

TOP NEWS OF J&K



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Pankaj Tripathi says he hasn't done any film in last 1 year

Gaurav Gogoi takes charge as Assam Congress Chief

Far-right lawmaker Wilders pulls his party out of ruling Dutch coalition in dispute over migration

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BRIEFLY

IAS officer from Ladakh Namgyal Angmo posted as DC in Arunachal Pradesh



JAMMU, Jun 3 (Agencies): In a major administrative reshuffle, the Arunachal Pradesh Government has ordered the transfer and posting of several IAS and APCS officers across various departments and districts.

Among those transferred are Namgyal Angmo, an IAS officer of the 2020 batch and a native of Ladakh, who has been appointed as the new Deputy Commissioner of Lower Subansiri district. She replaces Vivek HP, who has been posted as Secretary, Health.

Man held for spying for Pakistan during Operation Sindoor

CHANDIGARH, Jun 3 (Agencies): A man hailing from Punjab's Tarn Taran district was arrested for allegedly sharing with Pakistani intelligence operatives sensitive information about troop deployment and strategic locations during Operation Sindoor, police said on Tuesday.

He was also allegedly in contact with Pakistan-based pro-Khalistan leader Gopal Singh Chawla.

Punjab Director General of Police Gaurav Yadav said the accused has been identified as Gagandeep Singh alias Gagan, a resident of Mohalla Rodupur, Gali Nazar Singh Wali, in Tarn Taran.

He was arrested for allegedly sharing sensitive information related to the army's movements during Operation Sindoor with Pakistani Intelligence Operatives (PIOs).

Police also recovered a mobile phone containing information, which he shared with the PIOs.

The accused was allegedly in contact with Pakistan's intelligence agency Inter-Services Intelligence (ISI) and also received money

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LG Sinha visits Mata Kheer Bhawani Temple on Jyeshtha Ashtami

GANDERBAL, Jun 3 (Agencies): On the auspicious occasion of Jyeshtha Ashtami, Lieutenant Governor Manoj Sinha visited the revered Mata Kheer Bhawani Temple in Tulumulla, Ganderbal, on Tuesday. The Lieutenant Governor paid obeisance at the temple and offered prayers for peace, prosperity, happiness, and the well-being of all citizens.



During his visit, LG Sinha interacted with devotees and extended his warm greetings, acknowledging the spiritual significance of the day for the Kashmiri Pandit community and others, who gathered at the temple.

Thousands of devotees thronged the shrine to mark the annual celebration, which holds deep cultural and religious importance in Jammu and Kashmir.

Govt notifies new reservation, Domicile Rules for Ladakh

NEW DELHI, Jun 3 (Agencies): The government on Tuesday introduced new reservation and domicile rules for the Union Territory of Ladakh, reserving 85 per cent jobs for locals and one-third of the total number of seats in the Ladakh Autonomous Hill Development Councils for women.

The move is aimed at safeguarding local interests as people in Ladakh have been protesting for constitutional safeguards to protect their language, culture and land after the special status of the erstwhile state of Jammu and Kashmir

under Article 370 was abrogated in 2019. Jammu dining guideJammu and Kashmir tourism

The changes in the policies of the reservation in jobs, autonomous councils and domicile will come into effect immediately, according to multiple notifications issued by the government.

Under the new rules, those who have resided for a period of 15 years in the UT or studied for a period of seven years and appeared in class 10th or 12th examination in an educational institution located in the UT shall

be domicile of Ladakh for the purposes of appointment to any post under the UT or under a local or other authority other than cantonment Board.

Children of Central government officials, All India Services Officers, officials of Public Sector Undertaking and autonomous body of Central government, Public Sector Banks, officials of statutory bodies, officials of Central Universities and recognised research institutes of Central government who have served in the UT for a total period of 10

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Hindi, Bhoti, Urdu, Purgi among 5 languages notified as official languages of Ladakh

SRINAGAR, Jun 3 (Agencies): The Union Government on Tuesday notified English, Hindi, Urdu, Bhoti and Purgi as official languages of the Union Territory of Ladakh.

The President of India promulgated the Ladakh Official Languages Regulation, 2025 to declare English, Hindi, Urdu, Bhoti and Purgi as official languages of the Union Territory of

Ladakh.

As per the notification, English language shall continue to be used for all the official purposes of the Union territory for which it was being used before the date of commencement of this Regulation.

It also states that the Administrator of UT may take such necessary steps as may be provided by rules to be made by him to strengthen the

institutional mechanisms for the promotion and development of other languages in the Union territory and the establishment of the Academy of Art, Culture and languages.

According to the Regulations, the institutional mechanisms shall make special efforts for the promotion and development of other native languages of Ladakh:

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Hundreds of Kashmiri Pandits gather at Mata Kheer Bhawani Temple for Annual Mela

SRINAGAR, May 3 (Agencies): Keeping their tryst with the community's patron deity, hundreds of Kashmiri Pandits from different parts of the country arrived on Tuesday in Jammu and Kashmir's Tullamulla town, where the temple shrine of Mata Kheer Bhawani is situated, 27 km from Srinagar city in Ganderbal district.

Mata Kheer Bhawani temple, as popularly known, is actually the shrine of Goddess Ragnya, believed to be the reincarnation of Goddess Durga.



Legend says that the King of Lanka, Ravana, was a devout disciple of Mata Ragnya, but the Goddess, annoyed with the lifestyle of the King, ordered Hanuman to shift her seat to a far-off

place.

Thus, the temple shrine of the Goddess came to be situated in Tullamulla town. The sanctum sanctorum of the temple is situated in

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Cop among three govt employees sacked over terror links in J&K

SACKED

JAMMU, Jun 3 (Agencies): Jammu and Kashmir Lt Governor Manoj Sinha on Tuesday dismissed three government employees for their alleged involvement with proscribed terror outfits Lashkar-e-Taiba (LeT) and Hizb-ul-Mujahideen, officials said.

A police constable, a school teacher and a junior assistant in a government medical college were terminated under Article 311(2)(c) of the Constitution, which allows dismissal without an inquiry "in the interest of national security". All three are currently lodged in jail, they said.

Over 75 government employees with terror

links have been dismissed so far by the LG administration.

Officials said the action is part of the administration's continued crackdown on terror infrastructure, including underground workers (OGWs) and sympathisers embedded within government institutions.

The dismissed employees were identified as Malik Ishfaq Naseer, a police constable, Ajaz Ahmed, a teacher in the school education department and Waseem Ahmad Khan, a junior assistant in Government Medical College, Srinagar.

The sacked employees were "active terror

collaborators," involved in logistics, arms smuggling, and aiding terror operations against security forces and civilians, a senior security official said.

Constable Malik Ishfaq Naseer, recruited in 2007, came under suspicion during an investigation into arms smuggling in 2021. His brother Malik Asif was a Pakistan-trained LeT militant and was killed in 2018, but he allegedly continued to support the outfit while serving in the police, he said.

"He used his position to identify safe drop locations for arms, explosives, and narcotics, and shared GPS coordinates with Pakistani handlers," the official said.

Malik also allegedly distributed these consignments to active terrorists in Jammu and Kashmir. His LeT link was exposed in September, 2021 when J&K police was investigating a case related to smuggling of arms and explosives in Jammu region.

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TENTH DAY

With profound grief, we inform the untimely demise of Dear Julie Pandita (Dhar), W/o Sunil Dhar, R/o Jablipora, Bijbehara, district Anantnag at present Hno 55, Lane no 1 (Dr. Dhigra Gali) Amrit Vihar, Upper Barmal, Jammu, who left for heavenly abode on 27.05.2025.

The **TENTH DAY KRIYA** will be observed on 5th June 2025 at Muthi Ghat near Directorate of school education Jammu.. The **Assembly** will be held at 8:30 am, at Muthi Ghat.

GRIEF STRICKEN

Smt Reeta Dhar- **Mother-in-Law**
Mr. Sunil Dhar- **Husband** (9906215971)
Smt & Dr. Makhan Lal Dhar (9816054048)
Smt & Sh Pran Nath Dhar (9419797047)
Naman Dhar- **Son**
Smt & Sh Shadi Lal Dhar (9816086946)
Mrs. Rozy Dhar- **Sister-in-Law** (9906611154)
Smt & Sh Ashok. K. Pandita (7607835776)
Mr. Pawan Koul- **Brother-in-Law**
Smt & Sh Sanjay Sadhu (9419182594)
Smt & Sh Piarey Lal Dhar Smt & Sh Rakesh Bhat (9419149858)

**Julie Pandita (Dhar)****BARKHI**

"A great soul serves everyone all the time. A great soul never dies, it always live in the heart of people through its conduct and deeds". One year has passed since you left us for heavenly abode. Your departure for the heavenly abode is not only irreparable loss to the family but a loss to the general society as well. We always feel you around us and guiding us to live a life of utmost honesty, God fearing, strive for integrity in thoughts, words, deeds and prioritize serving others.

Barkhi of **Sh Prithvi Raj Vaid** (Retd from University of Jammu) shall be performed on Wednesday, 4th of June, 2025, by 12 Noon at our residence 681-A, Gandhi Nagar, Jammu.

Deeply missed & remembered by :

Kiran Vaid (**Wife**)
Rashmi and Pankul Vaid (**Daughter-in-Law & Son**)
Jaitee Vaid (**Daughter**)
VAID FAMILY, BAKSHI FAMILY & MAGOTRA FAMILY
Mobile No. 9796025462, 7006152475, 7006148496

**Sh Prithvi Raj Vaid****BARKHI**

One year has passed since you left us for the heavenly abode.

Though you are not with us but your loving memories are fresh in our hearts.

BARKHI of our beloved mother **Smt. Swarn Kanta** W/o Lt. Sh. Om Parkash Gupta R/o Ram Vihar Opp. Vishal Mega Mart will be performed on Wednesday 04-06-2025 at 12.00 Noon at Mahajan Hall, Shalamar Jammu.

Grief Stricken

Sons & Daughter-in-Laws
Sh. Arun Gupta & Vandana Gupta
Sh. Sandeep & Pooja Gupta
Sh. Raman & Meenakshi Gupta
Sh. Randeep & Arushi Gupta

Om Parkash & Sons, Narwal Jammu

Mob. Nos: 7006635453, 8825004202, 9419189980, 7006380872

**Smt. Swarn Kanta**
W/o Lt. Sh. Om Parkash Gupta**OBITUARY/TENTH DAY**

With Profound grief and sorrow we regret to inform the sad and untimely demise of our beloved **Shri Girdhari Lal Raina** S/o Late Shri Shambhu Nath Raina Originally R/o Kanilbagh Baramulla on 28/05/2025 and presently residing at S 907, Eden, StoX, Godrej Garden City, Ahmedabad. The **TENTH DAY** will be performed on 06/06/2025 at Ahmedabad, Gujarat.

Grief Stricken

Sunita Raina (**Wife**)
Pankaj Raina (**Son**)
Neeraj and Nisha Raina (**Son and Daughter in law**)
Yashu (**Grand Daughter**)
And Samast Parivar
Contact: 9879882575, 9560780364.

**Shri Girdhari Lal Raina****OBITUARY**

With profound grief and sorrow it is to inform the sad demise of my beloved elder brother **Prof. Jawahar Lal Handoo** on 31st May 2025 at Mysore, where he lived his life and served as Professor at Institute of Languages, Mysore. He was my pillar and strength of entire clan of Handoo's. Visualising life without him will be tough.

OM SHANTI**In GRIEF**

Prof Nancy Handoo -**Sister**
9419123102, 7889656113

**Prof. Jawahar Lal Handoo****10TH DAY KRIYA**

With profound grief & sorrow, we inform the sad demise of our beloved **Sh. Makhan Lal Bhat** S/o Lt. Sh. Ram Chand Bhat (Drussoo) Pulwama. At present Flat 10, Block 83, Lane 17 Jagti colony Nagrota Jammu

Tenth Day will be performed on Wednesday 04/06/2025 7:30 am at muthi gath near Directorate of school Education Jammu

GRIEF STRICKEN

All Family Members
Ph. 7006594441, 9697245434

**SH. MAKHAN LAL BHAT****MASVAR AND VAHERWAR**

The pain of loosing you is still a fresh and the silence you left behind echoes everyday in our home and in our hearts, you were the essence of love, kindness, patience and selfless sacrifice. Your presence was blessings and your absence an unfillable void. Missing you badly on your **Masvar and Vaherwar**.
Maa ki Dua Jannat Ka Sahara Hoti Hai
Maa Kay Bagair Zindagi Veeran Hoti Hai
Khwabun Main aati ho Dua bankay chalti ho
Maa tum mar kay bhi mar nahi Sakti ho

MASVAR AND VAHERWAR of our beloved **Smt. Pyari Raina** is being performed on 4th and 5th June 2025.

Respectively
Samast Raina parivar of Khayal Kous, Bhats and Ganjoos

**SMT PYARI RAINA****OBITUARY**

With profound grief and sorrow, we inform the sad demise of our beloved **Sh. Kewal Krishan Raina** S/o Late Sh. Bhagwan Das Raina resident of 581-A , Upper Laxmi Nagar, Sarwal on 31-05-2025

GRIEF STRICKEN:

(**Daughters & Sons-in-law**)
Ruby & Ponam Monga
Ruhi & Vinod Kaul
Neeru Raina (**Daughter-in-law**)
Pyare Lal Raina (**Brother**)
Asha Ji Raina (**Sister-in-law**)

**Sh. Kewal Krishan Raina****KRIYA & SHARDHANJALI**

कबीरा जब हम पैदा भये, जग हँसा हम रोये
पर ऐसी कसती कर वरे, हम हँसे और जग रोये ॥

"Life has become a bound as you left us spellbound."

With utmost sorrow and grief, we regret to inform you of the untimely and sad demise of our beloved **Sh. Maharaj Krishen Bhat**, S/o Sh. Ram Chand Bhat, erstwhile resident of Sirhama, Anantnag, presently residing at 35/C OM Nagar, Udhaywala, Bhorl, he left for his heavenly abode on 26-05-2025.

The **TENTH DAY KRIYA** will be performed at Muthi Ghat on 04-06-2025 (Wednesday). Assembly time is 8:30 AM at the designated place of Kriya.

GRIEF-STRICKEN:

Samast Bhat Parivar of Sirhama (A/P OM Nagar, Bhorl)
Koul Parivar of Hardu Turu (A/P Janipur Colony)
Raina Parivar of Sombrun (A/P Anand Nagar, Bhorl)
Tickoo Parivar of Batsargam (A/P Muthi)
CONTACT: 7006797161, 9797880011, 9018144919

**Sh. Maharaj Krishen Bhat****DISCLAIMER**

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TENTH DAY

With profound grief, we inform you of the sad demise of our beloved **Neena Gupta** W/o Tilak Raj Gupta R/o 249/3, Sec-b, Sainik colony Jammu.

The **TENTH DAY** will be performed on 04-06-2025 Wednesday from 10 to 11 AM at Panch Mandir Channi Himmat.

GRIEF STRICKEN

Tilak Raj Gupta -**Husband**
Rahul Gupta & Sonia Mahajan -**Son & Daughter-in-law**
Rupali Gupta & Sandeep Pargal -**Daughter & Son-in-law**
Rashi Gupta & Dr Gaurav Mahajan -**Daughter & Son-in-law**
Grand Children: Bhavya, Stavva, Reyansh, Rivaan, Paavani & Shrija.
Ph. 9419146880, 9419124368, 9796015249, 9479648234
Swastik Traders Sec - C Sainik Colony

**Neena Gupta****TENTH DAY/KRIYA**

With profound grief and sorrow we regret to inform about the sad demise of our beloved mother **Smt. Susheela Sharma** W/o Lt. Sh. Som Raj Sharma R/o H.No -719, Ward No-18, behind Hotel Chanakya, Udhampur.

TENTH DAY will be performed on 5th June 2025 (Thursday) at Shiv Mandir Housing Colony from 11:30 am -12:30 pm.

KRIYA will be performed on 6th June 2025(Friday) at Devika Ghat from 9 am onwards.

GRIEF STRICKEN:-**Daughter-in-Law and Son**

Usha Kiran and Ashok Sharma (Chanakya Hotel Udhampur)

Anu and Vijay Tashav Sharma.

Daughter and Son-in-Law

Smt. Shukla Sharma and Sh. Virendar Sharma.
Smt. Renu Sharma and Sh. Mohan Lal Sharma.

Contact details:-

94191-62714

90181-79522

**Smt. Susheela Sharma****10TH DAY/KRIYA/UTHALA**

With profound grief & sorrow, we inform the sad and sudden demise of our beloved **Smt. Shakuntla Gupta** W/o Sh. Kasturi Lal Reghra (Chenani Wale) R/o 63 Gali Devi Dwar below Purni Mandi, Jammu at present 149 A Rouli Bakshi Nagar, Jammu on 24/05/2025.

10th Day will be performed on 02/06/2025 (Monday) at Samriti Bhavan Bakshi Nagar, Jammu at 11 AM.

Kriya on 5/6/25 (Thursday) at our residence 149 A, Rouli Bakshi Nagar.

Uthala on 6/6/2025 (Friday) at Central Mahajan Sabha Shalamar Road Jammu from 5:30 to 6:30 PM.

GRIEF STRICKEN

Sh. K.L. Gupta - **Husband**
Sons & Daughters-in-law
Mr. Raman & Mrs. Sapna Gupta
Mr. Pawan & Mrs. Ritu Gupta
Mrs. Anjali & Mr. Ramesh Gupta - **Daughter & Son-in-law**
Parth, Vaibhav, Ananya, Abhey, Aryan, Namita, Satyam & Arya - **Grand Children**
All Reghra & Phagotra Family
M/s Chinar Advertising Agency, Exchange Road
M/s Hotel Royal Inn, Moti Bazar Jammu
M/s Shivam Provisional Store, Moti Bazar, Jammu
M/s Shivam Advertising Agency, Moti Bazar, Jammu.
Mobile : 9419187957, 9419197787, 9419162788

**Smt. Shakuntla Gupta****10TH DAY/KRIYA/UTHALA**

WITH PROFOUND GRIEF & SORROW, WE INFORM THE SAD DEMISE OF OUR BELOVED **SH KRISHAN KUMAR SHARMA** S/O LATE SH RAM ASRA MAL R/O H.NO. E-199, SAINIK COLONY JAMMU.

10TH DAY WILL BE PERFORMED ON 03-06-2025 (TUESDAY) AT SHRI RAM MANDIR, SECTOR-D, SAINIK COLONY, JAMMU AT 10 AM. **KRIYA** WILL BE PERFORMED ON 04-06-2025 (WEDNESDAY) AT 11 AM AT OUR RESIDENCE 199-E, SAINIK COLONY, JAMMU.

UTHALA WILL BE PERFORMED ON 04-06-2025 (WEDNESDAY) AT PANCH MANDIR, CHANNI HIMMAT, JAMMU FROM 5 PM TO 6 PM.

GRIEF STRICKEN

Smt Asha Rani Sharma -**Wife**
Capt. Jagdish Koushal Sharma -**Brother**
Daughter-in-laws & Sons
Mrs Vandana & R.C. Sharma (Aar Gee Traders)
Mrs Tribhu & Dr. Gopal Parthasarathi (Aarya Technology Ventures)
Daughters & Sons-in-law
Mrs Saroj Sharma W/o Late Sh S.K. Sharma
Mrs Geeta Sharma (Chartered Accountant)
Mrs Monika & Mr Rajinder Kumar Sharma
Grand Daughters & Grand Sons-in-law
Mrs. Tanya & Kunal Badyal
Mrs. Ridhima & Major Anirudh Kohli
Grand Children: Sidhant, Suvrat, Aarya
Great Grand Son: Ayan Sharma (Juru)
Contact: 9419196897, 9419191503, 9419141880

**SH KRISHAN KUMAR SHARMA****OBITUARY**

With tears in our eyes & prayers on our lips, we inform that our Mother **Smt. Janak Rani Gagroo**, W/o Lt. Janki Nath Gagroo, Originally from Aga Hamam, Habbakadal, Srinagar, presently residing at Plot No 4, Block-F, Swarn Vihar, Jammu (Near Apollo Multispeciality Diagnostic Centre), attained Nirvana at Indirapuram, Ghaziabad on 31st May 2025 at 5:18 PM.

The **CREMATION** was done on 1st June 2025 at Antim Niwas, Sector-94, Noida.

MOURNING will be held at Flat No 509/3, Express Garden, Vaibhav Khand, Indirapuram, Ghaziabad.

The **10TH DAY KRIYA** will be performed at Muradnagar Nagar Ghat Ghaziabad on 9th June 2025 at 8.30 AM.

GRIEF STRICKEN:

Rajaish Gagroo (**Son**) 9622220261
Nancy & TK Peer (**Daughter & Son-in-law**) 9899252675
Pinki & Rajesh Mujoo (**Daughter & Son-in-law**) 9810780499

**SMT. JANAK RANI GAGROO****10TH DAY/KRIYA/UTHALA**

With profound grief & sorrow, we inform the sad demise of our beloved **Lt. Sh. Subash Chander Magotra** R/o 26, Gali Khilonia Pacca Danga Jammu who left for heavenly abode on 26th May 2025.

10th Day will be performed on Wednesday 04/06/2025 at Rani Taleb Jammu from 10:00 AM - 11:00 AM. **Kriya** will be performed at our residence on Thursday, 5th of June 2025 at 12:00 noon. **Uthala** will be performed on Friday, 6th of June 2025 at Brahman Sabha, Parade Jammu from 5:00 PM to 6:00 PM

GRIEF STRICKEN

Smt. Kanta Devi (**Wife**)
Rohan Magotra (**Son**)
Daughters & Son-in-Law
Mrs. Shalini & Mr. Rachit Sharma
Mrs. Tania & Mr. Nitesh Dubey
Brother & Sister-in-law
Smt. Leena Magotra W/o Lt. Sh. Ajay Magotra
Smt. Sonia Magotra & Sh. Rohit Magotra
Sister & Brother-in-law
Smt. Sonia Sharma & Sh. Sanjeev Sharma
Smt. Meenu & Sh. Sunil Sharma
Smt. Monika & Sh. Rohit Sharma
Akshay, Akash, Pratham, Vansh, Vinayak & Shreya (**Nephews & Niece**)
Mobile :- 7006860658, 6005685356, 7889379230

**Lt. Sh. Subash Chander Magotra****OBITUARY / TENTH DAY KRIYA**

With profound grief and sorrow, we inform the sad demise of our beloved **Shri Makhan Lal Raina** S/o Late Shri. Dina Nath Raina resident of Zainapora, Shopian on 31th May, 2025 (Saturday) at his residence.

Tenth Day will be performed on 9th June, 2025 (Monday) At Zainapora, Shopian.

GRIEF STRICKEN:

Samast Raina Pariwar Mob. No. 88250-95867
Samast Bhat Pariwar Mob. No. 60057-07938
Samast Koul Pariwar Mob. No. 70062-91189

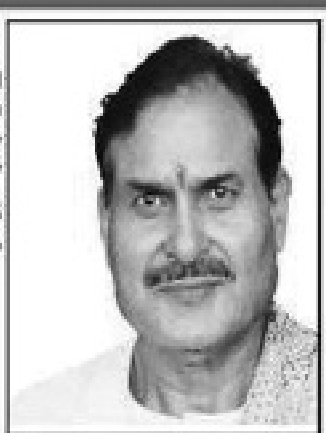
**Shri Makhan Lal Raina****TENTH DAY KRIYA**

With profound grief and sorrow we regret to inform the sad and untimely demise of our beloved **Sh. Maharaj Krishen Bhat** S/o Sh. Ram Chand Bhat R/o Sirhama, Anantnag, Kashmir presently at H.No. 35/C, Om Nagar, Udhaywala, Bhorl, Jammu on 26th May 2025.

The **TENTH DAY KRIYA** will be performed on 4th June 2025 (Wednesday) at Muthi Ghat, Near Director School Education, Jammu. Assembly will be held at 8:30 AM at the Ghat.

GRIEF STRICKEN:

Wife -Smt. Veena Ji (Nirmala Ji)
Son & Daughter in Law
Sameer Bhat & Simran Bhat
Babhi- Smt. Dulari Bhat
Brother & Bhabhi
Sh. Ashok Kumar Bhat & Smt. Usha Bhat
Brother in Law & Sister
Sh. Prem Nath Raina & Smt. Binia Raina
SAMAST BHAT PARIWAR (SIRHAMA), RAINA PARIWAR (SOMBRUN)
KOUL PARIWAR (HARDU TOORU)
Family can be reached at
Mob: 7006797161, 9797880011, 9018144919

**Sh. Maharaj Krishen Bhat**

Charri Chandi Yatra for Chandi Maa Mindal to commence from June 10

Top News Report

JAMMU, Jun 3: The annual religious pilgrimage Charri Chandi Yatra, dedicated to Chandi Maa of Mindal (Himachal Pradesh), will begin on June 10, 2025, from Qayoon Dhar (Aghar Jitto), Katra, under the guidance of Guru Tirth Ram Manhas, Chief Patron of Sarv Shakti Chandi Maa Mindal Sanstha, J&K.

In view of the upcoming Yatra, the Sanstha has proposed a meeting to be held next week to finalize arrangements and coordinate with the Divisional Commissioner, Jammu, as done in previous years.

The Yatra will proceed through multiple districts—Reasi, Udhampur, Doda, Kishtwar in Jammu & Kashmir, and culminate at Chandi Maa

Mandir, Mindal Pataca in District Chamba, Tehsil Pangi, Himachal Pradesh. On June 10, the Charri Mubarak will begin at 7 A.M. from Qayoon Dhar and reach Katra, Tikri, and Modi Ground in Udhampur. A grand welcome and public reception is scheduled at Sansar Palace, Jakhani-Domail, followed by a flag-off by the Deputy Commissioner and SSP Udhampur. After lunch at Prashad, the Yatra will head towards Gouri Shankar Temple in Kishtwar, where devotees will stay overnight and participate in a Jagran.

On June 11, after breakfast and a ceremonial flag-off by the DC and SSP Kishtwar, the Yatra will proceed to Gulabgarh, Paddar, and then to Soul Mahakali Mandir, where it will

be warmly welcomed with Langar Prasad. The night halt will be at Teyari, with devotional Jagran continuing.

On June 12, the Charri will leave Teyari early morning and travel via Sidh Mandir to reach Killad in Himachal Pradesh's Chamba district. Local devotees will offer a traditional welcome and Langar. The yatrics will spend the night in Killad.

June 13 will mark the main ritual day at Chandi Maa Mandir, Mindal Pataca, where Havan-Pujan, Kanya Poojan, Bhandara, and Jagran will be held. The Charri will return on June 14 to Gouri Shankar Mandir in Kishtwar for night stay and proceed on June 15 to Ramgarh-Baggar, where lunch will be served. The Yatra will conclude by reaching



Udhampur, Katra, and finally Jammu.

The Sanstha has requested the concerned authorities, including District Magistrates and SSPs of Reasi, Udhampur, Doda, Kishtwar, Ramban, and Chamba (HP), to ensure necessary administrative and security arrangements. The DIGs of Udhampur/Reasi and Doda/Kishtwar, and the IGP

Jammu have also been urged to provide security escorts along the route to ensure a safe and peaceful Yatra.

Guru Tirth Ram Manhas has expressed hope that the pilgrimage will proceed smoothly with the blessings of Chandi Maa and the full cooperation of civil and police authorities across Jammu & Kashmir and Himachal Pradesh.

ADGP Armed visits APC Zewan, inaugurates football ground, women help desk 'She Box', Joint Control Room, Kendriya Bhandar



Top News Report

SRINAGAR, Jun 3: Anand Jain, ADGP Armed J&K, accompanied by Junaid Mehmood, Deputy Inspector General IRP Kashmir and Shahid Mehraj, Deputy Inspector General Armed Kashmir visited Armed Police Complex Zewan on Tuesday to review the functioning of various units stationed at the Armed Complex.

The ADGP upon his arrival was accorded a warm welcome by the Officers present there. Jain took salute at the March Past presented

by the various contingents, including the personnel undergoing special refresher courses.

Jain on reaching the Complex, visited the Police Martyr's Memorial Zewan and payed homage to the brave hearts, who sacrificed their precious lives in the line of duty.

On the occasion, various facilities were inaugurated by the ADGP which include, Football Ground, Wet Canteen, Joint Control Room, Kendriya Kalyan Bhandar Canteen, and She Box Women helpline, and other facilities, besides Inspecting Subsidiary Police Hospital

Zewan.

A special Darbar was also held on the occasion, during which the personnel raised service-related issues, and on-the-spot directions were given for redressal. Emphasizing hygiene, the ADGP directed regular cleanliness drives and medical check-ups for all personnel.

Jain conducted a detailed inspection of infrastructure, including administrative blocks, barracks, mess, MT fleet, stores of the units located at the Armed Police Complex.

He urged officers to stay vigilant ahead of the Shri Amaranth Ji Yatra 2025 and stressed adopting the e-Office system to enhance efficiency and reduce paper usage.

Prominent Officers present on the occasion included, Bisma Qazi, Commandant Women 2nd Bn. Shahzad Salaria, SSP, Commandant JKAP 9th Bn. Arif Amin, SSP, Commandant Border 2nd Bn. Munir Ahmed SSP APCR Kashmir and other officers.

Helping needy is greatest social service: Balbir



Top News Report

JAMMU, Jun 3: Helping those in need is the greatest service to humanity, said Balbir Ram Rattan, former Vice-Chairman of the Jammu and Kashmir Scheduled Castes, Scheduled Tribes and Backward Classes Development Corporation.

In a meeting with Dr. Ramzan Hussain, Chairman, Anjuman-Ahle-Islam, Balbir appreciated the remarkable efforts of this registered social organization, for consistently working for the underprivileged in Jammu and Kashmir.

He said that at a time when economic inequality is prevalent in society, various organisations have emerged as symbols of compassion and social upliftment.

Such organizations have been at the forefront of many humanitarian efforts, especially in providing financial aid during the weddings of poor girls, distributing books and stationery to students who cannot

afford them.

Balbir Ram Rattan stated that these contributions reflects deep commitment to nurturing the next generation and empowering them through education.

There are many organisations which also actively participates in resolving family disputes, helping to maintain peace and harmony in society. Their work in mediating and resolving domestic issues is commendable and highlights their dedication to holistic social welfare.

Reiterating his commitment to serving humanity, Dr. Ramzan Hussain said, "We believe that even a small good deed can ripple out and bring change in society." He added that their aim is to reach every person in need, regardless of religion, caste, or background.

Prominent Scheduled Caste social activists Vijay Anand Gill, Hans Raj Loria, and Adarsh Jethiyar, who accompanied Balbir, also praised the work of the organization.

Shri Ganga Dussehra Festival to be celebrated on June 5: Mahant Rohit Shastri

Top News Report

JAMMU, Jun 3: Shri Ganga Dussehra, commemorating the sacred descent of Mother Ganga to Earth, will be celebrated with reverence and enthusiasm on Thursday, June 5, 2025, as per Mahant Rohit Shastri, noted Jyotishacharya and President of Shri Kailash Jyotish Avim Vedic Sansthan Trust (Regd.).

According to Hindu scriptures, on this very day—Dashami of Shukla Paksha in the month of Jyeshtha—the divine river Ganga descended from the heavens through Lord Shiva's matted locks and flowed onto the Earth, making the day supremely auspicious. This year, the Dashami Tithi begins at 11:55 PM on June 4 and ends at 2:17 AM on June 5, and since Dashami prevails at sunrise, the festival will be observed on June 5.

Mahant Shastri added that this year's Ganga



Dussehra also coincides with Sarvartha Siddhi Yoga, further enhancing the spiritual benefits. Taking a holy dip in the Ganga or any nearby water body is believed to wash away physical, mental, and material sins. Those unable to reach the Ganga can perform rituals at home with devotion by adding a few drops of Ganga jal in their bath and chanting the Ganga Mantra: "Om Namo Bhagavati Hili Hili Mili Mili Gange Maam Paavaya Paavaya Swaha"

The Mahant also explained the traditional worship process. Devotees may perform Panchopachar or Shodashopachar puja, offering 10 types of flow-

Prof. Manoj Gupta of SMVDU delivers lecture at JNU Delhi

Top News Report

KATRA, Jun 3: Prof. Manoj Kumar Gupta, Professor, SoCSE has chaired a session and delivered a distinguished lecture at the 3rd International Conference on the Network and Cryptology (NetCrypt-2025), JNU Delhi.

The theme of the conference leveraged with machine learning is focusing on all aspects of cryptology, network security, privacy, and cyber security, attracting cutting-edge results from world-renowned scientists in the area.

The international conference is organized by School of Computer and Systems Sciences Jawaharlal Nehru University, New Delhi, India. It aims to provide a forum for researchers, engineers and practitioners interested in the application of information, networks and communication to discourse on research and development, and professional practice in related fields.

The conference brought together experts from around the globe, fostering discussions that are pivotal for advancing contemporary issues. The lecture titled "Hybrid Neuro-Fuzzy Systems and Application" highlighted the groundbreaking research and innovative ideas in the field.

The lecture focused on key findings, demonstrating the impact of emerging technologies on our understanding and approach to complex problems. Attend-



ees engaged in insightful discussions, emphasizing collaboration and the importance of multidisciplinary efforts to tackle global challenges.

Feedback from participants has been overwhelmingly positive, noting the lecture's relevance and the speaker's ability to convey intricate concepts with clarity.

This conference not only showcased the latest developments but also inspired future research directions, encouraging ongoing dialogue among professionals in various industries.

Prof. Gupta also shared a technical session in which various researchers from different parts of India have presented and shared their work with the audiences. Critical discussion and suggestions were exploited for improvisation and future course of directions.

IIT Jammu hosts Army Goodwill School Drass for engaging national integration tour



Top News Report

JAMMU, Jun 3: IIT Jammu hosted a delegation of 22, teacher escort and army men from Army Goodwill School Drass, Ladakh, as part of their National Integration Tour, engaged in an enriching program designed to foster innovation and national unity.

The 7th and 8th-grade students gained valuable hands-on experience at the Tinkering Lab and Central Workshop, exploring practical applications of technolo-

gy and problem-solving.

A key highlight of their visit was a specialized Artificial Intelligence (AI) and Machine Learning workshop, skillfully conducted by IIT Jammu's final-year B.Tech students.

This session provided the young attendees with an insightful introduction to these rapidly advancing fields.

Dr. Nalin Sharma, Associate Dean Outreach at IIT Jammu, personally interacted with the students, engaging them in discussions about their professional

aspirations and offering guidance.

The entire event was meticulously organized by IIT Jammu's Outreach Department, operating under the distinguished leadership of Director, Professor Manoj Singh Gaur, and Dean, Professor Abhay Sharma.

This initiative underscores IIT Jammu's commitment to broadening students' perspectives, promoting academic excellence, and strengthening the spirit of national integration.

JMC initiates action plan for desilting of Nallahs, deep drains ahead of Monsoon

Top News Report

JAMMU, Jun 3: The Jammu Municipal Corporation (JMC) has launched a comprehensive desilting action plan to clean storm water drains and Nallahs across all 75 wards in preparation for the upcoming monsoon season. The initiative is aimed at preventing flash floods and waterlogging that typically affect residents during heavy rains.

The first phase of the desilting drive began on March 15, 2025 and will continue until June 20, 2025.

This timeframe ensures that potential damage from the season's first rainfall is minimized. Special focus is being placed on vulnerable and low-lying areas throughout the Jammu region, which are particularly prone to flooding due to the accumulation of silt and solid waste in nallahs that lack proper design, shape, and slope.

There are over 140 Nallahs and 105 deep drains in JMC Zones I, II, and III, requiring regular cleaning throughout the year. These nallahs extend up to 250 kilometers in length, while the deep drains cover an additional 600 kilometers. Localities such as Krishna Nagar, Shakti Nagar, Bhagwati Nagar, Chand Nagar, Kabir Nagar, Govind Nagar, Vishal Nagar, Kabir Colony, Rajinder Nagar, Canal Road, Subash Nagar, Rampura, Jeevan Nagar, Nai Basti, Nanak Nagar, Preet Nagar, and Trikuta Nagar are being given top priority due to their susceptibility to blockages and overflow during heavy rainfall.

To execute this operation effectively, JMC has mobilized men and machinery

including excavators, backhoe loaders, small and large tippers, and a team of 30 laborers. Desilting work is progressing on schedule and is being carried out on a war footing. A dedicated supervisor is deployed at each site to oversee day-to-day activities, ensuring quality and timely completion. The Chief Transport Officers (CTOs) and Transport Officers (TOs), under the supervision of the Joint Commissioner (Health & Sanitation), are actively monitoring the overall progress. Desilting work has already been completed in many key and vulnerable areas, including Paloura Cyphon, AG Office, Shakti Nagar Cyphon, Ambika Vihar in Kabir Colony, Akalpur, Jewel Rotary, Nawabad Police Station, Valmiki Nagar, Gandhi Nagar (both lower and upper streams), Professor Chaman Lal Lane (lower and upper streams), 2nd Extension Gandhi Nagar near Arpit Plaza, Sanjay Nagar to Jeevan Nagar pulley, Gangyal Syphon, Channi Rama to JDA Complex in Trikuta Nagar, areas near the Judge House and Sai Palace in Trikuta Nagar, as well as Digiana and Nanak Nagar. Additionally, desilting in the major nallah of Sainik Colony is ongoing at a rapid pace.

Jammu Municipal Corporation remains fully committed to completing all desilting activities well before the onset of monsoon. The Corporation will continue to closely monitor all vulnerable points and maintain a rigorous oversight mechanism to ensure that the city's drainage infrastructure remains functional and effective, safeguarding public life and property from monsoon-related challenges.

A Healthy Life

**Rise with the sun, greet the day,
Stretch and breathe, let worries sway.
Eat your greens, drink water clear,
Keep your body strong and near.**

**Walk a mile, dance or run,
Make your workout feel like fun.
Sleep in peace, eight hours deep,
Let your mind and muscles sleep.**

**Laugh out loud, keep stress at bay,
Choose kind thoughts through every day.
Simple steps, a balanced way —
A healthy life begins today.**

**Dr Shreyansh Kumar
Jain State Chairman
Indian Yoga Association 9419100743**



EDITORIAL

MELA KHEER BHAWANI

Mela Kheer Bhawani is one of the most revered festivals for the Kashmiri Pandit community and is dedicated to the worship of the Hindu goddess Ragnya Devi, also known as Kheer Bhawani. Celebrated annually on Jyeshtha Ashtami (the eighth day of the bright fortnight of the month of Jyeshtha, as per the Hindu calendar), the festival is held at the Kheer Bhawani temple situated in Tullamulla village, near Ganderbal in the union territory of Jammu and Kashmir.

According to legend, Goddess Ragnya Devi, an incarnation of Durga, traveled from Sri Lanka to India at the behest of Lord Rama. She was initially worshipped in Lanka by Ravana but became displeased with his growing arrogance and left. After being brought to Kashmir, she took residence at Tullamulla. The temple, believed to be built around a sacred spring, was later reconstructed by Maharaja Pratap Singh in the 20th century and remains an important pilgrimage site.

The name “Kheer Bhawani” originates from the offering of kheer (rice pudding) made with milk and sugar, which devotees pour into the sacred spring as a symbol of devotion and reverence. The spring itself is considered sacred and is believed to change colors, reflecting the moods of the goddess. A blackish hue is said to indicate inauspicious times, while a milky white or pinkish shade reflects blessings and prosperity.

Mela Kheer Bhawani witnesses the congregation of thousands of devotees, primarily Kashmiri Pandits, who travel from different parts of India and abroad to pay homage to the goddess. The temple complex becomes a site of vibrant religious activity. Devotees perform havans (fire rituals), chant bhajans, and offer flowers, sweets, and kheer to the deity. The air fills with the fragrance of incense and the chanting of mantras, creating a spiritually charged environment.

On the eve of the festival and the day itself, the entire temple complex is beautifully decorated. The central focus remains the sacred spring, around which devotees sit and meditate. The belief is that the goddess listens to the prayers of the faithful on this auspicious day and grants them peace and prosperity.

Beyond its religious aspect, Mela Kheer Bhawani holds a deep emotional and cultural connection for the Kashmiri Pandit community, many of whom were displaced from the Kashmir Valley in the early 1990s due to the insurgency. The pilgrimage to the temple represents not only a spiritual journey but also a symbolic return to their roots.

Over the years, the festival has become a symbol of communal harmony, as locals, including Muslims of the region, actively participate in the preparations and arrangements for the visiting pilgrims. This cooperation reinforces the shared cultural history and mutual respect that existed in the Valley for centuries.

Security arrangements are made by the Jammu and Kashmir administration to ensure the safety of pilgrims. Facilities such as transportation, food, and accommodation are organized, and the shrine is kept open day and night to accommodate the large inflow of visitors.

Historical references to the shrine and the goddess can be found in ancient texts and oral traditions. It is said that Swami Vivekananda visited the shrine and experienced deep spiritual insight there. The temple and its traditions have been preserved over centuries, making it a living testament to Kashmir’s spiritual and cultural legacy.

The pilgrimage was interrupted for some years during the peak of militancy, but since the early 2000s, the number of pilgrims has steadily increased, with support from civil society, security forces, and religious groups. This resurgence reflects the strong bond that the community continues to hold with the land and its sacred heritage.

In recent years, the festival has seen growing participation from not only Kashmiri Pandits but also tourists, researchers, and cultural enthusiasts. The Jammu and Kashmir government, along with several NGOs, organizes cultural events, musical performances, and awareness drives to promote the significance of the shrine and its peaceful message.

The festival is also widely covered in media, highlighting the importance of preserving Kashmir’s syncretic culture and promoting unity among communities. It is often seen as a bridge between the displaced community and their homeland, strengthening hopes for peace, return, and reconciliation.

Tulmulla–The Sacred Seat of Ragnya Bhagwati

By:-Omkar Dattatray

This year Mela Kheer Bhawani falls on 3rd June, Tuesday and it is expected that on this occasion, people in large numbers will throng Tulmulla, offer prayers and seek blessings from the goddess and people will pray for world peace and welfare of humanity. However, this year Kheer Bhawani yatra is being held under the shadow of Pahalgan terror attack and Indo-Pak tensions. But still there is no less enthusiasm among the Kashmiri Pandits and a KP Jatha was flagged off from Nagrota by Relief & Rehabilitation Commissioner Arvind Karwani, DC Sachin Vaishya and senior police officers. A convoy of 60 buses carrying 1500 yatrics has been flagged on Sunday for the religious pilgrimage to Tulmulla. Tulmulla is rightly an abode or dwelling place of Mata Kheer Bhawani and the feminine power resides in this picturesque village. The legend is it, that Mata Ragnya Bhagwati which is also called Kheer Bhawani was pleased on the penance of Ravana the then king of Shri Lanka and he took her to Lanka. But she was dismayed by the demonic works of Ravana and told Hanuman to lift her to Kashmir, where she permanently resides at village Tulmul. Kheer Bhawani, Ksheer Bhawani or Ragnya Devi shrine is a Hindu temple situated at a distance of 25 Kms north-east of Srinagar in Jammu and Kashmir’s Tulmulla village in Ganderbal district. It is dedicated to Hindu goddess Kheer Bhawani whose temple stands in the middle of a scared spring and it is believed that the color of this spring changes and generally it is milky, but it turns red when some big misfortune falls and thus it has been seen that on the onset of militancy in Kashmir and the resultant exodus of the Kashmiri Pandits, the color of this holy spring turned red and it was the forewarning for the big misfortune that happened in the paradise of the world. As is the custom with Hindu deities, the goddess has many names including

Ragnya or Rajna, along with variations in honorifics such as Devi, Mata or Bhagwati. The term Kheer refers to a milk and rice pudding which is so dear to Mata and it is offered to propitiate the goddess. Kheer Bhawani is sometimes translated as Milk Goddess. The worship of Kheer Bhawani is universal among the Hindus of Kashmir and most of them worship her as their protective patron deity Kuladevi. The sacred spring here has its own attached belief and the Kashmiri Pandits hold this shrine in great reverence and veneration and it is believed that Mata Kheer Bhawani fulfills the desires of the devotees who worship her with great dedication. A yearly mela is held on the occasion of Ziyishta Ashtami which falls in the Hindu month of Zaishta in the second fortnight of the month called ShukalPaksh Ashtami. On this auspicious day, people from far and wide visit this shrine, offer Kheer, milk, flower, water and seek blessings of goddess. On this pious occasion, KP’s and other Hindus from Delhi, Jammu and other places visit Tulmulla and seek blessings of goddess Ragnya Bhagwati. J&K government should be commended and praised for arranging free buses, boarding and lodging for the yatrics. There is great hustle and bustle on the occasion of Ziyishta Ashtami and Kashmiri Pandits observe fast on this day to propitiate goddess. Kashmiri Pandits also observe fast on every Shukalpaksh Ashtami and it is peculiar that Kashmiri Pandits only observe fast on the Ashtami of Shukalpaksh throughout the year and there is a great legend associated with the fasting. The observance of fasting on Shukla Paksha Ashtami by Kashmiri Pandits is a testament to their unwavering faith and devotion to Mata Kheer Bhawani. The fast by Kashmiri Pandits is on the Shukla Paksha Ashtami of every month is not only a religious ritual, but a proof of their unwavering faith, devotion and communion with the goddess. The KP’s where ever they are abstain from eating mutton, fish, eggs, chicken, onion, tomato and, carrot on this auspicious day. The Kheer Bhawni mela is the largest gathering of Hindus in the

region following the Amarnath Pilgrimage. Maharaja Partap Singh of Jammu and Kashmir and Maharaja Hari Singh contributed to building and renovation of the temple. Dr Karan Singh has unflinchingly faith and belief in Ragnya Bhagwati and he usually pays visits to this shrine off and on. There are other temples/shrines dedicated to Kheer Bhawani in Kashmir, such as Mata Kheer Bhawani temple at Tikker, Kupwara, Manzgam in Kulgam district and a shrine of Tripur Sundari at village Devsar also in Kulgam district and at all these shrines mela is held on Zyastha Ashtami and large number of devotees offer prayer at these sacred places. The Kheer Bbhawani mela or festival sees the annual congregation of Kashmiri Hindus, other pilgrims and tourists. The mela is called as Jyeshtha Aahatami mela or popularly known as Kheer Bhawani mela. It is a public holiday in Kashmir division. Kashmiri Pandits celebrate this mela with great enthusiasm, fervor, devotion and dedication to Mata Kheer Bhawani. In every Kashmiri Pandit household Kheer is prepared on this day and offered to goddess and then its Prasad is taken. The mela was threatened during terrorism and Hindu exodus of 1990. Mela was restored with dedicated efforts of Indian army contingent placed at Ganderbal. Now contingent of 115 BN CRPF is deployed at temple complex for so many years. This shrine is one of the few exceptions where Hindu priests never left the Mandir despite serious terrorist threats. The mention of Kheer Bhawani is found in Kalhana’s Rajtarangini. Kalhana writes that the sacred spring of Tulmulla is situated in a marshy ground. Thousands of years ago, floods inundated the spring and temple. Kashmir’s Yogi Krishana Pandit Thaploo of Bohri Kadal, Srinagar had a dream in which goddess appeared to him and directed him to the location of the holy spring. It is also mentioned in the Bhriгу Samhita. Abu’l-Fazi ibn Mubark in his book Aini-Akbari mentions the area of Tul Mula extending over a region of hundred bighas of land, which used to sink in marshy lands during summer.

Some people are of the opinion that there was a mulberry tree near holy spot of Kheer Bhawani which, in local language, is called tul mul. But tul mul is also derived from the Sanaskrit word atulya mulya meaning great value. The horifics of Kheer Bhawani are Maharagya Devi, Ragnya Devi, Rajni, Ragini, Ragniya, Ragnya Bhagwati, Maharagya. After the exodus of Kashmiri Pandits, a replica of shrine Kheer Bhawani had been constructed at Janipur Jammu which is called Mata Kheer Bhawani, Bhawani Nagar and annually a mela is held here and the KP’s and other Hindus visit this place on Zyashta Astami also on all Shkulpaksh Ashtami’s of the year and this Bhawani Nager Shrine is frequented by a large number of devotees. A yearly Hawan is also solemnized on the auspicious occasion of Zyastha Astami and a great number of people take part in the Hawan and partake Prasad. The maximum of Kashmiri Pandits are, putting up at Jammu and Zaishta Ashtami is not a holiday in Jammu division and it is big injustice to KP community in particular and other Hindu’s in general.. Zaishta Ashtami is one of the important festivals of Kashmiri Pandits. So it is the fervent appeal of KP’s to LG administration to declare this day as a gazette holiday in the whole of the UT and it is already a holiday in Kashmir Valley but the fact is that KP’s are stationed at Jammu and so the JK government should declare Zaishta Ashtami as a holiday in Jammu also to fulfill the aspirations of KP’s and other, Hindu’s of Jammu. May Mata Ragniya bring peace and prosperity to Jammu and Kashmir and end militancy and bless people so that KP’s will return to their birth place with safety, dignity and honour.

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

Home Remedies For Teeth Whitening



By: Shahnaz Husain

Everyone desires dazzling white teeth as it adds to our beauty. In fact, with sparkling white teeth, you can meet and greet others with confidence.

When you meet someone, the most natural reaction is to greet them with a smile. It plays an important role in the impression we make on others.

Teeth become darker or yellow with growing age as the outer enamel wears away, and the yellowy dentin underneath becomes more visible.

Maintaining a bright, white smile doesn’t always require expensive treatments or harsh chemicals. Nature provides us with plenty of remedies that can effectively keep our teeth looking their best. Some natural, at-home remedies are safe and can whiten your teeth.

So, here look at some great ways to achieve sparkling white teeth naturally.

1---Baking Soda:

Using baking soda is one of the most effective teeth-whitening home remedies.

Baking soda, also known as sodium bicarbonate, prevents

bacteria from growing in your mouth because of its alkaline properties.

Baking soda can gently polish away stains on the surface of the teeth.

Its alkaline and coarse nature will mildly scrub stains off your teeth and return your mouth’s PH to normal levels.

You can make a simple paste by mixing baking soda with a small amount of water and brushing your teeth with it a few times a week.

Take one tablespoon of baking soda and two tablespoons of hydrogen peroxide. Mix both to make a paste. Use this paste to brush your teeth.

Brush your teeth with baking soda mixed with Coconut oil enough to create a paste. This can make good homemade toothpaste.

Mix one teaspoon of baking soda with fresh lemon juice to form a paste. Apply the paste to your toothbrush and gently brush your teeth for about two minutes. Rinse thoroughly with water afterwards. The acidity of the lemon juice can erode the enamel if used excessively

Many toothpastes contain baking soda. You can alternatively sprinkle a little bit of baking soda on your toothbrush before you brush your teeth to help whiten them.

It must be used carefully as its overuse can also erode our tooth enamel; however, besides its benefits, it also has various disadvantages. It can damage your gums if used daily or if left in contact with your teeth for a long time.

Just be sure not to use it too frequently, as excessive abrasion can damage tooth enamel.

2--Oil Pulling-----

Oil pulling is the term for washing the mouth with oil to remove dirt, bacteria, and debris

Oil pulling is an ancient Ayurvedic remedy practised worldwide to prevent and treat cavities, benefit oral health, improve gums, and whiten teeth.

. This technique is also meant to improve overall oral health and hygiene.

All you need is 2 tablespoons of coconut oil, sesame oil, or sunflower oil. Pour it in your teeth and swish it for over a few minutes in your mouth along with cool water and then spit it out. For the best results, do this practice daily.. Make sure to pull the oil through your teeth and around your gums.

As part of this method, oil is used as a mouthwash. People started using this method thousands of years ago. It is suggested to use this method in the morning.

3---Activated charcoal-----

Activated charcoal is highly absorbent and can help lift surface stains from the teeth.

Charcoal has activated carbon which is known to absorb water impurities. It is also known as a cleansing agent for tooth surfaces that have cracks.

Activated charcoal can remove tannins, which are present in most of the food items we eat.

Mix 1 teaspoon of charcoal powder and a pea-sized amount of toothpaste to make a mixture. Brush your teeth with it. You can do this twice a day or at least once.

Wet your toothbrush and dip it into activated charcoal powder. Brush your teeth gently for 2 minutes. Rinse thoroughly

afterwards to remove any residue.

Mix activated charcoal with a small amount of water to make a mouthwash. Swish this solution for 2 minutes and then spit it out. Rinse your mouth thoroughly with water after using activated charcoal.--

4--Peels----

Peels are also good for getting sparkling white teeth. Just rub the inside of an orange, banana and lemon peel on your teeth for two minutes. Make sure to thoroughly rinse out your mouth and brush your teeth afterwards.

You should repeat this process two to three times a week. After a few weeks, you will be able to see results.

Dip your toothbrush in water and then in the orange peel powder. Brush your teeth gently for 2 minutes. Rinse thoroughly with water.

. You can also dry the orange peels and grind them into a powder to add it to your daily teeth-cleaning ritual. The peels of these fruits contain citric acid, which theoretically helps in teeth whitening. Banana peels contain manganese, magnesium, and potassium that help whiten your teeth.

If you’re having sensitivity issues, In that case, it’s not recommended to use this remedy.

(The author is an international fame beauty expert and is called the herbal queen of India)

KVK Samba engages over 6200 farmers under Viksit Krishi Sankalp Abhiyan

Top News Report

SAMBA, Jun 3: The Krishi Vigyan Kendra Samba under the aegis of SKUAST Jammu, continued its impactful outreach under the ongoing Viksit Krishi Sankalp Abhiyan.

These programmes are being conducted under the stewardship of Prof. B.N Tripathi Vice Chancellor SKUAST Jammu and under the guidance of Dr. Amrish Vaid Director Extension SKUAST Jammu.

The abhiyan is being carried out under the direct supervision of Prof Sanjay Khajuria, District Nodal Officer and Dr. Rakesh Khajuria Joint Nodal Officer VKSA, Samba actively participated.

On sixth day of the campaign, awareness programmes and farmer engagement activities were conducted across nine villages Patyari, Blater, Goran,



Sangwali, Nonath, Harsath, Chachwal, Madoon and Mawa of District Samba.

The initiative aims to empower farmers with updated knowledge and ensure effective implementation of government schemes for sustainable agricultural growth. More than 1200 farmers participated in these programs which focused on promoting sustainable agricultural practices, climate resilient farming and

advanced techniques in horticulture, livestock management and promotion of agroforestry.

The campaign will also focus on collecting data and feedback from farmers. This information will be analysed to understand challenges faced in the fields. The insights gained will guide future research directions, ensuring that agricultural practices evolve according to farmers' needs.

The "Viksit Krishi Sankalp Abhiyan" plays a vital role in agriculture development by promoting scientific outreach, sustainable practices, and farmer empowerment, ultimately aiming to make India the "Food Basket of the World." This campaign focuses on bridging the gap between research and field application, and fostering farmer-led innovations.

The Viksit Krishi Sankalp Abhiyan aligns with Prime Minister Narendra Modi's vision of Lab to Land. It aims to promote developed agriculture and contribute to the broader goal of a Viksit Bharat by 2047. The initiative is a step towards recognising farmers as vital contributors to nutrition and economic stability. The Krishi Vigyan Kendra Samba along with all the line departments is putting all efforts to make this campaign more vibrant.

NMC urges PM for immediate appointment of 8th Pay Commission Chairman, Members

Top News Report

JAMMU, Jun 3: The National Mazdoor Conference (NMC) has strongly appealed to the Prime Minister for the immediate appointment of the Chairman and other members of the 8th Pay Commission, the constitution of which was recently approved by the Union Cabinet. Addressing a meeting of NMC workers, President Subash Shastri stressed the urgency of making the formal announcement soon to end the growing uncertainty among government employees and pensioners.

Shastri emphasized that since the implementation date for the 8th Pay Commission is January 1, 2026, early appointment of the commission is essential to ensure that it completes its report on time. He said this would help guarantee timely benefits

to employees and pensioners as per the new pay structure.

Referring to the 7th Central Pay Commission, which was implemented in 2016, Shastri pointed out that the policy provides for merger of 50% Dearness Allowance (DA) into the basic pay or pension once DA exceeds 50%. With DA currently at 55%, he urged the government to act promptly on this clause and merge the DA accordingly.

Among other demands, Shastri called for 20% interim relief for central and state government employees and pensioners until the 8th Pay Commission is implemented. He also demanded the restoration of the Old Pension Scheme (OPS) as a confidence-building measure, noting that many states have already taken this step.

The NMC president

further demanded the release of 18 months' pending DA arrears, regularization of daily wagers who have completed seven years of service as of March 2024, and an increase in monthly emoluments to Rs 18,000. He also urged the government to enhance the medical allowance to Rs 1,000 per month, similar to the provisions in Ladakh, and to issue orders for a 2% DA hike for employees and pensioners in the Jammu and Kashmir Union Territory.

Prominent members present at the meeting included Rajan Babu, B.S. Jamwal, Surinder Kumar, Ram Singh, Ramesh Sharma, Anil Gupta, Vinod Kumar, Daljit Singh, Chaman Lal, Birbal, among others, who supported the demands and expressed solidarity with the employees and pensioners awaiting relief.

Smile Foundation NGO distributes 200 kits, clothes to widows, orphans

Top News Report

SRINAGAR, Jun 3: Smile Foundation NGO, a dedicated organization committed to uplifting marginalized communities, successfully distributed 200 kits and clothing items to those in need, particularly focusing on widows and orphans.

The event took place on today and was led by Chairperson Masrat Jan and President Sajjad Ahmad Sholla, who addressed media representatives about the foundation's ongoing efforts to support vulnerable populations. During the distribution event, Masrat Jan emphasized the importance of community support and solidarity, stating, "Our mission is to empower those who are often overlooked. Today, we are not just providing essential items; we are sending a message of hope and compassion to widows and orphans in our community."

Sajjad Ahmad Sholla echoed these sentiments, highlighting the foundation's commitment to making a tangible

difference in the lives of the less fortunate. "Every kit we distribute represents a step towards a brighter future for these individuals. We believe that by providing them with basic necessities, we can help restore their dignity and inspire them to rebuild their lives." The kits included essential items such as food supplies, hygiene products, and warm clothing, all carefully assembled to meet the

immediate needs of the recipients. The initiative is part of Smile Foundation's broader mission to address poverty and support vulnerable groups through various outreach programs.

The event attracted significant media attention, with representatives from local news outlets covering the impactful work being done by Smile Foundation. The organization encourages community



members to get involved and support their initiatives, whether through

donations, volunteering, or spreading awareness.

ABPSSP J&K distributes plants to Army Unit Udhampur



Top News Report

UDHAMPUR, Jun 3: With the rise in temperature, the members of

ABPSSP J&K distributed plants to Army Unit.

The members of ABPSSP distributed 50 Chinara, persimmon,

Bottlebrush plants to Army Unit at Udhampur. These plants will help in bringing the temperature down.

Col Balwant Singh, Capt. Raj Singh, Hav Khajur Singh of ABPSSP were present on the occasion.

Hav Balbir Singh appreciated the contribution and efforts of ABPSSP during the event.

While speaking in the event, Hav Khajur Singh said, we have been planting trees since long back and today we have organized the plants distribution event at Army Unit Udhampur and we would like to emphasize that we have planted thousands saplings and our ABPSSP has a target to plant more than one lakh trees in 2026.

Cycle rally energizes Kathua on World Environment Day 2025



Top News Report

KATHUA, Jun 3: Marking World Environment Day 2025 with zeal and purpose, Zones Hiranagar, Bhaddu, Basohli and Mahanpur jointly organized an impressive cycle rally today, drawing participation from 149 cyclists representing government and private schools across the region.

In Zone Bhaddu, the rally kicked off from Dharmani main road and culminated at Barota, highlighting key messages of environ-

mental conservation, healthy living, and sustainable transport.

The event was inaugurated by I/C ZPEO Bhaddu Mohd Sharief, joined by Principal MTC Dharmani Yash Sharma, DTI and staff, along with physical education personnel from the zone.

Yash Sharma, in his address, underlined the importance of instilling environmental responsibility among the youth. DTI reinforced the message, encouraging the gathering to strive for a cleaner, greener future.

Simultaneously, Zone

Hiranagar hosted its own cyclothon starting from the Sports Stadium to Kali Mata Mandir, where participants rode with banners advocating for a plastic-free, eco-friendly environment.

I/C Tara Singh along with staff Zone Basholi hosted its own cyclothon start from Model Higher Secondary School Basohli to Purthu.

The coordinated efforts across the zones sent out a powerful message of sustainability and united community action in protecting the environment.

Friends Welfare Society formed



Top News Report

JAMMU, Jun 3: A Friends Welfare Society (FWS) was formed at Jammu on Saturday with Retired JU Officer R.L. Kaith, Retired Sub Inspector Darshan Kumar Bassa, Subedar Baldev Chand Sandhu (Retd), Havildar Des Raj Kaith (Retd), Hans Raj Loria, Naresh Kumar Kaith, Tilak Raj Bassa and Jagdish Raj Kaith.

This will be self-finance, a non-profit, and a non-governmental organization. Its aim is to contribute to the prosperity of humanity by providing welfare services and supporting various social causes. Their objectives include working towards the unity, integrity, and harmony of the nation; and

fostering social awareness; empowering individuals, particularly students to participate in social development initiatives.

JKTF proposes tree planting initiative on World Environment Day

Top News Report

JAMMU, Jun 3: On the occasion of World Environment Day, the Jammu Kashmir Teachers Forum (JKTF), affiliated with the All India Secondary Teachers Federation (AISTF), headed by State President Mohammed Ashraf Sheikh, proposes a unique initiative to promote environmental sustainability and social responsibility.

As part of this effort, JKTF members and supporters are encouraged to plant one tree each in their respective communities, institutions, or offices. This initiative aims to contribute to a greener environ-

ment, foster a sense of community, and promote collective responsibility towards the planet.

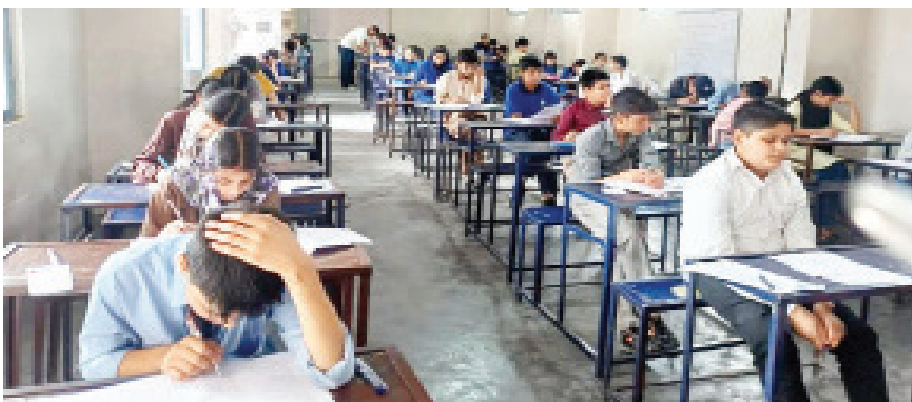
By planting trees, individuals can help mitigate climate change effects, improve air quality, and support biodiversity.

The JKTF leadership, including UT Sr Vice President Razaq Hussain Malik, UT Sr Vice Chairman Mohd Mahroof, Vice Chairman Mehmood Riyaz Bhat, Vice President Neetan Kalyan, UT Conventor Lokesh Sharma, Secretary Raman Kumar Sharma, Spokesperson Joginder Singh, Additional Spokesperson Ranjeet Singh, Provincial President Jammu San-

jeet Sharma, UT Advisor Maroof Zargar, UT Chief Coordinator Dr. Sanjay Sharma, Press Secretary Jailil Ahmed, UT Coordinator Ch. Ashraf Hussain, Media Secretary Ghulam Murtaza Khan, Joint Secretary Tariq Amin Naik, Provincial Vice President Nassir Ahmed Mir, Provincial General Secretary Sadiq Poswal, and Provincial Vice President Amarjeet Singh, along with District Presidents and Zonal Presidents, appeal to all supporters and well-wishers to participate in this initiative and make a positive impact on the environment.

Together, we can work towards a more sustainable future.

Super 30 College of Competitions conduct Very Similar Test



Top News Report

POONCH, Jun 3: Super 30 College of Competitions successfully conducted the Very Similar Test (VST) in June 2025, with the aim of giving students real-time experience of competitive exams.

The test was held in Degree College Poonch, Degree College Mendhar, Sir Syed Higher Secondary Surankot, Baba Nizami Surankot, Indian Excellence Surankot, Higher Secondary Seri Khawaja, Yaseen Seri Khawaja, National Public School Daraba, Ishatul Uloom Maroof Academy and Carmel School Chandak, Higher Secondary Fatepur, Higher Secondary Mandi, Qureshi Academy and National Public School Mandi, Higher Sec-

ondary Loran, Christ School, Jamia Zia ul Uloom, Raza ul Uloom, Nanak Academy, Modern Public School, Sai Group of Education, Modern Academy Bandi Caichian, Lone Public School Khari, Guru Niwas, Royal Public School, Al Mustafa and Al Awan School Mohra Bachai, S D Sabha, IGNOU, Anwarul Quran and various other schools across 23 examination centers in the district.

Students from 55 schools participated in this exam.

It was a two-hour test comprising multiple-choice questions based on the OMR format. The objective was to help students understand the nature of competitive exams—what types of questions are asked,

how questions are distributed across various components, and how to manage time efficiently during the exam.

The test proved to be a great success and received positive feedback from both students and educators. I would like to express my heartfelt gratitude to the District Administration, principal Degree College Poonch and Mendhar, Chief Education Officer, school principals, academics, professors, lecturers, teachers, non teaching staff members, local friends, seniors and colleagues and volunteers who extended their support in organizing this examination.

The results will be announced soon. The first prize is Rs 50,000, second prize Rs 25,000, and third prize Rs 10,000.

Kamal Haasan moves high court for 'Thug Life' release; film body says 'no apology, no release'

Anticipating disruption in the release of his upcoming movie 'Thug Life', actor and politician Kamal Haasan approached the Karnataka High Court seeking urgent intervention for the smooth release of the film and adequate security at theatres planning to show it. The movie is scheduled for release on June 5.

Haasan's move follows the Karnataka Film Chamber of Commerce (KFCC) announcement of a boycott of the film unless the actor publicly apologises for his recent remark that "Kannada language originated from Tamil". The remarks made during a promotional event in Chennai triggered widespread backlash from pro-Kannada organisations and sparked a political row.

In a writ petition filed by Haasan's production house Raaj Kamal Films International, the actor requested the high court to restrain any individual, group or authority—including the KFCC and state officials—from obstructing the screening of the film in Karnataka. The petition also sought police protection for the film's cast, crew, theatre owners, and

audiences, citing potential threats of disruption. Meanwhile, speaking to agency, KFCC president M Narasimhalu reiterated the Chamber's stand. "Let Kamal Haasan go to court. We have not done anything illegal. But we will not allow the screening of 'Thug Life' in Karnataka unless he apologises," Narasimhalu said.

"This is not just a film industry matter anymore. It has become a question of language and state pride. We have also received a letter from the government regarding the issue. The people of Karnataka, pro-Kannada organisations, and even politicians have demanded an apology," he added.

The producers of the movie maintained that Haasan's remarks were taken out of context and that they were intended to express cultural harmony between the people of Tamil Nadu and Karnataka. The statement, the petition said, was made during a cordial interaction with Kannada superstar Shiva Rajkumar, who also reportedly defended Haasan's intent.

"The backlash has been unwarranted and



based on a deliberate misinterpretation," the petition added, asserting that the film's release should not be held hostage to a misreading of the actor's words.

Despite multiple representations to state authorities, including the police, the production house said it had received no assurances of safety or support, prompting it to explore the legal action. As of Monday evening, the High Court has not listed the matter for hearing.

Narasimhalu also confirmed that distributors were awaiting a con-

versation with Haasan, who is currently in Dubai promoting the film. "After speaking to him, they will inform us of their decision. We will also review the court developments and respond accordingly," he said.

There were also reports that the South Indian Film Chamber of Commerce has reached out to Haasan in an attempt to mediate the situation.

'Thug Life', a high-profile film directed by the acclaimed Mani Ratnam, marks his second collaboration with Kamal Haasan

after the cult classic 'Nayakan'. The film features a star-studded cast including Trisha Krishnan and Silambarasan TR, with music composed by Oscar-winner AR Rahman. The estimated production budget is around Rs 300 crore.

Haasan, addressing the controversy last week, maintained that his remarks stemmed from love and cultural appreciation. "Love will never apologise," he said, clarifying that his words were meant to foster mutual respect and not offend Kannada speakers.

Karnataka Deputy Chief Minister DK Shivakumar, while refraining from taking a position on Haasan's statement, urged calm and restraint.

"We all are neighbours; we must live and work together. Tamil Nadu and Karnataka are not enemies. People from Tamil Nadu come here, and our water goes there. Let us not turn this into a political or emotional conflict," he said.

Appealing to all parties involved, Shivakumar said, "Nothing is permanent in life. Let's remain calm and patient."

Rekha-starrer 'Umrao Jaan' to re-release in restored version on June 27



"Umrao Jaan", the cult classic 1981 film starring Rekha in the lead role, is set to re-release across PVR INOX theatres in a restored 4K version on June 27.

Rekha essayed the role of Amiran, a courtesan-poetess in the film, which was directed by Muzaffar Ali. The period musical drama also earned the actor a National Award for 'Best Actress' in 1982.

The film has been restored by NFDC-NFAI. It will be screened

as a part of PVR INOX's Timeless Classics initiative, which curates landmark films that have shaped Indian cinema's artistic legacy, according to a press release.

In a statement, Rekha said that the character remains a part of her.

"'Umrao Jaan' is not just a film I acted in, she lives within me, breathes through me, even now," she said. "At the time, none of us could have imagined the timelessness of the film, the way it would gently

etch itself into the soul of Indian cinema. To see it return to the big screen is like watching an old love letter being opened by a new generation. My heart is full," she added.

Ali said he is "thrilled" about the film re-releasing in theatres again.

"'Umrao Jaan' was not just a film, it was a journey into the soul of a lost culture, a forgotten tehzeeb. Through her pain, poetry, and grace, we tried to resurrect the elegance of an era where love and longing spoke in verse."

"I had actors who brought a lot of heft to their characters, and then there was Rekha, who lived Umrao Jaan and truly immortalised it. I am thrilled that the film is back on the big screen for a whole new generation to discover a time and culture that is very much a part of our being," he said.

"'Umrao Jaan' revolved around Rekha's character, a young woman who gets kidnapped and sold into a brothel where she becomes a courtesan named Umrao Jaan. It is based on Mirza Hadi Ruswa's 1899 Urdu novel 'Umrao Jaan Ada'.

World Bicycle Day | Actor Nia Sharma: I'll pick cycling over driving any day

As self-proclaimed "fun cyclist to the core", Nia lives by one simple mantra: "Unless I enjoy what I do, I don't take it up — and cycling, for me, is like being on a joyride." Talking about her passion for the sport, she shares, "It's such a fun activity! I've cycled so much over the years because it just refreshes me. It helps build stronger quads, tones your core and legs, and best of all, it can create a whole community of cyclist friends." Nia's cycling journey truly picked up speed during the pandemic. "I started because my friends were into it," she recalls. "We formed a group and would cycle a 30-32 km stretch — to and fro — with my longest ride being 40 km. I bought a cycle back then, and we'd hit the road early in the morning when the streets were empty. Bas chalte jao!" To this day, her cycle remains her go-to for short neighbourhood trips. "Abhi bhi meri cycle mere paas hai, and whenever I need to go nearby, I hop on and ride. I'll pick cycling over driving any day," she smiles.

When it comes to fitness, Nia believes in doing just enough — not overdoing it. "For me, fitness is about looking my finest, staying in shape — that's the biggest high of my life," she says, adding that listening to one's body is key. "I've



been through phases of heavy gymming, but over time I realised it's more important to understand your body than to slog it out unnecessarily. A perfect waist and a fit body — that's what I aim for," says the actor. And while cycling has given her countless happy memories, it hasn't been without its bruises. "Falling and tripping — it's all part of the journey," she laughs, and adds, "I started at five, with my brother teaching me. I ripped my knees so many times! The worst was when my balancers were removed — I was all over the place, totally bruised." For Nia, cycling with friends adds another layer of fun: "You get fitness, fun, and memories — all at no extra cost."

Pankaj Tripathi says he hasn't done any film in last 1 year

Actor Pankaj Tripathi silently took a break for a year and used the time to introspect and heal himself mentally and physically. In a recent interview with The Hollywood Reporter India, the actor explained why he needed a break from work and how it helped him prioritise his needs. He explained how he utilised his time, which gave him newfound

break, he said, "Maine ek saal se koi film nahi kari aur ye kahi mai announce nahi kiya ki break pe jaa raha hu ya nahi. Chup chaap baith gaya aur vo aatmanthan ke daur me, thori physical healing ke daur me lag gaya (I haven't done any filmwork for a year, and I never announced anywhere whether I was taking a break or not. I quietly sat back and entered a phase of self-reflection and some physical healing)."



concentrated on his fitness during this time and visited Goa and abroad as well. "Isiliye patla huya hu kyuki mai dhai se teen ghante ka, hafte me 6 din workout karta hu. Aur ghumne gaya. Gau gaya 15 din raha, Hindustan ke bahar gaya kuch din raha. Beech me ads vgera karte rahe par kuch naya nahi kiya (That's why I've lost weight, because I work out for two and a half to three hours, six days a week. I also went travelling - spent 15 days in Goa and a few days outside India. In between, I did some ads but didn't do anything new)," he added.

The actor told everyone that he didn't have time for those who approached him. "Samay bahaut tha lakin vo samay svayam ko de raha tha (But I actually had plenty of time - I was just giving that time to myself)," he explained.

Pankaj Tripathi also admitted that he felt different about acting and often got bored with the roles he was doing. At one point, the actor wanted to wrap up work and get home. This approach and mindset bothered him.

Explaining why he took a break, he said, "I thought - this can't be right. I love this profession so much. I've made so many sacrifices to get here, and if I'm spending my days just waiting for shoots to wrap, then something's wrong. That's why I took a break."

Pankaj Tripathi also stated that he has now become choosy about roles. "I am at a point where I'm no longer working for money. I need to do work that gives me something to look forward to," he explained.

The actor was last seen in JioHotstar's 'Criminal Justice'.

Gauhar Khan slams Suniel Shetty for C-section comments as his daughter opted for natural delivery

Gauhar Khan, known for her films such as "Rocket Singh: Salesman of the Year" and "Ishaqzaade", has criticised actor Suniel Shetty for calling C-section an easier option compared to natural childbirth.

Shetty recently praised daughter Athiya for opting to have a natural delivery at a time when "everybody wants the comfort of having a caesarean baby", a comment that led to a lot of criticism on social media.

In the first episode of her podcast "MaaaNoranjan", Gauhar spoke about Shetty's remarks and myths revolving around the caesarean child birth.

"I want to like scream at the top of my voice and say, 'How could you say that? Like how?' There are so many myths around this topic, that if someone is having a C-section, it's the easier option. How can there be so much mis-



information? And for a male celebrity to say that, who didn't go through pregnancy, didn't carry a child, doesn't know how painful C-section is," she said while responding to Shetty's comments.

In the podcast, Gauhar also revealed that she had a miscarriage before the birth of son Zehaan in 2023.

"There's one thing I never told

everyone. I did have a miscarriage before Zehaan. What should I tell you about that feeling? It's impossible to describe it. It was a pregnancy, I lost the baby after almost 9 weeks. That loss was extremely difficult," she said.

The actor, who is married to Zaid Darbar, son of noted music composer Ismail Darbar, announced earlier this year that

she is expecting her second child.

In an interview last month, Shetty praised daughter Athiya's decision to opt for a natural delivery.

"In a world where everybody wants the comfort of having a caesarean baby, she chose not to do that and had a natural delivery. I remember how every nurse and paediatrician in the hospital said that it's unbelievable how she went through the whole process," Shetty said.

The actor, who faced a lot of criticism for his remarks, later told agency that his words were "misrepresented"

"If I am wrong, I have always been ready to say 'sorry' to the world, I have no ego... But, I know how I treat women... I am a responsible citizen of this country, I know what I say," he said.

Hooda clicks the wildlife



Bollywood actor-filmmaker Randeep Hooda, passionate about wildlife and cinema, has travelled to the scenic Kanha National Park in Madhya Pradesh. Known for his deep commitment to animal welfare and environmental conservation, Hooda is visiting the park to capture its rich biodiversity through his lens. An avid wildlife photographer, the actor is using this trip to rekindle his passion for photographing animals in their natural habitat. He is accompanied on this personal journey by his wife, actor and entrepreneur Lin Laishram, as the couple explore the lush expanse of one of India's most iconic national parks.

34 dead in Northeast floods: PM speaks to Assam, Sikkim CMs and Manipur Governor

Assures full assistance and support to state authorities in addressing the flood situation

NEW DELHI, Jun 3 (Agencies): Prime Minister Narendra Modi on Tuesday spoke with Assam Chief Minister Himanta Biswa Sarma, Sikkim Chief Minister Prem Singh Tamang, and Manipur Governor Ajay Bhalla regarding the situation caused by heavy rainfall and flooding in the region.

He assured full assistance and support to state authorities in addressing the flood situation.

Following the conversation, Assam CM Himanta Biswa Sarma said the Prime Minister called to inquire about the current flood situation in Assam.

"I briefed him on how



continuous rainfall in Assam and adjoining states has led to flooding and impacted many lives. I also apprised him of the relief operations undertaken by the state government," Sarma said on X.

The Assam Chief Minister added that PM Modi expressed concern and assured full

support from the Central Government for the state's relief and rehabilitation efforts.

At least 34 people have died in the floods across the northeastern region.

The floods have also triggered landslides, with the weather department predicting continued rain in the area.

Pakistan wants to bleed India by thousand cuts, we drew new redlines to combat terror: CDS Gen Chauhan

PUNE, Jun 3 (Agencies): Professional militaries are not affected by temporary losses as the overall outcomes are much more important than such setbacks, Chief of Defence Staff Gen Anil Chauhan said on Tuesday.

The top military commander said that Pakistan has been following an approach of bleeding India by thousand cuts but New Delhi drew a completely new redline against cross-border terrorism by conducting the Operation Sindoor.

In an address at the Savitribai Phule Pune University, Gen Chauhan appeared to reject criticism against him for acknowledging that India lost an unspecified number of combat jets during the initial phase of the operation.

"When I was asked about losses on our side, I said these are not important as results and



how you act are important," he said.

It would be not very correct to talk about losses and numbers, he said, responding to a question.

In war, even if there are setbacks, you need to maintain your morale, he said adding losses are not important but outcomes are.

The Chief of Defence Staff highlighted various elements of war including politics and violence and noted: In Operation

Sindoor too, war and politics were happening as a parallel kind of phenomenon.

Gen Chauhan also made a mention about Pakistan Army chief Gen Asim Munir "spewing venom" against India and Hindus just weeks before the Pahalgam attack to emphasise that Islamabad's approach has been to "bleed India by thousand cuts".

What happened in Pahalgam was profound cruelty towards victims,

he said.

The thinking behind Operation Sindoor was that state-sponsored terrorism from Pakistan has to stop and that country should not be able to hold India hostage to terrorism.

India is not going to live under the shadow of terror and nuclear blackmail, Gen Chauhan said.

On India's military offensives, he said Indian armed forces carried out very deliberate precision strikes on Pakistani targets and some of them were as narrow as two metres.

Explaining the process of the understanding on cessation of hostilities, he said Pakistan planned to carry out its counter operations against India for 48 hours but it folded up in about eight hours.

And they wanted to talk, he said, highlight-

ing the impact of Indian strikes.

Pakistan's decision to talk to India on May 10 stemmed from realisation that it will suffer more if its operation continues, Gen Chauhan said.

Around 1 am on May 10, Pakistan aimed to get India to its knees in 48 hours as multiple attacks were launched, he said.

Pakistan's operation that they thought would continue for 48 hours folded up in about eight hours and they wanted to talk, he added.

When the request for talks and de-escalation came from Pakistan, we did accept it, Gen Chauhan said.

On India's overall approach, he said, "We have raised the bar; we have connected terror to water, we have drawn a new line of military operation against terror."

Haridwar DM, Municipal Commissioner among 10 officials suspended for alleged land scam

DEHRADUN, Jun 3 (Agencies): Cracking the whip, the Pushkar Singh Dhami government in Uttarakhand on Tuesday suspended two IAS officers besides eight others in connection with an alleged Rs 54-crore land scam in Haridwar.

Those suspended officials include Haridwar District Magistrate Karmendra Singh, the then Municipal Commissioner Varun Chaudhary and Sub Divisional Magistrate Ajayveer Singh, according to officials.

Chief Minister Pushkar Singh Dhami has directed the Vigilance Department to conduct a detailed investigation into the case, besides ordering the cancellation of the tainted land deal.

The chief minister has also directed that a special audit be conducted of all the works done in the Municipal Corporation Haridwar during the tenure of Chaudhary as municipal commissioner so that the financial irregularities can be properly investigated.

"Corruption will not be

tolerated at any level," the CM said.

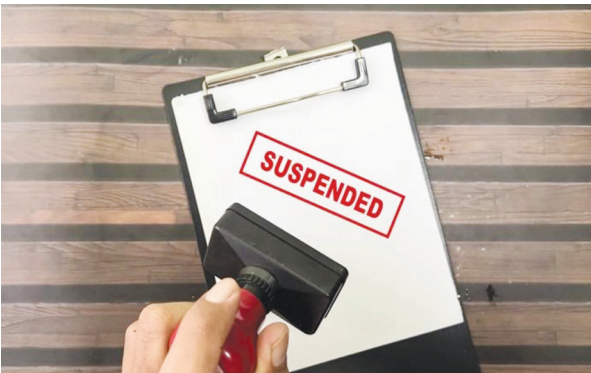
The suspension orders were issued by the Department of Personnel on the instructions of Chief Minister Dhami.

"Ten officers found guilty in the investigation have been suspended with immediate effect, while the service extension of two personnel has been terminated," an official statement said.

Senior finance officer Nikita Bisht, senior personal assistant Vikki, registrar kanungo Rajesh Kumar and chief administrative officer Kamaldas have also been suspended, official sources said.

The action follows a preliminary investigation conducted into the case by IAS Ranveer Chauhan, who submitted his report to the state government last week.

The report recommended appropriate action against the officials for their alleged involvement in the scam related to the violation of norms for the purchase of nearly 2.3070 hect-



ares of land next to a garbage dump at Gram Sarai by the Haridwar Municipal Corporation for Rs 54 crore.

The land use of the said plot was changed from agricultural to commercial which led its price to jump from Rs 15 crore to Rs 54 crore. The stern action against senior officials illustrates the Dhami government's policy of zero tolerance against corruption, officials said.

The chief minister has directed that a special audit be conducted of all the works done in the Municipal Corporation Haridwar during the tenure of the then Municipal Commissioner Varun Chaudhary so that the financial irregu-

larities can be properly investigated.

Dhami said the state government is firmly working on the policy of "zero tolerance" towards corruption.

"Corruption will not be tolerated at any level," he said.

"Our government has made it clear from the very first day that being in public service does not mean holding a 'post' but doing 'duty' towards the society.

"Accountability is important. No matter how senior a person is, if he disregards public interest and rules, action is certain. We want to develop a new corruption-free work culture in Uttarakhand. All public servants will have to

live up to its standards," Dhami said in a statement soon after the action was taken.

The officials against whom action has been taken so far in connection with the scam also include Sub-District Magistrate, Haridwar (Suspended) Nikita Bisht – Senior Finance Officer, Haridwar Municipal Corporation (Suspended) Vicky – Senior Personal Assistant (Suspended) Rajesh Kumar – Registrar Kanungo, Tehsil Haridwar (Suspended) Kamaldas – Chief Administrative Officer, Tehsil Haridwar (Suspended) Those against whom action has been taken earlier are : Ravindra Kumar Dayal – In-charge Assistant Municipal Commissioner (Service Terminated) Anand Singh Mishra – In-charge Executive Engineer (Suspended) Laxmi Kant Bhatt – Tax and Revenue Superintendent (Suspended) Dinesh Chandra Kandpal – Junior Engineer (Suspended) Vedpal – Property Clerk (Service Extension Terminated).

Gaurav Gogoi takes charge as Assam Congress Chief



GUWAHATI, Jun 3 (Agencies): Assam MP and son of former Chief Minister Tarun Gogoi, Gaurav Gogoi formally assumed charge as the President of the Assam Pradesh Congress Committee (APCC) on Tuesday. The ceremonial handover took place at the party headquarters, Rajiv Bhawan in Guwahati, where outgoing APCC President Bhupen Bora officially passed the baton.

This marks Gaurav Gogoi's first visit to Rajiv Bhawan since being appointed APCC president. Before the event, he paid a visit to the Kamakhya Temple in the morning to offer prayers.

Thousands of Con-

gress supporters, along with senior leaders and newly-appointed APCC members, gathered to welcome the new state chief with enthusiasm and optimism.

Addressing the media, Gaurav Gogoi expressed gratitude to senior Congress leadership including Congress President Mallikarjun Kharge, CPP Chairperson Sonia Gandhi, Lok Sabha Leader of Opposition Rahul Gandhi, General Secretary (Organisation) K.C. Venugopal, and Jitendra Singh, AICC in-charge of Assam.

"I am honoured by the responsibility entrusted to me. We aim to bring back a Congress-led government in Assam

that stands for justice, unity, and peace," said Gaurav Gogoi. He also praised his predecessor, Bhupen Bora, for his contributions during the past four years.

Gaurav Gogoi highlighted the newly appointed leadership team, which includes three Working Presidents -Jakir Hussain Sikdar, Pradeep Sarkar, and Ruznina Turkey. He emphasised that the Congress will work towards justice for the people of Assam, addressing issues of corruption, violence, and divisive politics.

"Our vision is to restore Assam's legacy as the land of Srimanta Sankardeva, Ajan Peer, Chao-Lung Sukaphaa, Lachit Borphukan, and Jyoti Prasad Agarwala - a land of unity, brotherhood, and dignity for all communities," he stated.

Gaurav Gogoi's appointment is seen as an effort by the Congress to rejuvenate the party in Assam ahead of upcoming electoral challenges.

UP to provide 20 per cent reservation for Agniveers in police department

LUCKNOW, Jun 3 (Agencies): The Uttar Pradesh Government on Tuesday decided to provide 20 per cent reservation for Agniveers in direct recruitment to several positions in the state police force.

The decision was taken at a cabinet meeting chaired by Chief Minister Yogi Adityanath.

Talking to reporters after the meeting, Finance Minister Suresh Kumar Khanna said the move aims to provide meaningful post-service opportunities to Agniveers, who have completed their four-year term under the Agnipath scheme.

"This is a significant decision. The reservation will be applicable across categories — general, SC, ST, and OBC. If an Agniveer belongs to the SC category, the reservation will apply within SC; if



OBC, then within OBC," he explained.

He added that special age relaxation of up to three years will also be provided to Agniveers applying for these posts.

There are four categories—constable police, constable PAC, mounted police and fireman — in which recruitment will be made.

The first batch of recruits under this system will come out in 2026, he said

"Several states and central forces have already taken initiative to provide reservation to Agniveers. States like Haryana and Odisha have offered 10

per cent reservation to former Agniveers. The Uttar Pradesh Cabinet has now approved 20 per cent horizontal reservation, which is a bold and generous initiative," Khanna said.

"This not only recognises their service but ensures they can continue contributing to the nation's security infrastructure after their military stint," he said.

The Centre introduced the Agnipath scheme in 2022 for short-term induction of personnel in the Army, Navy and Air Force with an aim to bring down the age profile of the three services.

‘Premium yours, benefit for Adani’: Rahul Gandhi takes dig at LIC over investment in Adani group

NEW DELHI, Jun 3 (Agencies): Congress leader Rahul Gandhi on Tuesday took a swipe at public sector LIC's Rs 5,000 crore investment in the Adani group while highlighting that public funds are being used for benefiting private entities.

"Money, policy, premium are yours; Security, convenience, benefit for Adani!" Gandhi said

in a post in Hindi on X.

Adani Ports and Special Economic Zone Ltd (APSEZ), India's largest integrated transport utility, had last week said it has raised Rs 5,000 crore in its largest-ever domestic bond issue.

APSEZ raised the fund through a 15-year Non-Convertible Debenture (NCD) from Life

Insurance Corporation of India (LIC), the firm said in a statement.

NCDs were raised at a competitive 7.75 per cent per annum coupon rate. "Backed by APSEZ's strong financials and a 'AAA/Stable' domestic credit rating, the issue locked in a competitive coupon rate of 7.75 per cent p.a. and was fully sub-

scribed by LIC. The debentures will be listed on the BSE," it said.

Gandhi has been alleging that public funds of LIC collected through insurance premiums of the common public have been invested by it in the Adani group.

LIC is state-run domestic financial institution which makes investments in the Indian stock market.

Indore tourist found dead: Family suspects foul play, demands CBI probe into his ‘murder’

INDORE, Jun 3 (Agencies): The family of an Indore resident, whose body was found 11 days after he and his wife went missing during their trip to Meghalaya, on Tuesday alleged he was murdered and demanded a CBI probe into the matter.

Transport businessman Raja Raghuvanshi (29) and his wife Sonam went missing on May 23 at Sohra (also known as Cherrapunji) in Meghalaya's East Khasi Hills district.

The man's body was found in the northeastern state on Monday in a deep gorge near a waterfall in Sohra area, while search for his wife continues.

According to officials, Nongriat village is located 20 km away from the place where the

body was found and the Meghalaya police have registered an FIR on charges of murder and formed a Special Investigation Team (SIT) in the case.

Raghuvanshi's elder brother Sachin Raghuvanshi said, "This is a case of murder. I only have one demand from the government that the case should be investigated by the CBI. I have lost my brother, but I do not want to lose my sister-in-law.

The government should find her at any cost. I have been demanding from the beginning that the Army's help should be taken in the search operation," he said.

Sachin suspects that the local hotel and restaurant staff, guides, and two-wheeler rental

operators in Meghalaya may be involved in the alleged murder of his brother and the disappearance of his sister-in-law, and urges the police to question them thoroughly.

According to Meghalaya officials, the newlyweds reached Mawlakhiyat village on a rented scooter on May 22. They parked their vehicle and went to see the famous 'Living Root Bridge' in Nongriat village, where they stayed overnight and left the next morning.

The couple's scooter was found abandoned at a cafe on the road from Shillong to Sohra on May 24, following which police were informed and a search operation was planned with the help of local villagers, as per the Meghalaya police.

Israeli forces killed 27 heading to aid site, say Gaza officials

Israel says it fired near suspects

KHAN YOUNIS, Jun 3 (Agencies): Palestinian health officials and witnesses say Israeli forces fired on people as they headed toward an aid distribution site on Tuesday, killing at least 27, in the third such incident in three days. The army said it fired “near a few individual suspects” who left the designated route, approached its forces and ignored warning shots.

The near-daily shootings have come after an Israeli and US-backed foundation established aid distribution points inside Israeli military zones, a system it says is designed to circumvent Hamas. The United Nations has rejected the new system, saying it doesn’t address Gaza’s mounting hunger crisis and allows Israel to use aid as a weapon.

The Israeli military said it was looking into reports of casualties on Tuesday. It previously said it fired warning shots at suspects who approached its forces early Sunday and Monday, when health officials and witnesses said 34 people were killed. The military denies opening fire on civilians or blocking them from reaching the aid sites.

The Gaza Humanitarian Foundation, which operates the sites, says there has been no violence in or around them. On Tuesday, it acknowledged that the Israeli military was investigating whether civilians were wounded “after moving beyond the designated safe corridor and into a closed military zone,” in an area that was “well beyond our secure distribution site.”

The shootings all occurred at the Flag Roundabout, around



a kilometer (1,000 yards) from one of the GHF’s distribution sites in the now mostly uninhabited southern city of Rafah. The entire area is an Israeli military zone where journalists have no access outside of army-approved embeds.

At least 27 people were killed early Tuesday, according to Zaher al-Waheidi, the head of the Gaza Health Ministry’s records department.

Hisham Mhanna, a spokesperson for the International Committee of the Red Cross, said its field hospital in Rafah received 184 wounded people, 19 of whom were declared dead on arrival and eight more who later died of their wounds. The 27 dead were transferred to Nasser Hospital in the city of Khan Younis.

Yasser Abu Lubda, a 50-year-old displaced Palestinian from Rafah, said the shooting started around 4 am in the city’s Flag Roundabout area, around one kilometer (1,000 yards) away from the aid distribution hub. He said he saw several people

killed or wounded.

Neima al-Aaraj, a woman from Khan Younis, gave a similar account.

There were many martyrs and wounded,” she said, saying the shooting by Israeli forces was “indiscriminate.”

She said she managed to reach the hub but returned empty-handed. “There was no aid there,” she said. “After the martyrs and wounded, I won’t return,” she said. “Either way we will die.”

Rasha al-Nahal, another witness, said “there was gunfire from all directions.” She said she counted more than a dozen dead and several wounded along the road. She said she also found no aid when she arrived at the distribution hub, and that Israeli forces “fired at us as we were returning.”

3 Israeli soldiers killed in northern Gaza

The Israeli military meanwhile said Tuesday that three of its soldiers were killed in the Gaza Strip, in what appeared to be the deadliest attack on Israel’s

forces since it ended a ceasefire with Hamas in March.

The military said the three soldiers, all in their early 20s, fell during combat in northern Gaza on Monday, without providing details. Israeli media reported that they were killed in an explosion in the Jabaliya area.

Israel ended the ceasefire in March after Hamas refused to change the agreement to release more hostages sooner. Israeli strikes have killed thousands of Palestinians since then, according to Gaza’s Health Ministry.

Hamas-led militants killed some 1,200 people, mostly civilians, and took 251 people hostage in the October 7, 2023, attack into Israel that ignited the war. They are still holding 58 hostages, a third of them believed to be alive, after most of the rest were released in ceasefire agreements or other deals.

Israel’s military campaign has killed over 54,000 Palestinians, mostly women and children, according to the Gaza Health Ministry, which does not say how many of the dead were civilians or combatants. The ministry is led by medical professionals but reports to the Hamas-run government. Its toll is seen as generally reliable by U.N. agencies and independent experts, though Israel has challenged its numbers.

Israel says it has killed around 20,000 militants, without providing evidence.

Around 860 Israeli soldiers have been killed since the Oct 7 attack, including more than 400 during the fighting inside Gaza.

Russian strikes kill 7 across Ukraine hours after latest peace talks

President Volodymyr Zelenskyy called the latest attacks “savage.”



KYIV, Jun 3 (Agencies): At least seven people were killed and 27 were injured across Ukraine overnight into Tuesday as Russia continued long-range attacks on multiple cities, local officials said.

Ukraine’s air force said it recorded 112 Russian drones launched into the country overnight, 75 of which were either shot down or neutralized in flight. The air force reported impacts in 11 locations across the country.

Most of the reported deaths were clustered in two northeastern regions of Ukraine, close to the front lines.

Three people were killed and 20 were injured by a Russian cluster rocket attack on the city of Sumy, local authorities said. At least five rockets landed in open areas of the city center, the Sumy Regional Administration said, including along a busy road filled with cars and morning commuters.

President Volodymyr Zelenskyy said in a post to social media that the “savage strike” was a “fully deliberate attack on civilians.”

Another three people were killed and six were injured in the Kharkiv region as a result of Russian shelling, the regional military administration said.

One person was killed

and 13 were injured by Russian fire in the southern Kherson region, said Oleksandr Prokudin, the head of the local military administration.

Five people were also injured by strikes in the northern city of Chernihiv and five others in the southern Black Sea coast city of Odesa, according to officials there.

In his Tuesday morning message, Zelenskyy said the ongoing Russian attacks indicate that Russian President Vladimir Putin has no genuine interest in peace, despite the Kremlin’s participation in ongoing U.S.-brokered talks to end its 3-year-old invasion.

Ukrainian and Russian representatives met in Istanbul, Turkey, on Monday for a second round of direct negotiations, the two sides having previously gathered in the city for the first round in May. That meeting allowed the first face-to-face peace talks between the two sides since the spring of 2022.

“It is obvious: without global pressure -- without decisive actions from the United States, Europe, and everyone in the world who has the power -- Putin will not agree even to a ceasefire,” Zelenskyy wrote on Tuesday.

“Not a single day goes by without Russia strik-

ing Ukrainian cities and villages,” the president continued.

“Every day, we lose our people to Russian terror. Every day, Russia gives new reasons for tougher sanctions and stronger support for our defense. I am grateful to everyone around the world who is promoting exactly this agenda: sanctions for aggression and the killing of people, and assistance in defending the lives of Ukrainians.”

Ukraine continued its own long-range strike campaign into Russia overnight. The Defense Ministry in Moscow said its forces downed eight Ukrainian drones on Monday night into Tuesday morning.

Monday’s Istanbul talks were held despite Ukraine’s audacious covert operation targeting Russian strategic bombers on Sunday, in which drones concealed in the back of trucks attacked at least five airfields deep inside Russian territory.

Zelenskyy told ABC News’ Chief Global Affairs Correspondent Martha Raddatz that the attack was a “strategic operation” that “is definitely reducing Russia’s potential, and demonstrates that Ukraine is working on certain steps.”

“Unless they will stop, we will continue,” he said.

Asked whether he was satisfied with President Donald Trump’s administration’s involvement, Zelenskyy told Raddatz, “We are looking for very strong steps on the part of President Trump to support the sanctions and to force President Putin to stop this war, or at least proceed with the first stage of putting an end to this war -- that is the ceasefire.”

Far-right lawmaker Wilders pulls his party out of ruling Dutch coalition in dispute over migration

THE HAGUE, Jun 3 (Agencies): Far-right lawmaker Geert Wilders pulled his party out of the ruling four-party Dutch coalition Tuesday in dispute over a crackdown on migration, sparking a political crisis and possibly the end of the 11-month-old government of Prime Minister Dick Schoof.

Wilders announced his decision in a message on X after a brief meeting in parliament of leaders of the four parties that make up the fractious administration.

The government meltdown comes just three weeks before the Netherlands is scheduled to host a summit of NATO leaders in The Hague and amid global instability.

It was unclear what would happen next. The government could attempt to remain in power as a minority administration or call new elections for later this year. Schoof called an emergency Cabinet meeting for early afternoon.

Wilders blames inaction on migration. Wilders told reporters

that he was withdrawing his support for the coalition and pulling his ministers out of the Cabinet over its failure to act on his desire for a clampdown on migration.

“I signed up for the toughest asylum policy and not the downfall of the Netherlands,” said Wilders, whose Party for Freedom is still riding high in Dutch opinion polls, though the gap with the center-left opposition is negligible.

Prime minister appealed for leaders to act responsibly.

Dilan Yesilgöz, leader of the right-wing People’s Party for Freedom and Democracy, said before the meeting that Schoof urged the leaders to act responsibly.

“The prime minister who appealed to us this morning said that we are facing enormous international challenges, we have a war on our continent, an economic crisis may be coming our way,” Yesilgöz told reporters in parliament.

But just minutes later, the meeting was over and so was Wilders’ involvement in the government.

“I’m shocked,” Yesilgöz said, calling Wilders’ decision “super-irresponsible.”

After years in opposition, Wilders’ party won the last election on pledges to slash migration. He has grown increasingly frustrated at what he sees as the slow pace of the coalition’s efforts to implement his plans.

Last week, Wilders demanded coalition partners sign on to a 10-point plan that aims to radically slash migration, including using the army to guard land borders and turning away all asylum-seekers. He said at the time that if immigration policy is not toughened up, his party “is out of the Cabinet.”

He made good on that pledge Tuesday.

Wilders’ decision comes days after conservative Karol Nawrocki was announced the winner of Poland’s weekend presidential runoff election, a victory that suggests that Poland will likely take a more populist and nationalist path under its new president, who was backed by U.S. Presi-



dent Donald Trump.

It is not the first time Wilders has turned his back on power. He pledged his support to a minority government led by former Prime Minister Mark Rutte in 2010, but walked away less than two years later after a dispute about government austerity measures.

“You know that if you work with Wilders in a coalition ... it won’t go well,” Rob Jetten, leader of the opposition D66 party, told Dutch broadcaster NOS.

Other coalition leaders look to uncertain political future.

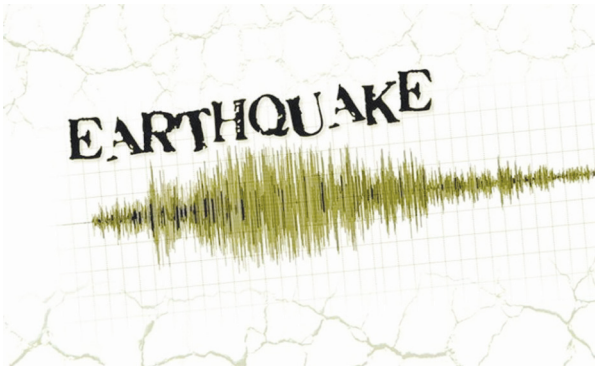
Caroline van der Plas,

leader of the pro-agriculture populist Farmers Citizens Movement that is part of the coalition, said she was angry at Wilders’ decision.

“He is not putting the Netherlands first, he is putting Geert Wilders first,” she told Dutch broadcaster NOS.

Nicolien van Vroonhoven, leader of the New Social Contract party that has taken a battering in polls since joining the coalition and the departure of its talismanic leader Pieter Omtzigt, said the government could continue without Wilders, saying a minority Cabinet “is definitely an option.”

6.2 earthquake in Greece, Turkey feels tremors; 7 hurt while fleeing in panic



ANKARA, Jun 3 (Agencies): A powerful 6.2-magnitude earthquake struck near the Dodecanese Islands, along the Turkey border in the Mediterranean region, on Tuesday. Authorities are assessing the damage and monitoring for aftershocks. Another earthquake, measuring 5.8 on the Richter scale, hit the Turkish coastal town of Marmaris simultaneously, injuring at least seven people, according to the Turkish disaster management agency and local authorities.

People were injured in the Mediterranean coastal town as some jumped from windows and balconies onto the streets in panic, said

Marmaris Governor Idris Akbiyik, adding that there was no serious damage to any buildings.

Tremors were reportedly felt across parts of southern Greece, western Turkey, and nearby Aegean Sea coastal regions. Local authorities are currently assessing the situation, though there have been no immediate reports of serious injuries or damage. Emergency response teams remain on alert as aftershocks are possible.

The quake, recorded at 23:17 UTC, occurred approximately 18 kilometres from Rhodes at a depth of 68 kilometres (42 miles), EMSC said. It comes weeks after

an earthquake of 5.1 magnitude on the Richter scale hit Turkey on Thursday around 3.46 PM (local time), independent scientific organisation EMSC reported. The tremor was felt 14 km northeast of Kulu.

FREQUENT EARTHQUAKES IN THE REGION

The Aegean Sea region, particularly near Rhodes and the Turkey border, often experiences quakes because it’s located on a very active tectonic plate. This area is affected by the Hellenic subduction zone and the stretching of land in a north-south direction.

There have been major earthquakes here in the past, including the powerful 7.0-magnitude Samos quake in 2020 and the devastating Rhodes quake in 1481.

Since February 2025, scientists have recorded more than 900 small quakes around Santorini. However, not all earthquake clusters, also known as swarms, lead to volcanic eruptions or large disasters.

Over 100 inmates escape from a Pakistan prison after an earthquake evacuation in Karachi

KARACHI, Jun 3 (Agencies): More than 100 inmates escaped from a prison and at least one was killed in a shootout in the southern Pakistani city of Karachi overnight after they were temporarily moved out of their cells following mild earthquake tremors, officials said Tuesday.

Kashif Abbasi, a senior police official, said 216 inmates fled the prison in the capital of Sindh province before dawn. Of those,

78 had been recaptured. No one convicted or facing trial as a militant is among those who fled, he said.

One prisoner was killed and three security officials were wounded in the ensuing shootout, but the situation has been brought under control, Abbasi said, adding that police are conducting raids to capture the remaining escapees.

Ziaul Hassan, the home min-

ister of Sindh province, said the jailbreak occurred after prisoners were evacuated from their cells for safety during the earthquake. The inmates were still outside of the cells when a group suddenly attacked guards, seized their weapons, opened fire and fled.

Though prisoners have escaped while being transported to court for trial, prison beaks are not common in Paki-

stan, where authorities have enhanced security since 2013 when the Pakistani Taliban freed more than 200 inmates in an attack on a prison in the northwestern district of Dera Ismail Khan.

Karachi has experienced several mild and shallow earthquakes in the past 24 hours, ranging from 2.6 to 3.4 in magnitude, according to the National Seismic Monitoring Center.

Devotees offer prayers on Jyeshtha Ashtami at Mata Kheer Bhawani Temple in Jammu on Tuesday. --Photo Aman Sharma



FromPage No: 1

Cop among three
govt employees
sacked over terror
links in J&K

“He was not only identifying the safe location, sharing the coordinates with LeT handlers in Pakistan but he was also collecting and distributing arms and ammunition to terrorists in Jammu and Kashmir region enabling them to carry out terrorist attacks on security forces and civilians,” a senior security official.

He said that instead of helping the police department in fighting the terror which he was mandated for, he chose to be a mole and a collaborator and betrayed his oath and uniform.

“His betrayal of the oath and uniform has caused grave damage to the department, society and the nation,” the official added.

Ajaz Ahmed, who joined the Education Department in 2011, was found smuggling arms, ammunition, and Hizb-ul-Mujahideen propaganda material. He was arrested during a routine police check in November 2023.

According to the probe, the arms were meant for militants operating in Kashmir, sent by his handler Abid Ramzan Sheikh, a Hizb-ul-Mujahideen operative based in Pakistan-occupied Kashmir.

Ajaz Ahmed was allegedly involved in such activities for several years and he became a trusted terror associate of Hizb-ul-Mujahideen in the Poonch region. He was actively helping the terror outfit in smuggling arms, ammunition and narcotics, the officer said.

The terror link with Hizb-ul-Mujahideen was exposed in November

2023 when police arrested Ajaz Ahmed and his friend during a routine check. Both were carrying arms, ammunition and posters of Hizb-ul-Mujahideen in his car.

Waseem Ahmad Khan, a junior assistant at Government Medical College, Srinagar, appointed in 2007, was allegedly found to be part of a terror plot that led to the assassination of journalist Shujaat Bukhari and his security personnel in June 2018, the officer said.

The officer said Khan was associated with both LeT and Hizb-ul-Mujahideen and provided logistical support for the attack on the journalist. He allegedly accompanied the terrorists and helped them escape after the shooting.

He was arrested in August 2018 during investigations into a terror attack in Srinagar’s Batmaloo area.

Since assuming office in August 2020, LG Sinha has led a focused effort to dismantle the terror ecosystem in Jammu and Kashmir. Over 75 government employees with terror links have been dismissed so far, they said.

Officials said the administration has tightened the vetting of government recruits, making police verification mandatory. “This has reduced internal sabotage risks and instilled fear among potential sympathizers,” said a senior official.

“The LG’s multi-pronged strategy — targeting terrorists, disruptors, and their enablers in government — has significantly weakened terror networks in the Union territory,” the official added.

Govt notifies
new reservation,
Domicile Rules for

Ladakh

years are also eligible for domicile.

The reservation for the Economically Weaker Sections continues to be 10 per cent.

In another notification, the government said that in the Ladakh Autonomous Hill Development Councils Act, 1997, not less than one-third of the total number of seats in the Council shall be reserved for women and such seats may be allotted by rotation to different territorial constituencies.

The rotation of constituencies reserved for women shall be made on the basis of serial number allotted to each constituency by notification in the official gazette.

A high level committee led by Minister of State for Home Nityanand Rai was first constituted in January 2023 to address the concerns of the people in Ladakh. It held several meetings with the representatives of Ladakh to find an amicable solution to their demands.

In October 2024, climate activist Sonam Wangchuk also sat on an indefinite fast in Delhi to press for their demands. After that, talks were held with civil society leaders from Ladakh on December 3, 2024 and again on January 15 this year and on May 27.

Hindi, Bhoti, Urdu, Purgi among 5 languages notified as official languages of Ladakh

Shina (Dardic), Brokskat (Dardic),

Balti and Ladakhi.’

The President of India has also promulgated Ladakh Autonomous Hill Development Councils (Amendment) Regulation, 2025 to reserve 1/3rd seats in Hill Councils of both Leh and Kargil for women.

As per amendments carried out in Ladakh Autonomous Hill Development Councils Act, 1997, not less than one-third of the total number of seats in the Council shall be reserved for women and such seats may be allotted by rotation to different territorial constituencies.

The rotation of constituencies reserved for women shall be made on the basis of serial number allotted to each constituency by notification in the official gazette, the notification states.

Hundreds of Kashmiri Pandits gather at Mata Kheer Bhawani Temple for Annual Mela

the centre of a holy spring, which is believed to be highly auspicious by the Kashmiri Pandit community.

The colour of the spring water at the deity’s seat is believed to foretell future events. Pink or milky colour is believed to be propitious. Black colour spells disaster. Elders in Tullamulla town say that in 1947, when Pakistani tribal raiders invaded Kashmir, the water of the spring turned black.

Each year, on Jyeshtha Ashtami, the annual festival of the Goddess is celebrated at the Tullamulla temple shrine. ‘Kheer’ (Pudding made by boiling milk, sugar and rice) is prepared and served by the

devotees during the festival, hence the name, Mata Kheer Bhawani.

After the exodus of the local Pandit community from the Valley when armed violence started here, migrant Kashmiri Pandits settled at different places in the country. But they come to pay obeisance at the deity’s temple on the annual festival.

For the entire night, devotees offer prayers at the temple shrine seeking the blessings of their patron deity.

Authorities have made adequate arrangements for security, sanitation, healthcare and public assistance at the temple shrine. Heavy deployment of police and security forces has been made along the route taken by the devotees to reach Tullamulla.

Man held for spying for Pakistan during Operation Sindoor

for passing on sensitive information, the police said.

He was arrested in a joint operation of the Tarn Taran police and the Counter Intelligence wing of police.

“Arrested accused had been in contact with the #Pakistan #ISI and (Pakistan based Khalistani supporter) Gopal Singh Chawla, sharing sensitive information concerning army movements during #OperationSindoor,” the DGP said in a post on X.

Investigations said the accused was engaged in sharing classified details, including troop deployments and strategic locations, posing a threat to national security.

Gagandeep had been in touch with Khalistani supporter Chawla

for the past five years, through whom he was introduced to the PIOs, Yadav said.

“He also received payments from #PIOs via #Indiachannels,” he further said.

Recovered a mobile phone containing intelligence that he shared with the PIOs, as well as the details of over 20 ISI contacts, he said.

Thorough financial and technical investigations are underway to trace other linkages and establish the full scope of this espionage network, the DGP added.

An FIR has been registered under the Official Secrets Act at Police Station City, Tarn Taran, and further investigation is in progress, he added.

Under Operation Sindoor, the Indian armed forces carried out pre-dawn missile strikes on May 7 on nine terror targets in Pakistan and Pakistan-occupied Kashmir, including the Jaish-e-Mohammad stronghold of Bahawalpur and Lashkar-e-Taiba’s base in Muridke, in response to the April 22 Pahal-gam terror attack that claimed 26 lives.

Earlier, police had arrested six persons for allegedly spying for Pakistan.

Falaksher Masih, and Suraj Masih had been arrested from Ajnala in Amritsar and 31-year-old woman Guzala and Yameen Mohamad, both residents of Malerkotla, had also been nabbed last month.

Guzala and Yameen had been receiving payments through online transactions in exchange for sharing classified information. Guzala had been in contact with Ehsan-ur-Rahim alias Danish, a Pakistani official posted at the Pakistan High Commission. On May 13, India expelled Danish for allegedly indulging in espionage.

Cinosural International School bags 3 medals at District-Level Speedball Championship 2025

Top News Report

JAMMU, Jun 3: Cinosural International School has brought pride to the institution by winning three medals at the District-Level Speedball Championship 2025, held at Kings Way Hall, Jammu. The championship was organized by the J&K Sports Speedball Association under the Under-8 years category.

Three students from the school participated in the event, and all three showcased exceptional skills and sportsmanship.

Stuti Sachdeva clinched the Gold medal, Pragun Kour secured the Silver, and Alaya Mahajan earned the Bronze medal, making it a clean sweep for the school.

The Principal, Dr. Rinku Gupta, extended



her heartfelt congratulations to the young champions for their commendable performance.

She also praised the efforts of the school's Speedball coach and Sports Incharge, Sunny Nanda, stating that such success was possible

only through the combined dedication and hard work of both students and mentors.

This achievement stands as a testament to Cinosural International School's commitment to nurturing talent and encouraging excellence beyond academics.

Prize Distribution Ceremony held at GMHSS Ramban

Felicitates students for their outstanding performances in different fields

Top News Report

RAMBAN, Jun 3: An attractive Prize Distribution Function was held today at Government Model Higher Secondary School (GMHSS) Ramban to felicitate distinction holders from Classes 9th to 12th. The event was graced by MLA Ramban, Advocate Arjun Singh Raju, as the Chief Guest, along with the presence of Guests of Honour, Special Guests, parents, teachers, and prominent citizens of the district.

During the function, around 100 students were felicitated with mementoes and medals by the Chief Guest for their academic excellence and exceptional performance in various fields, including their enthusiastic participation in the "Marathon Run Against Drugs", held from the DC Office Ramban to GMHSS Ramban in collaboration with the Social Welfare Department, Ramban.

In his inspiring and motivational address, the MLA commended the efforts of the students, teachers, and school administration for fostering a culture of excellence and social responsibility. He urged the students to continue striving for academic brilliance



while upholding moral values, discipline, and innovative thinking to become responsible and enlightened citizens. He emphasized the importance of education not just for personal success, but as a powerful tool to bring positive change in society, especially in combating social evils like drug abuse. The MLA also assured all possible support for improving educational infrastructure and promoting youth-centric initiatives in Ramban. The event also featured an inspiring lecture by the Bharat Physics Yatra team, led by renowned physicist Munish Gulati, who motivated the students

to develop a scientific temperament and a proactive approach towards learning and discovery in the field of science.

Teachers who have consistently delivered commendable academic results were also honoured during the function, acknowledging their dedication and contributions to shaping young minds.

Principal Kewal Krishan Sharma extended heartfelt thanks to all the guests, participants, and the organizing team for making the event simple yet impactful, and appreciated the collective efforts that made the celebration a memorable one for the school community.

GD Goenka Public School Jammu student shines in JEE Advanced, CBSE Board Examinations

Top News Report

JAMMU, Jun 3: Vridhi, a talented student who graduated from Grade XII in the Academic Year 2024-2025 from GD Goenka Public School Jammu (Governed By Om Prakash Bansal Charitable Trust), has achieved outstanding success in the JEE Advanced 2025, securing an impressive All India Rank of 276.

Additionally, she has excelled in the CBSE Board Examinations 2024 -2025, scoring an exceptional 96.4%. Vridhi's remarkable achievement is a testament to her hard work, dedication, and perseverance. Her success is a reflection of the



school's commitment to providing quality education and nurturing students to realise their potential and pursue their dreams.

The School Management, Principal and staff extend their warmest congratulations to Vridhi on her achievement. We are proud of her accomplishment and wish her continued success in all her future endeavours.

Movement Kalki forms new team in Bishnah, appoints Gagandeep Singh as Incharge



Top News Report

JAMMU, Jun 3: Movement Kalki officially announced the formation of its new team in the Bishnah region, appointing Gagandeep Singh as the Bishnah Incharge. Along with him, Gurpal Singh, Neetu Sharma, Pawan Lakhotra, Arjun Singh, and Gulshan Kumar have joined the team. These individuals have voluntarily joined Movement Kalki, inspired by its ideology, working style, and commitment to spiritual, social, and cultural upliftment.

Speaking on the occasion, Movement Kalki's Advisor Pritam Sharma stated that the organization has been protesting for over 230 days to demand that Mother Cow (Gau Mata) be officially recognized as the National Mother of India.

He further said that besides this core struggle, Movement Kalki is raising its voice on other critical social issues that affect the oppressed and voiceless sections of society.

"The inclusion of new members has added to the energy and strength of Movement Kalki. I appeal to all sections of society to come forward and work under

the banner of Movement Kalki.

This organization is for those who think of tomorrow – of a better future, a stronger society," said Sharma.

Deepak Singh, Founder of Movement Kalki, was also present at the event. He emphasized, "The meaning of a 'movement' is to stand united. We will not tolerate the conspiracies and discrimination that have been inflicted on the people of Jammu. Together, we will take decisions for a better tomorrow and ensure that our society no longer feels crushed or neglected."

Newly appointed Bishnah Incharge Gagandeep Singh expressed his commitment to serve the organization and the people with full dedication.

"We will stand by the people in their pain and struggles, and wherever needed, we will provide help. I assure the organization of my loyalty and will work to expand Movement Kalki's reach in Bishnah," he said.

Also present at the event were Core Committee Member Sanjeev Dubey, National Incharge Mohit Sharma, Board Member Sapna Hindu, Kamal Kishore, and several other members.

3 days global conf on cardiovascular care begins tomorrow

Top News Report

CHANDIGARH, Jun 3: 112 reputed speakers from 25 countries including top cardiologists, cardiovascular and thoracic surgeons and doctors across the country and from US, Canada, Japan and UK, will participate in a three day 15th annual Cardiomersion Global Conference 2025 here from June 5.

Cardiomersion was founded in 2011 with an aim of spreading awareness about comprehensive management of cardiovascular diseases.

This year's conference is being held on a hybrid model with foreign participants gathering at Rome while Indian counterparts will join from Chandigarh. All Indian experts will also gather at a hotel here on June 6 to discuss the latest cardiovascular care updates.

Dr Deepak Puri founder chairman of Cardiomersion and senior director, CTVS at Max Hospital, Mohali said that the 15th conference will focus on an integrated approach for comprehensive cardiovascular care with insightful sessions, expert discussions, and collaborative exchanges between experts from across the globe held under the theme of 'clinical prospects of drug research



and interventions in cardiovascular thoracic disease management with an aim to share advancing technologies with advancing clinical and surgical skills'.

The conference will also provide a comprehensive platform for the latest advancements and innovations in the management of cardiovascular diseases (CVD), he informed.

On June 6, an award winning short film "Rakhiye Dil Ka Khayal Dil Se" made by Dr Deepak Puri and his Cardiomersion team will also be released here. The film has been awarded the best director award in the Indies Film Festival & appreciation award in Swastik Film Festival. The film highlights why youngsters are having sudden heart attack deaths.

Vedantu student Daksh Ranks 1 in Karnataka, secures AIR 15 in JEE Advanced 2025

Top News Report

JAMMU, Jun 3: Vedantu, India's leading education platform for JEE preparation, announced the exceptional performance of its students in JEE Advanced 2025. With top ranks and consistent results year after year, this year reaffirms Vedantu's continued success in delivering high-quality, personalised, and outcome-focused education.

Among the standout achievers is Daksh Tayalia from Bangalore, who secured All India Rank 15, scoring a perfect 120 in Mathematics, and emerging as the Karnataka State Rank 1.

A student of Vedantu's 3-Year Long Term Batch, Daksh's unwavering discipline, commitment, and trust in the process has been truly inspiring. Also making the Vedantu family proud is Prakhar Singh from Gorakhpur, who secured AIR 92 as part of the Long Term Batch — a remarkable result born from focused effort, resilience, and expert-guided mentorship.

These achievements are not isolated. Vedantu students have demonstrated strong, consistent performance, with 8 students ranked within the Top 100, 20 within the Top 500 and 83 within the Top 5,000 —reaffirming the



success of Vedantu's personalised, outcome-oriented learning methodology. Vedantu's journey began with a bold vision: to make high-quality, personalised education accessible to every learner online. Over the years, this model has delivered remarkable success and this year is no different. Many of Vedantu's top achievers, including Daksh and Prakhar, come from its Long Term Batches, demonstrating the power of consistent mentorship, focused learning, and student-first academic support.

Building on this strong foundation, Vedantu expanded its fully offline Learning Centres (VLCs) across India. These centres combine rigorous academics, structured programs, and deep mentorship in a tech-enabled environment — with the highest personal attention at their core. And in just their first full academic cycle, these VLCs are already delivering impressive results.

"Seeing our students

succeed at this level is both humbling and energising," said Anand Prakash, Co-founder & Head of Academics at Vedantu. "What makes it even more special is knowing that behind every rank is a story of persistence, belief, and smart, hard work. These outcomes reflect the strength of our model — where personalised support, comprehensive study resources, and genuine mentorship come together to create real impact. Congratulations to all our students and teachers who made this moment possible."

Vamsi Krishna, Co-founder & CEO of Vedantu, added, "These results are more than just numbers — they're a reflection of potential unlocked and confidence built over time. Daksh's Karnataka Rank 1 and AIR 15 are standout moments — but so is the quiet determination of every Vedantu student who faced this challenge head-on. We've always believed in delivering the highest personal attention — first online, and now in our Learning Centres. With 35+ VLCs and counting, we're scaling what matters most: belief, mentorship, and learning that lasts. I couldn't be prouder of what our students and teams have achieved."

Cycle rally, plog run organized to promote plastic-free environment in Barwal



Top News Report

BARWAL, Jun 3: A spirited Cycle Rally and Plog Run was flagged off from NSYS Govt. HSS Barwal by the Principal, Manju Bala, in collaboration with ZPEO Barnoti, Pardeep Singh, and the entire field staff of Zone Barnoti. The event was organized under the guidance of the Joint Director, Youth Services and Sports, Jammu, and the supervision of DYSSO Kathua, Sunil Singh Sambyal.

The rally, conducted under the banner of the celebration of World Environment Day, saw the enthusiastic participation of 15 cyclists. Starting from NSYS

GHSS Barwal and concluding at Govt. Middle School Uttri, the initiative carried the powerful message of "Ending Plastic Pollution Globally."

The main aim of the rally was to raise awareness about the harmful impact of plastic waste and to inspire collective action towards a cleaner and plastic-free environment. The rally also included plogging—picking up litter while jogging—to emphasize the importance of individual responsibility in environmental conservation.

The event concluded on a high note, reinforcing the community's commitment to protecting nature and promoting sustainable practices.

Tariq Hameed Karra, senior leaders visit Kheer Bhawani Temple, pay obeisance, greet people



Top News Report

SRINAGAR, Jun 3: On the auspicious occasion of Mela Kheer Bhawani, J&K Pradesh Congress Committee (JKPCC) President Tariq Hameed Karra accompanied by Senior Party leaders visited revered Kheer Bhawani temple at Tul-

mulla Ganderbal today, where the leaders paid respectful obeisance & prayed for wellbeing of people, peace and stability in Jammu and Kashmir.

JKPCC President Tariq Hameed Karra interacted with Pandit brothers and greeted them on this sacred occasion

while enquiring about the arrangements made for the devotees.

Karra said Mela Kheer Bhawani signifies the unique cultural identity, multiplicity and special bond among different communities living in Kashmir since centuries. Mela Kheer Bhawani refreshes the memories of age-old tradition of brotherhood and amity, which is the hallmark of Kashmir's composite culture.

Mela Kheer Bhawani is a sacred event and a significant part of Kashmir's cultural identity, it will continue to strengthen the bonds of unity and brotherhood

between Pandits and Muslims, Karra added and prayed that this auspicious occasion usher in an era of prosperity, complete peace and in Jammu and Kashmir.

On this occasion, JKPCC President greeted people on the auspicious occasion of Urs of Mir Syed Ali Hamdani (Shah e Hamdaan RA) and prayed for the wellbeing of the people.

The teachings of Shah e Hamdaan shall continue to remain beacon of light and hope for the people while praying that both the auspicious occasions (Mela Kheer Bhawani, Urs of Shah

e Hamdan RA) will be the harbinger of wellbeing and prosperity of people.

Those who accompanied JKPCC President included Surinder Singh Channi, Haji Abdul Gani Khan, Nissar Ahmad Muntoo, Abid Imtiyaz Bhat (GSO), Irfan Naqib, Dr.Audil Farooq Mir (Lasjan), Mir Ruvais, Sheikh Aijaz, Mir Iqbal, Zaffar Farooq Salati, Umer Jaan, Mushtaq Ahmad Tantray, Er. Muzaffar Dar, Javed Ahmad Mir, Gh.Mohd Bhat, Mumtaz Ahmad, Seerat Bashir and various other prominent leaders of Ganderbal district.

Kohli has given a lot of years to RCB, we need to do our best for him: Patidar

In all, RCB have played a total of three finals in 2009, 2011 and 2016 and have ended up on the losing side in each of the summit clashes

AHMEDABAD, Jun 3 (Agencies): Virat Kohli has given 18 years of his senior cricket career to Royal Challengers Bengaluru and their first-time skipper Rajat Patidar understands what it would mean for the team to win the coveted Indian Premier League title for one of country's bonafide cricket legends.

In all, RCB have played a total of three finals in 2009, 2011 and 2016 and have ended up on the losing side in each of the summit clashes with Kohli's individual brilliance not being enough for them to end their title drought.

"Of course. I think he has given a lot of years to RCB and the international side also. We will try to do our best in the game," Patidar told media here during his pre-match press conference alongside PBKS' Shreyas Iyer when asked if the Kohli factor would dominate the build-up.

When asked if focus on one player alone was frustrating given RCB have been one of the most dominant sides in this competition, Patidar replied, "I think it is not frustrating for me."



"We are not looking on the stage that we are in the finals. We will try to play our best cricket. We are not playing here for the stage. I always like to keep things simple," he added.

The Kohli factor has certainly weighed heavily on RCB drawing strong crowd support even while playing away from home and Patidar said that gives them feeling of being on their home ground.

"Wherever we go, we feel that the crowd is a home ground for

us and (given) the way they are showing support and love from the (last many) years," he said.

RCB, however, will be concerned over the availability of big-hitting Tim David, who has not featured in their last two matches so far owing to a hamstring injury.

"Till now, I have no idea about Tim David. Doctors are there and we will get to know this evening," he said.

For Patidar himself, it will be a big challenge given he was

appointed RCB's captain only before the start of the tournament, while the leader in the opposition camp, Shreyas Iyer won the IPL with his former franchise Kolkata Knight Riders last year.

Iyer is also the only captain in IPL history to have led three different teams — Delhi Capitals, KKR and now Punjab Kings — into IPL finals.

Patidar said for him it would be essential to create a good environment for his players.

"Till now, I have enjoyed a lot to be honest. For me, I think it is a great opportunity to learn from the great leaders of the game, (some) great players, great foreign players of the game. It is a great opportunity for me to learn from them and their different ideas, which is helping me a lot in my leadership role," he said.

"I have always tried to create a good environment off the field as much as I can so that every player, whether it is a domestic player or an international player, they both feel the same. They should feel relaxed and confident. I think this is my first point," Patidar added.

Will BCCI retire Kohli's 'Jersey No 18' from Tests? Mukesh wears the number for India A



NEW DELHI, Jun 3 (Agencies): The Indian Test team in near future won't have any player wearing the jersey No.18 that belonged to legendary Virat Kohli for the last 14 years although Bengal seamer Mukesh Kumar was seen wearing the famous 'No 18' during the first unofficial 'Test' between India A and England Lions in Canterbury.

While Kohli has still not retired from ODIs where we would see world cricket's most distinguished No. 18 don the India Blues, it is understood that just like it was in the case of Sachin Tendulkar (jersey No. 10) and Mahendra Singh

Dhoni (jersey No. 7), it is unlikely that any new player coming into the Test team would like to bear the burden of a legacy number.

Mukesh isn't a part of the Test squad and it is understood that even if he is selected as a replacement, his jersey number would be 49, the one he wore during his senior team debut in the West Indies.

"Mukesh wore No. 18 during the opening 'Test' match versus Lions. But when it comes to India A squad, there are no fixed numbers as jerseys don't have names. Anyone can pick any random number. The jersey numbers are only sacrosanct for international games," a senior

BCCI official in the know of things told agency.

The Indian Test squad will have two new members in B Sai Sudharsan and Arshdeep Singh but it is understood that the jersey numbers allotted to them are different.

In Indian cricket, there is no formal way of retiring any particular jersey number but some of the famous numbers aren't worn by players who come later into the team.

There was one instance when Sharad Thakur had worn jersey No. 10 in an ODI match in Sri Lanka and the fans didn't take too kindly to it, forcing Sharad to change his jersey number.

However when it came to Dhoni, no one else wore No. 7 after he retired from international cricket.

The nature of Kohli's contribution to Indian cricket and the mass appeal he enjoys, it is difficult to imagine anyone else wearing that Jersey No. 18 in any format of the game.

Neeraj Chopra Classic 2025 in Bengaluru rescheduled to July 5

NEW DELHI, Jun 3 (Agencies): The Neeraj Chopra Classic 2025 is scheduled to take place on July 5, at the Sree Kanteerava Stadium in Bengaluru. The JSW Sports, the organisers of the event, made the announcement on Tuesday, June 3. The event was earlier set to be held on May 24, but had to be postponed due to the cross-border tensions between India and Pakistan.

"Bringing the Neeraj Chopra Classic back this quickly has taken an enormous collective effort, and we're happy to confirm its return on July 5. Our teams have worked tirelessly, and the unwavering support from the Athletics Federation of India, the Karnataka Olympic Association, the Government of Karnataka, and our partners made this possible," Karan Yadav, the Chief Commercial Officer of JSW Sports, said.

"The energy around this event is bigger than ever, and we're set to deliver a celebration of javelin that's bolder, better, and even more unforgettable," he added.



The upcoming one-day event is expected to showcase an impressive lineup, including Grenada's two-time world champion Anderson Peters, Germany's 2016 Olympic gold medalist Thomas Rohler, and Kenya's Julius Yego. While Neeraj Chopra had extended an invitation to Pakistan's Olympic javelin champion Arshad Nadeem, he opted out to concentrate on preparations for the Asian Athletics Championships.

Neeraj Chopra setting the bar higher

Neeraj Chopra has been in outstanding form. On May 16, he breached the elusive 90-metre mark at the

Doha Diamond League with a throw of 90.23 metres, becoming only the 25th man in history to cross this iconic barrier. This effort surpassed his previous personal best of 89.94 metres, set at the 2022 Stockholm Diamond League. Chopra continued his remarkable consistency by finishing second at the Janusz Kusociński Memorial in Chorzów, Poland, on May 23. His best throw of the day was 84.14 metres. With this result, Neeraj extended his streak of top-two finishes to 22 consecutive competitions - a run that began with his gold medal performance at the Tokyo Olympics in 2021.

Zinc Football Academy crowned Champions of Rajasthan; qualifies for I-League 3

NEW DELHI, Jun 3 (Agencies): Hindustan Zinc's Zinc Football Academy emerged Champions of the Rajasthan League Senior Men's A-division 2024-25 for the second time in four years. With the youngest squad in the league, boasting an average age of 18.3 years only, Zinc Football Academy enjoyed a fantastic 2024-25 season, going head-to-head against 10 competitive sides in Rajasthan and coming out on top. The Zavar-based Academy racked up 16 wins in 20 matches, scoring 70 goals and conceding only six throughout the season. The team also went on an unbeaten run of 13 straight matches and registered a whopping 16 clean sheets, underlining their dominance at both ends of the pitch.

Leading the charge up front was the prolific striker from Haryana Karan Beniwal, who finished as ZFA's top scorer with 16 goals to his name. Fellow teammate Ashish chipped in with 12 goals. In total, 17 different players found the back of the net



during the campaign, highlighting the squad's depth, balance, and versatility.

Established in 2017, Zinc Football Academy has been a game-changer in nurturing grassroots football talent from rural India. Based in Zavar, the AIFF-accredited 3-star academy has trained over 5,000 young footballers since its inception. With a sharp focus on excellence and holistic development, the academy has consistently produced promising players for the national stage. Notable players like Mohammed Kaif, Prem Hansdak, Sahil Poonia, and Ashish Mayla have already donned the Indian jersey, making their mark in interna-

tional football.

Speaking on the successful season, Arun Misra, CEO - Hindustan Zinc, said: "We are extremely proud of Zinc Football Academy's triumph in the league. As the youngest team, with most core players having been part of the Academy since its inception in 2018, this victory reflects Hindustan Zinc's long-term vision of empowering India's youth through sports. By identifying and nurturing grassroots talent, we aim to build the champions of tomorrow. We remain committed to creating pathways for young athletes to shine on national and global stages."

Organised by Rajasthan Football Association, the two-month

long league played in home-and-away format, started in April. After 20 intense matches, the trophy is back in Zavar. The RFA will now nominate ZFA for the I-League 3, which is the fourth tier of Indian Football.

"I congratulate Zinc Football Academy on a fantastic season and am truly delighted to see the young players of this state-of-the-art Academy standing tall and competing fiercely against top teams from Rajasthan. Without a doubt, these talented youngsters represent the bright future of football in Rajasthan and across India. We wish them all the best," stated Dilip Singh Shekhawat, Secretary, Rajasthan Football Association.

Hindustan Zinc, recognized as one of India's Top 10 social impact companies, strategically fosters sports excellence, health, and fitness to drive community development and nation-building. Supported by The Football Link as the Strategy and Implementation Partner, the Academy highlights Hindustan Zinc's commitment to grassroots excellence and the betterment of both Rajasthan and Indian football.

Beyond football, Hindustan Zinc nurtures talent in athletics, kabaddi, and volleyball, creating structured pathways for growth at the grassroots level. Its flagship event, the Vedanta Zinc City Half Marathon, fondly known as India's Most Beautiful Marathon has put Udaipur on the global running map, promoting both tourism and a culture of fitness. Through these initiatives, Hindustan Zinc has positively impacted nearly 30,000 lives, reinforcing its dedication to empowerment and social transformation.

Legendary Pardeep Narwal retires after going unsold in Pro Kabaddi League auction

Kabaddi star Pardeep Narwal confirmed his retirement after going unsold in the PKL 2025 auction. His next chapter focusses on coaching and nurturing future talent in kabaddi.

NEW DELHI, Jun 3 (Agencies): In an emotional revelation during a live interview, kabaddi legend Pardeep Narwal confirmed his retirement from professional play after going unsold in the Pro Kabaddi League (PKL) 2025 auction.

The 28-year-old, a three-time PKL champion and widely regarded as one of the greatest raiders in the league's history, was overlooked by all franchises during the two-day auction.

Despite expectations that he would be picked on Day 2, especially by former teams like UP Yoddhas, Patna Pirates, or Bengaluru Bulls, no bids were made.

Speaking on an Instagram Live session, Narwal said he wasn't initially upset but had expected at least one team to show interest. "Honestly, I didn't feel much at that moment. I was like, 'Okay, maybe someone will definitely bid,'" he said.

Narwal acknowledged that recent seasons had not lived up to his own high standards. "When I played for Patna earlier, I used to score 200-300 points. Now even 111 or 122 doesn't feel enough. I want to score 15-16 points per match, not just 3-4," he reflected.

The man known as the "Dubki King" admitted that opposition defenders have now adapted to his signature move, and age has played a role in slowing him down.



"Defenders prepare specially for me. Every

one watches videos, and yes, skills decline a little

with time," he said.

While he still managed over 100 points last season for Bengaluru Bulls, Narwal has decided to step away from the playing mat — not with regret, but with gratitude. "Kabaddi has given me everything. My family told me, 'You've got your name, your achievements — just be happy,'" he shared.

Narwal also confirmed that his focus now shifts to coaching. "I'll stay connected to kabaddi.

I'm interested in coaching — I already train kids in my village," he said, firmly stating that fans should accept this as his retirement as a player.

Debuting in PKL Season 2 with Bengaluru Bulls, Narwal became a household name with Patna Pirates, where he led the team to three consecutive titles and became the league's first player to surpass 1,000 raid points. His aggressive raiding style,

combined with his iconic dubki move, redefined kabaddi for a generation of fans.

With 1,801 raid points across 190 matches, Pardeep Narwal leaves behind a legacy few can match — not just in numbers, but in impact.

While the curtain has fallen on his playing career, the next chapter for Pardeep Narwal — perhaps as a coach or mentor — is just beginning.

Delegation from Bandipora calls on Cabinet Minister Satish Sharma, seeks support for youth, rural development



Top News Report

BANDOPRA, Jun 3: In a significant move aimed at bolstering youth empowerment and rural development in Jammu and Kashmir, renowned Bandipora social activist & Chief of Empowering Kashmir, Saheer Rather meets with Cabinet Minister for Food, Civil Supplies & Consumer Affairs, Transport, Science & Technology, Information Technology, Youth Services & Sports and ARI & Trainings Departments, Satish Sharma at the Civil Secretariat Srinagar.

During the meeting, Saheer submitted a detailed proposal for

setting up a BPO unit at Chithi Bandi, a step intended to generate local employment opportunities for unemployed and tribal youth in the district.

He also proposed the development of water sports facilities and a sports ground at Wullar Lake, which would not only boost local tourism but also provide healthy engagement avenues for young people.

Raising deep concerns about growing unemployment, drug abuse and lack of structured engagement opportunities, Rather stressed the urgent need for targeted interventions. "The youth are the future of the nation. It

is our responsibility to guide and empower them through sustainable opportunities," he remarked.

Minister Satish Sharma appreciated the proposals and assured full support from the government in taking these initiatives forward. He emphasized the government's commitment to uplifting rural areas and empowering youth through collaborative and innovative efforts.

The meeting marks a promising development in the ongoing dialogue between civil society leaders and government representatives to build a more inclusive and progressive Jammu and Kashmir.

Ch Zulfkar Ali demands Fire and Emergency Station at Koteranka



Top News Report

RAJOURI, Jun 3: Former Minister and senior BJP leader Chowdhary Zulfkar Ali has urged the government to establish a fire and emergency station at Koteranka in District Rajouri.

In a press statement issued today, he emphasized that Koteranka, an additional district headquarters with a population of over 1.5 lakh people, faces challenges due to its terrain and topography.

The nearest fire and emergency station is 50 km away in Rajouri, and there are no such stations within a 200 km radius, covering areas such as Reasi, Khawas, Mohre, Chasana, Budhal, Annas, and Peeri. Despite the area being densely populated and prone to frequent fire incidents resulting in significant property losses, Ali highlighted that recent sufferers, including Romesh Singh of Kotranka and a handicapped individual,

have lost everything, causing substantial financial hardship. He expressed surprise that a fire and emergency station recently opened at Koteranka was subsequently withdrawn by the authorities. Furthermore, Ali criticized the State National Confer-

ence government for failing to fulfill its poll promises, including providing free gas cylinders, enhancing ration, offering free electricity, employment, and restoring the honor and dignity of the people, emphasizing that it is time for introspection.

Mela Kheer Bhawani celebrated with religious fervour at Devser, Hundreds of devotees offered Pooja

Top News Report

KULGAM, Jun 3: The Annual Mela Kheer Bhawani, the most important festival of Kashmiri Pandits, was today celebrated on the occasion of Zyestha Ashtami where Hundreds of devotees offered pooja and paid obeisance in Devser and Manzgam in south Kashmir's kulgam District

Khanbarni Devser Mata Tripursundri temple in addition to being the holiest temple of the local Kashmiri Pandit community is also the symbol of centuries-old culture and brotherhood among different communities of Kashmir.

The Khanbarni Devser



area of district Kulgam witnessed enthusiastic scenes as a Huge number of devotees arrived here who paid obeisance and prayed for themselves and the

entire humanity. Mostly Kashmiri Pandits were seen performing the rituals of the festival at the temple besides that Muslims were seen greeting

Pandits and making arrangements. Meanwhile, the district administration has made elaborate arrangements for the smooth Mela Kheer Bhawani.

Earlier MLA Devser Peerzada Feroz Ahmad on Tuesday visited the Khanbarni temple in Devser, where he welcomed devotees attending the annual mela and urged people across the country to take part in the upcoming Amamath Yatra.

He offered prayers at the temple and later told reporters that a large number of devotees, including members of the Kashmiri Pandit community, had come to the shrine. He commended the efforts of the administration in ensuring a peaceful and well-managed mela.

"He prayed for peace, prosperity, and progress in Jammu and Kashmir

PM Modi to inaugurate Kashmir Rail link on June 6

JAMMU, Jun 3 (Agencies): In his first visit to Jammu and Kashmir post Operation Sindoor, Prime Minister Narendra Modi will inaugurate the much-anticipated Kashmir rail project later this week, marking a milestone in the region's connectivity.

Modi will start his visit on June 6 by dedicating to public the Chenab rail bridge, which is a key part of the 272-km Udhampur-Srinagar-Baramulla railway link (USBRL) that will provide direct train connectivity to the valley.

"History in the making... Just 3 days to go! The mighty Chenab Bridge, the world's highest railway bridge, stands tall in Jammu and Kashmir... PM to inaugurate the Chenab Bridge on June 6. A proud symbol of New India's strength and vision!" Union minister Jitendra Singh said in a post on X.

After inaugurating the bridge, Modi is likely to travel by train to Katra and en route, will inspect India's first cable-stayed bridge over Anji Khad, officials said, adding the prime minister will interact with railway engineers including retired employees involved in the project.

At Katra, which is known as the base camp for the pilgrims visiting Mata Vaishno Devi, Modi will flag off Vande Bharat train from Katra to north Kashmir's Baramulla and another from Baramulla to Katra, signalling the completion of the project to link Kashmir by railway network.

However, the officials clarified that all the passengers to and from Kashmir will have to de-board at Katra and change trains. After the inauguration, Modi will address a public rally.

The work on the project to link Kashmir by train was started in 1997 and has missed sev-

eral deadlines given geological, topographical and meteorological challenges, leading to cost escalation and its completion at a cost of over Rs 41,000 crore. Out of the total 272 km USBRL project, 209 km was commissioned in phases with the first phase of the 118 km Qazigund-Baramulla section commissioned in October 2009 followed by 18 km Banihal-Qazigund in June 2013, 25 km Udhampur-Katra in July 2014 and 48.1 km long Banihal-Sangaldan stretch in February, last year.

The work on the 46-km Sangaldan-Reasi section was also completed in June last year, leaving a total 17 km stretch between Reasi and Katra and this section was finally completed in December 2024 as announced by Railway Minister Ashwini Vaishnaw. The visit of the prime minister will be first after the launch of Operation Sindoor to hit terror infrastructure across the border early last month in retaliation to the Pahalgam terror attack that left 26 persons, mostly tourists, dead on April 22.

According to railway officials, the staggering 119 km of the track runs through tunnels and has been equipped with full CCTV surveillance for passenger safety.

"Every inch of the track is under watch," an official said, promising a safer and more secure travel experience for commuters traversing some of the country's most challenging landscapes.

The official said the railway line promises to change the way people travel in the region as the project brings not just better connectivity but also a renewed sense of safety for commuters in this remote terrain.

The work on the intervening stretch of the Katra-Banihal section, spanning 111 km, primarily involves tunnelling, with 97.4 km (87 percent of the section's total length) being covered by tunnels.

The longest tunnel T-50, stretches over 12.77 km making it the longest railway tunnel in the country, the official said, adding there are a total of 25 main tunnels covering a length of 97.42 km, and eight escape tunnels, spanning 66.4 Km, resulting in a cumulative length of 163.82 Km.

The provision of escape tunnels, exceeding three km in length, ensures safety and rescue measures in accordance with international standards, the official said.

He said there are a total of 49 bridges on the Katra-Banihal section, consisting of 27 major bridges, 16 minor bridges with a combined length of 7.035 Km. This includes four mega bridges — Chenab Bridge, Anji Bridge, Bridge 220, and Bridge 224. At 369 m, the Chenab bridge is the world's tallest railway arch bridge, taller than the Eiffel Tower, and can withstand wind speeds over 250 kmph and is designed to resist earthquakes, making it one of the most challenging bridges ever built, the official said.

"Today, after nearly 30 years, the dream has become reality," the official said, expressing hope that the railway line will not only boost connectivity to Kashmir but also strengthen the region's ties with the rest of India economically, socially, and emotionally.

Modi was earlier scheduled to inaugurate the train in April but the event was postponed due to inclement weather forecast.

Dengue , Chikungunya malaria preparedness review meeting chaired by Director Health Services

Top News Report

JAMMU, Jun 3: A reorientation workshop and review meeting of National Vector Borne Disease Control Programme (NVBDPC) was chaired by Director Health Services, Jammu Dr. Abdul Hamid Zargar on 03.06.2025, organized by State Malariologist at Conference Hall, of Govt. Provincial Hospital, Gandhi Nagar, Jammu.

Chief Medical Officers and Medical Superintendents from District Hospitals and Associated Hospitals of Govt, Medical Colleges of Jammu Division participated in the meeting.

The session was also attended by Dy. Director Health Services (Schemes), Jammu Dr.



Poonam Sethi, State Nodal Officer, National Health Mission, Jammu Dr. Harjeet Rai and Assistant Director Health Services (Schemes), Jammu Dr. Ila Gupta. At the outset, a power point presentation (PPT) was presented by Dr. Ruchita Mahajan, Microbiologist, Govt. Hospital, Gandhi Nagar, Jammu

covering academic aspects of Dengue and other Vector Borne Diseases (VBDs). Dr. D J Raina, State Malariologist, J&K, Jammu presented a power point presentation (PPT) on current scenario, preparedness measures and highlighted the strategies adopted by the Department for the control of

Dengue and other VBDs. Dr. Abdul Hamid Zargar, Director Health Services, Jammu, emphasized that dengue is a looming threat and all stakeholders should come together for better disease Management. He also emphasized about aggressive awareness activities in public. Various other issues were also discussed like capacity building of the staff, Inter-sectoral coordination with all stakeholders, availability of 104 Helpline, platelets separation facility and designation of beds and wards for patients in case of a possible outbreak.

Dr. Balvinder Singh, Dy. Medical Superintendent, Govt. Hospital, Gandhi Nagar, Jammu presented the vote of thanks.

Women protest in Jammu over E-Buses not picking up female passengers due to free ticket policy

Top News Report

JAMMU, Jun 3: Jammu witnessed a strong protest led by Sunil Dimple, President of Mission Statehood, alongside a large group of women passengers including office-goers, college students, and housewives. The protest took place at Janipur High Court Road against the Jammu Municipal Corporation (JMC), Traffic Department, Transport Department, and the Motor Vehicle Department (MVD). The core issue raised was the

alleged refusal of Smart City E-Bus drivers to stop for female passengers due to the free ticket policy for women. Sunil Dimple, addressing the gathering, accused the E-bus drivers of intentionally skipping stops when they see female passengers waiting. He stated that women, especially working professionals and students, are left stranded for long hours as buses simply pass them by. According to Dimple, drivers are showing deliberate neglect, waving "no" and

driving off when they see female passengers, all because they do not generate revenue from free ticket holders. Dimple further criticized the traffic police and on-duty officers for being unresponsive. He alleged that when women approach traffic cops with complaints, they are often laughed at and dismissed without action. Instead of managing traffic and ensuring smooth transport, the police are focused on issuing e-challans by taking photographs, which he termed as



harassment of the general public. He also targeted the JMC for failing to manage city traffic properly. According to Dimple, rather than solving traffic issues, the JMC is seen lifting traders' establishments and confiscating goods

worth lakhs daily — a move he called unproductive in resolving the actual transport and traffic issues faced by the city. Dimple warned that if the concerns of female passengers are not addressed immediately, he would launch a full-

fledged agitation against the JMC, MVD, and Traffic Department. He has already raised the matter with JMC officials, the Transport Commissioner, and RTO Jammu, S. Jaspreet Singh. RTO Jaspreet Singh has reportedly assured

the delegation that he will personally look into the matter and coordinate with the municipal corporation for corrective action regarding the functioning of Smart City E-buses.

Prominent women who participated in the protest included Anu Bala, Shashi Kumari, Sunita, Koushlya, Rekha Devi, Sonia, Monika, and Poonam Sharma.

The protest highlighted a growing concern over accessibility and gender discrimination in Jammu's public transport system.