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BRIEFLY

Rusted anti-tank mine found in Samba

SAMBA, Mar 2 (Agencies): A rusted anti-tank mine was found and subsequently destroyed in a controlled explosion by the bomb disposal squad in Samba district of Jammu and Kashmir, officials said on Sunday. The mine was noticed by a villager during cremation of a person at village Kamore near border out post Tanwar on Saturday. Police summoned the bomb disposal squad and the mine was safely destroyed in a controlled explosion.

J-K higher reaches likely to receive heavy snowfall on Mar 3: MeT

SRINAGAR, Mar 2 (Agencies): The Meteorological department today forecast moderate to heavy snowfall in higher reaches of north and central Kashmir on March 3.

An official of Meteorological Centre Srinagar predicts light rains and snow at isolated places towards late night in Jammu and Kashmir today.

On March 3, there is a possibility of light to moderate rains & snow over higher reaches at most places, while few higher reaches of north and central Kashmir may receive moderate to heavy snowfall, the official said.

He however said that the weather conditions will remain dry likely from March 4-9.

From March 10-12, fresh spell of rains and snow is expected, he added.

The official advised tourists, travelers and transporters to follow advisories being issued from administration and traffic department, and avoid slopy and avalanche prone areas.

The farmers have also been advised to suspend irrigation and other farm operations till March 4.

District Hospital Shopian leads in NHM hospital rankings

SHOPIAN, Mar 2 (Agencies): District Hospital (DH) Shopian has clinched the first rank among the top performing district hospitals in Jammu and Kashmir. **Turn to page 9**

CM Omar Abdullah chairs meeting of coalition partners ahead of budget session in Jammu

JAMMU, Mar 2 (Agencies): A day ahead of the first budget session of the Jammu and Kashmir Assembly in seven years, Chief Minister Omar Abdullah on Sunday chaired a joint meeting of coalition parties here to discuss smooth functioning of the house.

Congress President and Rahul Gandhi with Dr Farooq and Omar Abdullah in Srinagar on August 22, 2024, to forge pre-poll alliance in Jammu Kashmir elections.

The meeting, attended by Congress legislative party leader G A Mir and CPI(M) MLA M Y Tari-



gami, took place shortly after Abdullah presided over a separate legislature party meeting of the National Conference at his official residence here.

The Congress legislature party also met separately at Residency

Road party headquarters before Mir joined the meeting convened by Abdullah.

"It is a tradition for both the ruling and the opposition parties to convene their legislature party meetings before the start of the assembly session to discuss the issues needed to be raised in the house," Mir told reporters at the party headquarters after the meeting.

The Congress leader said he is joining the joint legislature party meeting of the ruling coalition.

"Only four-and-a-half months have passed since the formation of the (NC-led) government but many people are questioning the government that it has not done this or that. They should remember that when the government was formed (on October 16), the budget had

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J&K Tourism CAPEX Budget: Mudgal for optimal fund utilization

JAMMU, Mar 2 (Agencies): Jammu and Kashmir Commissioner Secretary Tourism officials focused on the implementation of ongoing tourism projects, infrastructural enhancements, and the operational efficiency of Tourism Development Authorities (TDAs) in boosting tourism in the region at a review meeting here on Sunday.

Reviewing the CAPEX Budget 2024-25 of the Tourism Department, and assessing the performance and functioning of Tourism Development Authorities (TDAs) Jammu and Kashmir Commissioner Secretary Tourism, Yasha



Mudgal emphasized the need for optimal utilization of allocated funds besides timely completion of ongoing projects.

She directed the executing agencies to ensure that all projects scheduled for the current financial year are completed without any delay.

Highlighting the importance of streamlining administrative process-

es, she called for accelerated project execution and quality service delivery to enhance the tourist experience.

She urged the authorities to adopt a proactive approach to promoting sustainable and eco-friendly tourism, leveraging digital platforms for outreach and fostering public-private partnerships for infrastructural development.

While reviewing the CAPEX Budget allocation for TDAs, the Commissioner Secretary stressed the need for transparent financial planning, timely utilization of funds, and strict adherence to project

Turn to page 9

Two associates of USA-Based gang arrested in Jalandhar for killing J&K Police SI

JALANDHAR, Mar 2 (Agencies): Jalandhar commissionerate police have arrested two associates of a USA-based gang who were wanted in connection with the killing of Jammu and Kashmir (J-K) police Sub-Inspector Deepak Sharma on April 2, 2024, a top police officer said.

SI Deepak Sharma suffered head injuries during an exchange of fire between police and gangsters in J-K's Kathua in April 2024. He later succumbed to his injuries during treatment at the Government Medical College.

In a major breakthrough, Jalandhar

Commissionerate Police apprehends 2 associates (Sukhwinder @ Sukha and Harpreet) of #USA based Sonu Khatri Gang after a long chase and cross-firing and recovers 2 sophisticated weapons.

Arrested accused were wanted in connection

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Two minor girls found dead in Samba; Boy dies in road accident in Jammu

JAMMU, Mar 2 (Agencies): Two minor girls were found dead in a trench filled with rain water in Samba district, while a nine-year-old boy died in an accident here on Sunday, officials said.

The bodies of Asiya (10) and Tahira (9) were recovered from the

ditch at Lower Birpur in Bari Brahmana area of Samba, they said.

The officials said the girls, belonging to nomadic families from south Kashmir's Anantnag district, were grazing their animals when they were reported missing on Saturday evening.

However, the girls remained untraced despite a search and finally their bodies were retrieved from the ditch, they said, adding preliminary investigation suggested that the girls might have accidentally fallen into the water body and died due to drowning. The exact

cause of their death would be known only after post-mortem, the officials said.

In another incident, the officials said that Pranev Sharma (9) died in a collision between a scooter and an army crane at Patyari in Bishnah area on the outskirts of

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Three drug peddlers arrested in Srinagar



SRINAGAR, Mar 2 (Agencies): In its ongoing mission to eliminate the scourge of drugs from society, Srinagar Police has arrested three drug peddlers and recovered contraband substance from their possession.

A Spokesperson said that Police team of Police Post Noorbagh at a checkpoint established at Noorbagh Chowk, intercepted a

vehicle (KUV-100) bearing registration number JK01AD-2899 with three persons on board. They have been identified as Ahmad Bin Ishaq Kawa son of Mohd Ishaq resident of Nawakadal, Daniyal Ahmad Basati son of Ajaz Ahmad resident of Palpora Noorbagh and Taha Yasir son of Yasir Ahmad Bhat resident of Aalikadal Srinagar. During search, 184 grams of charas

was recovered from their possession.

They have been arrested and the vehicle used in the commission of crime has also been seized.

Accordingly, a case vide FIR No. 24/2025 under NDPS Act has been registered in Police Station Safakadal and investigation has been initiated.

We appeal to the public to report any instances of drug trafficking or other criminal activities in their vicinity by contacting the nearest police station or dialing 112.

For any information related to drug dealers/peddlers in Srinagar, citizens are encouraged to contact the police

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JKCSF expresses serious concern over worsening water crisis, ecological degradation, other issues in Gulmarg belt

SRINAGAR, Mar 2 (Agencies): The Jammu and Kashmir Civil Society Forum (JKCSF) and Jammu and Kashmir Pensioners United Front (JKPUF), under chairmanship of Abdul Qayoom Wani, today expressed serious concerns over the worsening water crisis, ecological degradation, and shrinking employment opportunities in the Gulmarg-Tangmarg region. They said the unregulated resource exploitation and faulty

policies threaten both the environment and the livelihoods of local communities, and demanded immediate corrective measures to prevent irreversible damage.

Water Crisis: No More Diversion from Nallah Ferozpora

The forum in a statement said this year's severe water shortage should serve as an eye-opener. The excessive and unregulated diversion of water from Nallah Ferozpora has led to drinking water shortages

for local villages, irrigation losses in Tangmarg and surrounding areas, etc. The indiscriminate extraction of this vital water source must stop immediately. No additional pipelines should be installed, and existing diversions must be reassessed and regulated to restore water availability for the native population and local farmers.

They said the road between Tangmarg and Gulmarg is an ecologically fragile corridor. The

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BHOG AND ANTIM ARDAS OF

Sardarni Mohinder Pal Kour who left for heavenly abode on February 23, 2025
Aarambh Shri Akhand Paath Sahib- 2nd March 2025 Time - 9 am at our residence B 119 Sainik Colony, Jammu

Bhog Shri Akhand Paath Sahib- Tuesday, 4th March, 2025 at 9.30 am at our residence
Shabad Kirtan from 10.30am - 12.30 PM.
Followed by **Guru Ka Langar** at Gurudwara Singh Sabha Sainik Colony, Jammu

GRIEF STRICKEN
(Son and Daughter-in-law)
Lt. Gen. R. S. Reen & Satbir Kour
(Sons-in-law and Daughters)
Dr. Balbir Singh & Sunita Kaur
S Satvinder Singh & Sangeeta Kaur
And the entire family
Contact: 9449818993, 9481202660



**SARDARNI MOHINDER
PAL KOUR**

ANTIM ARDAS

With profound grief and sorrow, we regret to inform you of the sad demise of our beloved **S. Joginder Singh Bijral** S/o S Nawab Singh Bijral, 341/4, Gangyal Garden, Jammu.
Aarambh Sri Akhand Path Sahib on 1st March, 2025 at 9 AM.

Bhog Sri Akhand Path Sahib on 3rd March, 2025 at 9.30 AM at our residence.
Kirtan & Antim Ardass at Gurudwara Baba Fateh Singh, Gandhi Nagar from 10.30 AM to 12.30 PM.

GRIEF STRICKEN:-
Sdn Balvinder Kour - Wife
Dr. Joga Singh Bijral - Brother
S. Ragbir Singh Bijral - Brother
Dr. Gurcharan Singh Bijral - Cousin
Principal S. Janak Singh Bijral - Cousin
Dr. Kehar Singh Bijral - Cousin
S. A.P. Singh - Brother-in-law
Prabhjot Singh Bijral (US Army) - Son
Kiranjot Singh Bijral - Son
Dr. Inder Pal Singh Bijral - Nephew
Zorawar Singh Bijral - Grand Son
Zora Logistic - Reno, USA
Mob: 7298194501, 9906229266



**S. JOGINDER SINGH
BIJRAL
MANAGER J&K BANK
(RETD)**

TENTH DAY KRIYA

With profound grief & sorrow, we inform the sad and untimely demise of our dear-
est Sh Roop Krishan Ganjoo (Retd AGM BSNL Jammu) S/o Late Pream Nath Ganjoo erstwhile resident of Aghaham Lane Habbakadal Srinagar Kashmir, presently at Saptagiri Sanghvi Hills Anand Nagar Ghodbunder Road Thane West- 400615 (Mumbai) on 26-02-2025 early hour.

The **10th, 11th & 12th Day Kriya** of the pious soul will be performed at Haridwar on 6th, 7th & 8th March 2025.

Deeply Remembered By
SAMAST GANJOO & HAUSTU PARIVAR
981908235 (MUNJ)
9819389020 (MONU)
9819003735 (DEEPU)



**Sh Roop Krishan
Ganjoo
(Retd AGM BSNL
Jammu)**

BHOG AND ANTIM ARDAS

With profound grief and sorrow we inform the sad demise of our beloved mother **Sardarni Surjeet Kour Ji** W/o late S. Bhagat Singh Singh Ji (Nepal wale) R/o House No 5 Sector 7 Nanak Nagar Jammu who left for heavenly abode on 25-02-2025.

BHOG AND ANTIM ARDAS will be performed as per programme :-
ARAMBH SRI AKHAND PATH SAHIB at our residence on 01-03-2025 (Saturday), 9 AM.
BHOG SRI AKHAND PATH SAHIB on 03-03-2025 (Monday), 9.30 AM.

KIRTAN AND ANTIM ARDAS at Gurudwara Sri Guru Singh Sabha, Nanak Nagar on 03-03-2025 Monday from 10.30 A M to 12.00 noon.

GRIEF STRICKEN
Sons and Daughter-in-Laws
S. Harpreet Singh & Sdn Jasleen Kour (Universal Provision Store, Nanak Nagar)
S. Ajit Pal Singh & Manmeet Kaur (Merchant Navy)

Grand Children
Harleen, Mavleen, Kiranjot & Prabhjias
Mob :- 9419226626, 9419140135



Sardarni Surjeet Kour Ji

TENTH DAY/KRIYA/UTHALA

"The world changes from year to year, our lives from day to day, but the love and memory of you, shall never pass away".

With profound grief and sorrow, we inform the sad and untimely demise of our dear-
est Smt. Shashi Jamwal W/o Lt. Sh. Padam Dev Singh Jamwal R/o H. No. 29, Near Satya Narayan Street, Panjirthi.

Tenth Day will be performed on 2nd March 2025 at Radha Krishna Mandir, Rani Park, at 10:30 AM.
Kriya will be performed at our residence on 5th March at 12 noon.

Uthala will be performed at Swarnkar Sabha, Panjirthi on 5th March from 4 pm to 5 pm.

GRIEF STRICKEN:-
(Son & Daughter-in-law)
Mr. Bhupeshwar Singh & Mrs. Poonam Jamwal
Sheveta Jamwal - (Daughter)
DEEPLY REMEMBERED BY:-
JAMWAL & BANDRAL FAMILY
Contact No. 7889625082



SMT. SHASHI JAMWAL

10TH DAY/KRIYA/UTHALA

With profound grief and sorrow, we inform the sad demise of our beloved **Late Sh. Hans Raj Sharma** S/o Late Pt. Sh. Hari Saran R/o H.No. 310, Street No. 11, Shakti Nagar, Jammu.

10th Day Kriya will be performed on 27th Feb 2025.
Kriya will be performed on 28th Feb 2025 at 11 am.

Uthala will be performed on 3rd March 2025 (Monday) at 4 pm at Samiti Bhawan (Community Hall) Gurha (Bakshi Nagar), Jammu.

GRIEF STRICKEN
Sh. Kuldeep Sharma (Son)
Smt. Meenka Sharma (Daughter-in-law)
Sh. Ravi Sharma (Son)
Smt. Shalini Sharma (Daughter-in-law)
Sh. Jai Kumar Sharma (Son-in-law)
Smt. Kiran Bala (Daughter)
Grand Children:
Shubam, Deepali, Dhruv, Mehak, Shrishti & Adhav
Mob.: 9906326664, 7889771626



**Late Sh. Hans Raj
Sharma**

10TH DAY /KRIYA/UTHALA

With profound grief and sorrow, we inform the sad demise of our beloved **Late Sh. Prithvi Raj Abrol** S/o Late Sh. Des Raj Abrol R/o H. No. 251A, Lane No. 10, Shakti Nagar, Jammu.

10TH DAY will be performed on 25th Feb 2025 (Tuesday) from 11 am at our residence.
KRIYA will be performed on 28th Feb 2025 (Friday) at 12 Noon.

UTHALA will be performed on 3rd March 2025 (Friday) at 4 pm at Arya Smaj Mandir, Bakshi Nagar, Opp. Relaxo Showroom.

GRIEF STRICKEN
Son & Daughter in law
Rakesh Abrol & Sapana Gupta
Neel Kamal & Satish Gandotra - Daughter & Son in Law
Neeru & Abdul Hafeez - Daughter & Son in Law
Grand Children: Bharat, Gautam, Sharay, Ayat
MOBILE NO 9419164484, 9419705350



**Late Sh. Prithvi Raj
Abrol**

ANTIM ARDAS

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Father S. Dalip Singh, Retd. Headmaster** S/o Late Girdawar Lakhmair Singh R/o Basti Bhanteen, Miran Sahib on 24/2/2025.

Aramb Sri Akhand Path Sahib on 3/3/2025 (Monday) at 9 am.
Bhog Sri Akhand Path Sahib on 5/3/2025 (Wednesday) at 9 am at our home.

Kirtan and Antim Ardass will be performed at Gurudwara Sahib Basti Bhanteen on 5/3/2025 from 10.30 am to 12.30 pm.

GRIEF STRICKEN
Sdn. & S. Gurcharan Singh
Sdn. & S. Jasbir Singh
Sdn. & S. Amarjeet Singh (Chandigarh)
Sdn. & S. Amardeep Singh



**S. Dalip Singh
(Retd. Headmaster)**

TENTH DAY/KIRYA/RASAM PAGRI

With profound grief and sorrow, we inform the sad demise of our beloved **Smt. Rano Devi** W/o Sh. Des Raj Khajuria R/o House No 144-B, Ram Vihar, Near Monalisa Showroom, Old Janipur Jammu on 23rd of February, 2025.

10th Day will be observed at our residence on Monday, 3rd March, 2025 at 11.00 am to 12.00 noon.

Kiryas will be performed at our residence on Tuesday, 4th March, 2025 from 11.00 A.M.

RASAM PAGRI/UTHALA will be performed on Friday, 7th March, 2025 at Prachin Shiv Mandir, Pandoka Colony (on Patoli-Paloura Road) from 3 P.M to 4 P.M

Grief Stricken:-
Des Raj Khajuria (Retd Tehsildar) (Husband)
Daughters-in-laws & Sons

Veenu & Vijay Khajuria (LIC of India)

Rohini (Govt. Teacher) & Ashwani Khajuria, JKAS (Director Hospitality & Protocol, J&K)

Daughters & Son-in-laws

Darshana Sharma & Late Sh Ashok Sharma

Sureshtha Sharma & Sh Madan Lal Sharma (Ashoka Dry fruits Railway Station Jammu)

Sunita Khajuria (Govt. Teacher) & Sh Agninder Bakshi, (Executive Engineer, SIDCO J&K)

Grand Children: Manvi, Astitva, Aanvi & Danish, Aryansh, Rahul & Ruby, Aana & Rahul, Preeti & Puneet, Sukriti & Kanav, Abhishek, Abhey, Neha Bakshi

Mob.9419804945, 9419154693, 9419170818, 9419133864



Smt. Rano Devi

TENTH DAY KRIYA

With profound grief and sorrow, we would like to inform sad passing away of our dearly beloved **Mrs. Abha Sapru**, wife of Late Sh. Ashok Sapru, on 22nd February, 2024 at Pune.

TENTH DAY KRIYA will be performed at 504, Suncity-B, NIBM in Pune, on Monday 3rd March 2024.

GRIEF STRICKEN
SAPRUS, ZAIFRANIS, AND HINDUJAS
Sandeep Sapru: 9545569756
Satish Sapru: 9818231740



MRS. ABHA SAPRU

KRIYA /UTHALA

With profound grief and sorrow, we inform the sad demise of our beloved **Sh. Kuldeep Raj Anand** S/o Late Sh. Chajju Ram Anand, R/o 4/103 Indira Vihar Old Janipur, Jammu on 17-02-2025.

KRIYA will be held on 1-03-2025 at 12 O'clock at our residence. **Rasam Pagadi and Uthala** will be performed on 3-03-2025 at Shiv Shakti Mandir opposite Govt Quarters Housing Colony, near Janipur Main Stop, Jammu at 4:00 pm-5:00 pm.

GRIEF STRICKEN:-
(Sons & Daughters-in-law)
Sanjay Anand & Vandana Verma
Biveen Anand & Shivani Abrol
(Son-in-law & Daughter)
Sanjeev Mehta & Shalini Mehta
Phone No.- 9419102609, 9419133031, 7006993502



**SH. KULDEEP RAJ
ANAND**

UTHALA

With profound grief & sorrow, we inform the sad & untimely demise of **Mrs. Remi Gupta (Teacher)** W/o Sh. Rajesh Gupta R/o H.No. 350-1/P Extn. Khoo Wali Gali Trikuta Nagar, Jammu, who left for her heavenly abode on 17-02-2025.

UTHALA will be performed on Monday 3rd March 2025 from 4 to 5 pm at Shiv Mandir Sector 3 Trikuta Nagar Jammu.

GRIEF STRICKEN
Sh. Rajesh Gupta - Husband
Ranjoo Gupta - Son
Rachel Gupta - Daughter
Brothers-in-law and Sisters-in-law
Sh. Ashok & Smt. Suman Gupta
Sh. Rajinder and Smt. Sunita Gupta
Sh. Nareesh and Smt. Veena Gupta
Sh. Naveen Gupta - Brother-in-law
Smt. Santosh Gupta - Sister-in-law
Smt. Prem and Sh. Bishan Dass Gupta - Sister-in-law and Brother-in-law
Smt. Sharda Gupta - Mother
Smt. Rashmi & Sh. Inder Gupta - Sister and Brother-in-law
Smt. Ruchi & Sh. Vikram Gupta - Sister and Brother-in-law
Sh. Anshul Gupta - Brother
Sh. Varun Gupta - Brother
Mithila, Akhil, Vaishnavi - Nephew & Niece
Mob No: 9419194186, 7006355345, 7006062765, 9419369353, 9419149296



Mrs. Remi Gupta (Teacher)

OBITUARY

With profound grief and sorrow we inform the sad demise of our beloved mother **Smt. Kishni Koul** W/o Lt. Narinder Nath Koul R/o House No - 160, Phase II, Victoria Estate, Defence Road, Near Partap World School, Pathankot, Punjab and originally from Chinkral Mohalla, Habba Kadal, Srinagar.

10th Day Kriya shall be performed at Barfani Mandir, National Highway, Near Nalwa Bridge, Pathankot, on Thursday, the 8th March at 10.00 AM.

GRIEF STRICKEN
Sister in Law
Smt. Subash Koul W/o Lt. J. L. Koul
Son and Daughter in law
Suman Koul & Sunita Koul
7889436974, 9417249642
Daughter & Son in law
Rita Koul & Avtar K Koul
Anjali Kotru w/o Lt. Sushil Kotru
Suresha Raina & Sanjay Raina
Jyoti Pandita & Bilo Pandita



Smt. Kishni Koul

TENTH DAY

With profound grief & sorrow we regret to inform you the sad and untimely demise of our beloved **Shri Prithvi Nath Pandita** S/o Late Sh. Vasudev R/o Rana Gora Handwara Kupwara Kashmir at present Flat No.09/C Purkoo camp Dornara Jammu. He left for the heavenly abode on 23rd February 2025 Sunday in Gurgaon.

The **10TH DAY KRIYA** will be performed at Gauri Shankar Mandir New Palms Vihar Sector 109 block T near pillar No. P54 Dwarka Express Gurgaon Haryana on 4th March 2025 at 8:30 a.m. and the assembly shall take place at our residence H.No. 140/348 Gali No. 18 Ashok Vihar phase 2 Gurgaon Haryana at 11 a.m.

GRIEF STRICKEN
(Sons & Daughter-in-law)
Shri Bansil Lal & Meenakshi
Shri Sudeender & Rinku
(Daughters & Son-in-law)
Smt. Nancy & Sh. Rattan Lal Pandita
Smt. Roopa & Sh. M K Raju
Smt. Indu Pandita & Sh. Heera Lal Pandita

DEEPLY SADDENED BY: Mehak, Sachin, Shagun, Riya, Shivni and Gungun.
MOBILE NO: 9910080723, 7006196152, 7006792856, 7006395233



**SHRI PRITHVI NATH
PANDITA**

OBITUARY (IN LAWS SIDE)

WITH DEEP SENSE OF GRIEF AND SORROW, WE INFORM OUR NEAR & DEAR ONES ABOUT THE SAD DEMISE OF OUR BELOVED **PAPA JI SHRI ROOP KRISHAN GANJOO (RETD AGM BSNL)** S/O- LATE SHRI PREAM NATH GANJOO OF AGHAHAM LANE HABBABADAL SRINAGAR KASHMIR & PRESENTLY RESIDING AT SAPTAGIRI SANGHVI HILLS, ANAND NAGAR GHODBUNDER ROAD, THANE WEST MUMBAI- 400615 ON 26-02-2025.

THE **10TH/11TH/12TH DAY KRIYA** OF THE PIOUS / NOBEL SOUL WILL BE PERFORMED AT HARIDWAR ON 6TH / 7TH / 8TH MARCH 2025 RESPECTIVELY.

GRIEF STRICKEN:-
SHRI JI. RANA & SMT VIJAY LAKSHMI RANA
SHRI RATTAN LAL RANA & SMT RAJ DULAR
SHRI BHUSHAN LAL RANA & SMT KUSHALYA RANA
SMT RIMA SAPROO
SMT NORA RANA
SMT REETA BALI RANA
(ORIGINALLY FROM KHAR DHOR / POST OFFICE LANE HABBABADAL)

DEEPLY REMEMBERED BY :-
SAMAST HAUSTU WALLI RANA / DHAR / SAPROO PARIVAR
CONTACT DETAILS:-
RATTAN LAL RANA @ 995873028
BHUSHAN LAL RANA @ 987420007
SMT REETA BALI RANA @ 9979715427
SMT ANKSHI MAHI RANA @ 994310349

WE PRAY TO ALMIGHTY GOD TO BESTOW ETERNAL PEACE UPON TO THE DEPARTED SOUL & COURAGE TO THE FAMILY MEMBERS TO BEAR THIS IRREPARABLE LOSS



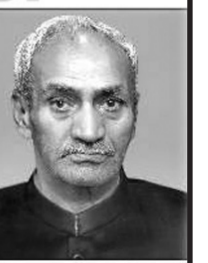
**SH ROOP KRISHAN GANJOO
(RETD AGM BSNL)**

TENTH DAY

With profound grief and sorrow, we inform the sad demise of our beloved **Sh. Bushan Lal Zutshi** S/o Late Sh. Keshav Nath Zutshi R/o Qasba Devsar Dist. Kulgam A/P H.No. 315/B Sector No. 01 Durga Nagar Jammu on 22-02-2025.

Tenth Day will be performed on 03-03-2025 (Monday) at Jiya Pota Ghat Akhnoor and **Assembly** will be held at our above-mentioned residence at around 10:30 am.

Grief Stricken:
(Daughter & Son in law)
Mrs. Mona & Mr. Satpal Pandita
Mrs. Sanju & Mr. Sunil Tickoo
Mrs. Vanita & Mr. Yougraj Sharma
Mrs. Riya & Mr. Vicky Sharma
Phone No. 7006273703 & 9682336977



**Sh. Bushan Lal
Zutshi**

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All J&K Megh Sabha addresses SC Reservation concerns

Top News Report

JAMMU, Mar 2: In a significant move to address concerns regarding the reservation rights of the Scheduled Caste (SC) community, a joint press conference was organized by the All J&K Megh Sabha under the leadership of its President, Narinder Datt.



the SC community not to panic over a recently circulated bill on social media regarding the reduction of SC reservation from 8% to 4%.

He clarified that the bill appears to be a private member bill, which may or may not be accepted by the concerned party. While historical instances of reservation curtailment exist, he reassured the community that under the leadership of Prime Minister Narendra Modi, Lieutenant Governor Manoj Sinha, and former Chief

Minister Omar Abdullah, the SC community's rights and development remain a priority.

He expressed confidence in the capabilities of elected MLAs from the SC community, emphasizing their education, vigilance, and accountability. "They will never let history repeat itself, as every SC community member is watching and supporting them," he added.

Narinder Datt strongly appealed to SC MLAs to raise their voices in the legislative assembly,

bly, demanding an increase in the reservation percentage for the SC community from 8% to at least 15%. He also urged the government to consider reservation in promotions as per the Supreme Court's directives, highlighting that Jammu and Kashmir, as a Union Territory (UT), is solely responsible for implementing such policies.

Furthermore, he called upon the Lieutenant Governor and the Chief Minister to ensure the proper implementation

and maintenance of the reservation roster.

The press conference saw the participation of several key figures, including Kitten Singh, Rashmi Devi (City President), Premila Devi, Sapna Bhagat, Neelam Bhagat, Satya Devi, Narinder Singh, Amar Nath Bhagat, Rajinder Bhagat (Vice President), Ashok Bhagat, Rakesh Kumar (President, Doda), Anil Aryan, Romesh (Ex-Councilor, Doda City), Daulat Ram (President, Kishtwar), Baldev Singh (Ex-Sarpanch), and Rajesh Bhagat.

The event marked a collective call for justice, equality, and empowerment for the SC community in Jammu and Kashmir, reinforcing the demand for a fair and equitable reservation policy in line with the region's UT status.

Festivals key to upholding spiritual heritage & communal harmony: Kavinder



Top News Report

JAMMU, Mar 2: Kavinder Gupta, Senior BJP leader and former Deputy Chief Minister, on Sunday graced the Bhandara organized in connection with Maha Shivratri celebrations at Trikuta Nagar, Jammu.

The event, marked by devotion and enthusiasm, witnessed the participation of a large number of devotees who gathered to seek the blessings of Lord Shiva.

Speaking on the occasion, Kavinder Gupta

highlighted the significance of such festivals in promoting spiritual values and communal harmony. He lauded the efforts of the organizers for their dedication in serving the devotees and maintaining the age-old traditions of the region.

Kavinder specially complimented Raghav Gupta, the organizer and proprietor of Store to Door, for his commendable role in making the event a success.

Appreciating the seamless arrangements, he

said, "Such initiatives not only uphold our rich cultural heritage but also inspire the younger generation to remain rooted in Sanatan values."

Gupta further emphasized the need to preserve and promote traditional festivals, stating that they serve as a medium to strengthen social bonds and foster a spirit of service. He urged the youth to draw inspiration from such occasions and contribute positively to society.

The event was also graced by the presence of Ajay Gupta, former Corporator, Vinod Mahajan, Tushar Gupta, and Nitish Mahajan, who actively participated in serving the devotees and ensuring the smooth conduct of the Bhandara.

Confederation demands real Reservation Amendment Bill 2025, warns of statewide agitation



Top News Report

JAMMU, Mar 2: The All India Confederation of SC/ST/OBC Organisations held a protest conference at Dr. B. R. Ambedkar Chowk, Jammu, demanding that the government introduce the Real Reservation Amendment Bill 2025 to ensure justice for marginalized communities.

Addressing the media, RK Kalsotra, State President of the Confederation, strongly condemned the recent viral draft of the Reservation Bill, calling it an attack on constitutional reservations. He warned that any attempt to dilute existing reservation policies would lead to mass protests.

"The circulating proposal aims to weaken the fundamental rights of SC/ST/OBC communities, and we will not tolerate any such move," he stated. The Confederation has put forth several key demands. They have called for an increase in reservation quotas, with SC reservation in recruitment and promotions raised from 8% to 10%, ST-1 reservation from 10% to 12%, and OBC reservation fixed at 27% in accordance with the Mandal Commission.

Another critical demand is the immediate restoration of reservation in promotions for SC/ST/OBC employees, which has been pending for years. Additionally, the Confederation has urged the government to reinstate the five-year age relaxation

for SC/ST candidates in employment and education, instead of the current three-year concession. They have also stressed the importance of clearing backlog vacancies, ensuring that all pending posts reserved for SC/ST/OBC candidates in government employment are filled.

A significant demand put forward is land rights for marginalized communities. The Confederation insists that government state lands should be returned to SC/ST/OBC communities and legal ownership granted to them. Furthermore, they are calling for a statewide and national caste census to ensure fair distribution of reservation and resources in proportion to population demographics.

Another major concern raised is the vacant Scheduled Caste member post in the Jammu & Kashmir Public Service Commission (PSC), which has remained unfilled since December 2022. The Confederation demands that the government immediately appoint a representative to ensure fair participation in decision-making. Additionally, they have urged that the Bodhgaya Monastery in Bihar be placed under the independent control of the Buddhist community.

Apart from reservation concerns, the Confederation also highlighted the rising incidents of caste-based atrocities. Kalsotra mentioned specific cases,

including the suicide of a tribal boy in Billawar and the rape of a minor Dalit girl in Kathua, as alarming instances of caste-based violence. He urged authorities to take strict action against such crimes and ensure justice for the victims.

Warning of escalating protests, Kalsotra declared that failure to address these demands would result in a statewide agitation. He emphasized that SC/ST/OBC communities would not remain silent if their rights were tampered with. "Our fight is not just for reservations but for dignity, equality, and justice. If the government does not act, we will take to the streets to protect our constitutional rights," he stated firmly.

The Confederation also urged opposition parties to support the Real Reservation Amendment Bill 2025 in the upcoming Assembly session. "Social justice is not a political issue; it is a constitutional responsibility. We call upon all opposition parties to stand with SC/ST/OBC communities and ensure that this bill is passed without any dilution," Kalsotra added. As a final resolution, the Confederation unanimously decided that if the government fails to pass a pro-SC/ST/OBC bill, they will gherao the Assembly in the coming days as a marker of resistance.

The protest conference was attended by several prominent leaders, including B.L. Bhardwaj, Ramesh Sarmal, Ramesh Uttama, Dr. Ramesh Kaith, Bansi Lal Ch., K.K. Fottra, Arif Ch., Rashpal Bhardwaj, Hurdutt, Shamsheer Chand Bhagat, Roshan Ch., Amar Nath Bhagat, Mohinder Karloopia, Kuldeep Raj, Kasturi Lal Basotra, Dr. Shiv Pal Sarmal, Daulat Ram, and many others.

Yuva Rajput Sabha intensifies Mission Statehood

Top News Report

JAMMU, Mar 2: In a bid to fortify the movement for the restoration of Jammu Kashmir's statehood, nearly one hundred youth from across Jammu have joined the Yuva Rajput Sabha (YRS) under the leadership of Vishal Singh Rakwal. The joining ceremony was held on Sunday at Patoli Brahmana village, where thousands of people, including children and elders, gathered to show their support for the mission.



joined the Sabha today." Ex-President of YRS, Rajan Singh, commended Rakwal's long-standing dedication to the Rajput Dogra community. "Vishal Singh Rakwal has been a steadfast supporter of YRS for many years, working tirelessly for the community. His joining, along with other youth, will significantly strengthen the statehood mission. We are confident that we will soon restore Jammu Kashmir's statehood," he said. Vishal Singh Rakwal, who has been appointed

General Secretary of YRS, thanked the leadership for their trust. He stated, "I am deeply grateful to YRS Chairman, President, and the entire team for placing their faith in me and my fellow youth. I assure you that we will leave no stone unturned in our efforts to uphold and strengthen the pride of YRS in the future."

The event marked a significant step in the ongoing efforts to restore Jammu Kashmir's statehood status, with growing youth support under the banner of YRS.

JBM raises alarm over chitta menace, demands urgent action

Top News Report

JAMMU, Mar 2: The Jammu Province Bachao Manch (JBM), under the leadership of Senior Advocate Ashok Sharma, former MLA & MLC and Chairman, staged a powerful protest at Ambphalla, Jammu, to raise awareness about the devastating impact of Chitta, a deadly drug that has ravaged countless lives and families. The protest was aimed at urging the authorities to take strict measures to curb the menace that threatens the future of Jammu's youth.

Addressing the gathering, Ashok Sharma expressed deep concern over the growing drug crisis, stating that Chitta has rendered young individuals directionless and weak, robbing them of their potential and dreams. He described the situation as a ticking time bomb, cautioning that the unchecked



spread of drug addiction could lead to the collapse of entire families and communities. He urged society to unite and fight against the menace before it claims more innocent lives.

Sharma also painted a heart-wrenching picture of families shattered by drug addiction, saying, "Nothing is more heartbreaking than a father carrying his son's lifeless body to the crematorium ground. The very hands that nurtured and protected the child now bear the unbearable weight of an avoidable tragedy." He called for

collective awareness and action, stressing that only through a united front can drug abuse be eradicated from society.

Dr. Kuldeep Sharma, the Chief Advisor and Spokesman, echoed these concerns, emphasizing that affected families have endured unimaginable pain and suffering. He called for compassionate leadership that understands their struggles and works toward ensuring that such tragedies do not repeat in the future. He warned that society must act now before drug addiction destroys

an entire generation.

Ch. Gharu Ram (Secretary General) and Vice Chairman Advocate Usman Salaria also expressed their alarm over the increasing drug menace in Jammu, particularly the rise in road accidents caused by drug-addicted drivers. They emphasized that these individuals pose a severe threat not only to themselves but also to innocent pedestrians. They called for strict law enforcement and awareness campaigns to curb the crisis.

Retired Principal Session Judges KYS Manhas and Hari Om Singh warned that delay in action could lead to irreversible consequences, urging the authorities to act immediately before the situation worsens. Similarly, Vice Chairmen Satish Poonchi and Kamalpreet Singh criticized the government's failure to take decisive action against drug peddlers, revealing

that some corrupt elements within the police force were allegedly protecting them. They urged the government to implement a strong anti-drug policy to tackle this growing menace.

Prominent dignitaries including Devender Singh, Istkar Khan, Dr. Yashpal Sharma, Zaid Malik, Pt. R.C. Sharma, Haji Shak Mohd, Kuldeep Kumar, and Er. Ashwani Sharma also voiced their concerns, calling for immediate, stringent measures to curb the drug crisis in Jammu.

The JBM's protest sent a strong message, emphasizing that the fight against Chitta is not just about individual lives but about the very survival and future of Jammu's youth and society. The organization has vowed to continue its fight until effective action is taken to eliminate the drug menace.

Madhuparamhans ji enlightens congregation at Akhnoor



Top News Report

AKHNOOR, Mar 2: At a grand congregation held at Sungal Road, Akhnoor, Sadguru Madhuparamhans Ji Maharaj of Sahib Bandagi delivered a profound discourse, filling the hearts of devotees with divine wisdom. He emphasized that all religions across the world acknowledge the immortality of the soul and the existence of heaven and hell. He stated that while some may choose disbelief, truth remains unchanged.

Sharing a thought-provoking anecdote, he narrated the story of a Chaudhary from Delhi who challenged scholars to explain the eighteenth chapter of the Bhagavad Gita in exchange for a cow. His wife, who sustained the family by selling the cow's milk, worried that someone might successfully accept the challenge. However, the Chaudhary, confident that no one could satisfy him, dismissed her concerns. This highlighted how, at times, people refuse to accept truth despite its clarity.

Sadguru Ji elaborated on the reality of hell as described in various religious texts. He recounted the story of a pleasure-seeking king who was granted a vision of hell by the divine. The king witnessed terrifying punishments—souls being crushed like sugarcane, thrown into cauldrons filled with filth, and tortured by the messengers of death. He explained that though the world may appear real, it is as fleeting as a dream.

Drawing historical parallels, he referred to Ugan-da's Idi Amin and Hitler, notorious for their cruel atrocities, to illustrate the torment of sinners in hell. He warned against falsehood, adultery, violence, and addiction, explaining that those who commit such sins face unbearable suffering in the afterlife. He cited the Nirbhaya case as a chilling example of the brutality in this world, cautioning against such evil deeds.

Sadguru Ji emphasized that lying is the greatest sin, and those who deceive others will face the harshest consequences. He warned against coveting wealth and immoral relationships, reminding devotees of Ravana's downfall due to his desire for another's wife. He urged everyone to live righteously and avoid the torments of hell.

SMVDU organizes International Conference in collaboration with JKSTIC, Udhampur



Top News Report

KATRA, Mar 2: A two-day international conference on Multidisciplinary Research for Sustainable Future (ICMRSF-2025) was organized by the Board of Professional Activities, Shri Mata Vaishno Devi University (SMVDU), Katra, in collaboration with the Jammu & Kashmir Science, Technology and Innovation Council (JKSTIC).

The prestigious event brought together researchers, academicians, and industry professionals to discuss ground breaking advancements focusing on "Multidisciplinary Research for a Sustainable Future," the conference addresses urgent global challenges such as climate change, resource depletion, and social inequities.

By fostering interdisciplinary collaboration and knowledge exchange, SMVDU invites par

ticipants to contribute research abstracts and be part of this vital discourse on sustainable development.

The conference was inaugurated by Prof. Pragati Kumar, Vice Chancellor SMVDU along with Prof. Anil Koul, Acting Vice Chancellor, IIPH, Hyderabad, Prof. Anuj Kumar, Head of Research, Rushford Business School, Switzerland, Shruti Khanna, Asst. Director, JKSTIC, Prof. R. K. Mishra, Dean Student Welfare and Sh. Ajay Kumar Sharma, Registrar, SMVDU.

Earlier in the inaugural address, Prof. Pragati Kumar emphasized on the significance of such conferences its crucial role in upbring the research aptitude among the participants. He highlighted the urgent need for awareness through such activities.

He highlighted the significance of the conference as a platform to

explore innovations in the field of science and technology and urged the young minds to develop technology for grass root levels.

Dr. Ankush Raina, Chairperson, BPA, SMVDU highlighted the significance of conference and the details of the keynote speakers for the conference. Keynote and invited lectures by internationally acclaimed eminent experts in different areas shall be presented during the two day conference.

Scientific sessions of the conference have been divided into different themes. There are 04 invited speakers of various fields from all around the globe and more than 100 participants from all over the country who shall come together during the conference to share their research experience through oral and online presentations.

Dr. Sakshi Arora, Associate Professor, SoCSE explained in detail the conference themes and different sessions. Dr. Isha Malhotra, Assistant Professor, SoLL, SMVDU presented the vote of thanks.

EDITORIAL

ECONOMIC GROWTH

Ease of Doing Business (EoDB) is a critical factor that determines a country's ability to attract investment, foster innovation, and create a thriving entrepreneurial ecosystem. It refers to the regulatory environment, administrative efficiency, and infrastructural support that facilitate business operations. Countries with higher EoDB rankings enjoy increased foreign direct investment (FDI), job creation, and economic growth. This article explores the concept of EoDB, its key indicators, the benefits it offers, challenges in implementation, and strategies for improvement.

EoDB is a measure of how conducive a country's regulatory environment is for business operations. The World Bank's Ease of Doing Business Index, which was published until 2021, evaluated economies based on ten key parameters that impact business activities.

A business-friendly environment fosters entrepreneurship, innovation, and economic prosperity. Countries that have improved their EoDB rankings experience several advantages.

When businesses find it easy to operate, foreign investors are more likely to enter the market, leading to increased capital inflows, job creation, and economic expansion.

Simplified business registration, reduced red tape, and access to credit encourage entrepreneurs to launch startups, leading to a more dynamic economy.

A favorable business environment stimulates industries such as manufacturing, services, and technology, leading to job opportunities and economic development.

When businesses thrive, tax compliance increases, boosting government revenues without the need for excessive taxation.

Countries with better EoDB rankings attract global corporations and trade partners, enhancing their competitive edge in the international market.

Despite its significance, many countries struggle to improve their business environment due to several challenges.

Excessive regulations and slow government processes can discourage businesses from setting up or expanding their operations.

Bribery, favoritism, and lack of transparency in business procedures create uncertainty and discourage investors.

Delays in contract enforcement, weak dispute resolution mechanisms, and lengthy court proceedings make it difficult for businesses to operate smoothly.

Limited access to reliable electricity, transportation, and communication infrastructure can hinder business growth and efficiency.

Small and medium enterprises (SMEs) often struggle to obtain loans and financial support, restricting their expansion potential.

Governments worldwide are implementing reforms to create a more business-friendly environment. Some key strategies include:

Digitizing the process of company registration, reducing paperwork, and setting up one-stop service centers can help entrepreneurs establish businesses quickly.

Implementing fast-track courts for commercial disputes, ensuring contract enforcement, and increasing judicial transparency can boost investor confidence.

Encouraging banks to provide loans to startups, reducing interest rates, and offering financial incentives to SMEs can foster business growth.

Investing in roads, electricity, water supply, and internet connectivity can facilitate business operations and attract global investors.

Implementing digital governance, online payment systems, and strict anti-corruption laws can help build trust in the business environment.

Reducing tax complexities, offering tax holidays for new businesses, and ensuring timely tax refunds can encourage compliance and economic activity.

Several countries have successfully improved their EoDB rankings by implementing reforms.

Singapore consistently ranks among the top due to its streamlined business registration process, low taxes, and strong legal framework.

New Zealand is one of the easiest places to start a business, with an online registration process that takes only a few hours.

India has improved its ranking significantly by digitizing business registration, implementing GST (Goods and Services Tax), and simplifying insolvency laws.

United Arab Emirates (UAE) has established free trade zones, minimal taxation policies, and modern infrastructure to attract global businesses.

Ease of Doing Business is a key driver of economic growth, innovation, and prosperity. By simplifying regulations, improving infrastructure, enhancing transparency, and fostering entrepreneurship, countries can create an environment where businesses thrive. Governments must continuously implement reforms, leveraging technology and policy changes to ensure that both domestic and foreign enterprises find it easier to invest, expand, and contribute to national development.

A business-friendly nation is not only attractive to investors but also ensures job creation, higher tax revenues, and long-term economic stability, making it an essential goal for policymakers worldwide.

Increasing number of unresolved cases in the courts

By: Priyanka Saurabh

The issue of unresolved cases in Indian courts is a major challenge that has deeply impacted the justice system. The growing number of pending cases raises serious questions about the effectiveness and efficiency of the current system designed to deliver justice. Such delays have a detrimental and widespread impact on the legal framework. Lengthy legal processes can hinder access to justice, harming both individuals and businesses. As cases mount, public trust in the legal system erodes, leading to frustration and doubts about its credibility. As a result, people may turn to alternative means to resolve disputes. This pending case creates a cycle of delays, making it difficult for courts to deal with new cases, ultimately resulting in an ever-increasing number of unresolved cases.

The country's judicial system is grappling with several critical issues, primarily because of the fact that more than 5 crore cases are still pending in Indian courts. These pendency of cases not only delays justice but also erodes public confidence in the legal system. Many of these cases have been pending for more than a decade, with about 50 lakh cases initiated more than ten years ago. Niti Aayog has stressed the urgent need for reforms, warning that at the current pace of case resolution, it could take more than 300 years to resolve the pendency of cases in lower courts alone. In India, "pendency of cases" refers to the huge number of unresolved cases within the legal framework. The situation is particularly grave at the lower judicial levels, where most cases are filed and do not get disposed of due to lack of judges. The growing number of

pending cases is a major challenge for the Indian justice delivery system. Lengthy legal processes epitomize the adage "justice delayed is justice denied," as they erode public confidence and deprive individuals of timely justice. The protracted resolution of cases such as the Babri Masjid-Ram Janmabhoomi dispute, which took nearly 70 years, has strained social harmony. The sheer volume of cases in courts hinders court efficiency and increases the number of pending cases, making speedy justice nearly impossible. With over 82,000 cases pending in the Supreme Court and over 62 lakh cases pending in the High Courts, major delays in judgments are common. The financial burden of litigation also impedes economic development, as it drains resources and discourages individuals and businesses from taking legal action. The estimated cost of judicial delay in India is over two million dollars. The impact of pending cases on the justice system is profound and far-reaching. Prolonged cases can erode public confidence in the legal system, leading to frustration and doubts about its effectiveness, causing some people to seek alternative dispute resolution methods. This cycle of delay further exacerbates the problem.

A significant factor contributing to judicial delays is the inadequate ratio of judges to population. In India, the legal system works at a very slow pace compared to developed countries, with only 21 judges available for every one million inhabitants. The government is the biggest litigant, responsible for nearly half of all pending cases, many of which are tied up in appeals on trivial issues. Lengthy court proceedings are further complicated by challenges such as limited

courtroom space and outdated case management practices. The Delhi High Court Mediation Centre has successfully resolved over 200,000 cases in 15 years, highlighting the effectiveness of alternative dispute resolution methods. Unfortunately, both lawyers and litigants often abuse adjournments, causing cases to linger for years or decades. Reliance on manual documentation and outdated legal procedures hinders the timely resolution of cases, creating unnecessary bureaucratic hurdles. To reduce the backlog of pending cases, it is important to ensure that proceedings are continuous. This includes investing in court staffing and infrastructure to accommodate the growing population. Increasing the number of courts and employing adequate support staff can help speed up the process. It is also important to implement effective case management strategies to track and advance cases more quickly. Properly managed cases are more likely to reach a timely resolution. Regular review and amendment of laws to simplify the legal process is essential to reduce uncertainty and expedite legal proceedings.

To facilitate speedy resolution of commercial disputes, the Commercial Courts Act 2015 imposes strict rules on adjudication. Promoting alternative dispute resolution by mandating mediation before litigation can help reduce the burden on courts. The Mediation Act (2023) supports this by mandating mediation in commercial and civil disputes, which aims to reduce court pendency. A strong democracy depends on speedy and effective delivery of justice. To tackle judicial delays, it is necessary to enhance judicial infrastructure, fill existing vacancies, adopt AI-driven case

management, and promote alternative dispute resolution. By combining judicial accountability with a visionary policy framework, India's justice system can become more fair, accessible, and timely. It is hoped that all stakeholders—judges, high courts, governments, and legal professionals—will play their role to strengthen the justice delivery system and uphold the rule of law. Tackling the backlog of cases in Indian courts requires a comprehensive approach that includes technological advancements as well as administrative, legal, and infrastructure improvements. Although progress has been made, sustained efforts are critical to restoring confidence in the legal system and ensuring speedy and effective resolution of disputes. The Indian judiciary can tackle the root causes and implement innovative solutions to achieve this goal.

(Priyanka Saurabh)
Research Scholar in
Political Science
Poetess,
Independent
journalist and
columnist,
AryaNagar, Hisar
(Haryana)-125003
Contact-
7015375570

Ah, Kashmir Rained & Sheened by and Large!

By: Omkar Dattatray

People of Kashmir in particular and Jammu & Kashmir in general sighed a big relief as higher reaches of both Jammu and Kashmir witnessed moderate to heavy snowfall and even some plains of Kashmir saw chadder of light snow including in Shari Khaas-Srinagar which turned the city into white for a while. The Jammu as well as Kashmir valley experienced heavy rainfall to the delight of the populace as it broke the dry spell and the people's worries also diminished particularly in Kashmir as the dry winter now gave place to precipitation which brought joy to the people of both the divisions of Jammu and Kashmir. It seems that the weather God and nature is pleased and it brought snow and rains which gave lately a goodbye to the dry winter season in Kashmir. It is worthwhile to mention that there was worry ,gloom upon the Kashmiris as the water sources like rivers ,streams and springs at many places in Kashmir valley were drying and dying making people worried about the future paucity and scarcity of water. The farmers, agriculturalists, orchardists were feeling the pain because they predicted and forecasted that there will be dry spell ,deficit rainfall and scarcity of water for irrigation as well as for drinking. People in general and farmers of Kashmir in particular were skeptical that deficit snow and rainfall will affect the farm products including paddy ,pluses and vegetables .But now since two ,three days Kashmir as well as Jammu continues to be leashed by rains and even snow in upper reaches and in some plains also and it ceased the dry weather and so the bad days seem to be over in both Jammu and Kashmir. The heavy rainfall in Jammu and Kashmir regions brought a good message that this year too there will be rich harvest of staple crops like

paddy, wheat, pluses and vegetables. Besides the rains will give a goodbye to sickness and ailments like common cold, respiratory problems and viral fever which the people of Jammu and Kashmir division are facing due to completely dry winter. The snow and rains has led to decrease in cough ,bad cold and other respiratory problems which aggravated with dry spell of winter and consequent dust. However people have got a great relief from these ailments .Jammu and Kashmir has been experiencing snow and rains since three consecutive days on Thursday with multiple places witnessing snow depth of 3 to 4 feet during this period .In fact we can opine that snow blankets Kashmir in white and the MeT predicts more rain and snow for few days .The temperature in both Jammu and Kashmir has gone down after having warm and dry winter .In both Jammu as well as in Kashmir people had kept warm clothes in cupboards and now with the onset of rain and snow at the fag end of the winter season have been forced to open their trunks and cupboards to pick up warmers and are now again wearing worm and woolen clothes ,jackets and caps. Srinagar and other parts of Kashmir valley received a fresh snowfall ,bringing down the temperature and disrupting normal life on Thursday. However people especially the farmers are thanking Almighty for showering rains and snow which the people regard as a good omen for crops ,pluses ,vegetables and grass for the cattle.Thus people got a measure relief that downpour and snow in various parts of Kashmir valley and higher reaches of the Jammu division is continuing and it is a good news for farmers in particular and other people in general. Rain and snow will ensure sufficient water for irrigation as well as for drinking.Rains and snow is received with warmth and welcome as people embrace rain and snow and thank God for showering his blessing in the form

of rains and snow which is taken as an assurance for good crop in the months to follow .Inder Daveta —the god of rain is pleased and as such good rainfall is continuing in various places in the whole of Jammu and Kashmir.Wet spell cuts 20% rain deficit in Jammu and Kashmir.The current ongoing wet spell has brought the rain deficit from 80% to 65% .The rain and snow is a big relief and boon for farmers ,transporters, hoteliers ,travel agents and travel guides and traders all of them will be benefitted baring farmers who will have to wait from planting paddy saplings and its harvesting but definitely the farmers who are the backbone of the rural economy of Jammu and Kashmir will also be benefitted. There is joy and delight among tourists in the snowfall and they are thronging in large numbers to winter tourist destinations across Kashmir valley and also Badrawah ,Patnitop and other winter tourist destinations. Gulmarg, Sonamarg, Yousmarg ,Pahalgam, Sinthantop ,Bandipora ,Guraz etc. are brimming with tourist footfall due to the current heavy snowfall. Tourists from different states of India are thronging the winter tourist destinations of Kashmir and are indulging in skating, skiing and other snow adventures. This winter tourist footfall is a means of livelihood to the local people associated with tourism and winter sports. In fact rain and snow being signs of harsh winter in Kashmir are also the blessing for the people connected with winter tourism and to the farmers, orchardists and agriculturists and all of them welcome rains and snow and the receding of the dry winter spell which is not in the interest of the populace of Jammu and Kashmir .Pir Panjal range of Jammu division also witnessed heavy snowfall which is taken as the harbinger of fortune in Jammu as well as Kashmir valley. Before the current rainfall and snow scattered a various places of Kashmir ,the water

level of river Jhelum and other rivers has receded and there are reports that at number of places in Kashmir, springs and streams have dried and it is a shock warning to the people of Kashmir. Now with the incessant rain fall and snow for the last three days, there is hope among the people of Kashmir who say that rains and snow is the lifeline of the agricultural and rural economy and thank God for the benevolence of showering rains and snow which will ensure good crop in the new year. Snow is not confined to Kashmir valley alone, but it is heavily snowing in Baderwah, Kishtwar, Doda etc and thus coldness is intense and March resembles December. MeT has predicted rains and snow for three days including 3rd March .It so good that water reservoirs recharged again especially in Kashmir. Wet spell ended in both the divisions of the JK. Fresh wet spell compensated rainfall deficit by at least 50%.It also led to the increase in water level of River Jhelum,the life line of Kashmir by and other water bodies by 3-4 feet. Thus rains and snow is not always a bane but is definitely a boon for people of Kashmir and they always pray to God for bringing rain and snow. They say better late than never and it fits appropriately to the current rainfall and snow on the end of the winter season. Surprising there was U turn in weather and rains and snow lashed Kashmir and some districts of Jammu division as well plummeting the mercury. .

(The author is
columnist, social, KP
activist & Freelancer)

Santoor maestro Pt Abhay Rustum Sopori conferred with Swar Shri Samman 2025

Top News Report

JAMMU, Mar 2: Santoor maestro and music composer Pandit Abhay Rustum Sopori has been conferred with the Swar Shri Samman 2025 by Sargam Mandir during its 61st year celebrations in Delhi recognizing Pt. Abhay Sopori's path breaking works and contributions in the field of music at Triveni Kala Sangam, New Delhi.

Sargam Mandir is a well-known cultural organization of Delhi which was founded in 1964 by late Pt. Jagdish Mohan, an eminent vocalist of Kirana Gharana.

Dr. Deepak Sharma, Secretary of Sargam Mandir congratulated Pt.



Sopori while presenting the award. Pandit Abhay Rustum Sopori is the present custodian of the age-old Santoor tradition and the Shaivite—

Sufi musical tradition of Kashmir. A scion of the fabled Sopori – Sufiana Gharana of Kashmir, he represents the 3 centuries old Santoor legacy.

Taking forward the legacy of great masters like Pandit Shamboo Nath Sopori ji and Pandit Bhajan Sopori, Pt. Abhay Sopori dedi-

cated the award to his Gurus, his father and grandfather, and thanked Sargam Mandir organization for bestowing the honour upon him.

Post award function Pt. Abhay Sopori presented his Santoor recital accompanied by Pandit Ram Kumar Mishra on Tabla.

Pt. Sopori presented Aalap, Jod and Gats in Vilambit and Drutlaya Teentaal in Raga Bageshree highlighting his 'Sopori Baaj' style of Santoor with variations of Meend, Gamak, Laya, Chhand and Bol patterns and his Gayaki and Tantrakari aspects receiving a long standing ovation from the music connoisseurs and eminent personalities present in the auditorium.

Natrang features Hindi play 'Rehearsal'

Top News Report

JAMMU, Mar 2: Natrang featured 'Rehearsal', a play in Hindi written by Lakshmi Kant Vaishnav and directed by Neeraj Kant here today at Natrang Studio Theatre Kachi Chawni in its weekly Theatre Series, Sunday Theatre.

In the play the writer has very satirically mocked the people who want to do something without its proper knowledge and also without possessing the basic eligibility of the field.

The play 'Rehearsal' very interestingly portrays the rehearsal scenario of a play where the cast is all women. Though they (Kitty-mates) want to present a good show, their approach is not good enough and too much immature.

The basic ingredients which are required to mount a professional theatre production like discipline, punctuality, team spirit, self-motivation, neutrality of the mind etc were all miss



ing in these ladies and they were instead full of the traits like jealousy, gossip, lack of coordination and egotism.

The rehearsal becomes a free for all situation where everyone reveals her mind in a dramatic manner. Though there is a director also but because of her own limitations and lack of mettle, she is not able to control the team. Where these ladies were required to act with compassion towards their fellow artists they had their own whims and fancies, few of them even had proud in their mind as their husbands are at higher posts resultantly they

seek pampered treatment. Finally the rehearsal which was shown in the play Rehearsal ended up to be a chaos leaving a stern message that we need to be disciplined and committed to create a meaningful work of art.

Natrang artists who performed in the play included Kananpreet Kaur, Kartik Kumar, Vandana Thakur, Supria Gorka, Priyal Ashok Gupta, Mehak Chib and Palshin Dutta. The lights of the play were operated by Neeraj Kant. The presentations were done by Aryan Sharma and the show was coordinated by Mohd Yaseen.

KPS hold meet to highlight Community's issues



able migrant property Act 1997, Passage of temples and Shrines bill, reactivation of migrant grievance portal with proper accountability at the end of Raj Bhawan, enhancement of meager monthly relief assistance from Rupees 13000 to 25000, reimbursement of left out compensation in gutted and damaged properties of migrants in valley after 1990.

These leaders strongly appealed Prime Minister of India, Union Home Minister, Lt. Governor J&K and Chief Minister to take tangible fast steps for rehabilitation of this displaced community back in Valley as well get addressed the other highlighted genuine problems on priority basis for sake of justice and equity.

They also appealed Chief Minister of J&K for reserving special funds for the overall welfare of this displaced community in coming Budget session in J&K Assembly.

Others who also spoke in the same vein were Ashwani Bhat, Veer Raina, Kuku Thaploo, Ravinder koul, Anil Bali, Rajesh Labroo, and Sanjay Raina

In the end Vote of thanks was presented by Kuldeep kashmiri.

Top News Report

JAMMU, Mar 2: A marathon meeting of Prominent socio/Political leaders of Kashmiri Pandit Community was held today at Surya Bhawan Paloura Jammu today to discuss and deliberately upon the most important crucial issues/problems being faced by this micro minority community of Kashmir, still living a miserable exile life of 36 years in camps and non camps in Jammu, Udhampur and several parts of the country.

The issues which remained main focus of the meeting were their early rehabilitation back in Valley, permanent Job package for educated

unemployed youth, Temples and Shrines bill, immovable migrant property act 1997 and many other issues.

M.K.Yogi, Ashok Dhar, Vinod Pandita, Bharat Kachroo, Kuldeep Kashmiri, Mohan Lal Comrade senior socio-political leaders of the community while speaking on the occasion highlighted the community issues in one voice viz; honorable Rehabilitation of Kashmiri Pandits back in Valley forthwith with one time settlement as well providing per job per family, Rectification of tampered land records of migrant lands after 1990 as well restoration of 1990 position in immovable migrant properties under immov-

NSF pays tribute Sarojini Naidu on 76th Death anniversary

Top News Report

JAMMU, Mar 2: National Secular Forum (NSF) paid tributes to Sarojini Naidu on her 76th Death Anniversary at University Campus, who laid her life for the country.

Ankush Abrol Provincial Joint Secretary, JKNC was the Chief Guest and Dr Vikas Sharma, Secretary Central Zone and Coordinator Jammu Distt, J&K National Conference presided over the function. Dr Sukhdev Singh State President NSF was the guest of honour.

Speaking on the occasion Ankush Abrol appreciated the initiative taken by the University Unit NSF to remember the death anniversary of those who have contributed their lives for the Country. He also said that the right tribute to Sarojini Naidu would be to launch the struggle for restoration of full status of Jammu and Kashmir State.

He also said that she was born in Hyderabad on February 13, 1879, she played a pivotal role in India's freedom movement and remains a symbol of strength and eloquence.

On this occasion, Dr

Vikas Sharma threw light on the life and supreme sacrifices of "Sarojini Naidu". Sharma said that the real tributes to Sarojini Naidu would be eradicating evils prevailing in the society like drug addiction. He also said that we all should take oath not to sit silent and continue our endeavor to regain Jammu and Kashmir State. He mentioned that people have suffered a lot during the last five years especially after the abrogation of Article 370, bifurcation of Jammu and Kashmir and downgraded of State to a Union Territory.

Dr Sukhdev Singh also said that Sarojini Naidu was a follower of Mahatma Gandhi and played a significant role in the Indian National Movement, which aimed to achieve independence for the nation. After independence, she also became the first governor of Uttar Pradesh. Above all, she is a pioneering figure in Indian English poetry.

Vikshay Vashist State Secretary NSF delivered the welcome address, Abhishek Uppal was delivering the vote of thanks.

Lecture on Role of Youth in Society conducted at GHS Messian Chunga



Top News Report

POONCH, Mar 2: Over 120 students at Govt High School Messian Chunga had the opportunity to engage in an enlightening lecture on the Role of Youth in Society, delivered by the local Rastriya Rifles Battalion.

The event aimed to empower young minds by highlighting their vital role in shaping communities and driving positive change.

The session, emphasized the importance of

education, leadership, and social responsibility in youth development. Encouraged students to actively participate in community initiatives, embrace innovation, and uphold ethical values.

The speaker also discussed challenges facing young people today such as unemployment, peer pressure, and social media influence, while providing practical solutions to overcome them.

The interactive lecture allowed students to ask

thought-provoking questions, share their perspectives, and discuss how they can make a difference.

Many students expressed their appreciation for the session, noting how it motivated them to set higher goals and become more engaged in social development.

School authorities commended the inspiring words, emphasizing the need for more such educational programs to nurture responsible and proactive citizens.

The event concluded with a call to action for students to take initiative in their personal growth and community development, reinforcing the idea that youth are not just the leaders of tomorrow but also the change makers of today.

Rekha Mahajan meets chairperson National Commission for Women

Top News Report

JAMMU / NEW DELHI, Mar 2: Bharatiya Janata Party (BJP) leader Rekha Mahajan recently met with Vijaya Rahatkar, a prominent politician and chairperson of the National Commission for Women in Delhi. This meeting was a significant step forward in promoting women's empowerment, especially in Jammu and Kashmir (J&K).

Rekha Mahajan and Vijaya Rahatkar engaged in a fruitful discussion on various issues related to women's empowerment, with a focus on J&K.

They emphasized the importance of creating opportunities, enhancing skills, and ensuring safety and equality for women in every sphere of life.

Vijaya Rahatkar, who has always worked



towards empowering women, assured Rekha Mahajan that she would visit Jammu in the near future to further promote women's empowerment in the region.

Vijaya Rahatkar's commitment to women's rights and justice is unwavering. As the National Secretary of the BJP and former National President of the BJP Mahila Morcha

(Women Wing of BJP), she has been instrumental in promoting women's empowerment and ensuring justice for victims of gender-based violence. Her experience as the former chairperson of the Maharashtra State Commission for Women has also equipped her with the knowledge and expertise to address the unique challenges faced

by women in different regions.

The meeting between Rekha Mahajan and Vijaya Rahatkar is a testament to the BJP's commitment to women's empowerment. The party has been at the forefront of promoting women's rights and ensuring their participation in the political process.

The Shakti Vandan

Abhiyan, launched by the BJP, aims to empower women and recognize their contributions to society.

The assurance by Vijaya Rahatkar to visit Jammu in the near future is a significant step forward in promoting women's empowerment in the region.

Her visit is expected to boost the morale of women in J&K and provide them with a platform to voice their concerns and aspirations.

In conclusion, the meeting between Rekha Mahajan and Vijaya Rahatkar is a significant step forward in promoting women's empowerment in J&K.

The BJP's commitment to women's rights and empowerment is unwavering, and the party will continue to work towards creating a society that is inclusive and progressive.

Atharva Awards of Excellence on June 1

Top News Report

JAMMU / CHANDIGARH, Mar 5: Atharva Awards of Excellence, one of the biggest education awards, will be held on June 1 at Atharva Group of Institutes, Malad (West) Mumbai. This prestigious award event will recognize outstanding UG, PG, and PhD research scholars from across India, providing a national platform to showcase their groundbreaking contributions.

Sunil Rane, executive president of Atharva Group of Institutes who envisioned the award said that the initiative aims to motivate, inspire, and reward the brightest minds in Engineering. The award event will honour outstanding contributions in the field of research, technology and innovation.

"We seek to highlight the brain, capabilities, efficiency, brilliance, and intellectual strength of India's young research-



ers. With a mission to inspire innovation and reward excellence,

the awards will honor outstanding contributions in cutting-edge fields such as robotics, space research, and emerging technologies."

With one male and one female winner per category, each winner will get a trophy and ₹50,000 prize.

The event will bring leading academicians, researchers, industry experts, and policymakers together making it a landmark moment in

India's education and research landscape. The awards not only recognize innovation but also serve as a catalyst for future advancements, ensuring that young minds receive the support and recognition they deserve, said Rane.

The grand award event will witness the participation of researchers, innovators across India in the presence of eminent academicians and industry leaders making it a key milestone in the education sector.

Meanwhile, for the past 25 years, the Atharva Group of Institutes has been at the forefront of shaping the careers of thousands of students, offering them the tools and opportunities to thrive in a competitive world. From its humble beginnings, the institute has blossomed into a renowned center of learning, fostering excellence, innovation, and growth.

Alia Bhatt shares her glam time with her forever favorite

Actress Alia Bhatt took to social media to share a glimpse of her glamorous moments with her 'forever favorite', her sister Shaheen Bhatt.

Taking to her Instagram handle, the 'Raazi' star posted a candid click of them and wrote, "Glam time with my forever fave @shaheenb."

Alia took to her Instagram stories for an AMA (Ask Me Anything) session, sharing insights into her skincare routine and glam secrets. In her post, she gave fans a glimpse of her special time spent with her sister.

In the image, Alia can be seen flaunting her radiant smile as she poses for a selfie with Shaheen. It is no secret that the 'Gangubai Kathiawadi' actress shares

a very close bond with her Shaheen and often expresses her love and affection through heartfelt posts on social media. Whether it's celebrating special moments or simply sharing daily joys, Alia regularly showcases their strong sibling connection with her fanbase.

Last year in November, on Shaheen's birthday, Bhatt shared a heartfelt birthday wish for her sister, writing, "happy birthday my life @shaheenb tbh everything sucks without you .. so happy you exist ! Enjoy .. now give kiss as you're sitting in front of me."

Meanwhile, the 'Udta Punjab' actress recently dropped a heartfelt video of her attempt to cook her favorite dish for the first time. In her



latest vlog, Bhatt ventured into her mother

Soni Razdan's kitchen to uncover the secret

behind her signature Mac and Cheese recipe. The touching video, shared on the actress' Instagram, captured a special moment between the mother-daughter duo, providing a sneak peek into their shared love for cooking.

Before starting the recipe, Alia recalled about her childhood, recalling how she and her sister Shaheen grew up savoring Soni's timeless dishes. Even today, the veteran actress continues to cook these meals for her granddaughter, Raha.

Work-wise, the 31-year-old actress will next appear in filmmaker Sanjay Leela Bhansali's upcoming project "Love and War," which also features Ranbir Kapoor and Vicky Kaushal.

Tejasswi's Risotto leaves the judges speechless on Celebrity MasterChef



Sony Entertainment Television's Celebrity MasterChef continues to serve up high stakes culinary moment as contestants take on a brand new challenge—Italy via India! And celebrity cook Tejasswi Prakash pours her heart and soul into cooking a special risotto.

Chef Ranveer Brar takes the first bite and asks her, "When you tasted this, did you remember your mom? Are you convinced by the emotions you wanted to bring in? He goes on to dramatically tap his spoon on the table, validating her dish, exclaiming, "This is your best dish."

Aiman Kalia talks about his role in Ghum Hai Kisikey Pyaar Mein

Aiman Kalia, who is part of the show Ghum Hai Kisikey Pyaar Mein, says he loves the experience.

Talking about his role, he says, "My character, Yash Pradhan, is a 20-year-old boy with a lively and playful personality, but not in a mischievous or cunning way, which is something I truly admire about him. Despite his playful nature, he possesses a sense of maturity; he knows when to speak, when to listen and how to lighten the mood in tense situations. In many ways, I see parts of myself in him. When I was his age, I wasn't as cheerful as he is, but I can definitely relate to his compassion and sensitivity. He has a big heart and can't stand seeing anyone



unhappy. He's a vibrant, endearing character who brings warmth and positivity to every situation."

Meanwhile, he shares a great bond with the rest of the team. "They

are all wonderful human beings and very sweet. Most of them are my seniors, and I feel fortunate to work with them. I'm the youngest one on set, and they are so patient and polite."

Kiara Advani makes first public appearance after pregnancy announcement

Actress Kiara Advani, who recently made an announcement with regards to her pregnancy, has made her first appearance after the news.

The actress was papped at the Filmalaya Studios in the Andheri area of Mumbai. The actress posed for the paparazzi in front of her vanity van. She opted for an all white summer outfit as the maximum city gears up for an intense bout of summer with Saturday's temperature clocking at a blistering 35°C after the departure of a short breezy period.

Kiara and her husband Sidharth Malhotra announced that they are all set to become parents. In a joint post on Instagram, the couple shared an image, which



shows hands gently holding a pair of white knitted baby booties with delicate ribbon bows. The picture symbolises expecting parents.

The couple's friends from the industry took to the comment section to congratulate Kiara and Sidharth. Sharvari wrote, "Congratulations".

Actor Ishaan Khatter said, "Congratulations guys! And bless up, lil one! Safe journey." Actress Huma Qureshi simply congratulated the couple. Actress Neha Dhupia called it the "best news ever" as she congratulated the couple.

Actress Sonam Kapoor's producer sister Rhea congratulated the two. It was on the sets of 'Shershaah', where the

two met and fell in love in 2020. The two maintained their silence on dating rumours.

In 2023, they married in Jaisalmer, Rajasthan in a traditional Hindu wedding ceremony. 'Shershaah', a biographical war film was based on the life of Kargil war hero, Captain Vikram Batra, who was martyred in action in the Kargil War. The film was directed by Vishnuvardhan.

Sidharth Malhotra stars in a dual role as Vikram Batra and his twin brother Vishal, with Kiara Advani as his girlfriend Dimple Cheema. On the work front, Sidharth will next be seen in 'Param Sundari' with actress Janhvi Kapoor. The two have wrapped up the Kerala schedule.

Pratibha Ranta says 'Laapataa Ladies' helped her grow as an artist on film's first anniversary



Actress Pratibha Ranta is celebrating the first anniversary of her critically acclaimed film 'Laapataa Ladies'. On the occasion of the film completing a year of its release, the actress shared that the film helped her grow as an artist.

The actress stepped into the shoes of a small-town bride and delivered a standout performance, leaving the audiences and critics mighty impressed. Pratibha also expressed gratitude towards pro-

ducer Aamir Khan and director Kiran Rao.

Talking about the film, she said, "I feel overjoyed to be a part of 'Laapataa Ladies', a film that has helped me grow as an actress. Now that it has completed one year of its release, it feels surreal. I feel overwhelmed and I'm glad beyond words. Each day during the shoot was fresh and also a learning experience for me".

She further mentioned, "I will always be thankful to Aamir Khan sir and

Kiran Rao, for bringing out the 'actor' in me. Though the film has completed one year, the audiences have kept its essence alive, and I'm filled with gratitude for it".

The film, which also starred Nitanshi Goel, Sparsh Shrivastav, Chhaya Kadam and Ravi Kishan, tells the story of two young newly-wed brides who get exchanged during a train ride to their husband's homes.

The film was screened at the 48th Toronto International Film Festival on 8 September 2023, and was theatrically released on March 1, 2024. The film was selected by the Film Federation of India as India's official entry for the Oscars 2025. Unfortunately, the film couldn't make it to the shortlist.

Despite this, 'Laapataa Ladies' marked a significant achievement in Pratibha Ranta's growing career. She received an overwhelming response from the audiences for serving an authentic performance and emerging as one of the most in-demand actresses among her contemporaries.

Saurav Gurjar joins the cast of Shiv Shakti— Tap Tyag Tandav



Colors' mythological magnum opus Shiv Shakti—Tap Tyag Tandav is set to take an intense turn with the arrival of Swarth, a powerful asur whose birth marks the advent of a new yug, the Treta Yug. The emergence of Swarth—the embodiment of self-interest—poses a grave threat to the world, compelling Mahadev to intervene and protect humanity. In response, Shiv erects Jyotirlingas as a divine refuge, ensuring that his devotees can continue on their spiritual path despite the growing influence of Swarth. Stepping into this pivotal role is actor and professional wrestler Saurav Gurjar, known for his commanding presence in mythological narratives.

Saurav shares, "I'm thrilled to be part of this show! It feels amazing to return to the channel after so many years. In Shiv Shakti, I play Swarth—a powerful character with shades of self-interest, something we all experience in real life. It's an intense role, and I'm honoured to bring it to life. Returning to acting after years as an athlete is a big challenge, but I embrace it wholeheartedly. The sets of Shiv Shakti are spectacular, the costumes and jewellery are stunning, and the drama is very compelling—I'm enjoying every moment of it."

You need to have talent to survive in the industry, says actress Sherleen Dutt.

While looks is what people notice when they meet you, you need to have talent to survive in the industry, believes actress Sherleen Dutt. However, Sherleen, who has been a part of shows such as KINK and Honey Trap Squad, as well as web series, Koi Jaye Toh Le Aaye and Shringarika, adds that some people still judge you on the basis of looks.

"Looks do play a role, not just in entertainment but in every industry. No matter how much we advocate for talent and hard work, the reality is that first impressions are often visual. People instinctively form opinions based on appearance, whether it's confidence, grooming, or body language. That being said, while looks might open doors, sustaining success still requires skill, dedication and personality," she says.

Talking about her experiences, she adds, "I've been judged—whether it's for my weight, height or even the way I dress. In this industry, scrutiny is



inevitable.

Earlier, it used to affect me, but over time I've learned to focus on what truly matters—my craft and my confidence. If

someone judges me unfairly, it says more about their mindset than about me. I just make sure I feel good in my skin and move on."

Bharat fastest growing global economy in last decade: Vice President Dhankar

THIRUVANANTHAPURAM, Mar 2 (Agencies): Vice President Jagdeep Dhankar on Sunday said the country has seen exponential economic upsurge in the last decade and has become the fastest growing global economy during this period.

The Vice President made the statement while delivering the 4th P Parameswaran Memorial Lecture organised here by the Bharatheeya Vichara Kendra.

Dhankar said that in



1989 when he was an MP and in 1991 when he was a Union Minister, the "atmosphere did not inspire us".

"Now our Bharat is brimming with positivity and possibility. It is full of hope and aspirations. All around and all

pervasive, we can see an ecosystem of hope and possibility. In the last decade, Bharat has seen an exponential economic upsurge," he said.

He further said that the country was the fifth largest global economy and was "on its way to becoming a USD 4 trillion economy very shortly".

"With an average growth of 8 per cent, Bharat happens to be the fastest growing global economy in the last decade," he said.

PM Modi extends Ramzan wishes, says "it bring peace and harmony in our society"

NEW DELHI, Mar 2 (Agencies): Prime Minister Narendra Modi extended his wishes to the people on the start of the holy month of Ramzan on Sunday.

In a post on X, PM Modi said, "As the blessed month of Ramzan begins, may it bring peace and harmony in our society."

This sacred month epitomises reflection, gratitude and devotion, also reminding us of the values of compassion, kindness and service. Ramzan Mubarak!"

As the blessed month



of Ramzan begins, may it bring peace and harmony in our society. This sacred month epitomises reflection, gratitude and devotion, also reminding us of the values of compassion,

kindness and service.

Ramzan Mubarak!

— Narendra Modi (@narendramodi) March 2, 2025

Lok Sabha Leader of Opposition, Rahul Gandhi and Congress

MP Priyanka Gandhi Vadra extended Ramzan wishes to everyone on Saturday night.

"Ramzan Mubarak! May this sacred month fill your life with happiness and bring peace to your heart," Rahul Gandhi said in a post on X.

Priyanka Gandhi said on X, "Heartily congratulations to all of you on the holy month of mercy and blessings, Ramadan. I pray to God that this holy month brings happiness, prosperity and peace in the lives of all of you".

Uttarakhand avalanche: Death toll climbs to 6 with recovery of two more bodies



DEHRADUN, Mar 2 (Agencies): Two missing labourers were found dead on Sunday at the site of the avalanche-hit BRO camp in Mana village of Uttarakhand's Chamoli district as rescuers carried out a search for the two other workers still missing with the help of sniffer dogs, thermal imaging cameras and helicopters.

With the recovery of two more bodies, the death toll in the disaster has climbed to six. 47 people have been rescued and are safe.

The avalanche hit the Border Roads Organisation (BRO) camp between Mana and Badrinath on Friday,

burying 54 workers inside eight containers and a shed. Earlier, it was believed that the total number of avalanche-hit labourers was 55 but one of them was on unauthorised leave and had reached home safely.

A total of eight helicopters – five from the Army, two from the Indian Air Force and a civilian helicopter hired by the Army -- have evacuated all rescued persons from Mana Post to military hospital at Joshimath, the headquarters of the Army's Ibx Brigade.

A drone-based system that can detect 'buried objects' has reach Joshimath on board a

IAF helicopter. Apart from this, a UAV, five quadcopters and three mini UAV's have been deployed.

The labourers were part of Border Roads Organisation team tasked to an infrastructure project. Mana is the last village on the India side and is close to the Line of Actual Control (LAC) with China.

A stretch of 20 km of road between Joshimath and Mana is under snow.

Indian Army doctors on-site have performed life-saving surgeries for those in dire need, while helicopter operations from the Joshimath helipad are in full swing.

Modi govt unsparing in punishing drug traffickers: Amit Shah

NEW DELHI, Mar 2 (Agencies): Union Home Minister Amit Shah on Sunday said the Modi government is unsparing in punishing drug traffickers who drag the youth into the dark abyss of addiction for the greed of money.

In a post on X, Shah said under the leadership of Prime Minister Narendra Modi, the government pledges to continue combating the drug menace with ruthless and meticulous investigations to build a "drug-free Bharat".

He said, as a result of a foolproof investigation with a "bottom to top" and "top to bottom" strategy, 29 drug traffickers have been convicted by courts in 12 different cases across India.

This success is a testament to the "bottom to top" and "top to bottom" approach adopted by the government, an official release said.

In pursuit of Modi government's zero-tolerance policy against



drugs, the Narcotics Control Bureau (NCB) has achieved this significant success, it said.

The details of 12 cases include the seizure of 23.859 kg of charas at the Sabarmati Railway Station in Gujarat's Ahmedabad in 2019, where three people were arrested and sentenced to 14 years in jail.

In July 2022, the NCB in Madhya Pradesh's Mandsaur intercepted two vehicles in Shahdol and seized 123.080 kg of ganja. Four people were arrested in the case and sentenced to 12 years rigorous of imprisonment with a fine of Rs 2 lakh each.

In the Chandigarh Zone last year, a parcel containing two hockey sticks packed with 438 grams of opium was intercepted at DHL Express, Ludhiana, by the officers of the NCB.

Two arrested accused in the case were sentenced to three years of imprisonment by a Punjab court for their role in attempting to transport the opium to Canada.

In another case, the NCB arrested one person at the Chandigarh Railway Station in 2021 for possession of 390 grams of charas.

The accused was formally arrested, and upon completion of the

investigation, a special court sentenced him to six months in jail.

In June, 2021, the NCB intercepted a Zimbabwain woman on her arrival at the Cochin International Airport. The examination of her luggage led to the recovery and seizure of 2.910 kg of heroin.

She was subsequently arrested and a court in Ernakulam sentenced her to 11 years in jail.

In January 2018, the NCB seized 450 grams of charas, leading to the arrest of one person in Dehradun, who was later sentenced to one year in jail.

In 2021, the NCB seized 1.950 kg of charas from the possession of two accused who were later arrested. A court in January 2025 sentenced the accused to 10 years in jail.

In February 2021, the NCB seized 681.8 kg of ganja in the Ranga Reddy district of Telangana. Eight accused were arrested and charged with drug traf-

ficking. A local court sentenced them to 10 years in prison.

In September 2021, the NCB intercepted a truck in Seoni, Madhya Pradesh and seized 152.665 kg of ganja. Four people were arrested and sentenced by a special court to 15 years of rigorous imprisonment.

In July 2020, the NCB seized 1,301 kg of ganja from a truck between Plassey and Krishnanagar in West Bengal. Two accused were arrested and charged with drug trafficking and one of them was sentenced for 15 years of imprisonment.

"These convictions exemplify the NCB's dedication to ensure successful prosecution of its cases filed before courts," the release said.

The home ministry said under the guidance of Shah, the NCB is working relentlessly to realise the prime minister's vision of a drug-free India by 2047.

Five killed in collision between two motorcycles in Agra

AGRA, Mar 2 (Agencies): Five people were killed in a collision between two motorcycles here, police said on Sunday.

The accident occurred late Saturday night when a bike carrying four persons collided with another motorcycle carrying two riders, they said.

According to police, the victims on the first motorcycle have been identified as Bhagwan Das (35), Vakil (35),

Ram Swaroop (28), and Sonu (30)-all residents of the Saiyan area. They were returning home from a wedding when the crash took place.

"The four were returning home around 10 pm on Saturday on a Splendor motorcycle when it collided with an approaching Bullet bike," said Ram Lakhan, a relative of one of the deceased.

The impact proved fatal for all four riders on the Splendor, while



17-year-old Karan, who was riding the Bullet, also succumbed to his injuries.

The other Bullet rider, Kishanveer, sustained critical injuries and is currently undergoing

treatment at a private hospital. His condition remains serious.

Inspector (Crime) Rajveer Singh of Kagarol police station confirmed the fatalities, stating, "Five people have died in the accident, and their bodies have been sent for post-mortem."

The injured is receiving treatment at a private hospital. A detailed investigation into the incident is underway."

Minor girl raped, forced to undergo abortion; accused man, doctor arrested



THANE, Mar 2 (Agencies): Mumbai police have arrested a 29-year-old man for allegedly raping a 17-year-old girl and forcing her to have an abortion using fake documents in Thane district in Maharashtra, officials said on Sunday.

The aborted fetus, which was buried at a crematorium in Ulhasnagar, has been exhumed for further investigation. A doctor who provided medicine to terminate the minor's pregnancy has also been arrested.

According to Ulhasnagar central police station's senior inspector Shankar Avtade, "The victim and the accused man were neighbors in Ulhasnagar. In July last year, the accused lured the victim to his home under the pretext of having dinner,

while his wife, children, and parents had gone to their native village and allegedly raped the minor multiple times and threatened to kill her if she told anyone, the official said.

The victim later discovered she was pregnant. When she informed the accused, he gave her abortion pills provided by a private doctor, he added.

The official went on to say that when the initial abortion attempt failed, the accused's wife, mother, and mother-in-law allegedly conspired to force the victim, who was seven months pregnant, to have an abortion last month. While the victim's parents were away, she was taken to a hospital. The accused provided false identification and age details of the victim,

and doctors advised an abortion. The abortion was then performed at a civic hospital in Kalyan.

The accused's wife and mother then quickly buried the fetus at a crematorium in Ulhasnagar, he said.

The crime came to light on February 23 when the victim told her mother about the incident after she returned from her village. Following this, the victim's family filed a complaint at Ulhasnagar Central Police Station.

The police arrested the accused man on February 25. On Saturday night, they also arrested the private medical practitioner who allegedly provided the abortion pills initially, the official said. Meanwhile, four other accused, all women, involved in the crime have not yet been arrested.

The accused have been charged under the Bharatiya Nyaya Sanhita sections for rape, forced abortion, concealing evidence, and provisions of the Protection of Children from Sexual Offences (POCSO) Act, the official said.

Girl, 17, sets self on fire 'out of shame' after assault by neighbour in UP

LUCKNOW, Mar 2 (Agencies): A 17-year-old girl set herself on fire after allegedly being assaulted by a neighbour at her home in Lucknow's Malihabad area. She has been admitted to the civil hospital in critical condition, police said on Sunday. According to officials, the accused, identified as 23-year-old Rahul, allegedly entered the girl's house while she was alone and assaulted her.

The victim's family claimed that Rahul fled when she raised



an alarm. Distraught by the incident, the girl set herself ablaze "out of shame," the family mentioned.

Deputy Commissioner of Police (DCP) Lucknow, Vishwajeet Shrivastava, stated that a case has been regis-

tered against Rahul, and efforts are underway to apprehend him.

"On the basis of the complaint, FIR No. 56/2025 has been registered under sections 333/74/107/62 of the Bharatiya Nyaya Sanhita (BNS) and sections

7/8 of the POCSO Act at Malihabad police station. Further legal action is being taken, and the accused is being taken into custody," the DCP said.

The girl's father, who works as a private driver, said that he and his wife had gone to the hospital due to his ill health, leaving their daughter alone at home.

During this time, Rahul, a resident of their village, allegedly entered the house and assaulted her. Enraged and traumatised, the girl set herself on fire.

Israel supports a US proposal to extend Gaza ceasefire's first phase; Hamas wants Phase 2

Officials from Israel and mediators Qatar, Egypt and the United States have been involved in negotiations on starting the ceasefire's second phase in Cairo.

CAIRO, Mar 2 (Agencies): Israel's government said early Sunday it supports a proposal to extend the first phase of the ceasefire in Gaza through Ramadan and Passover, though Hamas has insisted on negotiating the truce's second phase instead.

The statement by Prime Minister Benjamin Netanyahu's office came minutes after the first phase ended, and as talks have begun on starting the second phase that's aimed at ending the war and seeing all remaining living hostages in Gaza returned home.

The statement gives new details on what Israel described as a U.S. proposal: A ceasefire extension through Passover, or April 20. On the first day, half the hostages, alive and dead, would be released. The rest would be released if agreement is reached on a permanent ceasefire.

The statement said it was proposed after U.S. envoy Steve Witkoff got "the impression that at this stage there was no possibility of bridging the positions of the parties to end the war, and that more time was needed for talks on a permanent ceasefire."

There was no immediate comment from Hamas, which earlier rejected an Israeli proposal to extend the ceasefire's first phase by 42 days — doubling its length — saying it goes against the truce agreement, according to a member of the group who requested anonymity to discuss the closed-door negotiations.

Officials from Israel and mediators Qatar, Egypt and the United States have been involved in negotiations on starting the ceasefire's second phase in Cairo. But Basem Naim, a member of Hamas' political bureau, told The Associated Press there had been "no progress" before Israeli negotiators returned home on Friday. Hamas did not attend, but its position has been represented through Egyptian and Qatari mediators.

Under the ceasefire deal's terms, fighting should not



resume while negotiations are underway on phase two.

Israel's new statement says it can return to fighting "if it believes that the negotiations are ineffective," and it noted Hamas' refusal to accept the proposal for an extension of the first phase.

However, "if Hamas changes its position, Israel will immediately enter into negotiations on all the details of the Witkoff plan," the statement says.

Before Israel's new statement, an Egyptian official involved in the talks spoke on condition of anonymity to discuss the negotiations. The official said Hamas, Qatar and Egypt wanted to continue with the existing ceasefire deal, and they rejected Israel's proposal to extend the ceasefire for four weeks with a release of hostages every Saturday without officially entering negotiations on the second phase.

The Egyptian official said the U.S. wants to start negotiations on the second phase but called for hostage releases during the negotiations. Hamas insisted on a full implementation of the ceasefire terms.

The first phase, which paused 15 months of fighting in Gaza, saw the release of 33 hostages, including eight bodies, in exchange for nearly 2,000 Palestinian prisoners. Hundreds of thousands of people returned home to northern Gaza, aid into the territory increased and Israeli forces withdrew to buffer zones.

Hamas started the war with its Oct. 7, 2023, attack that left 1,200 dead in Israel, mostly civilians, and took some 250 hostages. Since then, Israel's military offensive has killed more than 48,000 Palestinians, according to Gaza health officials, who do not differentiate between civilian and combatant deaths but say more than half the dead have been women and children.

According to Israel, 32 of the 59 hostages still in Gaza are dead.

The two sides agreed to the three-phase ceasefire deal in January. Talks on the second phase were meant to start the first week of February. Israelis rallied Saturday night to urge their government to continue the deal.

Hamas has reaffirmed its "full commitment to implementing all its terms of the agreement in all its stages and details" and called on the international community to pressure Israel to immediately proceed to the second phase.

Other challenges complicate the ceasefire's future. Israel has said Hamas cannot be involved in governing Gaza after the war. Netanyahu has also ruled out any role in Gaza for the West-ern-backed Palestinian Authority, dominated by Hamas' main rival, Fatah.

Hamas leader Mohamed Darwish on Saturday reiterated the group is willing to hand over power to a Palestinian national consensus government or an Egypt-proposed body of tech-

nocrats not aligned with Hamas or Fatah. His comments came in an open letter to next week's summit of Arab leaders in Cairo. Hamas has dismissed Israel's suggestion that its leadership go into exile.

Ramadan in Gaza

In Gaza's southern city of Rafah, AP video showed a long table set for the breaking of the day's Ramadan fast, snaking through the ruins and lit by strings of lights as the sky darkened.

War-weary Palestinians marked the first day of the holy month with fasting and more worries.

"Today there is a lot of goodness, but there is no money," said Huda Matar about the skyrocketing prices, even though more food and other staples are available compared with last year.

"May God have mercy on us and restore reconstruction quickly," said Rafah resident Fatima Abu Helal.

Netanyahu's office said last week that mediators were "also discussing ways to enhance the delivery of humanitarian aid to the Gaza Strip, as part of efforts to alleviate the suffering of the population and support stability in the region."

The U.N. food agency said on social media it reached 1 million Palestinians across Gaza during the deal's first phase.

"The ceasefire must hold," the World Food Program said. "There can be no going back."

New video of hostages

Hamas published video footage Saturday showing a group of hostages, including two brothers embracing before one of them was released from Gaza.

The video, filmed under duress, was likely taken before Feb. 15, when Iair Horn was released and left his brother, Eitan, behind. The faces of what appear to be other hostages are blurred.

"I am very happy that my brother will be released tomorrow, but this is not logical in any way to separate families," Eitan says. "Sign the second and third phase. enough of war."

Pakistan: PML-N leader slams Imran Khan over his article in US magazine



ISLAMABAD, Mar 2 (Agencies): The Pakistan Muslim League-Nawaz (PML-N) leader Irfan Siddiqui criticised former Pakistan Prime Minister Imran Khan over his article in the US magazine Time, terming it a calculated attempt to damage global standing of Pakistan, The Express Tribune reported.

Pakistan Senator Irfan Siddiqui termed Imran Khan's article misleading and irresponsible, accusing the former Pakistan PM of distorting facts to serve his political narrative at the cost of the country's reputation. He condemned the article, stressing that it was a deliberate and reprehensible effort to tarnish global reputation of Pakistan, The Express Tribune reported.

In a post on X, Siddiqui wrote, "Imran Khan's article published in the American magazine 'Time' is a highly condemnable attempt to smear Pakistan on the face of the world. By making baseless allegations against the government, judiciary, armed forces and all other institutions, the situation in Pakistan has been described as

a "black era." He further stated, "The article also makes a false, incorrect and baseless claim that during the negotiation process, he (Imran Khan) was offered house arrest after being taken out of Adiala Jail. He was not offered any such offer at any stage. It would be better if Imran Khan told who made this offer to him and when?"

In his article in the Time magazine, Imran Khan called the charges against him "politically motivated" and stressed that it was "an attempt to silence my fight for democracy." He noted that the destabilised Pakistan threatens regional security, disrupts trade, and weakens global democratic values and highlighted the need for the world to recognize the urgency of this crisis.

He said that his party Pakistan Tehreek-e-Insaf (PTI) and its supporters have witnessed a brutal crackdown over the past year. According to him, international rights groups and the United Nations have documented arbitrary detentions and politically driven trials in military courts.

In his article in the

Time magazine, Imran Khan accused the Pakistan military of diverting military resources for campaign of vengeance against political opponents such as PTI instead of addressing critical security threats. He said that Pakistan's judiciary has been reduced to what he sees as a "tool of political persecution." PTI founder claimed that parliament has been reduced to what he and his party "views as a rubber stamp for authoritarian policies."

Earlier in February, former Pakistan Prime Minister Imran Khan had requested hearing of his cases in the open court. Imran Khan had filed a petition before the Islamabad High Court, saying multiple 'false' cases have been registered against him and his trial was being conducted in the 'controlled' environment of Adiala Jail, Dawn reported.

In the petition, Imran Khan said that his trial in the Adiala Jail was being conducted in violation of law and the Constitution. It also said that his lawyers were being harassed. The petition said that Pakistan Tehreek-e-Insaf (PTI) founder Imran Khan since his arrest in 2023 has never been presented before an open court and his trials have been conducted in makeshift courts in the prison.

In the petition, it was said that the jail administration did not permit international media to cover the trial proceedings and only a handful of reporters were permitted to be present during the proceedings. The petition urged the court to issue order for conducting Imran Khan's open trial to ensure fair trial as mentioned in the constitution.

Donald Trump signs executive order designating English as official language of US

WASHINGTON, Mar 2 (Agencies): US President Donald Trump has designated English as the official US language in an executive order signed. The order repealed the former US President Bill Clinton's executive action that improved access to services for people with limited English proficiency.

The executive order issued by Trump states, "From the founding of our Republic, English has been used as our national language. Our Nation's historic governing documents, including the Declaration of Independence and the Constitution, have all been written in English."

"It is therefore long past time that English is declared as the official language of the United States. A nationally designated language is at the core of a unified and cohesive society, and the United States is strengthened by a citizenry that can freely exchange ideas in one shared language," it added.

According to the order, establishing English as the official language



will not only streamline communication but also reinforce shared national values, and create a more cohesive and efficient society. The order has been issued to promote unity, cultivate a shared American culture for all citizens, ensure consistency in government operations, and create a pathway to civic engagement.

The order states, "In welcoming new Americans, a policy of encouraging the learning and adoption of our national language will make the United States a shared home and empower new citizens to achieve the American dream."

"Speaking English not

only opens doors economically, but it helps newcomers engage in their communities, participate in national traditions, and give back to our society. This order recognizes and celebrates the long tradition of multilingual American citizens who have learned English and passed it to their children for generations to come," it added.

According to the order, US Attorney General Pamela Bondi shall rescind any policy guidance documents issued pursuant to Executive Order 13166 and provide updated guidance, consistent with applicable law.

UAE sends Zayed Humanitarian Ship 7 to aid Gaza as part of Operation Chivalrous Knight 3

ABU DHABI, Mar 2 (Agencies): As part of the UAE's ongoing humanitarian efforts, the Zayed Humanitarian Ship 7 has set sail from Hamriyah Port in Dubai, heading towards Al Arish, Egypt.

This initiative is part of Operation Chivalrous Knight 3, aimed at supporting the Palestinian people in Gaza, coinciding with the Holy Month of Ramadan.

The ship carried 5,820 tonnes of humanitarian aid, including food supplies, medicines, medical equipment, and



shelter materials, to help alleviate the suffering of the Palestinian people amid dire humanitarian conditions.

This initiative aligns with the UAE leadership's directives, reaffirming the country's steadfast humanitarian

commitment to providing aid and relief to those in need.

Several humanitarian organisations are contributing to this effort, including the Emirates Red Crescent, the Zayed bin Sultan Al Nahyan Charitable and Humanitarian Foundation, the Khalifa bin Zayed Al Nahyan Foundation, the Fujairah Charity Association, the Dar Al Ber Society, the Saqr bin Mohammed Al Qasimi Foundation for Charity and Humanitarian Work, Hamad bin Mohammed Al Sharqi

Charity and Humanitarian Foundation, Sharjah Charity International, International Charity Organisation, the Easa Saleh Al Gurg Charity Foundation, Al Etihad Charity Foundation, and the Al Ihsan Charity Association.

The dispatch of this aid-laden ship is part of a series of UAE-led humanitarian initiatives aimed at providing urgent relief to Palestinians, underscoring the country's unwavering commitment to humanitarian causes across the region.

US court rules head of watchdog agency must keep his job

WASHINGTON, Mar 2 (Agencies): The head of a federal watchdog agency must remain in his job, a judge in Washington has ruled, saying President Donald Trump's bid to remove the special counsel was unlawful.

US District Judge Amy Berman Jackson sided with Hampton Dellinger, who leads the Office of Special Counsel, in a legal battle over the

president's authority to oust the head of the independent agency that's likely headed back to the US Supreme Court.

Dellinger sued Trump last month after he was fired even though the law says special counsel can be removed by the president "only for inefficiency, neglect of duty, or malfeasance in office".

Jackson, who was



nominated to the bench by Democratic president

Barack Obama, quickly reinstated Dellinger in

the job while he pursued his case.

The ruling comes as Dellinger is challenging the removal of probationary workers who were fired as part of the Trump administration's massive overhaul of the government. A federal board halted the terminations of several probationary workers after Dellinger said their firings may have been unlawful.

Hike in KCC limit big boon to farmers: Balbir

Top News Report

JAMMU, Mar 2: The Union Government has announced an increase in the credit limit under the Kisan Credit Card (KCC) scheme in the 2025 budget.

This move is expected to provide much-needed financial support to farmers, helping them meet rising input costs, improve productivity, and enhance their overall income.

Balbir Ram Rattan, Spokesperson, Jammu and Kashmir BJP & former Vice Chairperson, said this, while terming this decision of Narendra Modi government as a big boon to farmers.

He said that the enhanced KCC limit will allow farmers to access higher credit at affordable interest rates, ensuring better cash flow for purchasing seeds, fertilizers, machinery, and other essential agricultural inputs. The increase in credit will also support allied agricultural activities such as dairy, fisheries, and poultry, promoting diversification in rural incomes.

Balbir Ram Rattan said that under the



revised scheme, the credit limit for KCC holders has been significantly increased from rupees three lakh to five lakh, addressing the concerns of farmers who face difficulties due to limited access to funds. The decision aims to ease financial stress and reduce dependence on informal lenders who often charge exorbitant interest rates.

He stated, "the hike in the KCC limit is an appreciable decision that will empower farmers to invest more in modern farming

techniques and enhance productivity. This will not only benefit individual farmers but also contribute to the overall growth of the agricultural sector".

The increased credit facility can now help farmers to meet their input costs, including seeds, fertilizers, pesticides, and irrigation, Balbir said, adding that the farmers can access credit at significantly lower rates compared to informal borrowing.

Balbir further said that the move encourages investment in dairy, fisheries, and poultry, ensuring additional income sources for rural households.

Now the farmers can avoid high-interest private loans and adopt advanced agricultural techniques, improving efficiency and yields.

This enhanced KCC limit aligns with the government's vision of doubling farmers' income and strengthening the rural economy. By ensuring timely credit access, the scheme will play a crucial role in boosting agricultural output and improving the livelihood of millions of farmers.

SNM organises blood donation camp

JAMMU, Mar 2: Under the guidance of Satguru Mata Sudiksha Ji Maharaj, the Sant Nirankari Mission (SNM) on Sunday organized hundreds of voluntary blood donation camps across India and Abroad in a Year.

In this regard Sant Nirankari Mission's Branch Muthi Rakwalan Organised a voluntary Blood Donation Camp at Sant Nirankari Sat-sang Bhawan Muthi Rakwalan. Devotees from Branch Hariachak, Dayalchak and Mar-heen also participated in this camp. A total of 122 Units of blood donated in this camp.

The Camp was inaugurated by Rajeev Jasrotia MLA Jasrota Constituency District Kathua. While speaking on the occasion he said, "Today, I feel truly honoured to be a part of this noble initiative organized by the Sant Nirankari Mission. Their unwavering com-

mitment to the cause of humanity, especially in the field of blood donation, is truly commendable. The Sant Nirankari Mission has been at the forefront of this noble cause for decades, organizing blood donation camps across the country and ensuring that no life is lost due to a shortage of blood. This is a tremendous contribution to society, and I wholeheartedly congratulate the Mission for its dedicated efforts. I would also like to extend my sincere appreciation to the organizers of today's camp, who have worked tirelessly to make this event a great success."

Ajit Singh Zonal Incharge Sant Nirankari Mission Jammu said that this initiative reflects the Mission's belief that "Blood should flow in veins, not in drains."

Blood donation is one of the greatest acts of service to mankind. It knows no boundaries of caste, religion,

or status—it is a gift of life that strengthens the bonds of humanity.

The followers of the Mission believe that serving humanity is the true worship of God, and donating blood is one of the purest forms of service.

Tarsem Lal Mukhi Muthi Rakwalan welcome the Chief Guest and donors presented on the occasion.

Other dignitaries presented on the occasion were Dr. Surnidhar Attri Principal GMC Kathua, Dr. Sonia Incharge Blood Bank GMC Kathua, Dr. Zulfikar Ahmad Consultant and Dr. Ifa from Blood Bank GMC Jammu, Babu Ram Ji Sanyojak Kathua, Sat Pal Nirankari Khetriya Sanchalak Kathua.

The camp was held in collaboration with Blood & Transfusion Department of Govt. Medical College Jammu, Govt. Medical College Kathua, Sub-District Hospital Nagri and JKACS.

Workshop held on Advanced and Innovative Adhesives under IIC, SMVDU



gies in Construction" by Jeewan Joshi, Senior Training Technical Manager, North, from Pidilite Industries Ltd.

Following this, Navneet Mishra, Manager at Pidilite Industries Ltd., spoke about "Innovative Pidilite Solutions for Modern Construction."

The event concluded with an engaging Live Demonstration of Pidilite Products, where participants witnessed the application and benefits of advanced adhesive solutions in real-world scenarios.

The workshop provided an enriching experience for attendees, equipping them with practical knowledge of innovative construction materials and sustainable practices.

The Institute Innovation Council (IIC) at SMVDU continues to foster industry-academia collaborations, ensuring students remain at the forefront of emerging trends in architecture and construction technology. The event concluded with a vote of thanks delivered by Ar. Navin Gupta.

Power outages affecting all aspects of life in both border & rural areas: Kesri

Top News Report

ARNIA, Mar 2: The smart city project has been a total failure on the part of the government. Despite the installation of smart meters and regular payment of dues, there is no relief for common people, as the issue of prolonged and unscheduled power outages remains stagnant especially border and rural areas. Residents are grappling with daily routines due to inadequate power supply while the authorities remain indifferent towards this issue, as they fail to do their job rightfully.

This was stated by Shiv Sena Hindustan J&K President Pt Rajesh Kesri while addressing media persons in Arnia area on Sunday. Power cuts are a critical issue that needs to be immediately addressed by the authorities, as it is causing a lot of distress to both individuals and businesses. These power outages are affecting all aspects of life, including education, which is a critical concern. Kesri presses for a reliable and efficient power supply system to mitigate the hardships faced by the residents, especially students, in these areas.

Kesri observed that people of Jammu district, particularly in the border areas, are shocked and dismayed by the frequent unscheduled power cuts. These power outages are causing immense hardship and disruption to their daily lives. Power cuts causes disruption of educational activities, affecting students' studies and exams, inconvenience to businesses, hospitals and other essential services.

Kesri further said that unscheduled power cuts also results difficulty in accessing basic necessities like water and communication, increased risk of accidents and security breaches due to lack of lighting besides negative impact on the overall quality of life and economic development of the area. The residents are demanding a reliable and efficient power supply system to address these issues and ensure a better standard of living.

Despite the installation of smart meters, the government has failed to deliver on its promise of providing 24x7 power supply to the residents of Jammu district, particularly in the border areas. The frequent unscheduled power cuts have left the people frustrated and disappointed, added Kesri.

Kesri claimed that installation of smart meters was supposed to bring efficiency and reliability to the power supply system, but it seems that the underlying infrastructure and supply chain issues have not been adequately addressed.

The government's inability to provide a consistent power supply has significant implications for the daily lives of residents, including disruption of businesses and economic activities, impact on healthcare and emergency services, inconvenience to households and daily life and negative impact on education and student productivity.

Top News Report

KATRA, Mar 2: Shri Mata Vaishno Devi University (SMVDU), Katra, hosted a workshop under the Institute Innovation Council (IIC) at the School of Architecture & Landscape Design.

The event aimed to provide students and professionals with insights into advanced construction materials and techniques, with a focus on adhesives and sustainable solutions.

The workshop was divided into two sessions – morning and afternoon – featuring distinguished industry experts who shared their knowledge and expertise.

The event commenced with a welcome address by Ar. Abhinay Gupta, Head of Department, School of Architecture & Landscape Design,

SMVDU, followed by the introduction of resource persons by Ar. Aditi Sharma.

The morning session commenced with an insightful session by Gourav Choudhary, Plant Manager, on "Tile Fixing Adhesives and Ready Plaster for Walls and Roofs."

This was followed by Virinder Khosla from Permafixer Corporation, who delivered a talk on "Overview of Permafixer Corporation & Sustainability in House Construction."

A highlight of the morning was the hands-on workshop and live demonstration of Tile Fixing Adhesive Application, where participants got practical exposure to modern adhesive technologies in construction.

The afternoon session resumed with a lecture on "Advanced Adhesive Technolo-

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CM Omar Abdullah chairs meeting of coalition partners ahead of budget session in Jammu

already been decided and it was also a big hurdle in the way," he said.

Mir hoped that the budget being presented by the government will address the popular public issues and will also lay the foundation for the implementation of the manifesto during the financial year 2025-26.

He said the government has already passed a resolution for restoration of statehood in the last session held in Srinagar and so the delay is from the BJP-led central government which has made repeated promises to the people of J&K on the subject.

"When the prime minister chaired the All Party Meeting of J&K leaders (in June 2021), we were all witness to his statement that reorganization will be followed by delimitation, elections and then restoration of statehood. The centre should have fulfilled its promise after the formation of the popular government in J&K but the delay is on their side," he said.

Mir said the Congress has been repeatedly saying that restoration of statehood was the biggest issue during last year's assembly elections and "INDIA alliance is committed to it. Cong being the largest party in the INDIA bloc has already made it clear in their working committee meeting and during the election campaigns."

Asked about PDP planning

to introduce bills to push for the prohibition of alcohol and seek regularization of property rights of residents on public land, he said it is up to the house to decide on such bills.

"It is also a matter of thought that when they were in power with BJP why they did not introduce such bills. The government is more concerned about the issues raised in the election manifesto for which the people voted for it," he said.

J&K Tourism CAPEX Budget: Mudgal for optimal fund utilization

deadlines to maximise the impact of investments in the tourism sector.

She directed the officials to identify high-impact projects capable of significantly boosting tourism revenue and employment generation. Mudgal also emphasized the importance of inter-departmental coordination to resolve bottlenecks, expedite approvals, and ensure seamless execution of projects.

She instructed the officers to establish a robust monitoring mechanism to ensure accountability and efficiency in implementing tourism-related initiatives.

Two associates of USA-Based gang arrested in Jalandhar for killing J&K Police SI

with the killing... pic.twitter.com/

VFGfCvymVx — DGP Punjab Police (@DGP-PunjabPolice) March 2, 2025
Punjab Director General of Police (DGP), Gaurav Yadav, said that the accused duo were arrested after a long chase and cross-firing.

"In a major breakthrough, Jalandhar Commissionerate Police apprehends 2 associates (Sukhwinder @Sukha and Harpreet) of #USA based Sonu Khatri Gang after a long chase and cross-firing and recovers 2 sophisticated weapons," DGP Yadav said in a post on X.

"Arrested accused were wanted in connection with the killing of Jammu and Kashmir Police Sub-Inspector Deepak Sharma on April 2, 2024," he added.

DGP Yadav further said that the arrest of the accused "prevented 3 potential murders."

Two minor girls found dead in Samba; Boy dies in road accident in Jammu

Jammu. The boy was on the two-wheeler driven by his father, they said and added that he died on-the-spot, while his father sustained injuries and was hospitalized.

Three drug peddlers arrested in Srinagar

through official helpline number 9596770550. Together, we can build a safer and healthier Srinagar.

We assure the public that the police will take strict action against offenders in accordance with the law.

JKCSF expresses serious concern over worsening water crisis, ecological degradation, other issues in Gulmarg belt

movement of smoke-emitting diesel vehicles has significantly harmed the air quality and natural environment. To protect the region and provide employment, we propose a complete ban on smoke-emitting vehicles on this route, subsidized electric vehicles for local youth, enabling them to run transport services.

They said this initiative will preserve the environment by reducing pollution, and create employment opportunities for local youth who have historically played a key role in maintaining the region's cleanliness and order.

The forum appealed to Omar Abdullah-led government to intervene and push for a government-backed subsidy scheme that allows local youth to purchase and operate electric vehicles, keeping employment within the local community.

On snow-clearance mechanism, the forum said the use of de-icing chemicals to clear snow from roads is harming trees, soil, and water sources. While road maintenance in winters is essential, it must not come at the cost

of ecological destruction. They demanded mechanical snow clearance instead of toxic chemicals. The forum continued that use of tree-friendly compounds that do not degrade soil and plant health. If such harmful practices continue, Gulmarg's fragile ecosystem will suffer irreversible damage.

Coming to tourism and employment, the forum added that the issue needs a sustainable approach. They said Gulmarg's economic future depends on tourism and water resources, not agriculture. Without strict regulation, both will collapse under environmental stress. The government must regulate tourist inflow to prevent ecological overburden, promote eco-tourism and sustainable tourism policies, improve waste management systems to prevent pollution, etc. Additionally, local youth must be prioritized for employment opportunities related to tourism and environmental conservation.

JKCSF and JKPUF demanded immediate action to ban further water extraction from Nallah Ferozpora and restore lost water flow, declare Tangmarg-Gulmarg road a 'No-Smoke Zone' and implement a subsidy scheme for local youth to operate electric vehicles, stop the use of harmful chemicals in snow clearance to protect forests and water resources, and adopt sustainable tourism policies to ensure long-term ecological and economic stability.

The statement added that failure to act now will push Gulmarg and Tangmarg toward an irreversible ecological and economic crisis.

District Hospital Shopian leads in

NHM hospital rankings

while MCCH Anantnag and District Hospital, JLNm are among the bottom five performing District Hospitals as per the rankings released by the National Health Mission (NHM) J&K.

The NHM J&K on Saturday released the rankings of Public Health facilities on Hospital Management Information System (JK-Sahaj) for the month of January 2025.

For the third straight month, District Hospital Shopian has retained its position as the top performing facility.

ASVM District Hospital Budgam secured second rank followed by District Hospital Ganderbal.

"DH Shopian has introduced new lab tab tests and now more patients choose to visit the facility over private hospitals", said an official at the hospital.

He said that the patient footfall had significantly increased over the last few months. According to the official, there has been a decline in the patient referrals as well.

The top five bottom performing district hospitals include MCCH Anantnag, District Hospital JLNm, Raja Sukhdev Singh District Hospital Poonch, District Hospital Kulgam and District Hospital Ramban.

In the category of top performing Associated Hospitals, GMC Kathua secured the first rank followed by GMC and AH Rajouri.

CHC Mendhar topped the list of top performing Community Health Centres (CHCs) in Jammu and Kashmir while BHQ, while CHC Langate was among the five bottom performing CHCs.

India to remain fastest growing major economy with 6.5% growth in FY26: IMF

India's strong economic performance, the IMF said, provides an opportunity for the country to advance critical and challenging structural reforms to realise the ambition of becoming an advanced economy by 2047.

NEW YORK, Mar 2 (Agencies): Multilateral financing agency International Monetary Fund (IMF) has said that India will retain its position as the fastest-growing major economy by clocking a GDP growth of 6.5 per cent in 2025-26, on the back of robust private investment and macroeconomic stability.

India's strong economic performance, the IMF said, provides an opportunity for the country to advance critical and challenging structural reforms to realise the ambition of becoming an advanced economy by 2047.

"Real GDP is expected to grow at 6.5 per cent in 2024-25 and 2025-26, supported by robust growth in private consumption on the back of sustained macroeconomic and financial



stability.

According to the second advance estimate released by the Indian government, the country's economy is expected to clock a growth rate of 6.5 per cent during 2024-25. "Headline inflation is expected to converge to target as food price shocks wane," the IMF said after Article IV con-

sultations with India.

The IMF statement also underlined the need for deeper implementation of structural reforms to boost private investment and employment, and push growth.

"...comprehensive structural reforms are crucial to create high-quality jobs, invigorate investment, and unleash higher potential

growth. Efforts should focus on implementing labour market reforms, strengthening human capital, and supporting greater participation of women in the labour force," it added.

Boosting private investment and FDI, the IMF statement said, was vital and would require stable policy frameworks, greater ease of doing

business, governance reforms, and increased trade integration. These would include both tariff and non-tariff reduction measures.

It further said that despite recent moderation, India's economic growth has remained robust, with GDP growth of 6 per cent y-o-y in the first half of 2024-25. Inflation has broadly declined within the tolerance band of the Reserve Bank (of 2 to 6 per cent), though food price fluctuations have created some volatility, the statement said.

The financial sector, it added, has remained resilient, with non-performing loans at multi-year lows. Fiscal consolidation has continued, and the current account deficit has remained well contained, supported by strong growth in service exports.

Municipal bond market has potential to jump tenfold to Rs 30,000 crore by FY34

MUMBAI, Mar 2 (Agencies): The municipal bond market, despite many a push, is still at a nascent Rs 3,000 crore but has the potential to grow tenfold to reach Rs 30,000 crore by FY34, according to a Care Ratings analysis. This can go a long way to bridge urban infrastructure financing since the municipal bond market is receiving heightened attention as urban local bodies integrate debt issuances into their capital budgeting plans. The agency's optimism comes from the budget 2025 push for urban infra building through a Rs 1-trillion urban challenge fund towards financing the incremental urban infrastructure requirement. The initial outlay is Rs 10,000 crore for fiscal 2026.

Between 2017 and 2024, municipalities raised Rs 3,000 crore through municipal bonds, with one-third of that in FY24 alone,

most of which from established issuers. However, several first-time issuers are now planning bond offerings. Municipalities can raise an additional debt of Rs 30,000 crore by FY34, says the agency.

Civic bodies have primarily financed their capital expenditure from their revenue sources besides grants from the state and the Centre. On the other hand, municipal revenue sources are limited, forming just over 1% of the national GDP and recording annual growth of 15% between fiscals 2021 and 2024. This is because state-level policies and limited autonomy curb their abilities to raise taxes and user charges, resulting in inadequate cost recovery and impeding revenue growth.

An analysis of 30 key municipal corporations (metros, tier 1 and tier 2 cities) shows they generate 65% of their revenue, of which property tax alone contributes

60%. These 30 municipal corporations have outstanding debt of Rs 13,000 crore as of March 2024, of which bonds are just 18%. Additionally, municipal bonds represent around 0.06% of the total outstanding corporate bond issuances as of September 2024. But only five of these 30 largest municipalities had revenue deficits.

But the country is undergoing an unprecedented jump in urban population, growing from around 28% in 2004 to around 36% in 2024 and projected to reach 40% by 2036. This requires not only enhancing civic infrastructure but also developing new facilities such as roads, drinking water supply, sewage disposal, solid waste management, street lighting, public health services, schools and hospitals and other public amenities among others.

Key protein identified for treating Alzheimer's disease: Study

COLOGNE, Mar 2 (Agencies): A team of researchers from the University of Cologne has made an important contribution to understanding the role of the tau protein in Alzheimer's disease.

Using human induced pluripotent stem cells (iPSCs), the international team demonstrated that a specific variant of the tau protein, known as the 1N4R isoform, mediates the harmful effects of protein clumping in human brain cells.

The study was led by Dr. Hans Zempel from the Institute of Human Genetics, who is also a group leader in the Career Advancement Program (CAP) at the Center for Molecular Medicine Cologne (CMCC) of the University of Cologne and University Hospital Cologne.

If a person suffers from Alzheimer's dis-

ease, certain proteins accumulate in brain cells, forming clumps that restrict normal cell function or even cause the cell to die.

Dr Buchholz and Dr Zempel's team have used state-of-the-art techniques such as CRISPR/Cas9 gene editing and live-cell imaging in human induced pluripotent stem cells (iPSCs) to demonstrate that the 1N4R tau isoform is responsible for the pathological effects on the cell. iPSCs are human stem cells that are generated from other cells.

For example, skin cells can be reprogrammed into iPSCs and then transformed into brain cells (neurons). The researchers tested different forms of the tau protein by expressing them specifically in nerve cells. This allowed them to analyse how each protein isoform

affects the cell.

According to Dr Sarah Buchholz, first author of the study, "this study represents a significant advance in helping us to understand the mechanisms of Alzheimer's disease. By identifying 1N4R tau as a key protein, we have discovered a potential new target for future treatments."

The study's interdisciplinary approach not only helps to better understand Alzheimer's disease but also demonstrates the importance of human cell models in neurodegenerative research. Further studies are needed to translate the results of this study into clinical application, in particular to validate the results in adequate animal models and to develop specific therapeutics that will intervene in this process.

Mahindra overtakes Hyundai in February; becomes second largest carmaker in India

NEW DELHI, Mar 2 (Agencies): In a significant shift in the Indian automotive market, Mahindra & Mahindra (M&M) surpassed Hyundai Motor India (HMIL) in February 2025 to become the second-largest carmaker in the domestic market, according to monthly wholesales data reported by original equipment manufacturers (OEMs).

M&M's domestic wholesales for February stood at 50,420 units, marking a 19% year-on-year (Y-o-Y) growth. In contrast, Hyundai's domestic sales dropped by 4% Y-o-Y to 47,727 units. However, when including exports, Hyundai retained its position as the second-largest carmaker from India, with total February sales (domestic and exports) reaching 58,727 units compared to Mahindra's 52,386 units.

Rise
mahindra

Tata Motors secured the fourth position with domestic sales of 46,435 units, reflecting a 9% Y-o-Y decline.

Mahindra's rise to the number two spot in the domestic market is fueled by strong demand for its SUVs. While competitors struggle to maintain growth and offer heavy discounts on select models, most of Mahindra's products continue to enjoy robust demand. The automaker's electric-origin SUVs - the XEV 9e and BE 6—secured 30,179 bookings on the first day of opening.

The manufacturer of popular models like the Thar Roxx and Scor-

prio N has consistently reported double-digit monthly sales growth over the past year, even as the overall passenger vehicle (PV) industry grew by just 4.3% in the last calendar year. Between April 2024 and February 2025, M&M's domestic SUV sales grew by 20%, reaching 503,439 units.

"This strong performance is a result of the continued positive momentum for our SUV portfolio," said Veejay Nakra, President of the Automotive Division at M&M.

Hyundai, on the other hand, has seen fewer new launches recently. Its first domestically

built electric vehicle is based on its best-selling model Creta. Additionally, the carmaker's other top-selling SUVs, the Venue and Exter, are facing intense competition in their respective segments.

Despite these challenges, Hyundai remains optimistic about its future performance in the domestic market. "Despite geopolitical challenges, we remain optimistic that the proposed tax reforms in the Union Budget 2025 and improved liquidity will provide the much-needed demand boost to the market," said Tarun Garg, Chief Operating Officer at HMIL.

Maruti Suzuki India Limited (MSIL) maintained its dominance in the passenger vehicle market, with domestic sales exceeding the combined sales of the next three players. MSIL reported domestic PV sales of 160,791 units in February, a marginal increase from 160,271 units in the same month last year.

The company's exports for the month stood at 25,021 units, down from 28,927 units in February 2024. Notably, Maruti Suzuki crossed the 2 million total sales mark within the first 11 months of FY2025.

Toyota Kirloskar Motor (TKM) reported sales of 28,414 units in February 2025, a 13% Y-o-Y increase. Kia India also saw strong growth, with total sales rising 23.8% Y-o-Y to 25,026 units compared to 20,200 units in February 2024.

New study suggests effects of PTSD on body vary by culture

ARIZONA, Mar 2 (Agencies): According to the World Health Organisation, around 3.9 per cent of the global population has had post-traumatic stress disorder (PTSD) at some point in their lives. That figure is greater in the United States, at over 6 per cent.

Individuals can develop PTSD after experiencing or witnessing a traumatic event, which can endure for months or years. However, much remains unknown about this mental health problem. Anthropologists, social scientists, and veterans from Arizona State University and the Naval Postgraduate School are the first to study the link between cortisol and testosterone levels and PTSD in a non-industrialized community. This new study sheds more light on the PTSD puzzle.

Previous studies about PTSD and hormones have focused only on people living in Western or European industrialized societies.

They included people who suffered from different types of trauma like car crashes, assault and multiple deployments, according to Ben Trumble, a research scientist at the Institute of Human Origins and associate professor at the School of Human Evolution and Social Change.

The studies showed the majority of people diagnosed with PTSD had very little change in their cortisol levels throughout the day. Instead, the results showed "blunted" levels of cortisol and not the normal rise and fall patterns.

"In healthy men, hormones like testosterone and cortisol follow a pattern throughout the day," Trumble said. "Hormone levels are the highest just after waking up, and then decline rapidly. Levels are low throughout the day, and rise again at night."

The big question Trumble and colleagues wanted to answer was, would they see this same pattern in a non-industrialized population with people who suffered from the

same type of trauma?

"Our study is the first to examine associations between hormones (cortisol and testosterone) among the Turkana," Trumble said. "Turkana pastoralists experience a high degree of combat exposure, and 28% of men have symptoms of PTSD. Because nearly everyone gets exposed to combat, we can see if there are biological differences in hormones for those with PTSD and those without PTSD. So, in this case we can compare apples to apples and not apples to oranges."

"We did not find any difference in cortisol for Turkana warriors with a provisional PTSD diagnosis versus those without PTSD," said Michael Baumgarten, an Institute of Human Origins-affiliated graduate student and Army Ranger veteran. "Both groups of warriors had nearly identical cortisol patterns. Interestingly, Turkana men with PTSD had lower testosterone when they woke

up compared to those without PTSD."

"A more applied takeaway is to look at the results of this study and either retain or increase the level of skepticism one has of narratives that claim to have a crystal-clear picture of how human physiology responds to the stresses of combat -- especially if they are trying to sell you something," he said.

Being a livestock farmer, or pastoralist, in Kenya near South Sudan can be dangerous and deadly.

The Turkana are mobile pastoralists and engage in cattle raiding, said Matthew Zefferman, an assistant professor at the Naval Postgraduate School and U.S. Air Force veteran.

Zefferman spent half a year in the field with the Turkana during his postdoctoral fellowship at ASU.

"The Turkana in our study area, who raid other pastoralists, typically do so across the disputed border with South Sudan," he said. "They

travel by foot, often over 60 miles and engage in small and large raids. They are also raided by members of other pastoral groups. These raids can result in firefights and the death of family members, and the loss of animals. About half of adult male deaths in the study area is due to raiding."

Turkana warriors experience similar trauma from combat exposure during cattle raids. They also share similar cultural backgrounds and are the same gender. This differs from previous studies conducted where trauma and cultural background are different.

"It is interesting to see how the physiological response to trauma exposure can differ based on cultural environment," said Sarah Mathew, a research scientist at the Institute of Human Origins and associate professor at the School of Human Evolution and Social Change. "It suggests that we can't

answer basic questions about human biology by only studying industrialized populations."

Mathew's relationship with the Turkana since 2007 led to this project and many others, providing valuable information about non-industrialized cooperation, cultural norms and warfare.

While the study answers questions about hormonal regulation, there is still the question of why are the Turkana cortisol levels "normal" in those diagnosed with PTSD compared with Western populations?

The study sites many possible reasons including physical activity and cultural differences. The scientists say more research is needed.

A previous publication by Zefferman and Mathew stated that unlike soldiers of nation-state societies, "Turkana warriors are strongly endorsed by the whole community, have elevated status, perform culturally sanctioned

rituals after raids, and are deeply integrated with their corresponding civilian community.

"These longstanding cultural traditions of warriorhood may buffer them from some of the negative physiological responses to combat trauma."

Mathew and the others emphasize the importance of sharing their findings with the Turkana. The researchers have engaged with the community over several years, and discuss findings from this and other ongoing studies and what these findings mean for future research.

"We can only do this research because of the support and help of the people we do the research with -- the Turkana," Zefferman said. "We acknowledge that their willingness to work with us is what has allowed us to do this research with potential benefits to our society. "We go there at the grace of the people we work with."

Champions Trophy 2025: India eye top spot in Group A as they face New Zealand in their last group match

India will lock horns with New Zealand in their last group stage match in the ongoing ICC Champions Trophy at the Dubai International Stadium as they eye the top spot in Group A. This will also help settle up the semi-final permutations.

DUBAI, Mar 2 (Agencies): India will lock horns with New Zealand in their last group stage match in the ongoing ICC Champions Trophy at the Dubai International Stadium as they eye the top spot in Group A. This will also help settle up the semi-final permutations.

The match acts as a perfect tune-up, heading into the tournament's next stage.

It's the only two remaining teams to have won every match at the tournament doing battle and there's plenty to play for.

Recent form:
New Zealand: Similar to India, New Zealand is one of the in-form ODI teams in world cricket. They've already played eight One Day Internationals this year and only lost one of them, which was a dead rubber against Sri Lanka in a 2-1 series win in January.

Leading into the tournament, the Black Caps won all three Tri-Nation matches against Pakistan and South Africa. They also easily won both of their group stage encounters.



India: After their strong victory over Pakistan in Dubai, India has nine wins from ten white ball encounters this calendar year. While they can afford to drop this game, having already secured semi-finals qualification, knocking off a fellow tournament contender would have to feel good, as they move into the knockout stages.
Players in focus:
New Zealand: Michael Bracewell is unquestionably

in focus after his return of 4/26 off 10 overs against Bangladesh last start. He complemented the Kiwis' tall pace attack, taking advantage of Tigers batters targeting the slow bowling.
Bracewell only took the one wicket against Pakistan but only conceded 38 runs from his 10 overs in another economical display. The right-arm off-spinner's role against this fierce Indian batting dugout will prove pivotal.
India: Mohammed Shami

major inroads against Bangladesh, taking five scalps, before going wicketless against Pakistan.

It was the Indian spinners that did the damage against their subcontinent rivals, but if Shami can take care of New Zealand's top order with an early breakthrough or two, the spin brigade will smell blood in the middle overs.

Squads:
New Zealand: Mitchell Santner (c), Michael Bracewell, Mark Chapman, Devon Conway, Kyle Jamieson, Matt Henry, Tom Latham, Daryl Mitchell, Will O'Rourke, Glenn Phillips, Rachin Ravindra, Nathan Smith, Kane Williamson, Will Young, Jacob Duffy.

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

"Having stress-free approach...": Virat Kohli opens on being 'Dilli da munda'



DUBAI, Mar 2 (Agencies): Ahead of the last group stage match against New Zealand at Dubai International Stadium, former India skipper Virat Kohli opened up on being a "Dilli da munda" and said it means having a stress-free approach to life.

Kohli's unbeaten century against Pakistan in Dubai on Sunday propelled him to No. 5 in the ICC ODI rankings and made him only the third player to surpass 14,000 runs in 50-over cricket. Having already overtaken Ponting on the all-time run charts, Kohli is now just 149 runs away from second-placed Kumar Sangakkara. However, he remains 4,341 runs behind Sachin Tendulkar, who still tops the list.

"I don't know if I'm a prototypical Delhi da munda at all times. Being a Delhi da munda, the line in itself

kind of means having a stress-free approach towards things. New experiences in life went to a lot of places, so I wouldn't say that I'm out and out always a Delhi boy. In moments, I am, yes," Kohli said in a video posted by ICC on Instagram.

India's upcoming clash against the Kiwis in Dubai on Sunday in the ongoing Champions Trophy would be Virat's 300th ODI game, making him the eighth Indian to enter the exclusive club. The 36-year-old batting maestro will make his 300th ODI appearance on the back of a scorching form.

Further in the video, the India head coach Gautam Gambhir, who is also from Delhi, said that the state's spirit is very simple, which states that you try winning always when you walk out to the field.

"The Delhi spirit is very simple: try and win each time you walk onto the cricket field. That's what has been taught to us when we were growing up in Delhi," Gautam Gambhir said.

India will face New Zealand in the last group stage match of the ongoing marquee event in Dubai. The two countries are eyeing the top spot in Group A, which will also help settle the semi-final permutations.

This match acts as a perfect tune-up for heading into the tournament's next stage. It's the only two remaining teams to have won every match at the tournament doing battle, and there's plenty to play for. The Kiwis and Men in Blue have met once in the Champions Trophy, and the Kiwis emerged victorious in that affair.

Dravid backs AI in predicting injuries, warns against overuse

MUMBAI, Mar 2 (Agencies): Former India captain and coach Rahul Dravid hoped Artificial Intelligence would be able to predict injuries to players in future but also warned against overuse and dependency on technology in cricket.

Dravid said predicting injuries to players is something that has not been done so far despite the advancement of technology.

"On the sporting field, one of the things that you are really hopeful about what AI might be able to do, is (to predict) injuries," Dravid said at a panel discussion during AMFI Mutual Fund Summit here. "You just look at the level of injuries that we have and no one really has a perfect answer as to why people pick up stress fractures and there is no one size fits all; I am just using a stress fracture for the back as an example for fast bowlers."

"You have seen over the last years so much of data, so much of sports medicine, science and stuff going into it but no one being able to really predict that, that's sad, that's (about) people's careers, lives. So if AI can get us there and we will be able to predict injuries," he added.

Dravid said finding the right balance in use of technology and human judge-



ment is paramount.
"I'm not saying that you can adopt it completely, but certainly it's a great tool and it's something that is being used more and more in sport in terms of strategy, in terms of tactics, player development, player enhancement," he said.
"In this day and age, you've got to be able to use all of this data and technology for your benefit."
"(But) you can't become a slave of it, but certainly there are huge advantages to using artificial intelligence. You've got to find that balance between recognising that the data is important," the batting stalwart said.
Dravid said while technology has helped in matters of "fairer selection" between players, it cannot help picking teams for variety of conditions that teams come across while playing at multiple venues.

CT 2025: Joginder Sharma backs India to win against New Zealand, says "It'll be a good match"

NEW DELHI, Mar 2 (Agencies): Ahead of the clash between India and New Zealand, Former cricketer and 2007 T20 World Cup hero Joginder Sharma exuded confidence that the Men in Blue will emerge victorious against the Blackcaps on Sunday.

India will face New Zealand in the last group stage match of the ongoing ICC Champions Trophy at the Dubai International Stadium. The two countries are eyeing the top spot in Group A, which will also help settle the semi-final permutations.

This match acts as a perfect tune-up for heading into the tournament's next stage. It's the only two remaining teams to have won every match at the tournament doing battle, and there's plenty to



play for. The Kiwis and Men in Blue have met once in the Champions Trophy, and the Kiwis emerged victorious in that affair.

"New Zealand is playing good cricket recently, and it will be a good match. India is also performing well, and we will win the match... Our bowling side is a match-winning side, and the unit is doing well. Our batters have done well

adding another feather to his cap. The batting maestro will become just the seventh Indian star to reach the 300 ODI appearance milestone in the final group stage match.

Virat's dwindling form across all formats was the talk of the town during the build-up to the Champions Trophy. After a diabolical Test tour of Australia, Virat showed glimpses of finding his groove during the three ODIs against England, but it wasn't enough to silence his critics.

After a rustic 22(38) in India's Champions Trophy opener against Bangladesh, Virat's much-awaited resurrection of form finally unravelled in the high-stakes clash against arch-rival Pakistan in Dubai.

The atmosphere reverberated with the echoes

of his famous T20 World Cup 2022 heist in Melbourne against the Men in Green. With a shot struck clean as a whistle, Virat hit the winning runs, celebrated his 51st ODI century and became the fastest to 14,000 ODI runs.

In 299 ODIs, Virat has scored 14,085 runs at an average of 58.20 and a strike rate of 93.41, with 51 centuries and 73 fifties, boasting a best score of 193.

Virat has made a habit of breaking records in his illustrious career. The Indian stalwart is the fastest player ever to reach 8,000 runs (175 innings), 9,000 runs (194 innings), 10,000 runs (205 innings), 11,000 runs (222 innings), 12,000 runs (242 innings), 13,000 runs (287 innings) and 14,000 runs (299 innings) in ODIs.

"I wouldn't say mindset changes": Marco Jansen on South Africa's game plan for knockouts in Champions Trophy

KARACHI, Mar 2 (Agencies): After securing the semi-finals of the ongoing ICC Champions Trophy 2025, South Africa's left-arm seamer, Marco Jansen, revealed the national team's game plan for the upcoming knockout games in the marquee event.

South Africa has burst into the final four of the ICC Champions Trophy 2025 with a win over England that caught the attention of cricketing fans everywhere.

Topping Group B, finishing ahead of the Aussies (who also qualified for the semi-finals), the Proteas are playing tough and solid cricket that should hold up as the stakes rise.

It's form they'll happily back, as they move into the knockout phase. Marco Jansen has been central to that, off the back of a strong performance that earned him Player of the Match hon-

ours against England, taking 3/39 off seven overs, along with three catches.

"I wouldn't say the mindset changes (heading into the semi-finals); it's just the occasion that's probably a bit more hyped up, I guess. You try your processes, it's a fancy term, but for me it's just you have your steps or your guides that you go into every match and then basically in semi-finals you just try and do that extraordinarily well if that makes sense, whatever that is for you," he told the media after South Africa's win over England as quoted by the ICC.

The form suggests the Proteas have all the pieces in place to win the Champions Trophy from here on out.

While wet weather denied the cricketing world a chance to see how they looked against Australia, there's no



question they out-classed an England side stacked with talent.
"I think it was a good team performance all in all. As a bowling unit, I think we did the majority of what we wanted to do or what we planned out or set out to do. And then obviously the batters went out and did their job really nicely," Jansen said as ICC saying.

Jansen provided some valuable insight into real-time problem-solving with the ball he demonstrated against the English, which will

continue to hold him in good stead, when confronted with tricky challenges against some of the world's best batters.
"I was hoping for some swing, but then obviously there wasn't too much in the air. There was a little bit of nip at the start, and then once the ball got older, there wasn't really much deviation from the wicket. For me, it was just backing my options, which is probably hitting at a hard length and not early on the fuller side, rather on the shorter side," the all-rounder explained.

"For us, it's just all about going out and bowling with good intent because then if you bowl with good intent ... you tend to have more energy on the ball, and then things generally happen," the 24-year-old player added.

South Africa will only learn of their semi-final opponent after New Zealand meets India on Sunday, with the loser of that game locked into meeting the Proteas. That result will also impact the location, with India based in Dubai.

"For me, it's just depending on where you play on what lengths to hit and then, as a game develops, then try and figure out what works and what doesn't work and what to do and what not to do. For me personally, it's just the occasion or the situation of the game probably changes, not really mentally," Jansen concluded.

WPL: Shafali's sensational 80 outshines Perry's heroics in DC's win



BENGALURU, Mar 2 (Agencies): Shafali Verma smacked 80 not out as Delhi Capitals handed a fourth consecutive defeat to Royal Challengers Bengaluru with a commanding nine-wicket win in their Women's Premier League contest here.

After Ellyse Perry's fourth fifty (60 not out) of the season took the defending champions to a competitive 147/5, DC batters Shafali (80 not out) and Jess Jonassen (61 not out) brushed aside the challenge without much ado.

Chasing 148 to win, DC prevailed with nine wickets in hand and 4.5 overs to spare, consolidating their position at the top of the WPL points table with 10 points from seven games, including five wins and two losses.

DC had, in fact, handed a similar thrashing to Mumbai Indians here.

RCB, on the other hand, slipped to fourth position with only two wins so far in six matches. The defeat for the Smriti Mandhana-led side was fourth in a row for RCB on their home ground here at the M Chinnaswamy Stadium.

Shafali continued to dazzle with her stroke play to make 80 not out off only 43 balls with four sixes and eight fours for her first half-century of the season after falling in 40s thrice in the tournament.

She produced a cracking hit for a six over cover off Georgia Wareham in the 13th over to complete her fifty off 30 balls.

On the other hand, Australia veteran Jonassen produced her second fifty of the season, smacking nine fours and one six to make 61 off only 38 balls to pile up further pressure on RCB.

Earlier, Perry's 47-ball 60 not out was crucial for RCB as it guided them to 147 for five.

Perry not only became the leading run-scorer in the third edition of the WPL but also the competition's all-time highest run-getter with 895 runs in 23 matches at 63.92, going past Meg Lanning (847 runs in 25 matches).

Perry dropped anchor to help RCB recover from an early blow in the form of skipper Smriti Mandhana (8) and hit her fourth fifty of the season, scoring 60 from 47 balls with three sixes and as many fours.

Perry also forged strong partnerships along the way, adding 44 runs with England's Danni Wyatt-Hodge (21) for the second wicket and another 68 runs with India's Raghvi Bishit (33) to consolidate the RCB innings.

While Wyatt-Hodge struck one six and two fours to make 21 off 18 balls, Bishit had a successful outing as she made 33 from 32 balls with two sixes.

SRO-43 in electoral politics will push Nagrota's development to backburner: Anil Sharma

Top News Report

NAGROTA, Mar 2: Sounding the poll bugle for by-election in Nagrota assembly segment, All Jammu and Kashmir Panchayat Conference (AJKPC) president Anil Sharma on Sunday took a strong dig at the political parties for their attempt to implement SRO-43 in electoral politics by favouring the kin of MLAs and MPs.

While launching his campaign for bringing public reforms in Nagrota assembly constituency, Sharma, who also served as Sarpanch of Panchayat Jindrah, addressed a large and enthusiastic gathering of workers and local residents in Dansal town, urging them to carefully consider their electoral future before casting their votes in the upcoming by-election for the Nagrota assembly constituency.

"Over 3,600 SRO-43 cases remain pending in Nagrota, yet political leaders maintained a criminal silence on the clearance of these cases. These long-pending issues, which should have been resolved after the abrogation of Article 370, continue to be ignored. However, political parties and their leaders are making all-out efforts to implement political SRO-43 in the constituency to benefit the kin of MLAs and MPs, even posthumously," he regretted.

Sharma pointed out that the families of daily wagers from the Power Development Department



ment (PDD) who lost their lives due to electrocution while performing their duties, as well as the families of casual drivers of the J&K Road Transport Corporation who were killed in road accidents while driving, are still waiting for justice.

"Their files are gathering dust, while political leaders, who should be working for the people, remain silent. These very leaders, however, have no hesitation in acknowledging political SRO-43 to benefit the families of their political cronies," Sharma remarked.

He also expressed deep concern over the trend of sidelining true grassroots leaders and workers in favour of individuals with political influence, money, and connections. "People who have dedicated their lives to the welfare of the masses are being ignored by political parties in favour of those who have political fathers and can wield power or money. This practice needs to end immediately", he said.

Sharma added, "Only those who have served the people with dedication and commitment at grassroots level should be allowed to represent them in the Legislative Assembly as such people will leave no stone unturned to deliver justice to the people."

He further emphasized the urgent need for development in the tourism sector in Nagrota. "Despite having significant religious and tourism destinations like the Kol Kandoli Temple, Surinsar Lake, Mathwar Shrine, and others, the area has remained neglected. No political leader or elected representative has ever worked toward the promotion of tourism in Nagrota. Sites of immense religious and tourism significance are being left to deteriorate," he lamented.

He also pointed out that schools and colleges are understaffed in Nagrota assembly constituency and the education system in disarray. "The only degree college in Jindrah, located in the

Dansal block, continues to function from two rooms in a higher secondary school. The newly constructed building, which developed cracks before its inauguration, remains unused and stands as a symbol of corruption," Sharma said.

He also took a swipe at the leaders for taking people for-granted and playing with their sentiments. "The promises made by political leaders, such as the establishment of administrative units like a subdivision in Nagrota and Tehsil status for Jindrah, have remained unfulfilled. These issues have constantly been ignored, with elected representatives continuing to play with the sentiments of the people of Nagrota," he said.

"The people of Nagrota have had enough. They have understood the tactics of these political opportunists, and they will teach them a lesson in the upcoming by-election," he said, adding "This is a turning point for Nagrota. The

people will no longer tolerate political opportunism and exploitation. It's time for change, and the people will speak with their votes."

He also exposed the political backing for illegal mining activities in the Nagrota constituency. "There is a mafia operating in the region that is indulging in illegal mining of natural resources like river sand, gravel, stones and other minerals. They are using large machines and JCBs to extract these minerals with impunity. Meanwhile, local people, who have historically earned their livelihood by extracting sand and stones from rivers and streams through horses, have been banned from doing so at the behest of these politically-supported mafia groups," he stated.

Sharma called for immediate action to end the exploitation of natural resources and ensure that local people benefit from the resources in their own region.

He stressed that the upcoming by-election provides an opportunity for the people of Nagrota to make their voices heard and put an end to the exploitation they have endured for years.

Earlier, a large enthusiastic crowd drawn from different walks of life gathered in Dansal block and gave rousing welcome to AJKPC president for launching a crusade of public reforms by announcing by-election in Nagrota assembly constituency.

JP Juniors hosts Annual Sports Day 2024-25 with grandeur



Top News Report

JAMMU, Mar 2: JP Juniors celebrated its Annual Sports Day 2024-25 on Sunday with enthusiasm and energy.

The event was a perfect blend of sportsmanship and teamwork, showcasing the athletic spirit and holistic development of young learners.

The occasion was graced by Ranjeet Kalra, Member of the J&K Government UT Sports Council & Member of the Governing Council (Sports) Shri Mata Vaishno Devi Shrine Board, as the Guest of Honour.

The school was also privileged to welcome Aparana Kohli, Principal of Birla Open Minds International School, as the Special Guest.

The event began with a warm welcome address by the anchor, followed by the felicitation of the esteemed guests with bouquets. The Opening Ceremony was led by the

school's student leaders—Shinoy Chopra (Head Boy), Samairah Sharma (Literary Captain), and Aadvik Rai (Sports Captain)—who set the stage for an action-packed day.

The audience was enthralled by a vibrant Welcome Dance, which was followed by a Yoga Performance, highlighting the significance of mindfulness and physical well-being. The Fun Races brought an exciting competitive spirit, where young athletes displayed agility, enthusiasm, and sportsmanship.

The winners of the races were honored with medals, celebrating their dedication and achievements. To acknowledge every child's participation and effort, all young athletes received medals, reinforcing the school's commitment to encouragement and inclusivity.

During his address, Guest of Honour, Ranjeet Kalra, appreciated the Branch Head, Sonal Gupta, and her team for

their exceptional efforts

in organizing the event and ensuring its grand success. He commended the school's dedication to fostering young talent and providing students with opportunities to shine beyond academics.

Kalra also applauded the performances of the students, praising their confidence, enthusiasm, and discipline, which reflected the school's commitment to all-round development.

The event concluded with a Vote of Thanks delivered by Sonal Gupta, Branch Head of JP Juniors, expressing gratitude to the dignitaries, parents, teachers, and students for making the celebration a resounding success. A final round of Fun Races ensured that the day ended on a joyous and energetic note.

With yet another successful edition of its Annual Sports Day, JP Juniors continues its mission of fostering well-rounded, confident, and spirited young learners.

J&K Bank Pensioners' Federation conducts elections



Top News Report

JAMMU, Mar 2: J&K Bank Pensioners' Federation conducted its elections today of all the units at the Jammu, electing new office bearers for its units.

The election process, marked by a spirit of unity and consensus, saw all candidates elected unanimously, reinforcing the association's commitment to the welfare of retired employees.

The proceedings began with an inaugural address by General Secretary R.K. Bhan, who highlighted the association's ongoing efforts to safeguard the rights and well-being of retired employees.

President Mohinder Singh followed with his remarks, emphasizing the importance of collective representation and mutual support among the retired fraternity.

The elections were conducted under the supervision of Election Commissioner Jawahar Jyoti, with guidance from President Mohinder Singh ensuring a transparent and fair process.

and unanimous election, Iqbal Singh was chosen as the President of the Federation, bringing with him a vision of strengthening support systems for retirees.

Mohd Amin Khan and V.D. Dogra were elected as Vice Presidents reflecting the association's commitment to balanced representation across regions.

Zafar Ahmed Makdooi was elected as General Secretary, entrusted with steering administrative affairs, while Nazir Ahmed Bhat was appointed as Treasurer to manage financial matters efficiently.

To further reinforce financial oversight, Ved Prakash Gupta was elected as Associate Treasurer.

The positions of Secretaries were entrusted to R.K. Bhan and Mush-taq Ahmed Ahenger, who will play key roles in executing the association's strategic initiatives.

The election also saw the induction of Shahzad Hussain Teli, Mir Bashir Ahmed, Prem Parkash Gupta, and Chander Hass Sharma as Federation Executive Members, ensur-


ing a dynamic leadership team capable of addressing the evolving needs of retired employees.

In his first address as the newly elected President, Sardar Iqbal Singh expressed gratitude to the members for their unwavering trust and pledged to enhance welfare measures for the retired fraternity.

He outlined key focus areas, including the improvement of healthcare assistance, financial security, and social support mechanisms, while also advocating for stronger collaboration with management of the bank to resolve the issues cropped up at any point of time.

The event concluded with a heartfelt vote of thanks by R.K. Bhan, who acknowledged the seamless election process and the enthusiasm of all members.

He reaffirmed the association's commitment to ensuring a dignified and secure post-retirement life for all J&K Bank retirees, stressing the importance of unity and continued engagement in collective welfare.



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