

# TOP NEWS OF J&K

JAMMU, MONDAY, MARCH 31, 2025

Daily Evening Newspaper



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## BRIEFLY

### Security forces intensify search operation in Kathua-Samba sector

RAJOURI, Mar 31 (Agencies): Security forces conduct cordon and search operation (CASO) in the Gundna Khawas area of Rajouri following terrorists attack on village defence guard (VDG) Parshotam Kumar's residence and an army picket, on Tuesday.

Security forces on Monday intensified their efforts in the Kathua-Samba region, launching a search operation in the Samba sector near the international border to sanitise the area.

The search operation is still going on in Kathua to nab the terrorists after the encounter in the Sufian.

Authorities have placed the entire region on high alert as the search operation continues to track down potential threats.

Earlier during counter terror operation 'Safiyun' in the Kathua region, four Jammu and Kashmir police personnel lost their lives in the operation, while two terrorists were gunned down. Security forces recovered war-like stores from the encounter site.

The operation began on March 23, when locals reported the sighting of suspected Pakistani infiltrators in Sanyal.

Security forces, including the J-K Police, Army, BSF, and CRPF, launched a search operation, leading to an initial exchange of fire.

Meanwhile, Jammu and Kashmir Lieutenant Governor Manoj Sinha visited Government Medical College Hospital Jammu on Sunday to enquire about the health of J&K police personnel who sustained injuries during an encounter with terrorists in Kathua.

The LG also met with the injured person's family members and assured them of all possible assistance. He directed the hospital administration to ensure the best possible medical care for the brave police personnel's speedy recovery.

Union Minister Jitendra Singh also visited the residence of Selection Grade Constable (SgCT) Balvinder Singh in the Kathua district of Jammu and Kashmir on Sunday. He lost his life in an anti-terror operation. Singh said that government jobs would be arranged for the families of the deceased.

Earlier, Chief Minister Omar Abdullah said that terrorism should be controlled in such a way that the mourning ends forever in the Union Territory of Jammu and

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## People across country celebrate Eid-ul-Fitr with joy and unity

SRINAGAR, Mar 31: Eid-ul-Fitr, the festival marking the end of the holy month of Ramzan, is being celebrated with joy and unity across India. The sighting of the moon has led to special prayers (Namaz) being offered at mosques, Eidgahs, and open grounds, with people from different parts of the country coming together to celebrate the occasion.

In Delhi, children and families gathered at the historic Jama Masjid, one of the largest mosques in India, to offer Namaz.

After prayers, a devotee said "I think this is needless. If All India Muslim Personal Law Board has to protest, they can do it in other ways. On the occasion of Eid, we have all come here to celebrate and not to protest or wear black bands. All this sends a wrong message... This is the biggest festival of Muslims.

Today, we have prayed here that the country progresses and our brotherhood should



remain intact. We have also offered prayers for PM Modi that he stays healthy and lives long..."

A foreign student from GD Goenka University, who attended the Namaz at Jama Masjid for the second time, said, "...I have come to Jama Masjid for the second time. This is a nice place. We meet many people from different parts of the country, from our country..."

Another foreign student of GD Goenka University said, "Jama Masjid is a very nice place. I met many friends and people here. We prayed here together. It is one of the biggest mosques in India."

In Uttar Pradesh's Ayodhya, police carried out foot patrols as part

of heightened security measures while Namaz was being offered.

Speaking to agency, IG Praveen Kumar said, "We are conducting continuous foot patrols to maintain peace. We are in contact with everyone and vigilant, especially during Navratri and Eid celebrations."

In Kalaburagi, Karnataka, people gathered at the Eidgah to offer their prayers for Eid. Similar celebrations were seen in several parts of the country, including the Birbhum district in West Bengal, where people offered Eid Namaz at Siudi Idgah, followed by warm greetings and hugs. Vikas Rai Choudhary, MLA from Birbhum, congratulated the people and wished

them Eid Mubarak.

In Jaipur, the celebrations took a special turn when Hindu brothers showered flowers on the thousands of Namazis at the Idgah on Delhi Road, sending a message of unity.

In Jammu and Kashmir's Bhandarwah, a large procession was held as the community marched to the Eidgah, chanting religious slogans before offering Namaz.

Similarly, special prayers were held in Tirunelveli and Vellore, where more than 50,000 people participated in the Ramadan celebrations.

International students also joined in the celebrations. A foreign student studying at GD Goenka University, said, "This is my first time celebrating Eid in India, and it's been amazing. It's incredible to see different communities—Muslims, Hindus, Christians—living together, sharing love and culture."

As the festival unfolds, it is clear that Eid-ul-Fitr is not just about religious

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### Union Home Minister Amit Shah to visit J&K next week

JAMMU, Mar 31 (Agencies): Union Home Minister Amit Shah is scheduled to visit Jammu and Kashmir next week, sources said on Monday. Jammu tourism Jammu tourism guide

Sources said that Amit Shah will chair a high-level security review meeting in Jammu to assess the current security situation.

He is also expected to visit some forward areas along the International Border to review security arrangements and interact with security personnel.

### LG Sinha Flags Off Mata Vaishno Devi Pracheen Marg Yatra



JAMMU, Mar 31 (Agencies): Lieutenant Governor Manoj Sinha flagged off Shri Mata Vaishno Devi Ji Pracheen Marg Pavitra Chhari Yatra, today.

He paid obeisance at the holy Kol Kandoli Temple in Nagrota and prayed for good health, peace, prosperity and happiness for all.

Earlier, the Lieutenant Governor attended the 'Pratham Pooja' of the Chhari Yatra and extended his heartiest greetings to the devotees on the auspicious occasion.

The Chhari Yatra, carrying the Holy Jyot, will reach the Oli Mata Temple Bamyal, following the traditional heritage route.

### "Maintained Defensive Position": J&K Police on search operations in Udhampur-Reasi



UDHAMPUR, Mar 31 (Agencies): As the search operation in the

Udhampur-Reasi region is ongoing, Deputy Inspector General of

Police (DIG) Rayees Mohammad Bhat reaffirmed the security forces' commitment, stating that the operations would continue in a defensive posture. "We have maintained a defensive position, and search operations are being conducted in Udhampur-Reasi areas. We will continue to stand

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### Par Panel suggests penalties for IAS Officers for failure to file property details

NEW DELHI, Mar 31 (Agencies): A Parliamentary committee has suggested penalties or corrective actions against IAS officers if they fail to file their property details within the prescribed time limit.

Ninety-one Indian Administrative Service (IAS) officers did not file their immovable property returns (IPRs) in 2024 and 73 the year before, according to 145th report of the Department-related Parliamentary Standing Committee on Personnel, Public Grievances, Law and Justice on the Demands for Grants (2025-26) pertaining

to the Department of Personnel and Training (DoPT).

The report was tabled in Parliament on March 27.

Vigilance clearance, mandatory to join certain posts, was denied to 15 IAS officers in 2023, 12 in 2022 and 14 in 2021, due to non-filing of IPRs for respective years.

The panel recommended that a centralised compliance monitoring mechanism may be established to ensure timely filing of IPRs by all IAS officers.

"This mechanism should involve creation of a dedicated task force within the department

responsible for tracking and filing status of all officers. Additionally, the committee proposes to introduce penalties or corrective actions for non-compliance, including automatic escalation procedures for officers who fail to file their IPRs despite reminders," the report said.

This will strengthen accountability and ensure timely filing, making the process more robust and ensure greater adherence to the requirements, it said.

The panel also noted a shortage of 1,316 IAS officers and suggested swift action to enhance

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### Kashmir withdraws Rs 13903 Cr from JK Bank in 4 days ahead of Eid

SRINAGAR, Mar 31 (Agencies): Jammu and Kashmir Bank has reported a significant increase in digital transactions in the days leading up to Eid al-Fitr 2025, reflecting a growing preference for online banking among customers during the festive season.

In the four days ahead of Eid 2025, Kashmir drew Rs 13,903.03 crores from JK Bank. According to the bank's consolidated report covering the period from March 24 to March 30 (till 6 PM), a total of

95,475,882 transactions were processed. The surge highlights the widespread adoption of digital financial services in the region.

The Unified Payments Interface (UPI) led the way with 60,774,074 transactions, totaling Rs 4,563.32 crores. Mobile banking services, including the bank's "Delight" and "Delight+" platforms, also witnessed significant traction, accounting for 30,732,709 transactions amounting to Rs 5,383.6 crores.

While digital channels dominated, tradi-

tional banking services remained relevant. ATM and debit card transactions reached 3,236,184, amounting to Rs 1,207.7 crores. eBanking services recorded 158,222 transactions worth Rs 2,554.86 crores, and kiosk banking facilitated 574,693 transactions amounting to Rs 193.55 crores.

The increased reliance on digital transactions underscores the convenience and accessibility of online banking, particularly during festive periods. J&K Bank's

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# GupShup

## RESTAURANT

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## LG visits families of 3 cops martyred in Kathua encounter, Promises Govt Jobs to kin

JAMMU, Mar 31 (Agencies): Jammu and Kashmir Lieutenant Governor Manoj Sinha visited the families of three policemen who lost their lives in an encounter with Pakistani terrorists in Kathua district on Monday and expressed his condolences and support to them.

Sinha visited the home of Balvinder Singh Chib in Kanna Chak, Kathua district, where he met with his wife and other family members to express his deepest condolences.

He then visited the family of Jaswant Singh in Londi village near the International Border (IB) to offer support to the family.

Later, he proceeded to Reasi district, where he met the family of police officer Tariq Ahmad in Chamba village.

He assured the families of government jobs for the next of kin, mostly the widows of the martyred policemen.

The LG told the families that with them and all efforts will be made to ensure full government



support.

The wives requested jobs in civilian departments as they have young children to look after.

Later in the evening, he will visit the family of Head Con-

stable Jagbir Singh from the Akhnoor area in Jammu district to express condolences to the family.

Following information from the people, the police tracked a group of terrorists after inter-

cepting them last Sunday within a "dhok," a local term for an enclosure in a nursery, in Sanyal village near the International Border with Pakistan.

Tracking them led to an encounter in Sanyal village of the district resulting in the killing of two terrorists and four policemen on Thursday.

The body of Head Constable Jagbir Singh was recovered from the Ghati-Juthana forest on Saturday. The bodies of two terrorists, believed to be affiliated with the proscribed Jaish-e-Mohammad outfit, were also recovered along with war-like stores.

The bodies of three policemen — Balvinder Singh Chib, Jaswant Singh, and Tariq Ahmad — were recovered on Friday evening.

The People's Anti-Fascist Front, a shadow outfit of the Pakistan-based terror group Jaish-e-Mohammad (JeM), has claimed involvement in the encounter.

## Eid Celebrated in Jammu Region amid tight security



### Top News Report

JAMMU, Mar 31: Eid-ul-Fitr was celebrated with religious fervour and traditional gaiety across the Jammu region on Monday amid tight security arrangements, with a large number of people gathering at different eidgahs to pray for peace.

Eid-ul-Fitr marks the end of the period of fasting, prayer and charity during the holy month of Ramzan, culminating in an occasion for festivities, joy and togetherness.

On the eve of Eid, Jammu and Kashmir Lieutenant Governor Manoj Sinha and Chief Minister Omar Abdullah greeted the people on the Union Territory.

On Monday, the largest congregation was held at the eidgah on Residency Road in Jammu, followed by the Mecca Masjid and the Jama Masjid Khatikan Talab, where hundreds of Muslims offered Eid prayers in the morning.

Muftis and religious scholars spoke about the significance of the day, explaining the phi-

losophy behind the customary sacrifice.

"I want to extend my wishes to everyone on Eid, the festival of happiness. There's a tradition in Jammu where people come together during religious functions," Mufti Anayat Tullah, head priest of the Jama Masjid in Jammu, said.

Emphasising the love and brotherhood among various communities in Jammu, he said, "I hope this bond of love continues. I want to appeal to everyone — do not fall into the trap of those spreading hate."

## Army Distributes Sweets, Spreads Festive Cheer on Eid



for their peace and well-being.

The celebrations were marked at Jamia Masjid Khwaja Hilal Nesbal, Darul-Uloom Nesbal, Darul-Uloom Asham, Jamia Masjid Sheikh Mohalla Asham, and Jamia Masjid Safapora, where the Army engaged with the community, fostering goodwill and harmony.

The initiative reflects the Indian Army's ongoing efforts to strengthen bonds with the local Awam, promote brotherhood, and uphold peace and stability in the region.

MANASBAL, Mar 31 (Agencies): On the joyous occasion of Eid, the 13 Rashtriya Rifles (RR) Manasbal Com-

pany distributed sweets at various mosques, extended heartfelt greetings to the local Muslim community, and prayed

## Shri Ram Sena extends Eid Mubarak wishes to the Muslim Community of the World



### Top News Report

JAMMU, March 31: Shri Ram Sena (SRS) J&K UT President Rajiv Mahajan has extended warm greetings to the Muslim community across the world on the auspicious occasion of Eid-ul-Fitr.

Rajiv Mahajan expressed heartfelt wishes for peace, prosperity, and happiness for all those celebrating this joyous festival. He emphasized that Eid is a symbol of unity, brotherhood, and compassion, and urged people to spread love and harmony in society.

"Eid is an occasion of joy, reflection, and gratitude. May this festival bring happiness to every home and strengthen the bonds of communal harmony," he said.

He further reiterated Shri Ram Sena's commitment to fostering peace and brotherhood among all communities, encouraging everyone to uphold the values of mutual respect and coexistence.

*Eid Mubarak to all!*

## DHS Jammu Dr. Rakesh Magotra accorded send off

### Top News Report

JAMMU, Mar 31: Dr. Rakesh Magotra Director Health Services (DHS) Jammu, who superannuated on Monday after rendering 33 years of remarkable service in the department, was accorded a warm send off by the staff of Directorate of Health Services Jammu. To bid him farewell, a function was organized in the premises of Directorate, where Dy. Director Health Services (Dentistry) Jammu Dr. Sanjay Sharma, Chief Medical Officer Jammu Dr. Harbaksh Singh and other officers/officials complimented Dr.



Rakesh Magotra for his contribution to the Health Department.

Dr. Rakesh Magotra worked with selfless devotion and started his services as Medical Officer at AD Madha District Udhampur and served

the department in various other administrative capacities as, Block Medical Officer Bishnah, Dy. Chief Medical Officer Samba, Chief Medical Officer Samba, Chief Medical Officer Kathua, Medical Superintendent Government Hospital Gandhi Nagar, Deputy Director (HQ) Health Services Jammu. His integrity, honesty and perception were reflected in his work. The staff of Directorate honoured his excellent services to the department and wished him good health and prosperous post retirement life and thanked him for his guidance, support and cooperation.

## IETE celebrates Students' Day at MBSCET Jammu



### Top News Report

JAMMU, Mar 31: The Institution of Electronics and Telecommunication Engineers (IETE) Jammu sub centre celebrated Students' Day with the collaboration of Mahant Bachittar Singh College of Engineering and Technology (MBSCET), Jammu.

The event witnessed enthusiastic participation from students of MBSCET and was graced by the presence of esteemed dignitaries.

The Chief Guest for the occasion was Shri Manoj Mahant Manjit Singh, Sole Trustee of MBS College of Engineering and Technology.

The event commenced with a warm welcome address by Dr. Vijay Sharma, Chairman of IETE.

While welcoming the

participants explained the significance and objectives of the student's Day of IETE and that this day is very special for the whole IETE, fraternity as students are backbone and future of the society followed by a presidential address delivered by Er. Tinny Sawhney, treasurer.

A series of insightful Technical talks were presented by keynote speakers, including Prof. Parveen Kumar Lehana from the Deptt. of Electronics University of Jammu and Er. Joy Ganjoo immediate past chairman. Additionally, Manpreet Kour and Gurvinder Singh showcased their technical presentations, adding value to the academic discussions of the day.

Dr. Akshita Sharma concluded the event with a heartfelt vote

of thanks. The program was meticulously coordinated by Prof. Parveen Singh, Dean of Academics, ensuring its smooth execution.

The anchoring duties were efficiently managed by Nitika Kashyap and Navneet Kaur, students of the 6th semester, CSE branch.

Among the other dignitaries present at the event were Dr. D.K. Gupta-Principal, Dr. Amrik Singh-Vice Principal, H.S. Gill-DSW and several faculty members.

The event proved to be an engaging and intellectually enriching experience, fostering a spirit of learning and innovation among students. IETE continues to support and encourage technical excellence through such interactive and knowledge-sharing platforms.

## Terrorist attacks can't demoralize security forces: Sat Sunil expresses pain over loss of brave soldier

### Top News Report

JAMMU, Mar 31: Jammu and Kashmir BJP President Sat Sharma and Leader of Opposition (LoP) in the assembly, Sunil Sharma, accompanied by party MLAs, senior leaders, and local activists, visited the residence of martyr Jangbir Singh Choudhary in village Mattu of Khour block to express their heartfelt condolences to the bereaved family.

Sat Sharma CA was accompanied by former Minister and MLA Sham Lal Sharma, MLA Mohan Lal Bhagat, Akhnoor District President Kuldeep Banotra, DDC Vice-Chairperson Suraj Singh, former Vice Chairman Daljit Singh Chib, Jagdish Bhagat

and others.

Sat Sharma CA while expressing sympathies with the family, lauded the bravery and supreme sacrifice of Jangbir Singh Choudhary, describing him as a "brave son of the soil."

He stated that such sacrifices by valiant soldiers cannot demoralize the security forces who are relentlessly fighting against anti-national elements to uphold the unity and integrity of the nation.

He reiterated the BJP's unwavering support for the martyr's family during this difficult time and emphasized that the party stands shoulder to shoulder with them in their grief and sorrow. Sat Sharma CA also demanded adequate compensation for the family of the martyr and



urged the government to provide a job to a member of the martyr's family as a gesture of respect and recognition for Jangbir Singh Choudhary's bravery.

Leader of Opposition Sunil Sharma expressed deep pain over the loss of a brave soldier. He

affirmed that he himself, the entire BJP leadership, both at the Centre and in the Union Territory, salutes the martyrdom of Jangbir Singh Choudhary.

During his visit, Sunil Sharma assured the family that he would personally take up the matter with the Lieuten-

ant Governor to ensure free education for the martyr's two children, securing their future as a tribute to their father's service to the nation.

They all expressed their condolences to the family and assured them of full support from the party during this period of mourning.

## Suraj Kumar Motan hailed on winning medals in Athletic C'ship

### Top News Report

JAMMU, Mar 31: Suraj Kumar Motan was hailed and congratulated today by the people of his Biradari and native village Sohanjana, on winning gold, silver & bronze

medals in long and tripple jump at an Athletic Championship organised by the J&K Amateur Athletics Association in the University of Jammu.

While speaking, R.L.Kaith said to Suraj, "I saw you prac-

tice every day to achieve this accomplishment and I can't think of anyone who deserves it more.

You set an amazing example for everyone. We are very proud of you. May the sun shine bright on your games!"



## EDITORIAL

VANDE BHARAT  
EXPRESS

The much-anticipated Vande Bharat Express has finally arrived in the Kashmir Valley, marking a historic milestone in India's railway expansion and regional connectivity. The semi-high-speed train, known for its world-class features and indigenous design, is set to revolutionize travel between Kashmir and the rest of the country, offering a faster, more comfortable, and efficient mode of transport.

For decades, seamless railway connectivity between Jammu and Kashmir and the rest of India has been a dream. While efforts to expand the railway network in the region have been ongoing for years, the launch of the Vande Bharat Express represents a giant leap forward. This train is a symbol of India's commitment to modern infrastructure, economic growth, and regional integration.

The train will operate between Jammu and Srinagar, reducing travel time significantly. Earlier, road travel on the Jammu-Srinagar National Highway would take over 8-10 hours, with unpredictable delays due to landslides and harsh weather conditions. With the Vande Bharat Express, this journey will now take only about 5-6 hours, making travel smoother and more reliable.

The Vande Bharat Express to Kashmir is set to operate on the newly completed Udhampur-Srinagar-Baramulla Railway Line (USBRL), a mega project that has been in the works for decades. Covering critical areas like Banihal, Qazigund, and Anantnag, the train will not only improve connectivity but also boost tourism, trade, and local livelihoods.

This semi-high-speed train comes equipped with state-of-the-art features, including Automatic doors and GPS-based passenger information system, Onboard Wi-Fi and infotainment system, Bio-vacuum toilets with better sanitation, CCTV surveillance for enhanced security, Comfortable seating, similar to aircraft-style arrangements.

The train is designed for a maximum speed of 180 km/h, though on hilly terrains, it will run at a controlled speed to ensure passenger safety and efficiency.

Kashmir, often referred to as "Paradise on Earth," is a world-renowned tourist destination. With the launch of the Vande Bharat Express, the valley is set to witness a significant surge in tourism. Visitors from across India will now have a fast and convenient way to reach Kashmir, eliminating the challenges of road travel or expensive air tickets.

This move is also expected to strengthen the local economy. Businesses, traders, and hoteliers anticipate an increase in tourism-related activities, while local artisans—famous for Pashmina shawls, Kashmiri carpets, and saffron—will benefit from faster transportation of goods.

Farmers, particularly those involved in the export of Kashmiri apples, walnuts, and dry fruits, will now have a cost-effective and efficient way to transport their produce to markets across India. The train's dedicated luggage compartments will ensure safe and speedy transportation of perishable goods, further boosting the region's agricultural sector.

The introduction of Vande Bharat to Kashmir is not just a transportation achievement but also a strategic development. Given the geopolitical significance of the region, improved connectivity enhances national integration, security, and economic growth.

Over the years, the Government of India has prioritized infrastructural projects in Jammu and Kashmir, including highway expansions, new tunnels (such as the Zojila and Chenani-Nashri tunnels), and power projects. The railway expansion and the arrival of Vande Bharat further reinforce the government's vision of a developed and connected Kashmir.

The launch of Vande Bharat in Kashmir has been met with jubilation and pride. Local residents, business communities, and political leaders have hailed the move as a game-changer. Many have taken to social media to share their excitement, with pictures and videos of the sleek train making its first journey into the valley.

The arrival of Vande Bharat Express in Kashmir is more than just a railway expansion; it is a symbol of progress, unity, and development. By improving connectivity, boosting tourism, enhancing trade, and strengthening national integration, this initiative has the potential to transform the economic and social fabric of Jammu and Kashmir.

With modern infrastructure and efficient transport, Kashmir is now poised for a brighter and more prosperous future. The Vande Bharat Express has truly ushered in a new era, making the valley more accessible, connected, and ready for growth.

## Solution to water crisis: A confluence of traditional knowledge and modern technology

By: Dr. Satyawan Saurabh

Water conservation is a collective responsibility. Water crises can be avoided by combining traditional knowledge and modern techniques. Water conservation has a rich history in India. Our ancestors had developed many water conservation systems according to geographical and climatic conditions, which are relevant even today.

The water crisis is one of the most serious issues in today's world. Increasing population, uncontrolled industrialization, and climate change have severely impacted the availability of water. To deal with this crisis, we need a combination of traditional water conservation techniques and modern science and technology. Water conservation means managing water resources wisely so that there is no shortage of water in the future. India has only 4% of the world's fresh water, but 18% of its population is facing a water crisis. To solve this problem, participation of government and communities is necessary. Schemes like Jal Shakti Abhiyan and Neeru-Chettu in Andhra Pradesh have helped in increasing the availability of water.

Local communities can make better use of water by adopting their traditional knowledge and new technological measures. Hiware Bazaar model of Maharashtra: Groundwater level was increased in this village using traditional and modern techniques. Water availability increased here by rainwater harvesting and cleaning of wells. Johad system of Rajasthan: Construction of small ponds (johads) improved the groundwater level and reduced the problem of drought. Chal-Khal system of Uttarakhand: These small

reservoirs store rainwater and help in groundwater recharge. Adoption of traditional methods and new technologies is necessary for efficient use of water. Zabo agricultural system of Nagaland: This method collects rainwater and uses it for farming, which reduces the impact of drought. Tanks of Rajasthan are small water reservoirs built for rainwater harvesting, in which modern filtration technology is also being added now. Aeri (pond) system in Tamil Nadu: This system stores rainwater and helps in irrigation and drinking water supply.

For water conservation, it is important to maintain a balance between forests, rivers, ponds, and soil. Oran (sacred forest) areas in Rajasthan protect water sources and biodiversity, preventing desertification. Under the waterfall restoration project of Meghalaya, forests and catchment areas are being revived, thereby conserving water sources. The Narmada Seva Yatra initiative in Madhya Pradesh aims to promote water conservation and environmental improvement by planting trees along the Narmada River. Pani Panchayats of Maharashtra and Gram Sabhas of Jharkhand are ensuring equitable use of water resources.

Climate change and erratic rainfall can increase water scarcity. In such a situation, traditional water conservation systems can prove to be helpful. Drought relief work in Bundelkhand: Reconstruction of ponds and rainwater harvesting is reducing water problems in the region. In Ladakh, artificial glaciers are created in winter so that water is available from them in summer. However, this method is facing challenges due to rising temperatures. In Gujarat, drip irrigation and mulching are adopted for water

conservation in the Wadi system. Climate change, industrial pollution, uneven water distribution, and ignoring traditional systems in government schemes are the major obstacles.

Communities should be empowered to manage water resources so that they can use water sustainably. Pani Panchayats in Maharashtra: These panchayats ensure equitable distribution of water to farmers. In Jharkhand, under the Gram Sabha Act, village assemblies are managing small reservoirs. Pani Panchayat in Odisha: This scheme promotes water management with community participation. Cities are given more water, leading to shortages in rural areas. For example, water for Chennai is taken from nearby villages, causing problems for farmers. Himalayan glaciers are melting rapidly, reducing the flow of rivers like the Ganga and increasing the water crisis.

Traditional water conservation systems are not given much importance in government schemes. Many industries release wastewater into rivers and ponds, contaminating water sources.

Traditional water conservation systems should be given legal status. Partnerships between scientific institutions, government agencies, and local communities should be strengthened. IIT Madras is providing technical assistance for rainwater harvesting in rural areas. Participation of local people should be increased in water management plans. Conservation plans should be made by linking water, forest, and land together. Strategies to reduce the effects of climate change should be made by combining modern technologies and traditional knowledge. Urban water recycling: Systems should be developed to reuse

wastewater in cities.

Water conservation is not possible only through government efforts, but the participation of communities is also very important in this. Water resources can be efficiently managed by combining traditional knowledge and modern technology. Water conservation can be made more effective by linking AI-based monitoring systems with schemes like Jal Shakti Abhiyan and MNREGA. This will help in dealing with the water crisis and ensure water security for the future. Water conservation can be made effective by adopting legal recognition, scientific cooperation, local participation, water recycling, and climate adaptation measures.

To tackle the water crisis, we need to strike a balance between the learnings of the past and the technologies of the future. Traditional water conservation systems give us knowledge of sustainability and local adaptation, while modern technologies can help in efficient management of water resources. If we work by combining both, a sustainable solution to the water crisis can be achieved.

"Drop by drop the pot fills"—even a small effort towards water conservation can bring a big change in the future.

(Dr. Satyawan Saurabh)

Poet, freelance journalist and columnist, radio and TV panelist, 333, Fairy Garden, Kaushalya Bhawan, Barwa (Siwani), Bhiwani, Haryana - 127045, Mobile: 9466526148, 01255281381

## Increasing participation of women in sports

By: Vijay Garg

"I always cried out of thinking that if there was a chhora, it would bring gold for the country. This thing I did not understand that gold is gold, Chhora Lave or Chhori." This dialogue from Aamir Khan's film 'Dangal' in the year 2016, so we all must have heard. These are not just a dialogue of a movie that enjoyed and went ahead except, but these are a very deep thing that till date our Indian society has not been able to fully assimilate. Yes, no matter how big we talk about gender equality, but the reality is that even today, gender inequality is massive in India whose one winning example is the world of the game. Anyway, India's attitude about sports has always been lethargic, it is a far-off thing to get encouragement to women too. In such a situation, women players like Mary Kom, Vinesh Phogat, Babita Phogat, Mansi Joshi, Duti Chand, P.V Sindhu, Hima Das cannot be forgotten by the absence of adequate support and breaking social taboos. Today, we will learn about these female players, from our talent to the world of the game and in the society, as well as to know what is the reason for women's participation in the region to be comparatively low; why even today, people of the most prominent homes do not support their daughters to make a career in the field of sports.

Listening to the tales of the struggle of these female players challenging the domination of men in sports at national and international level, you will also be shocked to say that "Mhari Chhoris are less than loops".

Hima Das, popularly known as Hima Das-Dhang Express, was born on 9 January 2000 in Dhang village in Nagaon district of Assam. The economic condition of his family was not good. His father had only two bigha of land on which he used to run livelihood by farming. Initially Hima used to practice in her paddy fields only. They did not even have good shoes because of lack of money. Hima wanted to be a striker in football. One day seeing his ability to run, someone advised him to become an athlete and that started from here to the journey of becoming his athlete. Let us know that, Hima is the first Indian player to win Gold globally in track

event. In view of the zjabe and performance of Hima, he has been made Deputy Superintendent (DSP) in Assam Police. Hima Das has won a gold medal in many competitions.

Mary Kom- Boxer Maricom was born on 1 March 1983 in a small village in Manipur, the northeast state of India. His childhood also passed in great poverty. After starting boxing, Mary knew that her family would never assume the idea of making a career in her boxing, because of which she kept this thing hidden from her family. Years from 1998 to 2000, she continued to train it without telling in her house. In Sun 2000 when Mary won 'Women's Boxing Championship' in Manipur, and she received Boxer's award, the family came to know of being her boxer. The big thing is, in India where the career of the female player is considered to be over after marriage and children, in such a situation, Marycom did not stop playing even after becoming a mother. Maricom won the World Championships even after becoming the mother of three children. He is the only boxer in the world who has won a total of eight World Championship medals.

Vinesh Phogat- Wrestler Vinesh Phogat was born on 25 August 1994 in the Indian state of Haryana, which is one of the states with the lowest sex ratio in India. When Vinesh started practicing wrestling in her village, she had to face a lot for choosing wrestling, which was considered a boy's sport, and for her choice of clothes, but Vinesh did not give up and after her father, her uncle supported her in this journey. In this world of sports, Vinesh has increased the pride of the tricolor by winning a bronze medal in the World Championship and a gold medal in the Commonwealth Games. It is also important to know that Vinesh is the first female wrestler of the country to win two medals in the World Championship.

While players like Duti Chand- Vinesh Phogat challenged the male-dominated mindset, Duti Chand broke the stereotypes around poverty and gender. Duti was born on 3 February 1996 in Jajpur district of Odisha state. Her father was a weaver. Her mother also worked as a weaver. The financial condition of the house was not good but seeing Duti's hard work, everyone in her

house and village was sure that one day she would go very far. A saying 'honhaar birwaan ke chikne pat' is completely applicable to Duti. Not only this, Duti also had to fight a legal battle to participate in sports, but Duti won this battle too. Today Duti is one of the fastest running athletes of India.

PV Sindhu- PV Sindhu, who lives in Telangana, is the first Indian badminton player to win a silver medal at the Rio Olympics at the age of just 21. She is among the top-10 players in the world. Be it a woman or a man, no Indian player has won the World Badminton Championship before Sindhu.

What is the participation of women in sports?

Talking about statistics, there has been a significant increase in the number of women players at the national and international level in the last five years. According to a report of the Sports Ministry, there has been a total increase of 160 percent in the participation of women players in the Khelo India Games in the period from 2018 to 2020. At the same time, according to the Olympic database, in the year 2000, a total of 38 percent women's participation was seen in the Olympic Games, which increased to 45 percent in the year 2016 and 47 percent in the year 2020.

Why is there less participation of women in sports?

Some of the reasons for the lack of adequate participation of women in sports could be-

During a research, people said that lack of emphasis on sports by schools and lack of facilities are the major reasons for this. Women face many issues of sexism on a daily basis, be it at work or at home. Their appearance, their speech and their behavior are monitored and judged on that basis. Most people believe that female athletes face challenges in balancing motherhood and a sports career. Additionally, female athletes receive less money than male athletes, making it more difficult for them to compete and stick to the sport for long periods of time. Despite the tireless efforts of women in the sports world, they do not receive equal respect or recognition as compared to their male counterparts. Sometimes there are no safe

options available, such as carpooling with other families, or the girl has no choice but to stay at home with her family. Despite recent progress, discrimination against female athletes based on actual or perceived sexual orientation and gender identity persists. The absence of trained and quality coaches is also a big reason. Many times coaches focus more on training those boys who have more money for training. Women's sports are often underrepresented in the media, making it difficult for female athletes to gain recognition and sponsorship opportunities. Suggestions

To promote women's participation in sports, it is most important that they get the support of their families. Apart from this, the state governments should organize seminars and camps related to participation in sports so that women as well as their families are made aware about sports. The schemes should be implemented in a little better manner so that all the needy people can avail the benefits. Apart from providing financial help to sportswomen, there is a need to provide sports related facilities too. Various sports competitions should be organized for women at the local level so that good players can be identified and their talent can be enhanced. In the end, we can say that the excellent performance of Indian women in the Olympics and Paralympics is an indication that a wave of change has started which will go a long way. Only practical and social change will open the doors for women to come forward. As women become capable of taking their own decisions regarding education, career and life, people will also start accepting it and their participation in fields like sports will also increase. In short, we all have to get out of our traditional thinking and accept that "medalists do not grow on trees, they have to be made, with love, hard work and dedication."

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

## Renowned educationists, leaders, social workers gathered for Antim Ardaas in Chandigarh

### Top News Report

JAMMU, Mar 31: Renowned Educationist Prof. Roshan Lal Kataria, Founder of Aryans Group of Colleges, Rajpura near Chandigarh passed at the age of 76 on 26th March, 2025. The Bhog and Antim Ardaas was done at Shri Sanatan Dharm Mandir, Sec-16 D Chandigarh. Hundreds of people paid tribute to Prof Roshan Lal Kataria, Founder Aryans Group and conveyed their condolences.

His son, Dr. Anshu Kataria, Chairman, Aryans Group along with his mother Rajni Kataria and wife Dr Parveen Kataria received condolences from the attendees.

Several prominent figures attended the ceremony, including Satpal Jain, Additional Solicitor General of India; Kuljeet Nagra, Vineet Joshi were present.

KK Yadav, Principal



Secretary, Higher Education, Government of Punjab; IAS Vimal Setia, Joint Principal Secretary to the Chief Minister, Punjab; Arun Sharma, PCS, Deputy Director, Rural Development; Dr HK Bali, Renowned Cardiologist, Arun Grover EX VC, paid the tribute. Representatives from various educational institutions and associations were present including Punjab Unaided Colleges Association, Punjab Unaided Technical Institutions Association, Joint Association

of Colleges, Nursing Association, Chandigarh Management Association, Pharmacy Association and various academicians from Adesh University, Chandigarh University, Bahra University, Guru Kashi University, CGC Jhanjheri, AGC, SVIET, Quest, Golden, Baba Farid, Universal, LGC Ludhiana, GGS Nursing Barnala, GGS Sachdeva, PIMT, Khanna Gurdass Das, Bathinda, Baba Farid Bathinda, Vidya Jyoti, Longowal Group, Dr. Shailesh Sharma Bela

Group, Dr Ajay Sharma, SD College; Sec 32, Chandigarh Prof Rupinder Tiwari, Abhimanyu Puchi, Saurabh Joshi, Narinder Lamba were present.

From Panjab University Chandigarh's alumni Association, Padamnabhin Walia, Adv Anil Sagar, Adv Baljinder Brar, Naresh Maluja, Rajesh Kataria, Suman Summi, Rajesh Ahuja, DSP Ucece Chawla, Rakesh Arora & from media sector, Kewal Sahni, Hilary Victor, Mukesh Kumar, Rajesh

Monga were present.

From Rose club Group, Deshbandhu Uppal, HS Malhi, Jay Prakash Verma, Yogesh Kohli, Surjeet Singh, Varinder Gupta, Vinay Jain, Dr Ashwani Biana, Dr Ruchit Uppal were present.

BJP Muktsar leader Ravinder Kataria, State Awardee Chanchal Kataria, Bittu Bitti Kataria (Baghapurana) were also present.

Prof Roshan Lal Kataria was the founder of Aryans Group of Colleges. Prof. Roshan Lal Kataria was renowned educationist who taught in various educational institutions including Government College, Muktsar, Govt. College, Zira & DAV School, Muktsar.

He started Aryans Group of Colleges in 2007. Now the group is Running 8 different colleges in 20 Acre lush green campus on Chandigarh -Patiala highway.

## Dimple celebrates Eid with Muslims brothers

### Top News Report

JAMMU, Mar 31: In a heartwarming display of communal harmony, Hindus joined their Muslim brothers in celebrating Eid with great joy and brotherhood at Eidgah on Residency Road, Jammu. The event was marked by shared celebrations, patriotic fervor, and a call for peace and unity in the region.

Sunil Dimple, President of Mission Statehood Jammu Kashmir, visited Eidgah to extend his greetings and celebrate Eid with the Muslim community. During the occasion, Muslim brothers presented the national Tricolor Flag, symbolizing their commitment to a united and strong India. The gesture highlighted the deep-rooted bonds of fraternity and mutual respect among different religious communities in Jammu and Kashmir.

Dimple, while addressing the gathering, prayed for the restoration of Jammu & Kash-

mir's Dogra state, the reinstatement of Article 370, and the strengthening of communal harmony, peace, and prosperity in the region.

He also sent a strong message to the nation and the Organization of Islamic Cooperation (OIC), emphasizing that Hindus, Muslims, Sikhs, and people of all religions in Jammu & Kashmir seek to live in peace and brotherhood. He urged external forces not to disturb the region's hard-earned normalcy. Responding to media questions, Sunil Dimple criticized Union Home Minister Amit Shah's recent remarks regarding the non-committal stance on restoring Jammu & Kashmir's statehood.

He reiterated that Article 370 was never responsible for militancy and argued that the surge in militancy in the otherwise peaceful Jammu region after its abrogation indicates that its removal served political agendas rather than addressing security concerns.

The Eid celebrations saw Muslim brothers proudly raising slogans such as "Sare Jahan Se Accha Hindustan Hamara" and "Bharat Mata Ki Jai," reinforcing the spirit of nationalism. The event concluded with a warm welcome for Sunil Dimple, as community members presented him with the national flag and hailed him as a trusted voice fighting for the identity, culture, and history of Jammu & Kashmir's Dogra state.

Several prominent leaders attended the event, including Rattan Lal Gupta, Tajinder Singh, Sujja Jafar (Chairman, Muslim United Front), Vijay Lochan, Kamran, Shabbir Khan (President, MDF), Shafi, Ayub Khan, Rafiq, Majid Khan, Ibrahim, and Akbar Khan, among others. Their presence underscored the importance of communal unity and the shared aspirations for peace and development in the region.



## Moksh 2025: Sugandha Mishra's laughter riot, Kutle Khan's rock beats electrify Shoolini University

### Top News Report

JAMMU/ SOLAN, Mar 31: The annual cultural festival of Shoolini University, Moksh-2025, featured a series of performances, competitions, and award ceremonies. Nishay Tripathi was awarded the title of Moksh, while Samiti Manta won the title of Moksh 2025.

The opening event included a rap performance by Sonia Rapper Club, followed by the Dhawani Band from Shoolini University, engaging the audience with their musical set.

A traditional Bhangra and Natti performance added vibrancy to the evening, while the Saksham Dance Club entertained with a Bollywood dance sequence.

The Shoolini University Nati Club presented a traditional Himachali Nati dance, which received an enthusiastic response.

The Mr. and Ms. Moksh fashion show was judged by Mrs. Aruna Mehta, Jyotika Dilaik, and Rajat Sharma.

The Himalayan Queen contest, celebrating



Himachali women aged 17 to 25, saw Shreshtha win the title of Queen of the Himalayas and receive a cash prize of 7500 and Lakmé gift voucher.

Sunita secured the runner-up position and was awarded with 5000 cash prize and Moto Shade gift. Performance by Shubham Band, alumni of Shoolini University, their lively music, humorously called 'Tape Recorder,' had everyone clapping and cheering.

Renowned singer from Himachal Pradesh AC Bhardwaj was the star

night on day one and received large applause from the audience.

The second day began with a Kavi Sammelan, featuring poets who presented their compositions to an engaged audience.

The Women of Substance Award, dedicated to Vandana Sharma's legacy, was judged by Taruna Mehta and Shashi Julka.

Dr. Aditi Sharma, Associate Professor at the School of Pharmaceutical Sciences, won the award and Rs 7,500, while Pooja Verma from

the Department of Student Welfare (DSW) was the runner-up she was also awarded with gift and cash prize 5000 Rs.

In the student category, Ranu from BBA won first prize with a cash award of Rs 7,500, while Kushi from Biotechnology secured the runner-up position won 5000 cash Prize.

Poonam Nanda, Director of Sustainability and Community Engagement at Shoolini University, was honored with the title of "Soul of Woman of Substance." She also coordinated all

programmes of Moksh.

A special dance performance by 11-year-old Rishab Rana from Himachal Got Talent captivated the audience. The Shoolini Katha Club organised a fashion show showcasing ramp walk and exciting array of outfits designed by students. The night concluded with an EDM performance by Carnivore.

The final day of Moksh 2025 started with the prize distribution ceremony, recognising contributions from various student committees and faculty coordinators. Prem Bhatti received an award for excellence in photography.

Comedian Sugandha Mishra, known for her appearances on The Kapil Sharma Show, entertained the audience with her humour, storytelling, comedy, and singing.

The festival concluded with a rock performance by renowned singer Kutle Khan. His fusion of Rajasthani folk and contemporary rock energized the crowd, marking a memorable end to Moksh 2025.

## Farewell accorded to Behari Lal on superannuation

### Top News Report

KATRA, Mar 31: Shri Mata Vaishno Devi University (SMVDU), Katra, organized a farewell ceremony for Behari Lal, Helper Plumber, on the occasion of his superannuation after 20 years of dedicated service to the University. Speaking at the event, University Engineer, Er. Kamal Sharma, commended Mr. Behari Lal for his exemplary contributions and unwavering commitment over the years. The ceremony was attended by his family, friends, and colleagues, who extended their best wishes for his future endeavors.

On this special occasion, Prof. Pragati Kumar, Vice-Chancellor, SMVDU, along with faculty and staff members, conveyed their gratitude and wished Mr. Behari Lal a happy, healthy, and fulfilling post-retirement life.



## Sajjad Ahmad extends Eid ul-Fitr greetings

### Top News Report

SRINAGAR, Mar 31: As the joyous occasion of Eid ul-Fitr approaches, Sajjad Ahmad Sholla, the heart and soul behind the President Smile Foundation NGO, is reaching out with warm wishes that resonate with hope and togetherness.

In his heartfelt message, Sholla expressed, "Eid ul-Fitr is not just a celebration; it's a reminder of the strength of community and the bonds we share. Let's cherish these moments and spread kindness to those around us." His words reflect the spirit of the season, emphasizing generosity and con-



nection, which are so vital during these times.

This Eid, the President Smile Foundation is not only celebrating with joy but also encouraging everyone to extend their hands to those in need. Sholla continued, "As we gather with our loved ones, let's remember those who may be

struggling. A small act of kindness can light up someone's world."

The foundation is committed to making a difference in the lives of many, and this Eid, they're inviting everyone to join in the spirit of giving. Whether it's sharing a meal, offering a helping hand, or simply checking in on a neighbor, every little bit counts. So, as we prepare to celebrate this beautiful festival, let's carry forward the message of love, unity, and compassion that Eid ul-Fitr embodies. From all of us at the President Smile Foundation, may your Eid be filled with joy, laughter, and the warmth of togetherness.



### Top News Report

NEW DELHI, Mar 31: Aam Aadmi Party (AAP) leader and social activist Gurmeet Singh Baaghi extended his heartfelt greetings to Muslims around the world on the auspicious occasion of Eid al-Fitr. Recognizing the significance of this

## AAP leader Gurmeet Baaghi extends Eid greetings to Muslim brothers

joyous festival, he conveyed his best wishes for peace, prosperity, and unity among communities.

Eid al-Fitr, marking the end of the holy month of Ramadan, is a time of celebration, prayer, and reflection. Muslims observe this festival by performing a special morning prayer, engaging in acts of charity, and sharing meals with family and friends. The holiday serves as a reminder of gratitude and the importance of helping those in need

through Zakat al-Fitr, a mandatory charity collected before the prayer and distributed to the less fortunate.

In his message, Baaghi emphasized that Eid is not merely about wearing new clothes but about renewing oneself spiritually and emotionally. He highlighted the festival's deeper meaning—spreading happiness, alleviating the suffering of others, and fostering harmony within society. "Eid is an occasion where communities come together in

celebration, but its true essence lies in uplifting those who are struggling," Baaghi stated. "We cannot truly celebrate unless we bring joy to those in distress and share in their burdens. Let this Eid be a moment of renewal, compassion, and unity."

Acknowledging the ongoing challenges faced by various communities, he also urged people to prioritize the safety and well-being of their loved ones while partaking in the festivities. "I extend my warm-

est Eid greetings to the entire Muslim community around the world. May this Eid bring an end to all worries and usher in a period of peace and happiness for all," Baaghi concluded.

Eid al-Fitr is celebrated in diverse ways across different cultures, but its universal message remains one of love, generosity, and gratitude. As Muslims around the world gather to mark this special day, the call for unity and kindness resonates more than ever.

## Tamannaah Bhatia, Malaika Arora, among others, light up the ramp at Lakme Fashion Week 2025



Tamannaah makes heads turn

Actress Tamannaah Bhatia made heads turn as she walked the ramp for Falguni Shane Peacock at the Lakme Fashion Week 2025. Tamannaah looked gorgeous in a corset-like top that featured golden and silver embellishments. She paired it with a black inner layer. "I actually feel every fashion show is different and every designer has a very different ethos, and sometimes even the collections that they do are based on very different things. I guess the walk is different every time, you know, the expression with which you

carry it is different every time," she said.

Kubbra goes for comfort

Actress Kubbra Sait turned showstopper for designer Namrata Joshipura's athleisure collection. She walked the runway in two outfits—red zig-zag striped ensemble and animal-printed knee-length shorts with open jacket. For Sait, comfort comes first when it comes to athleisure. "The fabric also needs to be breathable, you need to feel like it's a nice hug. Sometimes your fabric bites into your skin, and you don't feel very comfortable. It needs to be

buttery and this is buttery, it's fun, I like that."

Malaika loves athleisure

Model-actress Malaika Arora walked the ramp for designer Namrata Joshipura's athleisure collection. Arora walked to the beats of rapper Hanumankind's latest song Run It Up in a blingy black onesie with a jacket. She completed her look with a sleek ponytail and black pencil heels. "Athleisure is a huge business. I'm somebody who truly stands for athleisure. I propagate it. I wear it, I'm all for it... Athleisure is here to stay," Arora said. Athleisure

is casual, comfortable clothing designed to be suitable both for exercise and everyday wear.

Bhumi rocks in casuals  
Actress Bhumi Pednekar was the showstopper for fashion designer Amit Aggarwal's collection, which focused on easy dressing and comfort. The actress wore a white shirt paired with black pants, a pink metallic corset and a tie. In her confident ramp walk at the fashion gala, the actress exuded oomph and style. "Fashion for me is a form of self-expression. It's a very integral part of who I am because I thoroughly

enjoy it. I really love experimenting with my fashion choices, like I do with my films. I think my fashion choices are rather unconventional, and it's been this journey of self-discovery," Bhumi said.

Karan dazzles in black  
Filmmaker Karan Johar stole the show in his black outfit as he turned showstopper for Falguni Shane Peacock. Karan's outfit depicted bold, intricate designs and the black colour just perfectly embodied power and dominance. The collection, a blend of couture craftsmanship and modern design, was a visual masterpiece.

## Young director-choreographer Saurabh Prajapati believes in learning with each step

India's youngest director-choreographer Saurabh Prajapati, who was a part of the Bollywood Music Project 2025, choreographed for noted singer Badshah. "The line-up was so good with so many great names.

All of them came together in one stage - Badshah, Neha Kakkar,

Gippy Grewal, Daler Mehndi, Sunanda Sharma, Asees Kaur, Dhavani Bhanushali, Divya Kumar, Varun Jain and many more. I have choreographed for Badshah, who was the lead person in Bollywood Music Project 2025.

He was the show stopper and made it

memorable for Delhi-Gurugram audience," he said.

"The venue was fully packed and the energy was insane. It's very rare I think because Bollywood Music Project is the only platform where so many artistes come together and perform in front of a live audience. I had great time working on this project. Looking at so many talents, you absorb so many things. As a performing artiste every new thing I do, I learn, I introspect and that makes me a better professional."

After working in numerous music videos with big names like Sunidhi Chauhan, Monali Thakur, Jubin Nautiyal, Yo Yo Honey Singh, Neha Bhasin and films, he has also started working in commercials.

In the past he has also worked in commercials with Mumbai Indians, Chennai Super Kings and recently Saurabh shot a commercial with Jigra actor Vedang Raina.



## Akshay Dev Bindra shoots for Kumkum Bhagya despite a hairline fracture

Zee TV's beloved show Kumkum Bhagya has been enthralling audiences with its gripping storyline and unexpected twists post its recent generational leap. As the show gears up for an emotionally charged sequence in the upcoming episodes, actor Akshay Dev Bindra, who plays the role of Raunak, showcased his unwavering commitment to his craft as he continued to shoot for the show, despite sustaining a hairline fracture.

"The sequence was dramatic because I had to get into a proper physical battle. The team had made sure that all the safety measures were in place, but unfortunately I happened to injure my right little finger. It is a hairline fracture, however, initially, I had just felt some pain. In the heat of the moment, I didn't realise that it would be a fracture, but as soon as



the pain started intensifying, I realised it wasn't something normal. The doctors confirmed that it was a fracture, but that hasn't stopped me from shooting.

The show must go on, right? The cast and crew have been incredibly supportive, taking

great care of me while ensuring that I get the necessary rest and medication. I am truly grateful for their concern and best wishes. Knowing that so many people care for me keeps me motivated and makes this journey even more special."

## Here are Bollywood actors who have embraced sustainable ways of travel

In an era where climate change and sustainability are at the forefront of global conversations, Bollywood celebrities are setting an example by opting for eco-friendly modes of transportation. Ditching luxury cars for greener alternatives, these actors are making conscious efforts to reduce their carbon footprint, while staying fit and navigating traffic efficiently. Several Bollywood stars have taken up sustainable travel methods, proving that reducing emissions doesn't have to come at the cost of convenience or style. Whether it's cycling through the city or gliding on roller skates, these celebrities are making smart, eco-conscious choices.

Gliding effortlessly  
Tiger Shroff—Roller Skates

Known for his agility and love for fitness, Tiger Shroff has taken an unconventional approach to commuting—roller skates. Gliding effortlessly, Tiger



not only avoids traffic congestion but also promotes an active lifestyle, while keeping his carbon footprint minimal.

Efficient way  
Aditya Seal—EVO Scooter

Actor Aditya Seal has been spotted riding adult EVO scooter, an innovative and efficient way to travel short distances in the vicinity of where he lives. These electric scooters are lightweight, easy to ride and help reduce urban pollution, making them a perfect alternative to traditional vehicles.

Great workout  
Saiyami Kher—Cycle  
Actress Saiyami Kher has embraced cycling as her preferred mode of transportation. Whether it's for leisure rides or daily commutes, cycling not only benefits the environment but also offers an excellent workout. Her commitment to a healthier and greener lifestyle is truly inspiring.

Efficient way  
Arjun Kapoor—Electric Scooter

With Mumbai's infamous traffic jams, Arjun Kapoor has found an efficient way to navi-

gate the city—riding an electric bike. Offering speed, convenience and zero emissions, electric bikes are a smart choice for urban mobility and promote sustainability.

Greener alternative  
Angad Bedi—Cycle  
Angad Bedi, by choosing a cycle over conventional vehicles, not only contributes to reducing pollution and traffic congestion but also encourages others to embrace greener alternatives for daily travel. His commitment to sustainability reflects a growing trend among celebrities

adopting environmentally responsible choices in their everyday lives.

Sustainable living  
Neha Dhupia—Cycle  
Actress and environmental advocate Neha Dhupia is making a conscious effort to reduce her carbon footprint by opting for a bicycle as her preferred mode of urban commuting.

Often spotted cycling around the city, Neha promotes a healthier and more eco-friendly lifestyle, setting an example for sustainable living.

Setting an example  
Kunal Khemu—EVO Scooter

Actor and director Kunal Khemu is making an eco-friendly statement by opting for adult EVO scooters as his preferred mode of transport for short distance travel around his neighborhood.

Frequently spotted riding the sleek and efficient electric scooter, Kunal is setting an example of sustainable urban commuting.

## Pulkit Bangia finds his role in Kaise Mujhe Tum Mil Gaye challenging



Pulkit Bangia is enjoying his stint in Zee TV's popular show Kaise

Mujhe Tum Mil Gaye. About his character, he shared, "Abir's char-

acter is a challenging yet exciting one. From Abir's point of view his actions are justified—he believes he is fighting for his love and sees Virat as an obstacle. He is willing to go to any length to be with Amruta.

He started as a positive character, but his emotions have led him down a morally grey path. This character is layered, and playing a negative role comes with its own challenges. Such roles push you to explore deeper emotions as an actor, and I've truly enjoyed this transition. Developing Abir's perspective has been a great learning experience, and I'm excited to see how the audience reacts to it."

## Actress Sherleen Dutt loves to explore new places



Sherleen Dutt, known for her roles in KINK, Honey Trap Squad, and web series like Koi Jaye Toh Le Aaye and Shringarika, finds joy in exploring new places when she's not working. She shares that travel and fashion are two of her greatest passions, alongside her love for spirituality and manifestation. "When I'm not working, I love traveling, reading about spirituality and manifestation, and spending quality time with my close ones. Fashion is another creative outlet for me—I enjoy experimenting with different styles.

## Randeep R Rai joins the cast of Anupamaa

The show Anupamaa on Star Plus is set to take an explosive turn with yet another power-packed entry. Deepa Shahi and Rajan Shahi, known for their exceptional storytelling and dynamic character introductions, are bringing in Randeep R Rai, adding an exciting new dimension to the narrative.

After the recent entry of Manish Goel, which left fans intrigued, the makers are now introducing Randeep Rai in the role of Mohit (Akela), a character that promises unpredictable twists and emotional upheavals. According to the makers, Mohit (Akela) will play a crucial role in reshaping the storyline, bringing mystery into



Rahi and Prem's journey. Randeep's character will be a game-changer in Anupamaa's

world. His presence is expected to challenge relationships and spark intrigue.

## PM Modi greets people on Eid

NEW DELHI, Mar 31 (Agencies): Prime Minister Narendra Modi on Monday greeted people on Eid-ul-Fitr and wished that the festival enhances the spirit of hope, harmony and kindness in society.

Eid-ul-Fitr marks the culmination of the fasting month of Ramzan.

In a post on X, Modi said, "Greetings on Eid-ul-Fitr. May this festival enhance the



spirit of hope, harmony and kindness in our society. May there be

joy and success in all your endeavours. Eid Mubarak!"

## Aurangzeb's tomb is a protected monument, but his glorification will not be allowed: Fadnavis



MUMBAI, Mar 31 (Agencies): Maharashtra Chief Minister Devendra Fadnavis on Monday said whether people like Mughal emperor Aurangzeb or not, his tomb is a protected monument, but his glorification will not be allowed.

Talking to reporters in Nagpur, Fadnavis said structures "outside the purview of law" should be removed.

"Whether we like Aurangzeb or not, his tomb is a protected monument. We will not allow anyone to glorify him," he said.

Right-wing organisations have been demanding the removal of the 17th-century Mughal ruler's tomb at Khultabad town in Chhatrapati Sambhajinagar district.

Rumours about a "chadar" with holy inscriptions being burnt during protests led by the Vishwa Hindu Parishad (VHP) seeking the removal of the tomb triggered violence in Nagpur earlier this

month.

Fadnavis further dismissed Congress leader Sonia Gandhi's remarks in an article criticising the New Education Policy 2020, claiming that the Centre was using it to communalise education.

"We are Indianising education. The British introduced an education system aimed at making Indians their subordinates. There should be no opposition to Indianising education. Any patriot would support it. Sonia Gandhi should gather proper information and support this initiative," he said.

He cited a letter by British historian T B Macaulay that stated that unless the then education system was changed, the British would not be able to rule the country.

Asked about the Maharashtra Navnirman Sena (MNS) demanding the use of Marathi in banks, the chief minister said the language should be

used wherever expected, and there is nothing wrong with it.

He, however, urged that no one should take the law into their hands.

The chief minister said that the government has undertaken some missions for the 2027 Kumbh Mela at Nashik and the cleanliness of rivers.

"We have undertaken some missions, but these works take time. Effluents from municipal corporations, councils, towns, and industries must be treated before being released into rivers. We support the setting up of treatment plants. When the Kumbh Mela begins, clean water will be available for the holy dip," he said.

Fadnavis said power tariffs will be reduced step by step over the next five years.

"The Maharashtra Electricity Regulatory Commission (MERC) has accepted petitions, and there is a difference of opinion between MERC and the state government on calculation methods. A revised petition will be submitted to remove confusion. People will get cheaper power, and the distribution company, which is currently under Rs 70,000 crore to Rs 80,000 crore debt, will be debt-free in the next four to five years."

## Aurangzeb tomb matter being raised unnecessarily: RSS leader Suresh Joshi

NAGPUR, Mar 31 (Agencies): Amid the demand from some right-wing outfits for the removal of Mughal emperor Aurangzeb's tomb, senior RSS leader Suresh 'Bhaiyyaji' Joshi on Monday said the topic has been raised unnecessarily.

Whoever has faith will visit the structure, located in Maharashtra's Chhatrapati Sambhajinagar, the Rashtriya Swayamsevak Sangh (RSS) leader told reporters to a query on the sidelines of a programme in Nagpur.

Notably, Maharashtra Navnirman Sena chief (MNS) Raj Thackeray on Sunday slammed attempts to incite communal tension over Aurangzeb's tomb and said history shouldn't be viewed from the prism of caste and religion.

He also asked people not to rely on WhatsApp forwards for historical information.

Thackeray also said the Mughal ruler wanted to "kill a thought called Shivaji" but failed and died in Maharashtra.

Afzal Khan, the Bijapur general, was buried near the Pratapgadh



Fort and it couldn't have been done without Chhatrapati Shivaji Maharaj's permission, the MNS chief had said.

Rumours about a "chadar" with holy inscriptions being burnt during protests led by the Vishwa Hindu Parishad (VHP) seeking the removal of the tomb triggered violence in Nagpur earlier this month.

Asked about Raj Thackeray's comments and the issue of the Mughal emperor's tomb, Joshi said, "The topic of Aurangzeb's tomb has been raised unnecessarily. He died here (in India), so his tomb has been built here. Those who have faith will go."

"We have Chhatrapati Shivaji Maharaj's adarsh (role model), he had built the tomb of Afzal Khan. This is a symbol of India's generosity and inclusiveness. The tomb will remain, whoever wants to go will go," the former RSS general secretary added.

Earlier this month, RSS chief spokesperson Sunil Ambekar described the 17th-century Mughal emperor Aurangzeb as "irrelevant".

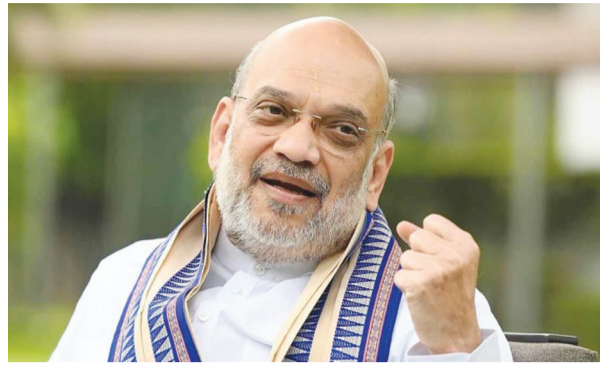
## Modi govt uplifted India's health infrastructure, says Amit Shah in Hisar

HISAR, Mar 31 (Agencies): Union Home Minister Amit Shah on Monday said that the Narendra Modi government, over the past decade, has uplifted India's health infrastructure by taking a holistic approach to improve the health sector across the entire country.

Shah stated that the health infrastructure has been improved from the primary to tertiary level.

He was addressing a gathering after unveiling a statue of Maharaja Agrasen at the Maharaja Agrasen Medical College campus in Agroha here.

On the occasion, he also inaugurated the newly built ICU and laid



the foundation stone for the postgraduate hostel. Shah highlighted several initiatives of the Narendra Modi government taken in various fields.

He mentioned that 25 crore people have been lifted out of poverty during the Modi government's tenure. Four crore houses have been built for the poor, provid-

ing shelter to 20 crore people, Shah said.

He also discussed the Central government's provision of free food grains to over 81 crore beneficiaries under the Pradhan Mantri Garib Kalyan Anna Yojana and the provision of toilets to every household under the Swachh Bharat Mission.

"Until 2014, 12 crore families in this country did not have toilets. Imagine the plight of girls in families without toilets," Shah said.

He emphasised that much work has been done by the Modi government to uplift medical infrastructure.

"In 2013-14, the Government of India's budget for the health sector was Rs 37,000 crore, and in 2025-26, it will be Rs 1.37 lakh crore," he said.

When Narendra Modi became PM, there were seven AIIMS in the country, six of which were established during the Atal Bihari Vajpayee-led government. Now, there are

23 AIIMS. The number of medical colleges has increased from 387 to 766. The number of MBBS seats has grown from 51,000 to 1.15 lakh, with an additional 85,000 seats set to be added in the next five years, he added.

Haryana Chief Minister Nayab Singh Saini, state BJP Chief Mohan Lal Badoli, state health minister Arti Singh Rao, minister Ranbir Singh Gangwa, BJP MP from Kurukshetra Naveen Jindal, Chairperson Emeritus of the Jindal Group, Independent MLA from Hisar Savitri Jindal, former Rajya Sabha MP D P Vats and others were present on the occasion.

## 'Carnage' of India's public education system must end: Sonia Gandhi

NEW DELHI, Mar 31 (Agencies): Congress leader Sonia Gandhi on Monday slammed the Modi government's education policy, charging its core agenda is centralisation of power, commercialisation and outsourcing of investments to the private sector, and communalisation of textbooks.

Noting that these three Cs haunt Indian education today, the Congress Parliamentary Party chairperson said in an article that this "carnage" of India's public education system must end.

In the article "The '3Cs' that haunt Indian education today" in The Hindu, Gandhi said the introduction of the high-profile National Education Policy (NEP) 2020, has hidden the reality of a government that is profoundly indifferent to the education of India's children and youth.

"The Union Government's track record over the last decade has convincingly demonstrated that in education, it is concerned only with the successful implementation of three core agenda items — the centralisation of power with the Union Government; the commercialisation and outsourcing of investments in education to the private sector, and the communalisation of textbooks, curriculum, and institutions," she

said.

Gandhi charged that "unchecked centralisation" has been the hallmark of this government's functioning over the last 11 years, but its most damaging consequences have been in the domain of education.

She noted that the Central Advisory Board of Education (CABE), comprising ministers for education in both the Union and state governments, has not been convened since September 2019.

Even while adopting and implementing a paradigm shift in education through the NEP 2020, the government has not seen it fit to consult state governments on the implementation of these policies even once, she noted.

"It is a testament to the Government's singular determination not to heed any voice other than its own, even on a subject that is squarely in the Concurrent List of the Indian Constitution," she claimed in the article.

"The lack of dialogue is accompanied by a 'bullying tendency'. Among the most disgraceful acts committed by this government is the coercion of state governments to implement the PM-SHRI (or PM Schools for Rising India) scheme of model schools by withholding the grants due to them



under the Samagra Shiksha Abhiyan (SSA) as leverage," she said.

She also referred to the draft University Grants Commission (UGC) guidelines of 2025 as "draconian", claiming they have fully written out state governments from the appointment of Vice-Chancellors in universities established, funded, and operated by them.

She charged that the Union government has given itself—through the governors who are typically designated as chancellor of the University — near-monopoly power in the selection of vice chancellors in state universities.

"This is a back door attempt to convert a subject in the Concurrent List into the sole preserve of the Union government and represents one of the gravest threats to federalism in today's times," she charged.

The former Congress president also alleged that the Narendra Modi government's commercialisation of the educa-

tion system has been happening in plain sight, in full compliance with the NEP.

She claimed the country's poor have been forced out of public education, and into the hands of a prohibitively expensive and under-regulated private school system.

In higher education, the government has introduced the Higher Education Financing Agency (HEFA) as a replacement to the University Grants Commission's erstwhile system of block-grants, she said.

"The Union government's third thrust is on communalisation, the fulfilment of the long-standing ideological project of the Rashtriya Swayamsevak Sangh and the Bharatiya Janata Party, of indoctrinating and cultivating hatred through the education system," the Rajya Sabha MP said.

She alleged that textbooks of the National Council of Educational Research and Training (NCERT), the backbone

of the school curriculum, have been revised with the intention of sanitising Indian history.

"Mahatma Gandhi's assassination and the sections on Mughal India have been dropped from curricula. In addition, the Preamble to the Indian Constitution was dropped from textbooks, until public backlash forced the Government to commit to mandatory inclusion once again," she said.

"In our universities, we have seen the large-scale hiring of professors from regime-friendly ideologically backgrounds, no matter the comically poor quality of their teaching and scholarships," she said, claiming that leadership positions in key institutions even in IITs and IIMs have been reserved for "pliant ideologues".

Over the last decade, she said, the education systems have been systematically cleansed of the spirit of public service and education policy has been sanitised of any concerns about access to and the quality of education.

"The consequences of this single-minded push for centralisation, commercialisation, and communalisation have fallen squarely on our students. This carnage of India's public education system must end," Gandhi said in the article.

## 2 children die as fire breaks out at Delhi house

NEW DELHI, Mar 31 (Agencies): Two children died in a fire at their house in Punjabi Bagh in West Delhi, a police officer said on Monday.

The deceased were identified as Sakshi (14) and her brother Aakash (7).

According to a fire department officer, a call regarding a fire at a house in West Delhi's Manohar Park area was received at 8.20 pm on Sunday following which two fire engines were rushed to the spot.

"The fire was in an LPG cylinder and three people were injured, of whom two were rushed to a hospital in an extremely critical condition," the fire officer said.

The police had also been alerted and a team of cops, including the Punjabi Bagh SHO, reached the spot.

The deceased kids' mother, Savita, told the police that the incident took place around 8 pm when she was cooking food that a nearby cloth caught fire.

"At that time, her son and two daughters were present in the room. She and one of her daughters, Meenakshi, got out unharmed; however, her other daughter, Sakshi, and son, Aakash, were trapped in the fire," a police officer said.

"The children were taken to Acharya Bhikshu Hospital, Moti Nagar, where they were declared dead due to 100 per cent burns," the officer said.

The father of the deceased children works as a security guard with a private firm and was at work at the time of the incident.

## Nearly 100 fall ill after consuming food items made of buckwheat flour during Navratri in Dehradun

DEHRADUN, Mar 31 (Agencies): Nearly 100 individuals have fallen ill due to food poisoning linked to the consumption of buckwheat flour (kuttu ka aata) during the Navratri fasting period.

A significant number of patients have been admitted to Coronation and Doon Hospitals in the capital city.

Health Minister Dr. Dhan Singh Rawat visited the Dehradun District Hospital to check on the affected individuals. "We are ensuring that all necessary measures are taken for the treatment of those affected," he stated, emphasising the importance of providing quality care.

He also instructed hospital administration to enhance treatment protocols for the patients. Upon learning of the incident, Chief Minister Pushkar Singh Dhama rushed to the hospital to inquire about the patients who had fallen ill.

Later, while speaking to reporters, Dhama stated, "The flour was supplied from Saharanpur. The dealer's shop has been sealed, and notices have been issued to all other locations where the flour was distributed." "We have informed the Saharanpur administration about this matter," CM Dhama stated.

"The people who fell ill are receiving treatment here. Whoever is responsible for this will not be spared. An investigation is underway," CM added.

Reports indicate that the food poisoning was caused by the consumption of food items made of buckwheat flour (kuttu ka aata). In light of this incident, Health Minister Dr. Dhan Singh Rawat has directed local authorities to take strict action against those responsible.

Preliminary findings revealed that the contaminated flour had been distributed to various stores and warehouses in Dehradun, specifically in the areas of Vikas Nagar, Patel Nagar, and Kotwali.

In an immediate response, the police confiscated the affected buckwheat flour from the relevant shops and warehouses. Three shops in Saharanpur, from where the supply originated, have been sealed and other necessary action is being taken.

According to nutritionists, buckwheat flour is made from the seeds of the buckwheat plant, which, despite its name, is not related to wheat and is classified as a herbaceous crop. This flour is especially popular in India, particularly during fasting periods of Navratri.

## Woman pulled alive from rubble 3 days after Myanmar earthquake; toll nears 2,000

BANGKOK, Mar 31 (Agencies): Rescuers freed a woman from the ruins of a hotel in Myanmar, officials said on Monday, a glimmer of hope three days after a massive earthquake that killed around 2,000 as searchers in Myanmar and Thailand raced against time to find more survivors.

The woman was pulled from the rubble of the Great Wall Hotel in the city of Mandalay, according to a Chinese government post on Facebook.

Mandalay is near the epicentre of the 7.7-magnitude earthquake on Friday that wreaked mass devastation in Myanmar and damage in neighbouring Thailand.

In Bangkok, Thailand's capital, emergency crews on Monday resumed a desperate search for 76 people believed buried under the rubble of an under-construction skyscraper that collapsed.

After nearly three days, fears were growing that the rescuers would find more dead bodies, which could sharply raise Thailand's death toll that stood at 18 on Sunday.

In Myanmar, state media said



at least 1,700 people have been confirmed dead. The Wall Street Journal reported the death toll had reached 2,028 in Myanmar. Reuters could not immediately confirm the new death toll.

A rescue team carried a woman out of the rubble of the Great Wall Hotel in Mandalay nearly 60 hours after the quake hit, the Chinese embassy in Myanmar said in a Facebook post, adding she was reported to be in a stable condition. The United Nations said it was rushing relief supplies to estimated 23,000 quake-hit survivors in

central Myanmar.

"Our teams in Mandalay are joining efforts to scale up the humanitarian response despite going through the trauma themselves," said Noriko Takagi, the UN refugee agency's representative in Myanmar. "Time is of the essence as Myanmar needs global solidarity and support through this immense devastation."

India, China and Thailand are among Myanmar's neighbours that have sent relief materials and teams, along with aid and personnel from Malaysia, Sin-

gapore and Russia.

The United States pledged \$2 million in aid "through Myanmar-based humanitarian assistance organisations". It said in a statement that an emergency response team from USAID, which is undergoing massive cuts under the Trump administration, is deploying to Myanmar.

The quake devastation has piled more misery on Myanmar, already in chaos from a civil war that grew out of a nationwide uprising after a 2021 military coup ousted the elected government of Nobel Peace Prize laureate Aung San Suu Kyi.

One rebel group said the military was still conducting airstrikes on villages in the aftermath of the quake, and Singapore's foreign minister called for an immediate ceasefire to help relief efforts. Critical infrastructure - including bridges, highways, airports and railways - across the country of 55 million lie damaged, slowing humanitarian efforts while the conflict that has battered the economy, displaced over 3.5 million people and debilitated the health system rages on.

## US airstrikes pound Yemen's capital overnight, killing at least 1, Houthi rebels say



DUBAI, Mar 31 (Agencies): Suspected US airstrikes struck around Yemen's rebel-held capital overnight into Monday morning, and the Iranian-backed Houthis said at least one person was killed.

The full extent of the damage and possible casualties wasn't immediately clear. The attacks followed a night of airstrikes early Friday that appeared particularly intense compared to other days in the campaign that began March 15.

The strikes around Sanaa, Yemen's capital held by the Houthis since 2014, also wounded four others, the rebels said. Their al-Masirah satellite news channel aired footage of broken glass littering homes after the concussive blast of the bombs, but continued not to show the targets of the attacks - suggesting the sites had a military or

intelligence function.

An Associated Press review has found the new American operation against the Houthis under President Donald Trump appears more extensive than those under former President Joe Biden, as the US moves from solely targeting launch sites to firing at ranking personnel as well as dropping bombs in cities.

The new campaign of airstrikes, which the Houthis now say have killed at least 59 people, started after the rebels threatened to begin targeting "Israeli" ships again over Israel blocking aid entering the Gaza Strip. The rebels in the past loosely defined what constitutes an Israeli ship, meaning other vessels could be targeted.

The Houthis had targeted over 100 merchant vessels with missiles and drones, sinking two vessels and killing four sailors from November 2023 until January of this year. They also launched attacks targeting American warships, though none has been hit so far.

The attacks greatly raised the Houthis' profile as they faced economic problems and launched a crackdown targeting any dissent and aid workers at home amid Yemen's decadelong stalemate war that has torn apart the Arab world's poorest nation.

## Nepal: Hundreds gather for mass prayer in mosque to mark Eid-ul-Fitr

KATHMANDU, Mar 31 (Agencies): The courtyards of Nepali Kashmir Jama Mosque in Kathmandu on Monday filled up with the faithful for the festival of Eid-ul-fitr, which marks the end of a month-long Ramadan fasting.

One of the revered festivals of the Islamic community, people observed it by reciting special Namaz and exchanging greetings with each other. The festival is celebrated after the conclusion of the dawn-to-dusk fasting during the entire month of Ramadan.

"After the Namaz ceremony in the morning we all gather together - brothers, mothers and other relatives come to same place. We enjoy the feast as well as pray together. We go around to relatives house, This is a day of happiness and celebration for us," Sheikh Tajiyawali, one of the Namaz attendees told agency.

On the day of Eid-ul-Fitr, Muslims gather mainly in mosques or any outdoor location in the early morning for prayer and break their fast with delicacies. Nepal's government declared a public holiday on Monday.

Eid-ul-Fitr- Arabic for "the feast of the breaking of the fast"- when Muslims return to their regular eating cycles after undergoing vigorous fasting spanning one month.

On this day, the Muslims typically enjoy a small breakfast ahead of morning prayers and then visit friends and relatives where a lavish feast is served.



Gifts are also exchanged with clothes the most popular presents.

The annual celebration of Eid-ul-Fitr is marked by the Prophet Mohammed in 624 CE following a victory in battle.

After a month of abstaining from food, drink, and other physical needs during daylight hours, Eid marks a time of festivity, where Muslims express their gratitude for the strength and patience shown during Ramadan.

Eid reinforces the values of charity, kindness, and compassion. In addition to giving Zakat, many people choose to help others by providing meals, clothing, and support to those less fortunate, reflecting the Islamic principles of empathy and care for others.

On the occasion of Eid, Nepal Prime Minister KP Sharma Oli extended his best wishes. Taking to social media, Oli conveyed his greetings, stating, "Today marks the celebration of Eid, an important and holy festival for Muslims, signifying the end of a month-long fast. The Islamic community is rejoicing in the completion of Ramadan. Best wishes to all on this auspicious occasion."

## "Tariffs will be more generous than other countries": US President Trump on the prospect of higher tariffs

WASHINGTON, Mar 31 (Agencies): US President Donald Trump outlined his administration's approach to upcoming tariffs, the auto industry, and the economy, stating that the US would be more generous than other countries.

When asked if tariffs will be set at higher rates the US president said, "No, the tariffs will be far more generous than those countries were to us, meaning they will be kinder than those countries were to the United States of America over the decades. They ripped us off like no country has ever been ripped off in history, and we're going to be much nicer than they were to us. But it's substantial money for the country nevertheless."

Addressing reporters here, Trump when pressed on how many countries would face



these tariffs said, "Essentially all of the countries that we're talking about. We'd be talking about all countries that are not cut off."

He pointed to historical trade imbalances, particularly in Asia, stating, "You go to certain places, go to Asia, and you take a look at every single country in Asia, at what they've done to the United States in trade... I wouldn't say anybody has treated us fairly or nicely. But we

are going to treat them. We're going to be much more generous to them in terms of heart."

Regarding outreach from car manufacturers, Trump dismissed any reconsideration of his plans, saying, "The automakers are going to make a lot of money. The American automakers or international automakers... They're going to build in the United States."

He emphasised the benefits of US-based

production, adding, "The people that are going to make money are people that manufacture cars in the United States. Outside of the United States, that's going to be up to them. I don't care too much about that."

Trump predicted unprecedented profits for US car manufacturers and other industries like chips, pharmaceuticals, lumber, and steel, provided they operate domestically.

The Trump Administration, in a policy announcement, declared a 25 per cent tariff on all imported vehicles entering the United States, a move he described as "very exciting" for domestic manufacturing.

The tariffs, set to take effect on April 2, will impact nearly half of all vehicles sold in the United States, including American brands

assembled overseas. The wide-ranging measure aims to incentivise car manufacturers to establish more production facilities within US borders.

Addressing economic concerns, particularly stagflation, Trump brushed off the notion, stating, "I haven't heard that term in years... This country is going to be more successful than it ever was. It's going to boom. You're going to have Boomtown USA."

He outlined a vision of self-reliance, saying, "We don't want to be buying our pharmaceuticals from other countries because if we're in a war, we're in a problem. We want to be able to make our own. We have our own energy... We don't need anything from Canada." Trump concluded.

## CFU extend Eid wishes, highlights ongoing persecution of Uyghurs by China

*As Ramadan concludes, CFU underscored their perseverance in enduring severe religious oppression and the systematic erasure of their ethnic and religious identity.*

WASHINGTON DC, Mar 31 (Agencies): Campaign for Uyghurs (CFU) extended warm Eid Mubarak wishes to all Muslim brothers and sisters around the globe. According to CFU, the Eid festivities for the Uyghur population are overshadowed by the ongoing genocide and attack on Islam perpetrated by the Chinese Communist Party (CCP).

As Ramzan concluded, CFU underscored their perseverance in enduring severe religious oppression and the systematic erasure of their ethnic and religious identity.

The persecution of Uyghurs has become more severe under the oppressive system of surveillance and coercion imposed by the CCP during this Ramzan, CFU reported. It has been indicated that Uyghurs are com-



pelled to record themselves while eating lunch to demonstrate they are not observing the fast, and the state organizes collective meals along with obligatory political "study sessions" to disrupt sahur (the pre-dawn meal) and iftar (the meal to break the fast).

Programs involving forced labor have also increased to monitor Uyghur workers and obstruct religious practices continuously. Those who oppose these measures face harsh penalties, which

may include confinement in so-called "re-education" camps, as reported by CFU.

Since 2017, approximately 16,000 mosques, representing two-thirds of the total in the region, have been either destroyed or damaged, frequently replaced by shopping centers and tourist attractions as part of the CCP's initiative to sanitize the genocide and disseminate propaganda.

The mosques that remain have had their Islamic symbols

removed and transferred into bars, cafes, and clubs, while religious leaders have been arrested and imprisoned, CFU detailed.

"As the Muslim community gathers to celebrate Eid-ul-Fitr, a time for joy, reflection, and unity, millions of Uyghurs are reminded of families separated and faith suppressed due to the ongoing genocide executed by the Chinese government. For them, Eid signifies increased surveillance, restrictions, and the

unending need to conceal their beliefs. The genocide has deprived the Uyghurs in the region of their freedom to observe this sacred day, and for the diaspora Uyghurs, the CCP has taken away their ability to celebrate alongside their loved ones," stated CFU Executive Director Rushan Abbas.

"My sister, Gulshan Abbas, continues to be unjustly imprisoned by the regime, spending yet another Eid apart from her children and grandchildren. As we commemorate this joyful occasion, we must keep in mind those who suffer in silence, amplify their voices, and fight for justice," he said.

CFU emphasized that this Eid-ul-Fitr, it is essential for individuals to express their solidarity with the Uyghur people as they strive for freedom, dignity, and the right to exist.

## UAE reaffirms commitment to global energy transition at BRICS meeting



BRASILIA, Mar 31 (Agencies): The United Arab Emirates has reaffirmed its commitment to advancing the global energy transition and strengthening international cooperation to ensure energy security, underscoring its position as a reliable strategic partner in this vital sector.

The pledge came during the participation of the UAE Ministry of Energy and Infrastructure in the Second Meeting of BRICS Committee of Senior Energy Officials, held in Brasilia, with the presence of high-level representatives from member states.

The meeting focused on achieving a balance between energy security and sustainable development, while promoting a shift towards a low-carbon future.

Participants highlighted the UAE's pioneering role in ensuring global energy supply security and its leading position in energy transition, hydrogen, and its derivatives.

The UAE Ministry of Energy and Infrastructure presented the country's accomplishments in the energy sector, including global leadership in universal access to electricity and clean cooking

fuels, investments in renewable and clean energy projects, and improved energy efficiency. These achievements reflect the UAE's dedication to fulfilling the United Nations Sustainable Development Goal 7.

The meeting also stressed the importance of implementing the outcomes of the historic "UAE Consensus" reached at COP28, which aims to triple global renewable energy capacity and double energy efficiency by 2030 - objectives that align with the BRICS vision for a sustainable, clean-energy future.



## Army celebrates Iftar at Hasplot, Parore Gujjaran



### Top News Report

RAJOURI, Mar 31: Keeping in view of maintaining cordial relations with local citizens and Indian Army organised a Iftar party on the occasion of Shab-e-Barat cum interaction with locals at Hasplot and Parore Gujjaran.

It was aimed to foster good relationships with religious mentors of society in area and hold the terrorist ecosystem at grassroot level.

The aim was to interact with locals and spread the message of harmony during the auspicious month of Ramzan. Evening Namaz was

attended by the troops followed by the Iftar for the invitees. Indian Army addressed the local people and conveyed about the significance of peace and coexistence of various communities in the society.

The Indian Army conveyed his good wishes to the villagers and thanked the local people for their support towards the Security Forces. A total strength of 575 locals and troops attended the event at Hasplot. The eve-

t was successful in reaching out to people, to read through the populace and create multiple footprints of ethni-

cal perception management across all villagers in a single timeframe.

This gesture and effort by the Indian Army were highly appreciated by the Awam and represented a progressive effort to strengthen trust between the Jawan and the Awam.

The Indian Army's commitment to maintaining peace in the area was clearly displayed. The celebration was overflowing with enthusiasm and the Indian Army once again extended a great gesture towards the consolidation of the Military-Civil bond.

## Army conducts Motivational Lecture for youth at Mandir Gala



### Top News Report

RAJOURI, Mar 31: The Indian Army organized a motivational lecture for local youth

at Mandir Gala, Rajouri. The event aimed to inspire and guide the youth on various aspects, including the benefits of joining the

Indian Army, applying for government jobs, excelling in sports and living a better life. A total of 20 local villagers attended the lecture, which was part of the Indian Army's ongoing efforts under Operation Sadbhavana.

The event provided a platform for the youth to interact with Indian Army personnel and gain valuable insights into various career options and opportunities.

The motivational lecture was designed to empower the local youth with the knowledge and confidence to make informed decisions about their future. By sharing their experiences and expertise, the Indian Army personnel inspired the attendees to strive for excellence and pursue their goals with determination and passion.

The Indian Army's initiatives under Operation Sadbhavana aim to foster goodwill, trust and cooperation between the Army and local communities.

The event in Mandir Gala was a significant step in this direction, demonstrating the Indian Army's commitment to the welfare and development of the region's youth.

## NGO Anmol Cultural Club distribute sweets & plants to Muslim community on Eid-ul-Fitr festival

### Top News Report

SUNDERBANI, Mar 31: Eid-ul-Fitr was celebrated with religious fervour and gaiety across at district Rajouri region on Monday.

Meanwhile president of NGO Anmol Cultural Club Sunderbani Zorawar Singh and social workers Joginder Bushey, Satnam Singh, Gurbachan Singh other hundreds of executive members a greets to Muslim community people with distribute sweets plants also at sericulture hall Sunderbani.

On the occasion, people, clad in colourful dresses, were seen attending congregation-

al prayers at Eidgahs, mosques and other places in Rajouri district amid tight security measures.

Prominent people of Muslim community Advocate Tariq Mirza, Nissar Ahmed, Retried tehsildar Rafiq Ahmed and others thanked the NGO Anmol Cultural Club for this great work.

Additional Deputy Commissioner (ADC) Sunderbani, Rajiv Magotra Tehsildar Sunderbani, Daljeet Singh, Station House Officer (SHO), Shivdev Singh, Block Medical Officer (BMO) Sunderbani, Meena Sharma, Forest Department & Social Forestry were also present.

## People across country celebrate Eid-ul-Fitr with joy and unity

observances but also a day to celebrate unity, love, and community spirit across India.

## Par Panel suggests penalties for IAS Officers for failure to file property details

the recruitment process to meet the growing demands of public administration.

Of the total authorised strength of 6,858 IAS officers (including 4,781 direct recruits and 2,077 promotees), 5,542 (3,987 direct recruits, 1,555 promotees) are in positions.

"The existing shortage of 1,316 IAS officers significantly impacts administrative efficiency and governance across various levels of the government. Given the urgency of filling these vacant posts, swift action is needed to enhance the recruitment process and meet the growing demands of public administration," the report said.

The panel said the Chandramouli Committee's report regarding the intake of direct recruit IAS officers

may be studied and implemented at the earliest.

The recommendations of the Committee chaired by C Chandramouli for intake scenarios of direct recruit IAS officers on the basis of civil services examination are currently under the government's consideration.

To ensure timely determination of vacancies in the IAS promotion quota, the Parliamentary committee recommended that the DoPT may initiate an online tracking and submission portal for state governments.

"This platform would allow state governments to submit their proposals electronically, track the progress of their submissions, and receive automated reminders

# Pakistan betrays Islam, spreading bloodshed amid sacred Eid: Purnima Flays NC, PDP for advocating talks with Pakistan that betrays Islam & Fuels Terror

### Top News Report

JAMMU, Mar 31: BJP J&K Spokesperson, Adv. Purnima Sharma, extended greetings to the people of Jammu and Kashmir on the auspicious occasions of Eid and Navratri. She wished for peace, prosperity, and harmony among all communities, emphasizing the cultural richness and unity of the region.

BJP Media Incharge Dr. Pardeep Mahotra and senior leaders Parmod Kapahi also accompanied Adv. Purnima Sharma, while she addressed a press conference at BJP headquarters, Trikuta Nagar, Jammu.

Addressing media persons, Adv. Purnima highlighted the significance of these sacred occasions.

"While we are cele-



brating Eid, a festival of peace, brotherhood, and devotion, and Navratri, a period of spiritual reflection and reverence for Goddess Durga, it is disheartening to see Pakistan, an Islamic country, continuing its age-old policy of exporting terror and shedding innocent blood. The recent Rajbagh encounter, in which our four brave soldiers attained martyr-

dom, is yet another grim reminder of Pakistan's nefarious designs," she stated.

She strongly criticized the National Conference (NC) and the People's Democratic Party (PDP) for persistently advocating dialogue with Pakistan, despite its relentless promotion of cross-border terrorism. "How can NC and PDP justify their stand on

talks with a nation that does not even uphold the values of Islam? True Islam stands for peace, compassion, and justice. Yet, Pakistan, in the name of religion, has become a breeding ground for terror, violating every principle of humanity and faith," she remarked.

Adv. Purnima reiterated that Pakistan has never respected

the teachings of Islam and has instead used its name to fuel terrorism, creating havoc in Jammu and Kashmir and across the world.

The senior BJP leader lauded the security forces for their unwavering commitment to safeguarding the nation and assured that the BJP government under the leadership of Prime Minister Narendra Modi remains steadfast in eliminating terrorism from Indian soil.

She urged the people of Jammu and Kashmir to stand united against divisive forces and strengthen the vision of a peaceful and prosperous region. "Let us celebrate these sacred occasions with the resolve to defeat terrorism and uphold the true values of our faiths," she added.

## Political shift in Bishnah constituency as more than 100 members join BJP

### Top News Report

BISHNAH, Mar 31: A significant political development unfolded in the Bishnah area on Monday as active members from various political parties like Congress, PDP, NC and other joined the Bharatiya Janata Party (BJP) in the presence of Dr. Rajeev Kumar Bhagat, Member of the Legislative Assembly for Bishnah.

This event signals a notable shift in the local political landscape, potentially impacting future electoral dynamics.

Dr. Rajeev Kumar Bhagat, a prominent figure in the region, presided over the induction



ceremony, welcoming the new members into the BJP fold. This move is seen by many political analysts as a strengthening of the BJP's base in the Bishnah constituency.

Reports show that he is very active in local development projects. He has been very active in ensuring quality of local construction projects.

Rinku Choudhary District President BJP Zila Border says on the occasion the joining of members from diverse political backgrounds indicates a potential realignment of political affiliations within the region.

This development could be attributed to various factors, includ-

ing Perceived effectiveness of the current leadership. Alignment with the BJP's national and regional policies.

The event underscores the dynamic nature of politics in Jammu and Kashmir, where political affiliations can shift based on evolving local and national contexts. Such transitions often reflect the changing

political aspirations of the electorate.

Ashok Kumar stated that the MLA Dr. Rajeev Kumar Bhagat's development initiatives and positive work culture, combined with Prime Minister Modi's 'Sabka Sath, Sabka Vikas' vision, motivated their decision to join the party. This move indicates a shift in the region's political alignment. Amar Nath, Surinder Mohan, Baldev Singh, Mulkh Raj, Bishamber Lal, Bua Ditta, Gara Ram, Ramesh Lal, Ashok Kumar Jagdish Choudhary, Mohan Lal, Vijay Kumar, Hans Raj, Prem Nath, Jeet Lal, Som Nath, Chaman Lal, Mast Ram and others joined BJP.

## DDC member inaugurates development works in Panchayat Barui



### Top News Report

AKHNOOR, Mar 31: In a significant step towards improving Rural infrastructure, BJP leader and District Development Council (DDC) member, Suresh

Sharma, inaugurated development projects worth Rs 18.50 lakh in Panchayat Barui of Block Maira Mandrian on Monday.

These projects include the construction of a lane in Sagani-Barola

Pandit Mohalla, a culvert in Baral Mohalla, two lanes in village Parsothi, and drainage work in Sarpanch Mohalla of village Barui. The projects address long-pending demands of the local residents.

While addressing the gathering, Suresh Sharma emphasized that development is progressing rapidly across every Panchayat in Block Maira Mandrian and Chowki Choura, in line with the Modi government's commitment to rural progress.

He highlighted the

Pradhan Mantri Gram Awas Yojana, under which people living in kuchha houses are now receiving pucca homes, significantly improving their quality of life.

Additionally, the government is working towards ensuring clean tap water reaches every household. Suresh Sharma reassured the public that more developmental initiatives will be undertaken across all Panchayats in the coming days.

The residents of Panchayat Barui, expressing their deep appre-

ciation, commended Suresh Sharma for his proactive efforts for the region's development.

The event saw the presence of several dignitaries, including former Sarpanch Rashpal Sharma, former Sarpanch Milkhi Ram, former Panch Subedar Satyapal Sharma, Mandal General Secretary Akshay Magotra, Bavidar Kumar, Ashok Kumar, Thakurdas, Captain Omprakash, Surendra Kumar, Garu Ram, Kuldeep Kumar, Sita Ram, Ramkesh, Rajiv Kumar, and others.

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### operations in Udhampur-Reasi

with the families of the personnel who have laid down their lives in the line of duty," Udhampur-Reasi Range, DIG Bhat said.

The ongoing operation in the region is part of ongoing efforts to ensure security and combat any threats.

### Kashmir withdraws Rs 13903 Cr from JK Bank in 4 days ahead of Eid

robust digital infrastructure has

played a vital role in ensuring secure and seamless transactions for its customers, further strengthening its position as a key financial institution in the region.

### Security forces intensify search operation in Kathua-Samba sector

Kashmir. He also said that incidents of terrorism have been witnessed in many areas of Jammu for the last few years, remarks coming in the wake of the Kathua encounter.

### "Maintained Defensive Position": J&K Police on search

## Industry Minister Uday Samant Inaugurates AI-Based PPE for Worker Safety

MUMBAI, Mar 31 (Agencies): A new milestone in industrial worker safety was achieved today with the inauguration of AI-powered Personal Protective Equipment (PPE) by Maharashtra's Industry Minister Uday Samant. The initiative, launched by Extremus Safety Pvt. Ltd., aims to enhance workplace safety through cutting-edge artificial intelligence (AI) technology, ensuring a safer and more secure environment for workers.

Speaking at the event, Industry Minister Uday Samant praised the contributions of India's workforce to the nation's industrial growth. He emphasized, "Progress should never come at the cost of worker safety. The government is committed to strengthening industrial safety laws,



enforcing strict compliance, and supporting industries that prioritize employee well-being."

The newly introduced AI-based PPE system by Extremus Safety Pvt. Ltd. features real-time hazard detection, smart monitoring, and predictive safety measures, enabling workers to operate in a more

secure environment.

Minister Uday Samant commended Extremus Safety Pvt. Ltd. for this groundbreaking innovation and urged all industries to adopt advanced technology, implement best safety practices, and work collectively towards a future where every worker returns home safely.

## Velosting unveils myCloudCam: India's first fully cloud-based surveillance solution

NEW DELHI, Mar 31 (Agencies): Velosting, a leading cloud service provider in India, proudly announces the launch of myCloudCam, the nation's first fully cloud-powered surveillance service. Designed to address the growing need for secure, scalable, and cost-effective surveillance, myCloudCam offers flexible plans starting at just INR 499, making cutting-edge security accessible to individuals and businesses alike.

Built on Velosting's robust cloud infrastructure, myCloudCam is an innovative, scalable solution designed for seamless integration with system integrators (SIs), internet service providers (ISPs), cloud service providers (CSPs), and other technology partners. This launch marks a significant step towards redefining India's security and surveillance landscape.

**Key Features of myCloudCam**  
**Cloud-Based Multi-CDN Storage:** Unlimited, secure cloud storage distributed across multiple CDNs to ensure low latency and uninterrupted access.

**24/7 Real-Time Monitoring:** Live-streaming in high-definition for constant surveillance.

**AI-Powered Analytics:**



**Advanced motion detection,** facial recognition, and intrusion alerts.

**Multi-Device Compatibility:** Seamless access via smartphones, tablets, desktops, and smart TVs.

**Customizable Plans:** Affordable pricing starting at INR 499 for 50GB storage, with scalable options up to multiple terabytes.

**Enhanced Security:** End-to-end encryption and compliance with global data protection standards.

**Why Choose myCloudCam?**

**Cost-Effective:** Eliminates the need for expensive on-premise hardware and maintenance.

**Scalable & Flexible:** Easily expand storage or add cameras as needed.

**Multi-Location Monitoring:**

Manage multiple locations through a single, centralized platform.

**Global Accessibility:** Monitor and control your surveillance system from anywhere.

**Unmatched Reliability:** Backed by Velosting's world-class cloud infrastructure, ensuring maximum uptime and performance.

**Eco-Friendly Approach:** Reduces reliance on physical hardware, promoting sustainable digital practices.

**Industry Insight:** The Growing Need for Cloud Surveillance

With rapid urbanization and digital transformation, India's security needs have evolved significantly. Traditional surveillance systems often struggle with scalability, security, and efficiency. myCloudCam bridges this gap by providing an easy-to-deploy, cloud-based solution tailored for modern security demands.

**Leadership Perspective**

Dr. Pawanpreet Dhaliwal, CTO & Director, Velosting, commented on the launch:

"Security should not be a privilege but a necessity accessible to all. With myCloudCam, we bring an advanced yet affordable cloud surveillance solution to businesses and individuals across India. By leveraging the

power of AI and cloud computing, we are setting a new benchmark for security technology. This is just the beginning of a transformative journey."

Partner with Velosting: Growth Opportunities Await

Velosting is actively seeking resellers, distributors, system integrators, ISPs, CSPs, and technology partners to expand myCloudCam's reach. By joining forces, partners can leverage this revolutionary technology to build a safer, more connected India.

**About myCloudCam**

myCloudCam is India's first fully cloud-based surveillance platform, offering real-time monitoring, AI-powered analytics, and scalable security solutions for individuals and enterprises. Built on Velosting's industry-leading cloud infrastructure, myCloudCam ensures secure, seamless, and efficient surveillance.

**About Velosting**

Velosting is a premier cloud service provider in India, delivering cutting-edge cloud solutions to enterprises across various industries. With a strong focus on security, reliability, and innovation, Velosting empowers businesses to achieve digital transformation effortlessly.

## Study links long-term antidepressant use to increased risk of sudden cardiac death

VIENNA, Mar 31 (Agencies): A new study presented at the European Society of Cardiology's EHRA 2025 congress reveals a concerning link between the use of antidepressants (AD) and an increased risk of sudden cardiac death (SCD), particularly for those with prolonged use of the medication.

Sudden cardiac death, defined as an unexpected fatality due to a heart-related issue, typically occurs within one hour of the onset of symptoms or within 24 hours in cases that are unwitnessed.

For individuals under 39, the primary causes are often thickening of the heart muscle or electrical problems with the heart, while in older individuals, it is more likely linked to narrowed blood vessels.

Previous studies have shown that individuals with psychiatric disorders face higher risks of both overall mortality and sudden cardiac death. However, the specific impact of antidepressant medications on SCD risk has remained unclear until

now.

The latest research, conducted by scientists in Denmark, examined deaths among residents aged 18 to 90 years in 2010, reviewing death certificates and autopsy reports.

The study found that individuals exposed to antidepressant medications had a significantly higher incidence of sudden cardiac death compared to those not using such medications.

The cohort of 643,999 individuals who had been prescribed antidepressants was compared with the general population, which had 4.3 million residents.

Among those exposed to antidepressants, 1,981 cases of sudden cardiac death were recorded, compared to 4,021 in the unexposed group.

The risk of SCD was higher across all age groups for those who had been on antidepressants, with notable differences depending on the length of exposure.

When the data was adjusted for age, sex, and comorbidities, individuals who had used antidepressants for 1



to 5 years were found to have a 56 per cent higher risk of sudden cardiac death compared to the general population.

Those who had used the medications for six or more years faced a 2.2 times greater risk.

The study further revealed that younger individuals were more significantly affected by longer antidepressant use.

For those aged 30-39 years, the risk of sudden cardiac death was nearly three times higher with 1 to 5 years of antidepressant exposure, and up to five times higher for those using antidepressants for six or more years.

In older individuals, particularly those aged 50-59 years, the risk of

for 1 to 5 years, when compared with people unexposed to antidepressants in the general population."

Dr Mujkanovic also suggested that the increased risk could stem from the potential adverse effects of antidepressants, but added, "The exposure time to antidepressants might also serve as a marker for more severe underlying illness. Additionally, the increase could be influenced by behavioural or lifestyle factors associated with depression, such as delayed healthcare seeking and poor cardiovascular health."

This new research emphasizes the need for further studies to better understand the potential cardiovascular risks associated with antidepressant medications, particularly for those with prolonged use.

As the study highlights, individuals using these medications for extended periods may face significantly higher risks of sudden cardiac death, underlining the importance of careful monitoring and management of their health.

## Probiotic supplements could ease autism symptoms in kids: Study

NEW DELHI, Mar 31 (Agencies): Researchers have been finding new solutions for autism in children and now, a study has shown a link between foods rich in probiotics and autism.

Parents of children with Autism Spectrum Disorder (ASD) have been given hope as the study revealed that probiotic supplements can improve both behavioural and digestive issues.

Autism Spectrum Disorder (ASD) is a neurodevelopmental condition that affects communication, social interaction, and behaviour. It is called a "spectrum" disorder because symptoms can range from mild to severe, varying from person to person.

Some children with ASD may struggle with speaking or making eye contact, while others may have repetitive behaviours or difficulty understanding social cues.

Many individuals with autism also experience sensory sensitivities and unique ways of learning or problem-solving.

While the exact cause of autism is not known, researchers believe a combination of genetic and environmental factors may play a role.

Therapies like speech, occupational, and behavioural therapy can help improve communication and daily life skills in children with autism.

The research, conducted by Continua Kids - a healthcare service that provides personalised therapy to children with autism, studied 180 children aged 2 to 9 across clinics in Delhi, Ghaziabad, Gurugram, Noida, and Faridabad.

The trial, held from 2021 to 2023, explored the gut-brain connection and its impact on autism symptoms. Their findings were published in the peer-reviewed journal *BMJ Open*.

Children with autism often face challenges beyond behaviour, including

digestive issues like constipation, diarrhoea, and bloating.

Addressing this, Dr. Himani Narula Khanna, Developmental Behavioural Paediatrician and Co-Founder of Continua Kids, said, "Parents are always looking for ways to improve their child's quality of life. Our study shows that probiotic supplementation can complement existing therapies such as behavioural therapy, speech therapy, and special education."

The results were promising. Children who received probiotics showed a 47.77% reduction in overall behavioural symptoms, including a 40% decrease in social withdrawal and a 37.77% reduction in repetitive behaviours. Hyperactivity and inappropriate speech also improved.

Digestive health saw progress too, with an 18.18% increase in formed stools and a 6.66% drop in watery stools. These findings further support the gut-brain link, suggesting that better gut health may lead to improved behaviour.

While this research shows promise in autism studies in India, Dr. Khanna highlighted the need for further trials before probiotics become a standard treatment.

The study, approved by the Central Trial Registry of India (CTRI), paves the way for future research, offering new possibilities for ASD management.

The prevalence of autism in India is still being studied, but estimates suggest that about 1 in 65 children may have autism. According to the Indian Council of Medical Research (ICMR), almost 2 million people in India could be living with autism.

However, many cases go undiagnosed due to a lack of awareness and limited access to diagnostic services, especially in rural areas.

## New eye drops slow vision loss in animals: Study

WASHINGTON DC, Mar 31 (Agencies): Researchers have developed eye drops that extend vision in animal models of a group of inherited diseases that lead to progressive vision loss in humans, known as retinitis pigmentosa.

The eye drops contain a small fragment derived from a protein made by the body and found in the eye, known as pigment epithelium-derived factor (PEDF).

PEDF helps preserve cells in the eye's retina. A report on the study is published in *Communications Medicine*. "While not a cure, this study shows that PEDF-based eye drops can slow progression of a variety of degenerative retinal diseases in animals, including various types of retinitis pigmentosa and dry age-related macular degeneration (AMD)," said Patricia Becerra, Ph.D., chief of NIH's Section on Protein Structure and Function at the National Eye Institute and senior author of the study.

"Given these results, we're excited to begin trials of these eye drops in

people."

All degenerative retinal diseases have cellular stress in common. While the source of the stress may vary -- dozens of mutations and gene variants have been linked to retinitis pigmentosa, AMD, and other disorders -- high levels of cellular stress cause retinal cells to gradually lose function and die.

Progressive loss of photoreceptor cells leads to vision loss and eventually blindness.

In this new study, led by first author Alexandra Bernardo-Colon, Becerra's team created two eye drop formulations, each containing a short peptide. The first peptide candidate, called "17-mer," contains 17 amino acids found in the active region of PEDF.

A second peptide, H105A, is similar but binds more strongly to the PEDF receptor. Peptides applied to mice as drops on the eye's surface were found in high concentration in the retina within 60 minutes, slowly decreasing over the next 24 to 48 hours. Neither peptide caused toxicity or other side effects.

## MIT researchers devise process to convert skin cell directly into neurons

WASHINGTON DC, Mar 31 (Agencies): Researchers at the Massachusetts Institute of Technology (MIT) have devised a process to convert a skin cell directly into a neuron, eliminating the need to generate induced pluripotent stem cells. Such neurons could be used to treat spinal cord injuries or diseases such as Amyotrophic Lateral Sclerosis (ALS).

Converting one type of cell to another — for example, a skin cell to a neuron — can be done through a process that requires the skin cell to be induced into a "pluripotent" stem cell, and then differentiated into a neuron.

Researchers have now devised a simplified process that bypasses the stem cell stage, converting a skin cell directly into a neuron. Working with mouse cells, they developed a highly-efficient conversion method that can produce more than 10 neurons from a single skin cell. If replicated in human cells, this approach could generate large quantities of motor neurons, which could potentially be used to treat patients with spinal cord injuries or diseases that impair mobility.



"We were able to get to yields where we could ask questions about whether these cells can be viable candidates for the cell replacement therapies, which we hope they could be. That's where these types of reprogramming technologies can take us," said Katie Galloway, the WM Keck Career Development professor in biomedical engineering and chemical engineering.

As a first step towards developing these

cells as a therapy, the researchers showed that they could generate motor neurons and engraft them into the brains of mice, where they integrated with host tissue.

Galloway is the senior author of two papers describing the new method, which appears today in *Cell Systems*. MIT graduate student Nathan Wang is the lead author of both papers.

The MIT team also hopes to increase the efficiency of this process for human cell conversion, which could allow the generation of large quantities of neurons that could be used to treat spinal cord injuries or diseases that affect motor control, such as ALS.

Clinical trials using neurons derived from induced pluripotent stem cells (iPSCs) to treat ALS are now underway, but expanding the number of cells available for such treatments could make it easier to test and develop them for more widespread use in humans, Galloway says.

The research was funded by the National Institute of General Medical Sciences and the National Science Foundation Graduate Research Fellowship Programme.

## President Cup 2025 will help cricketers gain exposure: BCA president Rakesh Tiwari

*The BCA president also said the experience in playing the President Cup will give the players the necessary exposure to progress further in their careers*

PATNA, Mar 31 (Agencies): Bihar Cricket Association (BCA) president Rakesh Tiwari has said the upcoming President Cup aims to provide a platform for talented cricketers to showcase their abilities in red-ball cricket in Bihar.

The BCA president also said the experience in playing the President Cup will give the players the necessary exposure to progress further in their careers. BCA has announced the inaugural 'President Cup' which will be played here in Patna in April and May 2025. The President Cup will begin on April 1.

"This tournament marks a significant step in the Bihar Cricket Association's efforts to develop cricket in the state. It aims to provide a platform for talented cricketers to showcase their abilities in red-ball cricket and gain the necessary exposure to progress further in their careers," said Rakesh Tiwari.

The President Cup will follow a 2/3-day format, featuring a total of 8 teams divided into two groups. These teams will be



selected from various districts of Bihar, ensuring that players from across the state get an opportunity to showcase their talent.

Meanwhile, BCA has announced the launch of its new initiative, 'Search for Bowlers'. This strategic program is aimed at identifying, training, and nurturing young fast-bowling and spin-bowling talent across the state, offering emerging cricketers aged 16 to 25 a platform to develop their skills and gain

professional exposure.

Director of Cricket Development and Operations, BCA, Anand Yalvigi will be working closely with former Indian cricketers Venkatapathy Raju and Salil Ankola to discover unique spin-bowling and hidden fast-bowling talents in Bihar.

Both Venkatapathy Raju and Salil Ankola have been veterans of the game. Venkatapathy has a vast coaching experience as the former India left-arm spinner

has been in the coaching panel of various teams. Salil Ankola meanwhile has played 20 ODIs for India, scalping 13 wickets.

The 'Search for Bowlers' initiative will kick off with a talent identification camp scheduled to be held at the Moin-ul-Haq Stadium in Patna from May 2 to May 7.

During this camp, local selectors and coaches, under the supervision of the Cricket Director, will conduct the initial screening of players.

In the final stage, two former Test cricketers—who have also served as national selectors—will evaluate the shortlisted candidates.

A total of 10 fast bowlers and 10 spinners will be identified and given the opportunity to undergo intensive training sessions, with their progress closely monitored to prepare them for state team selection.

Candidates for the initiative must be between 16 and 25 years of age, must not be participating in the 'President Cup 2025', and are required to be permanent residents of Bihar.

## Nitish, Hasaranga set up RR's six-run victory over CSK



GUWAHATI, Mar 31 (Agencies): Nitish Rana smashed a blistering 36-ball 81, while leg-spinner Wanindu Hasaranga starred with a four-wicket haul as Rajasthan Royals opened their account with a hard-fought six-run victory over Chennai Super

Kings in the IPL here.

Promoted to No. 3, left-handed Rana dominated the CSK bowlers, hitting 10 boundaries and 5 sixes en route his scintillating knock but Royals struggled towards the backend to just about manage a par-score of 182/9.

CSK, who had never successfully chased a target over 180 since 2019, faltered again, managing 176/6 in the allotted overs. The chase was built around skipper Ruturaj Gaikwad's 63, but it wasn't enough as CSK succumbed to their second consecutive loss.

The legend of Mahendra Singh Dhoni's last over finishes in IPL is fast becoming a story of yesterday as he failed to muscle Maheesh Theekshana and Sandeep Sharma.

Sharma was tasked with the final over and he struck the crucial blow by removing Dhoni, with Shimron Hetmyer taking a stunning catch, to eventually defend 20 runs.

Brief scores: Rajasthan Royals: 182/9 (Rana 81, Parag 37; Noor 2/28, Pathirana 2/28, Khaleel 2/38); Chennai Super Kings: 176/6 (Gaikwad 63, Jadeja 32\*; Hasaranga 4/35).

## Former head coach Igor Stimac reveals his two proposals for betterment of India's football

NEW DELHI, Mar 31 (Agencies): Former India men's football team head coach Igor Stimac revealed two solutions he identified that had been discussed before his stint that would lead to the betterment and progress of the sport in the nation. Stimac was speak to Revsportz.

Stimac joined the Indian setup in 2019 by overtaking the head coach position from Englishman Stephen Constantine.

The Croatian was sacked last June after the team's poor performance in the FIFA World Cup 2026 qualification campaign.

His five-year tenure was a mixed bag for the Indian football team and he eventually parted ways after turning into a controversial figure. He was involved in various controversies which also revolved around using an astrologer to determine team selection and player call-ups.

Almost a year after he left the Indian team, Stimac broke the silence about the ways they had figured out which involved the inclusion of Indian-origin players and the second was getting more time to work



with the national team.

"So, I was not the first one to mention that possibility or a way of improving Indian football with a shortcut involving players of Indian origin. It was mentioned even when Bob Houghton was the coach there, long prior to myself. We found only two solutions. The one was involving foreign-based players in the process, convincing the sport authorities of India that the law needs to be changed if we want a successful national team," Stimac said while speaking to Boria Majumdar on Revsportz.

"And the second one was getting more time

for work with the national team, which meant we needed to somehow convince FSDI, our partner there, that the calendar of the competition of ISL (Indian Super League) needed to be adapted more in favour of the national team's success," he added.

Stimac went on to claim that they were unsuccessful in changing decision-makers minds about the proposed changes, dedicated towards the betterment of football in the nation.

"Obviously, we were not successful in convincing decision-makers of what needs to be done," he added.

## Bagnaia capitalises on Marc Marquez crash in drama-filled Americas GP

AUSTIN, Mar 31 (Agencies): Francesco Bagnaia of Ducati Lenovo Team is a Grand Prix winner in 2025 after an immensely dramatic MotoGP Grand Prix of The Americas unfolds on a Sunday afternoon that saw Marc Marquez of Ducati Lenovo Team, crash out of the lead. With another P2 finish, Alex Marquez of BK8 Gresini Racing MotoGP becomes the new MotoGP title chase leader, as Fabio Di Giannantonio of Pertamina Enduro VR46 Racing Team completed the podium in an absolutely unforgettable Round 3.

Talk about amplified drama. Rain before the MotoGP Grand Prix of The Americas saw the riders face incredibly tricky conditions heading to the grid, as Fabio Quartararo of Monster Energy Yamaha MotoGP proved. The Frenchman crashed on his sighting lap but managed to get back round to the grid, as we then saw something we very rarely see.

Just before the three-minute board was signalled, Marc Marquez dashed off the grid. This led to Bagnaia, Di Giannantonio, Alex Marquez and more following in suit, with riders and team members sprinting down pit lane to grab the spare bikes that were fitted with slick tyres.

Some though, including Luca Marini of



Honda HRC Castrol, Brad Binder of Red Bull KTM Factory Racing and Ai Ogura of Trackhouse MotoGP Team, to name a few, opted to gamble on slick tyres from the get-go and remained on the grid. However, in the chaos, the red flags were thrown. Astonishing.

After a brief pause, the updated information was a 14:10 pit lane green light and a quick start procedure, with original grid positions the lay of the land. Then, it was time to try again - every rider now on slicks. But again, there was drama. Maverick Vinales of Red Bull KTM Tech3 had to be wheeled off the grid before we finally got the Grand Prix underway.

Marc Marquez launched well and grabbed the holeshot, with Alex Marquez holding off Bagnaia into Turn 1. Pecco was trying to wriggle his way past the Gresini rider, first at Turn 11, then at Turn 12, but both attempts failed. Meanwhile, Marc Marquez built a 1.1s lead at the end of Lap 1, with

the top four - Marquez, Marquez, Bagnaia and Di Giannantonio - nearly two seconds up the road from Jack Miller (Prima Pramac Yamaha MotoGP Team), who was enjoying a good battle with Franco Morbidelli (Pertamina Enduro VR46 Racing Team).

On Lap 4, Marc Marquez's lead was up to 1.4s over Alex Marquez, who had Bagnaia and Di Giannantonio clinging onto his tailpipes. Then, at Turn 12, Bagnaia's latest manoeuvre worked. The #63 was now in P2, so with clear air, could he reel in teammate Marquez?

A 2:02.466 from the number 93 saw Marquez stretch his lead to 1.6s at the start of Lap 5, and then a 2:02.433 meant the gap was now up to the two-second mark. Meanwhile, further down the pack in the fantastic fight for P6, Pedro Acosta (Red Bull KTM Factory Racing) crashed at Turn 1.

Then, fancy another massive slice of drama? Because that's what

we got. Turn 4 was the place, and it was race leader Marc Marquez who was on the floor! The front end washed away as he clipped across the curb too far, hit a wet patch, and with that, the undefeated run was over. Marquez was able to remount in P18, but without a right foot peg, plus more damage to his GP25, there was no way back into the points for the #93 with both Vinales and Lorenzo Savadori (Aprilia Racing) passing the six-time MotoGP Champion.

So where did that leave us? Bagnaia led Alex Marquez by 1.6s, with the latter 2.2s clear of Di Giannantonio. And on Lap 13, Marc Marquez called time on his 2025 Sunday outing at the Americas GP. The victory streak was officially over.

On Lap 15 of 19, Bagnaia grew his advantage to three seconds. A lap later, it was a tenth more as Marquez continued to hold Di Giannantonio at arm's length - 1.3s to be exact. Meanwhile, the fastest rider on track was Fermin Aldeguer (BK8 Gresini Racing MotoGP) and the rookie, with two laps left, bullied his way past Miller for P5. However, a fantastic ride then ended in the gravel trap at Turn 15, and at a similar time, Zarco's impressive display ended at Turn 12.

Last lap time. Bagnaia simply had to bring it home, but 2.5s behind,

Alex Marquez couldn't relax as much. Diggia was prowling, a second split the two, so any slight error from the #73 could prove costly. In the end, it stayed as you were. Bagnaia bagged a massive 25 points to become the 10th rider in history to earn 30 MotoGP wins, as new World Championship leader, Alex Marquez, crossed the line in P2 for the sixth straight outing. Di Giannantonio's efforts weren't enough for P2, but nevertheless, a phenomenal P3 was pocketed for the Italian in Austin.

Morbidelli came home in P4, with Miller grabbing his best Yamaha result with a very classy P5. Marco Bezzecchi (Aprilia Racing) came from P13 on the grid to finish P6, Enea Bastianini (Red Bull KTM Tech3) rose to the occasion on a Sunday once more to fly the KTM flag highest in P7, as Marini, Ogura, and Quartararo completed the top 10.

Fans can catch all the action from the MotoGP 2025 season live on Eurosport.

Alex Rins of Monster Energy Yamaha MotoGP was P11, Raul Fernandez leaves Trackhouse MotoGP Team's home race with a P12, as Augusto Fernandez of Prima Pramac Yamaha MotoGP, Vinales and Savadori rounded out the points finishers in Texas.

## Cricket West Indies strengthens commitment to inclusive leadership with reappointment of women directors

SAINT JOHN'S, Mar 31 (Agencies): Cricket West Indies (CWI) has reaffirmed its dedication to promoting diversity and inclusive leadership with the reappointment of three distinguished women to its Board of Directors. This move builds on the organization's ongoing efforts to enhance governance and ensure a broader range of perspectives in the decision-making process at the highest level of cricket administration.

At the first Board of Directors meeting of the new term, held in Antigua, Kishore Shallow and Azim Bassarath were reappointed as president and vice president, respectively. Alongside them, Debra Coryat-Patton (Trinidad and Tobago), Diann Campbell (Jamaica) and Louise Victor-Frederick (Saint Lucia) were confirmed as Independent Directors, continuing their crucial contributions to CWI's growth and

vision.

This marks the second term in which Cricket West Indies continues its historic commitment to having three women serve on the Board simultaneously.

Diann Campbell from Jamaica brings nearly three decades of experience in cricket administration, corporate governance, and strategic development. With a background in human resource management and political studies, she has been an instrumental figure in shaping CWI's long-term strategies and operational excellence.

Louise Victor-Frederick of Saint Lucia, a Chevening Scholar, continues to serve as a prominent figure in corporate affairs, branding, and public relations. With her extensive experience in business strategy and communications, she remains an invaluable asset to the board. In addition to her role with CWI, she is also a director of the Saint



Lucia Chamber of Commerce, Industry and Agriculture.

Debra Coryat-Patton from Trinidad & Tobago brings her expertise in law and corporate governance back to the board.

As an attorney-at-law specializing in employment law, intellectual property, and governance, her reappointment reinforces CWI's commitment to maintaining the highest standards of governance and accountability.

Additionally, Hallam Nichols (Barbados) has been reappointed as an Independent Director, further strengthening the board with his deep business experience in several sectors across the region spanning telecommunications, entertainment, physical planning and infrastructure development.

CWI President, Kishore Shallow, emphasized the significance of these reappointments, stating:

"The reappointment of these outstanding women is a reflection of our deep and unwavering commitment to excellence in governance and gender inclusivity. This

is not about tokenism, but a deliberate and ongoing effort to ensure that women's leadership is not just acknowledged but actively embraced at every level. These women have played and will continue to play a pivotal role in shaping the future of West Indies cricket, ensuring that we move beyond conversation and into meaningful, lasting action.

We are also pleased to welcome back Hallam Nichols, a distinguished businessman whose influence and reach extend across the Caribbean and beyond, further strengthening the diverse expertise on our Board."

This decision reinforces CWI's ongoing commitment to creating an inclusive, forward-thinking leadership structure. With these appointments, the board remains poised to drive progress and foster innovation within West Indies cricket.

## Andhra Health Minister calls on Dr Jitendra, seeks collaboration in biotech sector

### Top News Report

JAMMU /NEW DELHI, Mar 31: Andhra Pradesh Health Minister, Y. Satya Kumar, called on Union Minister Dr Jitendra Singh in the national capital, seeking greater collaboration in the biotech sector.

During their discussion, the two leaders explored ways to upscale biotechnology-related projects in the state and enhance ongoing initiatives with central support.

Expressing gratitude to the Modi government for its continued assistance, Satya Kumar highlighted Andhra Pradesh's commitment to leveraging biotechnology for healthcare advancements and industrial applications.

He stressed the need for increased cooperation to bring cutting-edge innovations to the state.

Dr. Singh assured full support from the Centre, reaffirming that biotechnology remains a priority sector under the present government. He emphasized the transformative potential of biotechnology in sectors like healthcare, pharmaceuticals, and sustainable StartUps, noting that Andhra Pradesh could play a crucial role in driving such advancements.

Dr. Jitendra noted that, over the years, Andhra Pradesh has emerged as a key player in India's biotechnology sector, in areas such as biopharmaceutical research, marine biotechnology, and agricultural biotech solutions. The State hosts several biotech incubators and research institutions that have been instrumental in promoting innovation and entrepreneurship.

With initiatives like the Biotechnology Industry Research



Assistance Council (BIRAC) funding and national biotech missions, Andhra Pradesh has witnessed significant growth in biotech startups and industry partnerships, the Minister said. The renewed push for collaboration aims to further integrate the state into India's broader biotechnology roadmap, he added.

The meeting comes at a time when India is pushing for self-reliance in biotechnology and expanding its global footprint in research and innovation.

With Andhra Pradesh seeking to strengthen its biotech ecosystem, the discussions signal a fresh impetus to state-centre collaboration in this high-growth sector.

## Sat, Sunil visit GMC to enquire about injured policemen



### Top News Report

JAMMU, Mar 31: Sat Sharma, President, Jammu and Kashmir BJP and Sunil Sharma, LoP, visited Government Medical College (GMC) Jammu to enquire about the health and well-being of the brave policemen, SDPO Dheeraj Katoch and SPO Bharat Jaihotra, who sustained injuries during a recent anti-terror operation in Kathua. The visit aimed to ensure that the injured officers are receiving the best possible medical care and support for speedy recovery. They both interacted

with the injured policemen and with Principal, Dr. Ashutosh Gupta, and Deputy Superintendent Bharat Bhushan. They urged the medical authorities to provide top-quality treatment and care to the injured policemen, emphasizing that their dedication to duty must be acknowledged and appreciated by providing them with all necessary medical assistance.

The BJP leaders praised the courage and valour exhibited by the policemen during their encounter with terrorists in Kathua. They expressed gratitude on behalf of the party and

the general public, highlighting that such bravery and commitment are instrumental in ensuring the safety and security of the region.

Sat Sharma, said that the bravery displayed by our policemen in Kathua is commendable. Their dedication to protecting the citizens is unmatched, and we are here to ensure that they receive the best possible care. We are also committed to extending all possible support to their families during this challenging time.

Sunil Sharma reiterated the party's commitment to standing by the injured policemen

and their families. "Our policemen have risked their lives for the safety of our nation. It is our duty to ensure they are well taken care of. We have spoken to the medical authorities here at GMC Jammu and urged them to provide the best treatment to facilitate their swift

recovery," he added.

They were accompanied by prominent party leaders, including Advocate Rajesh Gupta (District President), Kushant Prajapati and Anil Angral (Mandal Presidents), Ravikant Sharma, Ramesh Gupta, Mohit Vaid, and Sonu Manhas.

## Randhawa inaugurates Kinderworld Montessori School



### Top News Report

JAMMU, Mar 31: Kinderworld Montessori School was officially inaugurated in a grand ceremony by MLA Bahu Ch. Vikram Randhawa, marking a significant step forward in providing quality early childhood education in the region.

The event was honored by the presence of Rakesh Mahajan as the Guest of Honour, alongside dignitaries, school officials, and members of the local community.

The occasion was graced by Smt. Bandana Sharma, Chairperson of Kinderworld Montessori School, who welcomed the guests and shared the school's vision of fostering a nurturing and innovative learning environment.

Mrs. Aditi Choudhary, Branch Head, along with

Surjeet Singh (Mandal President), Kulveer Charak, Anil Sharma, Amit Gupta and several distinguished guests, extended their best wishes for the school's future success.

Vikram Randhawa, in his address, emphasized the importance of foundational education in shaping young minds and lauded the efforts of the school management for introducing Montessori-based learning in Channi Himmat.

Guest of Honour Rakesh Mahajan highlighted the significance of modern teaching methodologies and how they play a crucial role in a child's holistic development.

The event featured a ribbon-cutting ceremony followed by a cultural program presented by young children, show-

ing their enthusiasm and talent. A tour of the state-of-the-art school facilities was conducted, where guests appreciated the well-designed classrooms, interactive learning spaces, and child-friendly infrastructure. Parents, educators, and community members expressed their appreciation for the new opportunities that Kinderworld Montessori School will bring to the region.

The inauguration ceremony concluded with a vote of thanks, recognizing the collective efforts of the school management, faculty, and staff in making this vision a reality. The event was a resounding success, symbolizing the beginning of a promising educational journey for the institution and the young learners it will serve.

**To**  
**Rajesh Gupta (Rinku)**  
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