows the overwhelming response for the pre-orders of the highly anticipated smartphone series.

Soon Choi, Corporate EVP/Head of Division, MX Division, Samsung Electronics, was present at the store to personally handover a few of the Galaxy S25 devices to customers, who had pre-ordered the same.

The gala event also marked the one-year anniversary of the store, known for showcasing Samsung's top-of-the-line premium products through unique curated experiences and real-life scenarios.

To manage the influx of customers and ensure a smooth experience, the store set up dedicated data transfer zones and device exchange counters alongside delectable food and beverage arrangements. The initiative aimed to provide exceptional service to every customer, as they picked up their new Galaxy S25 devices.

Consumers coming to pick up their Galaxy S25 devices at the Samsung BKC store will be able to enjoy complimentary services such as Gen-AI Smartphone Case Customization, Dedicated Tech Experts and a unique Celebration Programme that aim to cap-

ture and make their shopping moments special.

Galaxy S25 series, featuring the latest Galaxy S25 Ultra, Galaxy S25+, and Galaxy S25 smartphones, is Samsung's most advanced flagship smartphone series designed to be a 'A True AI Companion'. It builds on Samsung's legacy of innovation and its mission to deliver AI to its vast and expanding customer base in India.

Galaxy S25 series changes the way users interact at every touchpoint by seamlessly integrating AI agents and multimodal capabilities. A first-of-its-kind customized Snapdragon® 8 Elite Mobile Platform for Galaxy chipset delivers greater on-device processing power for Galaxy AI and superior camera range and control with Galaxy's next-gen ProVisual Engine.

Galaxy S25 series is the first Samsung smartphone series that comes with One UI 7, Samsung's AI-first platform that is designed to provide the most intuitive controls, enabling AI-powered personalized mobile experiences. AI agents with multimodal capabilities enable Galaxy S25 series to interpret text, speech, images and videos for interactions that feel natural. With Galaxy S25 series, one can perform actionable searches with context-aware suggestions for next steps. All personalized data is kept private and secured by Knox Vault. Galaxy S25 also introduces post-quantum cryptography, safeguarding personal data against emerging threats that could increase as quantum computing evolves.

Weekly Block Diwas organized across Doda District to address Public Grievances

Top News Report

DODA, Feb 5: In line with the directions of Deputy Commissioner Harvinder Singh, the Weekly Block Diwas were organized across multiple locations in the district, providing a platform for residents to voice their grievances and seek redressal.

The main event was held at Government High School Chattra Bhalla in Sub-District Bhaderwah, where Additional Deputy Commissioner (ADC) Bhaderwah, Sunil Kumar presided over the proceedings.

Officials from various departments, including the Block Development Officer (BDO) Bhalla, Assistant Executive Engineer (AEE) PHE, AEE PMGSY Bhaderwah and other concerned officers were present. The officers attentively listened to public concerns related to road connectivity, drinking water supply, power supply, and other essential services. Several developmental issues were discussed and the concerned departments were directed to take immediate action to resolve the grievances at the earliest.

The ADC Bhaderwah emphasized the administration's commitment to delivering prompt services to the people and ensuring equitable development in rural areas. He instructed the officials to expedite ongoing developmental works and address pending issues efficiently. The public appreciated the initiative and expressed satisfaction with the administration's proactive approach. The Weekly Block Diwas continues to serve as an essential forum for public participation in governance, fostering transparency and accountability in administration.

Simultaneously, the Block Diwas events were held at Panchayat Sinoo in Sub-Division Gandoh, Government Higher Secondary School (GHSS) Bhella in Sub-Division Thathri and BDO Office Assar in Sub-Division Assar, where respective Sub-Divisional Magistrates (SDMs) listened to public grievances and provided on-the-spot resolutions where possible.

Divisional Level Seminar on Scientific Beekeeping under NBHM commences at Kisan Kendra

Top News Report

JAMMU, Feb 5: A two-day Seminar on Scientific Beekeeping, organized by the Apiculture Development Scheme, Department of Agriculture Production and Farmers Welfare Jammu, commenced on Wednesday here at Baba Jitto Kisan Kendra.

The seminar is being held under the auspices of the National Beekeeping and Honey Mission (NBHM) and aims to raise awareness about the benefits of beekeeping among beekeepers, farmers, unemployed youth, women, and entrepreneurs from 10 districts of the Jammu division.

The inaugural session was attended by Director Agriculture Jammu Arvinder Singh Reen as the Chief Guest. In his address, the Director Agriculture highlighted the crucial role of beekeeping in generating sustainable income and employment opportunities, especially for the youth of the region. He emphasized the immense potential of Jammu & Kashmir in beekeeping, given its diverse agro-climatic conditions, rich biodiversity, and the growing demand for honey due to its medicinal and nutritional properties.

Director A.S Reen further highlighted that the Department of Agriculture is providing an 80% subsidy for the establishment of One Unit comprising 35 bee colonies, worth Rs. 1,40,000. He also assured the beekeepers that the department would offer technical and financial assistance, particularly to support the migration of bee colonies and to optimize honey production.

Additionally, he highlighted the economic potential of other hive products such as royal jelly, bee venom, propolis,

and pollen, which can become valuable sources of income.

Joint Director Extension Satish Sharma also spoke at the seminar and underscored the significance of beekeeping as a source of livelihood for women farmers. He suggested that women self-help groups could explore beekeeping as a profitable venture for income generation.

The seminar also featured an informative presentation by Assistant Entomologist, Rajesh Verma, who elaborated on the role of beekeeping in income generation, entrepreneurship, advanced beekeeping practices, and the status of beekeeping in Jammu. Expert lectures were delivered by Prof. Devinder Sharma from SKUAST-J, Deepak Singh, Training Officer FTC Jammu, and S. Om Singh, Farm Management Specialist FTC Jammu, covering critical topics such as the impact of pesticides on honey bees and various tools, implementation and techniques used in apiculture.

The inaugural session was attended by several distinguished officers and experts, including Satish Sharma, Joint Director (Extension/SLUB), Alok Pandotra, Deputy Director Trainings (J), Dr. Aman Jyoti Sharma, Agriculture Chemist, and Prof. Devinder Sharma from SKUAST-J. The officers and staff of the Apiculture Development Scheme, Directorate of Agriculture Jammu, conducted the proceedings of the program.

The seminar will continue through tomorrow, providing participants with valuable insights and hands-on training in scientific beekeeping practices, which hold great promise for enhancing agricultural productivity and income generation in the region.

Northern Command of Indian Army to hold investiture ceremony at Mathura on Feb 12

generations to continue the legacy of excellence and service,” he concluded.

J&K has no exclusive women's Jail:

MHA

Territory Administrations. However, the Ministry of Home Affairs (MHA) provides support by issuing guidelines. According to MHA, children living with female prisoners must be provided with education, healthcare, food, shelter, and recreational facilities.

The MHA has also circulated the Model Prison Manual 2016, which includes provisions for the care of

Mehbooba Mufti Returns from Umrah, Discusses Political Developments at Grand PDP Welcome

children residing with incarcerated women.

The reception reflected the party's unity and enthusiasm as members gathered in large numbers to greet their leader.

During her interaction with party workers, Mehbooba Mufti is expected to have discussed key political developments in Jammu and Kashmir, upcoming party strategies, and ongoing challenges.

Mehbooba's return came at a crucial time as the region grapples with political and socio-economic

issues, with the PDP striving to regain political ground.

The visit underscored Mehbooba Mufti's leadership, with a significant turnout of supporters demonstrating their loyalty and commitment to the party.

The event served as both a homecoming for the PDP president and a reaffirmation of the party's resolve to remain a significant force in Jammu and Kashmir politics.

Army conducts plumbing course for youth at Thannamandi

Top News Report

RAJOURI, Feb 5: Army as part of 'Operation Sadbhavana', has conducted a Plumbing Course for youth at Thannamandi, Rajouri district.

This skill development initiative is aimed to empower and make the local youth self-reliant. The course was conducted from January 6 to February 4, 2025, which has witnessed active participation of 25 youth from local communities.

Indian Army has always been a pillar of support in guiding and empowering local youth by providing skill development opportunities.

Keeping the promising career scope of plumbing in the future, the Plumbing Course was organized for youth of Thannamandi and nearby areas.



The course provided hands-on training in a workshop or laboratory setting, allowing students to practice and apply their skills in a safe and supervised environment. Additionally, plumbing courses for youth also emphasize safety protocols, industry standards, best practices and ensuring that students

are well-prepared for a career in the plumbing trade.

Each participant's progress is a testament to the dedication and perseverance of these youth. As a token of recognition, certificates for participation and gifts were awarded to all participants and instructors.

This initiative not only empow-

ers the youth of Thannamandi but also strengthens the bond between the Indian Army and the local community. It serves as a testament to the Indian Army's unwavering commitment to the service of the nation and its people.

Operation Sadbhavana, with its mission to foster goodwill, development and positive change in the region, continues to be a beacon of hope for the people of Thannamandi and nearby areas. The Plumbing Course is yet another remarkable chapter in this ongoing journey.

The Indian Army remains committed to empowering local communities through such initiatives, believing that a stronger, more self-reliant society is a testament to a brighter and more prosperous future for all.

Army organises awareness lecture on World Cancer Day at Mendhar



Top News Report

POONCH, Feb 5: In a commendable endeavor to foster health consciousness, the Indian Army, operating under the esteemed aegis of the Counter Insurgency Force, orchestrated an insightful and interactive awareness session for the bright young minds of Government Higher Secondary Girls School, Mendhar, in observance of World Cancer Day.

This thoughtfully curated event sought to illuminate the pivotal aspects of cancer awareness, including its

prevention, early detection, and the indispensable virtues of a wholesome lifestyle.

The Rashtriya Rifles Battalion's Regimental Medical Officer delivered an erudite discourse on the multifaceted nature of cancer—delving into its diverse forms, underlying risk factors, early warning signs, and the paramount importance of prompt medical intervention.

Particular emphasis was laid on the significance of routine health screenings, self-examinations, and the adoption of balanced living

practices to mitigate cancer-related risks.

The session witnessed enthusiastic participation from 116 inquisitive students and 9 dedicated teachers, who engaged fervently in dynamic discussions and an interactive Q&A segment.

The dialogue adeptly dispelled prevailing myths surrounding cancer, underscoring the critical message that an early diagnosis, coupled with timely and appropriate treatment, can transform cancer from a fatal affliction into a manageable condition. This initiative exemplifies the Indian Army's unwavering commitment to holistic community welfare, transcending its conventional role as a bastion of security.

Through such impactful outreach programs, the Indian Army continues to nurture enduring bonds with local communities, championing not only safety but also the enduring ideals of health, resilience, and collective well-being.

Army organises lecture on World Cancer Day for local youth

Top News Report

POONCH, Feb 5: On the occasion of World Cancer Day, the Indian Army organized a lecture in Poonch, Rajouri, and Reasi districts, aiming to raise awareness about cancer and its prevention.

The event saw overwhelming participation from 189 civilians, 165 students, and 25 teachers, who gathered to learn about the importance of early diagnosis and treatment of cancer.

The lecture emphasized the significance of cancer prevention, detection, and treatment, highlighting the theme "Together, we challenge those in power."

This theme reflects the global demand for leaders to prioritize and invest in cancer prevention and care, striving for a just and cancer-free world.

The Indian Army's initiative is a testament to its commitment to serving the nation and supporting local com-



munities, particularly in remote and inaccessible areas.

By organizing such events, the Indian Army aims to promote awareness and education about cancer, ultimately

reducing the global impact of the disease.

The success of the lecture demonstrates the Indian Army's dedication to promoting health awareness and supporting the well-being

of local communities.

The event has helped create a positive impact on the participants, encouraging them to prioritize their health and seek medical attention when needed.

NSS Unit of GDC Mahanpur inaugurates week-long NSS Winter Camp

Top News Report

MAHANPUR, Feb 5: NSS Unit of GDC Mahanpur inaugurated One-Week long "NSS Winter Camp" on Wednesday.

The aim of this Camp is to provide hands on experience to young NSS Volunteers in delivering community service. The Camp was organized by Dr. Rupalee Jasrotia, NSS Programme Officer under the supervision and able guidance of Prof (Dr.) Sangeeta Sudan, Principal of the College.

The programme was started with lighting of the lamp by the dignitaries. The Chief guest of the Programme was Dr. Sunil Gupta, Principal



GDC Basohli.

The Dignitaries were welcomed with Bouquet of Flowers. Dr. Jogbind Singh Soodan, Physical Director, gave the keynote address.

In his address, he enlightened the students about the importance of such camps and programmes for the welfare of the society. Moreover, Principal and Chief Guest of the occa-

sion also addressed the audience. They emphasized on the need of creating awareness among masses about the importance of this programme in making society a better place to live.

The programme commenced with the singing of NSS Song. In addition to it, a dance performance was also presented by the Vol-

unteers. Monika, Nitika and Vanshika, NSS Volunteers, discussed in detail about the various aspects of National Service Scheme (NSS). The NSS Committee Members, Dr. Jogbind Singh Soodan, Dr. Sapna, Dr. Nishu and Dr. Anju Bala worked hard and organised the whole event and made it a successful Event.

The faculty members

present on the occasion were Dr. Mohinder Nath Sharma, Dr. Sudesh Kumar, Nisha, Dr. Babli, Dr. Yograj, Namita Trogia, Divya, Dr. Suhail Ahmed Dar, Sameeksha Sharma, Monika Devi, Anuradha, Pooja Sambyal, Shivani Panooch, Kuldeep, Ramesh, Mangu Ram, Surinder Kumar, Sunny Sharma, Sewa Ram, Anuradha, Anu and Shibu Din.

The guest was honoured with memento. The entire event was hosted by Manju and Anshita and the formal vote of thanks was presented by Bishu Devi. The programme concluded with the singing of National Anthem.

Kamraan brings laurels to GDC Thannamandi by securing Third Position in Photography at North Zone Festival

Top News Report

THANNAMANDI, Feb 5: Kamraan Latief of GDC Thannamandi brings accolades to Jammu University by securing third Position in Photography at 38th AIU Inter-University North Zone Festival at Chandigarh.

Principal of College, Prof. (Dr.) Farooq Ahmed congratulated Kamraan Latief for bringing laurels to college and Jammu and Kashmir at large. He applauded the Cultural Club of college headed by Dr. Gulshan Rashid Bhat, Head Dept of Geography for its resounding success at 38th AIU Inter-University North Zone Youth Festival, Chandigarh held from Feb1-5. The festival aimed at fostering a union of culture and talent from universities of North Zone.

Under the Patronage of Principal Dr. Farooq, the Club has recently been phenomenal at Display Your Talent held at Jammu University from 19 January 2025. The Talent Hunt Competition saw the variegated participation from numerous colleges across the UT. The Participants from GDC Thannamandi also became part of this event wherein Kamraan Latief, student from semester 6th brought accolades to the institution and secured 1st prize in Photography beating the participants from premier colleges and represented Jammu University in 38th AIU Inter-University North Zone Festival, held at Panjab University, Chandigarh from Feb 1-5.

Previously, GDC Thannamandi marked an outstanding success at

the Display Your Talent 2024-25 event held at PG College Rajouri for Pir Panjal Zone. The students made remarkable presentations by securing top positions, Kamran Latief Naik from 5th Semester secured 1st position in Photography, Arsalan Rasool from 1st Semester stood 3rd in Solo Singing, Ateeba Maroof earned 2nd position in Mehndi Design, the Quiz Team comprised of Laiba Fatima, Jabran Khan & Nousheen Qureshi achieved 3rd position and Merit Certificates were awarded to Mukhtar Dar in Photography, Rabia Kosser in Painting and Sadia Farooq in Clay Modelling. The Cultural Club encompasses zealous and dedicated membership of Prof. Altaf Husain, Prof Rummy Dar, Dr.Nagina Kouser and Prof Rizwana Kouser.

NHM employees face hardship, demand immediate salary release

Top News Report

JAMMU, Feb 5: The All J&K NHM Employees Association, Jammu Division, has strongly urged the government to release the pending salaries of National Health Mission (NHM) employees without further delay.

In a statement issued to the media, Dr. Vikas Sharma, Provincial President of All J&K NHM Employees, Jammu Division, expressed deep concern over the financial hardships faced by NHM employees due to the non-disbursement of their wages. He emphasized that these employees have been tirelessly serving the public, especially during critical healthcare situations, and it is unjust for them to suffer financial uncertainty.

Echoing similar sentiments, Dr. Hamid Parry, Chief Spokesperson of NHM Employees, Jammu Division, stated that the delay in salary payments

has caused distress among healthcare workers who rely on their earnings to support their families. He urged the authorities to address the issue on a priority basis to prevent further hardships.

The NHM employees, many of whom are the sole breadwinners of their families, are struggling to meet basic needs such as rent, education expenses, and medical bills due to prolonged salary delays.

The NHM employees have been the backbone of the healthcare system, particularly in remote and rural areas, ensuring essential medical services reach the people. The association urges the Health Secretary J&K and the Mission Director, NHM, to immediately intervene and ensure the timely release of pending salaries. They warned that if their rightful dues are not cleared soon, they will be compelled to take further steps in pursuit of justice.

Vi launches Number Rakshak initiative at Maha Kumbh to reunite separated pilgrims

Top News Report

JAMMU, Feb 5: At every Kumbh Mela, thousands of individuals are reported lost or separated from their families. In 2013, approximately 70,000 people were reported lost during the Allahabad (now Prayagraj) Kumbh.

This year has presented similar challenges, with news reports indicating that over 250 people were reported lost within the first few hours of the first day alone.

As millions more are expected to gather on the most auspicious days for 'Shahi Snan' at Triveni Sangam in February, the fear of losing loved ones is a very real concern, given the risk of people becoming lost or separated in large crowd or while taking a sacred plunge.

In response, India's leading telecom operator Vi, has launched the 'Vi Number Rakshak' initiative to ensure that no one feels lost, disconnected, or gets left behind.

While technology has revolutionized how people connect, there are still many who are not digitally savvy, especially elderly and

small children, who often do not even own a mobile phone, struggle to remember phone numbers or are not familiar with digital tools.

Recognizing this reality, Vi has set up Vi Number Rakshak booth in the prominent area near Swami Ramanand Acharya Shibir Akhada.

This booth will provide pilgrims with complimentary bracelets made of sacred Rudraksh and Tulsi beads engraved with the personal emergency contact numbers of their family members or companions.

This initiative will enable pilgrims to have a dependable medium of reconnecting without having to rely on mobile phones or internet connectivity.

Speaking on the occasion, Avneesh Khosla, Chief Marketing Officer, Vi emphasized the company's people first approach, "Vi Number Rakshak highlights how the simplest solutions can play a critical role in connecting people. We are not just a telecom provider, but a people-first partner, especially when it matters most."

This initiative reinforces Vi's commitment to finding the right solutions and demon-

strates that the connectivity goes beyond the network."

Vi Number Rakshak embodies the spirit of Vi's philosophy of "Be Someone's We". It emphasizes the importance of fostering connections and collective support for one another, demonstrated in campaigns of the same name, which highlight the loneliness epidemic affecting urban youth and senior citizens. With Vi Number Rakshak at the Maha Kumbh, the 'Be Someone We' ideology takes on the mantle of caring for public safety and well-being at the site of such a large human gathering.

Additionally, to ensure seamless connectivity to Vi users visiting The Maha Kumbh Mela, Vi has enhanced network capacity by adding 30 new sites in Triveni Sangam as well as around 40 macro and high powered small-cells covering all major points in nearby areas. Additionally, 32 km of fiber has been deployed to strengthen backhaul connectivity to provide last mile connectivity in densely crowded areas, giving users crystal clear voice calls, seamless video streaming and high-speed data transfer.

Combination concerns: India look for balance against England in last CT tune-up

Rohit Sharma and Virat Kohli have been under tremendous scrutiny after their dismal run in red-ball cricket

NAGPUR, Feb 5 (Agencies): Form and fitness of seasoned stars is under the scanner as India enter the final phase of their Champions Trophy preparations with the three-match ODI series against England starting here on Thursday, aiming to find the right balance for some specific slots in the line-up.

The likes of skipper Rohit Sharma and Virat Kohli have been under tremendous scrutiny after their dismal run in red-ball cricket.

The two stars, after making hyped but disappointing appearances in Ranji Trophy last month, will be eyeing strong performances in a format that they have dominated for several years.

They were the top two run-getters of the 2023 World Cup with Kohli scoring 765 and Rohit smashing 597.

Since that World Cup, which India let slip in the final after going unbeaten throughout, the two have only featured in a three-match ODI series loss to Sri Lanka where Rohit scored two fifties while Kohli didn't have a great run.

The slump intensified in Tests and in the last three months, the two heroes of India's most recent T20 World Cup triumph have faced numerous calls to decide on their future.

The ODI series against England is India's only tune-up tournament for the Champions Trophy, to be held in Pakistan and Dubai from February 19. The eight-team competition could be a make-or-break event for the two stalwarts who have already retired from T20Is.



However, their form is not the solitary concern for the outfit.

One of the grey areas is the wicket-keeper's slot. Who among KL Rahul and Rishabh Pant should get the nod for the playing XI?

With skipper Rohit and his deputy Shubman Gill likely to open, followed by Kohli Shreyas Iyer and Hardik Pandya, the wicketkeeper-batter is likely to slot in at number five.

Rahul, who kept wickets in Pant's absence during the 2023 World Cup, performed admirably, scoring 452 runs and proving to be one of India's most consistent middle-order batters.

His stability has been instrumental in creating a formidable ODI setup, but his strike rotation in the middle overs remains a concern.

On the other hand, the left-handed Pant offers variety in India's right-hand dominated top order. Additionally, his unpredictability, raw power, and ability to clear with breathtaking ease make him the X-factor.

The Indian think tank could always go with both but that would likely come at the expense of Iyer, who despite under-performing in the Sri Lanka series, has been a prolific contributor. His exploits in the domestic season are hard to ignore.

The series will also test the preparedness of veteran pacer Mohammed Shami and wrist spinner Kuldeep Yadav, both of whom had been laid low by injuries and could be key to India's success in the Champions Trophy.

While Shami played two T20s against England in the recently-concluded series, Kuldeep hasn't donned the India colours since the first Test against New Zealand in October.

Spearhead Jasprit Bumrah was never in contention for this series due to a back problem.

In-form mystery spinner Varun Chakravarthy is expected to get a debut to strengthen his case for inclusion in the Champions Trophy squad.

He troubled the England batters in the T20Is after bamboozling Bangladesh in another home series last October.

The team management also have to make a tough choice for the spin all-rounder's position. Ravindra Jadeja, who hasn't played an ODI since the 2023 ODI World Cup final, Axar Patel and Washington Sundar are all in contention and it is not yet clear how this will be settled.

England too will look to iron out the chinks in their armour and present a stronger challenge. But the task is easier said than done given that they have lost back-to-back 50-over series against Australia (in September) and West Indies (in November).

Joe Root is the only addition to the team to their batting line-up which will largely be the same as the one that struggled in the T20s.

Wicketkeeper Jamie Smith is likely to miss the first two ODIs due to a calf issue.

Squads:

India: Rohit Sharma ©, Shubman Gill (VC), Yashasvi Jaiswal, Virat Kohli, Shreyas Iyer, KL Rahul (WK), Rishabh Pant (WK), Hardik Pandya, Ravindra Jadeja, Washington Sundar, Axar Patel, Kuldeep Yadav, Harshit Rana, Mohd. Shami, Arshdeep Singh, Varun Chakravarthy.

England: Jos Buttler ©, Harry Brook, Ben Duckett, Joe Root, Philip Salt, Jamie Smith, Jacob Bethell, Brydon Carse, Liam Livingstone, Jamie Overton, Jofra Archer, Gus Atkinson, Saqib Mahmood, Adil Rashid, Mark Wood.

Match starts 1:30pm IST.

Pat Cummins unlikely to be fit for Champions Trophy, says coach McDonald



SYDNEY, Feb 5 (Agencies): Australia captain and pace spearhead Pat Cummins is "unlikely" to be fit in time for this month's Champions Trophy, head coach Andrew McDonald has revealed, opening up the possibility of either Steve Smith or Travis Head leading the side.

Cummins hasn't been able to resume training after he missed the Test series in Sri Lanka due to the birth of his second child, while also nursing an ankle problem, which flared up during the gruelling five-Test Border-Gavaskar Trophy against India.

"Pat Cummins hasn't been able to resume any type of bowling so he's heavily unlikely, so that would mean that we do need a captain," ICC quoted McDonald as saying.

"Steve Smith and

Travis Head are the two that we've been having conversations with while we've been building out that Champions Trophy team along with Pat (Cummins) back home. They'll be the two that we look at for that leadership post," added McDonald.

The Champions Trophy will be held in Pakistan and UAE beginning February 19 in Karachi.

With Smith doing a commendable job in the first Test against Sri Lanka, leading the visitors to a massive innings and 242-run win at Galle recently, the onus could likely fall on him as he has served in leadership roles for a very long time before the 'sandpaper-gate' scandal broke out.

Head too has been in sublime form, playing a pivotal role in Australia's 3-1 series win in the Border-Gavaskar Trophy recently.

"They're (Smith and Head) the two obvious ones. Steve has done a great job here in the (first) Test match (against Sri Lanka). He's done some good work in one-day international cricket across the journey as well. So it's between those two," said McDonald.

Australia could be forced to make three changes to the Champions Trophy squad as experienced all-rounder Mitchell Marsh has already been ruled out due to a lower back injury, while pacer Josh Hazlewood too has not fully recovered from a side strain.

"As I said, Patty (Cummins) is hugely unlikely, which is a bit of shame, and we've also got Josh Hazlewood, who is battling (to be fit) at the moment. So that medical information will land over the next couple of days and we'll be able to shore that up and let everyone know the direction," added McDonald.

The ICC has set February 12 as the deadline to submit the final squads of 15 for the Champions Trophy.

Former Australia skipper Ricky Ponting recently proposed the name of uncapped all-rounder Mitch Owen to fill up for Marsh, while Sean Abbott and Spencer Johnson are other pace options which may be considered.

Mumbai's Ranji QF against Haryana shifted from Lahli to Eden

Receding winter in northern region could pose challenges like morning fog at Lahli and affect proceedings

MUMBAI, Feb 5 (Agencies): Defending champions Mumbai's Ranji Trophy quarterfinal against Haryana has been shifted from Lahli to Kolkata by the BCCI.

All the quarterfinals will be five-day affairs, from February 8 to 12.

Although no reason has been given for the change of venue, it is learnt that receding winter in the northern region could pose challenges like morning fog at Lahli and affect the proceedings.

"Yes, we have received a communication from BCCI that our quarterfinal against Haryana will be played at the Eden Gardens," Mumbai Cricket Association (MCA) president Ajinkya Naik told agency on Wednesday.



The Haryana team, which has 42 Ranji titles to its credit, will feature stars such as India's T20 captain Suryakumar Yadav, all-rounder Shivam Dube, Shardul Thakur and skipper Ajinkya Rahane.

The Haryana team will be headlined by seam-bowling sensation Anshul Kamboj.

The other three quarterfinals are scheduled to be held in Rajkot (Saurashtra vs Gujarat), Nagpur (Vidarbha vs Tamil Nadu) and Pune (Jammu and Kashmir vs Kerala).

Ashleigh Gardner appointed Gujarat Giants skipper for upcoming WPL

AHMEDABAD, Feb 5 (Agencies): Australia all-rounder Ashleigh Gardner was on Wednesday appointed as captain of Gujarat Giants for the Women's Premier League, beginning later this month.

The 27-year-old replaced another Australian stalwart Beth Mooney, who will now focus only on her batting.

The third edition of the tournament begins on February 14 with Gujarat Giants taking on Royal Challengers Bengaluru.

Gujarat Giants have finished fifth and last in the two editions of the WPL, since its inception in 2023.

A key figure in Australian team, Gardner made her debut in 2017 and has played



95 T20Is, scoring over 1400 runs and taking 78 wickets with her off-spin.

Winner of the Belinda Clark Award, a prestigious honour in Australian women's cricket, she played a key role in her country's gold-winning performance at the 2022 Commonwealth Games, and was the 'Player of the Tournament' at the T20 World

Cup in South Africa in 2023.

An integral part of the Gujarat Giants since the commencement of the league, Gardner has scored 324 runs and bagged 17 wickets.

"It is an absolute honour for me to be named the captain of Gujarat Giants. I have loved being a part of this team and I am excited

to lead this fantastic group in the upcoming season," Gardner said in a release.

"We have a great mix of young and experienced players and plenty of Indian talent in our squad. I am looking forward to working with the team and making our fans proud." Gujarat Giants head coach Michael Klinger called Gardner a fierce competitor with lot of tactical acumen.

"She is a fierce competitor. Her game awareness, tactical acumen, and ability to inspire players make her the ideal choice to captain Gujarat Giants. We believe she will lead from the front and guide the team towards a successful campaign," said Klinger.

"I would like to thank

(Beth) Mooney for her highly valued leadership. Now, she will be able to focus on wicket-keeping and opening the batting lineup. She continues to be a major leader of our group." Sanjay Adesara, Chief Business Officer, Adani Sportsline, who owns the franchise, said under Gardner, the team will hope to put up a stellar performance.

"Gardner embodies the spirit of Gujarat Giants with her dedication, skill, and leadership. Her appointment as captain reiterates our commitment to building a world-class team that competes at the highest level. We are confident that under her captaincy, the team will put up a stellar performance in WPL," he said.

Rotterdam Open: Carlos Alcaraz secures hard-fought win on tournament debut

ROTTERDAM, Feb 5 (Agencies): Spanish tennis star Carlos Alcaraz had a tough debut at the Rotterdam Open, securing a hard-fought win against Dutch wild card Botić van de Zandschulp on Wednesday, according to the ATP Tour website.

Alcaraz was put through paces, but secured a tough 7-6(3), 3-6, 6-1 win against Botić during the US Open second round last year, struggled to find his perfect game throughout the match but managed to dominate well in the final set to secure a win in two hours and 33 minutes.

Speaking after the match, Alcaraz said as quoted by the official ATP website, "I think there

were a lot of ups and downs in the match. Being set point down in the first set, I think Botić played a really solid match. Not too many ups and downs for him, really consistent throughout the match. I am just really happy to get through. [I had to] be really focused in the tough moments, to keep pushing and trust the good tennis will come again. I'm happy to get through a difficult match and have a chance to get better in the next round."

Alcaraz managed to improve his record against Botić to three wins and a loss. Despite his 16 tour-level titles, Alcaraz is yet to reach a final in indoor tournaments. In the second round, against qualifier Andrea Vavassori or two-time titlist in 2025, Felix Auger-Aliassime.

"It was different, it is totally different when you are competing than in the practices," Alcaraz said about the conditions in the match.

"I started really nervous, I think it is normal. The first match in every tournament is never easy. I just had to get used to my first match here in Rotterdam. You have to get used to playing with a full crowd, it is totally different. I'm just happy to get used to it," he added.

Also, Holger Rune secured an entry into the Rotterdam Open second round for the third successive year, beating Australian Open quarterfinalist Lorenzo Sonego 7-6(4), 6-4 in a match that lasted two hours and 11 minutes. Rune hit 30 winners and had 27 unforced errors, as compared to Italy's 23 winners and 39 unforced errors.

All-round MI Cape Town reach SA20 finals, defeat Paarl Royals by 39 runs

GQEERHA, Feb 5 (Agencies): MI Cape Town secured their first-ever appearance in the SA20 final, securing a 39-run win over Paarl Royals in the Qualifier One at St George's Park, thanks to stand-out performances from Rassie Van Der Dussen, Ryan Rickelton, Dewald Brevis at the top and Kagiso Rabada and Rashid Khan.

Robin Peterson's team were superior in all facets from the moment the Royals skipper David Miller put them to the field first.

The opening batters Ryan Rickelton (44 off 27 balls, with three fours and two sixes) and Rassie van der Dussen (40 off 32 balls, with four boundaries and two sixes) laid the platform for the imposing 199/4 with an impressive 87-run opening stand in just 9.2 overs.

The Royals staged a mini fight back by picking up three wickets

for the addition of just six runs to leave MI Cape Town at 91/3.

The momentum, however, swung back in favour of the table-toppers with George Linde smashing three sixes in his 14-ball 26.

With the Royals losing their discipline with a couple of waist-high full tosses that saw Dayyaan Galien being forced out of the attack, it allowed Dewald Brevis (44 not out off 30 balls, with four sixes) and Delano Potgieter (32 not out off 17 balls, four boundaries and a six) to add 74 runs in the last five overs.

Royals positively began their run-chase with Lhuan-dre Pretorius and Mitchell Owen taking 21 runs off Trent Boult's opening over.

Pretorius's cameo (15 off six balls, with two fours and a six) was quickly brought to an end by Kagiso Rabada though.


The Royals were unable to build

up any momentum from thereon with only captain Miller offering up any resistance with a 26-ball 45, consisting of four boundaries and a six. Also, wicketkeeper-batter Dinesh Karthik scored 31 in 28 balls, with five fours.


There were further celebrations for MI Cape Town when skipper Rashid Khan became the leading wicket-taker in T20 when he went past West Indian legend Dwayne Bravo when he clean-bowled Royals all-rounder Dunith Wellalage.

Potgieter earned the 'Player of the Match' award.

MI Cape Town now advance straight to the Saturday's final at the Wanderers, while the Royals will have another opportunity in Thursday's Qualifier 2 at Centurion.



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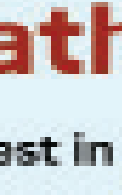


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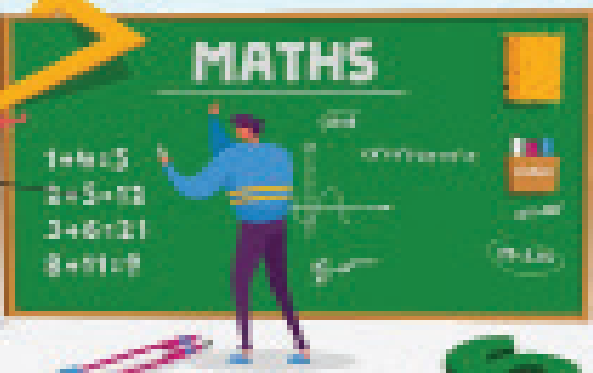
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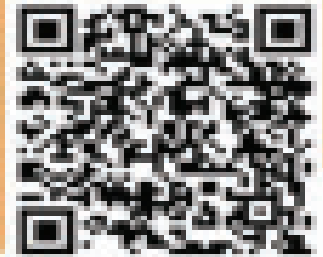
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