

# TOP NEWS OF J&K

JAMMU, SATURDAY, MARCH 29, 2025

Daily Evening Newspaper



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## BRIEFLY

### DSEK orders change in school timing for Kashmir division

SRINAGAR, Mar 29 (Agencies): The Director of School Education Kashmir (DSEK) Saturday ordered change in school timing for Kashmir division with effect from April-01.

DSEK in an order said that the schools within Srinagar municipal limits shall have a school time of 9:00 am to 3:00 pm in all government and private schools.

It also said that the educational institutes outside municipal limits of Srinagar and other areas of Kashmir province shall have timing of 09:30 am to 03:30 pm.

"The order and instructions shall be adhered to strictly by all the concerned institutions. Any deviation in this regard shall be viewed seriously," DSEK said.

### Unidentified body found in North Kashmir

SRINAGAR, Mar 29 (Agencies): An unidentified body was discovered on Saturday inside a filtration plant in Nowgam, Baramulla.

An official said that the body was found this afternoon at the Thanda Kasi filtration plant, prompting immediate notification to the police.

"A police team has arrived at the site, and the body has been taken into possession for necessary medico-legal formalities," the official added.

Further details are awaited.

### Traders in Kashmir witness lacklustre sales ahead of Eid

SRINAGAR, Mar 29 (Agencies): Markets in Srinagar and other parts of the Kashmir valley lack the usual hustle-bustle ahead of Eid-ul-Fitr with many traders staring at losses due to sluggish sales during the festival. Jammu tourism guide

The Eid-ul-Fitr festival, which marks the culmination of Muslim fasting month of Ramzan, will be celebrated either on Monday or Tuesday depending on the sighting of the crescent on Sunday.

However, markets in and around the Lal Chowk city centre — the Srinagar's commercial hub — have been witnessing muted sales.

Local traders attributed the lack of enthusiasm among shoppers to the

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## Search operation for terrorists extended to new areas in Kathua

JAMMU, Mar 29 (Agencies): Security forces on Saturday extended the ongoing search operation to new areas after the body of the fourth policeman and two slain terrorists were recovered from the scene of a gunfight in a remote forested area in Kathua district of Jammu and Kashmir, officials said.

Body of head constable Jagbir Singh was retrieved from Ghati Juthana forest in Rajbagh and was shifted to Jammu where a wreath laying ceremony for the deceased was held near police headquarters Gulshan Ground, they said.

The officials said bodies of two Pakistani terrorists, believed to be affiliated with proscribed Jaish-e-Mohammad outfit, were also recovered along with war-like stores.

The encounter in the area began on Thursday morning and continued throughout the day on Friday. A total of four policemen and two recently infiltrated terrorists were killed, while



the search for other members of the terrorist group is continuing for the third day on Saturday.

Earlier, officials had put the death toll of terrorists at three but the Director General of Police Nalin Prabhat late Friday evening clarified that only two terrorists and four policemen were killed in the encounter.

Bodies of three policemen — Balwinder Singh Chib, Jaswant Singh and Tariq Ahmed — were retrieved last evening and their wreath laying ceremony led by the DGP was held at District Police Lines Kathua before their bodies were handed over to their families.

The officials said secu-

of war-like stores. The operation continues," Army's rising star corps. The DGP confirmed this was the same group of terrorists which was earlier intercepted in Saniyal village near International border in Hiranagar sector on March 23 evening but managed their escape, resolving that his force will ensure that all terror groups are appropriately dealt with.

Talking to reporters after the wreath laying ceremony in Kathua late Friday evening, the DGP said their loss will not be compensated by words but by deeds.

"Neither the intention of J&K Police has weakened nor is our goal far away from us. Our goal is clear and so the intention. There is no lack of passion as J&K police is the only force in the country which is writing its history in golden words by its bravery and sacrifice.

"We will not sleep or take rest as long as our impure neighbour (Pakistan) and its (terror)

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## J-K govt to set up early warning system to deal with sudden glacial lake breaches



SRINAGAR, Mar 29 (Agencies): The Jammu and Kashmir government is establishing an early warning system to enhance preparedness for any sudden breach of glacial lakes due to the climate change-induced rapid melting in

the Himalayas, officials said here.

They said there is an "imminent risk of sudden breach" of Glacial Lakes in the high-altitude regions, particularly in the Himalayas, and the government has adopted a proactive approach

for mitigation and risk reduction to address the growing threat.

"The government of J-K has adopted a focused, holistic and a proactive approach which include comprehensive understanding of risk landscape and the development of robust mitigation and risk reduction strategies," an official said.

In this connection, the government has constituted the FGMC or Focused 'Glacial Lake Outburst Flood' (GLOF) Monitoring Committee which has conducted

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## Vocational teachers vow indefinite strike against 'Systemic Injustice' in Kashmir

SRINAGAR, Mar 29 (Agencies): The representatives of the J&K Vocational Teachers Welfare Association (VTWA) have decided to launch an indefinite strike from March 31 of 2025 to protest what they termed as systemic injustice.

In this regard, the members of VTWA on Friday held a meeting in Srinagar to finalise the programme.

As per a handout issued here, the meeting was held amidst growing tensions between Vocational Training Providers (VTPs) and the administration.

"The members unanimously pledge to strike against an unfair and unjust system plaguing vocational education in the Union Territory," the handout reads.

The Vocational trainers working under the Samagra Shiksha have voiced concerns over systemic failures, including the inefficiencies of the VTP model, inadequate salaries, and the lack of student certification and placement since the program's inception in 2016.

"During the meeting, members expressed frustration over the government's inac-

tion despite repeated appeals," the handout reads.

The members accused the VTPs of exploiting trainers and making profits from the project without delivering tangible results.

"A key point of discussion was the alleged coercive measures being taken by VTPs even before the commencement of the protest," the handout reads.

The association representatives claimed that VTPs were feeling threatened by the upcoming indefinite strike and have resorted to intimidation tactics to

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## Statehood in Jammu and Kashmir to be restored as promised: Amit Shah

NEW DELHI, Mar 29 (Agencies): Statehood in Jammu and Kashmir will be restored as promised before, Union Home Minister Amit Shah has said, without giving any timeline.

Shah said at the "Times Now Summit 2025" Friday night that assembly elections were held in Jammu and Kashmir peacefully last year.

"We have given the assurance that statehood will be restored. From the very beginning, we have said that



statehood would be given. But it can't be disclosed when it will be given at a public forum," he said when asked about the timeline for restoration of statehood. When Article 370 was

abrogated and the erstwhile state of Jammu and Kashmir was bifurcated into two Union territories in 2019, Shah had said in Parliament that statehood of Jammu and Kashmir would be restored at an appropriate time.

"This was the first election in Kashmir after 40 years in which there was no re-polling in any place. Not a single tear gas or bullet was fired. Sixty per cent people exercised their franchise, this is a huge change," he said.

## CM Omar Abdullah attends wreath laying ceremony of fallen Policeman in Jammu



JAMMU, Mar 29 (Agencies): Jammu and Kashmir Chief Minister Omar Abdullah on

Saturday attended the wreath laying ceremony of a policeman who along with his three col-

leagues was martyred in a two-day long gunfight with Pakistani terrorists in Kathua district.

Abdullah led the wreath laying ceremony of head constable Jagbir Singh, incharge of police post Safiyan, at police headquarters Gulshan Ground here.

Deputy Chief Minister Surinder Choudhary, minister Shashi Sharma,

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# GupShup

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# Now conspiracy to snatch Amarnath Yatra: Shiv Sena Wishes for happy Hindu New Year and Navratri



## Top News Report

JAMMU, Mar 29: After limiting the Shri Mata Vaishnodevi Yatra to Katra and making it incomplete, now preparations have been made to snatch the annual Holy Amarnath Yatra from Jammu, stated by Manish Sahni, President, Shiv Sena (UBT) Jammu-Kashmir unit.

In a press conference held today at the party's state central office, state chief Manish Sahni said that in a very planned manner, the economic backbone of Jammu's business, which is dependent on religious devotees, is being broken.

Before the year 2014, the Manmohan government had promised to send only 1-2 trains to Katra from the protest of the business class of Jammu, but during the Modi government, almost all the trains were reaching Katra

directly. Due to which, along with affecting the business of Jammu, the Shri Mata Vaishnodevi Yatra has also become incomplete.

Devotees were deprived of the darshan and blessings of the historical temples of Jammu including the first darshan, Kol Kandoli and second Deva Mai.

Now, under a well-thought-out strategy, preparations have been made to keep Jammu out of the annual Shri Amarnath Yatra.

Trains are reaching Kashmir directly and the main base camp has been built in Srinagar's Panthachowk whereas despite laying the foundation stone twice in 2021 and 2023, the work of Amarnath Yatra Base Camp in Jammu has not progressed beyond the foundation stone.

Sahni said that all the businesses related to

religious tourism business including hotels, lounges, taxis in Jammu are facing a severe economic recession.

Sahni said that he has no aversion to development but cannot see Jammu getting ruined. Plans should also be made to give impetus to the economy of Jammu.

On this occasion Meenakshi Chhibber (President Women Wing), Vikas Bakshi (General Secretary), Balwant Singh (Vice President), Raj Singh (President Kamghar Wing), Rohan Malwal (President Jammu) were present.

Meanwhile, Manish Sahni wished everyone a Happy Hindu New Year and Navratri. He said that it is a lucky coincidence that Chaitra Navratri Durga Puja is starting from Sunday, March 30 this year. The Hindu New Year Vikram Samvat will also begin from this day.

# PHDCCI Holds Insightful Session on "Impact of Intellectual Property Rights on Tourism" in Jammu

## Top News Report

JAMMU, Mar 29: The second session of the two-day workshop on Intellectual Property Rights (IPR), organized by PHD Chamber of Commerce and Industry (PHDCCI) with support from the Office of the Development Commissioner MSME, Ministry of MSME, Govt. of India, focused on the Impact of Intellectual Property Rights on Tourism. Held at Hotel Radisson Blu, the session was moderated by Ms. Kanchan Zutshi, Director, PHDCCI.

Sh. Rakesh Wazir, Chair, PHDCCI Jammu Chapter, welcomed the distinguished speakers and attendees, emphasizing the critical role of IPR in the tourism sector. He highlighted how intellectual property, including trademarks, geographical indications, and branding, plays a key role in enhancing the identity and global appeal of tourist destinations. He also urged tourism stakeholders, including hoteliers, travel operators, and local artisans, to protect and promote their unique offerings through effective IP strategies.

Delivering the keynote address, Ms. Yasha Mudgal, Commissioner Secretary, Tourism J&K, underscored the

importance of sustainable tourism practices that balance economic growth with environmental preservation. She stressed the need to identify and promote Jammu's Unique Selling Proposition (USP) to attract more tourists while ensuring the protection of its natural and cultural heritage. She also highlighted the role of IPR in branding local tourism products and services, which can significantly enhance Jammu's visibility on the national and international tourism map.

The session concluded with a vote of thanks by Sh. Sanjay Gupta, Co-Chair, PHDCCI Jammu Chapter, who expressed gratitude to the esteemed speakers and participants for their valuable contributions. He reaffirmed PHDCCI's commitment to fostering awareness about IPR



trust, and drive long-term growth.

The session concluded with a vote of thanks by Sh. Sanjay Gupta, Co-Chair, PHDCCI Jammu Chapter, who expressed gratitude to the esteemed speakers and participants for their valuable contributions. He reaffirmed PHDCCI's commitment to fostering awareness about IPR

and its impact on various industries, particularly tourism, in Jammu & Kashmir.

This session marked a significant step in aligning Jammu's tourism sector with intellectual property protection, paving the way for innovation, sustainability, and enhanced global recognition. Prominent among

Prominent among others present on the occasion include Shyam Lal Sharma chairman Hotel Association Katra, Pawan Gupta President Hotels & Lodges Association Jammu, B B Kotwal President Bhaderwah Hotels Association, Shiv Thakur Magotra working President Hotel & Restaurant and others.

# Brahman Sabha Channi Himmat continues green cover plantation drive

## Top News Report

JAMMU, Mar 29: Brahman Sabha Channi Himmat on Saturday continued green cover plantation drive at different sectors of Channi Himmat to promote environmental resources. The event was inaugurated by Sunil Sharma, Head of Channi Himmat Brahman Sabha alongwith Colonel R.K. Sharma and Acharya Chotu Ram Sharma.



lings of different categories including ornamental, herbal, trees of spiritual importance like Ficus religiosa (Peepal), Indian gooseberry (Amla), Aegle marmelos (beel) etc

were planted in different locations as well as in vacant areas of the Channi Himmat colony. The plantation drive was attended by Dogra Shrmra, Jagdish Dogra Ex-president Sanatan

Dharam Sabha Subash Shastri President NMC, R.K. Sharma, P.N. Koul, Inder Sharma, Prem Balotra, M.L. Padha, Sunil Sharma, Sanjeev Sharma, Bakshish Kumar and others.

# Vivek Bali demands job security for contractual employees



## Top News Report

JAMMU, Mar 29: J&K Prominent Political leader Vivek Bali, was warmly welcomed in R S Pura, accompanied by Senior Leader Dilawar Singh, Senior leader Raj Kumar Ji and Rajesh Ji were also present.

During his visit, citizens of R S Pura poured out their grievances, with the primary concern being the lack of job security and benefits for contractual employees.

Vivek Bali, known for his commitment to social welfare, empa-

thized with the struggles of these employees and their families. He emphasized the need for immediate relief, demanding that the government provide health insurance benefits to contractual employees on an immediate basis. This, he stated, would help secure their families from financial loss and uncertainty.

However, Vivek Bali's long-term vision is to ensure that these contractual employees are converted into permanent employees, providing them with job secu-

urity, stability, and dignity. He urged the government to take concrete steps towards achieving this goal, promoting employment opportunities and economic growth in the region.

The citizens of R S Pura expressed their gratitude to Vivek Bali for his unwavering support and commitment to their cause. His dedication to social welfare and his willingness to listen to the concerns of the common man have earned him widespread appreciation and respect.

# Family mourns loss of martyred soldier Jagbir Singh in Akhnoor

## Top News Report

AKHNOOR, Mar 29: Family mourns loss of martyred soldier Jagbir Singh in Akhnoor MAR 29, 2025 AKHNOOR: Following the news of the demise of head constable Jagbir Singh reaching his home village of Akhnoor, a wave of shock and mourning engulfed his family, with his family deep in shock over the news.

Several members of the village community attended the mourning of the head constable, and paid a tribute to the sacrifice made by the soldier. Visuals from the village showed multiple people shouting slogans to remember the sacrifice of the soldier.

"The whole village is in shock that we lost a good soldier today. He was really good, focused on his own life, and kept to himself.

He was really good, he did his duty and went about without talking much," said one of the members of the village. Demanding a "befitting reply" to terror-

ists and Pakistan, the village member added, "For Pakistan we are only saying that there should be an investigation and a befitting reply should be given by the Indian army.

They should not be spared. All the places where these people (terrorists) are, they should be given a reply, till how long will we tolerate this?" Four Jammu and Kashmir police personnel, Head Constable Jagbir Singh, Selection Grade Constable (SGCT) Balvinder Singh, SGCT Jaswant Singh, and SGCT Tariq Ahmed lost their lives in the encounter in Kathua, while two terrorists were gunned down.

Earlier today, Jammu and Kashmir Chief Minister Omar Abdullah laid a wreath and paid tribute to Head Constable Jagbir Singh.

On Friday, Jammu and Kashmir Director General of Police (DGP) Nalin Prabhat laid a wreath and paid tribute to police personnel who sacrificed their lives in the line of duty during the Kathua anti-terrorist operation.

OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI (PHE) MECH RURAL DIVISION JAMMU

NOTICE INVITING TENDER

e-NIT No. 100 of 2024-25

For and on behalf of Lieutenant Governor of J&K UT, Executive Engineer, Jal Shakti (PHE) Mech. Rural Division Jammu, invites tenders by e-tendering mode from the reputed/registered firms/individuals for the below mentioned work:-

S.No	Name of work	Name of Division	Cost of document / tender fee (In Rs.)	Bid Securing Declaration	Validity of Rates
1	2	3	4	5	6
1.	Hiring of (diesel run vehicle) single cabin pickup van with cabin crew of load carrying capacity 1/1.25 ton for inspection of JJM/Capex and other sites for repair and maintenance works to be used by Asstt. Executive Engineers/Junior Engineers and Supervisory Staff within the jurisdiction of Jal Shakti (PHE) Mech. Rural Division Jammu.	PHE Mech. Rural Division Jammu	Rs. 500/-	Bid Securing Declaration form as per Annexure B	180 days

Permission/Authorization for hiring of private water tankers obtained from Chief Engineer, Jal Shakti (PHE) Department Jammu vide letter No. PHEJ/GE/20508-11 dated 17.03.2025.

AAA Accorded by Superintending Engineer, Jal Shakti (PHE) Mech. Urban Circle Jammu vide No. SEMU/Ts-128/AA-63 of 2024-25 dated 17.03.2025.

Technical Sanction accorded by Chief Engineer, Jal Shakti (PHE) Department Jammu vide TS No. PHEJ/DB/TS/522 of 2024-25 dated 27.03.2025.

Date of Publishing: 27.03.2025 (05:00 PM)

- Bid documents can be seen at and downloaded from the website <http://jktenders.gov.in> from 27.03.2025 (05:00 PM)
- The Bids shall be deposited on the website <http://jktenders.gov.in> from 05.04.2025 (12:00 PM) to 15.04.2025 (02:00 PM).
- After opening the tender Bids must be accompanied by bid security and cost of Tender Document as specified in column 4 & 5 of the table (and for DIC/SSI registered firms as per Industrial Policy of J&K Govt.) payable at Jammu pledged in favour of Executive Engineer PHE Mech. Rural Division Jammu.
- Bid security will have to be in form of CDR/FDR of any scheduled bank and shall have to be valid for one year from the date of issuance of tender. The cost of downloaded tender documents should be in form of Treasury Challan/e-Challan in favour of Executive Engineer Jal Shakti (PHE) Mech. Rural Division Jammu payable at Jammu.

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## EDITORIAL

WELCOMING  
NAVRATRAS

Jammu, the City of Temples, dons a vibrant and spiritual aura as Navratras to begin. This nine-day festival, dedicated to the worship of Goddess Durga in her nine divine forms, is celebrated with unparalleled fervor in Jammu, making it a cherished time for devotees and visitors alike. The Navratras signify not just a time of religious devotion but also a celebration of cultural heritage, unity, and the spirit of Jammu's people.

Navratras hold immense significance in Jammu's religious landscape, with the city bustling with activities to honor the divine feminine energy. Devotees throng the famous Mata Vaishno Devi Shrine, located in the Trikuta Hills, to seek blessings from the goddess. The shrine, one of the holiest pilgrimage sites in India, witnesses a massive influx of pilgrims from across the country and abroad during Navratras.

The journey to the shrine is filled with chants of "Jai Mata Di," echoing the air with devotion and positivity. The sanctity of the Yatra is further enhanced by the various cultural programs organized along the route, including devotional singing, free food stalls (langars), and special arrangements for the comfort of pilgrims.

The Navratras are also marked by the lighting of the auspicious Jyot (sacred flame) at various temples in Jammu. The flame, a symbol of divine presence and protection, is carried to the temples, including the shrine of Mata Vaishno Devi, by devotees in a grand procession known as the Charri Yatra. This tradition, observed with great reverence, signifies the union of the divine and human realms, inviting the blessings of Goddess Durga into homes and hearts.

In preparation for Navratras, temples across Jammu are adorned with beautiful decorations, and elaborate arrangements are made for rituals like kalash sthapana (installation of a sacred pot) and daily aarti. The city's markets come alive, offering traditional items such as Chunaris, sacred threads, bangles, idols, and decorative items for the occasion.

Fasting is an integral part of the festival, and families prepare a variety of satvik (pure) dishes to honor the goddess. Special dishes like kuttu ki roti, aloo sabzi, and makhana kheer dominate the menu during these days, reflecting the essence of simplicity and devotion. Many devotees also take up vows of abstinence and refrain from consuming meat, alcohol, and grains as a mark of respect for the goddess.

The streets of Jammu showcase an amalgamation of spirituality and festivity. The iconic Raghunath Temple, Bawe Wali Mata Temple, and other revered shrines are illuminated with thousands of lamps, creating a divine spectacle. Cultural events like bhajan sandhyas (devotional music evenings) and kirtans further enrich the devotional atmosphere.

One of the most remarkable aspects of Navratras in Jammu is the Charri Yatra tradition. For the past 46 years, this procession has been led by dedicated individuals and sevaks (devotees), symbolizing collective faith and devotion. The yatra begins at the Brahman Sabha Parade and passes through the city's streets before proceeding to Katra, the base camp for the Vaishno Devi Yatra.

The silver Charri and the auspicious Jyot, carried on the shoulders of devotees, hold profound significance. The sacred flame is lit from the Purani Guffa (old cave) and then returned to the Yadhoo Ram Ji Temple in Rani Park. Here, devotees are encouraged to light Jyots in their homes, symbolizing the goddess's blessings. This tradition fosters a sense of unity and spiritual fulfillment among the participants.

Navratras in Jammu go beyond religious boundaries, reflecting the city's rich cultural tapestry. People from different communities come together to celebrate, transcending social and regional barriers. The festival serves as a reminder of the shared heritage and values that bind the people of Jammu.

Cultural fairs like the Navratra Festival in Katra, organized by the Jammu and Kashmir Tourism Department, showcase local art, music, dance, and crafts. These events promote the region's cultural heritage and attract tourists, adding a festive charm to the celebrations. The streets are lined with colorful stalls offering handcrafted items, traditional jewelry, and local delicacies, providing an immersive experience for visitors.

The Navratras are a time for personal introspection and spiritual growth. Through fasting, prayers, and self-discipline, devotees aim to cleanse their minds and bodies, preparing themselves for the blessings of the goddess. The nine days are also dedicated to specific forms of Goddess Durga, each representing unique virtues like courage, wisdom, and prosperity.

As the festival concludes with Kanya Puja, where young girls are worshipped as embodiments of the goddess, the spirit of Navratras reaches its zenith. The act of feeding and honoring the Kanyas symbolizes gratitude and devotion, completing the spiritual journey of the festival.

Navratras in Jammu are not just a festival but a way of life, reflecting the city's deep-rooted spirituality and cultural vibrancy. The celebrations bring together devotion, unity, and festivity, creating an atmosphere of joy and positivity. As the chants of "Jai Mata Di" resonate across the city, Jammu stands as a testament to the enduring faith and traditions that define its identity.

## Humara's painful story: Is there no place for women in Pakistan?

By: **Amarpal Singh Verma**  
(Independent Journalist)

Recently, a 32-year-old Pakistani woman named Humara crossed the India-Pakistan border in Rajasthan's Sri Ganganagar district and entered India. The reason given by this woman for entering India has shown the mirror of the condition of women in Pakistan. When the BSF caught her, her sad face, tired eyes and painful story not only told the personal tragedy of a woman but also clearly showed the worse picture of women in Pakistan in the form of Humara. Humara told that she was constantly being a victim of domestic violence in Pakistan. When no one listened to her, she came to India in distress because women are respected a lot in India.

This story is not of just one woman Humara but of millions of women in Pakistan who are facing inhuman conditions like honor killing, forced marriage, domestic abuse and sexual violence there. Women in Pakistan are culturally treated as second class citizens. Reports from the United Nations and several human rights organizations confirm that the situation of women in Pakistan is worrying. According to a report

by Amnesty International, violence against women and girls is becoming increasingly common in Pakistan. According to a report by Human Rights Watch, violence against women and girls in Pakistan, incidents such as rape, honor killing, acid attack, domestic violence and forced marriage remain a serious problem. Pakistani social workers estimate that about 1,000 honor killings occur every year. The government in Pakistan has done little to prevent forced marriages. A UNICEF report shows that child marriage of Pakistani girls is a major problem. The number of child brides in Pakistan ranks sixth in the world. According to the Pakistan Human Rights Commission, domestic violence is a matter of concern in Pakistan. More than 90 percent of women have faced domestic violence in their lifetime. But in most cases women are deprived of justice because the legal and social structures there are tilted in favor of patriarchy. How sad is the situation that every year hundreds of women are killed by their own family members just because they dared to marry of their own free will or go against the traditions of the house. It is very difficult for rape victims to get justice in Pakistan because the criminals get social, religious and legal protection.

The female literacy rate in Pakistan is much lower than that of men. One of the most widespread problems in Pakistan's literacy rate is the difference between men and women. According to last year's data, the literacy rate of men there is better than that of women. About 72 percent of people in Pakistan are literate while about 52 percent of women can read and write. In many places there, girls are prevented from going to school.

Humara's coming to India is not only her tragedy as a woman but also a symbol of the failure of Pakistan's social and political system. When a woman does not get protection in her own country, she is forced to find shelter elsewhere.

The condition of women in India cannot be called completely ideal either, but here at least they get constitutional rights and legal protection. There are strict laws to prevent crimes against women and they do get justice.

Humara did not want to return to Pakistan. She had clearly refused to go back to Pakistan and sought refuge in India. She said that if she returned to Pakistan she would be killed but finally she was handed over to the Pakistani Rangers. Crying, Humara went back to Pakistan but left behind many questions related to Pakistani women. Humara is

not just a name but a voice of thousands of Pakistani women who are victims of oppression every day. Humara crossed the border illegally, she could have been shot but she still did so. Humara's crossing the border raises the question that till when will women in Pakistan continue to be victims of inequality, violence and injustice?

This is the time for introspection for Pakistan, organizations fighting for human rights and organizations claiming to fight for women's rights in Pakistan have to be implemented not just on paper but at the ground level. Otherwise, more women like Humara will be forced to cross the border of some country or the other. Sometimes in reality, and sometimes in their desires and dreams. If a woman becomes a stranger in her own country, what can be more unfortunate than this?

(Amarpal Singh Verma)  
Independent Journalist  
Village-Sangaria District-  
Hanumangarh (Rajasthan).

## Human relationships are in danger due to moral degradation

By: **Dr. Satyawan Saurabh**

How much degradation is left in the society? It is heart-breaking to hear that a son can murder his own parents so ruthlessly. The woman, along with her brother-in-law, got her two-year-old son killed. The wife, along with her lover, cut her husband, who was an officer in the Merchant Navy, into pieces. The father got his son killed by the servant. News of the killing of a mother, father, brother, friend, or partner is common. Such crimes show how much mental balance, morality, and family values have deteriorated in the society. These incidents of crime and moral degradation show that somewhere there is a serious crisis in our social structure, family values, and mental health. But it is also worth noting that negative incidents are seen more in the news because they attract people's attention. There are still many people in the society who are full of love, cooperation, and morality. We need to give equal importance to goodness and work towards improving the society. It is important to understand the reasons for this decline and find solutions—increasing communication in families, paying attention to mental health, strengthening moral education, and taking strict measures to prevent crime. We also have to think about what kind of values we are promoting and what kind of society we are creating for the coming generations. It may be difficult to completely stop the decline of society, but together we can slow it down and turn it in the right direction.

In today's time, when we look at newspapers and social media, we find news of crime,

deception, violence, and moral degradation all around. It seems that society has entered the influence of the dark Kali Yuga. Lack of trust in family relationships, decline in moral values, and blind race for material pleasures have weakened human sensibilities. Morality, the importance of relationships, and human sensibilities are gradually weakening in society. Incidents of murder, betrayal, selfishness, greed, and moral degradation are increasing continuously. Seeing this, it seems that society is moving towards a dark period. It is heart-wrenching to hear that a son can murder his own parents so ruthlessly. Such crimes show how much mental balance, morality, and family values have declined in society. It is heart-wrenching to hear that a son can murder his own parents so ruthlessly. Such crimes show how much mental balance, morality, and family values have declined in society. The way moral degradation is increasing in society, it not only indicates the number of crimes but also the breakdown of family and social fabric.

The importance of relationships in society is gradually decreasing, and there can be many reasons for this. Earlier, where there was closeness, trust, and sacrifice in relationships, now selfishness, greed, and show-off have taken their place. Nowadays selfishness and greed are dominating even among parents, siblings, husbands and wives, and friends. The family, which used to be the center of love and cooperation earlier, is now becoming a victim of quarrels and mutual differences. Incidents like murder, rape, robbery, and fraud are increasing over small matters. Even family members are putting each other's lives in danger. People are trying to achieve wealth and success by any means, leaving morality and honesty

even if they have to exploit someone for that. Earlier people used to have patience in life and tolerate difficulties, but nowadays anger and impatience have dominated people. Small disputes have started taking violent forms. Religion is becoming a means of mere show-off, while the value of morality and honesty is decreasing. People teach others moral lessons but do not follow the right path themselves. Earlier there used to be joint families where there was guidance from the elders. But now, in the name of personal freedom and modernity, family values are declining. People are becoming mentally unstable due to financial pressure, tension in relationships, and conflict of personal desires, due to which they make wrong decisions. Violence, crime, and immorality have been made normal on the Internet. People take extreme steps without thinking. Children are being taught less about the difference between right and wrong in schools and families. Greed, jealousy, and personal selfishness are increasing. Criminals know that there will be a delay in getting punishment, or they will find a way to escape, due to which the number of crimes is increasing.

Looking at the incidents happening in the society, it seems that we have entered the era of extreme Kali Yuga. Where earlier importance was given to relationships, love, respect, and morality, now selfishness, greed, anger, and violence are becoming dominant. Looking at the increasing crimes in society, it seems that humanity, tolerance, and love are slowly vanishing. But if the family, society, and the government take the right steps together, then this decline can be stopped. To revive family values, parents should spend time with children, give them moral education, and explain the difference between right and wrong. Problems related

to stress, depression, and anger should not be ignored. Therapy and counseling should be adopted if needed. Criminals should be given strict punishment, and the legal process should be fast so that the criminals remain afraid. Positive stories and content related to morality should be promoted, which inspires good values in the society. Emphasis should be laid on moral education, empathy, and social values in schools. We all have to fulfill our responsibility to maintain morality and humanity in society. This is not only the work of the government or the law, but every person needs to bring about change at his own level.

Even in this time of extreme Kaliyug, if we keep our actions in the right direction, then this darkness can be reduced a little. To maintain morality and humanity in society, we have to start from ourselves. We cannot only blame the government and law and order, but we also have to bring changes in our personal and social lives. Even in this time of extreme Kaliyug, if we keep our actions in the right direction, then the renaissance of goodness in society is possible. We have to decide whether we want to get lost in this darkness or want to bring a new ray of light with our efforts.

(Dr. Satyawan Saurabh)  
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## Arvind Subramaniam shares his expertise on market research and business strategy at SMVDU-TBIC



### Top News Report

KATRA, Mar 29: TBIC recently had the privilege of hosting Arvind Subramaniam, a Chennai-based expert with over 15 years of experience in web technologies, cloud services, social media, and e-commerce. As a seasoned venture capitalist, Arvind shared invaluable insights aimed at enhancing TBIC's operations and expanding its impact.

During his visit, Arvind emphasized the importance of building strong connections within the tech community, leveraging cloud technologies for scalability, and adopting effective social media strategies to increase visibility and engagement. He also stressed the necessity of continuous innova-

tion to maintain a competitive edge in the ever-evolving market.

Dr. Sanjay Mohan, CEO of SMVDU-TBIC, and his team engaged in a productive dialogue with Arvind, outlining TBIC's vision for growth and its goals for supporting entrepreneurs. Arvind then addressed the MBA first-year cohort, offering practical advice on how to use market research to evaluate business ideas effectively. His session provided students with valuable tools for identifying market trends, assessing feasibility, and refining business concepts by understanding customer needs. This mentorship offered crucial insights into developing sustainable and impactful ventures—an invaluable learning experience for

budding entrepreneurs. Reflecting on his visit, Arvind remarked, "TBIC's commitment to fostering an innovation-driven ecosystem is impressive. Engaging with the students and entrepreneurs here has been inspiring, and I look forward to continuing my support for this dynamic community."

The visit further reinforced TBIC's mission of integrating expert guidance into its incubation processes, ensuring that entrepreneurs receive the mentorship and resources necessary for success in their business endeavors. The session concluded with a vote of thanks from Divye Duheta Mahajan, Manager, SMVDU-TBIC, acknowledging Arvind's valuable contributions to the event.

## JKNC leader visits various villages took stock of people's grievances



### Top News Report

UDHAMPUR, Mar 29: JKNC district secretary Captain Pavitar Singh, along with district ex-servicemen cell president Captain Balbir Singh and Darshan Dubey on Saturday conducted tour several villages of adjoining panchayat Kambal Danga areas west assembly constituency Udhampur and listened to people's grievances.

It was informed that NC team visited villages include Manao ward no.8, and listen the problems of the people.

Local people appraised the NC leader about their basic amenities problems in their respective areas from last many years.

While interaction with the local people of these areas Capt. Pavitar Singh expressed that at present people of rural areas are facing scarcity of drinking water, irregular supply of electricity transformer is not working last from 8months bad condition of road connectivity but authorities concerned have shut their eyes and not taking seriously these problems.

He expressed that only National Conference Government led by Chief Minister Omar Abdullah can serve the people of rural areas and remote villages.

He also assured them that he will brought their problems into the notice of authorities concerned of district administration at top priority basis.

Those who attend the program Mushtaq Ahmed, Rinku Manhas, Ashraf Ali, Noor Hussain, Bashir Ahmed, Anwar Hussain, Wazir Dulathassin, Ashiq Ali, Tahir Mohd. Quyum Mohd, Talab Hussain, etc

## Lecture on Women Empowerment Organised for Women at Hill Dhok, Poonch

### Top News Report

POONCH, Mar 29: The Indian Army organized an insightful lecture on women empowerment at Hill Dhok, Satharban Poonch. The event aimed at raising awareness about various empowerment schemes in rural Jammu and Kashmir. The ses-

sion emphasized that empowering women is essential for building a better future. When women are empowered, society as a whole is empowered, paving the way for progress and prosperity. The lecture highlighted several government initiatives aimed at achieving this goal, including the

National Policy of Education, Mahila Samakhya, the National Commission for Women, Beti Bachao Beti Padhao, Sarva Shiksha Abhiyan, the National Programme for Education of Girls at the Elementary Level and the Swayam Siddha Women Empowerment Programme, among others.

## Raman Suri pays tributes to Kathua martyrs, vows relentless fight against terrorism

### Top News Report

JAMMU, Mar 29: Paying his tributes to the police martyrs who laid down their lives fighting terrorists in Kathua, Bharatiya Janata Party (BJP) executive member Raman Suri today said that this fight against terrorism is far from over but stands as a testament to the unwavering resolve of our security forces. "These are not stray incidents of terrorism, which have been eradicated to a larger extent in Jammu and Kashmir. Such cowardly attacks and the supreme sacrifices of our brave personnel will not deter our valiant security forces from continuing their relentless action against terrorism," he

asserted.

Raman Suri said that sacrifices of police personnel Tariq Ahmed of Reasi, Jaswant Singh of Londi, Hiranagar, Balwinder Singh Chib of Kana Chak, Kathua and Head Constable Jagbir Singh, Incharge Police Post Safiyun, a resident of Khour, Akhnoor were always remembered and continue to inspire youngsters to join police force and avenge sacrifices of these valiant soldiers. Suri highlighted that four police personnel sacrificed their lives and two terrorists were neutralized in the ongoing operation in the remote Ghati Juthana forest area of Rajbagh.

Raman Suri further stated that militancy in Jammu and Kashmir is

on its last legs, and this act of violence reflects the sheer frustration of terrorists who know their days are numbered. "These desperate acts will not weaken our resolve. The security forces will continue their operations with full might," he said. He urged the Government of India and the Lieutenant Governor to identify and take strict action against locals supporting these terrorists. "We must nail them and dismantle the entire infrastructure of terrorism, ensuring that their handlers and sympathizers are eliminated once and for all," Suri concluded.

Expressing his deep condolences to the bereaved families, Raman Suri said, "While

I express my heartfelt sympathies with the families of our martyrs, I want to assure them that the Jammu and Kashmir Police, along with the Indian Army, will not stop their operations against terrorists. We will not rest until the last gun falls silent on Indian soil." He emphasized that the terrorists involved in the attack were cowards who had sneaked into the Indian side from across the border. "Two of them have been eliminated, and the others will be hunted down soon," he added.

Raman Suri paid rich tributes to the fallen heroes, saying, "I bow to the valorous martyrs of J&K Police who laid down their lives for



our motherland. Pride and grief intertwine as we remember these police martyrs saying that their sacrifice in the line of duty will always be remembered. May their souls rest in peace, and I offer my heartfelt prayers for the swift recovery of those injured."

## Dimple strong protest rally for the restoration of J&K State

### Top News Report

JAMMU, Mar 29: Sunil Dimple president mission statehood Jammu Kashmir along with hundreds of people led a rally for the restoration of j&k state and expressed resentment on the home minister amit shaha statement that time will not be disclosed for the restoration of state.

Protest was also held on many issues, worsening law and order, militancy in jammu kashmir and failure of the j&k govt.

Addressing the protesters Sunil Dimple demanded immediate restoration of jammu



Kashmir dogra state, with special status.

Dimple strongly criticized and expressed resentment on the home minister amit shaha statement that time will not be disclosed for the restoration of state.

Dimple said the situation is worsening in jammu region like 1990 and the martyrdom of brave police jwans taking place every day.

He saluted to DG police Nalin prabhat and jammu kashmir police

for great sacrifices.

Dimple urged Prime Minister narendra modi to hand over j&k to the army.

He said LG should resign, enjoying lftar parties with the chief minister and security

jawans dying. He alleged Omar abdulaha govt is power less, is lori dastar govt. Innocent people dying, j&k is crying, after the abrogation of article 370.

Dimple demanded the chief minister to pass a bill in assembly and ban the sale of liquor, provide free 200 units electricity, twelve free LPG gas cylinders and double ration from this march to the people of jammu Kashmir.

The other leaders are Shami kumar, ashok Sharma, happy kumar, narender chowdhry, sanjev kumar, rajesh kapoor, suny, raju and many others.

## Thanked PM Modi for declaring Ambedkar Jayanti as a national public holiday: Mohanlal Gihara

Heartiest greetings to the countrymen on Hindu New Year, Nilothiya

### Top News Report

JAMMU, Mar 29: Scheduled Caste Front Delhi State President Mohanlal Gihara thanked Prime Minister Narendra Modi for declaring Baba Saheb Dr. Bhimrao Ambedkar Jayanti as a public national holiday

Today in the presence of workers in the party office, a thanksgiving motion was passed for declaring 14 April as a national holiday on Baba Saheb Bhimrao Ambedkar Jayanti by the country's glorious Prime Minister Mr. Narendra Modi. On this occasion, State General Secretary Advocate Lajpat Rai, Office Incharge Sumesh Liloithia, Media Co-Incharge Guruji Raju Chandel, Rohit Pal, Rupesh Mehra and other dignitaries were present.

On this occasion, State President Mohanlal Gihara while speaking said that the Bharatiya Janata Party is working as the messiah of Dalits today and all Dalit Scheduled Castes are working as the messiah of Dalits and all Dalit Scheduled Castes are working as

the messiah of Dalits. It has been solving the small problems of the society, which no government before you has listened to, it has always been insulting the Dalits. Today our Bharatiya Janata Party has been protecting all the problems of the Dalit community and their rights. Today Delhi community is walking shoulder to shoulder with the Bharatiya Janata Party in every state.

On this occasion, General Secretary Advocate Lajpat Rai said that for a long time our constitution maker Baba Saheb Bhimrao Ambedkar has been demanding a national holiday, which today our glorious Prime Minister Mr. Narendra Modi has announced and won the hearts of the Dalit community. Today the Dalit community of the entire country pays its respects to the glorious Prime Minister of the country. On this occasion, the office minister Mr. Sumesh Nilothiya said that all the countrymen should decorate their streets and Baba Saheb's memorials to celebrate Baba Bhimrao Ambedkar's birth anniversary on 14 April in a grand manner.

## Vishal Khatri Sabha organizes Langar at Parmandal to mark Shani Amavasya

### Top News Report

JAMMU, Mar 29: Vishal Khatri Sabha today organized a Langar at Parmandal to mark Shani Amavasya, praying for the well-being of the people of Jammu and Kashmir. This event is a testament to the organization's commitment to serving the community and promoting spiritual growth. Speaking on the occasion, Acharya Sanjeev Shastri said that Shani Amavasya, which falls on a Saturday, is considered a significant day in the Hindu calendar. It's associated with Lord Shani, who is revered for his power to bring balance and justice to one's life. On this day, devotees typically offer prayers, perform rituals, and engage in charitable activities to appease Lord Shani and seek his blessings.

The Langar organized by Vishal Khatri Sabha is a wonderful way to bring people together and promote a sense of community and solidarity. By praying for the well-being of the people of Jammu and Kashmir, the organization is demonstrating its commitment to the region's welfare and prosperity.

On the auspicious occasion of Amavasya,



, special 'Sewa Langar' was organized by Devender Seth, President Vishal Khatri Sabha.

Nearly 400 people were served the Langar Prasad during the event. Seth inspired devotees to spread virtues of good faith to all the people, he prayed to almighty to save the humanity from natural calamities.

He stated that this sacred tradition, which started in gurdwaras, has now become a global movement beyond religion, caste, and borders, dedicated to fighting hunger and helping the needy.

He emphasized that the primary purpose

of Langar is to provide food to those in need and promote equality in society.

This service ensures that no one, regardless of their religion, caste, gender, or social status, goes hungry.

The food served in Langar is entirely vegetarian so that everyone can take in it without any religious or cultural restrictions.

He further added that Langar is not just a means of providing food; it also fosters inclusivity and the spirit of service in society. It teaches us that true humanity lies in helping each other.

## Karisma Kapoor, Prosenjit Chatterjee, Leander Paes and others dazzle as showstoppers at Lakme Fashion Week 2025



Karisma Kapoor steals the show in a Satya Paul saree

Bollywood actress Karisma Kapoor stole the show as she turned showstopper for Satya Paul at Lakme Fashion Week X FDCI, which took place at the Jio World Convention Centre in Mumbai on Thursday. She looked ethereal in a monochrome-belted saree. Karisma confidently walked the ramp as a showstopper at this fashion celebration in Mumbai. She shared, "I love Satya Paul's work... aap sabko pata hai mujhe sari bahut pasand hai, black and white bahut pasand hai... (I like sari and black and white colour). So, I am very happy. This outfit is bold and speaks of today's woman..." Lakme Salon x Satya Paul presented Alchemy at Lakme Fashion Week in partnership with FDCI. Lakme Fashion Week and FDCI posted about the collection on their official Instagram handle.

Earlier, Ananya Panday walked the ramp for fashion design-

er Anamika Khanna in a stunning blue and silver ensemble.

Actress Nushratt Bharuccha shared how fashion has evolved over time and sustainability has become an important factor. "I think in fashion, what I like is that we have evolved to sustainability because deep in my heart, I believe that we can't be such consumerists. There has to be a limit on how much we can consume, and I think the best way to stop consumption is to recycle and reuse what we already have. Give me this outfit, and I can wear it in five different ways. That is what I really like about fashion," Bharuccha said, as she turned showstopper for NIF Global The Runway at Lakme Fashion Week. About her outfit, she said, "It's very easy and comfortable. I can wear it any time, either for the party or any day like for dinner or coffee."

Shilpa Shetty shines in zebra-striped saree  
Actress Shilpa Shetty looked sensational in a black and white zebra-

striped saree with an impressive moulded wooden bodice creation, as she walked the ramp for designer Mohammed Mazhar. She highlighted his fashion collection, Jila Saharanpur, which is a humble tribute to the artisans of his hometown, Saharanpur, Uttar Pradesh. Lakme Fashion Week shared a beautiful snap of Shilpa as she walked the ramp with confidence. She complemented her outfit with bracelets and other ornaments. After her ramp walk, she appreciated designer Mazhar's initiative to honour the artisans of Saharanpur through his fashion collection. She hailed the Jila Saharanpur collection as a new definition of "power dressing". Shilpa shared, "I think it's a brilliant idea and a great initiative to create fashion, and also create livelihood for these people in Saharanpur. I totally support the cause and the kind of fashion Mohamud churns out. I think it really is very innovative."

Prosenjit Chatterjee in Kochano dhoti

The Khakee: The Bengal Chapter star Prosenjit Chatterjee stole the spotlight as he walked the ramp in the black Bengali Kochano dhoti, impressing the audience with his impeccable charm and outfit. The actor, known for his impressive performances in Bengali cinema, was a showstopper for fashion designer Roy Abhishek, whose clothing brand Roy Calcutta showcased its finely crafted designs. Prosenjit expressed his admiration for the designer's work, congratulating him on his success and innovative approach to fashion.

Taking to Instagram, he shared a video of his ramp walk and wrote, "Cheers to @rabhishek @roy\_calcutta\_official for setting the stage on fire at Lakme Fashion Week! Proud of your journey, your creativity, and the way you're taking Bengal a step further on the national stage. Keep shining."

Former tennis player Leander Paes lauds designer Abhishek Roy  
Former India tennis

player Leander Paes turned showstopper for fashion designer Abhishek Roy at 25th Lakme Fashion Week in collaboration with FDCI. "Abhishek is not just showcasing India, not just West Bengal and Kolkata, but his learnings at Shantiniketan, which makes him a true son of the soil. He's gone back to the roots, and he's brought out not just in fabric but also in the karidari," Paes said. "You look at all the different workmanship on this beautiful fabric and on all the different models walking today. The outfits are not just really comfortable, but they really reflect what India stands for. I would be so proud to walk with this outfit and walk with Roy at any red carpet around the world," he added. Leander also shared his views on fashion, "It's ethnic, it's Indian, it's comfortable, it's sporty. It's definitely chic, and it's an expression of myself. I think that fashion, personally, is not just about our roots but also where we've travelled."

## Celebs from the telly world share their best fan moments

**Cop story**  
Aditya Deshmukh  
Well, usually fans love taking photos with celebrities, getting autographs and more. But one of my most memorable and surprising fan experiences was quite unexpected. I was once in my car and a traffic police officer stopped me. At first, I was really confused and worried, wondering what had happened. But to my surprise, he wasn't stopping me for any violation. Instead, he recognised me and wanted a photo clicked with me. Maybe he had been watching Ziddi or some other show of mine. Having a police officer ask for a photo in the middle of traffic was both crazy and a little scary. But at the end, it was also a fun and unforgettable experience. I shall remember this incident for a long time.

Happy zone: Indraxi

**Kanjilal**  
The most memorable fan experience for me was when I met my first fan. I believe anything that happens for the first time makes you feel very emotional because it's a new and special feeling. You tend to remember it for the rest of your life, which makes it even more memorable. I remember it happened when I had just started working on my show. Since I was new to the industry and didn't have much screen presence initially, not many people recognised me. But one day, I was at a mall, and suddenly, two people recognised me. Among them was a woman, probably in her 50s. She came up to me and said, "Aren't you from Pushpa Impossible?" I was so surprised and happy!

Sweet moment: Aishwariya Raj Bhakuni

I once went for a shoot to Kozhikode, for the

song Vidil with Sunny Ven, a well-known star from the Malayalam industry. While I was shooting, a group of little girls made handmade rings for me using rubber bands. It was such a sweet gesture. They also wrote small, adorable notes for me, which made the moment even more special. The girls were around seven to eight years old, and they were so cute and lovable. Their kindness and innocence truly touched my heart. It's definitely one of the most memorable and special fan moments.

**Great gesture**  
Kaajal Shankhwaar  
People recognise me and ask for pictures, which is sweet of them. Great gesture, but I feel I am not that big yet so it doesn't really matter. A few days back people recognised me in a lounge and asked for pictures. That was a real fan moment.



## Get ready to watch Chamak: The Conclusion



The beats are back, the stakes are higher and the thrill is at its peak! Sony LIV's Chamak: The Conclusion, set to release on April 4, promises an electrifying fusion of music, mystery and vengeance. Created and directed by Rohit Jugraj, the series has redefined the web space, keeping audiences hooked with its gripping storytelling and high-energy performances.

The battle for Teeja Sur reaches its explosive finale as Kaala uncovers the truth behind his father's death and embarks on a relentless quest for vengeance. Facing off against Pratap Deol and Guru Deol, Kaala is determined to reclaim his family's honour. With tensions soaring and stakes at an all-

time high, will he succeed in avenging his parents and restoring his father's legacy? Creator and Director Rohit Jugraj said, "Music has always been the soul of Chamak and in Season 2 it becomes the heartbeat of Kaala's journey of revenge. Every beat, lyric, and rhythm amplify his pain, rage and determination. This season is not just about settling scores; it's about finding justice through music and power." The series features an ensemble cast, including Paramvir Singh Cheema, Manoj Pahwa, Mohit Malik, Isha Talwar, Mukesh Chhabra, Prince Kanwaljit Singh, Suvinder (Vicky) Pal, Akasa Singh, with Gippy Grewal in a special appearance.

## Paras Madaan is all for gender equality

Paras Madaan, who is currently seen in Pocket Mein Aasmaan on Star Plus, says TV shows need to update their stories as far as women characters are concerned. He adds that the portrayal needs to be more realistic and stronger. "While progress has been made, I believe TV shows still need to update how they portray women on screen. Stereotypes and regressive roles persist, limiting women to idealised daughters-in-law, sacrificing mothers or seductress archetypes. However, a new wave of shows is challenging these norms, presenting complex, multi-dimensional female characters."



## Cate Blanchett reflects on women's roles in Hollywood

Academy Award-winning actress Cate Blanchett has been a stalwart in the film industry for over three decades, with a career spanning over 100 on-screen credits. In a recent interview, Blanchett shared her insights on the evolution of Hollywood, particularly with regards to the opportunities available to women.

Blanchett recalled the early days of her career, saying, "The shelf life of actresses when I first came on the scene was about five years." This stark reality highlights the significant challenges women faced in the industry, where their careers were often limited by their age.

However, Blanchett noted that the landscape has changed significantly, with more women taking on key roles behind the camera. "I think that female



producers have more agency," she said, adding, "There's more females in the writing room, and the more diverse the industry is at base level, when things are developed, the more exciting it is for audiences," she said.

Speaking about Blanchett's career, from her Oscar-nominated breakout performance

as Queen Elizabeth I in 1998's Elizabeth to her recent producing credits, including Carol (2015), Mrs. America (2020), and Tar (2022), Blanchett has donned many hats. Currently, Blanchett is working on multiple projects, including starring in and producing the upcoming alien invasion comedy Alpha Gang.

## Saif Ali Khan's attacker seeks bail, says he was booked in false case

Plea to be heard on April 1

The 30-year-old Bangladeshi national arrested for allegedly stabbing Bollywood actor Saif Ali Khan at his house in Bandra has applied for bail, claiming that a false case has been registered against him.

In a plea before the sessions court on Friday, the accused, Mohammad Shariful Islam She-

hzad, claimed that "the first information report is patently false and a false case has been registered against him".

Khan (54) was stabbed multiple times with a knife by an intruder inside his 12th-floor apartment in upscale Bandra on January 16.

He underwent an emergency surgery at

the Lilavati Hospital.

The police arrested Shariful two days after the attack.

The accused, in the plea, claimed his arrest was illegal, as the investigating agency had "clearly and blatantly disregarded" Section 47 of Bharatiya Nagarik Suraksha Sanhita (BNSS).

Section 47 pertains to informing a person about the grounds of his arrest and right to bail.

The plea stated that even if the witnesses' statements are taken as gospel truth, without admitting anything on record, for the sake of arguments, it won't be able to fulfil the ingredi-



ent of Section 311 (robbery or dacoity committed with the intent to cause death or grievous hurt) of the Bharatiya Nyaya Sanhita (BNS).

Shariful, in the plea filed through Ajay Gawali, said all the necessary recovery and discovery was done, the investigation

is practically complete, and the mere filing of the chargesheet is pending.

The bail plea stated that the accused has cooperated with the investigation and "no useful purpose will be served by detaining him further in custody".

The plea will be heard on April 1.

## President Murmu asks people to adopt lifestyle conscious, sensitive towards environment

NEW DELHI, Mar 29 (Agencies): President Droupadi Murmu on Saturday asked people to adopt a lifestyle which is conscious and sensitive towards environment so that it is not only protected but also made more vibrant.

Addressing the National Conference on Environment-2025 at the Vigyan Bhawan here, she said it is people's moral duty to provide a legacy of clean environment to the future generations.

Emphasising on environment conservation, Murmu said the basis of the Indian heritage of development is "nurture, not exploitation; protection, not elimination".

"In keeping with this heritage, we want to move forward towards a developed India," the



president said.

Murmu said the people of tribal community have lived in harmony with nature for centuries and they have been taking care of the surrounding environment, plants and animals in every aspect of their lives.

"We should take inspira-

tion from their lifestyle. Today, when the whole world is trying to solve the problem of global warming and climate change, the lifestyle of the tribal community becomes even more exemplary," she said.

The president asked people "to adopt a conscious and sen-

sitive lifestyle towards environment so that the environment is not only protected but also enhanced and the environment can become more vibrant".

She said India and the entire world have to follow a path that is environment friendly, "only then will humanity make real progress".

Murmu said the country has presented many great examples to the world community through its green initiatives.

"I am confident that with the participation of all stakeholders and countrymen, we will play the role of green leadership at the global level. We all have to make India a developed nation by the year 2047 where the air, water, greenery and prosperity attract the entire world community," the president said.

## Weapons cannot bring change, only peace & development can: Amit Shah on Naxal violence



NEW DELHI, Mar 29 (Agencies): Carrying weapons and resorting to violence cannot bring change, only peace and development can, Union Home Minister Amit Shah said on Saturday after security forces

killed 16 Naxalites in Chhattisgarh.

"Another strike on Naxalism! Our security agencies have neutralised 16 Naxalites and recovered a massive cache of automatic weapons in an opera-

tion in Sukma," he wrote on 'X'.

The home minister said under the leadership of Prime Minister, the government is resolved to eradicate Naxalism before March 31, 2026.

"My appeal to those with arms is that weapons and violence cannot bring change; only peace and development can," he said.

At least 16 Naxalites were killed while two security personnel sustained injuries during a major anti-Maoist operation in Chhattisgarh's Sukma district on Saturday, officials said.

## Air Force civil engineer shot dead at his home in Prayagraj

CCTV footage installed in the Air Force Station shows a person jumping over the boundary and coming inside

PRAYAGRAJ, Mar 29 (Agencies): An Indian Air Force civil engineer was shot dead Saturday morning at his official residence in the cantonment area here in Uttar Pradesh's Prayagraj, police said.

An unknown person shot at the engineer from the window while he was sleeping in his room in Engineers Colony inside the Air Force Station, Pura-mufti Station House Officer (SHO) Manoj Singh said.

Air Force civil engineer SN Mishra (51) received a bullet in his chest and he was rushed to the Army hospital. Mishra succumbed to his injuries at the hospital,



the SHO said. The body has been sent for post-mortem.

Deputy Commissioner of Police (City) Abhishek Bharti said police has inspected the spot and surveillance teams also went to collect information.

CCTV footage installed in the Air Force Station shows a person jumping

over the boundary and coming inside, he said, adding that efforts are on to nab him.

Mishra is survived by his wife, a son and a daughter.

A case will be registered after receiving a complaint from the family and further legal action will be taken, police said.

## BJP's 'cronyism' caused banking sector crisis, junior employees suffering: Rahul Gandhi

NEW DELHI, Mar 29 (Agencies): Leader of Opposition in Lok Sabha Rahul Gandhi on Saturday said the BJP government's "cronyism" and "regulatory mismanagement" has pushed India's banking sector into a crisis, which in turn hurts junior employees who have to "endure stress and toxic work conditions".

Accusing the BJP government of writing off Rs 16 lakh crore for its "billionaire friends", Gandhi said the government's "economic mismanagement" has a human cost that affects thousands of honest working professionals.

In a post on X, Gandhi shared a video of his meeting with a delegation of ex-ICICI bank who he said have suffered due to the "mis-



management", saying the Congress would fight for such working-class professionals and end "workplace harassment and exploitation". He also urged those who have faced similar "injustice" to write to him.

"The BJP government has written off Rs 16 lakh crore in loans for their billionaire friends. Cronyism, coupled with regulatory misman-

agement has pushed India's banking sector into crisis. This burden is ultimately borne by junior employees, who endure stress and toxic work conditions," he said in his post.

He said on behalf of 782 ex-ICICI Bank employees, a delegation met him in Parliament yesterday.

"Their stories reveal a disturbing pattern — workplace harassment,

forced transfers, retaliation for exposing unethical lending to NPA violators, and terminations without due process. In two tragic cases, this led to suicide.

The BJP government's economic mismanagement has a human cost as it affects thousands of honest working professionals around the country, he said.

"If you are a working professional who has faced similar injustice share your story with me at <https://rahulgandhi.in/awaazbharati>," he said.

The delegation of employees alleging unfair dismissal by the ICICI Bank met Gandhi on Friday and shared accounts of being "abruptly terminated" while on medical leave or for raising concerns

about management practices.

The delegation of employees alleging unfair dismissal by the bank met Gandhi at his office at the Parliament House Complex.

There was no immediate reaction from the private bank.

They shared accounts of being abruptly terminated while on medical leave, during periods of sanctioned absence, or for raising concerns about management practices, the Congress said in a post on X.

The employees highlighted that such practices are not isolated to ICICI Bank but reflect a broader trend across private sector banks, driven by mounting pressure to maximise profits, the party said.

## Centre should grant protection to Kunal Kamra: Sanjay Raut

MUMBAI, Mar 29 (Agencies): Shiv Sena (UBT) MP Sanjay Raut on Saturday demanded Central protection for comedian Kunal Kamra, facing flak and investigation over his jibe against Maharashtra Deputy CM Eknath Shinde, on the similar lines it had protected actor Kangana Ranaut in 2020.

Multiple FIRs were registered against Kamra for his "traitor" jibe at Shiv Sena head and Deputy CM Eknath Shinde during a show, leading to the ransacking of a studio by Shiv Sena workers last Sunday.

On Friday, the Madras

High Court granted interim anticipatory bail to Kamra, against whom Mumbai Police had issued two notices seeking his personal appearance for questioning.

Raut also welcomed the Supreme Court order on quashing an FIR against Congress MP Imran Pratapgarhi for allegedly posting a clip of a poem advocating the protection of freedom of speech and expression.

He said like Pratapgarhi, Kamra is also an artist, poet, and satirist.

"Kamra should come to Mumbai to put forth his point (before the police). The Centre pro-



tected Kangana Ranaut (fearing) that we would attack her. I demand that Kunal Kamra also get a special protection," Raut told reporters.

In 2020, a portion of Ranaut's bungalow in Bandra was demolished by the Mumbai civic body for alleged altera-

tions when Uddhav Thackeray was the chief minister, triggering an outrage and verbal spat between the actor and Sena leaders.

The Centre subsequently extended protection to Ranaut, currently a BJP MP from Himachal Pradesh.

Union Information and Broadcasting Minister Ashwini Vaishnav on Thursday justified the summons issued to the stand-up comedian, asserting that it should be done if it is required by the law of the land.

Speaking at the Times Now Summit in New Delhi, Vaishnav said, "If the law of the land requires it, it should be done," when asked if summoning of Kamra by the police was "too extreme" an action.

Vaishnav said while the Constitution granted citizens certain rights, they were accompanied by some safeguards.

## Climate anxiety can't make India compromise on people's basic needs: Bhupender Yadav



NEW DELHI, Mar 29 (Agencies): India has the right to grow responsibly based on national circumstances and the climate anxiety gripping the world cannot force it to give up its right to ensure food, water and energy for its people, Union Environment Minister Bhupender Yadav said on Saturday.

Addressing the National Conference on Environment, organised by the National Green Tribunal, he said rapid economic growth is the best defense against climate change for developing nations.

The minister also said India is committed to mitigating climate change and has met its Paris Agreement commitments on green energy nine years ahead of the 2030 target.

"India reserves its right to grow responsibly based on our national circumstances... But the climate anxiety which has gripped the world cannot force India to give up its right

to ensure food, water, energy... to its 140 crore people. India is confidently striking a balance between challenges and opportunities," he said.

Yadav said that under the Paris Agreement, the world agreed that the global fight against climate change must be based on the principles of Common but Differentiated Responsibilities and Respective Capabilities (CBDR-RC).

"The agreement states climate action will be based on national circumstance and address the concerns of poverty alleviation. Poverty eradication is the main problem for developing countries," he said.

Yadav recalled that when 35 per cent of the developing world and one-third of India was in the grip of hunger in the 1970s, the developed world did not eat less to redistribute food to the hungry.

"We instead chose the path of (the) Green Revolution. Our sci-

entific community rose to the challenge and increased yields through better varieties of seeds, more fertilisers and better technology," he said.

The minister said India is focused on capacity-building, knowledge-sharing and collaborating with the world to meet the challenges of climate change, biodiversity loss and desertification.

"We are ramping up innovations in low-carbon technologies. We believe rapid economic growth is the best defence against climate change for developing nations. And so, Prime Minister (Narendra) Modi is steering the nation towards green growth with programmes such as the National Green Hydrogen Mission," he said.

Yadav said the Nuclear Energy Mission, introduced in Budget 2025-26, is poised to accelerate nuclear power development, positioning India as a global leader in advanced nuclear technology by 2047.

As one of the world's largest and fastest-growing economies, India is not only focusing on reducing its carbon footprint but also on creating millions of jobs through the green energy sector, he said.

## UP: Meerut doctor booked as cotton left inside woman's abdomen during C-section

MEERUT, Mar 29 (Agencies): An FIR has been lodged against a female doctor here for alleged medical negligence after she left a bundle of cotton inside a woman's abdomen following a C-section delivery, police said on Saturday.

The case was registered at TP Nagar police station on Friday following a court order by Assistant Chief Magistrate Prachi Aggarwal on a complaint by Rajni Sharma, they said.

Sharma alleged that she gave birth to a daughter at Sirohi Nurs-

ing Home on June 30, 2018, where the surgery was performed by Dr. Shikha Jain, a police officer said citing the complaint.

She later experienced persistent stomach pain, but despite multiple consultations, the doctor diagnosed her with stomach ulcers, he said.

As her condition worsened, she underwent surgery at a medical college, where two operations were performed, the officer added.

Sharma further alleged that the pain was due to a cotton bundle left inside her abdomen due

to Dr. Jain's negligence, Station House Officer (SHO) Subodh Kumar Saxena said.

The complainant claimed that after receiving no response from authorities, including the Chief Medical Officer (CMO), she moved the court, the SHO said.

He said, "The case was registered on Friday following a court order of Assistant Chief Judicial Magistrate Prachi Aggarwal on the complaint by Rajni Sharma."

Meanwhile, Jain has denied all allegations, saying, "There is nothing



like that. This is just a way to take money from the doctor."

When questioned about the alleged monetary demands from the woman, she told agency that she was not aware of the specifics.

Meerut Chief Medical Officer Dr. Ashok Kataria said that he was unaware of any complaint filed by Sharma at his office.

Police has initiated investigation into the matter.

## Myanmar's earthquake death toll jumps to over 1,000 as more bodies recovered from rubble

India sent a search and rescue team and a medical team as well as provisions, while Malaysia's foreign ministry said the country will send 50 people on Sunday to help identify and provide aid to the worst-hit areas.

BANGKOK, Mar 29 (Agencies): The death toll from a powerful 7.7 magnitude earthquake in Myanmar jumped to over 1,000 on Saturday as more bodies were pulled from the rubble of the scores of buildings that collapsed when it struck near the country's second-largest city.

The country's military-led government said in a statement that 1,002 people have now been found dead and another 2,376 injured, with 30 others missing. The statement suggested the numbers could still rise, saying "detailed figures are still being collected."

Myanmar is in the throes of a prolonged and bloody civil war, which is already responsible for a massive humanitarian crisis. It makes movement around the country both difficult and dangerous, complicating relief efforts and raising fears that the death toll could still rise precipitously.

The earthquake struck midday Friday with an epicentre not far from Mandalay, followed by several aftershocks including one measuring a strong 6.4 magnitude. It sent buildings in many areas toppling to the ground, buckled roads, caused bridges to collapse and burst a dam.

In neighbouring Thailand, the quake rocked the greater Bangkok area, home to some 17 million people — many of whom



live in high-rise buildings — and other parts of the country.

Bangkok city authorities said so far six people have been found dead, 26 injured and 47 are still missing, most from a construction site near the capital's popular Chatuchak market.

When the quake hit, the 33-story high-rise being built by a Chinese firm for the Thai government wobbled, then came crashing to the ground in a massive plume of dust that sent people screaming and fleeing from the scene.

On Saturday, more heavy equipment was brought in to move the tons of rubble, but hope was fading among friends and family members of the missing that they would be found alive.

"I was praying that that they had survived but when I got here and saw the ruin — where could

they be? In which corner? Are they still alive? I am still praying that all six are alive," said 45-year-old Naruemol Thonglek, sobbing as she awaited news about her partner, who is from Myanmar, and five friends who worked at the site.

"I cannot accept this. When I see this I can't accept this. A close friend of mine is in there, too," she said.

Waenphet Panta said she hadn't heard from her daughter Kanlayanee since a phone call about an hour before the quake. A friend told her Kanlayanee had been working high on the building on Friday.

"I am praying my daughter is safe, that she has survived and that she's at the hospital," she said, Kanlayanee's father sitting beside her.

Myanmar's government said blood was in high demand in the

hardest-hit areas. In a country where prior governments sometimes have been slow to accept foreign aid, Min Aung Hlaing said Myanmar was ready to accept assistance.

A 37-member team from the Chinese province of Yunnan reached the city of Yangon early Saturday with earthquake detectors, drones and other supplies, the official Xinhua news agency reported.

Russia's emergencies ministry dispatched two planes carrying 120 rescuers and supplies, according to a report from the Russian state news agency Tass.

India sent a search and rescue team and a medical team as well as provisions, while Malaysia's foreign ministry said the country will send 50 people on Sunday to help identify and provide aid to the worst-hit areas.

The United Nations allocated \$5 million to start relief efforts. President Donald Trump said Friday that the U.S. was going to help with the response, but some experts were concerned about this effort given his administration's deep cuts in foreign assistance.

The Trump administration's cuts to the United States Agency for International Development have already forced the United Nations and non-governmental organization to cut many programs in Myanmar.

## Nepal's former PM Dahal accuses former King of inciting violence, urges govt to take actions



KATHMANDU, Mar 29 (Agencies): Nepal's former Prime Minister Pushpa Kamal Dahal has accused former King Gyanendra Shah of inciting violence on Friday, which claimed lives of two people. He urged government to take actions against the former monarchy.

Speaking exclusively to agency, Dahal, who toured the vandalized office of the Socialist front on Saturday morning, called on the government to limit the freedom given to the former King.

"Now it has become crystal clear that Gyanendra Shah is behind all these acts. Gyanendra Shah's intent is culpable. It was seen in the past as well as seen now. Now is the time that government take a strict action, investigation should be conducted to bring the criminals to justice and Gyanendra Shah now cannot be spared- given absolute freedom, it is unacceptable for the Nepali citizens and the government should be serious on this issue," Dahal told agency.

Further adding, Dahal, also the chairman of the opposition CPN- Maoist Center, also accused government of falling short in preparations for the pro-monarch protest.

"First thing is lack of preparation from the Government and the Police. After reporting the start of attack it took about 45 minutes is paradoxical. It has been accepted by the security bodies on Friday itself have accepted that they hadn't expected this level of violence but in the heart of the capital, in accessibility of the security at the required time, this kind of vandalism, criminally intended, indiscreet activity needs serious review from the government and should make preparations to avoid similar incidents in future," Dahal told ANI.

Nepal's Home Minister Ramesh Lekhak also inspected the violence hit areas on Saturday morning taking stock of the situation. Minister Lekhak denied to make any statement to media about the further actions that the government will be taking further against those involved in arson and vandalism on Friday.

Two people - one protestor and a media person lost their lives on Friday's violent pro-monarch protest which by the end of the day resulted in imposition of curfew and deployment of the Nepal Army. The violent clash which started the ramming of vehicle breaking a barrage of Police by Durga Prasai, a pro-monarch businessman resulted in arson, stone pelting and firing of the bullets by police as it progressed. The Rastriya Prajatantra Party (RPP), a right-wing pro-monarchist, also the fifth largest party in parliament had supported the protest.

Former King Gyanendra Shah also had held interaction with Prasain within this week as the protest plans were announced. Sources say that the government might also indict Shah for his involvement in instigating the violence.

"My children's are in state of terror; they're searching for favorable environment to continue with their studies. They're timely consoling each other over the call. We are in state of fear; how will we be able to attend the exams and are worried about it," Nirmala Karki, one of the shopkeeper who operates a shop near the point of clash of Friday told agency.

Karki further added, "Incidents as such should not be repeated. There should be a peaceful demonstration, there should be understanding amongst all. These sort of situations aren't good; things slowly are turning dangerous. It is the public who have to face the consequences, it is the lives of people which has been claimed, property of citizens has been damaged. They're the one who are in the powerful positions and public aren't subjected to face the hardships."

On Friday, the police arrested 17 people including senior vice-chairman of the Rastriya Prajatantra Party Rabinendra Mishra, General Secretary Dhawal Sumsher Rana, pro-monarchy activists like Swagat Nepal, Shepherd Limbu and Santosh Tamang as well as some other leaders for instigating violence during Friday's pro-monarchy demonstrations that led to deaths, vandalism of private properties and arson.

The police has also kept the chief coordinator of pro-royalist movement, Nawaraj Subedi, under house arrest. Meanwhile, security agencies have continued search for Durga Prasai, the 'chief commander' of the ongoing royalist movement.

A total of 51 people, including above-mentioned leaders and protestors, have been arrested on Friday, according to the home ministry. The government also decided to take all necessary steps to curb possible demonstrations and protests by pro-monarchy and pro-Hindu parties, a minister said.

Demanding the restoration of monarchy and a Hindu state, several pro-monarchy and Hindu groups have come together for Kathmandu-centric protests. On March 9, they welcomed former king Gyanendra Shah upon his return from Pokhara.

Besides the Rastriya Prajatantra Party, several pro-Hindu and pro-monarchy groups and organisations have formed an alliance led by Subedi, 86. In the 1980s, he served as the chairman of the Rastriya Panchayat, legislative body during the partyless Panchayat system.

Nepal in the year 2006 had abolished centuries old constitutional monarchy after then-King Gyanendra seized power and imposed emergency sending all the leaders under house arrest. The movement also referred as "People's Movement II" witnessed a bloodshed with dozens killed in crackdown against protestors by the government.

After weeks of violent protest and increasing international pressure, Gyanendra gave up and reinstated the dissolved parliament, the dawn of new democracy is highlighted as Lokanttra (People's Rule).

Formed in the 1990's after lift of ban in formation of political parties by then monarchical system, the Rastriya Prajatantra Party (RPP) since then serves as the force always supporting the Kingship. It also has been taking part in periodic elections and presenting its demands forth. In the year 2008 right after the overthrow of monarchy rule from Nepal, the Rastriya Prajatantra Party (RPP) had secured 8 seats in then Constituent Assembly out of the 575 seated strong parliament. In the 2013 election it was able to secure 13 seats while in the year 2017 it fell down to 1 seat while it bounced back in the election of 2022 with 14 seats.

Since its inception, the party has been supporting Hindu State and the Kingship as interdependent in the tiny nation buffeted between two giants India and China. The Himalayan Nation of Nepal has a population of 30.55 million has a Hindu population of 81.19 per cent as per the census of 2022.

## Bangladesh Met Department says country at risk of tectonic activity after Myanmar earthquake; urges for better preparation

DHAKA, Mar 29 (Agencies): A day after Myanmar was hit with a 7.7 magnitude earthquake, the Director of Bangladesh Met Department, Momenul Islam, cautioned against the risk of tectonic activity due to being surrounded by three tectonic plates, and urged that Bangladeshi officials should start building earthquake awareness among the public and made sure that buildings are more resilient.

Bangladesh is surrounded by the Eurasian plate, the Indo-Australian plate and the Burma microplate. According to the Director of the Bangladesh Met Department, despite the intensity not being felt in their country, there is still a possibility of build-up of tectonic activity which could be released.

"Geographically we are at risk due to being surrounded by three lands with tectonic activities with the boundary of Bangladesh, it is about 100-150 kilometres. Even in north we have the Eurasian plate in Nepal, and we are standing in Indo-Australian plate, and on our eastern side in Myanmar is the Burma microplate, these three are very active. We are at risk due to that, even though most earthquake occurs at the boundaries," Islam told agency.

Urging for better earthquake awareness and making infrastructure more resilient, he added, "Because of that, this is the time to build earthquake awareness, and how we can make buildings more resilient in earthquake, like updating building codes and also

what to do in case of big earthquakes, it is important for our high officials to think that."

According to the Director, the earthquake occurred at the Sagaing fault line in Myanmar, and even though Bangladesh did not feel much of the effects due to the large distance, he cautioned that there has not been major tectonic activity in the last few decades in the area, making it a possibility that the region is overdue.

Myanmar was hit with a 9.2 magnitude earthquake and tsunami on December of 2004, with the epicentre being at the Indian ocean, leading to over 300 people dying.

"The earthquake occurred near the Sagaing Fault line in Myanmar, which is also a big fault line in Myanmar. Scientists and seismologist are thinking that many years after the 2004 earthquake in Sumatra, which ruptured the Andaman island area, after that there has not been many big events, so that is why energy has accumulated at stress areas, so that is why scientists are thinking that earthquake occurred at that place," Met Department Director said.

Talking about the effects felt in Bangladesh, the director said that since the epicentre was 600 kms away, the effects were not felt much in the country.

"In our country, we felt it very little because the magnitude of it, if you see in many places it is similar, but the intensity of earthquake depends on the on the distance from the epicentre and Bangladesh is about 600 Km



away from the epicentre which is why the intensity remained low," he said.

Meanwhile, India will be sending relief materials to Myanmar, including tents sleeping bags, blankets, ready-to-eat meals, water purifiers, hygiene kits, solar lamps, generator sets, and essential medicines such as paracetamol, antibiotics, syringes, gloves, and bandages.

The tremors, including a 7.2-magnitude quake, had caused structural damage and panic in Myanmar and neighboring Thailand. Several posts on social media showed water splashing out of swimming pools due to the quake's intensity.

According to the National Centre for Seismology, the 7.2-magnitude earthquake struck at a depth of 10 kilometers and was recorded at Latitude 21.93 N and Longitude 96.07 E.

## Earthquake of magnitude 4.7 jolts Afghanistan

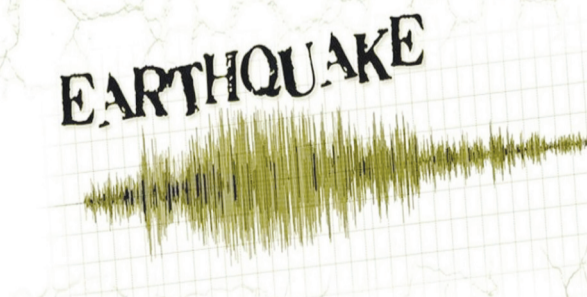
KABUL, Mar 29 (Agencies): An earthquake of magnitude 4.7 jolted Afghanistan on Saturday at 5:16 am (IST), the National Center for Seismology (NCS) said.

According to NCS, the earthquake occurred at a depth of 180 kilometers. The NCS said the earthquake was recorded at Latitude 36.50 N and Longitude 71.12 E.

In a post on X, NCS wrote, "EQ of M: 4.7, On: 29/03/2025 05:16:00 IST, Lat: 36.50 N, Long: 71.12 E, Depth: 180 Km, Location: Afghanistan."

There were no immediate reports of casualties or major damage. Further details are awaited.

## EARTHQUAKE



On March 27, an earthquake of magnitude 5.2 jolted Afghanistan, a statement by the National Center for Seismology said. As per the NCS, the earthquake occurred at a depth of 180 kilometers.

In a post on X, the NCS said, "EQ of M: 5.2, On: 27/03/2025 13:58:21 IST, Lat: 36.32 N, Long:

71.08 E, Depth: 180 Km, Location: Afghanistan." This earthquake was an aftershock of another one of magnitude 4.6 that occurred on the same day. In a post on X, NCS said, "EQ of M: 4.6, On: 27/03/2025 08:38:19 IST, Lat: 36.36 N, Long: 70.93 E, Depth: 160 Km, Location: Afghanistan."

## Baloch activist demands global action against human rights violations in Balochistan

GENEVA, Mar 29 (Agencies): Baloch activist Mahan Baloch delivered a powerful intervention that shed light on the ongoing human rights violations in Balochistan during the 58th session of the United Nations Human Rights Council and urged for global intervention against Baloch genocide.

In a post on X, BNM stated, "Mahan Baloch urged the council to take notice of Human rights violations in Balochistan."

Baloch called on the international community to take decisive action against the atrocities being committed by the Pakistani state in Balochistan, where enforced disappearances, extra-judicial killings, and collective punishment have become rampant.



Baloch activist went on to describe the brutal reality of life in Balochistan: "In my homeland, Balochistan, pain has become a way of life. Our fathers disappear without a trace. Our brothers return as lifeless bodies riddled with bullets. Our mothers search endlessly, clutching faded photographs, waiting for justice that never comes." chistan, where enforced disappearances, extra-judicial killings, and collective punishment have become rampant. "I stand before you not just as a young Baloch girl, but as a voice of thousands of families torn apart by injustice," Baloch began her heartfelt plea, highlighting the deep anguish that her people have been enduring for decades.

Baloch then shared the painful stories of individuals who have been directly impacted by these violations. "Samideen has been waiting since 2009 for her father's return. Maharang Baloch found her father's dead body on a roadside," she recounted.

She further lamented, "The Baloch people cry for justice, yet the only response they receive is violence. When we march for our loved ones, we are met with batons and arrests. When we demand answers, we are silenced."

Baloch's emotional plea resonated with those present at the council as she posed

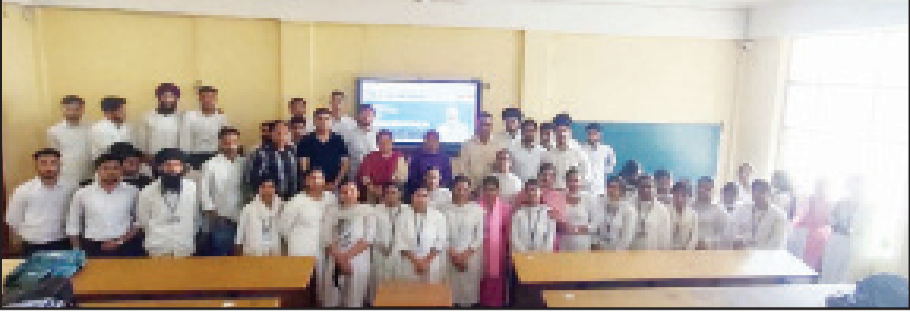
a poignant question: "How long will the world remain silent? How long will our tears be ignored? The enforced disappearances, the extrajudicial killings, and the collective punishment of an entire nation are crimes against humanity committed by Pakistan."

Concluding her intervention, Baloch made a powerful call to action: "Madam Vice President, we return to you in hope. The people of Balochistan need more than your sympathy. They need your action. Raise your voice where ours is silenced, demanding accountability where impunity reigns. Stand with us before it's too late."





## GDC R.S. Pura organizes Registration-cum-Awareness drive on PM Internship Scheme



### Top News Report

JAMMU, Mar 29: The Institutional Innovation cell of Govt. Degree College, R.S. Pura, in collaboration with the Industrial Training Institute, R.S. Pura, organized a Registration-cum-Awareness drive

on the Prime Minister Internship Scheme under the supervision of Dr. Jugal Kishore, Internship Coordinator, Institutional Innovation cell, under the able guidance of Dr. Preetpal Kour, worthy principal of the college, who was the chief guest on the occasion.

The proceedings of the program were initiated by Dr. Jugal Kishore, internship coordinator, wherein he welcomed and made the august audience aware of the purpose of the Registration-cum-Awareness drive on the Prime Minister Internship Scheme and introduced the

delegation of officials from Industrial Training Institute, R. S. Pura. In the program, Vinod Kumar and Poonam Dev, officials from ITI, R. S. Pura, briefed the students about the Prime Minister Internship Scheme through the screening of a video featuring the process of registration, followed by the registration of the students on the Prime Minister Internship Scheme (PMIS) portal.

While addressing the occasion, the principal of the college made the students aware of the importance of such career-oriented schemes like the Prime

Minister Internship Scheme and encouraged the Institutional Innovation cell of the college to organize such a program to keep the students abreast of such career-oriented government initiatives.

The program was concluded with a formal vote of thanks to the worthy principal, Dr. Preetpal Kour, chief guest on the occasion, by Dr. Jugal Kishore. Among others who were present on the occasion were Dr. Neena Gupta, Associate Professor in English and Dr. Sudesh Kumar Assistant Professor in Environmental Sciences.

## 113th EPFO Executive Committee meeting focuses on UPI Claim Settlement, IT Upgrades, and Pension on Higher Wages



### Top News Report

JAMMU, Mar 29: The 113th meeting of the Executive Committee (EC) of the Central Board of Trustees (CBT), Employees' Provident Fund (EPF), was held in Srinagar. Chaired by Sumita Dawra, Secretary, Ministry of Labour and Employment, the meeting was attended by Ramesh Krishnamurthi, Central Provident Fund Commissioner, EPFO, and other senior officials from the Ministry, EPFO, as well as representatives of employers and employees.

During the meeting, the committee focused on several key initiatives aimed at enhancing EPFO's processes and member services. Among the top priorities discussed was the progress of the digital initiative to streamline PF claim settlements via the UPI platform.

This initiative, developed in collaboration with CDAC, involves system integration with SBI and NPCI under the IT modernization

project CITES 2.01. The Executive Committee appreciated the progress, emphasizing that this would significantly improve the ease of living for EPFO members. Another significant proposal discussed was increasing the auto claim settlement limit to Rs 5 lakhs. This proposal received unanimous support from the committee, with members highlighting its potential to make claim processing more efficient and beneficial for subscribers. The committee also reviewed updates on EPFO's IT infrastructure enhancements and the implementation of CITES 2.01.

EPFO reported the completion of hardware upgrades and progress in consolidating decentralized databases. Key modules for user management, centralized payments, and re-engineered ECR systems are currently undergoing rigorous testing. EPFO assured stakeholders that the rollout would be completed within the next two months despite challenges.

On the subject of Pension on Higher Wages (PoHW), the committee commended EPFO for the notable progress made in processing applications. A total of 3,26,152 demand letters were issued, reflecting a 29.5% increase compared to the previous month, along with a 22.8% rise in the total applications processed. These achievements highlight EPFO's commitment to fulfilling the Supreme Court's directives.

Chairperson Sumita Dawra stressed the importance of creating public awareness about EPFO's initiatives through various media campaigns. She urged the organization to continue focusing on good governance and technological innovation to enhance member-centric services. The meeting concluded with discussions on the roadmap to transform EPFO into a technology-driven organization, ensuring seamless processes and improved service delivery for all its members.

## J&K Students Association writes to NCW for restoration of special cells for women in J&K

### Top News Report

JAMMU, Mar 29: The Jammu and Kashmir Students Association on Saturday has written to the National Commission for Women (NCW), seeking immediate intervention to restore and institutionalize special cells for women in Jammu and Kashmir. The move follows the abrupt discontinuation of these vital support units due to the cessation of funding from the NCW, leaving thousands of women without crucial protection and assistance. The closure of these critical Special Cells has raised serious concerns about the future of vulnerable women who rely on these services for safety and support.

Established in 2021 under the initiative "Violence-Free Home - A Woman's Right," these Special Cells were set up in police stations across all 20 districts of Jammu and Kashmir. Implemented by the Tata Institute of Social Sciences (TISS) in collaboration with the J&K Home and Social Welfare Departments, the project provided essential psycho-social-legal support to survivors of gender-based violence.

In its letter to the Chairperson of the National Commission for

Women, Vijaya Kishore Rahatkar, the association stated that the initiative played a critical role in offering legal aid, crisis intervention, and rehabilitation services to vulnerable women.

Since its inception, the Special Cells have assisted 9,791 survivors of violence (from November 1, 2021, to January 31, 2025). The initiative also conducted 1,581 awareness and training programs, educating communities on legal rights and protective laws for women and children. The project was managed by a team of 40 trained social workers (two per district) and two regional coordinators, all holding Master's degrees in Social Work and possessing years of experience in handling cases of violence against women.

However, with the NCW's decision to withdraw funding, thousands of women currently receiving support will be left vulnerable and without recourse. Many will find their cases abandoned mid-process, facing immense hardship in their fight for justice. The abrupt closure of these services would be a severe setback in the fight against gender-based violence, leaving countless women without structured protection.

The association emphasized that the closure of these services would exacerbate structural

inequalities, deter women from reporting crimes, and embolden perpetrators. Khuehami said, "The dismantling of these Special Cells is not just a policy misstep; it is a political and moral failure that exposes the administration's apathy toward gender justice."

The association urged the NCW to extend financial support for at least another year while the state government finalizes the institutionalization of the project. "Ensuring continued support for these Special Cells is not just a matter of policy but a moral imperative to protect and uphold the rights, dignity, and well-being of women," the association stated, urging the NCW to take decisive action in restoring and institutionalizing these crucial services.

The association urged NCW Chairperson Vijaya Kishore Rahatkar to intervene immediately and extend financial support for the Special Cells for at least another year while the state government finalizes its institutional process.

"We urge the NCW to take decisive action in protecting the rights of women in J&K and ensuring that the fight against gender-based violence remains a top priority," it added.

The association emphasized that the closure of these services would exacerbate structural

## NMC appeals CM to announce 2 pc DA to employees, pensioners

### Top News Report

JAMMU, Mar 29: Stressing on the need for immediate release of pending installment of 2 percent DA due since January, president of the National Mazdoor Conference (NMC), Subhash Shastri today appealed to Chief Minister Omar Abdullah to announce the same to employees and pensioners at the earliest as Union cabinet approved the released of DA to its employees and Dearness relief (DR) to pensioners w.e.f 1, January 2025 representing an increase of 2 percent over the existing rate 53 percent of basic pay/pension to compensate against price rise.

Addressing a meeting of NMC workers here, Shastri stated that in view of the inbuilt provisions in the annual budget, there should not be any hitch for the UT Government. An early decision in this regard would be genuine measure to provide some relief to the employees and pensioners, he added.

Shastri said that DA should be exempted from the ambit of Income



Tax as it is linked with price index.

Recalling recommendations of the Central 7th Pay Commission, Shastri said it also had recommendations that as soon as DA crosses more than 50 percent, the Centre is under an obligation to merge 50 percent DA into basic pay or pension.

"As the DA has already touched 55 percent now, we request for early merger of 50 percent DA into basic pay/pension with retrospective effect," he added.

Shastri urged upon PM Modi to appoint chairman and other members of the 8th Pay Commission and take a decision in this regard at the earliest and start discussion with representatives of both Central and State Government employees and pensioners as appointment of 8th Pay Commission will end confusion and uncertainty among employ-

ees and pensioners on this issue once for all. He also demanded separate wage head for regularly disbursement of monthly salary to daily rated workers till their regularization, enhancement of their wages to Rs. 600 per day, regularization of their services, clearance of all pending GP fund cases and gratuity, setting up of Labour Welfare Board, implementation of all Central Laws in J&K besides granting Medical Allowance of Rs. 1000 per month to pensioners at par with UT Ladakh Administration from 01-04-2020.

Rajan Babu Khajuria, B.S Jamwal, Surinder Kumar, Ramesh Sharma, Ram Singh, Raman Sharma, Ex Sarpanch Sukhdev Singh, Darshan Baba, Chaman Lal, Vinod Kumar, Anil Gupta, Birbal Sharma, Rajnesh Kapoor, Darshan Abrol and others were also present.

## BGSBU slashes admission application fee to promote inclusivity

### Top News Report

RAJOURI, Mar 29: In a landmark move to enhance access to higher education, Baba Ghulam Shah Badshah University has significantly reduced its admission application fee. Under the leadership of Vice Chancellor Prof. Jawaid Iqbal, the university has lowered the admission application fee from Rs 1,000 to Rs 600, making the admission process more affordable for prospective students.

Additionally, candidates applying through CUET (UG/PG) scores will now pay a nominal registration fee of Rs 200, a substantial decrease from the previous Rs 1,000.

Prof. Jawaid Iqbal said that this initiative underscores BGSBU's commitment to breaking financial barriers and ensuring that quality education remains accessible to all.

Prof. Jawaid Iqbal reiterated that this decision aligns with the university's vision of fostering an inclusive academic environment and encouraging broader student participation in higher education.

## Heritage School bids farewell to faculty members

### Top News Report

JAMMU, Mar 29: Heritage School held a memorable farewell ceremony on Saturday to honour some of its distinguished faculty members, marking the end of an era while celebrating the legacy they leave behind.

The occasion was a heartfelt tribute to teachers who have significantly shaped the school's journey over the years. While it was an emotional send-off, it also signified a new phase of continued guidance for the institution. Among the key figures



honoured was Ranjana Jamwal, who retired after two decades of dedicated service. As one of the founding teachers and the first Kindergarten Coordinator,

Jamwal played a pivotal role in shaping the school's early years. Her contributions were invaluable in establishing a nurturing and effective learning environ-



## GDC Marh organises Poetry Recitation Competition

### Top News Report

JAMMU, Mar 29: A poetry recitation competition was organized by the Department of English in collaboration with the Department of Hindi and Department of Dogri of GDC Marh, under the guidance of the Principal, Prof. Dr. Rakesh Kumar Koul.

The program began with the lighting of the lamp by the Principal and the faculty members. Prof. Anita Sharma (HOD, English) delivered the welcome address.

An enlightening and thought-provoking lecture was given by the Principal, emphasizing the importance of building confidence, connecting students with society and effective life management.

Dr. Ruchika Bavouria briefed the participants about the rules of the competition.

A total of 15 students from all semesters participated in the competition, expressing their

views on various topics that pertain to today's world problems such as drug addiction, terrorism etc. that showcased their critical thinking and creativity.

The competition was judged by Prof. Ashu Jolly, Prof. Malti Rajput and Prof. Anjana Chib.

After careful evaluation, Damini Sharma (Sem IV) was awarded first prize, Rohit Singh (Sem IV) secured second prize and the third prize was jointly bagged by Diksha Devi (Sem VI) and Sonia Choudhary (Sem VI). Sweety Kaith (Sem IV) and Shiv Kumar (Sem II) received consolation

prizes. Appreciation certificates were also given to all participants to boost their confidence.

The competition was anchored by Simran Devi (Sem IV). Atinder Kumar (Sem IV) and Gourav Kumar (Sem IV) assisted in the smooth conduct of the event. A detailed report of the program was prepared by Dr. Gurleen Kour. All faculty members and students attended the event.

In the end, a vote of thanks was presented by Dr. Shiksha Rani. Refreshments were provided to all the participants and faculty members.

ment for students. While this marked the end of her tenure as a faculty member, Jamwal will always be remembered for her enduring influence on the school's development.

The ceremony also celebrated Vandana Jasrotia, the Headmistress of Heritage School, who has served the institution for an impressive 17 years. Throughout her tenure, Jasrotia has contributed significantly to the school's growth in various capacities, becoming a pillar of strength and leadership for both the school and its students.



## KDP wing of DPAP demands justice, rehabilitation

### Top News Report

JAMMU, Mar 29: The statement issued by the Kashmiri Displaced People Wing (KDPW) of the Democratic Progressive Azad Party (DPAP) is a poignant appeal for justice, rehabilitation, and recognition of the prolonged suffering of the Kashmiri displaced community. Through the voices of its leadership, including President Shri

Sanjay Dhar and Chairman Sh. Piaray Lal Pandita, among others, the organization has laid out a series of demands aimed at restoring the community's dignity and rightful place in society.

Foremost among their demands is the call for the J&K State Legislature to pass a joint resolution in consultation with the displaced community's stakeholders. This resolution should

address a comprehensive rehabilitation policy that includes economic, employment, and educational compensations. The leaders emphasize the urgency of submitting these recommendations to the Government of India to ensure a meaningful and dignified resettlement process. They also urge the legislature to raise the issue in Parliament to highlight the communi-

ty's plight on a national level.

The statement shines a light on the grave injustice of the community's 36-year-long exile, which the leaders describe as a gross violation of human rights. The displaced Kashmiri Hindus, who identify as patriotic citizens of India, have endured prolonged suffering that has left them without their cultural heritage, constitutional rights, and sense of belonging. The leaders warn that the continued neglect of their grievances may lead to an unforeseen socio-political upheaval, driven by their pursuit of justice and recognition.

A heartfelt appeal is made to the Chief Minister of J&K to take bold and compassionate steps to address this issue on a war footing. The statement also calls for government ministers to visit the migrant camps regularly and address the hazardous living conditions faced by displaced families. Over the past two decades, the absence of visits by central government officials has deepened the sense of abandonment within the community.

The KDPW has also expressed its discon-

tent with the "Supernumerary" status given to PM Package employees, which denies them equal service rights and has created a sense of alienation among the workforce. They demand its removal and call for the creation of a special recruitment package with at least 20,000 posts, including five police battalions, to provide opportunities for the youth. This measure, they believe, would foster a renewed sense of citizenship and restore faith among the younger generation.

In summary, the statement reflects the Kashmiri displaced community's resilience and determination to reclaim their rightful place in the valley. It underscores the need for justice, cultural preservation, and constitutional rights while holding the government accountable for its past failures. This is not merely a call for resettlement but a larger demand for recognition, dignity, and healing. The government's response to these heartfelt demands will be pivotal in addressing the historical injustices faced by this community and ensuring their rightful integration into the social fabric of India.

## Commissioner JMC reviews slaughterhouse gate relocation, Vendor Zone Development



### Top News Report

JAMMU, Mar 29: In response to public demand, Commissioner, Jammu Municipal Corporation (JMC), Dr. Devansh Yadav on Saturday visited the slaughterhouse, Dogra Hall to assess the feasibility of shifting its gate. The visit aimed to address concerns raised by local residents and explore potential solutions for improved accessibility and urban planning.

During the visit, Dr. Yadav conducted a thorough review of the site and engaged with stake-

holders to ensure that any modifications align with civic needs and regulatory guidelines. The Commissioner assured residents that their concerns would be taken into consideration while implementing necessary changes.

Dr. Yadav reviewed the development of a vendor zone at Indra Chowk, a key initiative by the Municipal Corporation to provide organized space for street vendors.

This project aims to enhance urban management, streamline traffic flow, and promote

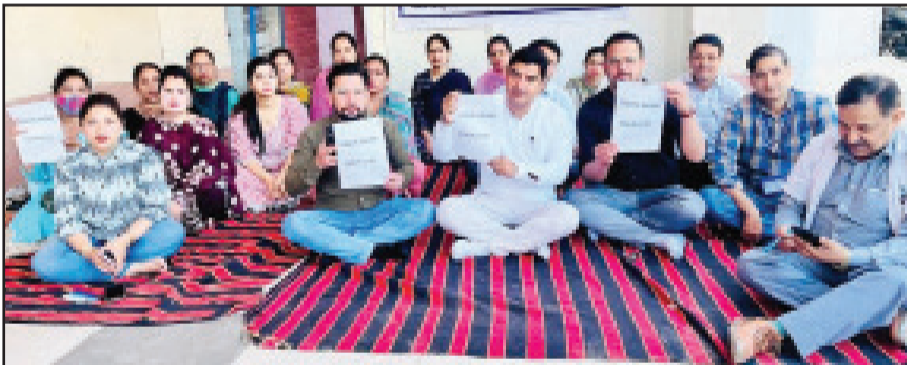
local businesses in a structured manner.

The Jammu Municipal Corporation remains committed to fostering a well-planned and citizen-friendly urban environment.

Further updates on both initiatives will be shared as progress continues.

Among others, Joint Commissioner, (W), Firdous Ahmad Qazi, Health Officer JMC, Dr. Vinod Sharma, Executive Engineer, Electrical, besides other senior officers of JMC accompanied the Commissioner.

## NHM employees observe 2-hour pen-down strike across Jammu Division to press for long-pending demands



### Top News Report

JAMMU, Mar 29: The National Health Mission (NHM) employees, under the banner of the All J&K NHM Employees Association, Jammu Division, observed a complete 2-hour pen-down strike across Jammu Division to highlight their genuine and long-pending demands on 29th March, 2025.

During the strike, NHM employees working in various health facilities, including Sub Centres, NTPHCs, PHCs, CHCs, and even GMCs, suspended their routine work for two hours, except for emergency services. The employees held placards with slogans demanding government attention and the early redressal of their concerns at their respective places of posting.

The key demands highlighted by the employees were immediate formulation of a job policy for NHM employees, salary enhancement at par with regular counterparts and employees in other Union Territories/states, timely release of salaries, retirement ben-

efits for NHM employees, dialogue with the High-Power Committee constituted under the Chief Secretary to discuss NHM employees' issues & other genuine concerns.

The NHM employees have been serving in the health department for over two decades with dedication and sincerity.

Their contributions have played a pivotal role in strengthening healthcare services and patient care across the region. However, despite their significant service, the government has failed to address their legitimate concerns, which have been repeatedly raised before the authorities.

The Association strongly urged the Hon'ble Chief Minister of J&K, Jenab Omar Abdullah, the Hon'ble Health Minister, Ms. Sakina Masood Itoo, the Administrative Secretary Health & ME Department J&K, and the Mission Director NHM J&K to address the long-pending and genuine demands of NHM employees, who have been serving with dedication for over two decades.

Speaking to the media, Dr. Vikas Sharma, Provincial President of the Association, stated that NHM employees have always been ignored despite their immense contributions to the health sector.

He further emphasized that the government's non-serious approach has compelled them to observe this strike, and if their concerns are not addressed, they may intensify their agitation in the future.

The Association also expressed gratitude to various stakeholders and organizations that extended their unconditional support to the pen-down strike, including, Government Employees Joint Action Committee (EJAC), JK Medical Employees Federation Jammu (JKMEF), JK MLHP Doctors Ayushman Bharat NHM Association and J&K Government Pharmacist Association (JKGPA).

Lastly, the Association thanked all District Presidents, Core Members, and NHM employees from different schemes for their active participation, making this protest a success.

**To**  
**Rajesh Gupta (Rinku)**  
**For The Post**  
**SECRETARY**  
**In The Upcoming Election Of**  
**Chamber Of Commerce & Industry (Jammu)**

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