

TOP NEWS OF J&K



JAMMU, FRIDAY, MARCH 14, 2025

Daily Evening Newspaper

ENTERTAINMENT | 6

Sanjana: Excited to play with colours, dance to Bollywood songs

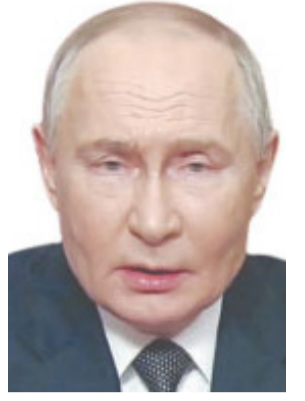


NATIONAL | 7

No religion has such rich tradition of festivals as Sanatan Dharma: Adityanath

INTERNATIONAL | 8

We agree to ceasefire, but... Putin thanks Trump, PM Modi for efforts to resolve Ukraine conflict



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BRIEFLY

Fervor, gaiety mark Holi celebration in Poonch

Top News Report

POONCH, Mar 14: Deputy Commissioner Vikas Kundal and SSP Shafkat Hussain Bhat today greeted people during their visit to the Sanatan Dharam Sabha amid a vibrant celebration of Holi.

The event brought together residents and members of the Management Committee, fostering a spirit of harmony and togetherness.

The Deputy Commissioner emphasized the significance of unity and joy that Holi represents. He encouraged everyone to celebrate the festival in a manner that reinforces communal values and strengthens bonds among individuals.

Civil, Police admin Poonch commemorates 23rd Martyrdom anniversary of DySP S. Manjit Singh

Top News Report

POONCH, Mar 14: The District Civil and Police Administration Poonch paid heartfelt tributes to the martyr Deputy Superintendent of Police S. Manjit Singh on his 23rd martyrdom anniversary. The solemn commemoration took place at the District Police Office and the Bus Stand in Poonch, the site of his supreme sacrifice.

Senior Superintendent of Police Shafkat Hussain; Tehsildar Haveli Azhar Majid; DySP Hqr Neeraj Sharma; DySP DAR Khaliq Hussain and other civil and police officials, along with prominent citizens paid heartfelt tributes to the martyr Deputy Superintendent of Police S. Manjit Singh.

Together, they honored the legacy of a brave officer who made the ultimate sacrifice while protecting the Muharram-Ul-Haram procession on March 14, 2003.

In his address, the Deputy Commissioner said, "Today, we remember and honor the valor and dedication of DySP S. Manjit Singh, who laid down his life for the safety and security of our community. His bravery serves as an enduring inspiration for all of us in the administration and police force."

Rains to continue during next 36 hours in Kashmir as MeT issues yellow alert

SRINAGAR, Mar 14 (Agencies): Light to moderate rains will continue to lash Jammu and Kashmir during the next 36 hours.

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Security Forces celebrate Holi in Kashmir

Top News Report

SRINAGAR, Mar 14 (Agencies): Security forces deployed in Kashmir celebrated Holi, the festival of colors, with great enthusiasm and joy on Friday.

Border Security Force (BSF) personnel marked the occasion in the forward areas on the snow-covered Line of Control (LoC), embracing the festive spirit despite harsh weather conditions.

The border guards extended their greetings to the people by inscribing 'Happy Holi' in vibrant colours on the snow, symbolizing unity and celebration.



The Central Reserve Police Force (CRPF) personnel celebrated the Holi festival at Ashajipora camp in south Kashmir's

Anantnag district with great enthusiasm.

The troops hugged each other, danced in joy and sprinkle

colours on each other amid inclement weather.

Talking to the media, CRPF personnel said, "Despite away

from home the joyous occasion of the festival of colours is being celebrated with great fun and traditional enthusiasm with companions of the force".

The personnel of CRPF also celebrated Holi with the Kashmiri Pandits at Vesu transit camp. They exchanged pleasantries and threw colours on each other with humour and joy on the occasion.

Reports of similar functions held by the Army's Chinar Corps headquarters at BB Cantonment in Srinagar, Sashastra Seema Bal (SSB) at Batmaloo, CRPF camp Kulgam and STC BSF Humhama and other force camps of the valley.

J-K LG, CM greet people on Holi; Wish New Hope, Joy For All

Top News Report

JAMMU, Mar 14: Jammu and Kashmir Lieutenant Governor Manoj Sinha and Chief Minister Omar Abdullah have greeted the people on Holi. Jammu tourism

In a message a day ahead of the festival, the Lieutenant Governor said, "On the auspicious occasion of Holi, I extend my hearty greetings and good wishes to all. Holi, the festival of colours, is the harbinger of joy, hope and fulfilment in our lives."

"The celebration on this joyful occasion with traditional gaiety and enthusiasm marks the arrival of spring and all the colours reflect our rich diversity and vibrant culture," he said.

The LG wished that the

"sacred festival of colours" brings joy and happiness in the society and ushers in new hope for a brighter future of all.

In his message, the chief minister said Holi symbolises happiness, joy and togetherness.

He expressed the hope that the festival would bring harmony and strengthen the bonds of brotherhood among the people.

"The colours of Holi represent the vibrancy of life and the spirit of unity. May this festival fill everyone's lives with happiness, prosperity and cheer," Abdullah said.

He also prayed for peace, progress and prosperity in Jammu and Kashmir and wished for the occasion to bring new hope and joy to all.

Labour Commissioner interacts with Trade Unions; Urges for timely submission of Annual Returns

Top News Report

JAMMU, Mar 14: Labour Commissioner Jammu & Kashmir, Charandeep Singh chaired an interactive meeting with the representatives of trade unions of the Jammu division at Shram Bhawan, here today.

The meeting focused on addressing the concerns of trade unions, gathering feedback for strengthening the institution, enhancing labour welfare initiatives and emphasis on compliances.

During the meeting, the trade union representatives projected their issues and sought the intervention of the Labour Commissioner for redressal of the same. The interactive session provided a platform for constructive dialogue between the authorities and union representatives.

Taking a firm stance on inactive trade unions, the Labour Commissioner emphasized that registration of non-compliant unions, including those failing to submit Annual Returns, would be cancelled, and notices would be issued to such entities. He urged all trade unions to maintain proper records, adhere strictly to their by-laws, protect the rights of their union members, and conduct timely elections under intimation to the Labour Department. These measures aim to make trade unions more structured and efficient.

As the Registrar of Trade Unions in J&K under the Trade Unions Act, 1926, the Labour Commissioner highlighted the legal

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DC, SSP join civil society in Holi celebration at Rajouri

Top News Report

RAJOURI, Mar 14: Deputy Commissioner Abhishek Sharma and SSP Gaurav Sikarwar celebrated Holi with the civil society of the District Rajouri at Town Hall today. Civil Society representatives, including MLA Rajouri were present, marking a historic moment for the region.

Keeping the traditions, the district administration, religious leaders, and civil society came

together to celebrate the festival of colors in a spirit of unity and brotherhood.

Adding to the festive spirit, the grand Jhanki of Bhairon Baba, being taken over the past eight days, concluded smoothly last evening. The seamless conduct of the event highlighted the collaborative efforts of the administration and the local community in ensuring a peaceful and joyous atmosphere.

Speaking on the occasion, DC Abhishek Sharma extended his warm greetings to the people, emphasizing the importance of inclusive celebrations in fostering social bonds. SSP Rajouri Gaurav Sikarwar commended the collective efforts of all stakeholders in ensuring a secure and vibrant Holi celebration.

The event concluded on a positive note, with attendees

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DC Poonch reviews arrangements for upcoming festivals

Top News Report

POONCH, Mar 14: Deputy Commissioner Vikas Kundal convened a meeting with officers from different departments, civil society members and religious heads to review the arrangements for the

upcoming Eid & Navratri festivals.

The meeting focused provision of safe drinking water, uninterrupted power supply, medical aid services, sanitation, and fire safety measures, street lighting, cleanliness and smooth transport management

across the district.

The Deputy Commissioner issued directives to the heads of different departments, emphasizing meticulous planning and execution in their respective areas of responsibility. Particular attention was given to

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National Toll Free De-addiction Helpline **14446**

Directorate of Information & Public Relations
Government of Jammu & Kashmir DIP/J-11055/24

KRIYA/UTHALA

With profound grief and sorrow, we inform the sad demise of our beloved **Smt Kamla Devi** W/o Sh. C.R Mansotra R/o H. No 22/A Extn Gandhi Nagar Jammu who left for his heavenly abode on 5th March 2025.

KRIYA will be performed on 15th March (Saturday) 2025 at 12.00 Noon at our residence. **UTHALA** will be performed on 15th March (Saturday) 2025 at 4.00 pm to 5.00 pm at Lakshmi Narayan Mandir (Back side).

Grief Stricken

Sh. C.R Mansotra -Husband
Sons & Daughter in Law
Mr Virinder Kumar Mansotra & Mrs Anuradha
Mr Rajesh Kumar Mansotra & Mrs Shushma
Mr Rajinder Kumar Mansotra & Mrs Manju
Grand Children:
Mr Manav Mansotra & Mrs Monali
Mr Sahil Mansotra & Mrs Manvi
Miss Nikita
Mr Karan Mansotra
Mr Maanay Mansotra



SMT KAMLA DEVI

OBITUARY/TENTH DAY KRIYA

With profound grief and sorrow, we regret to inform the sad and untimely demise of our beloved **Sh Chaman Lal Pandita** S/o Late Prem Nath Pandita erstwhile resident of Turigam Devbug, Kulgam Kashmir, presently residing at H No. 875, Lane No. 6, Bhawani Nagar (Bhagwati Nagar), Tallab Tillo, Jammu. The **10th Day Kriya** will be performed on Sunday (16th) of March, 2025, 7 am at Thalwal, Jammu. The **Assembly** will be held at our residence at 10:30 am.



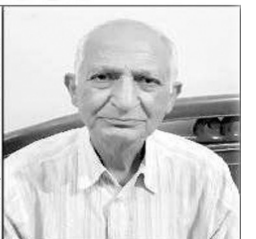
SH CHAMAN LAL PANDITA

GRIEF STRICKEN :

Puran Devi (Wife) 8492055436
Sh Prithvee Nath Pandita (Brother)
Smt and Sh Vinod Pandita (Niece in law and Nephew)
Smt and Sh Munish Pandita (-do-)
Smt and Sh Sunil Pandita (-do-)
Smt and Sh Karwal Pandita (-do-)
Sh Anil Pandita (Nephew)
Smt and Sh Bansi Lal Pandita (Sister & Brother in law)
7006091692
Smt and Sh Krishan Kumar Dhar (-do- 9412053234)
Smt and Sh Kewal Krishan Ganjoo (-do- 9419207244)
and
SAMAST PANDITA PARIVAR OF TURIGAM

TENTH DAY KRIYA

With profound grief and sorrow we inform the sad demise of **Sh. A. K. Jalali** S/o Lt. Sh. Nand Lal Jalali resident of Budgair Aikadal Srinagar A/p 100-A Old Gurah Bakshi Nagar, Jammu.



Sh. Avtar Krishan Jalali

Tenth Day Kriya will be performed on 17-03-2025 (Monday) at Akhnor Ghat and Mourning **Assembly** will be held at our residence (H.No. 100-A, Old Gurah Bakshi Nagar) at 11.30 am.
Grief Stricken
Sons & Daughter-in-Laws
Dr. Rakesh Jalali & Dr. Beenu Jalali
Dr. Arvind Jalali & Mrs. Seema Jalali
Smt. Jaya Dhar - **Sister**
Smt. Kunti Raina - **Sister**
Grand Children: Rakshan, Ritwik, Saksham & Harshita
Jalali's, Warikoo's, Dhar's, Trissal's, Raina's, Moza's & Pandita's
Contact: 9717808508, 9419706771, 9419802090

UTHALA

GONE FROM OUR SIGHT, BUT NEVER FROM OUR HEARTS."
Smt. Kamla Dogra W/o Late Sh. Des Raj Dogra passed away to merge with eternity on 10-03-2025.



Smt. Kamla Dogra

UTHALA - Smriti Bhavan, Ram Mandir, Gurha Bakshi Nagar on 15-03-2025 at 4:00-5:00 PM

GRIEF STICKEN:
Late Sh. Ashwani Dogra & Usha Dogra - **Son & Daughter-in-law**
Grandson & Granddaughter-in-law
Madhav Sharma and Preeti Raina
Raghav Sharma - **Grandson**
Shivani Sharma - **Granddaughter**
DOGRA FAMILY
PH. NO. 9419191495, 7006897464

10TH DAY/KRIYA/UTHALA

With profound grief and sorrow, we regret to inform the sad demise of **Late Sh. Vidya Sagar Dutta** S/o Late. Sh. Anant Ram Dutta R/o 402 Jullaka Mohalla Jammu. **10th Day** will be performed on 8 March (Saturday) 2025 at 11:00 AM to 12 Noon at Brahmin Sabha Parade Ground Jammu.



Late Sh. Vidya Sagar Dutta

Kriya will be performed on 9 March (Sunday) 2025 at 12:00 Noon at residence 402 Jullaka Mohalla Jammu Tawi.

Uthala will be performed on 15 March (Saturday) 2025 from 4:00 PM to 5:00 PM at Brahmin Sabha Parade Ground Jammu.

GRIEF STRICKEN
Sons & Daughter-in-law
Sh. Sanjay Dutta & Smt. Preeti Dutta
Sh. Raman Dutta & Smt. Nimal Dutta
Sh. Deepak Dutta
Grand Children : Inder Dutta, Aadhya Dutta
Mobile No.: 8803620241, 7889799323, 9419129730

Late Sh. Vidya Sagar Dutta

(D.O.D. 27-02-2025)

TENTH DAY

With profound grief and sorrow, we hereby inform about the sudden demise of **Mr. Manoj Dhar** S/o Late Prof. Kashi Nath Dhar and Smt. Rattan Rani Dhar resident of 305, Bhagwanti Apartment, Sector 56, Gurugram on 8th March 2025.



Mr. Manoj Dhar

The **TENTH DAY** will be performed on 16.03.2025 at Kashmiri Shiv Mandir, Sector 109, Gurugram.

DEEPLY MISSED AND REMEMBERED BY:
Dhars, Dembis, Kitroos, Handoos, Trikhas, Bhans, Thusoos, Wanchoos.
MOB: 9501734411, 9418085940

TENTH DAY KRIYA

With profound grief and sorrow we deeply regret to inform about the sad demise of our beloved **SMT PRABHAWATI BHAT** W/o Late Sh. Balji Bhat originally resident of Chinad (Kushal Pura) Baramulla (ex-territory Q.No. B/24 Muthi Camp Phase 2 (Penta Bhawan Hall).



SMT PRABHAWATI BHAT

Tenth Day Kriya will be performed on 15 March 2025 at Akhnor Ghat. **Assembly** will be held at Muthi Ghat (near Directorate of Education) Muthi Jammu at 11 am.

GRIEF STRICKEN
Smt. Pyari Bhat
Son and Daughter in law
Smt. Madhu and Sh. Chuni Lal Bhat
Son and Daughter in law
Smt. Suman and Sh. Rajender Kumar Bhat
Veena Bhat (Daughter)
SAMAST BHAT PARIVAR OF CHINAD BARAMULLA

BHOG & ANTIM ARDAS

With profound grief & sorrow, we regret to inform that our beloved **Late S. Ishar Singh Ji (Goralya)** S/o Late S. Amir Singh Ji R/o 71, B.C. Road, Rehari left for his heavenly abode on 9th March, 2025.



Late S. Ishar Singh Ji (Goralya)

The **Antim Ardas** will be performed as per the below given programme:

14th March 2025 (Friday)
Arambh Shri Akhand Path Sahib at our residence - 10 AM.
16th March 2025 (Sunday)
Bhog Shri Akhand Path Sahib at our residence - 10 AM.
Kirtan & Ardas at our residence - 10 AM to 11.30 AM.
Antim Ardas at Gurdwara Kaligithar Sahib, Rehari - 4 PM to 5.30 PM.
GRIEF STRICKENS
S. Swam Singh & Sdn. Manjeet Kour - **Son & Daughter-in-law** (Ranjit Travels)
S. Ranjit Singh - **Son**
Sdn. Gurcharan Kour W/o Late Dr. Kuldeep Singh (AVM) Retd. - **Daughter**
Sdn. Danahan Kour & Dr. Kulwant Singh - **Daughter & Son-in-law**
Sdn. Daljit Kour & S. Surinder Singh - **Daughter & Son-in-law**
Sdn. Swam Kour W/o Late S. Inderjeet Singh - **Bhabhi**
Sdn. Supreet Kour & S. Jasmeet Singh (USA) - **Grand Daughter & Son-in-law**
S. Rajdeep Singh & Sdn. Gurnujan Kour - **Grand Son & Daughter-in-law**
Jagmeet Singh - **Grand Son**
Jasneet Kour & Raga Kour - **Great Grand Daughters**
Jasraj Singh & Jalegh Singh - **Great Grand Sons**
Mobile: 9419142101, 9419198483

TENTH DAY/KRIYA

With profound grief and sorrow, we inform the sad demise of our beloved **Lt. Col. M.R Uppal** S/O Late Shri Kail Das Uppal resident of 339 Shastri Nagar Jammu who left for his heavenly abode on 5th March 2025.



LT. COL. M.R UPPAL

TENTH DAY will be performed at our residence H/No 339 Shastri Nagar Jammu on Friday, 14th March 2025 from 11 AM to 12 Noon.

KRIYA will be performed at our residence on Monday, 17th March 2025 from 11 AM onwards.
GRIEF STICKEN
Sons and Daughter-in-law
Er. Naveen Uppal & Anjali Uppal
Er. Roman Uppal & Vibha Uppal
Daughter and Son-in-law
Late Renu Arora & T.K. Arora
Grand Son and Daughter-in-law
Aishwhek Uppal & Vastav Uppal
Grand Daughters and Son-in-law
Shweta Arora & Jerry Pushoraj
Shruti Arora & Saurabh Gupta
Grand Daughters
Anchita, Akanksha & Arhita
Great Grandchildren: Harvika, Sita, Evin, Ray
PH.NO. 9419285451, 9419510689, 9908990010, 9018139333

DISCLAIMER

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OBITUARY

With profound grief and sorrow, we inform the sad demise of our beloved **Master Lekh Raj Khajuria** (Ex President All J and K Employees Federation) R/o Ajit Nagar Jammu on 10-03-2025.

Fourth Day will be performed on 13-03-2025 at Shastri Nagar Cremation Ground
Eighth Day will be performed on 17-03-2025 and **Thirteen Day** will be performed on 22-03-2025 at our residence.

GRIEF STRICKEN

Smt. Urmal Khajuria (Wife)
Son and Daughter-in-law
Sh. Manav Khajuria and Smt Anjali Sharma
Daughters and Sons-in-law
Smt. Rakhee Khajuria and Sh. Ashok Sharma
Smt. Shilpi Khajuria and Sh. Rakesh Sharma
Mob. 9149713847



Master Lekh Raj Khajuria

TENTH DAY KRIYA

With profound grief and deep sorrow, we inform the sad demise of our beloved **Sh. Radha Krishan Shah** S/o Late Sh. Dina Nath Shah, originally resident of Nazuk Mohalla, Anantnag on 7th March 2025 at his present residence, 106-Rashmi Tower, J B Nagar, Andheri (E), Mumbai.

The **TENTH DAY KRIYA** will be performed on 16th March 10AM at Gaimukh Chowpaty, Ghodbhunder Road Thane West, Mumbai and later on assemble at present address as above at 11.30 am.

GRIEF STRICKEN

Smt. Shoola Shah (Wife)
Sh. Brj Krishan Shah and Smt. Nancy Shah (Brother and Sister in Law)
Sh. Ramesh Kumar Shah and Smt. Lalita Koul (Brother and Sister in Law)
Smt. Mohini Shah and Sh. Ashok Kumar Bhat (Sister and Brother-in-Law)
Sh. Rajinder Bhat and Sh. Vinod Bhat (S/o Late Smt. Anuradha and Late Sh. Motilal Bhat)
Sh. Rajesh Shah and Smt. Sunita Shah (Son and Daughter-in-Law)
Sh. Suneel Shah and Smt. Shalini Shah (Son and Daughter-in-Law)
Sh. Nitish Shah and Smt. Tanuja Bhat (Son and Daughter-in-Law)
Smt. Dimpal Razdan and Sh. Sweendria Razdan (Daughter and Son-in-Law)
Smt. Sunita Raina and Sh. Ravinder Raina (Daughter and Son-in-Law)
Grand Children: Pannag, Harshul, Shaal, Sehaj, Neil, Inaya
Deeply remembered by: Shahe, Kachroos, Bhatts, Rainas, Panditas, Razdans, Kaufs
Mobile: 7738385798, 9990599629, 9119180801



Sh. Radha Krishan Shah

TENTH DAY/KRIYA/UTHALA

With profound grief and sorrow we regret to inform about the sad demise of **Sh. Anil Kumar Sharma** (AEE) Son of late Dr Jagdish Kumar Sharma (Tarore Wale) resident of House No 73 .Sector 4, Channi Himmat.

10th Day will be performed on 14-3-2025 (Friday) 10.30 AM at our residence.
Kriya will be performed at our residence on 15-3-2025 (Saturday) at 12 pm.

UTHALA will be performed at Panch Mandir Channi Himmat on 15-3-2025 (Saturday) 5 - 6 pm

GRIEF STRICKEN

Anita Sharma (Wife)
SON & DAUGHTER-IN-LAW
Anuj & Vasudha Sharma
Aseem Sharma (Son)
BHABIS & BROTHERS
Smt. Vijay Lakshmi & Sh. Ashok Sharma (KAS Rtd)
Smt. Santosh Sharma & Sh. Vijay Sharma (H.M Rtd)
Smt. Renu Sharma & Brig Ajay Sharma
SISTER & BROTHER-IN-LAW
Smt. Meena Sharma & Sh. Surinder Sharma (C.T.P Rtd)
CONTACT NO: 8803190015, 9873499445



SH. ANIL KUMAR SHARMA (AEE)

BHOG & ANTIM ARDAS

IN THE MEMORY OF
With profound grief and sorrow, we inform you that **S. Jeet Singh** (Retd. Medical Department) who left for heavenly abode last year on 18th March 2024.

Kindly join us in honouring in his sweet memory with **ARAMBH SHRI AKHAND PATH SAHIB** at our residence Upper Gadigarh Near Old Exchange Jammu on Friday i.e. 14-03-2025 at 10 AM.
BHOG SHRI AKHAND PATH SAHIB on Sunday i.e. 16-03-2025.

KIRTAN AND ARDAS from 10 AM to 12 Noon at our residence Upper Gadigarh Near Old Exchange Jammu.

Grief Stricken:
Harjeet Kour (Wife)
Gagandeep Singh (Son) Information Department
Manpreet Kour (Daughter-in-Law)
Bavneet Kour (Daughter)
Gur Simran Singh (Son-in-Law)
Little Flowers
Emrin Kour
Sehar Kour
Contact: 7006175617



S. Jeet Singh (Retd. Medical Department)

OBITUARY/TENTH DAY KRIYA

With profound grief and sorrow we regret to inform the sad and sudden demise of our beloved **Dr. B.L. Bhagat** Retd. Surgeon Specialist (Paryote wale) on 06.03.2025.



Dr. B.L. Bhagat

TENTH DAY KRIYA

The **Tenth Day Rituals** will be performed on 15.03.2025 at 11:00 am at our residence, H.No-9, Sec. 2, Durga Nagar, P.O. Roopnagar.

GRIEF STRICKEN

Smt. Saraswati Devi (Wife) (Brother & Sister -in- law)
Sh. Jagdish Raj & Smt. Krishna Devi (Son & Daughter-in- law)
Dr. Pardeep Kumar & Prof. Reena Bhagat (Daughters & Sons -in -law)
Smt. Usha Devi (Master) & Dr. Adarsh Kumar (Retd. Dy. Director Health Services)
Dr. Santosh Kumari & Er. Rajesh Kumar (Retd. S.E.)
Grand Sons & Daughters (in-law)
Er. Himanshu Adarsh & Dr. Aradhana Aryan
Dr. Himani Adarsh & Dr. Kushagra Tamta
Aryan, Pariket, Rudra, Ojasvi
Mobile: 9419131489, 9469160608, 9419287585

TENTH DAY KRIYA

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Dr. B.L. Bhagat

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With profound grief and sorrow we regret to inform the sad and sudden demise of our beloved **Dr. B.L. Bhagat** Retd. Surgeon Specialist (Paryote wale) on 06.03.2025.

Dr. B.L. Bhagat

TENTH DAY KRIYA

The **Tenth Day Rituals** will be performed on 15.03.2025 at 11:00 am at our residence, H.No-9, Sec. 2, Durga Nagar, P.O. Roopnagar.

GRIEF STRICKEN

Smt. Saraswati Devi (Wife) (Brother & Sister -in- law)
Sh. Jagdish Raj & Smt. Krishna Devi (Son & Daughter-in- law)
Dr. Pardeep Kumar & Prof. Reena Bhagat (Daughters &

Chief Justice visits DCC Ganderbal, assesses measures concerning court management, infrastructure

Top News Report

GANDERBAL, Mar 14: Chief Justice High Court of Jammu & Kashmir and Ladakh and Patron-in-Chief, J&K Legal Services Authority, Tashi Rabstan, today visited the District Court Complex, Ganderbal to take stock of measures concerning court management and infrastructure.

Present on the occasion were Abdul Nasir, Principal District & Session Judge (Chairman District Legal Services Authority) Ganderbal, Jatin Kishore, Deputy Commissioner, Ganderbal, Judicial Officers from the District Headquarter Ganderbal, Ragav S, Senior Superintendent of Police, Ganderbal, Public Prosecutors and District Bar Association, Ganderbal.

During the visit, the Chief Justice was accompanied by Mohinder Kumar Sharma, Principal Secretary to the Chief Justice and Jahangir Ahmad Bakshi, Joint Registrar (Judicial) Srinagar.



A ceremonial guard of honour was accorded to the Chief Justice by the District Police Ganderbal.

The Chief Justice inaugurated the office of Legal Aid Defense Counsel at the District Court Ganderbal, marking a significant milestone in enhancing access to justice for the people of Ganderbal. The initiative was a part of the Legal Aid Defense Counsel (LADC) system, adopted by the National Legal Services

Authority (NALSA) to provide free and competent legal aid especially in criminal matters.

During his visit, the Chief Justice inspected the court complex, reviewed the functioning of e-Sewa Kendra, Judicial infrastructure of various courts and also took stock of court functioning.

The Chief Justice directed all the judicial officers to work hard for the cause of justice and dispose of the old and targeted

cases especially which are more than 10 years old on priority, up keeping the faith of general public in court's functioning. He also emphasized that the facility of e-Seva Kendra be made fully functional and its benefits must reach to the litigants of Ganderbal for filling of their cases through e-mode.

The Chief Justice also held interactive meetings with the judicial officers and Bar members, where the paucity of space for judicial infrastructure and chambers for advocates was raised.

In response, Deputy Commissioner apprised the Chief Justice that 45 kanal of land has already been identified for construction of new court complex, Ganderbal for which DPR has been prepared and submitted to the higher authorities.

The Chief Justice also directed the Deputy Commissioner Ganderbal to construct prefabricated structures, including necessary furniture on a priority basis for lawyer's chambers.

Govt notifies "The Jammu and Kashmir Road Safety Policy 2025"

Commits to reduce road accidents, fatalities by 50% by 2030

Top News Report

JAMMU, Mar 14: Aiming prevention of accidents and fatalities on roads, the Government of Jammu and Kashmir, notified "The Jammu and Kashmir Road Safety Policy -2025".

In an official notification issued in this regard, it was stated that the road transport is the most effective mode of transportation in J&K and the government recognises that the road safety demands an integrated and holistic approach to tackle road safety issues in the UT.

Highlighting the need to frame new Road Safety Policy, the notification briefed that there were over 22.66 lakh registered vehicles in J&K. During the year 2022, 6092 road accidents were reported in the UT in which 805 people lost their lives whereas in year 2023, 6298 accidents were reported and 893 people lost their lives.

As per data, 40% of all the accidents have occurred in districts of Jammu, Udhampur, Samba and Kathua. Accidental data analysis shows that number of accidents and fatality rate needs to be brought down making it imperative to promote preventive strategy for road safety.

Keeping in view the above data, the government with a vision to achieve the goal of reduction in road accidents as well as fatalities by 50% by 2030, reiterates its commitment to bring significant reduction in road accidents in J&K in coordination with all stakeholders and government agencies.

It is further said that the government will create an effective institutional mechanism to strengthen the road safety measures besides providing necessary support structure to enable each institution to play its role effectively.

The government will promote awareness regarding road safety among the key decision makers and government departments responsible for making provision of safer roads. The initiative will facilitate them for planning and promoting road safety involving Motor Vehicles Department, Traffic Police and citizens through effective involvement of print, electronic and social media for creating awareness on Road Safety by highlighting the consequences of road accidents.

In the new Road Safety Policy, the institutional arrangements have been strengthened by constituting the State Road Safety Council which shall be headed by the Minister In-charge Transport and a lead agency headed by an officer of the rank of Additional Transport Commissioner.

The government will ensure that best practices are incorporated and accident prevention and reduction strategies are adopted in a big way.

DRDCs shall conduct regular identification of accident-prone areas/black spots on the basis of accident intensity and severity after every six months. The corrective actions within six months for the identified accident-prone areas/black spots through proper

planning design and construction techniques will be done.

The government will also establish an accountability mechanism for defaulting contractors and consultants regarding poorly constructed and maintained roads, including a process for black listing them.

The notification said that Development Authorities have already been entrusted with a responsibility to create more parking spaces. Parking policy will be notified to impress upon the vehicle owners to have parking space before vehicle is purchased. Further Municipal/ Development authorities should charge for road side parking with charges increasing exponentially with time.

In order to reduce pressure on roads, the government will adopt innovative features to encourage use of Public Transport System instead of Private Transport System.

The government will also bring into effect a Non-Motorized Transport policy for J&K to specifically recognise the rights of non-motorised road users.

Expressing satisfaction with the Road Safety Policy 2025, Transport Minister, Satish Sharma, asserted that new policy will improve the quality of traffic enforcement in J&K in close coordination with J&K Traffic Police and Motor Vehicles Department.

He said that the government will ensure that the enforcement agencies are adequately trained and equipped to undertake their functions more effectively and professionally.

CEO ERA reviews progress on World Bank funded JTFRP

Bid evaluation process for additional Gynae block at L.D. Hospital to conclude soon

Top News Report

SRINAGAR, Mar 14: Chief Executive Officer, J&KERA/JTFRP, Muhammad Aijaz Asad, has asked the Project Implementation Unit to expedite the bid evaluation process for construction of additional Gynae block at Lal Ded Hospital, Srinagar, being constructed under the World Bank funded Jhelum Tawi Flood Recovery Project (JTFRP).

The CEO was chairing a meeting held at civil secretariat to review the progress on World Bank funded Jhelum Tawi Flood Recovery Project.

He was informed that 200 sub-projects out of the total of 213 sub-projects taken up for execution under JTFRP have been completed till date with an overall expenditure of Rs 1527 crore.

Sajad Naqeeb, Chief Engineer PWD (R&B Central), while giving details about the progress on construction of additional Gynae/Infertility/Oncology block at Lal Ded Hospital, being con-



structed under JTFRP, said that the evaluation of technical bids is under process and is expected to be completed shortly for submitting to World Bank for approval.

The CEO asked the Chief Engineer to expedite the bid evaluation process for the prestigious health sector project.

Susheel Kumar, Director Technical JTFRP/ Chief Engineer, PWD (R&B North), informed that work on 4 bridges in North Kashmir, namely Wahdina, Waza Mohalla, Wagoora and Shrakwara has been allotted and contractor has already started procurement of material on Wahdina bridge. He

added that work on all the 4 bridges is expected to be completed by December, 2025. He also informed that work on construction of Trikolal bridge in Pattan is underway and work on the sub-project is expected to be completed by April, 2025.

Giving details about progress on construction of Emergency Operations Centre at Ompura, being constructed by J&KERA under JTFRP, it was informed that work on Dormitory building has been completed and the contractor has initiated process for procurement of various electromechanical equipments. The CEO directed that

contractor be asked to submit the procurement status of equipment. He asked the engineers to devise a strategy for expediting pace of work on the sub-project to ensure its completion at an earliest.

Vinod Kumar, Chief Engineer, PWD (R&B South), while giving details of progress on construction of Trenz bridge, informed that work on the 3 spans has already been completed while work on other spans is in process. The work on the bridge will be completed by June, 2025, he added.

Sajad Kawoosa, Superintendent Engineer, Srinagar Municipal Corporation, informed

that work on upgradation of 45 Dewatering stations in Srinagar city has been completed and made functional along with installation of SCADA system.

The CEO asked the SMC to formally close the project and submit utilisation certificate at an earliest.

Ghulam Rasool, Director J&KERA, Jammu, informed that more than 95% progress has been achieved on construction of Ghulati- Shahdra Sharief Road with laying of bituminous remaining to be laid for only 300 metre which will be done once weather permits while as work on road markings, signages is underway.

The meeting was also attended by Narinder Kumar, S.E (PWD) (R&B Central), Dr. Sajad Wani, Chief Accounts Officer, Senior officers of Health and Medical Education, Srinagar Municipal Corporation, PWD (R&B) and JKERA/ JTFRP.

Power Shutdown

Top News Report

SRINAGAR, Mar 14: According to the Chief Engineer JKPTCL, Kashmir, in order to carry out commissioning of the Bus Bar protection at 320 MVA, 220/132 KV, 160 MVA, the Transformer Bank-I, of Grid Station Alusteng, 33KV Wussan, Safapora, Kangan, USHP-I & II, Lal Bazar, BAMK, Hazratbal, Ellahibagh, Lar-Tullmulla, Ajar, Aloosa, Gurez, Zakura, Power House and Nagbal Feeders falling under 220/132 KV Grid Station Alusteng element shall be affected due to which power supply to Wussan, Safapora, Kangan, Lal Bazar, BAMK, Hazratbal, Ellahibagh, Lar-Tullmulla, Ajar, Aloosa, Gurez, Zakura, Nagbal and adjoining areas shall remain off from 09:00 AM to 01:00 PM on 20 March, 2025.

Also in this connection, Wussan, Safapora, Kangan, USHP-I & II, Lal Bazar, BAMK, Hazratbal, Ellahibagh, Lar-Tullmulla, Ajar, Aloosa, Gurez, Zakura, Power House, Nagbal Feeders falling under 220/132 KV, 160 MVA, Transformer Bank-II, of Grid Station Alusteng element shall be affected due to which power supply to Wussan, Safapora, Kangan, Lal Bazar, BAMK, Hazratbal, Ellahibagh, Lar-Tullmulla, Ajar, Aloosa, Gurez, Zakura, Nagbal and adjoining areas shall remain off from 01:00 PM to 05:00 PM on 20 March, 2025.

Similarly, in order to carry out replacement of existing wooden damaged poles by new ST poles, the shutdown of 33KV Pattan-Amarghar line shall be observed due to which 33/11KV Receiving Stations at Pattan, Palhalan and Hamray shall remain off while power supply

to Pattan, Zangam, Burn, Nihalpora, Pattan Hospital, Palhalan, Hamray warinam, and adjoining areas will be affected from 10:30 AM to 03:00 PM on 17 & 19 March, 2025.

Also in this connection, the shutdown of 33KV HMT line shall be observed due to which 33/11KV Receiving Stations at HMT Singhpora, Nihalpora, Mirgund and Shadi-pora shall remain off while power supply to Singhpora, Mirgund Diver, Skuast, SSM College, and adjoining areas will be affected from 10:30 AM to 03:00 PM on 18 & 20 March, 2025.

Similarly, to carry out erection of 11 Mtr ST pole, the shutdown of 33KV Bandipora line shall be observed due to which 33/11KV Receiving Stations at Waltab, Tujjar and Dooru shall remain off while power supply to the Waltab, Tujjar, Dooru and adjoining areas will be affected from 10:30 AM to 03:00 PM on 17 & 19 March, 2025.

Also due to the same reason, the shutdown of 33KV Arampora line shall be observed due to which 33/11KV Receiving Stations at Arampora, Panzipora, Sheer Colony and Bugoo shall remain off while power supply to Arampora, Panzipora, Sheer Colony, Bugoo and adjoining areas will be affected from 10:30 AM to 03:00 PM on 19 March, 2025.

Further, to carry out erection of 13 Mtr ST pole and installation of 11KV Isolator, the shutdown of 33KV Achabal-Nowpora tap line shall be observed due to which 33/11KV Receiving Station at Achabal shall remain off while power supply to Achabal and adjoining areas will be affected from 10:30 AM to 03:00 PM on 24 March, 2025.

Moreover, to carry out erection of

ST poles for stabilization of line, the shutdown of 33KV Dolipora line shall be observed due to which 33/11KV Receiving Stations at Tarathpora, Dolipora and Magam shall remain off while power supply to Tarathpora, Kalmoona, Vilgam, Magam, Neelipora, Geeripora, Dolipora, and adjoining areas will be affected from 10:30 AM to 03:00 PM on 17 & 18 March, 2025.

Likewise, to carry out erection of ST poles for stabilization line, the shutdown of 33KV Gulmarg line shall be observed due to which 33/11KV Receiving Stations at Tangmarg, Gulmarg and Kulhama shall remain off while power supply to Tangmarg, Gulmarg, Kulhama and adjoining areas will be affected from 10:30 AM to 03:00 PM on 19 March, 2025.

In order to carry out stabilization and erection of poles and preventive maintenance of 33 KV Pampore-Lethpora line, the shutdown of 33KV Pampore-Lethpora line shall be observed due to which 33/11KV Receiving Stations at Konibal, Lethpora, LIS-Lethpora and Mills shall remain off while power supply to Samboora, Lethpora, Patalbagh, Chandhara, Konibal, Dusoo and adjoining areas will be affected from 09:00 AM to 03:00 PM on 16 March, 2025.

Also in this connection, the shutdown of 33KV LIS Lethpora Tap line of Pampore-Lethpora line shall be observed due to which 33/11KV Receiving Stations at LIS Lethpora & Mills shall remain off while power supply to LIS Ladoo-I & II & III and adjoining areas will be affected from 09:00 AM to 03:00 PM on 18, 20 & 22 March, 2025.

Union Territory of Jammu & Kashmir
 Jal Shakti (Irrigation & Flood Control) Department
 Office of the Executive Engineer Irrigation Division No.II Jammu
 E-Mail: jfcmuxenid2@gmail.com, xeniirrigation-div2@jk.gov.in, Tel/Fax: 0191-2457756

SHORT TERM NOTICE INVITING E- TENDERS

E-NIT No.: 42 of 03/2024-25

For and on behalf of Lieutenant Governor of Union Territory of Jammu and Kashmir, Executive Engineer Irrigation Division No-II, Jammu invites e-tenders in two cover system **Cover 1st** containing prequalification documents and **Cover 2nd** containing Price Bid from registered contractors of appropriate Class for the below mentioned works:

| S.No | Name of work | Advertis ed cost of work (Rs. in lacs) | Earnest Money Deposit (in Rs) | Time for completi on (in days) | Class of Contract or | Cost of Tender Docu ments (Rs.) |
|------|---|--|-------------------------------|--------------------------------|----------------------|---------------------------------|
| 1. | Deployment of JCB on canal including construction of cross bunds (Irrigation Sub-Division Bishnah) | 2.63 | 02 % of the Advertis ed Cost | 10 | A,B,C,D | 200 |
| 2. | Deployment of JCB on canal including construction of cross bunds. (Irrigation Sub-Division Pandorian) | 2.39 | -do- | 10 | A, B,C,D | 200 |
| 3. | Deployment of JCB on canal including construction of cross bunds. (Irrigation Sub-Division R.S pura) under M&R | 2.54 | -do- | 10 | A,B,C,D | 200 |
| 4. | Deployment of JCB on canal including construction of cross bunds. (Irrigation Sub-Division Murallian) under M&R | 1.67 | -do- | 10 | B,C,D | 200 |

Position of A.A. A : Recorded
Position of T. S : Under Process
Position of Funds : Budgetary Provision under MH-2700/2701/2702 (023-M&R)

Important Dates:

i) Date of Publishing from : 12-03-2025 (16:00 PM)
 ii) Downloading from : 12-03-2025 (16:00 PM)
 iii) Uploading from : 12-03-2025 (16:00 PM)
 iv) Uploading stops on : 17-03-2025 (18:00 PM)
 v) Tender opens on : 18-03-2025 (12:00 Noon - Subjective)

1. The bidding documents can be downloaded from the website <http://jktenders.gov.in/w.e.f> 12-03-2025 from 16:00 PM onwards.
 2. The bids shall be uploaded/ submitted in electronic format on the website <http://jktenders.gov.in/w.e.f> 12-03-2025 from 16:00 PM onwards.
 3. The complete bidding process will be **ONLINE**.
 4. The tender uploaded on the website up to due date will be opened or **Subjective** in the office of the Executive Engineer Irrigation Division No-II, Jammu. If the office happens to be closed, the bids will be opened on the next working day.

Sd/-
 (Er. Hafiz Ullah Reshi)
 Executive Engineer
 Irrigation Division No.II
 Jammu

Dated: 12-03-2025
DIP/J-11041/24

EDITORIAL

Festival of Colors and Unity

Holi, the festival of colors, is one of the most vibrant and joyous celebrations in India and many parts of the world. It marks the arrival of spring and the victory of good over evil. Observed on the full moon day of the Hindu month of Phalgun, Holi is a time when people come together, forgetting past grievances, and celebrate with colors, music, dance, and sweets. The festival is a symbol of unity, love, and renewal, making it a much-awaited occasion for people of all ages.

Holi has deep mythological and cultural significance. The most well-known legend associated with Holi is the story of Prahlad and Holika. According to Hindu mythology, King Hiranyakashipu, a demon king, wanted to be worshipped as a god. However, his son Prahlad, a devoted follower of Lord Vishnu, refused to obey him. Enraged by this defiance, Hiranyakashipu conspired with his sister Holika, who had a boon that made her immune to fire. They planned to burn Prahlad by making him sit on Holika's lap in a blazing fire. However, by divine intervention, Holika was burned to ashes while Prahlad remained unharmed. This event symbolizes the victory of good over evil, and on the eve of Holi, Holika Dahan is performed, where bonfires are lit to commemorate the burning of evil.

Another popular legend is associated with Lord Krishna and Radha. It is said that young Krishna, who had a dark complexion, was jealous of Radha's fair skin. On the advice of his mother, Yashoda, Krishna playfully applied colors to Radha's face. This playful act later became a tradition, and today, smearing colors on each other is the highlight of Holi celebrations.

Holi celebrations begin with Holika Dahan, a ritual performed on the night before Holi. People gather around a bonfire, offering prayers and symbolic offerings such as coconut, wheat, and sugarcane, seeking blessings for prosperity and the destruction of negativity.

The following day, known as Rangwali Holi, is when the real fun begins. Streets, parks, and open spaces transform into a riot of colors as people throw gual (colored powder) at each other. Water balloons, pich-karis (water guns), and even buckets of colored water add to the excitement. People sing, dance to traditional folk songs and Bollywood music, and enjoy the festive spirit with boundless enthusiasm.

One of the unique aspects of Holi is its inclusive nature. Social barriers are temporarily erased as friends, family, and even strangers come together to celebrate. Regardless of caste, creed, or social status, everyone participates in the joy, strengthening the bonds of unity and harmony.

Festivals in India are incomplete without delicious food, and Holi is no exception. The festival is a gastronomic delight, with a variety of mouthwatering sweets and savory dishes prepared specially for the occasion.

Gujiya – A deep-fried, crescent-shaped dumpling filled with sweetened khoya (reduced milk) and dry fruits, gujiya is a Holi favorite.

Thandai – A refreshing milk-based drink infused with saffron, almonds, and spices, often enjoyed with a hint of bhang (a cannabis-based preparation) in some regions.

Malpua – A delicious, deep-fried pancake soaked in sugar syrup, often served with rabri (thickened sweetened milk).

Dahi Bhalla – Lentil dumplings soaked in curd, topped with chutneys and spices, adding a tangy flavor to the festive spread.

Puran Poli – A stuffed sweet flatbread, popular in Maharashtra, made with jaggery and lentils.

These festive delights add to the joy of Holi, as families and friends gather to feast and celebrate together.

Lathmar Holi (Barsana & Nandgaon, Uttar Pradesh) – Women playfully beat men with sticks (lath) while they protect themselves with shields, recreating a legendary episode of Radha and Krishna's love story.

Phoolon Ki Holi (Vrindavan, Uttar Pradesh) – Celebrated with flowers instead of colors, this Holi in the Banke Bihari temple is a divine experience.

Royal Holi (Jaipur, Rajasthan) – Celebrated with grandeur, featuring elephants, camels, and traditional folk dances.

Shigmo (Goa) – A spring festival with processions, folk dances, and drum performances, marking Holi celebrations in Goa.

Yaosang (Manipur) – Celebrated over six days with folk dances, sports, and music, blending Holi with Manipur's traditional festival.

These diverse traditions showcase the rich cultural heritage of India, making Holi an extraordinary festival. Holi is not only celebrated in India but has also gained popularity in many parts of the world. Countries like Nepal, Mauritius, Fiji, Trinidad & Tobago, the United States, the United Kingdom, and Canada have significant Hindu populations who celebrate Holi with the same enthusiasm. In recent years, Holi has become an international festival, with color runs and Holi parties gaining popularity worldwide.

Beyond its colors and festivities, Holi carries a profound message of love, harmony, and renewal. It teaches us to:

Forgive and Forget – Holi is an opportunity to mend broken relationships and start afresh with love and positivity.

Celebrate Diversity – The festival brings together people from all walks of life, celebrating unity in diversity.

Welcome Spring – Holi marks the transition from winter to spring, symbolizing growth, renewal, and hope.

Embrace Joy and Playfulness – The carefree spirit of Holi reminds us to let go of worries and embrace happiness.

Holi is more than just a festival; it is an expression of life itself—full of color, energy, love, and joy. As people drench each other in colors and laughter, they not only celebrate the triumph of good over evil but also strengthen bonds of friendship, family, and community.

With its mythological roots, cultural significance, and joyous traditions, Holi remains a cherished celebration that unites people across generations and geographies. Whether celebrated with colors, flowers, or just heartfelt wishes, Holi spreads the message of love, positivity, and togetherness, making it one of the most beautiful festivals in the world.

So, let's come together, forget our differences, and celebrate Holi with happiness and enthusiasm! Happy Holi!

Holy : A Splash of Colors, Love and Celebration

It is not only about colors but is about fun, frolic, wonder, love, enthusiasm, fervor, Positivity, Energy, Joy, Unity, diversity, Harmony and Brotherhood

By: Omkar Dattatray

India is the country of diverse cultures, traditions, customs, rituals and festivals and in different parts of the country different festivals are celebrated with pomp and show. Holi is one such festival and is rightly called as the festival of colors but is celebrated although in different ways across the length and breadth of India, however the sprinkling of the colors is common to all parts of the country. The festival of Holi fosters the unity and togetherness among the people of the country and therefore this festival of colors has got special importance for national cohesion and unity. The festival of Holi is celebrated to bade goodbye to winter and to welcome the season of spring and thus the Holi symbolizes positivity in life and is celebrated to encourage and have the feeling of positivity which is so important for life of the individual. This festival is celebrated to discourage and shun all negativity in lives of the people. The pertinent question is as why do the people celebrate the festival of Holi and different legends stand woven around the celebration of the festival. In fact as already said Holi is celebrated in honor of the arrival of spring, the end of winter, the blossoming of love and for many it is the festive day to meet others, play, laugh, forget and forgive and above all to repair broken relationships. The festival also celebrates the beginning of a good spring harvest season. Generally it lasts for a night and a day, starting on the evening of the Purnima—full moon day falling in the Hindu calendar month of

Phalgun, which falls around the middle of March in the Gregorian calendar. The first evening is known as Holika Dahan the burning of Demoness Holika or Chhoti Holi and the following day as Holi. The Holi festival of colors in India is a celebration of the victory of good over evil, the destruction of the demoness Holika. It is said that Harenyakashap the cruel king was asking all to worship him as he proclaimed to one and all that he was the god and thus he wanted his son Prahlad who was the Vishnu bageht also to worship him the Harenyakashap. But Prahlad did not accede to it and so Harenyakashap ordered that his son to be burned along with his own sister Holika who was fire resistant and so it was conspired that Prahlad would be burnt in the lap of his aunt. But a miracle happened that there was no harm to Prahlad, however his aunt Holika got burnt and was reduced to ashes. Thus to commemorate the victory of good over the evil the Holi is celebrated. Holi is an important Hindu festival but it is celebrated by the Sikhs, Jains and other communities across the spectrum and it fosters the spirit of oneness and mutual brotherhood and gives strength to tolerance and secularism. In fact all the important festivals are celebrated jointly by all the communities and this is the beauty of this land and of the principle and practice of unity in diversity which is the principle characteristic of India. The festival of Holi is celebrated in different forms and ways in different states but the sprinkling of the color is common in all states of India. Thus most Indian states have their own way of celebrating Holi. In the state of UP men and women sing popular songs and shout chants to Radha and Krishna. In Kanpur Holi lasts for seven days and the last day has a grand fair called Ganga Mela or Holi Mela. In Gorakhpur, Holi begins with a special pooja and through the day brotherhood is celebrated among people. In Barsana village Lathmar Holi is celebrated. According to myths, Holi began in Barsana region of India, which includes Vrindavan, Mathura, Nandgaon, and Barsana. Interestingly the festival here is celebrated with not just colors but with Lathis. It is said that children of

Mathura annoy child Krishna and ask him why is he of black—shyam color and on this Youshodha called child Krishna to sprinkle any color on the children and therefore Krishna did the same and sprinkled colors on the children and the Gopies. Thus it became the practice in Barsana Uttar Pradesh that females beat males with Lathis and it is known as the Lathmar Holi and this practice is present even to this day. With great gusto and anticipation, the people of India welcome Holi the festival of colors. But did you imagine there could be so many incredibly different ways this festival is celebrated in different places of India. Holi at Mathura and Vrindavan is celebrated with great gusto for many days. For these were the places where Krishna spent most of his childhood. Situated in the north Indian state of Uttar Pradesh, the celebrations there span over a week or so. Each major temple housing the idol of Krishna and Radha celebrate Holi on a different day. People throng the temples to get drenched in colored waters and make merry and joy and sing songs in praise of lord Krishna and Radha. In Punjab, a ritual called Holi Mohalla was initiated by the Sikh Guru, Guru Gobind Singh where Holi is celebrated by demonstrating physical agility by indulging in martial arts. Punjab celebrates Holi Mohalla which looks, sounds and feels like Holi for warriors. It is celebrated a day before Holi. The day starts early on the day of Holi, people get dressed to play and stock up the colors and sweets to welcome their friends to play and enjoy. The Holi celebrations in Punjab bring with it a riot of colors, songs dancing and scrumptious treats all to welcome spring. Traditionally Holi Mohalla is the way Holi is celebrated in Punjab but the typical tradition of playing with color and water, continues to be the integral part of the festivities. In Punjab the Holi is the occasion to mingle with friends and family. It is the occasion to forgive and forget and embrace one and all as the colors signify the binding and mixing with all. In some parts of the Uttar Pradesh the idols of Holika are burnt to remember the victory of good over the evil. It is said that on the next day of the burning of Holika the ashes of the

demoness were thrown on friends and relatives and this changed into sprinkling of the colors on the people. Thus the festival of Holi is celebrated in different ways in different parts of the country but the sprinkling of the colored water is common to all the Holi celebrations. On the occasion of Holi people sprinkle colors on the friends and on the passersby and dance to the beats of the drums and enjoy and make merry. In Maharashtra the festival of Holi is celebrated as the Rang panchmi with gaiety and the colors are sprinkled on the friends and relatives. The festival of Holi fosters the mutual brotherhood and strengthens the spirit of unity and cohesion and thus this festival helps in strengthening the bonds of communal harmony and mutual brotherhood. Therefore this festival gives strength the pluralism and secularism which is badly needed for the flourishing of the secular democracy. Thus the festival of colors unites the people of different religions though it is a Hindu festival. In Gorkhpur people visit their friends and sprinkle colored water and sing songs in praise of Lord Krishna and Radha and it unites the people. Thus the spirit of oneness is fostered by celebrating this festival jointly by the different communities. The people throw colored water upon their friends and relatives and visit the houses of their friends and relatives and sing songs, enjoy and make merry. People of India wait impatiently for the arrival of the Holi festival and embrace the festival with open arms and use different colors and sprinkle it on the friends and relatives and even on the passersby. It is good if the eco-friendly Holi is celebrated by the people with the use of natural colors so that there is no harm to anyone and to the environment. Thus the festival of holi fosters the unique characteristic of the unity in diversity and strengthens this trait and theme of India. Let us all celebrate the festival of colors with great enthusiasm and fervor and may this festival be a harbinger of mutual brotherhood and peace?

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

Women's Day 2025: Top 10 Records Held by Women in Science, Politics, Sports and Others

By: Vijay Garg

As the world celebrates Women's Day 2025, it is important to recognize and honour the remarkable achievements of women in different fields. From science and politics to sports and beyond, women have continuously displayed strength and broken barriers to set new records. Women around the world are an inspiration for the generations to come. Here are ten notable records held by women that showcase their extraordinary contributions.

1. Peggy Whitson: Record-Breaking Astronaut

In 2017, NASA astronaut Peggy Whitson made history by spending the most total days in space of any NASA astronaut, whether male or female. Her incredible dedication, hard work, and passion for space exploration helped her achieve this remarkable milestone.

Throughout her career, she has inspired many people and paved the way for future astronauts to follow in her footsteps. Her achievements continue to motivate the next generation of space explorers and scientists, showing that with determination and perseverance, anything is possible. NASA mentions: "NASA astronaut Peggy Whitson holds the cumulative days in space record at 675 days."

2. Ngozi Okonjo-Iweala: First Female Director-General of the WTO

In 2021, Ngozi Okonjo-Iweala made history by becoming the first woman and the first African to serve as the Director-General of the World Trade Organization (WTO). Her leadership marked a significant milestone in international trade and diplomacy. The World Trade Organisation states: "Ngozi Okonjo-Iweala is the seventh Director-General of the WTO. She took office on 1 March 2021, becoming the first woman and the first African to serve as Director-General. Her term of office will expire on 31 August 2025. On 29 November 2024,

Dr Ngozi Okonjo-Iweala was reappointed as Director-General for a second four-year term, set to begin on 1 September 2025."

3. Kiran Bedi: Breaking Barriers in Law Enforcement and Social Reform
Kiran Bedi, born in 1949, made history as India's first female police officer, breaking barriers in law enforcement and paving the way for women in the Indian Police Service (IPS). Her leadership and dedication to justice redefined the role of women in policing and public service.

4. Simone Biles: The Most Decorated American Gymnast

Simone Biles stands as the most decorated gymnast in history, having earned an unparalleled total of 41 Olympic and World Championship medals. Her achievements include six World All-Around titles, making her the only gymnast, alongside Japan's Kōhei Uchimura, to hold such a record. At the 2016 Rio de Janeiro Olympics, Biles captivated the world by securing four gold medals in team, all-around, vault, and floor exercises, along with a bronze on the balance beam.

5. Kamala Harris: First Female Vice President of the United States

In 2021, Kamala Harris made history by being sworn in as the first female Vice President of the United States, marking a significant milestone in American politics. Her achievement not only shattered a centuries-old glass ceiling but also made her the highest-ranking female official in U.S. history. As the daughter of immigrant parents—her mother from India and her father from Jamaica—her journey to the White House is a testament to perseverance, representation, and the changing landscape of leadership in the country.

6. Arundhati Roy: A Literary Trailblazer and Activist

Arundhati Roy, born in 1961, is a celebrated Indian author and activist known for her fearless voice and literary brilliance. She made history by becoming the first Indian woman

to win the prestigious Man Booker Prize, a milestone that cemented her place in the global literary landscape.

Roy's debut novel, *The God of Small Things* (1997) won the Man Booker Prize, making her the first Indian woman to receive this honor. The novel captivated readers worldwide with its lyrical storytelling and profound themes of love, loss, and social injustice.

Beyond her literary accomplishments, Roy has been a passionate activist, advocating against globalization, environmental destruction, and human rights violations. Her unwavering commitment to social justice has made her a powerful voice in global discourse.

7. Gina Haspel: First Female CIA Director

In 2018, Gina Haspel was appointed as the first female Director of the Central Intelligence Agency (CIA) in the United States, breaking a significant glass ceiling in the intelligence community.

8. Irom Sharmila: The Iron Lady of Manipur and Her Fight for Justice

Irom Sharmila, born in 1972, is a civil rights activist from Manipur, known for her unwavering commitment to justice and human rights. She made history with her 16-year-long hunger strike, one of the longest in the world, to protest against the Armed Forces (Special Powers) Act (AFSPA)—a law that grants special powers to the military in conflict zones. Her protest brought global attention to human rights violations in India's northeast.

Sharmila's efforts have been recognized internationally, earning her the Gwangju Prize for Human Rights. Often compared to Mahatma Gandhi for her commitment to nonviolent resistance, she remains a symbol of resilience and courage in the fight for human rights and dignity.

9. Nathalie McGloin: A Trailblazer in Motorsports

Nathalie McGloin's life changed forever after a car accident left her paralyzed from the chest down at a

young age. Following spinal surgery, her perspective on life shifted, leading her to embrace new challenges with determination. Before her accident, she had no interest in car racing, but she later proved that with perseverance, anything is possible. She made history as the first female tetraplegic to receive a racing license, breaking barriers in both disability and gender representation in motorsports.

10. A Late Passion for Adventure: The Inspiring Story of Rut Linnéa Ingegärd Larsson

Rut Linnéa Ingegärd Larsson found her love for skydiving and parachuting at the remarkable age of 90. Instead of seeing age as a limit, she set a bold goal—to become the world's oldest tandem parachute jumper. In 2022, at the age of 103, she achieved this incredible milestone, proving that it is never too late to chase dreams. Her entire family gathered to witness her historic jump, eagerly waiting for her safe landing. Their pride and admiration for her courage were evident, making the moment even more special.

In conclusion, these remarkable women have set new standards and continue to inspire future generations through their groundbreaking achievements. As we honour Women's Day 2025, let's celebrate their legacies and the ongoing contributions of women globally.

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

Srinagar admin organizes awareness programmes on Drug de-addiction at Fakir Gujri

Top News Report

SRINAGAR, Mar 14: On the directions of Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat, a series of awareness programmes on drug de-addiction was organized by District Administration Srinagar in collaboration with District Social Welfare Office at Fakir Gujri-A and Fakir Gujri-B here today.

During the programme, the Resource persons highlighted the harmful effects of drugs on individuals, families, and society at large. They urged the public to raise awareness about the detrimental impacts of drugs and remain vigilant against those involved in illegal drug trade.

The participants unanimously called for widespread awareness

efforts, emphasizing the need to be cautious of individuals engaged in such illegal activities.

On the occasion, the measures needed to be undertaken for the eradication of drug menace from the society were also underlined. The special focus was laid on saving youth, the most vulnerable age group with regard to drug menace from the harmful effects of its

use.

Other Speakers on the occasion said that drug addiction is an issue of grave concern, especially among the younger generation and has very ill effects not only on the individual concerned but on the society as a whole.

The programme was attended by Officers of Social Welfare, Police, Education and other Departments.

DC inaugurates RRR Centre at MC Kupwara

Top News Report

KUPWARA, Mar 14: The Deputy Commissioner (DC) Kupwara, Ayushi Sudan today inaugurated the much-awaited Reduce, Reuse, Recycle (RRR) Centre at the Municipal Council Office Kupwara.

The inauguration marks a significant step towards promoting environmental sustainability and waste management in the district.

DDC Member Sogam, Executive Officer MC Kupwara, President Traders Federation Kupwara, President Transport Association Kupwara and large number of employees of Municipality were present on the occasion.

RRR Centre is aimed to promote the act of kindness where people will deposit their used clothes, discarded household items and other charitable things which will help other people especially poor and destitute. The aim is to reduce the wastage of resources by the people by recycling the used things for the people in need.

Speaking at the occasion, DC appreciated the initiative of the Municipal Committee and said that it is a noble and eco-friendly concept aimed to help the poor people by donating used items which will be recycled.

She appealed the people to make the initiative vibrant by donating their surplus things including used clothes, household items and other discarded stuff to the RRR Centre which will be useful for the people in need.

Safeguarding Legal Rights: DLSA Budgam organizes awareness programme at Central Jail Srinagar

Top News Report

BUDGAM, Mar 14: In a significant move, as part of Calendar of activities, District Legal Services Authority (DLSA) Budgam, under the aegis of J&K Legal Services Authority today organized an awareness programme on Bail & Legal aid for under trial Convicted and other prisoners at Central Jail Srinagar.

The programme was also held in consonance with the judgment dated:18-02-2025 passed by the Hon'ble

Supreme Court of India in Suo Motu writ petition number 04 of 2021 titled IN RE: Delay in release of convicts after granting of bail with SLP (cr) No.529 of 2021

The awareness session, organised under the guidance of Hon'ble Justice Atul Sreedharan Executive Chairman J&K Legal Services authority and Shazia Tabassum, Member Secretary of J&K Legal Services authority was held under the chairmanship of O.P.Bhagat, Chairman DLSA (Pr.

Distt.& Sessions Judge) Budgam and supervision of Nusrat Ali Hakak, Secretary DLSA Budgam, who attended and monitored the said programme personally.

On the occasion Legal aid defense counsels of DLSA Budgam Shahrooq Bhat and Ab Rouf Parray spoke on the subject and apprised the under trial prisoners, convicts, jail inmates etc, about ways and means of obtaining free and competent Legal aid from Legal Services institutions for defend-

ing their cases at various Levels free of cost. They also threw light on S.432 crpc and section 473 of BNSS etc.

They also deliberated upon the different types of bails pertaining to different categories/nature of cases and raised awareness among the inmates regarding the benefits that can be availed in light of the said Supreme Court judgment.

On the occasion, Secretary DLSA Budgam gave a presidential address in which she

briefed the inmates about the services and schemes of DLSA meant for them and also imparted a wide range of awareness amongst them regarding the legal provisions etc. which they can get help from.

The programme witnessed the active participation of Incharge Superintendent Central Jail Srinagar, Shahbaz Hussain; officials of Prison Legal Aid Clinic and PLVs existing at Central jail Srinagar, police personnel, jail inmates, PLVs of DLSA Budgam etc.

Hakeem Yaseen extends warm greetings on the occasion of Holi

Top News Report

SRINAGAR, Mar 14: Hakeem Muhammad Yaseen, President of the Jammu and Kashmir Peoples Democratic Front (PDF) and former minister, has extended warm greetings to the people on the joyous occasion of Holi.

In his message, Hakeem Muhammad Yaseen said that Holi, the festival of colors, symbolizes the spirit

of unity, harmony, and brotherhood. He emphasized that this vibrant festival is an opportunity to strengthen the bonds of love and togetherness among people of different communities.

"Holi is a celebration of joy, happiness, and the victory of good over evil. It reminds us of our rich cultural heritage and the need to uphold the values of peace, amity, and mutual respect," he

said.

Hakeem extended his heartfelt wishes to the people of Jammu and Kashmir and the entire nation on this festive occasion. May this festival bring prosperity, happiness, and well-being to all," he added.

Hakeem also urged people to celebrate the festival with enthusiasm while ensuring harmony and goodwill among all sections of society.

SCCU celebrate Holi with Specially-Abled individuals

Top News Report

UDHAMPUR, Mar 14: Senior Citizens Club (Regd) Udhampur (SCCU) orchestrated an extraordinary Holi celebration this year, weaving together colors, compassion, and community spirit in a way that will be etched in everyone's hearts forever. The event wasn't just a celebration — it was a beautiful symphony of inclusivity, uniting specially-abled individuals, senior citizens, and the vibrant youth of the town. The celebration began on a deeply spiritual note, as the holy water from the Sangam at Prayagraj — brought by Gen-Secretary of Club Sh. Raj Guru, who recently attended the Mahakumbh — was sprinkled on every participant. This sacred gesture symbolize purity, unity, and divine blessings, setting the perfect tone for the day's events. The distribution of Prasadam further added to the spiritual atmosphere, filling hearts with grace and

gratitude.

What made this Holi truly ever-memorable was the enthusiastic participation of the town's youth alongside senior citizens. It was a rare and heartwarming sight — generations coming together, exchanging not only colors but also experiences, wisdom, and hope. Mr. Deepak Verma, a young enthusiast and prominent social worker, expressed his joy: "Celebrating Holi with our senior citizens is a blessing. They are the guiding force for us, and their presence adds depth and meaning to every festival. Today's celebration is not just about colors; it's about strengthening the bond between generations." The air was filled with laughter, the spirit of togetherness was palpable, and every face gleamed with happiness. The event wasn't just about applying colors — it was about erasing the lines of division and painting a brighter picture of unity and accep-

tance. Mahadeep Singh Jamwal, President of the Club, reflected on the significance of the event, stating: "Holi represents the triumph of good over evil, but today, it also became a symbol of unity over isolation, empathy over indifference, and love over barriers. SCCU is committed to nurturing an inclusive society where every voice — young, old, or differently-abled — is heard and celebrated." To ensure a safe and meaningful celebration, organic colors were used, and special care was taken to create a comfortable and joyful environment for everyone. Traditional sweets were shared, adding a nostalgic flavor to the event. Looking ahead, SCCU aims to continue this journey of inclusion by launching new initiatives. This Holi wasn't just a festival — it was a memory in the making. A day when hearts connected, generations united, and the true colors of humanity shone the brightest.

Power Shutdown of Bemina-Barbarshah TRC Tap line, Pampore Khanda Tap line

Top News Report

SRINAGAR, Mar 14: According to the Chief Engineer, Distribution, KPDC, in order to carry out maintenance works of 33 KV Bemina-Barbarshah TRC Tap line, the shutdown shall be observed from 10:00 AM to 05:00 PM on 18 March, 2025.

However no Receiving Station and areas shall be affected as 33 KV Bemina-Barbarshah-TRC Tap line is a backup line to 33 KV Cheshmashahi-TRC Nedous Line.

Similarly, to facilitate cutting down of Poplar Trees, the shutdown of 33KV Pampore Khanda Tap line shall be observed due to which 33/11KV Receiving Station at Khanda shall remain off while power supply to the Khanda, Wagoora, Gowherpora, Wagoora, Wadipora, Kultreh and adjoining areas will be affected from 10:00 AM to 02:00 on 17 March, 2025.

Power Shutdown of Delina-Amargarh Transmission Line Ckt-2nd

Top News Report

SRINAGAR, Mar 14: According to the Chief Engineer JKPTCL, Kashmir, in order to carry out Relocation of 132 KV CT's and LA's of 132 KV D/C Delina-Amargarh Transmission Line Circuit-2nd Bay at Grid Station Delina, the shutdown of 132 KV D/C Delina-Amargarh Transmission Line Ckt-2nd shall be observed due to which power supply to Sopore, Amargarh, Baramulla, Watergam and adjoining areas will be affected from 09:00 AM to 05:00 PM on 17 March, 2025.

Police solves theft case in Ganderbal, recover stolen gold worth lakhs

Top News Report

GANDERBAL, Mar 14: In a significant breakthrough, Police in Ganderbal have successfully solved a theft case, apprehending five individuals and recovering stolen gold valued at lakhs of rupees.

On September 12, 2024, Police Station Lar received a written complaint from Abdul Rehman Shah resident of Check Yangoor stating there in that during the intervening night of 11-12/09/2024, unknown persons had entered his home and made off with gold and cash.

Accordingly, a case vide FIR No. 42/2024 was registered and an investigation was initiated.

Through meticulous investigation, police identified and summoned several suspects for questioning, including Imtiyaz Ahmad Gooru from Authkhroo Rabitar (currently residing in Parimpora), Hilal Ahmad Dar from Gund Roshan Rabitar, Adil Ahmad Sofi from Gund-Roshan Rabitar, Javid Ahmad Mir from Guzhama Ganderbal and Lateef Ahmad Dar from Wangipora Sumbal. During questioning, the accused confessed to the crime and revealed their involvement in multiple thefts across various police stations in the valley.

Based on their disclosures, police recovered stolen gold items worth Rs 5,50,588, including 03 golden pounds, 08 gold rings, 02 pairs of earrings, 01 pair of jumkas, and a golden chain. Additionally, an Alto car bearing registration number JK01J-7340, used in the commission of the crime, was seized.

The recovery of the stolen property and the arrest of the perpetrators reflect the J&K Police's unwavering commitment to protecting the community and upholding law and order.

DC reviews performance of Banks in Doda

Top News Report

DODA, Mar 14: A meeting of the District Level Review Committee (DLRC) and District Consultative Committee (DCC) was held at the DC Office Doda the other day to review performance of banks for the quarter ending December 2024.

The meeting was chaired by Deputy Commissioner (DC) Harvinder Singh and attended by the Chief Planning Officer (CPO), ACD, Lead District Manager (LDM), representatives from the Reserve Bank of India (RBI), and officials from different financial institutions and government departments. The meeting was convened by the Lead Bank Office, State Bank of India (SBI).

The focus of the meeting was to review banking per-

formance, financial inclusion, and credit disbursement in the district. Officials presented the progress of banks under the Annual Credit Plan for 2024-25 including deposit growth, advances and the Credit-Deposit (CD) ratio. The DC directed banks to increase credit flow, especially to priority sectors and weaker sections of society.

A significant focus was on the status of loan disbursement to beneficiaries under self-employment and entrepreneurship schemes, including Mission Youth.

The DC reviewed the implementation of government-sponsored self-employment schemes, such as PMEGP, Kisan Credit Card (KCC) for farmers, Stand-Up India, PMFME, Mudra loans, and financial support to Self-Help Groups

(SHGs). He asked financial institutions to speed up loan disbursements to Business, agriculture and allied sectors to push economic growth.

The DC instructed the LDM to set up a help desk at the Chief Education Office to assist students with the education loan.

The meeting also discussed housing loan disbursements and the chair asked banks to make the process easier for people to access financial assistance. The availability of the loan under the PM Muft Bijli Yojana was also discussed with JK Bank, SBI, and Punjab National Bank (PNB). The status of gold loan disbursements was reviewed, and banks were urged to improve their lending performance in all areas.

Kaith urges concerned to look deeply into sacrifice made by Sankri Devta

Top News Report

JAMMU, Mar 14: At a meeting held here on Friday, social and BJP activist R.L.Kaith urged the concerned to look deeply into the sacrifice made by the ancestral spirit: Sankri Devta.

He mentioned to them that hundreds of years ago, a cowherd while grazing a Kapila named cow at Meer felt asleep and slept hours. When he woke up he saw the cow was missing. He went here and there in her search but couldn't

find out. Later one told him that he had seen some Mughals taking the cow towards Umran-Ali.

He reported the matter as heard to owner Sankri Dev. Enraged Sanpri Dev then riding the horse marched towards Umran-Ali to chase the Mughals and get his cow extricated from their clutch. Sankri Dev saw the Mughals at Umran-Ali, where he alone fought them valiantly. Unfortunately, the multiple Mughals severed his head but his

body continued to fight for a few more minutes, but lastly fell on this holy land. Since then, this place is named as 'Pindi' (situated adjacent to Indo-Pak border in Arnia Sector). Every year his martyrdom is observed at Pindi by the Kaith Biradari and also, a three day long congregation is held at Meer by the Katoch Biradari from which the Kaiths were separated in 1392 as per a book entitled 'Punjab Castes' authored by the then British Research Officer Sir Lord Ibetsen and published in 1885, Kaith added.

As we gear up to celebrate Holi, celebrities from the telly world tell us which colours they admire the most

Red zone: Ravirra Bhardwaj

Red is a colour that shows passion, energy and strength. These are the same qualities that I have in my personal and professional life. Passion drives me to work hard and give my best in everything I do. Energy helps me stay active, face challenges and keep going even when things get tough. Strength gives me the power to handle difficult situations and never give up. Just like the colour red stands out and grabs attention, I also like to stand strong in every situation.

Cool blue: Mitu
I choose blue because it is cool, just like me!



Blue is calm, peaceful and refreshing. It makes people feel relaxed and happy. I like to stay cool in every situation, just like the colour blue. It's my favourite because it matches my personality—calm, positive and full of peace.

Laughing doll
Anupama Solanki
If I describe myself, I would say that I am a colourful person and I laugh all day. I feel

happy that God made me a laughing doll. I don't worry about anything, which is why I love Holi—especially playing Holi with water feels like a jackpot!

Pink pleasure
Aishwarya Raj Bhakuni
I am the colour pink—soft and powerful. Delicate, but unreadable. It is the colour of love, warmth, kindness and that's how I am. It represents my childlike inno-

cence and the beauty of my soul, but pink is also bold and stands out.
Peace & trust
Aadesh Chaudhary
If I had to choose a colour to describe myself, I would pick blue. Blue is a colour that shows calmness, peace and trust. These are the qualities I try to have in both my personal and work life. I believe in staying calm even when things get difficult.

Being peaceful helps me handle challenges without stress.

Total fascination
Kunal Verma
Blue has always fascinated me. It's the colour of our planet Earth and I've been drawn to it for as long as I can remember. I've owned three cars in total and all of them were blue!

Gulaal fan: Paras Madaan
I love all colours of Holi. I'm a total gulaal fan. There's something magical about the vibrant colours. I love the tradition of making a gentle tikka with gulaal and the joy of being surrounded by loved ones, all adorned in a kaleidoscope of colours.

Sonu Nigam hits back at IIFA 2025 after being snubbed from nominations



Playback singer Sonu Nigam has voiced his disappointment after being snubbed from the Best Playback Singer (Male) nominations at the IIFA Awards 2025. The event, held in Jaipur, Rajasthan, did not include Nigam in the nominations despite his massive hit song Mere Dholna 3.0 from Bhool Bhulaiyaa 3 being among the many

chartbusters last year. The nominees in the category included Arijit Singh, Karan Aujla, Diljit Dosanjh, Baadshah, Jubin Nautiyal and Mitraz. Ultimately, Jubin Nautiyal won the award. Nigam took to his Instagram account to share a screenshot of the nominee list along with a sarcastic caption that read, "Thank you,

IIFA... After all, you were answerable to the Rajasthan bureaucracy." The singer didn't stop there.

He also played Mere Dholna 3.0 in the background, possibly hinting that the song deserved at least a nomination.

In no time, fans and colleagues chimed in the comment section to show their support to the singer.

Composer Amaal Malik commented, "Such is the world that we live in... Mazaak banake rakh diya hai (They have made it a joke)." One user wrote, "You are incomparable, @sonunigamofficial ji. For us, you are the music."

Rithvik Dhanjani: Holi is all about bringing colour to the lives of those who are my own

"Rang barse bheege chunar wali, rang barse' (Kabhi Kabhie, 1976) – that's my favourite track of all time when it comes to Holi," says actor Rithvik Dhanjani sharing he will be immersing himself in the festive cheer and celebrating the festival of colours this year in the company of his close friends in Mumbai.

Ask Rithvik what the vibrant festival of colours means to him, and he says, "For me, Holi symbolises the victory of good over evil," adding, "It's amazing how you meet people after years, and with just a simple 'Bura na mano, Holi hai,' you colour them with joy. For me, Holi is all about bringing colour to the lives of those who feel like my own."

Every year, Rithvik makes sure to stick to a few traditions during the festival. The 36-year-old, last seen in Half Love Half Arranged season 2, mentions, "The one thing I always make sure to do every Holi is celebrate with lots of colours. I also try to have bhanga because, after all, it's the only time it's considered Prasad. Though I haven't had it in a very long time, I would love to have it again!"

In terms of food, he doesn't have any specific Holi recipes or dishes but does appreciate the comfort of desi meals. "I don't have any specific recipes or dishes that I enjoy because during Holi, we get so tired that whatever food



is served in front of us, we just eat it. But it has to be desi; it has to be roti, sabzi, and a mix of all those things. That's what I really, really love," Rithvik shares.

When asked about his childhood memories celebrating the festival, Rithvik, who has multiple OTT projects in the pipeline, says he only has "childhood traumas". "Hailing from Mandsaur, Madhya Pradesh, I've never seen a messier Holi than the way it's celebrated there. People would grab anyone and throw them into grease or mud. I was terrified to step out of my house. The only thing I enjoyed was filling water balloons and throwing them from my window. Other than that, Holi always scared me," he says.

However, his perspective on the festival changed during a celebration years ago

in Bir Billing, Himachal Pradesh. "Rajat (friend) and I, we were on a holiday, which happened to extend into the Holi celebrations. It was my first time experiencing Holi there. That celebration was absolutely amazing! It remains one of my most memorable Holi moments," Rithvik says, recalling how it finally made him appreciate the joy of the festival.

And although his family doesn't partake in the celebrations, each year Rithvik looks forward to spending the day with his friends. "My family doesn't really play Holi. But yes, going out and celebrating Holi with my friends is something I really look forward to. Depending on which of my friends are free at that time, I try to meet everyone and spend the day creating cherished memories," he signs off.

Pollywood actor Kartar Cheema recollects fond times, as he bats for a safe Holi

Colours of devotion in Phoolon Ki Holi at Vrindavan; that of valour at Holla Mohalla in Punjab; a high-spirited revelry with Lathmar Holi at Barsana and Nandgaon...Holi carries different hues in different regions of the country. The festival of colours, which marks the official arrival of spring, is a day to celebrate colours and to celebrate life. We get in touch with actor Kartar Cheema, who is looking forward to the celebrations, Holi being one of his favourite festivals since his growing up days. He remembers fondly how he would take a tractor to his friends' homes in Sunam, colour them, get them on board and take them for a round of the town. "We would be together for the entire day—eat together, fight, even watch films, it was like one big celebration." He also remembers how mithai was huge back then, "My Bapu ji (grandfather) would take me to a halwai, get me two big jalebs or some rasgullas; I would have it right there on folded newspaper."

Now strictly on diet, celebrations have become shahari with Holi parties and calorie-conscious eating. With his friends visiting from the US, he is hoping to recreate the childhood fun. He wishes The Tribune viewers a safe Holi. "Have a happy Holi, please play with safe organic colours, a simple tikka for children is good enough. Play and act responsibly."

He also turns philo-



sophical about how Holi is also symbolic of various shades of life and relationships. "Holi is a good excuse to appreciate different shades of life. I see my daughter Shiddat, how she enjoys colours of the flowers and their fragrance. We should all take out time to cherish bounties of life." He also relates colours to different bonds. "Each relationship adds a different colour to your life. Your siblings bring joy, parents care, chacha and chachi, cousins... tend to these special bonds on this festival."

Kartar also has a word of caution, "Holi has to be a festival of love. Let's not play dirty Holi; please stay away from chemical colours or dirty water. Also, please don't drink and drive. Stay safe and keep everyone around you protected!"

Dr Ajayita, Ayurveda expert, shares skincare

tips

Before you step out of your home, oil yourself from head to toe. Use Badam Rogan or any other almond oil. It acts as a barrier, saving your skin. Almond oil keeps penetrating deep and keeps hydrating the skin as well as hair. So, no matter how long you are out in the sun, you are protected.

Drink two cups of coconut water before you head out. It gives full hydration to your internal organs and also works as a cleanser. So even if you binge-eat or drink, you wouldn't land up with an infection.

Right before stepping out, sit down calmly and do breathing exercises for 10-12 minutes. It makes lungs expand and you wouldn't end up coughing or sneezing!

Carry your own organic colours and offer them when playing with friends. You can take dry

beetroot powder for red colour, hibiscus powder for pink; for green go for neem powder or henna, while for yellow, the best option is turmeric powder. All these are available in the market. They provide nourishment to your skin. They work way better than any colours available in the market that have mica, which is very harmful for the skin.

Also put two-three almond drops in your nostril and ears. It will act as insulation and make you less prone to allergies.

And carry ICalm oil from my brand, Ayurveda, in your pocket! It's an instant decongestant. Inhale it and it will clear the nasal passage.

Yianni Tsaptori, celebrity hairstylist, talks about haircare

Embrace the vibrant spirit of Holi, but it's important to be mindful of the toll these activities can take on your hair's health. After the celebrations, you may notice your hair feeling drier than usual. The colours used during Holi can sometimes contain chemicals that may strip your hair of its natural moisture. But don't worry! With the right pre-and-post-care routine, you can maintain your hair's health and shine. By incorporating nourishing treatments and using gentle hair care products, you can restore hydration and keep your locks looking radiant long after the festivities.

Shield your strands
Apply a leave-in oil:
Before stepping out,

generously apply a leave-in oil to create a protective layer between your hair and the colours. The Keracare Macadamia Oil works wonders by making your hair feel soft and smooth.

Style your hair smartly: Opt for a bun or a tight braid to minimise tangling and reduce exposure to colours.

Cover up: A scarf, bandana or hat can act as a protective shield against harsh pigments, reducing direct contact with your hair.

Restore after the festivities

Rinse with cold water immediately: After the celebrations, rinse your hair as soon as possible using cold water, which helps remove excess colour without draining essential moisture. Use a mild shampoo to prevent further dryness.

Ditch the heat tools: Avoid blow dryers, straighteners or curling irons right after Holi, as your hair needs time to recover.

Hydrate with the right shampoo: Choose a shampoo enriched with moisturising ingredients, like the Probio Honey Moisture shampoo, to deeply cleanse and rehydrate your hair. Use it at least three times a week for best results.

Lock in moisture with a mask: After shampooing, pamper your hair with a nourishing hair mask. A honey-infused mask is an excellent choice as honey has antimicrobial properties that gently cleanse while keeping your scalp and strands hydrated.

Sanjana: Excited to play with colours, dance to Bollywood songs

Actor Sanjana Sanghi is celebrating Holi at home after five long years and is "thrilled" to experience everything she missed in Mumbai during this time. She tells us, "I especially made sure to come back (to Delhi) this year because just being able to take gulaal and put it on my parents' face is something I really missed. My brother too doesn't live in Delhi; he lives in New York. So, this year, I wanted to be here with my family."

The actor, much like her growing up years, will celebrate the festival with friends and family members today. The 28-year-old, last seen in the coming of age romantic comedy Woh Bhi Din The (2024), will be hosting a party at her residence which will be attended by over 30 guests.

Talking about her festive plans, she says, "I am looking forward to a full house, playing with colours and dancing to Bollywood songs. Butter chicken and naan is my favourite Delhi ka khana so I've asked my father to



get lots of that!" While Sanjana is settled well in Mumbai, she's always tried to bring in the essence of Delhi flavour to her Mumbai Holi parties. She recalls, "In Delhi, Holi isn't just about colours. There are all sorts of things thrown at each other, so I made sure to have everything ready that one might need. I even set up a water pipe on the terrace of my home in Mumbai so everyone could get drenched. Another memorable moment was trying to cook butter chicken while video calling my parents for guidance, attempting to make it on my own."

She adds, "Holi in Delhi used to be quite messy. But, it was in Mumbai that I learned about flower Holi and organic gulaal."

The actor who is looking forward to playing Holi until sunset reflects, "It's such an odd thing about growing up and building your life (away from your parents) that those things which you take for granted, you miss the most."

Oscar-nominated 'September 5' to open Red Lorry Film Festival in India

The Red Lorry Film Festival, curated by BookMyShow India, has announced its opening night film, September 5, an Oscar-nominated drama about the 1972 Munich Olympics terrorist attack. The festival, now in its second year, will take place from March 21 to 23, with screenings in Mumbai and, for the first time, in Hyderabad.

The event will be held at Maison INOX at Jio World Plaza, Maison PVR at Jio World Drive in Mumbai, and Prasads Multiplex in Hyderabad. Directed by Tim Fehlbaum and distributed by Paramount Pictures, September 5 takes viewers inside ABC Sports' broadcast station during the Munich tragedy.

The film combines archival footage with dramatised scenes to recreate

the intense atmosphere as journalists reported live from the scene. It earned an Oscar nomination for Best Original Screenplay and has received critical praise for its gripping storytelling. The festival will also showcase other critically acclaimed films, including Sean Baker's Anora, which won the Oscars for Best Picture, Best Director, Best Original Screenplay, Best Editing and Best Actress for Mikey Madison.

Anora will get its big-screen outing at the Red Lorry Film Festival. The film festival will also feature Emilia Perez, another Academy Award winner who secured Best Supporting Actress for Zoe Saldana and Best Original Song for El Mal, as well as I'm Still Here, which won Best International Feature Film.

“Holi a symbol of India’s precious cultural heritage”: President Murmu

President Droupadi Murmu highlighted Holi as a celebration of unity, love, and harmony, urging the country to come together in spreading the colours of progress and prosperity.

NEW DELHI, Mar 14 (Agencies): President Droupadi Murmu extended her heartfelt greetings to the nation on the auspicious occasion of Holi, emphasising that the festival is a symbol of India’s rich cultural heritage.

In a message shared on the social media platform X, she highlighted Holi as a celebration of unity, love, and harmony, urging the country to come together in spreading the colours of progress and prosperity.

“Heartiest greetings to all countrymen on the auspicious occasion of Holi, the festival of colours. This festival of joy gives the message of unity, love and harmony. This festival is also a symbol of India’s precious cultural heritage. Come, on this auspicious occasion, let us all together pledge to fill the



lives of all the children of Mother India with the colours of continuous progress, prosperity and happiness,” President Murmu wrote in her post. Union Home Minister Amit Shah also took to social media to wish the nation, extending his warm greetings on this vibrant

occasion. “Heartiest greetings to all the countrymen on the festival of joy, enthusiasm, and colours, ‘Holi’. May this festival of colours bring increased prosperity, progress and affluence in the lives of all of you,” Mr Shah posted on X.

Similarly, Defence Minister Rajnath Singh shared his festive wishes with the nation, emphasising the joy and energy that Holi brings.

“Heartiest greetings to all of you on the auspicious festival of Holi. This festival, a symbol of joy, happiness and new energy, may fill your life with the colours of happiness and good health, this is my wish. May your Holi be joyful and safe! Best wishes to you on the vibrant festival of Holi! May the colours of joy, enthusiasm & new energy fill your life with happiness and health. Have a wonderful & safe Holi!” he wrote.

The nation is celebrating Holi on Friday with a spirit of unity, highlighting the cultural significance of the festival and reinforcing the importance of togetherness and joy.

India rejects Pakistan’s ‘baseless’ charges; calls it ‘epicentre’ of global terrorism



NEW DELHI, Mar 14 (Agencies): India on Friday trashed Pakistan’s allegations of backing terrorism against that country following the Balochistan train attack and said Islamabad should look inwards before shifting the blame on others for its “failures”.

India also said the whole world knows “where the epicentre of global terrorism lies”.

On Thursday, Pakistan accused India of “sponsoring terrorism” without directly implicating it in the Balochistan train attack that killed 21 passengers.

“We strongly reject the baseless allegations made by Pakistan,” External Affairs Ministry spokesperson Randhir Jaiswal said, responding to media queries on Islamabad’s allegations.

He also said, “The whole world knows where the epicentre of global terrorism lies.”

“Pakistan should look inwards instead of pointing fingers and shifting the blame for its own internal problems and failures on others,” he added.

Pakistan Foreign Office spokesperson Shafqat Ali Khan, at a weekly press briefing, was asked several questions about the deadly attack on Tuesday, which led to a hostage situation lasting for more than 24 hours.

Terrorists were in direct communications with Afghanistan-based planners throughout the incident, he said, adding Islamabad has repeatedly asked Afghanistan to deny the use of its soil for terrorist groups like the Balochistan

Liberation Army (BLA) for their attacks against Pakistan.

“We urge Afghanistan to hold the perpetrators, organisers and financiers, of this reprehensible act of terrorism accountable and cooperate with the government of Pakistan to bring all those who are concerned with this attack, including the real sponsors of terrorism, to justice,” Khan had said.

When asked about any change of policy because India was blamed in the past for any activity by the BLA while this time the finger was pointed towards Afghanistan, the spokesman said there was no change in the policy.

“There is no shift in our policy. And again, the facts have not changed. India is involved in sponsoring terrorism against Pakistan,” the spokesperson alleged without providing any evidence.

To another question, he claimed that India has been trying to destabilise its neighbouring countries and running a global assassination campaign.

No religion has such rich tradition of festivals as Sanatan Dharma: Adityanath

GORAKHPUR (UP), Mar 14 (Agencies): No country and religion has such a rich tradition of festivals as Sanatan Dharma, Uttar Pradesh Chief Minister Yogi Adityanath said on Friday on the occasion of Holi and asserted that India moves ahead through festivals.

Addressing the traditional “Narsingh Shobhayatra” in Gorakhpur, he stressed that Holi gives out the message of maintaining an “akhand” (intact) country through unity. “The vision of ‘Ek Bharat, Shreshth Bharat’ will be fulfilled,” he stressed.

“No country in the world, no caste, no religion has such a rich tradition of festivals as Sanatan Dharma. We have faith in Sanatan

Dharma and the faith is the soul of festivals. India moves ahead through festivals,” Adityanath said.

“You have seen that those who oppose Sanatan Dharma have seen the ability (‘saamarth’) of Sanatan Dharma as well as that of India through the Maha Kumbh in Prayagraj. Over 66 crore devotees came together and got blessings in the mega bathing rituals at Sangam. There was no discrimination based on caste or region,” the Uttar Pradesh chief minister told the gathering.

Posing a rhetorical question to the audience, Adityanath said, “Who are the people who want to divide us? It is those who opposed the Ram temple, those

involved in cow smuggling, and used to encourage the cow killers and make them a partner in power.”

“These are those people who used to say that ‘Bharat’ can never be a ‘viksit Bharat’. Their intention towards the country and Sanatan Dharma is well known. Hence, I have come to tell you that we have to take forward the tradition of festivals,” he said. “Lord Ram has taught us to move on the path of ‘maryaada’ (dignity). When we move ahead with dignity, we will move forward with ‘pavitrata’ (piouness). We will not violate the ‘Lakshman Rekha’.”

Referring to the recently concluded Maha Kumbh in Prayagraj, the chief minister claimed



that not a single case of eve teasing or loot occurred there. “Not a single incident occurred that could have prompted a Sanatan to hang his head down. This amazing discipline and dignity was given to us by Prayagraj,” Adityanath said.

“The proclamation of Sanatan Dharma is that “where there is Dharma,

there will be victory, there will be truth. The tougher the meditation, the greater the enlightenment will be,” he added.

Before the procession, Adityanath was seen squatting on the ground with seers for Holi celebrations. He also showered flowers on people taking part in the procession.

Woman killed, 4 injured as law student rams car into two-wheelers in Gujarat’s Vadodara

VADODARA, Mar 14 (Agencies): A woman was killed on the spot and four others sustained injuries when a speeding car driven by a 20-year-old law student crashed into their two-wheelers in Gujarat’s Vadodara city in the early hours of Friday, police said.

The accident occurred around 12.30 am near the Muktanand circle in the Karelibaug area, following which the driver, Rakshit Chaurasiya, was arrested, said Deputy Commissioner of Police Panna Momaya.

It could be a case of drunk driving as eye-witnesses, who caught Chaurasiya at the scene, told the police that he appeared intoxicated and was screaming “another round, another round” after

coming out of the car, the official said.

The deceased woman has been identified as Hemali Patel, who was riding her scooter at the time of the accident.

Chaurasiya, who originally hails from Varanasi in Uttar Pradesh, is a law student and lives in a PG accommodation here, Momaya told reporters.

“The car belonged to his friend Mit Chauhan, who was sitting in the co-driver’s seat when Chaurasiya rammed the car into some two-wheelers at full speed while going towards Muktanand circle,” she said.

Efforts are being made to track down Chauhan, the official said.

In a video captured by an eyewitness, Chauhan comes out of the car, with a wrecked front

portion, and starts blaming Chaurasiya for the crash.

Chaurasiya, who appears incoherent, keeps shouting, “Another round? Another round?”. The video shows Chaurasiya getting thrashed by bystanders, who subsequently handed him over to the police.

In a CCTV footage, the speeding car can be seen hitting two scooters, knocking down the riders and dragging them along before coming to a halt.

“Primarily, the car was over speeding. This can also be a case of drunk driving. We will conduct his medical test to determine whether he was under the influence of alcohol,” said DCP, adding that Chaurasiya does have a driving licence.

3 dead, 1 injured in Atlantis building fire in Gujarat’s Rajkot

RAJKOT, Mar 14 (Agencies): Three persons were killed and one was injured after a fire broke out at the Atlantis building in Gujarat’s Rajkot on Friday

morning, said an official. Upon receiving information, Rajkot Fire and Emergency services were dispatched to conduct the rescue operation and douse the fire.

“Three people have lost their lives, and one injured has been admitted to hospital for treatment. All the people living in the flat have been evacuated,” Superintendent of Police (SP), BJ Chaudhary.

Prima facie it appears a short circuit caused the blaze, the official said.

“The fire has been brought under control, and the situation is normal at the moment,” said the official.

Further details are awaited.

Police constable among three killed as speeding car crashes into police ‘naka’ in Chandigarh

CHANDIGARH, Mar 14 (Agencies): Three people, including a police constable and a home guard volunteer, were killed on Friday when a speeding car rammed into a police ‘naka’ here at the Chandigarh-Zirakpur border, police said.

A 30-year-old on the way to his native place for Holi also died in the accident that happened in the early hours on Friday when vehicles were being checked at the police roadblock, they said.

“At the time of the incident, checking of vehicles was going on at Chandigarh-Zirakpur barrier when this car came at high speed and hit them,” Deputy Superintendent of Police Jaswinder Singh told agency over the phone.

“A constable on duty at the ‘naka’, a home guard volunteer and one civilian have died in the incident,” he said. The speeding car came from the Zirakpur side when it rammed into the ‘naka’, hitting the cops and the civilian. The driver of the offending car has been arrested, he said.

The DSP said the 30-year-old man,



whose car was also being checked at the ‘naka’, was standing outside his vehicle at the time of the incident.

The man who worked at a phone company in Gurugram was coming home to Mullanpur near Chandigarh.

When asked if the accused car driver was inebriated at the time of the incident, the DSP said, “This is part of the investigation. We have registered a case and further investigations are on”.

The latest incident comes close on the heels of another incident in which a 24-year-old man was killed on the spot and two women were injured allegedly after a Porsche car hit two scooters here.

‘Due to Hindi row, delimitation...’: Tamil minister on liquor corruption claims

CHENNAI, Mar 14 (Agencies): Tamil Nadu Excise Minister V Senthil Balaji on Friday afternoon strongly denied the Enforcement Directorate’s claims of “irregularities” in tender processes, and a possible fraud of Rs 1,000 crore, within the Tamil Nadu State Marketing Corporation or TASMAC, the state-run liquor sales agency.

Mr Balaji told said the ED - which opposition leaders claim is used by the centre to target rival parties and leaders, particularly before an election, which Tamil Nadu will hold next year - had also been released because of the DMK vs BJP battle over ‘Hindi imposition’ and delimitation.

“ED has given no details of the FIRs on basis of which it has

acted. There is no corruption in transfer or transportation (of cash) ... the alleged irregularities are by bottling firms outside TASMAC... Tamil Nadu government has no role in this,” Mr Balaji told reporters.

“The ED is motivated... it released its statement to defame the Tamil Nadu government ahead of the budget speech. This Rs 1,000 crore corruption allegation is baseless,” he said firmly.

On Thursday the ED said it had evidence of manipulation in tenders floated by TASMAC, as well as “unaccounted” cash transactions worth Rs 1,000 crore through distillery companies.

This, it said, emerged after raids last week on the corporate offices of these distilleries and its employees, as also

TASMAC and government offices, including those of “key associates” linked to Mr Balaji. These raids yielded “incriminating” data about bar licence tenders, orders favouring some distilleries, and excess charges - Rs 10 to Rs 30 per bottle - at sales points, the ED said.

The data also shows, the ED has claimed, that some distilleries “systematically inflated” expenses and “fabricated” bogus purchases to siphon Rs 1,000 crore in “unaccounted” cash.

But Mr Balaji said the tenders had been executed online and that end-to-end procurements had been made for 24 districts. “We will complete in the remaining districts soon,” he said

“Procurement (of alcohol from distilleries to stock TASMAC stores) was done based on an average of sales from the last three months. There was no concession to any distillery.”

The ED’s claims have triggered a political row in poll-bound Tamil Nadu, with the main opposition party, the AIADMK, and the BJP both walking out of the Assembly today during the budget speech.

AIADMK boss E Palaniswami later told reporters the alleged TASMAC scam could be worth as much as Rs 40,000 crore, and demanded Chief Minister MK Stalin and his government resign.

“The government didn’t take any action even after the ED raid. We demand the DMK gov-

ernment should resign over this... ED has said there is corruption of more than Rs 1,000 crore. But it is possible there is actually corruption of more than Rs 40,000 crore. The investigation is ongoing.”

The BJP has also attacked the DMK on this issue, though it seems to be reserving its criticism for the ‘Hindi imposition’ and the delimitation rows.

Meanwhile, Mr Balaji also said his legal team would respond to questions about his surprise reinstatement in September last year, days after the Supreme Court granted bail in a corruption case. A puzzled court later asked, “What is going on? We grant bail and the next day you become a minister...”

We agree to ceasefire, but...: Putin thanks Trump, PM Modi for efforts to resolve Ukraine conflict

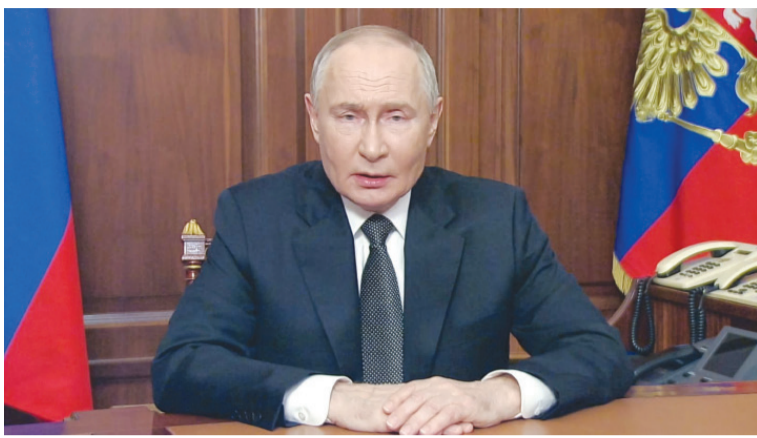
Reaching a ceasefire is 'very important', says Trump

MOSCOW, Mar 14 (Agencies): Russian President Vladimir Putin has made his first public remarks on Ukraine's willingness to negotiate a ceasefire, expressing gratitude to world leaders, including US President Donald Trump, Prime Minister Narendra Modi and Brazilian President Luiz Inacio Lula da Silva, for their efforts in addressing the conflict.

Speaking at a joint press conference with Belarus President Alexander Lukashenko, Putin said Russia agrees with the proposals to cease hostilities but "proceeds from the assumption that this cessation should lead to long-term peace and eliminate the root causes of the crisis." He also referred to the recent US-Ukraine discussions in Saudi Arabia, suggesting that Ukraine's willingness for a ceasefire was likely influenced by American pressure.

When asked about Ukraine's readiness for a ceasefire, Putin said, "As for Ukraine's readiness for a ceasefire, I will tell you how I view it, of course. But I would like to start by thanking the President of the United States, Mr Trump, for paying so much attention to the Ukraine settlement. We all have enough of our own domestic affairs to attend to. But many leaders of states, among them the President of the People's Republic of China, the Prime Minister of India, the Presidents of Brazil and the Republic of South Africa are addressing this issue and give it a lot of their time. We are grateful to all of them for that because this activity is aimed at achieving a noble mission -- the mission of ending hostilities and loss of life."

He further said, "We agree



with the proposals to cease hostilities but proceed from the assumption that this cessation should lead to long-term peace and eliminate the root causes of this crisis." He also referred to the recent US-Ukraine discussions in Saudi Arabia, suggesting that Ukraine's willingness for a ceasefire was likely influenced by American pressure.

"Now, on Ukraine's readiness to cease the hostilities. You know, on the face of it, the US-Ukraine meeting in Saudi Arabia may look like the Ukrainian side made this decision under pressure from the United States. In fact, I am absolutely convinced that the Ukrainian side should have asked the Americans for this decision most emphatically, in view of the situation evolving on the ground, as has just been mentioned here," Putin said.

On March 11, Ukraine expressed readiness to accept the US proposal to enact an "immediate, interim 30-day ceasefire," which can be extended by mutual agreement of the parties and is subject to Russia's acceptance and concurrent

implementation.

US President Donald Trump welcomed Ukraine's agreement to the ceasefire after the peace talks in Jeddah, Saudi Arabia and further affirmed hope that Russia will also agree to it. Stating that soldiers of both Russia and Ukraine are being killed in this "horrible war", Trump said reaching a ceasefire is "very important".

Earlier in February, PM Modi welcomed Trump's efforts to resolve the Russia-Ukraine conflict and reiterated India's position that the conflict should be resolved on the negotiating table.

He also reiterated that India's stance in the conflict is not neutral, but rather it is on the side of peace. The Prime Minister emphasised that he has himself met leaders of both Russia and Ukraine and also pointed to his 'this is not an era of war' remark that he made in the presence of Russian President Putin.

"I have always been in close contact with Russia and Ukraine. I have met the leaders of both countries. Many people

are in a misconception that India is neutral, but I want to reiterate that India is not neutral; we are on a side, and that is peace," PM Modi said in a joint presser at the White House.

He further reiterated India's position that a solution to the conflict can't be found on the battlefield and appreciated President Donald Trump's efforts in this direction.

"I have said that 'this is not a time of war' in front of the media when President Putin was with me. Even today, my conviction is that the solutions to war cannot be found on the battlefield, and ultimately, we have to be at the table," PM Modi said.

He added, "India believes that the solution to the war can be found only when the issue is discussed in a forum where both countries (Russia and Ukraine) will be present. The efforts made by President Trump - I support, and welcome it. I hope he succeeds as soon as possible." In July last year, PM Modi travelled to Russia to participate in the 22nd India-Russia Bilateral Summit. He also travelled to Ukraine in August last year.

During the bilateral meeting with Ukrainian President Volodymyr Zelenskyy, PM Modi emphasised India's position of peaceful resolution of the conflict through dialogue and diplomacy.

He said that India was ready to play an active role in the path to peace and progress. Russia and Ukraine have been engaged in war since February 2022.

US drops Trump's Ukraine-Russia envoy Kellogg from peace talks at Kremlin's request

Kellogg did not attend the US-Russia summit in Riyadh on February 18 because Russian President Vladimir Putin thought the 'former American general was too pro-Ukraine.'



WASHINGTON DC, Mar 14 (Agencies): US President Donald Trump's special envoy for Russia-Ukraine negotiations, Keith Kellogg, has been excluded from high-level discussions aimed at ending the war in Ukraine, according to a report in NBC News. The news outlet, citing a Russian official, said that Kellogg did not attend the US-Russia summit in Riyadh on February 18 because Russian President Vladimir Putin thought the "former American general was too pro-Ukraine."

The 80-year-old Kellogg, who was confirmed as Trump's envoy for the Russia-Ukraine peace in Janu-

ary, was also not present on Tuesday in Saudi Arabia for a meeting between US National Security Adviser Mike Waltz, Secretary of State Marco Rubio, and a Ukrainian delegation.

Ukraine agreed to a Trump administration proposal for a 30-day pause in fighting after the high-level talks, provided Moscow also committed to the plan.

On Thursday, Trump's special envoy Steve Witkoff and a US delegation landed in Moscow to discuss a settlement to the Ukraine conflict.

Shortly after Witkoff's arrival, Putin said at a news conference that he agreed "with the proposals to stop the hostilities" but that there were issues that

needed to be discussed. He added that he may need to "have a phone call with Trump" as per Russian state news agency TASS.

Russia will determine the next steps to resolve the conflict in Ukraine "based on how the situation on the ground evolves," Putin was cited as saying.

Ukrainian President Volodymyr Zelenskyy, however, accused Putin of manipulating the ceasefire proposal, stating that Moscow is crowding the idea with preconditions designed to delay or derail progress.

US President Trump, speaking in the Oval Office after meeting with NATO Secretary John Bolton, said that the Kremlin would face reprisals in the form of "devastating" financial penalties if it spurned the ceasefire proposal.

Trump on Thursday speaking in the Oval Office after meeting with NATO secretary said that the Kremlin would face reprisals in the form of "devastating" financial penalties if it spurned the ceasefire proposal.

China, Russia and Iran call for end to US sanctions and the restart of nuclear talks

TAIPEI, Mar 14 (Agencies): Representatives of China, Russia and Iran called Friday for an end to U.S. sanctions on Iran over its rapidly advancing nuclear program and a restart to multinational talks on the issue.

The talks are the latest attempt to broach the matter and come after U.S. President Donald Trump wrote to Iran's supreme leader in an attempt to jumpstart talks.

The letter, which hasn't been published, was offered as Trump levied new sanctions on Iran as part of his "maximum pressure" campaign that holds out the possibility of military action while emphasizing he still believed a new deal could be reached.

The three nations who met Friday morning "emphasized the necessity of terminating all unlawful unilateral sanctions," China's Vice Foreign Minister Ma Xiaoxu read from a joint statement, flanked by Russia's Deputy Foreign Minister Ryabkov Sergey Alexeevich and Iran's Deputy Foreign Minister Kazem Gharibabadi.

"The three countries reiterated that political and diplomatic engagement and dialogue based on the principle of mutual respect remains the only viable and practical option in this regard," Ma read.

Chinese Foreign Minister Wang Yi was due to meet with the representatives later in the day.

Iran's Supreme Leader Ayatollah Ali Khamenei has mocked Trump, saying he wasn't interested in talks with a "bullying government," although Iranian officials have offered conflicting signals over the possibility of negotiations. Trump sent a letter to Khamenei in 2019 with no apparent effect on rising tensions.

China and Russia are both permanent members of the U.N. Security Council, along with France and Britain, that took part in the original 2015 Iran nuclear deal preliminary framework agreement alongside Germany and the European Union. Trump withdrew America from the accord in 2018, setting in motion years of attacks and tensions in the wider Middle East.

China and Russia have particularly close relations with Iran through energy deals and Iran has provided Russia with bomb-carrying drones in its war against Ukraine. They are also seen as sharing a joint interest in diminishing the role of the U.S. and other liberal democracies in determining world events in favor of their own highly authoritarian systems.

Iran insists its nuclear program is peaceful. However, its officials increasingly threaten to pursue a nuclear weapon. Iran now enriches uranium to near weapons-grade levels of 60%, the only country in the world without a nuclear weapons program to do so.

Under the original 2015 nuclear deal, Iran was allowed to enrich uranium only up to 3.67% purity and to maintain a uranium stockpile of 300 kilograms (661 pounds). The last report by the International Atomic Energy Agency on Iran's program put its stockpile at 8,294.4 kilograms (18,286 pounds) as it enriches a fraction of it to 60% purity.

While Iran has maintained it won't negotiate under duress, its economy has been savaged by the U.S. sanctions. Protests over women's rights, the economy and Iran's theocracy in recent years have shaken its government. China has sought to become more involved in Middle Eastern affairs and a year ago hosted talks leading to the full restoration of diplomatic ties between Saudi Arabia and Iran.

US and Israel look to Africa for resettling Palestinians uprooted from Gaza

JERUSALEM, Mar 14 (Agencies): The U.S. and Israel have reached out to officials of three East African governments to discuss using their territories as potential destinations for resettling Palestinians uprooted from the Gaza Strip under President Donald Trump's proposed postwar plan, American and Israeli officials say.

The contacts with Sudan, Somalia and the breakaway region of Somaliland known as Somaliland reflect the determination by the U.S. and Israel to press ahead with a plan that has been widely condemned and raised serious legal and moral issues. Because all three places are poor, and in some cases wracked by violence, the proposal also casts doubt on Trump's stated goal of resettling Gaza's Palestinians in a "beautiful area."

Officials from Sudan said they have rejected overtures from the U.S., while officials from Somalia and Somaliland told The Associated Press that they were not aware of any contacts.

Under Trump's plan, Gaza's more than 2 million people would be permanently sent elsewhere. He has proposed the U.S. would take ownership of the territory, oversee a lengthy cleanup process and develop it as a real estate project.

The idea of a mass transfer of Palestinians was once considered a fantasy of Israel's ultranationalist fringe. But since Trump presented the idea at a White House meeting last month, Israeli Prime Minister Benjamin

Netanyahu has hailed it as a "bold vision."

Palestinians in Gaza have rejected the proposal and dismiss Israeli claims that the departures would be voluntary. Arab nations have expressed vehement opposition and offered an alternative reconstruction plan that would leave the Palestinians in place. Rights groups have said forcing or pressuring the Palestinians to leave could be a potential war crime.

Still, the White House says Trump "stands by his vision."

Speaking on condition of anonymity to discuss a secret diplomatic initiative, U.S. and Israeli officials confirmed the contacts with Somalia and Somaliland, while the Americans confirmed Sudan as well. They said it was unclear how much progress the efforts made or at what level the discussions took place.

Separate outreach from the U.S. and Israel to the three potential destinations began last month, days after Trump floated the Gaza plan alongside Netanyahu, according to the U.S. officials, who said that Israel was taking the lead in the discussions.

Israel and the U.S. have a variety of incentives — financial, diplomatic and security — to offer these potential partners. It is a formula that Trump used five years ago when he brokered the Abraham Accords — a series of mutually beneficial diplomatic accords between Israel and four Arab countries.

The White House declined to comment on the outreach efforts.

The offices of Netan-



yahu and Ron Dermer, the Israeli Cabinet minister and Netanyahu confidant who has been leading Israel's postwar planning, also had no comment.

But Finance Minister Bezalel Smotrich, a longtime advocate of what he calls "voluntary" emigration of Palestinians, said this week that Israel is working to identify countries to take in Palestinians. He also said Israel is preparing a "very large emigration department" within its Defense Ministry.

Here is a closer look at the places the officials say have been approached.

The North African country was among the four Abraham Accord nations that agreed to normalize diplomatic relations with Israel in 2020.

As part of the deal, the U.S. removed Sudan from its list of state supporters of terrorism, a move that gave the country access to international loans and global legitimacy. But relations with Israel never took off as Sudan plunged into civil war between government forces and the RSF paramilitary group.

The conflict has been marked by atrocities,

including ethnically motivated killing and rape, according to the U.N. and rights groups. The International Criminal Court is investigating alleged war crimes and crimes against humanity, and then-President Joe Biden's administration in January said the RSF and its proxies were committing genocide.

The U.S. and Israel would be hard-pressed to persuade Palestinians to leave Gaza, particularly to such a troubled country. But they could offer incentives to the Khartoum government, including debt relief, weapons, technology and diplomatic support.

Two Sudanese officials, speaking on condition of anonymity to discuss a sensitive diplomatic matter, confirmed that the Trump administration has approached the military-led government about accepting Palestinians.

One of them said the contacts began even before Trump's inauguration with offers of military assistance against the RSF, assistance with postwar reconstruction and other incentives.

Both officials said the Sudanese government rejected the idea. "This

suggestion was immediately rebuffed," said one official. "No one opened this matter again."

Military chief Gen. Abdel-Fattah Burhan told an Arab leaders' summit last week in Cairo that his country "categorically rejects" any plan that aims to transfer "the brotherly Palestinians from their land under whatever justification or name."

, a territory of over 3 million people in the Horn of Africa, seceded from Somalia over 30 years ago, but it is not internationally recognized as an independent state. Somalia considers Somaliland part of its territory.

Somaliland's new president, Abdirahman Mohamed Abdullahi, has made international recognition a priority.

An American official involved in the efforts confirmed that the U.S. was "having a quiet conversation with Somaliland about a range of areas where they can be helpful to the U.S. in exchange for recognition."

The possibility of U.S. recognition could provide an incentive for Abdullahi to back away from the territory's solidarity with the Palestinians.

The United Arab Emirates, another Abraham Accord country that has developed strong ties with Israel, once had a military base in Somaliland and maintains commercial interests there, including a port. The territory's strategic location, in the Gulf of Aden waterway near Yemen, home to the Houthi rebel group, could also make it a valuable ally.

Over the years, Somaliland has been

lauded for its relatively stable political environment, contrasting sharply with Somalia's ongoing struggles amid deadly attacks by al-Qaida-linked militant group al-Shabab. Since 1991, Somaliland has maintained its own government, currency and security structures. Still, it has one of the lowest income levels in the world.

An official in Somaliland, speaking on condition of anonymity because he was not authorized to talk to the media, said his government has not been approached and is not in talks about taking in Palestinians.

Somalia has been a vocal supporter of the Palestinians, often hosting peaceful protests on its streets in support of them. The country joined the recent Arab summit that rejected Trump's plan and seems like an unlikely destination for Palestinians, even if they did agree to move.

Sambu Cheporir, a lawyer and conflict researcher in Nairobi, Kenya, said it is difficult to understand why Somalia would want to host Palestinians given the country's strong support for Palestinian self-rule.

"The realignments keep changing, and so maybe there is a hidden agenda in why Somalia," Cheporir said.

A Somali official, speaking on condition of anonymity because he was not authorized to talk to the media, said the country had not been approached about taking in Palestinians from Gaza and there had been no discussions about it.

Madhuparamhans Ji enlightens devotees on Holi, unveils illusion of mind

Top News Report

JAMMU, Mar 14: On the auspicious occasion of Holi, Sadguru Madhuparamhans Ji Maharaj of Sahib Bandagi delivered a soul-stirring discourse, mesmerizing the devotees gathered in Ranjri.

His profound words unveiled the mysteries of the mind and soul, urging seekers to break free from worldly illusions.

The revered saint emphasized that the mind governs every aspect of the body, influencing thoughts, actions, and emotions.



"If you churn the whole body, only the mind will come out," he declared, illustrating how deeply the mind controls human existence.

Drawing a powerful analogy, he likened life to a dream—real only until one wakes up. "The whole world is a deception," he warned.

"When Kabir Sahib spoke of this illusion, people dismissed it. But few understand that this world is nothing but a grand deception, a game of cells."

He stressed that the soul, being eternal and blissful, is wrapped in ignorance, unable to recognize its true nature

due to the overpowering influence of the mind. Comparing it to a drone controlled by an operator, he explained how the mind dictates all human actions, leading people astray in pursuit of material pleasures.

Sadguru Ji also lamented the growing conflicts within families and society, attributing them to the unchecked desires of the mind. "Today, brothers fight over property, and 90% of court disputes are family-related," he noted, highlighting the increasing erosion of relationships in the pursuit of material gain.

He urged people to awaken from this illusion and recognize the supreme power of self-awareness. "If anyone is your enemy, it is your own mind. It is the demon, the ghost, the god, and the worshipped entity. But the ignorant man fails to recognize this."

As the festival of Holi symbolizes the triumph of truth over illusion, Sahib Ji wished all countrymen joy and enlightenment, encouraging them to seek the eternal bliss of self-knowledge beyond worldly distractions.

Two-day District Pulwama Ball Badminton Championship concludes

Top News Report

PULWAMA, Mar 14: The two-day District Pulwama Ball Badminton Championship concluded successfully on Friday. The championship was held from March 12 to March 13 at Bajwani Trai.

The event witnessed enthusiastic participation from around 110 players from all zones of District Pulwama. The championship was a huge success, with players showcasing their skills and competing with great zeal.

Mir Mashooq, Incharge of South Kashmir, National People's Front, graced the closing ceremony as the special guest. He assured full support to the players and encouraged them to continue pursuing their passion for the sport.

The players expressed extreme happiness and gratitude towards the District Pulwama Ball Badminton Association for organizing and providing such a platform.

They were thankful to the Jammu and Kashmir Sports Council and Secretary Sports Council, Nuzhat Gul, for providing support and opportunities to showcase their talent.

The Organising Secretary paid immense gratitude to Miss Arsheena Khan, General Secretary of the J&K Ball Badminton Association & Vice President of (Ball Badminton Federation of India & Mr. Umar Rasool President of the J&K Ball Badminton Association, for taking Ball Badminton to new heights and working tirelessly for the betterment of sports athletes. Their efforts have provided numerous opportunities for the players and young athletes.

The selected players from this championship will now showcase their talent at the upcoming J&K UT Level Ball Badminton Championship, providing them with an opportunity to compete at a higher level.

The event was a great success, with both boys

and girls participating in the championship. Medals, trophies, and momentum were distributed among the winning players, acknowledging their hard work and dedication.

The Guests of Honour at the closing ceremony included President J&K Floorball Association, Irshad Ahmad Dar, and International Martial Arts player Fazan Ul Fayaz. Other prominent personalities who attended the event included social activist Basir Ahmad, sports journalist and activist Haziq Javaid, national players, Umar Bashir Shah, Dharamveer Singh, Amit Singh, Hammad Basir, Yasir, Athar Hussain and several others.

The District Pulwama Ball Badminton Association expressed its gratitude to the Jammu and Kashmir Sports Council, the Jammu and Kashmir Ball Badminton Association, and all the organizers, officials, coaches, parents, and volunteers who contributed to the success of the event.

Labour Commissioner J&K holds interactive meeting with trade unions, urges timely submission of annual returns

Top News Report

JAMMU, Mar 14: Labour Commissioner Jammu & Kashmir, Charandeep Singh, on Friday chaired an interactive meeting with trade union representatives of the Jammu division at Shram Bhawan, Jammu.

The meeting focused on addressing trade union concerns, gathering feedback for strengthening the institution, enhancing labour welfare initiatives and emphasis on compliances.

During the meeting, representatives from various trade unions engaged in detailed discussions on their pressing issues and sought the intervention of the Labour Commissioner for resolution. The interactive session provided a platform for constructive dialogue between the authorities and union representatives.

Taking a firm stance on inactive trade unions, the Labour Commissioner emphasized that registrations of non-compliant unions, including those failing to submit Annual Returns, would be cancelled, and notices would be issued to such entities. He urged all trade unions to maintain proper records, adhere strictly to their by-laws,



protect the rights of their union members, and conduct timely elections under intimation to the Labour Department. These measures aim to make trade unions more structured and efficient.

As the Registrar of Trade Unions in J&K under the Trade Unions Act, 1926, the Labour Commissioner highlighted the legal requirement for trade unions to submit their Annual Returns under Section 28 of the Act. He reiterated that these returns for a calendar year 1st Jan to 31st December must be submitted to the Registrar by the 31st day July in each year in Form D. Ensuring compliance

with this provision is essential for maintaining transparency, accountability, and the legal standing of trade unions.

Some representatives of trade unions raised concerns about hardships faced while submitting online Annual Returns on the Single Window JK platform. The Labour Commissioner assured them that their genuine issues would be addressed, and workshop sessions would be conducted to enhance their awareness of online services.

The trade union representatives expressed their gratitude to the Labour Commissioner for organizing this first-of-its-kind interactive session, which

provided them with an opportunity to voice their concerns and collaborate for the betterment of labour welfare in Jammu & Kashmir.

The meeting was attended by Deputy Labour Commissioner Jammu, Assistant Labour Commissioner Central, ALC Jammu, Samba, Kathua, Ramban, Kishtwar, Doda, Udhampur, Reasi, and representatives of the following unions: Taxi Operators Union, Railway Station Jammu; The Citizen Co-operative Bank Subordinate Staff Association, Jammu; Jammu Medical Representative Association, Jammu; ASCOMS Employees Welfare Association, Jammu; Halwai Workers Welfare Union, Jammu; Photographers Workers Welfare Union, Jammu; Nirman Mazdoor Union, Jammu; All Joint Masons Carpenters Plumbers Painters and Welders Union, Tehsil Banihal Ramban; Taxi Shikara Boat Owner Union, Sanasar Ramban; Bhawan Nirman Kamgar Union, Kathua; Construction Workers and Labour Union, Kishtwar; Sumo Van and Taxi Operators Association, Katra Reasi; Unorganised Construction & Other Allied Workers Union, Reasi; Border Road Casual Paid Workers Union J&K, Kathua.

Jammu Kashmir sees Over 15.3 Crore Tourists in a Decade: Parliamentary Report

SRINAGAR, Mar 14 (Agencies): Over 15.3 crore tourists have visited Jammu and Kashmir in the last ten years, according to a report presented by the Department-Related Parliamentary Standing Committee on Home Affairs in the Rajya Sabha earlier this week.

Tourists pose for a photograph after wearing Kashmiri dresses. The picture was taken at Pari Mahal in Srinagar on Thursday 17 March 2022. KL Image: Bilal Bahadur

The report, provides a detailed breakdown of tourist arrivals before and after August 5,

2019. Between 2015 and 2019, tourism followed a fluctuating but generally upward trend, with 1.33 crore visits recorded in 2015, peaking at 1.69 crore in 2018, before a slight decline to 1.62 crore in 2019. The COVID-19 pandemic led to a sharp fall in 2020, with only 0.35 crore tourists visiting the region. However, numbers rebounded in 2021 with 1.13 crore visits, followed by a strong recovery in 2022 (1.89 crore), 2023 (2.12 crore), and 2024 (2.36 crore).

The report credits several government initiatives for the revival of tourism, particularly the

Home Stay Policy 2022, which enables residential houses to be converted into homestays, generating alternative income and employment for rural and urban families. At present, 2,302 homestays and paying guest houses (PGHs) are registered across JK.

Skill development programmes have also played a key role in enhancing tourism-related services such as hospitality, guiding, and management. The report notes that adventure tourism—including trekking, skiing, river rafting, and mountain biking—has created

employment for local guides, instructors, and operators.

JK's tourism and craft sectors have received further recognition, with Srinagar being designated a World Crafts City by the World Craft Council (WCC) and included in UNESCO's Creative City Network for Crafts and Folk Arts. The region also leads India's Union Territories in export rankings for 2022, with handloom and handicraft exports doubling between 2021-22 and 2023-24. Other key achievements include 4.22 lakh registered artisans, 7,535 registered cooperative

societies, and the introduction of a Credit Card Scheme for artisans and weavers.

The committee acknowledged the steps taken to promote tourism and expressed satisfaction with the increasing number of tourist arrivals. It emphasised the tourism sector's role in generating revenue, employment, and supporting local businesses. Additionally, the report urged the J&K administration to develop a comprehensive roadmap to establish the region as a world-class tourism destination while ensuring sustainable economic growth.

Srinagar court summons designers over controversial Gulmarg fashion show

Top News Report

SRINAGAR, Mar 14 (Agencies): A court in Srinagar has issued a pre-cognizance notice to the organisers of a fashion show held in Gulmarg on March 7, which sparked outrage across the Valley.

The event, conducted during the ongoing month of Ramadhan, sparked a major controversy, leading to disruptions in the Jammu and Kashmir Legislative Assembly's Budget session. Jammu and Kashmir travel guide

Following the uproar, Chief Minister Omar Abdullah clarified that the government had no involvement in the event, describing it as

a "private affair".

The Special Mobile Magistrate Court in Srinagar issued the pre-cognizance notices to fashion designers Shivan and Narresh, the organisers of the show, and the Editor-in-Chief of ELLE India, following a complaint filed by Awami Ittehad Party (AIP) leader Adil Nazir Khan.

The complainant, through his counsel Advocate Naveed Bukhtiyar, has asked the court to take appropriate action, stating that the petition is made in good faith and in the interest of justice.

The fashion show, organized to mark the 15th anniversary of

Shivan and Narresh's label, featured models in skiwear against the snowy backdrop of the popular ski resort. However, it has drawn widespread criticism from local residents, politicians, and religious groups, with many deeming it "obscene" and "inappropriate".

In response to the backlash, the designers apologized, stating that their intent was to celebrate creativity rather than offend religious or cultural values. Despite this, the controversy has escalated into a legal matter, with photographers involved in capturing the event also facing scrutiny.

Jammu Kashmir Exports 508K MTs of Fruit, Earns Rs 2,806 Cr in 2 Years: Data

SRINAGAR, Mar 14 (Agencies): Jammu and Kashmir has exported 508.29 thousand metric tonnes (MTs) of fruit over the past two years, generating revenue of Rs 2,806.22 crore.

According to data from the Agriculture Production Department (Horticulture), Baram-

ulla district emerged as the largest contributor, with Sopore Mandi alone exporting 184.52 thousand MTs of fruit, accounting for Rs 992 crore. Another market in Baramulla, Kanispora Mandi, exported 0.96 thousand MTs, with a turnover of Rs 3.51 crore.

Shopian ranked second, exporting 125.73 thousand MTs of fruit through Aglar Mandi, generating revenue of Rs 657.53 crore.

Srinagar's Parimpora Mandi also played a key role, exporting 40.45 thousand MTs and recording a turnover of Rs 258.30 crore.

From Page No:1

Labour Commissioner interacts with Trade Unions; Urges for timely submission of Annual Returns

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hardships faced while submitting online Annual Returns on the Single Window JK platform. The Labour Commissioner assured them that their genuine issues would be addressed, and workshop sessions would be conducted to enhance their awareness of online services.

The trade union representatives expressed their gratitude to the Labour Commissioner for organizing this first-of-its-kind interactive session, which provided them with an opportunity to voice their concerns and collaborate for the betterment of labour welfare in Jammu & Kashmir.

The meeting was attended by Deputy Labour Commissioner Jammu, Assistant Labour Commissioner Central, ALC Jammu, Samba, Kathua, Ramban, Kishtwar, Doda, Udhampur, Reasi, and representatives of the following

unions: Taxi Operators Union, Railway Station Jammu; The Citizen Co-operative Bank Subordinate Staff Association, Jammu; Jammu Medical Representative Association, Jammu; ASCOMS Employees Welfare Association, Jammu; Halwai Workers Welfare Union, Jammu; Photographers Workers Welfare Union, Jammu; Nirman Mazdoor Union, Jammu; All Joint Masons Carpenters Plumbers Painters and Welders Union, Tehsil Banihal Ramban; Taxi Shikara Boat Owner Union, Sanasar Ramban; Bhawan Nirman Kamgar Union, Kathua; Construction Workers and Labour Union, Kishtwar; Sumo Van and Taxi Operators Association, Katra Reasi; Unorganised Construction & Other Allied Workers Union, Reasi; Border Road Casual Paid Workers Union J&K, Kathua.

DC, SSP join civil

society in Holi celebration at Rajouri

appreciating the initiative and expressing hope for more such celebrations that promote unity and brotherhood in Rajouri.

DC Poonch reviews arrangements for upcoming festivals

security to mitigate any potential untoward incidents during the festive period.

Civil society's cooperation was encouraged to uphold the successful celebration of all the festivals in the town.

The representatives of religious institutions apprised the Deputy Commissioner about various issues, in response to which the

DC assured their resolution on priority basis.

The Deputy Commissioner emphasized the importance of maintaining peace, harmony and brotherhood during the festivals and appealed to the people to cooperate with the administration in ensuring smooth celebrations.

The meeting was attended by ADC Poonch, ASP, ACR, SDM Mendhar/Surankote, Tehsildar and other concerned stakeholders

Rains to continue during next 36 hours in Kashmir as MeT issues yellow alert

accompanying by snowfall in scattered areas, said the weather depart-

ment today. Fresh snowfall has also been witnessed in parts of south Kashmir.

An official stated that light to moderate rains will lash Jammu and Kashmir in the coming days. However, the weather is expected to improve from Sunday, March 16, with scattered areas likely to receive light rain on that day.

On March 14, the weather in Jammu and Kashmir remained wet as light to moderate rains lashed the region, while fresh snowfall was reported in parts of Kashmir.

According to the forecast, the wet spell will continue through March 15 and 16, with complete improvement expected from March 17.

A yellow warning has been issued, cautioning against isolated snow and lightning over Jammu and Kashmir. The advisory also warned of potential transportation disruptions at important passes and higher reaches on March 14 and 15.

“Approach will be guided by India First,”: Piyush Goyal on his meeting with US Trade representative

Commerce Minister Piyush Goyal had a ‘forward looking’ discussion with US Trade Representative Jamieson Greer on a mutually beneficial bilateral trade agreement.

NEW DELHI, Mar 14 (Agencies): Commerce Minister Piyush Goyal on Friday said that he had a “forward looking” discussion with US Trade Representative Jamieson Greer on a mutually beneficial bilateral trade agreement.

“Our approach will be guided by ‘India First’, ‘Viksit Bharat’ and our Comprehensive Strategic Partnership,” the Commerce Minister wrote on his X timeline, sharing a photograph of the meeting.

Commerce Minister Piyush Goyal was in the US last week. His visit to the US followed US President Donald Trump and PM Modi’s plans to negotiate the first tranche of a mutually beneficial, multi-sector Bilateral Trade Agreement (BTA) by the fall of 2025.

The two leaders had committed to designating senior representatives to advance these negotiations.



During the recent meeting between President Trump and Prime Minister Narendra Modi, the two leaders resolved to expand trade and investment to make their citizens more prosperous, nations stronger, economies more innovative, and supply chains more resilient.

They resolved to deepen the US-India trade relationship to promote growth that ensures fairness, national security and job creation. To this end, the leaders set a bold new goal for bilateral trade - “Mission 500” - aiming to more than double total bilateral trade to USD 500 billion

by 2030.

Since assuming office for his second term, President Trump has reiterated his stance on tariff reciprocity, emphasising that the United States will match tariffs imposed by other countries, including India, to ensure fair trade.

The US has on various occasions said India has some of the highest tariffs in the world and that this will require a rethink.

The US trade secretary Howard Lutnick said recently that he was keen in negotiating a broad-based trade agreement with India, taking into account the entire trade relationship rather than individual products.

Speaking virtually at the India Today Conclave last week, Lutnick acknowledged that finding a mutually beneficial solution would require understanding and cooperation from both sides.

Despite correction, low volatility suggests peak panic still ahead: Nuvama on India stocks

NEW DELHI, Mar 14 (Agencies): Despite low volatility in the domestic stock markets over the past few months, investors are expected to tread cautiously going ahead, in the backdrop of the recent meltdown in the Indian equity market, according to the latest Nuvama report.

“Nifty has declined by 15 per cent over the past five months, marking the longest correction streak since September and the worst post-COVID. Despite this, low volatility suggests that peak panic may still be ahead,” the report said.

The report by Nuvama highlighted that India’s valuation premium to other emerging markets has dropped significantly to 50 per cent, down from 70 per cent, bringing it back in line with historical averages.

Additionally, the report

said that global risks have intensified due to slowing US growth, with Q1 2025 GDP now cast at 0.5 per cent, down from 3.8 per cent.

It said that there are concerns that the Make America Great Again (MAGA) tariffs and Department of Government Efficiency (DOGE) spending cuts could fuel inflation or even trigger a recession in the United States.

A weakening job market further adds to risk-off sentiment, potentially leading to emerging market currency weakness, including the Rupee, as per the Nuvama report.

The report further added that market bottoming remains uncertain as earnings revival appears distant due to weak demand and fading margin tailwinds.

Policy easing is also limited, with bond yields

still elevated, restricting monetary flexibility, the report added in its analysis of the condition of the market.

A bottoming indicates that the market has reached its low point and could be in the early stages of an upward trend.

Stock markets, especially Indian equity benchmarks, have shown mixed sentiments with investors reacting to global and domestic economic cues. On March 13, the stock markets ended on a negative note with Nifty standing at 22,397.20, declining 73.30 points or 0.33 per cent.

According to market analysts, investors will keep a careful eye on both domestic and international economic developments as time goes on in order to determine the direction of the market.

Blood test shows promise for early detection of dementia: Study

QUEBEC, Mar 14 (Agencies): A simple blood test for people with a certain sleep disorder may help predict the development of dementia years before symptoms occur, according to a new study.

Idiopathic REM sleep behaviour disorder (iRBD) causes people to physically act out their dreams while sleeping. The disorder is also associated with a very high risk of Parkinson’s disease and a related condition called Dementia with Lewy Bodies. This is a form of dementia that often causes memory and cognitive loss, as well as vivid visual hallucinations and movement difficulties similar to Parkinson’s.

McGill University researchers have discovered that a blood test, originally developed to detect Alzheimer’s disease, could also identify which patients with the iRBD sleep disorder are most likely to develop Dementia with Lewy Bodies. The blood test analyzes two proteins in the blood that serve as biomarkers for Alzheimer’s.

“Detecting dementia risk early could have significant implications for how doctors guide patients, helping them plan for the future and potentially allowing for more personalized, effective treatments,” said Dr Ronald Postuma, a Professor in McGill’s Department of Neurology and a clinical researcher at The Neuro (Montreal Neurological Institute-Hospital).

followed 150 iRBD patients, testing their blood for the biomarkers and track-



ing their health annually. Remarkably, the blood test, taken four years before, predicted dementia in almost 90 per cent of the patients who later developed the disease.

This study also suggests the early stages of Parkinson’s and Alzheimer’s have more in common than previously thought.

“Our findings suggest that Alzheimer’s treatments could also be tested in patients with this sleep disorder. Perhaps, if treatments start early enough, Dementia with Lewy Bodies can be prevented,” said first author Dr Aline Delva, who was a research fellow at The Neuro during the study.

The research team plans to expand the study to confirm how well the test can predict dementia risk in patients with diagnosed Parkinson’s disease as well as other populations at risk for Dementia with Lewy Bodies.

Increasing contrasts in young people’s mental wellbeing: Study

GOTHENBURG, Mar 14 (Agencies): More teenagers report good mental health, but those who are struggling rate their depressive symptoms much higher than prior cohorts did at the same age, according to a study from the University of Gothenburg.

The study examined changes in how young teenagers in Sweden rated their depressive symptoms over two decades.

Researchers compared two groups of 13-16-year-olds: one from 2004 and one from 2019-2020. Both groups rated their depressive symptoms using the internationally established Children’s Depression Inventory (CDI), a self-report assessment.

The results show that the overall proportion of adolescents reporting depressive symptoms increased from 21 percent in 2004 to 29 percent in 2019-2020—an increase that is not considered dramatic in this context.

However, a key shift is evident: more adolescents than before report feeling extremely well. In the 2019-2020 group, 33 per cent had very low CDI scores, indicating strong mental wellbeing, compared to just 15 per cent in 2004.



At the same time, those who are struggling report feeling significantly worse than before. Adolescents with depressive symptoms in 2019-2020 rated themselves higher on self-deprecating and negative thoughts compared to their counterparts in 2004.

“Those who report high levels of depressive symptoms today rate themselves significantly higher than those in previous cohorts. We also see notable increases in certain areas, particularly self-deprecation—something that primarily affects young women,” says Carl Wikberg, district nurse and adjunct

senior lecturer in community medicine and public health at Sahlgrenska Academy, University of Gothenburg.

The CDI assessment measures various aspects of mental well-being, including negative mood, self-esteem, ineffectiveness, and interpersonal problems. In the 2019-2020 group, three statements stood out among those reporting depressive symptoms: Nothing is fun at all, I am bad all the time, and I can never be as good as other kids. The fact that some young people report strong self-loathing is concerning and can make

us feel despair. However, there is also hope: we are seeing a larger proportion of adolescents at the very lowest end of the scale, meaning their mental well-being has improved. So, the trend is not entirely negative,” said Wikberg.

While the study does not provide definitive answers as to why these changes are occurring, the researchers highlight the role of evolving public discourse on mental health. A more open attitude toward mental health issues and treatment may influence how young people describe their wellbeing in self-report assessments.

At the same time, the study underscores the importance of school health services and primary care in identifying adolescents with high CDI scores. Screening tools like CDI create opportunities to detect and support those in need. The study included 617 adolescents (aged 13-16) from 2019-2020 as part of a larger research project on depression. The comparison group consisted of 80 adolescents of the same age from 2004 who participated in a CDI validation study in a Swedish context.

Scrub typhus could be ‘under-recognised’ leading cause of hospitalisation for fever in India: Study

NEW DELHI, Mar 14 (Agencies): Affecting around a tenth of rural populations in India every year, ‘scrub typhus’ infection, spread by the bite of an infected larval mite (chigger), could be an “under-recognised” leading cause of hospitalisations for fever, a study has suggested.

The study, conducted by the Christian Medical College, Vellore, and London School of Hygiene and Tropical Medicine (LSHTM), looked at over 32,000 people from across 37 rural villages in Tamil Nadu, with its results published in the New England Journal of Medicine.

Chiggers are found on grass, plant litter and bare soil across rural areas of Asia, and usually feed on small mammals such as rats and shrews.

Scrub typhus is caused by the bacterium ‘Orientia tsutsugamushi’,

which belongs to the rickettsia family. Severe illness due to the infection can lead to Acute Respiratory Distress Syndrome (ARDS), shock, meningitis and kidney failure.

Rural areas in India are among the most affected by the potentially life-threatening infection, along with those of southeast Asia, Indonesia, China, Japan.

“Infections typically occur between August and February,” Wolf-Peter Schmidt, principal investigator of the study and clinical assistant professor at LSHTM, said.

Symptoms, such as fever, headache, body aches and rash, usually begin around 10 days after infection, he said.

Lead author Carol Devamani, from the Christian Medical College Vellore, said, “After COVID-19, scrub typhus was the most important cause of fever in our study, accounting for



almost 30 per cent of fever hospitalisations.”

“Despite cases being very common and treatable, scrub typhus is often overlooked as a possible cause when patients present with a fever. Diagnostic tests are available at major hospitals but not in the community,” Devamani said.

For the study, blood

samples of people who reported fever were collected every six to eight weeks from August 2020 to July 2022. The samples were then tested for scrub typhus infection.

Among those infected, 8 to 15 per cent of the people, developed fever which often required hospitalisation and intensive care due to the severe infection.

“Over a period of two years, we found a high incidence of asymptomatic and symptomatic infection, with some people getting infected twice in as many years. It is not clear why some infections become severe or even life-threatening,” Schmidt said.

While five cases in our study population died of scrub typhus, it did not record any deaths from malaria, dengue or typhoid fever which are usually thought of as the main causes of severe fever in India, the author added.

Devamani said that communities need to be informed about the possible dangers of scrub typhus infection, along with improve diagnostic capabilities for timely treatment.

“Only by doing so will we reduce the number of unnecessary hospitalisations and fatal cases,” the lead author said.

Scientists identifies genes that make humans, Labradors more likely to become obese

WASHINGTON DC, Mar 14 (Agencies): Researchers have discovered genes linked to obesity in both Labradors and humans. They say the effects can be over-ridden with a strict diet and exercise regime.

Researchers studying British Labrador retrievers have identified multiple genes associated with canine obesity and shown that these genes are also associated with obesity in humans.

The dog gene found to be most strongly associated with obesity in Labradors is called DENND1B. Humans also carry the DENND1B gene, and the researchers found that this gene is also linked with obesity in people.

DENND1B was found to directly affect a brain pathway responsible for regulating the energy balance in the body, called the leptin mela-

nocortin pathway. An additional four genes associated with canine obesity, but which exert a smaller effect than DENND1B, were also mapped directly onto human genes.

“These genes are not immediately obvious targets for weight-loss drugs, because they control other key biological processes in the body that should not be interfered with. But the results emphasise the importance of fundamental brain pathways in controlling appetite and body weight,” said Alyce McClellan in the University of Cambridge’s Department of Physiology, Development and Neuroscience, and joint first author of the report.

“We found that dogs at high genetic risk of obesity were more interested in food,” said Natalie Wallis in the Uni-

versity of Cambridge’s Department of Physiology, Development and Neuroscience, and joint first author of the report.

She added: “We measured how much dogs pestered their owners for food and whether they were fussy eaters. Dogs at high genetic risk of obesity showed signs of having higher appetite, as has also been shown for people at high genetic risk of obesity.”

The study found that owners who strictly controlled their dogs’ diet and exercise managed to prevent even those with high genetic risk from becoming obese -- but much more attention and effort was required.

Similarly, people at high genetic risk of developing obesity will not necessarily become obese, if they follow a strict diet and exercise regime -- but they are more prone to weight gain.

Axar Patel named Delhi Capitals Captain for IPL 2025

India all-rounder Patel will replace Rishabh Pant

NEW DELHI, Mar 14 (Agencies): India all-rounder Axar Patel was on Friday appointed captain of Delhi Capitals for upcoming IPL on expected lines pipping another senior player KL Rahul, who has joined the team this season.

Currently team's longest-serving player, having played six seasons for Delhi since 2019, the 31-year-old was DC's top retention for Rs 16.50 crore ahead of the mega auction last November. In 82 games for Delhi, he has scored 967 runs and picked up 62 wickets at a fantastic economy rate of shade over 7.

While his IPL captaincy experience is limited, he led Gujarat in domestic cricket including the Syed Mushtaq Ali Trophy and Vijay Hazare Trophy in 2024-25.

He also served as India's T20I vice-captain earlier this year and in their recent triumph in Champions Trophy Axar played a key role, taking five wickets at an economy of 4.35. He also played a key role at No 5 and scored 109 runs at 27.25.

"It is my absolute honour to captain the Delhi Capitals, and I'm deeply grateful to our owners and support staff for placing their faith in me," stated Axar in a media release.

Axar will replace Rishabh Pant at the helm with the flamboyant keeper-batter exiting the franchise before the mega auction, and will now lead Lucknow Super Giants.

The team has seasoned players like Rahul, Kuldeep Yadav,



Faf du Plessis, and Mitchell Starc in the leadership group, and it remains to be seen how Axar brings out the best in them to drive Delhi Capitals forward. "I've grown as a cricketer and a human being during my time here at the Capitals, and I feel ready and confident to lead this side going forward.

DC, one of the three original IPL franchises yet to win a title (along with Punjab Kings and Royal Challengers Bengaluru), finished sixth last season with an equal win-loss record.

For IPL 2025, they have a revamped coaching setup with GMR taking management control for 2025 and 2026 season as per their understanding with co-owners JSW.

The support staff is headlined by Kevin Pietersen along with head coach Hemang Badani, director of cricket Venugopal

Rao, assistant coach Matthew Mott and bowling coach Munaf Patel. Venugopal Rao's brother Gnaneshwar Rao has also been included in the coaching set-up.

"Our coaches and scouts have done a superb job at the mega auction by putting together a balanced and robust squad which has tremendous potential.

"We have plenty of leaders in the group which is also very helpful for me, and I can't wait to join the team as we look forward to a very successful season." Last season, he scored 235 runs at an average of nearly 30 and took 11 wickets at an economy of 7.65.

A veteran of 150 IPL matches, Axar has 1653 runs and 123 wickets to his name, which includes a stunning hat-trick in 2016 when he took 4 wickets in 5 balls for the Punjab franchise. DC chairman Kiran Kumar

Grandhi and co-owner Parth Jindal backed his appointment, highlighting his leadership qualities and contributions to the franchise.

"I have witnessed Axar's progression as a cricketer and a leader first-hand at the Delhi Capitals," stated Jindal.

"My relationship with him is one that goes beyond cricket. He is a much-loved character in the dressing room and is someone who I am sure will motivate the players in the squad.

"Axar has blossomed into a brilliant, mature cricketer whose all-round prowess was on full display in India's T20 World Cup and Champions Trophy winning campaigns recently.

"With seniors like KL Rahul, Faf du Plessis and Mitchell Starc being part of our leadership group, I believe this is the start of something special for the Delhi Capitals."

This decision reflects the natural progression for him as a leader—from being our vice-captain for two seasons to now leading the team, he has always stepped up to the occasion for us," stated Grandhi.

With Axar's appointment, all five IPL teams who needed new captains after the mega auction have finalised their leaders: Rajat Patidar (RCB), Ajinkya Rahane (KKR), Rishabh Pant (LSG), and Shreyas Iyer (PBKS).

Delhi Capitals will kickstart their IPL 2025 campaign against Lucknow Super Giants in Visakhapatnam on March 24.

Cricket Australia extends warm wishes to everyone celebrating the vibrant festival of Holi



MELBOURNE, Mar 14 (Agencies): Cricket Australia extended warm wishes to everyone celebrating the vibrant festival of Holi.

It also took the ICC Cricket World Cup 2023 Trophy to Holi events in Melbourne, giving cricket fans and the community a unique opportunity to take selfies and photos with the iconic trophy, according to a release from Cricket Australia.

The excitement was doubled with giveaways

of Big Bash League (BBL) and Women's Big Bash (WBBL) merchandise, including Cricket Australia hats, adding to the colourful celebrations.

Cricket Australia's gesture was a testament to the organization's commitment to engaging with diverse communities and promoting the spirit of cricket beyond the field, aligning with its Multicultural Action Plan to foster greater inclusivity and diversity within the sport.

Coming to the 2023

World Cup final, Australia opted to bowl first and bundled out India for 240 in 50 overs. On a tough batting surface, skipper Rohit Sharma (47 in 31 balls, with four boundaries and three sixes), Virat Kohli (54 in 63 balls, with four boundaries) and KL Rahul (66 in 107 balls, with one four) posted important knocks.

Mitchell Starc (3/55) was the pick of the bowlers for Australia. Skipper Pat Cummins (2/34) and Josh Hazlewood (2/60) also bowled well. Adam Zampa and Glenn Maxwell got a wicket each.

In the chase, India started off really well and had the Aussies down at 47/3. Knocks from Travis Head (137 in 120 balls, with 15 fours and four sixes) and Marnus Labuschagne (58 in 110 balls, with four boundaries) left the Indian team without answers and guided them to a six-wicket win.

Mohammed Shami took one wicket, while Jasprit Bumrah took two wickets.

Travis was given the 'Player of the Match' for his century.

India could not clear the final hurdle, they were unbeaten in the whole tournament before that.

Yuvraj Singh smashes 7 sixes as India Masters thrash Australia Masters by 94 runs to enter IML 2025 final

RAIPUR, Mar 14 (Agencies): Cricketing nostalgia was at its peak as the India Masters rode a power-packed half century from Yuvraj Singh and a four-wicket burst from left-arm spinner Shahbaz Nadeem to storm into the final of the International Masters League (IML) 2025, after hammering the Australia Masters by 94 runs in the first semi-final. For Sachin Tendulkar's men, this was more than just a ticket to Sunday's title clash -- it was a chance to settle old scores, and they did it convincingly in front of a packed crowd at the Shaheed Veer Narayan Singh International Stadium here on Thursday, according to a release from IML.

The Raipur crowd erupted in anticipation as Sachin Tendulkar walked out to take charge of India Masters' innings after being invited to bat by Australia Masters on a track tailor-made for batting, and the iconic batter turned back time with a brisk 42-run knock before Yuvraj Singh's vintage hitting powered them to a daunting 220/7.

Unfazed by the early losses of Ambati Rayudu (5) and Pawan Negi (11), Tendulkar stood firm, rolling back the years with impeccable timing and elegance. Every flick and drive reminded the world why he remains a timeless maestro as he displayed his signature drives, sweeps and flicks, to ensure the scoreboard kept moving. At the other end, Yuvraj Singh made an emphatic start, launching a colossal six over midwicket to



announce his arrival. There was a brief hush in the stadium when Tendulkar survived two anxious moments on 25 and 35, but as soon as the danger passed, the iconic "Sachin! Sachin!" chants reverberated louder than ever. With the duo in full flow, their 47-run partnership for the third wicket ensured a strong foundation for a commanding total.

However, a couple of overs later, a hush fell over Raipur. Ben Hilfenhaus struck, bringing Tendulkar's sublime 30-ball knock, laced with seven boundaries, to an abrupt halt. With the master departing, it was time for another familiar hero to take centre stage. Yuvraj Singh was at his vintage best, as he stepped on the accelerator, sending Bryce McGain into the stands thrice in one over to bring up a whirlwind 26-ball fifty. New man Stuart Binny wasted no time in asserting his presence, cashing in on a reprieve on 11 off Hilfenhaus and finding boundaries at will.

Just when the Yuvraj-Binny duo seemed unstoppable, Doherty managed to silence the crowd but not before Yuvraj had hammered seven sixes and a four in a sensational 30-ball

stay. Yet, the fireworks were far from over as Yusuf Pathan walked in and launched a towering six over long on, while Binny ensured the onslaught continued as India raced to 199/4 by the 18th over.

The India Masters duo's effort to go ballistic in the final two overs, however, did not bear fruit as Daniel Christian packed back both Binny and Yusuf Pathan in a span of four deliveries to apply the brakes. By that time the right-handed pair had added 49 runs for the fifth wicket with Binny contributing with a 21-ball 36, laced with five hits to the fence and once over it, while Yusuf slammed a 10-ball 23, powered by two sixes and a four. In the end, Irfan Pathan's 7-ball 19 propelled the home side to the challenging total.

In reply, Australia Masters' chase was derailed by three quick wickets inside the powerplay, with Vinay Kumar starting off proceedings by getting rid of the dangerous Shane Watson (5) cheaply before dismissing Shaun Marsh (21). Left-arm spinner Shahbaz Nadeem, who was preferred for the high-stakes encounter, proved to be a masterstroke, as he ran through the Australia

Masters batting with an incredible spell of 4/15 off his four overs. Nadeem struck in his first over with the scalp of Ben Dunk (21), before accounting for the wickets of Nathan Reardon (21), Nathan Coulter-Nile (0) and Ben Hilfenhaus (2) to put the visitors on the backfoot.

With Australia struggling at 49/3 after the powerplay, their troubles deepened when Stuart Binny made an instant impact, snaring Daniel Christian (2). Desperate for stability, Reardon, coming off a half-century the previous night, looked to revive the innings. He was handed a lifeline after Binny missed a sharp return catch, and the left-hander capitalized with a couple of crisp boundaries, momentarily igniting hopes of a fightback.

However, those hopes were swiftly dashed as Nadeem returned to deliver a decisive blow, striking twice in consecutive deliveries. He first dismissed Reardon for a 14-ball 21, before trapping Nathan Coulter-Nile off the very next ball, reducing Australia Masters to a precarious 74/6. Fellow left-arm spinner Pawan Negi then packed Steve O'Keefe for a duck even as Ben Cutting raged a lone battle for his side, before eventually being dismissed by Irfan Pathan for 39 to end Australia's hopes.

In the second semi-final on Friday, Sri Lanka Masters, who finished atop the IML points table after the group stage, will take on the West Indies Masters at the same venue.

Yuva All Stars Championship: Palani Tuskers back to winning ways; Yuva Paltan beat Warriorz K.C in a cracker of a contest



HARIDWAR, Mar 14 (Agencies): Sonipat Spartans, Chandigarh Chargers, Palani Tuskers, and Yuva Paltan registered victories on Day 7 of the Yuva All Stars Championship at the Vandana Kataria Indoor Stadium on Thursday, according to a release from Yuva All Stars Championship.

Sonipat Spartans defeated Kurukshetra Warriors 51-38 in the day's first encounter. The Spartans inflicted an All Out on the Warriors and took an eight-point lead at the end of the first half. The Sonipat-based club continued their dominance in the game, inflicting two more All Outs in the second half.

Despite the loss, Kurukshetra Warriors' Sachin Jagbir was the second-best performer with 16 raid points, including 13 touch points and three bonus points. Harsh Kumar ruled the match, earning 18 raid points. Sonipat Spartans have moved to the second position with 24 points from six outings.

Chandigarh Chargers stunned Yuva Mumbai in the second match, winning 32-17. The Mumbai-based franchise were off to a flying start, bagging three consecutive points. However, the Chargers turned the tables around, inflicting an All Out on Mumbai to take a 14-9 lead at half-time.

The Chargers denied Yuva Mumbai several points in the second half to register a comfortable 15-point victory. Sunny was the best defender with seven tackle points, while Virender Singh and Pruthviraj Shinde bagged six raid points apiece. Chandigarh Chargers have retained the fourth position in Pool B with 14 points, while Yuva Mumbai have slipped to the third place with 18 points.

Later in the day, Palani Tuskers brushed past Junior Steelers 34-27 to get back to winning ways. The Tuskers were slightly better in the first-half, taking a 17-14 lead. They extended their lead with a Super Raid by Kesavan Raja. The Steelers got All Out and gifted six points to their opponent.

With a seven-point win, Palani Tuskers replace Junior Steelers in the third position in Pool A with 17 points. The Steelers, on the other hand, drop to the fourth position with 16 points from five outings. Kesavan Raja (9 points) was the superstar as his Super Raid earned the Tuskers a win.

Yuva Paltan edged past Warriorz K.C. in a thrilling contest in the last match of Day 7. An evenly matched half-time ended in favour of Yuva Paltan with a one-point lead as the score read 12-11. Warriorz K.C. took a five-point lead by inflicting an All Out in the second half and held onto their lead with seven minutes on the clock.

Ashish Padale completed a Super Raid in a do-or-die situation. He added four points to Yuva Paltan's score and reduced the deficit to two points. The Pune-based club inflicted an All Out on their opponent to level the scores 25-25. The score moved to 29-29 with one minute remaining. Ashish Padale completed a successful raid for Yuva Paltan and Nithesh Ramaiah tackled Punit Kumar to deny Warriorz K.C. the equalizer in the final raid of the match.

Ashish Padale was the star performer with 12 raid points. Yuva Paltan are placed fifth in Pool B, while Warriorz K.C. are fifth in Pool A. Both teams have 12 points each from five matches.

Real shoot out Atletico, Gunners up next

MADRID, Mar 14 (Agencies): Real Madrid beat Atletico Madrid in a Champions League penalty shootout — again — to keep their title defence alive and advance to the quarter-finals.

Defender Antonio Rudiger scored the decisive spot-kick in a 4-2 shootout win after two Atletico players missed. Marco Llorente's shot struck the bar after

Julian Alvarez's finish despite slipping was disallowed on video review because he touched the ball twice.

Madrid also beat Atletico in a shootout to win the 2016 final — part of a streak of eliminating their city rivals in the knockout rounds for four straight years. That hard-luck run started with the 2014 final when Atletico conceded an equalising goal in stop-

page time.

Madrid move on to the quarterfinals to face Arsenal, who also advanced along with Aston Villa and Borussia Dortmund.

The quarterfinals lineup was completed with Madrid's win in a tense derby that had ended 2-2 on aggregate score. Atletico led 1-0 after 90 minutes and extra time in a typically tenacious performance

at their Metropolitan Stadium to cancel out Madrid's 2-1 advantage from the first leg last week.

It was more relaxed in London, where Arsenal rested some regulars in a 2-2 draw with PSV Eindhoven to run up a 9-3 aggregate score. Aston Villa also had a stress-free evening at home to ensure England has two teams in the quarterfinals.

Vijay Garg's book "Sainik School Entrance Exam" released by Principal Sandhya Bathla

Top News Report

JAMMU, Mar 14: Principal Sandhya Bathla of DAV Edward Ganj Sen Sec school Malout today released Book, "Sainik school entrance exam" authored by well known writer and Retired Principal Vijay Garg.

On the occasion senior PGT Abhay Sharma, Pardeep Gupta, Ashu Gandhi, Rachna, Ravinder Kumar was also present.

Principal speaking during Book release function appreciated works of Vijay Garg done in education field. She said that this book is very useful for students who are going appearing in Sainik school entrance exam. Principal further said that this book written by Vijay Garg will always work for guidance for students and society and very helpful for competitive exams.

Speaking on the objecting of releasing Book, Vijay Garg said that Main focus on notes are concise and to point, enable full topic coverage in a short amount of time. Book contains an essential glossary, In summary, this book is a valuable tool any student aiming to Excel in Exam. Also to empower learners of all aspirants and help individuals unlock their intellectual potential.

Garg further said that book is particularly beneficial for stu-



dents to the coveted place in the prestigious Sainik schools a meticulous care has been taken to prepare this book. Good books for Sainik school entrance exam preparation are crucial because they provide a well and effectively graded easy and simple language, ample questions for practice and prepares the examiner holistically for the competitive exams, also structured understanding of concepts, offer practice questions aligned with the exam pattern, help students gauge their readiness, and ensure they are studying updated and relevant material, ultimately maximizing their chances of success in the Sainik school entrance exam by building a strong foundation and enhancing their preparation strategy, added Garg. Garg further said that quality books explain complex concepts in

detail, allowing for a deeper understanding of the subject matter.

They provide numerous practice questions that mimic the Sainik school entrance exam format, helping students develop exam-taking skills and time management.

Reliable books are updated to align with the latest Sainik school entrance exam syllabus, ensuring students are studying relevant information.

By attempting practice questions, students can identify areas where they need more focus and improve their weak areas. Consistent practice with good quality questions can boost confidence and preparedness for the exam. NCERT textbooks are considered the foundation for entrance exam preparation as a significant portion of the exam questions are directly based on

them, added Garg.

To prepare for the Sainik School entrance exam, focus on consistent practice with previous year papers and mock tests, prioritize mathematics as it carries significant weightage, strengthen your General Knowledge, and manage your time effectively during both preparation and the exam itself; consider utilizing NCERT books and dedicated Sainik School guidebooks for comprehensive study. Mathematics usually holds the highest weightage in the exam, so ensure a strong foundation in concepts like fractions, decimals, algebra, and geometry. Solve previous year question papers and take mock tests to familiarize yourself with the exam pattern and improve your speed and accuracy. Study current affairs, history, and geography to perform well in the General Knowledge section.

Practice time management during your preparation and during the exam to complete all questions within the allotted time. Refer to NCERT textbooks and dedicated Sainik School guidebooks for comprehensive coverage of the syllabus. While not directly part of the exam, maintaining physical fitness is important as Sainik Schools emphasize discipline and physical activities.

SMVDU students visit NIT Srinagar, University of Kashmir



Top News Report

KATRA, Mar 14: In a significant step towards fostering student growth and intellectual exchange, the Students from School of Mathematics (SoM), Shri Mata Vaishno Devi University (SMVDU) visited NIT Srinagar and University of Kashmir during their Educational Tour/Industrial visit w.e.f. 10-12 March 2025.

The 84 students of the School of Mathematics of various programmes FYUG, M.Sc. Mathematics, B.Tech in Mathematics & Computing and Ph.D Scholars got benefit and exposure of this fruitful visit.

During the visit they interacted with faculty members and students of NIT Srinagar and University of Kashmir about various facets of their teaching and learning.

Professor M. A. Khanday, Head, Department of Mathematics, University of Kashmir discussed innovative learning and various presentation skills. Professor Mohd Abdulla Mir, Department of Mathematics, University of Kashmir discussed some Mathematical problems and motivated

the students.

During interaction among the students of SMVDU and Kashmir University, Dr. M. Saleem Lone were also present. Prof. Zamrooda Jabeen, Head Department of Mathematics NIT Srinagar and other Faculty members, Prof. Neyaz Ahmad, Dr. Mehraj Ahmad Lone, Dr. Rameez Raja etc. also interacted with the students and discussed various latest developments going on in mathematics. The tour was aimed to provide an opportunity to understand the educational, cultural, and environmental landscapes of the region.

From a broader perspective, this tour allowed the students to learn more about new situations in an informal environment. Students got the opportunity to observe many things that are not available during the classroom teaching, including the learning environment at other national level institutions, varying socio-metric levels, impact of infrastructural developments on environment, etc.

The experience of the tour enhanced their learning, compassion for

the people, and inspired them to work towards sustainable development of society.

Besides visiting educational institutions, students also got a chance to see various world-wide renowned historical and tourist places of the Kashmir province of UT, J&K like Gurudwara Chattpatshahi Kathidarwaza Rainwadi, Shankaracharya Temple, Pahalagam, Mughal Garden, Dal Lake etc. Dr. Kuldip Raj, Head, School of Mathematics (SoM), and various faculty members, Dr. Abhishek Singh, Dr. Sandeep Sharma, Dr. Vivek Kumar, Dr. Sunil Kumar Sharma accompanied the students during the educational tour.

Rohit Uppal (Lab Assistant), Devia Nararia, Samrati Gorka (Senior Scholars) and Saksham Kudyar (M.Sc Student) were the student coordinators of the tour. Further HoD, School of Mathematics, SMVDU thanked both the head of the Department of Mathematics of NIT Srinagar and University of Kashmir for their cooperation and valuable suggestions to our students during their visit.

Finally, Dr. Kuldip Raj, Head (SoM), thanked Professor (Dr.) Pragati Kumar, Hon'ble Vice-Chancellor, SMVDU for providing the permission and support to arrange this educational tour/ Industrial visit under PM USHA Scheme.

Kaith, Ganjoo, Pandita, others celebrate Holi in Surya Vihar

Top News Report

JAMMU, Mar 14: In Surya Vihar here on Friday, the social and BJP activists: R.L.Kaith, Anita Ganjoo, Sunny Pandita and many others celebrated the festival of colours by

applying Gulal to everyone.

Anita Ganjoo said, Holi marks the arrival of spring and the harvest season. This celebration is deeply rooted in Hindu mythology symbolizing the triumph of good over

evil.

Principal Verander Nath Sharma said, This festival of joy gives the message of unity, love and harmony and is also a symbol of India's precious cultural heritage. R.L.Kaith said that may

this festival of colours bring countless happiness, immense love, new enthusiasm, new excitement and harmony in everyone's life. He added that this festival is not just a celebration of colours, but a living

symbol of truth, strong bonds of relationship and mutual brotherhood.

Among others who participated in Holi celebrations included Kamlesh Kumari, Neha Kalsi, Sonali Kumari, Muskan Sharma, Uddeshya Sharma, Aarav Dhar, Sahil and Harry.

SCRC & SOTTO organize awareness programme on organ donation

Top News Report

JAMMU, Mar 14: The Senior Citizens Rejuvenation Centre (SCRC), in collaboration with the State Organ & Tissue Transplant Organisation (SOTTO), conducted an awareness camp on organ donation, highlighting the importance of the cause.

The event was honoured by the presence of Sohail Kazmi, a distinguished journalist and Chairman of Taskeen Group of Publications, along with Ashok Gupta, Chief Patron of SCRC.

The programme was conducted under the blessings of a renowned educationist and Chief Patron of SCRC.

The keynote speaker, Dr. Sanjeev Puri, Joint Director of SOTTO, delivered an insightful session on organ and tissue donation, explaining its vital role in saving lives.

The programme commenced with Guru Vandana by K.S. Samyals, President of SCRC, followed by a self-composed poem by Dr. Shreyansh Kumar Jain, State Yoga Commissioner, emphasizing the transformative impact of organ donation.

Dr. Jain stressed that a single donor can save multiple lives by donating essential organs such as the eyes, heart, lungs, kidneys, liver, and pancreas. Sohail Kazmi praised the initiative, commending the organizers for spreading awareness on such a noble cause.

Dr. Puri elaborated on the various types of organ donation, particularly living organ donation, explaining how kidney donation is possible as one kidney can sustain bodily functions; Liver donation allows a portion of the liver to regenerate in both donor and recipient; and Pancreas donation can be done as half of the pancreas is enough for essential functions.

He further classified living organ donors into three categories- Near-Relative Donors, Other than Near-Related Donors, and SWAP Donors.

Participants were also educated on the importance of timely organ transplantation and the process of Brain Stem Death Declaration.

A significant highlight of the event was the introduction to SOTTO, explaining its role as a

state-level organization under the National Organ Transplant Programme (NOTP), operating under the Directorate General of Health Services, Ministry of Health and Family Welfare, Government of India.

The programme was successfully conducted with the support of T.C. Puri, Vice President of SCRC, and was further graced by dignitaries, including Shubhchander Verma, President of Trikuta Nagar Development Council, N.K. Gupta, Patron of SCRC, and T.C. Taggar, Secretary of SCRC.

A lively Q&A session followed, where distinguished attendees such as Chananlal Sharma, Sansar Chand Gupta, L.K. Mengi, K.S. Samyals, S.K. Jain, and A.K. Khajuria actively engaged in discussions on organ donation and transplantation procedures.

The event concluded with a vote of thanks by K.S. Samyals, marking the success of an enlightening and impactful awareness programme dedicated to promoting organ donation and saving lives.

Three injured in shop collapse in south Kashmir's Aishmuqam

ANANTNAG, Mar 14 (Agencies): Three people were injured after an old shop collapsed in Chandrigam, Aishmuqam on Friday, officials said.

An official told JKNS that an old shop collapsed in Chandrigam,

Aishmuqam belonging to Tariq Ahmad Pahalan, son of Ghulam Nabi, a resident of Chandrigam.

Three persons were injured which included the shopkeeper Ibadul Hassan, along with two others, who were inside

when the structure came down.

The injured were immediately rushed to Sub-District Hospital Seer, Anantnag, where they are undergoing treatment and reported to be stable, the official added.



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