



JINDRAH IMAGES

DAILY | JAMMU | VOL. NO: 10 | ISSUE NO: 293 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages123@gmail.com

PM accuses previous govts of giving priority to vote bank over infra development

PANAJE Prime Minister Narendra Modi on Sunday accused the previous government of giving priority to vote banks over infrastructure development in the country. Speaking after inaugurating a new international airport at Mopa in North Goa, he said, 'Earlier governments gave priority to vote banks in place of infrastructure development and because of that infrastructure was neglected. This international airport of Goa is an example of the same. It was an old demand that Goa required another airport. This airport was planned during Atal Behari Bajpayee's government but the next government did nothing. When we came to power, I laid the foundation stone six years back.'



'This airport is a proof of the changed approach of the government towards infrastructure. Due to the attitude of the earlier government, air travel had become a luxury. Only those who were well off could take benefits of air travel. Investments were not made in airport development which resulted in lagging behind. But now the country is witnessing advanced development,' he said.

independence there were only 70 airports but during the last eight years, as many as 72 airports have been developed. 'Today India has become the third largest aviation market in the world. Udaan Yojana has fulfilled the dreams of the common man,' he said. The Prime Minister said that India has made all the efforts to increase ease of travel by focusing on last mile connectivity and addressing Visa related issues. He said the new airport has a capacity of handling 40 lakh passengers (per annum) and it can increase to 3.5 crore in the coming years. 'This will definitely help the tourism sector. Goa's potential of becoming a cargo hub has increased immensely,' he said.

Modi govt dedicated to those left out of mainstream: Jitendra

JAMMU: Union Minister Dr. Jitendra Singh on Sunday said that the Prime Minister Narendra Modi led government is dedicated to those who were left out of mainstream by the previous governments. Addressing a rally, 'Divyang Parivar Maha-Samelan' organised at Kathua the initiative of a social organisation 'Saksham', Dr Singh said that from the day PM Narendra Modi took oath as the Prime Minister of India, certain drastic steps were taken by him for the welfare of Divyangs. 'Be that the fee remission for Divyangs in Civil Services Examination, two choices of the home cadre for Divyangs qualifying civil services examination, increase in reservation for Divyangs from 3 percent to 4 percent, increase in the Divyang pension etc., every other step has been taken by this government for the welfare of Divyangs, he added. For the welfare of Divyangs, Dr Singh said that 15000 posts meant for Divyangs which were earlier not filled were filled under a special drive by the government which was only possible under PM Narendra Modi who suggested that the term 'Divyang' (Divine Body) instead of 'Viklang' be used for persons with disability. Dr Singh also said that for making India reach the top leaving behind every other developed nation in terms of development in coming years, the



Divyangs cannot be left out, they also need to contribute in the national development of nation for the next twenty five years of Journey of 'Sankalp se Siddhi' so that their contribution will too be written in the golden words when India will be achieving its centenary of independence. Dr. Jitendra Singh also said that this government has repealed more than 1600 obsolete and outdated laws which were a great hindrance in the development of the country and many such laws were also either amended or repealed for the welfare of Divyangs like the Divyang Pension Rules etc. He further said that providing 'Digital Life Certificate' to the pensioners using 'Face Recognition Technology' has been one of the drastic steps taken by the government for the convenience of the pensioners who were ear-

2 residential houses gutted in Srinagar blaze

SRINAGAR: Two residential houses were gutted in a devastating fire incident at Batamalo area of Srinagar early Sunday. Fire and Emergency Service officials said that fire broke out in a residential house at Lakeshmanpora Danderkhan area of Srinagar at 2:41 am and engulfed another nearby house. Fire engines from the nearby fire station reached the spot and doused the leaping flames before it could have spread to other residential houses of the area. Two houses belonging to Shamsheer Singh and Kishan Jeet Singh were gutted in the blaze. The cause of the fire is due to the electric short circuit, the Fire and Emergency official said.

Barring Gulmarg, Pahalgam night temperature improves in Kashmir

SRINAGAR: Barring Gulmarg and Pahalgam night temperature improves all across the Kashmir valley several notches as the Meteorological Department forecast of mainly dry weather over Jammu and Kashmir during the next 24 hours. The day temperature witnessed a fall after many segments including upper reaches of Kashmir valley received rain and snow fall on Saturday. Kashmir weather, an independent weather observer, Faizan Arif forecast of dry weather is expected for the next 10-15 days in the entire Jammu, Kashmir and Ladakh. Due to a feeble Western Disturbance, generally cloudy weather is expected on December 14, he said and added that the day temperatures are likely to improve and slight fall is expected in minimum temperatures during the next 3 days. 'Tourist hot spot of Pahalgam in south Kashmir had a low of minus 5.0 degree Celsius against 1.2 degree Celsius recorded the previous night which was minus 1.8 degree Celsius below normal for this resort during the period.



Gulmarg in north Kashmir recorded a low of minus 4.5 degree Celsius on Sunday against minus 2.5 degree Celsius which was minus 0.8 degree Celsius below normal for the famous ski resort. Srinagar, the summer capital of Jammu and Kashmir, witnessed a low of 3.5 degree Celsius on Sunday against the minus 0.6 degree Celsius recorded the previous night which was 4.1 degree Celsius above normal for this

2 Children died of Hepatitis-A in Kulgam's Turka Tachloo village creates panic

SRINAGAR: Panic gripped the village Turka Tachloo in South Kashmir's Kulgam district on Sunday after two school children suffered from Hepatitis-A disease, officials said. One of the affected children had died three days ago while another passed away today created panic among the people of the village Turka Tachloo. The deceased school children aged 6 years to 8 years were suffering from the Hepatitis-A disease for some time and were under observation, Director Health Services Dr Mushtaq Ahmad told media persons. He said eight kids from a private school of Kulgam district were taken for suspected hepatitis disease, out of which six were

found positive, while two died. Hepatitis-A virus causes highly contagious liver infection. He said 92 samples were picked up from the affected area and eight were found positive who were hospitalized for necessary treatment. 'We have collected water samples and samples from the people of the area were also taken for assessment', Dr Mushtaq said and added, 'Among the symptomatic cases one was expired three days ago and another died this morning'. He said of the eight cases which were found positive four have been admitted to hospital. He said the Public Health Department officials have also collected samples from the water reservoir of the area and have advised the people of the two neighboring districts of Anantnag and Kulgam to use boiled water for drinking. 'Our medical teams are constantly watching the situation for the past five days', Dr Mushtaq said. He also advised people to take Hepatitis-A vaccine. 'We have issued directions to the medical staff to check the samples of those who are in contact with the affected cases', he added. 'The director's health said that "there is no worry to panic about the disease, the government is taking all preventive measures and are in constant touch with the district administration of Anantnag and Kulgam".'

Work on artificial lake project back on track after missing several deadlines

JAMMU: Work on construction of the Tawi artificial lake here, which is aimed at giving a boost to tourism in Jammu province, has finally taken off after encountering scores of delays in the past 13 years. The artificial lake and river front beautification work in the Tawi river will be completed at a cost of Rs 280 crore by April next year. 'If all goes as planned, the gated Tawi barrage project (artificial lake) would be completed by April 2023 along with ongoing work on other components of artificial lake, including river bank protection, development of Tawi river front on the pattern of Sabarmati', Jammu Mayor Rajinder Sharma said.



Nigesh Kumar, others with hundreds of supporters join BJP

JAMMU: Nigesh Kumar, State Vice-President JD (U) and other prominent social and political personalities along with hundreds of supporters from Kathua joined BJP at party headquarter Trikuta Nagar, Jammu. J&K BJP General Secretary Adv. Viboth Gupta, BJP General Secretary Dr. Devinder Manyal, former MLC Sofi Yusuf, Additional Office Secretary Naresh Singh and other BJP leaders welcomed the new entrants into the party fold. Viboth Gupta, while welcoming the new entrants said that policies of Modi Government have won the hearts of all the people. He said that this love spreads across the regions and religions. He stated that highly motivated by the strong nationalist policies of the BJP and the



dedicated leadership of the party, prominent personalities from political and social backgrounds are daily coming forward to join the BJP. Dr. Devinder Manyal, while welcoming the new entrants said that people have full faith on the policies of BJP. BJP has led J&K to a development path with a new vision led by the dreams of local people. This massive joining is self-explanatory that how the policies of BJP are being loved by the people, he said and added these energetic entrants will further strengthen the mission of BJP. Sofi Yusuf welcomed the new entrants and said that the development policies of PM Modi have today led J&K on the path of peace and progress. He talked of a fresh environment in the whole of Jammu & Kashmir best-suited development.

Rajya Sabha to discuss energy conservation bill today

NEW DELHI: The Rajya Sabha is, on Monday, slated to take up for consideration and passing The Energy Conservation (Amendment) Bill, 2022 which was introduced in the house by Power Minister R.K. Singh last week. The RS bulletin states that 'the following motion moved by Shri Raj Kumar Singh on the 8th December, 2022:- "That the Bill further to amend the Energy Conservation Act, 2001, as passed by Lok Sabha, be taken into consideration". The government will also move the Constitution (Scheduled Castes and Scheduled Tribes) Orders (Second Amendment) Bill, 2022.

Pallavi Sarin: First Jammu woman to receive 'Schwarzman Scholars'

JAMMU: Funded by American billionaire Stephen Schwarzman, 'Schwarzman Scholars' is one of the few top scholarships in the world, for which thousands of candidates from all over the world submit applications every year. This scholarship was started in 1902 by Stephen Schwarzman, inspired by the Rhodes Scholarship, a scholarship to

promote world understanding and peace. For Schwarzman Scholars-2022, a young girl has been selected for the first time from the Jammu province of Jammu and Kashmir. Twenty-year-old Pallavi Sarin is the founder of the digital media organisation 'The Straight Line' and is currently working as a correspondent from Jammu with a

national news organisation. This year, five candidates from India have been selected for Schwarzman Scholars-2022, of which three are of Indian origin but live abroad. Only three per cent of the 'Schwarzman Scholars' are selected after intense competition. After the Schwarzman Scholars-2022 scholarship, they will have the opportunity to do a



one-year Master's degree in 'Global Affairs' at Schwarzman University in Beijing, China. Their living, accommodation and food will all be under the 'Schwarzman Scholarship'. Three hundred candidates applied for this scholarship, of which 151 from 36 countries and 121 universities were selected from all over the world.

Stephen A. Schwarzman, Founding Trustee of Schwarzman Scholars, said, 'As the geopolitical landscape becomes more complex every day, I look forward to this year's selected scholars and their ability to thoughtfully engage with global issues and drive change. We are confident that this inspiring group of young leaders will make the most of

this unique opportunity.' Scholars are selected through a rigorous application process that recognises their leadership potential, intelligence and strength of character. More than 400 candidates from 60 countries were invited to interview with a panel of CEOs, government officials, university presidents, journalists and non-profit executives.

Stream selection and career counselling workshop organised by Shri Ram Universal School

SAMBA: With an objective to provide proper guidance to the school children The Shri Ram Universal School recently organized a Stream Selection and Career Counselling Workshop for students of class IX and X in the school premises. This workshop was conducted with the support of Shri Educare Limited. The session was inaugurated by Dr. Neelika Arora, Asst Prof, Central University of Jammu, who graced the occasion as Chief Guest. Ms. Anjali Uppal, Head of Career Advisory Dept, TSMs Delhi NCR, Ms. Pooja Khullar, Career Advisor, TSMs Delhi NCR, Mr. Sanjeev Gupta, Chairman of The Shri Ram Universal School, Ms. Rajni Gupta, Director, Col VK Sharma (Retd), Principal, Ms. Shivani Vaid Sharma, Headmistress among others joined the workshop as special guest and inspired students with their motivating thoughts.



Ms. Uppal and Ms. Khullar emphasized that exploration of careers is of utmost importance in today's times. They introduced students and parents to various emerging career streams ranging from Defence forces, creativity based careers and various other unconventional career options. They also clarified common misconceptions associated with choosing streams and careers and emphasized on 'WHY NOT' to choose certain career options. Col VK Sharma (Retd), Principal TSUS, in his address explained the importance of managing uncertainty in life in the advent of complex and challenging conditions and emphasized the need for preparedness to adapt to new ideas and new techniques. He added that the workshop would help students in exploring the emerging career avenues along with available choices of education in the near future. He said, "One right step in the right direction can make your future brilliant."

Speaking on the occasion, Ms. Neelika Arora said that "There are vast career options available today and students need guidance on the same. I am sure that a platform like this will help not only the students but also the parents to guide their children better in choosing career of a lifetime." Around 150 students and parents of city-based schools attended the workshop. The workshop aimed at giving proper direction to the students and their parents. The students and parents had one-on-one interaction with the counsellors. The initiative by the school management was well appreciated by the parents and expressed their gratitude.

With the help of Indian army the vehicle which fell into river Jehlum was pulled out into river

JAMMU: On 4th December near Chandanwari a Hyundai I-20 car fell into river Jehlum and when this news spread in the area the whole area's villagers were shocked. This was notified by BDC Boniyar to the Junior adjutant of 1st Field Regiment and then Junior adjutant conveyed this message to commanding officer 1st Field Regiment responded by immediately sending rescue squad to the spot. With tireless efforts and strong will rescue squad pulled the car out of the river. Due to the depth of the river rescue squad suffered a lot for 3 days. The rescue squad led by Subedar Ran Bhadra Singh was successful and they handed vehicle back to that owner. This initiative was highly praised by BDC Boniyar, social worker



Mubarak, vehicle owner Arjumand and also by locals thanks to Commanding Officer 1st Field Regiment.

Meet young female journalist from Handwara Faika Javid

HANDWARA: Faika Javid, 19 from Handwara area of North Kashmir's Kupwara district is becoming young and budding female journalist in Kashmir valley. While talking to this reporter Faika Javid said that I am living in Handwara town and was passionate to become journalist. She said that first Journalism, for me, was not by choice but chance. Until my Schooling, I never realised that Journalism was my calling. Thanks to the notion that is attached to journalism, there were very few people who believed that I would be able to pursue a career. We still live in a world in which a significant fraction of people, including women, believe that a woman belongs and wants to belong exclusively at



home. I am thankful to Sajid Yousuf, Yana Mir who are my real inspiration as it's because of them I am being able to pursue my job and degree. They are giving me full support and more ever they have provided me best platform as they groomed me well. They have motivated me and brought me into this field. I have struggled a lot in my life but thanks to Almighty Allah and then

'Journalism' with courage, respect, dignity, honour and social responsibility. I always wanted to voice the voiceless and write for the upliftment of the marginalised communities. My journey into the social development sector thus started. It was a dream comes true, Faika Javid said. I want to highlight the miseries faced by people by the hands of administration and want to bring into the notice of administration so that their issue are met at earliest. Faika, who believes in the saying 'The pen is mightier than the sword'. She said that I am presently working with 'The Real Kashmir' network and also pursuing my bachelor's degree in journalism at Moulaana Azad University Hyderabad in distance mood.

Lamrin Tech Skills University Punjab celebrates first Foundation Day

NURPUR BED: Punjab celebrated its first foundation day with fervour. University's foundation stone was laid down by the then Punjab chief minister Charanjit Singh Channi. Lamrin Tech Skill University (LTSU), Punjab is first of its kind state skill university incubated by IBM as Anchor Partner, Tata Technologies & Ansys as Industry Partners and RERT as academic Partner established under Act no of 22 of 2021 of Punjab with the investment of Rs 1630 crores. The university is focused on skilling the youth of Punjab to provide them gainful employment. Nirmal Singh Rayat President RERT, was the chief guest on the occasion He was

welcomed by Dr. Sandeep Singh Kaura, Chancellor, LTSU, Punjab. University and Institutions of repute throughout the World. Memorising the journey of University in a short span of one year Dr. Kaura shared that university has signed MOU with IIT Singapore, Cambridge Learner Partner learner Centre, Cambridge University Press, Australian

University and Institutions of repute throughout the World. young work force in India to get employable in domestic as well in foreign countries there is skill shortage in foreign countries and people are aged, university is going to set a benchmark in providing young skilled work force to foreign countries to establish India as skill capitol of the world. Lamrin Tech Skills University Punjab celebrates first Foundation Day. Cultural program was performed by students on this occasion. Cake cutting ceremony was observed. Prof. B.S. Satyal, Registrar, Satbir Singh Bajwa, Dr. Ashutosh Sharma, Dr. Jagdeep Kaur, Dr. Monika and other senior officials and students of university were present on the occasion. TATA agreed to establish EV, CFC unit with the investment of 240 crores in University Campus, Ansys is investing 330 crores. He further added that India is the largest young populated country, skilling is required to the



Hoteliers Club elected Babar Chowdhary as president of Restaurant & Cafe Committee of JKHC Mushtaq Chaya Assured Full Support To The New Committee



SRINAGAR: Today JKHC Hoteliers Club held a Restaurant Committee meeting at Nigeen Club under the chairmanship of Mushtaq Chaya. The meeting was also attended by Farooq Hafiz (Somnarg President), Musadiq Shaw (Junior Vice Chairman), Junaid Shahdad (Treasurer), Nazir Mir (Coordinator), Showkat Chowdhary, G.N. Var and Saqib Beigh (Secretary General Gulmarg Chapter). During the meet Babar Chowdhary of Hat Trick Group was elected as President of the Restaurant

and Cafe Committee of JKHC and Osman Burza was elected as Vice President. The members raised various issues related to restaurants and cafes. Chaya assured full support to the new committee stating that all issues related to restaurant and cafe will be brought up with higher officials so that young entrepreneurs can avail all opportunities for the smooth functioning of their businesses. Members of JKHC suggested that food festivals should be organized at tourist destinations in association with the department of tourism. The newly elected President Babar Chowdhary said that restaurants are now a Significant Industry And One of The Biggest Industry of the valley , Nearly 50,000 People have directly associated with this industry and indirectly 2 lac people are involved in this industry. Restaurant Industry Should Organize Food festivals locally, National And International In collaboration with The Department of Tourism And Also The Tourist Are Not Confine To Only Hotel Rooms They Go Out And Try The Food Of Our Kashmir. Besides The Secretary General Tariq Ghani welcomed the new members to JKHC and assured full support and cooperation. Today 15 new restaurant and cafe owners joined JKHC as members.

GoC Kilo Force interacts with people at Palhallan and Haiderbegh

PALHALLAN: An interaction was organised today at Govt Higher Senior Secondary School, Palhallan, wherein, Maj Gen Sanjiv Singh Slaria, General Officer Commanding, Counter Insurgency Force (Kilo), met people and members of civil administration, school teachers and children of Palhallan village. The visit of GoC to the largest village of North Kashmir after many years is a true indicator of normalcy setting in, considering the history of Palhallan and the surrounding villages. During the interaction, he informed the people about the present situation, security measures put in place for the safety and security of people, and initiatives being taken by the government and the Army towards achieving normalcy and to bring development in the region. The General Officer also replied to queries raised by people and advised people to maintain peace and not believe in rumours and propaganda being spread by "enemies of the nation". "The students of Palhallan are doing exceptionally well in academics, sports and other activities and the youth should take inspiration from eminent people of Palhallan who are doing exceptionally well in their professions like doctors, engineers, lawyers, teachers and entrepreneurs who are contributing towards the growth of the region" he said while addressing the audience. The people emphasised the need to continue with



such interaction, especially for the youth at various levels to solve their problems and also to sensitise them about the nefarious designs of adversaries to disturb the peace of the valley. A movie for elders of the area was also screened at Zorawar hall at Haiderbegh, Pattan which drew huge footfalls. More than 200 people watched the movie and were thrilled to relive the experience of silver screen. GoC interacted with the elders during the interval. The elders shared their happiness and recounted their memories of watching movies at Zorawar hall in their youth. The Hall has been recently renovated and has already become popular amongst locals.

Doctor is the form of God; Dr. Sushil Sharma is making this proverb true: Mahant Rohit Shastri

JAMMU: Today Mahant Rohit Shastri, Head of Shri Kailash Jyotish avim Vedic Sanathan trust and Deepak Gupta, Trustee of the Trust, presented the book of glory of Nag Devta to Dr. Sushil Sharma, HOD, Department of Heart Disease, Super Speciality Hospital, Jammu. On this occasion, Mahant Rohit Shastri said that Dr. Sushil Sharma is working to provide better health facilities to the poor people through free medical services, but also playing a big role in the expansion of health services of the state by making excellent contribution in the medical service. He has been and is continuously contributing in the welfare of the society. Doctor is the form

of God, Dr. Sushil is making this proverb true. Deepak Gupta said that stakeholders to maintain the affordability, availability, accessibility and quality of health services by building long term synergy working towards creating a holistic health ecosystem. We salute the selfless service of Dr. Sushil. The dynamics of the health sector in the country is changing rapidly and under the visionary leadership of our Prime Minister, the government is working with all the



Nita Ambani shares her vision for India's most modern Cultural Centre in Mumbai; Calls it 'a tribute to India's glorious legacy, traditions, and heritage'

MUMBAI: As India's most modern, iconic and world class Cultural Centre for performing as well as visual arts gets ready for a grand debut, Nita Ambani, Founder Chairperson of Reliance Foundation, shared her vision for the first-of-its-kind landmark in the heart of Mumbai named after her. Nita Mukesh Ambani Cultural Centre (NMACC) is housed within in the Jio World Centre in Mumbai's Bandra-Kurla Complex (BKC) and will emerge the most sought-after venue to showcase best of India's art and culture to the world and bring the world to India. Nita Ambani called it a truly inclusive centre for performers and visitors, as well as for dreamers and creators, which aims to make the arts accessible to everyone with world-class infrastructure.

"I hope our spaces nurture and inspire talent, bringing people together from across India and the world," said Nita Ambani, while calling NMACC our commitment to preserve and promote Indian arts. NMACC is Nita Ambani's dream project to create an international destination in India for local art, artists, performers, and creators, better than what is available in regions like the US or Europe. Isha Ambani announced the opening of NMACC in October 2022 to honour her mother's love for culture. The four-storeyed NMACC will contain 16000 sq feet of purpose-built exhibition space and three theatres. The largest of these, a 2,000-seat Grand Theatre, will include an extraordinary and unique lotus-themed

chandelier with 8,400 Swarovski crystals. A trio of dedicated spaces for the performing arts include The Grand Theatre, The Studio Theatre and The Cube, all built with cutting-edge technology to cater to a wide range of experiences, from intimate screenings and stimulating conversations to multilingual programming and international productions. The centre will also launch the Art House, a four storeyed space to spotlight leading Indian and international artists. On 31st March 2023, NMACC will open with a spectacular three-day launch. Friday, 31st March 2023: Civilization to Nation: The Journey of Our Nation: In the 2,000-seater Grand Theatre, acclaimed Indian playwright and director Feroz Abbas Khan will bring together a

sensory narrative of Indian culture told through the tenets of the classical Natya Shastra, the ancient Sanskrit treatise on the performing arts. It captures the spirit of India, expressed as a nation, through its rich repository of arts. With 300 artists and a 75-piece live orchestra, this production brings together exceptional Indian talent across art forms such as dance, music, and puppetry. Saturday, 1st April 2023: India in Fashion: The Impact of Indian Dress and Textiles on the Fashionable Imagination: Curated by prolific author and costume expert Hamish Bowles, this exhibit traces the wide-spread impact and influence of India's sartorial traditions in textiles, jewellery and surface ornamentation on global fashion spanning the 18th-21st

century. Accompanying this exhibition is a coffee table book published by Rizzoli, documenting a comprehensive history of India and its impact on fashion worldwide for the very first time. Sunday, 2nd April 2023: Curated by India's leading cultural theorist Ranjit Hoskote and Jeffrey Deitch, American curator, former director of the Museum of Contemporary Art (MOCA), Los Angeles and founder of his eponymous gallery, Sangam Confluence is a group art show that celebrates diverse cultural impulses and traditions at the 16,000 sq ft Art House. The exhibit, spread over four levels, explores the multiplicity of India through the works of 10 esteemed and emerging Indian contemporary artists and western artists influenced by India.

The National Pension System is a disaster for retiring employees, Bring back old pension scheme - AJKLTFF

JAMMU: All Jammu Kashmir & Ladakh Teachers' Federation (AJKLTFF) with Akhil Bhartiya Rashtriya Shikshik Mahasangh has taken a strong stand defying teachers and considering employees fighting for their post-retirement benefits, especially pensions, so that they can lead decent lives. The employees are protesting in Jammu Kashmir UT to demand the reinstatement of the old pension scheme (OPS).

Devraj Thakur, ABRSM National Auditor and State President All Jammu Kashmir & Ladakh Teachers' Federation (AJKLTFF) with Akhil Bhartiya Rashtriya Shikshik Mahasangh, after attending the National Executive Council meeting at Bangalore Karnataka, has demanded to restore the Old Pension Scheme (OPS), stating that the National Pension System (NPS) is a disaster for retiring employees in their old age, briefing the media here today on the issue of NPS in Jammu Kashmir.

"We consider the new pension scheme to be a form of contributory pension, the classic example of privatising everything," Thakur explained. He said the employees and teachers would intensify the agitation and demand for the implementation of old pension scheme. He said the employees are suffering a lot due to non-implementation of old pension scheme.

Thakur demanded restoration of Old Pension Scheme (OPS) and scrapping of New Pension Scheme (NPS) and threatened that employees will not come on roads if the same will be done. Thakur said that OPS should be restored immediately in favour of employees appointed after January 1, 2010 in Jammu Kashmir. "NPS is totally against the employees and is injustice with employee members," he maintained adding, "NPS does not guarantee minimum pension to the employees and the government should immediately withdraw the ordinance in this regard."

"It is now 18 years at National level after the implementation of NPS, Employees who were recruited on or after 01/01/2004 have now started retiring from service. From the paltry amount they are now getting as pension from NPS it is proved that it is a disaster for the retiring employees in their old age and not a win-win situation," Thakur told that the NPS was "an atrocity committed on government employees" and the ABRSM was contemplating serious measures to draw the government's attention.

Thakur said an official who recently retired after more than 13 years of service received only 15% of the assured pension he would have otherwise availed under the OPS. "Under the NPS, the official with a basic pay of 330,500 received 22,417 as monthly pension as against the 215,250 pension he would have been given under the OPS. Another official with a basic pay of 234,300, received 22,506 as monthly pension after more than 15 years of service, whereas under the OPS, he would have received 217,150 as pension," Thakur further elaborated.

Thakur said, "It is imply clear that the NPS employees despite their contribution of

10% of their wages every month for their entire service is getting only a very meager pension and are worse off vis-a-vis the OPS. The pension under NPS remain static and there is no Dearness Relief to compensate the price rise /inflation as available in the OPS." He said that all Central/state government employees, including paramilitary personnel, are opposing the "no guaranteed NPS" and were demanding the government scrap the NPS.

"The Old Pension Scheme assured life-long income post-retirement, usually equivalent to 50% of the last drawn salary. Government bears the expenditure incurred on the pension", he further added.

Thousands of teachers have supporting our campaign demanding the reinstatement of the old pension scheme for all government employees.

Renowned actor director shine at International Level Film Festival in Karnataka



JAMMU: Directors from Northern region including J&K UT participated in the event and won various awards including Best Actor, Best director, Best singer, Best documentary film, and best actress and supporting actor.

The team of northern region was accompanied by Mrs. Gurvinder Kour, renowned model and choreographer of J&K as team manager. The awardees are:-

Nittan Sharma (best actor) from Udhampur district. Chandan Mandal (Best actor for Mashwara song), from Kathua district. Farooq Ahmed (supporting actor for Lahore diary), from Baderwah district. Supreet Kour (Best actress for dknok short story), from Jammu district. Tarun Sharma (best documentary film Paani), from Samba district. Jimmy (best female singer for Dil Churan video album), from Kashmir, Kamaal Asla (best director for Top de bande video album), from Samba district. S Sukpal (best male singer for pug vs Dupatta), from Purnjab.

NC CENTRAL ZONE CALLS ON PARTY GENERAL SECRETARY Babu Rampaul discusses organizational issues with NC general secretary

JAMMU: Jammu: A delegation of Central Zone, Jammu Kashmir National Conference under the leadership of Former Minister and Zonal President Babu Rampaul met party General Secretary, Jenab Ali Mohd Sagar and discussed various organizational issues.

The Zonal President apprised Jenab Ali Mohd Sagar that his team has been conducting programmes at block levels to rejuvenate the party cadre.

Sagar asked Rampaul to strengthen the party keeping in view forthcoming elections. He also called for maintaining strict discipline among the party functionaries and initiate



He said that NC stood for the rights of poor and unprivileged sections of society and the party cadre shall ensure that no section is left untouched.

He also said that National Conference is committed to strengthen the communal harmony and social fabric. He asked the cadres to work in this direction so that the communal forces are given a decisive reply.

Those who were part of the delegation included Zonal Secretary Dr Vikas Sharma, Bharat Bhushan, Sham Lal Mehra, Yashpaul, Birbal and Prem Kumar.

Tawi Trekkers organised One day short trek programme

Tawi Trekkers J&K's "One Day Short Treks Series Programme" is in full swing now with the 3rd group of about 125 students of Sprawling Buds ICSE School, Bantialab, Jammu successfully undertaking the trek from Kattal Batal (Nagrotta) to Aitham (7kms short of Surinsar) via Bhaid Devta 5th teachers of the school including Shalbu Bhat, Neha Sharma, Geetanjali Gupta, Palak Lakhanpal, Deepati Abrol and Vikas Singh also accompanied the group besides the President of the club Ram Khatjuria, international climber Shilpa Charak and Senior members Sonam Sidharth and Sunil Chakraria.

After a good breakfast at Kattal Batal the budding young trekkers who were on their maiden trek enjoyed the soft 3kms trek



the environment and not create a clutter of left over in the jungles enroute. Accordingly, they are advised to keep the trekking trail neat and clean by not throwing any wrappers of toffees, biscuits, juice etc. which are issued to them as 'enroute pack' during the trek. They are required to keep all such waste material with them and deposit the same with the leader at the conclusion of the trek. The results have been excellent. Even after about 250 persons undertaking the trek so far the trail from Kattal Batal to Aitham has become more beautiful than before. It is devoid of any wrappers or other waste material.

Meanwhile, the next group of about 100 students is ready to undertake the trek on 13th December, 2022.

Govt SRML Model HSS organises Alumni meet-cum-Annual Day 2022

JAMMU: Govt SRML Model Hr. Sec. School, Parade Jammu organised the Alumni meet cum Annual Day on today in the school premises. About 100 Alumni members attended the function. The school took the opportunity to felicitate the eminent personalities spanning across India and abroad who remained the product of this prestigious institute.

The event was started traditionally with the lighting of lamp by Chief Guest Jenab Naseer Ahmad Wani (JKAS) Special Secretary School Education Department, Guest of Honour Sh. H. R. Pakhtoon Joint Director DSE Jammu, Chief Education Officer Jammu Sh. S.S. Rathore, Smt. Anjali Gupta, Principal of the school, Mr. Naresh



co-curricular activities during her welcome address. Alumni members such as Sh. Naresh Ghulati from Alumni Members followed by National Anthem, Ranbir Anthem sung by the students of the school.

Principal Anjali Gupta welcomed the alumni and appreciated their zeal to assemble for the Alumni meet despite their busy schedule. She also highlighted the achievements and excellence of the school in academics, sports and extra

Gulati President of the Alumni association of the school, Sh.Sudesh Bhaktri, Sh. Shamsher Singh Manhas and others spoke on the occasion and shared their valuable views to the Teachers and Students of the school. A cheque of Rs. 31000/- was presented to

Nigesh Kumar, others with hundreds of supporters join BJP

JAMMU: Nigesh Kumar, State Vice-President (U) and other prominent social and political personalities along with hundreds of supporters from Kathua joined BJP at party headquarter Trikuta Nagar, Jammu.

J&K BJP General Secretary Adv. Vibodh Gupta, BJP General Secretary Dr. Devinder Manyal, former MLC Sofi Yusuf, Additional Office Secretary Nareesh Singh and other BJP leaders welcomed the new entrants into the party fold.

Vibodh Gupta, while welcoming the new entrants said that policies of Modi Government have won the hearts of all the people. He said that this love spreads across the regions and religions. He stated that highly motivated by the strong



nationalist policies of the BJP and the dedicated leadership of the party prominent personalities from political and social backgrounds are daily coming forward to join the BJP.

Dr. Devinder Manyal, while welcoming the new entrants said that people have full faith on the policies of BJP. BJP has led J&K to a development path with a new vision led by the dreams of local people. This massive joining is self-explanatory that how the policies of BJP are being loved by the people, he said and added these energetic entrants will further strengthen the mission of J&K on the path of peace and progress. He talked of a fresh environment in the whole of Jammu & Kashmir best-suited development.

Sofi Yusuf welcomed the new entrants and said that the development policies of PM Modi have today led

International Fencer Vansh Mahajan's Book Released

JAMMU: Vansh Sabre Sports Foundation Jammu organised programme at Hotel Asia and during the function the book titled "The Medal Standard" written by International Fencer Vansh Mahajan & Published by Vishal International has been released by all the dignitaries. Sohail Kazmi, Member, Waqf Board J&K, Raj Daluja Editor-in-Chief (State Times), Arun Gupta President Chamber of Commerce & Industries, Chandar Mohan Gupta Former Mayor Jammu Municipal Corporation, Subash Chandar Shiber, (JKAS) Director Youth, Services & Sports Department, Suraj Singh Rathore Chief Education Officer Jammu, S. Charanjit Singh Bajwa Proprietor J. K. Goods Carrier Ltd. in the presence of Hari Krishan Mahajan Publisher of the Book, Anil Padma President Vansh Sabre Sports Foundation and Vansh Mahajan International Fencer & Author of the Book.

The book is about self motivation for sports persons and an exclusive guide about what a

sports person needs to win a medal. The book covers the topic of Fitness, Nutrition, Practice Schedule, Coaching & all the other things which a sports person requires during his journey to excel in sports. Coach is the main support system of a player who gauges the capability and brings out the best from a player. The coach decides the practice schedules and sets the short term as well as long term goals of a player. The book will soon be available for online e-reading on platforms like Amazon Kindle.

Sohail Kazmi Member Waqf Board, J&K appreciated the role of Vansh for writing the book on the Fencing Game and shall enormously benefit to promote fencing as a competitive sport among youth of J&K. Being a player he will touch sky in near future and further Kazmi said that for the year 2020 Vansh Mahajan was confirmed with an international sports award from J&K Govt. and also awarded with S. Ranjit Singh Sports Excellence Award from J&K Olympic Association in the field of fencing game and I hope



Vansh will one day participate in the Olympic Games & win a Gold Medal for the country and his book will definitely inspire the budding Fencers of the J&K (U.T).

Raj Daluja Editor-in-Chief (State Times) said that he was really impressed when he came to know that Vansh Mahajan is an International Fencer and has represented the country in junior commonwealth fencing championship at Cape Town in South Africa which was a great moment for the people of J&K, sports lovers & fencing players. The team represented the country in International event and marked 4th ranked which has definitely inspired the young youth of J&K as well as in India. Moreover being an author he has written a book titled "The Medal Standard" is very interesting and motivational which is beneficial for all youth particularly at primary level in school. I am confident that this book will not only be an interesting read but will also be a loved addition in the entire sports enthusiasts' library. I congratulate Vansh Mahajan for

his initiative and efforts being a Fencer and an Author and I hope for more success to him in coming time.

President Chamber of Commerce & Industries Jammu Arun Kumar Gupta said that Vansh Mahajan participated world university games at Italy, Junior World Cup in Russia, World championship at Italy, Navy open fencing championship at Bangkok, Singapore junior fencing championship, Open fencing championship at Thailand. Vansh also participated in Junior cadet commonwealth fencing championship at Cape Town in South Africa.

game in primary level, School level as well as college level in near future.

Chander Mohan Gupta, Former Mayor (JMCO) said Vansh is associated with fencing sports for the last 14 years and excelled well in this field during these 14 years where in Vansh has participated at International level and National level events and during this he got injury and remained off the field but he did not get disheartened and kept practicing regularly. Vansh belongs to Jammu and he has done excellent job in the fencing game both in National as well as International level and won number of Gold, Silver and Bronze Medals in the field Gupta also wished Vansh for prosperous future.

Subash Chandar Shiber (JKAS) Director youth, services & Sports Department J&K said that Vansh Mahajan is an icon of Jammu Sabre Sports Foundation who has won many Medals in School Nationals & National Champions and represented the country at International level also. The contribution made by

Vansh Mahajan will definitely inspire the youth of J&K and encourage them to adopt the fencing sport and youth of J&K and Nation level events and during their interest in sports activities and also suggested that this book must be introduced and be read in all schools to boost the energy of young generation. Being Son of the soil Mr.Vansh has made the jammuites proud and I hope this book may provide the required guidance and all bits about Sabre Events and definitely go a long way to promote fencing game among the youngsters of J&K and this book needs to be introduced in primary level in schools.

Dr. Arul Padma President Vansh Sabre Sports Foundation said author Vansh Mahajan highlighted the mentally and physically approach of a player towards the fencing sports and has come forward to promote

fencing game among the youngsters of every nook and corner of J&K (U.T) and wish a bright future for Vansh Mahajan.

On the occasion ceremony author of the book Vansh Mahajan said that for writing this book "The Medal Standard" he was inspired by his father Kuldeep Kumar Gupta. Vansh narrated that he has a dream to represent the country in Olympic Games in near future. He further said that for achieving this he appreciated the role of his coach Chotu Lal Sharma and his role model and International player Rishabh Rajpal Ahmed Choudhary and further said that under their supervision he has achieved all the heights in fencing game at National as well as at International level.

President Vansh Sabre Sports Foundation Dr. Arul Padma, Secretary Kuldeep Kumar Gupta, Vice President Satish Sharma, Joint Secretary Bhanu Vijay Sharma, Treasurer Arul Mechi, Trustee Suninder Mechan and Publisher Hari Krishan Mahajan of Vishal International a pioneer in publications supported the whole event & endorsed their time and talent in carving out this special event.

PM addresses valedictory function of 9th World Ayurveda Congress

NEW DELHI: Prime Minister, Narendra Modi addressed the valedictory function of the 9th World Ayurveda Congress. He also inaugurated three National Ayush Institutes. The three institutes - All India Institute of Ayurveda (AIIA), Goa, National Institute of Unani Medicine (NIUM), Ghaziabad and National Institute of Homoeopathy (NIH), Delhi - will further strengthen research and international collaborations and will also facilitate affordable Ayush services for people. Developed at a total cost of about Rs 970 crores, these institutes will increase the intake of students by around 400 along with the addition of about 500 hospital beds.

Addressing the gathering, the Prime Minister welcomed all the delegates of the 9th World Ayurveda Congress from around the globe to the beautiful land of Goa and congratulated everyone for the successes of the World Ayurveda Congress. The Prime Minister highlighted that the World Ayurveda Congress is being organised when the journey of Azadi Ka Amrit Kaal is underway. The Prime Minister said that one of the key resolutions of the Amrit Kaal is to ensure global welfare through India's scientific, knowledge and cultural experience and Ayurveda is a strong and effective medium for that. Referring to India's G-20 Presidency, the Prime Minister informed about the theme of G-20 'One Earth, One Family, One Future'. The Prime Minister expressed happiness that more than 30 countries of the world have given recognition to Ayurveda as a



9th WORLD AYURVEDA CONGRESS & AROGYA EXPO 2022
Chief Guest
SHRI NARENDRA MODI
Prime Minister of India

traditional system of medicine. He called for more sustained work to ensure wider recognition of Ayurveda. He said that the three National Institutes inaugurated today will provide new momentum to the Ayush healthcare system. Dwelling upon the philosophical underpinnings of Ayurveda the Prime Minister said "Ayurveda goes beyond treatment and promotes wellness", as he pointed out that the world is shifting towards this ancient way of life after going through various changes in trends. The Prime Minister expressed delight that a lot of work with regard to Ayurveda is already underway in India. Recalling the time when he was the Chief Minister of Gujarat, the Prime Minister said that he had promoted institutions related to Ayurveda and worked towards the advancement of Gujarat Ayurvedic University. As a result, the Prime Minister said, "The

World Health Organisation established the first and only Global Centre for Traditional Medicines in Jamnagar. Referring to the present government, the Prime Minister highlighted that the separate Ministry of Ayush was established which led to increased enthusiasm and trust towards Ayurveda. He further added that along the lines of AIIMS, All India Institute of Ayurveda are also being established. Recalling the Global Ayush Innovation and Investment Summit that took place earlier this year, the Prime Minister highlighted that WHO was full of praise for India's efforts in the field of traditional medicine. He also informed that the world is celebrating International Yoga Day as the global festival of health and wellness. "There was a time when Yoga was looked down upon but today, it has become a source of hope and expectations for the whole of humanity", Shri Modi remarked.

Lamenting the delayed global accord, ease and acceptance of Ayurveda in the world of today, the Prime Minister pointed out that advanced science only considers proof as the holy grail. Stressing the need to continuously work toward the documentation of 'Data Based Evidence', the Prime Minister said that we had Ayurveda's results as well as effects in our favour, but we were lagging behind in terms of evidence. He emphasised that our medical data, research, and journals have to be brought together to verify every claim on modern scientific parameters. Throwing light on the wide done in this regard, the Prime Minister mentioned the creation of an Ayush Research Portal for Evidence-Based Research data. The Prime Minister informed that data from about 40 thousand research studies are available so far, and during the Corona period, we had about 150

specific research studies related to AYUSH. "We are now moving forward in the direction of forming a National Ayush Research Consortium", he added.

The Prime Minister elaborated that Ayurveda is a way of life too. Drawing an analogy to a machine or a computer that malfunctions due to a lack of knowledge by the end user, the Prime Minister said that Ayurveda teaches us that body and mind should be healthy together and in harmony with each other. Highlighting the speciality of Ayurveda, the Prime Minister said that 'proper sleep' is a huge topic of discussion for modern science today, but Ayurveda experts of India had written on this in detail centuries ago. Throwing light on the importance of Ayurveda in the economy also, the Prime Minister talked about new opportunities in the field of Ayurveda such as farming of herbs, manufacturing and supply of Ayush medicines, and digital services. He said that there is a huge scope for Ayush startups in these areas. Talking about the opportunities for all in the field of Ayurveda, the Prime Minister informed that about 40,000 MSMEs are active in the Ayush sector. Ayush industry which was about 20 thousand crore rupees 8 years ago has reached about 1.5 lakh crore rupees today. "This means that there has been 7 times growth in 7-8 years", he said. He also elaborated on the global growth of the sector and the current global market for herbal medicine and spices is about 120 billion dollars or rupees 10 lakh crore. "This sector of traditional medicine is expand-

ing continuously and we have to take full advantage of its every possibility. For the rural economy, a whole new sector of agriculture is opening up for our farmers, in which they will also get very good prices. Thousands and lakhs of new jobs will be created for the youth in this," he added.

Mentioning the opportunities in Ayurveda and Yoga tourism, especially for a state like Goa, the Prime Minister said that the All India Institute of Ayurveda (AIIA), Goa can prove to be an important beginning in that direction. The Prime Minister explained the futuristic vision of One Earth One Health that India has put forward to the world. "One Earth, One Health" means a universal vision of health. Whether it is marine animals, wild animals, human beings or plants, their health is interconnected. Instead of seeing them in isolation, we have to see them in totality. This holistic vision of Ayurveda has been a part of India's tradition and lifestyle", he said. He called upon the Ayurveda Congress to discuss how a roadmap of taking forward Ayush and Ayurveda in totality can be created.

Chief Minister of Goa, Dr Pramod Sawant, Governor of Goa, Shri P S Sreedharan Pillai, Union Minister of Ayush, Shri Sarbananda Sonowal, Union Minister of State for Ayush, Dr Manjappa Mahendrabhai, Union Minister of State for Culture and Tourism, Shri Shripad Yesso Naik and President of Vinjana Bharat, Dr Shekhar Mande were those present on occasion.

Aracot Construction inaugurated at NH-44 Bari Brahmana



JAMMU: A showcase of tiles, Hardware, Kitchen Appliances and sanitary products under the name and style of "Aracot Construction" was opened today at NH-44, Sarore Adda, Bari Brahmana.

Companies Viz Sanitary Kohler, Hardware , Tiles Simpolo, Somany ,bronzer7 and In Hardware - Hettich , KMI. In Hindware appliances, Dorset, Berger. Owners of the Showroom are Mehboob Alam and Moolvi Alam.

Both have the passion of delivering quality at affordable price. The inaugural was graced by thousands of people and Aracot is also running some exclusive offers for the new customers. It's believed that Aracot Construction is going to be the game changer in the said Category.

The Ribbon Cutting Ceremony was done by Mian Altaf Ahmed Former Minister and Prominent among others who were present to grace the occasion include Manjeet Singh Former Minister , Vikram Randhawa (Former MLC), Saleem Alam, Amit Sharma (Mining Secretary, J&K Govt).

Myntra's EORS-17 live with 17 lakh styles

JAMMU: The 17th edition of Myntra's biannual End of Reason Sale (EORS), India's largest fashion shopping carnival is set to bring millions of fashion aficionados in the country, on-trend looks from across the globe. This edition of EORS is bigger with a 70% higher style count than the previous winter edition, raising the bar with over 17 lakh styles across 6000+ popular domestic and international brands on offer, and is being held from December 10 to 16, 2022. The 7-day event is poised to provide unmatched offers across categories like winter wear, party wear, ethnic wear, beauty and personal care (BPC), and home and lifestyle, among others and is expected to cater to ~5 million unique customers across the country.

PM revived age-old historical, cultural and spiritual connection between Kashi and Tamilnadu: Anurag Singh Thakur

NEW DELHI: Union Minister of Information & Broadcasting and Youth Affairs & Sports Shri Anurag Singh Thakur, Union Minister of Information & Broadcasting and Youth Affairs & Sports Shri Narendra Modi has revived age-old historical, cultural and spiritual connection between Kashi and Tamilnadu on the sidelines of cultural programmes event at Kashi Tamil Sangam at Banars Hindu University in Varanasi. He thanked the Prime Minister for his initiative of Kashi Tamil Sangam. He said that on the initiative of the Prime Minister 2500 people from different parts of Tamil Nadu are coming to Kashi. By adding games to this event, he has created enthusiasm among the youth. This shows the importance of sports for Ek Bharat Shreshtha Bharat. He said that losing to win a game is immaterial, this friendly match will help in getting to know each other. Even if one doesn't know the language, one can communicate and get to know each other.



Thakur highlighted PM's vision during Amrit Kaal that we should not only seek rights but also take responsibility. He said the level of developmental works done in Varanasi in the last eight years has not been seen before. This development is not only in Varanasi but also throughout India. No one thought about Kashi Tamil Sangam before. He said there are a lot of towns in Tamil Nadu like Tenkasi, Sivakasi connected with Kashi. He said that this is just the beginning. 2500

people who came to Kashi now will bring 25000 tourists back to Kashi. He lauded the efforts of different Ministries who worked together to make this Sangam happen. He urged to make Tamil Nadu's arts, culture, literature popular. Thakur urged the people of Uttar Pradesh to go to places like Sivakasi in Tamil Nadu which is connected with Kashi. He said there was an age-old connection of Kashi with many towns in Tamil Nadu. He said this was brought to life by the Prime Minister. He said that the Prime Minister had made the temples in Somnath, Kedarnath and Ayodhya magnificent and divine. Similarly, he will make the Kashi Vishwa Divya bhavya Kashi. Union Minister of State for

Information & Broadcasting Dr L Murugan said that in line with the Bharatiyyar's vision of India, Kashi Tamil Sangamam is organized in PM's constituency. He said Kashi and Tamil Nadu has age-old connection. He said that Kanchi and Kashi share commonalities like Silk sarees. He lauded Minister of Railways for announcing a new train service between Kashi and Tamil Nadu. He praised PM for establishing a chair commemorating Bharatiyyar in BHU. Governor of Manipur Shri L Ganesh stressed the purpose of Kashi Tamil Sangamam is to highlight India as one country. He said India can never be separated. He said that pilgrimage to Kashi is an age old tradition in Tamil Nadu. He said that pilgrimage is the

blood flow of the country. He said Bharatiyyar envisioned India as a mother. He detailed Bharatiyyar's vision of India. **Sports festival:** Union Minister of Information & Broadcasting and Youth Affairs & Sports Shri Anurag Singh Thakur felicitated the players of the friendship cricket match held in Varanasi today. Dr L Murugan, Minister of State of Information & Broadcasting was also present on the occasion. Anurag Singh Thakur addressed the gathering in Kashi Tamil Sangamam. Governor of Manipur Shri L Ganesh, Dr L Murugan and Former Governor of Meghalaya Shri Shanmuganathan were also present. Sports festival was organized as part of Kashi Tamil Sangamam. On the fourth day a friendship cricket match was held between Uttar Pradesh and Tamil Nadu. Shri Anurag Singh Thakur felicitated the players and welcomed the Tamil Nadu players to Varanasi. Dr L Murugan wished the cricket teams from Uttar Pradesh and Tamil Nadu for participating enthusiastically in the match. He remembered that today is Tamil poet Bharatiyyar's birthday and he used to live in Varanasi. He quoted Bharatiyyar's poem where he said Tamil to be the sweetest of all the languages known to him. He lauded the Prime Minister for his initiative of Kashi Tamil Sangamam which is in line with the spirit of Ek Bharat Shreshtha Bharat.

2-day National Health Ministers' Conclave on Universal Health Coverage Day 2022 concludes in Varanasi

NEW DELHI: Uttar Pradesh Chief Minister, Shri Yogi Adityanath and Union Minister of Health & Family Welfare, Dr Mansukh Mandaviya inaugurated the opening ceremony of the Health Ministers' Conclave, here today. The conclave was held on the occasion of Universal Health Coverage Day, 2022. The theme of the event was "Build the World We Want: A Healthy Future For All". Shri Banna Gupta, Minister of Health, Government of Jharkhand, Shri M K Sharma, Minister of Health, Government of Sikkim, Shri Dhan Singh Rawat, Minister of Health, Government of Uttarakhand and Dr Sapan Rajan, Minister of Health, Government of Sikkim, were also present.



He highlighted that "from having only 6 AIIMS in 2014, there are 22 AIIMS currently either operational or on the verge of starting operations across the country". He also emphasized on the remarkable impact on health deliverables by flagship schemes like the Ayushman Bharat, Poshan Abhiyan and Mission Indradhanush. Elaborating on further strengthening the functioning of the Health & Wellness Centres (HWCs) in UP, Shri Adityanath stated that "every health and wellness centre will have tele-consultation available as well as dispense medicine on a regular basis. For this purpose, health HWCs will be installed at all HWCs. He also emphasized on the need for enhancing awareness amongst the masses regarding health seeking behavior and inter-ministerial collaborations for achieving healthcare outcomes. Dr Mandaviya said that the two days' brainstorming session would contribute to giving additional boost for rethinking and improving India's healthcare sector.

"These two days of Chintan and Manan at Varanasi have enriched us with vast knowledge to strengthen HWCs through policy reforms, to ensure that they function as strong hubs for last mile delivery of healthcare services to the communities", he said. Envisaging the critical role of HWCs, he also stated that HWCs are like temples of health and wellness. The Union Health Minister also commended the work of healthcare workers at the implementing level like Community Health Officers (CHOs) and ASHA workers. He stated that "the CHOs are the pivotal link operating at the cutting edge and delivering primary health care services to the grassroots. They are the health army at the field. Their role is crucial in achieving Universal Health coverage goals". Chief Minister of Uttar Pradesh and Union Health Minister felicitated Andhra Pradesh, Arunachal Pradesh, Chandigarh, Chhattisgarh, Dadra & Nagar Haveli & Diu, Goa, Gujarat, Jammu & Kashmir, Madhya Pradesh, Maharashtra,

Mizoram, Meghalaya, Tirunelveli, Odisha, Punjab, Sikkim and Telangana for achieving the operationalization of HWCs against target. They also released the Operational Guidelines for Wellness activities at AB-HWCs, Operational Guidelines on National Tele-MANAS and Training Module for CHOs on Management of Acute Simple Illness and launched the SASHAKT portal on the occasion. The second day of Health Ministers' Conclave 2022 had panel discussions on disease elimination and progress on PMJAY with eminent thought leaders. The sessions also covered presentations by Community Health Officers on issues, challenges and best practices on clinical and public health functions, managerial functions, community connect & AYUSH integration and IT initiatives. Around 900 Community Health Officers and Medical Officers congregated at the Conclave from Uttar Pradesh, Bihar, Madhya Pradesh, Jharkhand and Uttarakhand.

39th edition of India-Indonesia coordinated patrol

NEW DELHI: The 39th edition of India-Indonesia Coordinated Patrol (IND-INDO CORPAT) between the Indian Navy and the Indonesian Navy is being conducted from 08 - 19 December 2022. Indian Naval Ship (INS) Karmuk, an indigenously built Mis-

sile Corvette participated in the pre-deployment briefing at Belawan, Indonesia. The CORPAT will be executed along the International Maritime Boundary Line (IMBL) from 15 to 16 December 2022 and will conclude with a debrief at Port Blair. Along

with INS Karmuk, L-58 (Indigenous built Land Craft Utility Vessel) and Dornier Maritime Patrol Aircraft will be participating in the CORPAT. KRI Cut Nyak Dien, a Kapitän Pattimura Class corvette, would represent the Indonesian side.

As part of Government of India's Look East Policy (LEAP) and Growth for All in the Region, Indian Navy has been proactively engaging with countries in the Indian Ocean Region (IOR) to enhance maritime security in the region. India and Indo-

nesia have been carrying out joint exercises like GAR (Geo-Region) and GEAR (Geo-Region) in the Indian Ocean Region. This vital part of the IOR safe and secure for commercial shipping, international trade and conduct of legitimate maritime activities. CORPATs help build understanding and interoperability between navies, and facilitate institutional mechanisms to prevent and suppress illegal Unreported Unregulated (IUU) fishing, drug trafficking, maritime terrorism, armed robbery and piracy. It further helps enhance the opera-

tional synergy by exchange of information for prevention of smuggling, illegal immigration and for conduct of Search and Rescue (SAR) operations at sea. India and Indonesia have traditionally enjoyed a close and friendly relationship covering a wide spectrum of activities and interactions. The 39th edition of IND-INDO CORPAT seeks to bolster the maritime cooperation between the two navies and forge strong bonds of friendship between India and Indonesia.

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Abrogating Art 370 didn't hamper democratic process, rather streamlined it: Kavinder

J1 NEWS SERVICE

JAMMU, Dec 11: Senior BJP leader and former deputy chief minister Kavinder Gupta on Sunday asserted that Modi Government's bold decision of scrapping Article 370 has no impact on continuation of democratic processes in J&K rather it has streamlined the same unlike the Congress and NC regimes in the past which used to linger on polls on account of unfounded alibis. In a statement issued to media persons, Kavinder cited that urban local bodies elections were conducted in 1978 and thereafter in



2005 under the Congress and NC regimes but the BJP Government is very particular in decentralizing powers in the UT and that is the reason behind holding ULB polls in 2018. He said that under the Modi regime, the next ULB elections will also be held as per schedule as the central

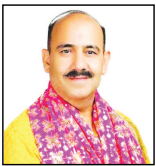
dispensation is quite serious about implementing grassroots level democracy viz three tier system. He said that NC and Congress regimes in the past were reluctant to keep the power in their hands rather than shifting the onus of running affairs of the erstwhile state directly into the hands of people through Urban Local Bodies formation as the inordinate delay in conduct of these elections is testimony to this fact. Kavinder also assured that centre led by PM Narendra Modi is committed to hold Assembly polls in the UT as soon as possible because all the bottle-

necks have now been removed. He said that the Union Government has toiled hard to ensure early polls in J&K as delimitation exercise and the publication of electoral rolls have been accomplished successfully and it is now prerogative of Election Commission to announce the dates for polls. He said that anytime soon in 2023, the elections could be announced in J&K and therefore people raising fingers should desist from doing this as the government led by PM Modi has completed the homework necessary to hold free and fair elections in J&K.

Ved credits PM for BJP's record performance in Gujarat, says now it is turn of J&K

J1 NEWS SERVICE

JAMMU, DEC 11: Ved Sharma, Co-Incharge BJP All Cells, J&K, while lauding BJP's unprecedented victory in Gujarat elections, has said that these results have proved the people's undaunted trust and faith in Prime Minister Narendra Modi and his agenda of equitable and overall development of every nook and corner of the nation. He said that now it is the turn of Jammu and Kashmir where the party is set to break all the records in the impending Assembly elections.



of making false promises just for garnering votes stand proved to be totally wrong and the people of Gujarat have punished such parties and their candidates badly by using the power of ballot.

politics of development and desire that they want this momentum to continue at a greater pace by continuing BJP in power.

He said that Gujarat has rejected those who do politics of hollow promises, freebies and appeasement and has given an unprecedented mandate to the party that is known for delivering results on ground.

Meanwhile, the senior BJP leader also credited the party workers who as foot soldiers remain available 24x7 at the grass roots level to address people's issues. He said that it is these workers who have come out successfully as the real champions of this historic

win.

Ved Sharma asserted that the performance in elections elsewhere in the other parts of the nation has also been good in local bodies elections not only in Rajasthan, but the results in Bihar, Telangana and Arunachal Pradesh too show that the entire nation is happy with the BJP and its reforms and that the voters have rejected the negative politics.

He said that now it is the turn of Jammu and Kashmir where BJP is all set to break all the previous records and form the government on its own by winning the maiden Assembly election of the newly formed Union Territory.

AIPRUF /NOPRUF to hold Joint Protest on 1st Jan 2023 in favour of OPS



J1 NEWS SERVICE


JAMMU, Dec 11: All India Pension Restoration United front (AIPRUF) and National old pension Restoration United front (NOPRUF) addressed Joint press conference at press club Jammu and show their unity to fight jointly for restoration of Old pension scheme in favour of teachers, employees and officers of UT J&K appointed after 1-1-2010.

While talking with media persons National Convener AIPRUF/UT

President JKTA Bhupinder Singh and UT President NOPRUF Gulzarbir Daing said that We all are one on the issue of OPS and will fight for it till the restoration of Old pension scheme. The leaders of AIPRUF and NOPRUF announced Joint protest on 1st January 2023 at press club Jammu and On 26 and 27 of december ,there will be social media campaign from the offices and home to aware the employees about restoration of OPS. The leaders of

AIPRUF / NOPRUF appealed the employees to unite under the umbrella of AIPRUF and NOPRUF so that we can get back our right and justice with all can be delivered and asked to join the protest on 1st Jan 2023 at press Club Jammu. Those who were present in the press conference includes : UT Convener AIPRUF Tirth Singh Balwal /Rajesh Kumar Sharma Gen.Secretary NOPRUF, Omprakash Singh Parihar Chief organizer NOPRUF, Dr.Rakesh Chib President

NTEUJU, Akhter Abass Naik Sr, Vice President JKTA, Vijender Kour Distt. President Jammu NOPRUF, Joginder Dingra Vice President JKTA, Pardeep Choudhary Publicity Secretary AIPRUF, Sanjeev Guleria Secretary JKTA, Surjeet Katoch District President Ramban NOPRUF, Subash Lal District President Samba AIPRUF, Hameit Wani Chief coordinator, Sajad Malik District President Reast JKTA, Raman Sharma Distt.President NOPRUF Jammu, Deepak Singh President Medical department Jammu, Fayaz Ahmed Bhat UT Horticulture, Sanjeev Singh President Udhampur Horticulture association , Narinder Nagra Coordinator AIPRUF, Sanjay Khajuria Divisional President Horticulture, Poonam Thakur DP Doda JKTA female wing , Vivek Gupta , and many others.



GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER

MUGHAL ROAD DIVISION BUFFLIAZ

NIT No: - 24/MRP/BUF/e-TENDERING/2022-23 Dated:- 08-12-2022

For and on behalf of the Lt. Governor of Union territory of Jammu & Kashmir, e-tenders on Percentage basis in Single Cover System are invited from approved and eligible Contractors /Agencies/Firm/Societies/ Joint ventures for below mentioned items: -

S. No	Name of work	Cost of Tender (In lacs)	Cost of T/Doc. (In Rs.)	EMD (In Rs.)	Time of Completion (days)	Class of contract
1.	Fixing of Crash Barriers incl Retro- Reflective films at various spots from Ch.D+000 to 43+000 for the maintenance of Mughal Road at Buffliaz end.(OUT OF SAVINGS)	25.29	1000/-	51000/-	25 days	"A"

Position of Funds: Available
Position of AA/TS: Accorded/Sanctioned

1. The NIT Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms- and conditions of contract and other details can be seen/downloaded from the departmental website [www.jktenders.gov.in](http://jktenders.gov.in) as per schedule of dates given below:

1.	Date of issue of Tender Notice	08-12-2022	
		From 08-12-2022	11.00 AM
2.	Period of downloading of bidding documents	To 13-12-2022	11:00 AM
3.	Bid submission Start Date	08-12-2022	From 11.00 AM
4.	Bid Submission End Date	13-12-2022	Up to 11.00 AM
5.	Date & time of opening of Bids (Online)	13-12-2022 at 11.00 AM in the office of the Executive Engineer Mughal Road Division Buffliaz.	

2. Bids must be accompanied with cost of tender document in shape of Treasury Challan / Receipt(Under MII- 0059 PWD) in favour of Executive Engineer Mughal Road Division Buffliaz (Tender receiving authority) (Name of Work to be mentioned on the Treasury Challan / Receipt)(Refer Govt. order No. O.M No. A/24 (2017)-651 Dt: 07-06-2018 (The Date of Treasury Challan should be between the date of Start of Bid and Bid Submission End Date) and EMD (2% of advertised Cost) in the shape of CDR/FDR/BG pledged to Executive Engineer Mughal Road Division Buffliaz (Tender receiving authority).

SD/
EXECUTIVE ENGINEER
MUGHAL ROAD DIVISION
BUFFLIAZ

DIP/J-12793/22

UNION TERRITORY OF JAMMU & KASHMIR

OFFICE THE EXECUTIVE ENGINEER PWD

(R&B) ELECTRIC DIVISION JAMMU

SHORT NOTICE INVITING TENDER

SHORT ENIT NO.EDJ/361 OF 2022-2023 DATED 08-12-2022

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir e-tenders are invited on Percentage Basis from approved and eligible Contractors registered with Union Territory of J&K, CPWD, Railways, MFS and other State/ Central Governments for each of the following works:-

S. No	Name of Work	Name of Division	Estimate Cost (in lacs)	Cost of document (in)	Earliest Money (in)	Time Allowed for completion	Time and date of opening of tender	Class of Contract or
1.	Electrification to the zonal Physical Education Office Doda Falling under the jurisdiction of PWD RandB Spl sub division Doda.	PWD (R&B) Electric Division Jammu	4.97	600	9940/-	Linked with Civil works	13-12-2022 At or after 12 : 00 A.N	"A" Class Electrical Contractor

The bidding documents Consisting of qualifying information, eligibility criteria, specifications, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website <http://jktenders.gov.in> as per below schedule.

1	Date of Issue of Tender Notice	08-12-2022
2	Period of downloading of bidding documents	From 09-12-2022 to 14-12-2022, 4:00 P.M
3	Bid submission Start Date	09-12-2022
4	Bid Submission End Date	14-12-2022 up to 4:00 P.M
5	Date & time of opening of Technical Bids (Online)	15-12-2022 at or after 12:00 A.N in the Office of the Executive Engineer PWD (R&B) Electric Division Jammu
6	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

- Bids must be accompanied with cost of Tender document in shape of e-challan through Treasury indicating Treasury Voucher No. & date and also indicating the name of work duly crediting to 0059 (Revenue) favouring Executive Engineer PWD (R&B) Electric Division Jammu. uploading a copy of treasury challan/receipt. The original instruments in respect of cost of documents, and relevant documents of LI to be submitted to the Executive Engineer PWD (R&B) Electric Division Jammu. at the time of allotment.
- Bid Security Declaration should be kept in the Bid documents as per tendered.
- The date and time of opening of Financial-Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The Financial-bids of Responsive bidders shall be opened online in the Office of the Executive Engineer PWD (R&B) Electric Division Jammu. The date for same shall be intimated separately.
- The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids.
- The earnest money shall be forfeited, if:-
 - Any bidder/tenderer withdraws his bid/tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.
 - Failure of Successful bidder to furnish the required performance security within specified time period after issue of letter of acceptance.
 - Failure of successful bidder to execute the agreement on same day of allotment of work contract as per Chief Engineer PW (R&B) Department Jammu's Circular No. CE/JC/12660-87 dated 07-10-2021.

SD/
EXECUTIVE ENGINEER
PWD (R&B) ELECTRIC DIVISION
JAMMU

No:- EDJ/15149-57
Dated :-08-12-2022 DIP/J-12789/22

THOUGHT OF THE DAY

“Don't Dream to be something but Rather dream to do Something great” - PM Narendra Modi

JINDRAH IMAGES

KPs living in constant fear

The minorities in Kashmir Valley continue to live under the constant fear of terror and the recent letter containing open threat to Kashmiri Pandit employees serving under Prime Minister package further deepened their worries. In fact, the displacement of over three lakhs Kashmiri Pandits (KPs) from Kashmir Valley in early 1990s was a big blot on humanity. What was more distressing were the painful sufferings of these people living in exile in different parts of the country as they continued to yearn for their dignified return to their native homes despite threats to their lives. The recent targeted killings only rubbed salt on their wounds. Now, the fresh diktats of terrorists to the 6,000 Prime Minister package employees by preparing their hit list has created a sense of deep fear and uncertainty. Lashkar e-Toiba affiliate terror group The Resistance Force (TRF) operating in Kashmir which has issued an open threat to Kashmiri Hindus appointed under package has created fear psychosis among these employees who had been agitating for the last several months seeking their permanent transfer to Jammu or other safer places. The TRF has issued a threat letter to 57 PM Package employees of the Education Department from Srinagar district. The threat letter has generated a fear psychosis among the package employees in particular and Kashmiri Hindus in general and they have sought a probe into the matter as to how the names of the information of the employees working under PM package in Education Department with their names and place of posting was leaked to a hardcore militant outfit. What is of serious concern is as to how official documents relating to their candidature and postings reached the militant organization who issued a warning letter to the employees. If Kashmiri Pandits are to be believed the TRF has made those Hindu employees their target who have been provided accommodation in the Valley and it circulated the names of 57 package employees. The employees who have been provided accommodation under the PM package are their target. Shockingly the names of the employees have been leaked to the terror outfit and there is every apprehension that insiders in the department are in league with the terrorist groups who have leaked information to them. The matter needs a thorough probe into deliberate leak of a list containing the names of PM package employees. The list was circulated on social media after being published by a blog linked to a terror outfit. The government, without any mercy, should identify sympathizers of terrorists in the system and bring them to justice. Moreover, demand of package employees that they be shifted to safer places has been vindicated with this threat letter which indicates that Pandits are not safe in Kashmir under prevailing circumstances. The UT administration should revisit its Kashmir policy regarding weeding out of terrorism and rehabilitation of displaced Hindus. The dignified rehabilitation and return of KPs to Kashmir is totally a humanitarian issue and it needs to be looked into the prism of humanity only.

UN, apartheid & 'Gandhi'

On the 40th anniversary of Richard Attenborough's amazing movie on Mahatma Gandhi, here is how the classic influenced the top US envoy and shaped high politics at the UN on a crucial Security Council resolution against South Africa at the insistence of Lesotho

RAMU DAMODARAN

Fortieth anniversaries fleet swiftly by and are soon forgotten, but we may be forgiven an exception for three punctuation points that marked the December of 1982. One at the United Nations in New York, another in a proud nation half a world away, and the third in an epic eye and mind behind a camera, creating an extraordinary film which captured the imagination of a fraught, fractured and fearful world.

It was a year where the United Nations Secretary-General warned of the approach of a “new international anarchy” as nations often demonstrated the lack of “vision to differentiate between politically expedient positions and the indispensable objective of creating a civilised and peaceful world order”.

“Separatism” had emerged as a new doctrine and isolation inhibited internationalism. Earlier that year, the United States had dissociated itself from the Convention on the Law of the Sea because its provisions on deep sea mining were not market-friendly. It also voted against guidelines to inhibit the marketing of infant formula, which posed a risk in countries where it could be inadvertently mixed with contaminated water, because it “did not want to vote to outlaw something abroad that we would not do so here at home”.

Few instances demonstrated that drawing of distance as vividly as the response to events within, and created by, the apartheid regime in South Africa. “Western powers” on the United Nations Security Council had vetoed resolutions to halt all trade with that government; the United States itself launched a policy of “constructive engagement” with South Africa, “based on shared interests, persuasion, and improved communication”, which Pretoria did little to reciprocate. As the events of December 9, 1982, proved.

That morning, South African commandos crossed into the capital of Lesotho, a nation completely landlocked by South Africa, stormed homes and left 42 dead. The ‘Maseru massacre’ was sought to be justified as a pursuit of South African armed rebels who had sought refuge there. Lesotho lodged a complaint with the United Nations, where the Security Council met on December 15.



Accompanying the King of Lesotho to the meeting was Charles Molapo, the Lesotho Foreign Minister, a good friend of India, which he had visited five years earlier (and so impressed Prime Minister Indira Gandhi that she considered adding Lesotho to a southern African tour later that year, an idea abandoned because of the necessary flight over South Africa it would entail).

Molapo reached out to India's Permanent Representative, Natarajan Krishnan, particularly anxious that “western powers” should not veto a resolution against South Africa and, if they could not support it, only abstain. As it happened, Krishnan had plans that very evening to watch a new and highly anticipated film, premiering at New York's Ziegfeld Theatre, with the US Alternate Permanent Representative, Charles Lichenstein. He invited Molapo to join them.

Lichenstein was an accidental diplomat. Having served successive US Presidents on domestic policy, he went on to the national Public Broadcasting System before being appointed by President Ronald Reagan to the United Nations position. To many, he was an acerbic and abrasive individual, best known for his exhortation to United Nations delegates unhappy with the United States to “consider

removing themselves” from its soil. “The members of the US mission to the United Nations will be down at the dockside waving you a fond farewell as you sail off into the sunset,” an assertion astronomically tenuous as the United Nations stands on New York's East River, where the sun only rises. (As a postscript, were Lichenstein alive today, he would not have countenanced the ignominy of Google dismissing searches of his name with ‘Did you mean Lichtenstein?’)

But he and Krishnan were good friends, a tribute to Krishnan that Lichenstein readily acknowledged (“who would not be?” he once said) and he welcomed Molapo joining them. At the dinner after, the conversation was entirely about the film they had just seen, a film that Lichenstein said moved him “extraordinarily”.

The next day, an exceptionally tough resolution was placed before the Security Council. It called “upon South Africa to declare publicly that it will, in the future, comply with provisions of the (UN) Charter” and “strongly condemn(ed) the apartheid regime of South Africa for its premeditated aggressive act against the Kingdom of Lesotho”.

The United States did not veto. Nor did it abstain. It joined the unanimous endorsement of the resolution.

Speaking after the vote, Lichenstein made a statement, evocative and forceful. And then, as he was drawing to a close, he put aside the text from which he was reading, and which had been circulated to delegates and interpreters, took off his glasses, and appeared to look at the eastern wall of the chamber, or even beyond it, to the oceans and continents that lay beyond. And, as he began to speak extemporaneously, the gravel in his voice had mellowed into marble.

“Violence,” he said, “from whatever quarter, must be condemned. Those who would promote or resort to violence must know that the consequence can only be more violence, an escalating cycle that presents only obstacles to solving real problems. More than most countries, South Africa surely must appreciate the consequences of further eroding international restraints against the use of violence.”

As the meeting ended, Ambassador Krishnan went up to Lichenstein to thank him for that gentle but spear sharp intervention. “Don't thank me, Krish,” he replied. “You should thank you.” And, after a brief pause, as he evidently thought back yet again to the film they had seen, “and Gandhi”.

— The writer was the first Director of the United Nations Academic Impact

Grassroots investment needs G20 push

Rashid Kidwai/Manoj Joshi

INDIA assumed the G20 presidency on December 1 for a year. The same day, it assumed the monthly rotating presidency of the UN Security Council for the final month of its two-year term as a non-permanent member. At present, there is much focus on Indian diplomacy, as it seeks to play a bigger role to alleviate the world's problems.

India aims to find consensual solutions that will assuage major problems. It has planned nearly 200 meetings in over 50 cities, so that the message of the G20 goes to different parts of India. Alternatively, G20 delegates will also get to savour the flavour of various cities of India. This is an interesting idea.

The first two meetings — that of Ambassadors of the G20 countries in the Andamans and the first Sherpas' meeting in Udaipur — attracted the delegates of the diversity and cultural impact of India. They saw India's success in digital transformation, financial inclusion and public health facilities. The Sherpa meeting set the tone for a presidency that will be action-oriented as well as uniquely Indian.

India's emphasis on Sustainable Development Goals (SDGs), digital economy and furthering the goals of cohesive action by the G20 is based on the confidence that the Ukraine crisis will abate sooner than later. If China

India aims to find consensual solutions that will assuage major problems. It has planned 200 meetings in over 50 cities, so that the G20 message goes to different parts of the country. A new fund led by India, Indonesia, Brazil and South Africa will help the Global South attain its own goals. This fund will help other developing countries achieve the Sustainable Development Goals effectively.

too does not enhance its aggressive intent, the international strategic scenario can be managed, and a clearer focus on functional issues will be possible. The G20 has many ideas and its members often reach an agreement. It's over the implementation and financing that these ideas face hurdles. The author had earlier proposed a new fund led by India, Indonesia, Brazil and South Africa (IIBSA) to take the lead in some ways to help the Global South attain its own goals. What should this fund do? The idea is to help other developing countries attain the SDGs effectively. This impact is essential.

Three components come to mind. First, many countries have enough projects on the table, but do not have bankable projects with adequate reports to back them which can be grasped by investors or lenders. One part of the IIBSA fund should be to support the consulting companies, mainly from the Global South, to produce feasibility reports which can be considered by banks and institutions to implement the projects. This should be a rotating fund which consulting companies can use and once the project is underway, the fee should be



returned to the fund. The fund should have adequate depth to have a rotation over a five-year cycle.

The second aspect could be building of capacities through training. A large number of projects, for instance, renewable energy, lack the local manpower for implementing, running and maintaining them. This is true over a range of projects that are already implemented or are in the pipeline. Training efforts should be focused on the priorities set by this coalition of the Global South.

A string of projects aiming at

achieving SDGs is essential as the first step towards utilising funds to implement them. Through this consortium of consulting companies, a pipeline should be created and made available. In a recent discussion among academics from India, Brazil and South Africa, as well as with regional banks in Africa, the lack of a pipeline and dedicated funding for new ideas was considered a big lacuna.

The third aspect is the implementation. While there is debt stress in many parts of the world, developing countries are hesitant to borrow more

and are looking more for grants, investments or public-private partnerships. Blended finance models need to be supported so that the limitations on development funds can be met by leveraging them through market mechanisms.

The best method among many for SDG-related smaller projects is impact investing, which developed out of social entrepreneurship as a positive movement for addressing social and environmental needs. It is already evolved in India and there are several impact-investing funds that are working out of India for projects in India, Sri Lanka, Bangladesh, Indonesia and Africa. Similarly, there are funds being invested in Latin America and parts of Africa. Some, like the Indian funds, are indigenous to the Global South. The Global South should have its own impact investment movement, where the Indian model is a good example for leadership. It attracts investors from the G7 and beyond. Its project implementation is effectively undertaken among developing countries. The Sankalp Global Summit held annually and its sister summit Sankalp Africa have seen amazing results and participation by bringing

together ideas, investors and success stories.

As the SDGs acquire greater momentum in attracting direct investment at the grassroots level, impact investment is also the subject of India's trilateral cooperation efforts in Africa, Latin America and Asia, both in the private sector and through the Ministry of External Affairs (MEA). Funds have been established where G7 countries such as the UK, France, Germany, Netherlands and Japan, besides the EU, have taken slow steps towards contribution, which are then managed by India's fund managers from the public and private sectors for impact investing in India, its neighbourhood and Africa. The India-German Sustainability Development Cooperation is now working on such projects in Peru, Cameroon, Ghana and Malawi, while the UK and MEA have established an impact fund for similar purposes.

This seems like the better way to go, by targeting investment at the ground level. India's startup revolution, along with its digital economy efforts, which remain a G20 initiative, will obtain an impetus by focusing on impact investment through such a new fund.

Kareena Kapoor, Taimur, Jehangir, Soha Ali Khan, Inaaya enjoy puppet show in Jaisalmer

Saba Ali Khan took to Instagram and shared a video of Kareena Kapoor, her kids Taimur Ali Khan, Jehangir Ali Khan, and Soha Ali Khan with her daughter Inaaya Naumi Kemmu while enjoying a puppet show in Rajasthan. The entire family including Saif Ali Khan flew to Jaisalmer to celebrate veteran actor Sharmila Tagore's 78th birthday in a special way.

In the video, Kareena Kapoor sat along with her children-Taimur Ali Khan and Jehangir Ali Khan. Kareena opted for a striped shirt with dark blue pants. She accessorised her look with boots, dark sunglasses and a small bun hairstyle. Jehangir sat on the lap of Taimur. Taimur wore a blue and yellow sweater with blue jeans and white sneakers. Soha Ali Khan wore a black T-shirt with black pants. She



wore white shoes for her day. Her daughter Inaaya wore a grey coloured sweater and kept her hair loose. In the clip, all of them sat on



wooden chairs and enjoyed the puppet show in an outdoor setting. Taimur and Inaaya enjoyed the local entertainment. Kareena could be seen explain-

ing the show to her younger son Jeh. Two people were playing instruments such as dholak to entertain their audience. A couple of them pulled the strings of

their puppets while the music played in the background. Sharing the video on Instagram Stories, Saba wrote, "Local entertainment."

Sharmila Tagore and Mansoor Ali Khan Pataudi have three children together - Saif Ali Khan, Saba Ali Khan, and Soha Ali Khan. While Saif and Soha took to their mother's profession and became actors, Saba is a jewelry designer and custodian of Waqf properties of the family in Bhopal. Saif got married to Kareena Kapoor, Soha got married to Kunal Kemmu. The couple welcomed their daughter Inaaya Naumi Kemmu in 2017.

On Friday, Kareena Kapoor shared happy pictures of Sharmila Tagore from her birthday. Sharmila got kisses and loads of love from her grandchildren Taimur Ali Khan and Inaaya Naumi Kemmu.

Aparshakti Khurana: Being at FIFA to watch live match was always on my bucket list



Aparshakti Khurana is back from Qatar, but the FIFA fever is still on his mind. The actor says watching a live football match at the world cup tournament was a treat to watch, and he hopes to go back for the finals. The actor is happy that his work aligned in a way that he could take out a few days for a quick trip to Qatar and catch the excitement at the ongoing FIFA tournament.

"The vibe was beyond words. I have been a fan of football since forever and FIFA being the biggest sporting event was always on my bucket list. To finally be able to see my dream come true was thrilling," Khurana tells us.

The 35-year-old continues, "FIFA has always been on my bucket lists but somehow that plan never came to fruition, either because of work or personal commitments but I am glad 2022 is the year when it did! I think the high point for me was the wonder goal from Richardson among others". It was not his family, but his neighbours with whom Khurana took the quick trip to Qatar. Now, he is back for work, and is trying to find a way to go back for the final match. He reveals, "I was there with a neighbour of mine this time but maybe next time, my wife and daughter can come along the next time".

"If I had to describe the FIFA fever in one word, it would be exhilarating for sure. Every player, every goal was a treat to watch. I planned it very by chance. I had two-three days off from work and quickly managed to run to Doha," says the actor, who is glad that he didn't have trouble finding the hotel.

As the world cup continues, he is supporting Argentina. "It is my favourite. So definitely supporting the team," he says, adding, "I am Team Messi always".

Kartik Aaryan starrer Freddy's smart marketing tricks hits the bull's eye



OTT is getting super interesting when it comes to content. Last week we had Kartik Aaryan starrer Freddy streaming on an OTT platform and the audiences and critics alike have not stopped raving about it. The thriller has been lapped up by the viewers and it is being called as his finest performance to date. What created a great deal of intrigue and curiosity around the film was its sharp and calculated marketing and promotional campaign that involved the unconventional route of not releasing a movie trailer, plus not doing multiple city tours and on ground events and instead introducing audiences to the world of Freddy with teasers and mini clips.

The strategy worked in the film's favour and now it's a case study for the other studios and makers. Talking about the marketing of Freddy, producer Jay Shevakramani says, "Having Kartik on Freddy was a revelation not just in the manner he surprised audiences in a genre he's never attempted before but also with his contribution to the film's marketing and promotions. Very few know that it was Kartik who suggested and convinced that we do away with a trailer and instead tease audiences with just the Mini Clips and the songs. The strategy worked well for us and intensified the intrigue around the film, testimony of which is the kind of reception and love it has received."

Creating a strong buzz in its pre-release period is always important for a film and when the movie belongs to a thriller genre - creating a solid buzz across all the age group of masses can be a tricky one.

Malaika Arora roasts herself and sis Amrita Arora in standup act: 'She has a rich husband and I...'

Actor-talent show judge Malaika Arora has turned reality star now. On the latest episode of Moving in with Malaika, she tried her hand at standup comedy to fairly good results. During her act, she roasted all from her sister Amrita Arora to herself.

In a clip shared by Disney+ Hotstar on social media, Malaika begins her act by calling out those obsessed with her 'age'. She said it isn't because she is 'old' but because she 'looks like this' as she is ageing. "Jalkukki log (jealous people)," is what she called her trolls. She

also addressed her divorce with ex-husband Arbaaz Khan when she said, "I have moved on, my ex has moved on, when the f will all of you move on?"

She then trained her guns on her sister Amrita Arora. "My sister's in the house! She's the funny one. I'm the pretty one," she said, extracting laughter from her audience. "She has a rich husband and I... am doing standup," she joked.

Malaika also mentioned her Chaiyaa Chaiyaa song in which she danced on top of a train and made a name for herself in Bollywood. She credited the ease of

shooting the Dil Se song to being a 'Thane girl'. He even wondered if any standup comedian had any plans to get on top of a train anytime soon.

Malaika has so far addressed her age gap with boyfriend Arjun Kapoor, her recent car accident and even her divorce with Arbaaz Khan on Moving in with Malaika. Speaking about Arbaaz with Farah Khan she said, "I know how much you love him. He is a wonderful person. He let me be the person I am today. I feel a lot of me that I am today is also because of him because he let me be the person I am."

Vadh movie review: Sanjay Mishra and Neena Gupta in a patchy yet well-acted drama about justifying murder

At first glance, Vadh feels like it might go the Baghban way. The 2003 film, starring Amitabh Bachchan and Hema Malini, featured the veteran pair as parents who are neglected by their children and later find their own way in life. However, this feature is more a moral exploration of how far one can go when pushed to their limits.

Sanjay Mishra and Neena Gupta play an elderly Gwalior couple, who ideally should be enjoying their retired life, but instead, are trying to muster up the courage to ask their ungrateful NRI son Guddu (Divakar Kumar) to help them out financially. Years ago, Shambhunath Mishra (Sanjay) took out a large, unfeasible loan to send his son to the US for further studies.

The couple make do now as best as they can, but clearly they are struggling. When the menacing tug Prajapati Pandey (Saurabh Sachdeva) stops by their home one night, the story takes another turn. These scenes are filled with dread as the helpless couple can only silently watch as they are demeaned in their own home.

How the couple fits into this large story of blackmail and intimidation and how the



makes up the larger part of the film. Co-directed by Jaspal Singh Sandhu and Rajeev Barnwal, Vadh explores the mindset of the Shambhunath and his wife Manju as they try to come to terms with this sudden event in their lives. The film title speaks of a honourable, almost justified killing, and that is what it delves into as characters grapple with right and

wrong. Vadh rests on the shoulders of Sanjay and Neena who wonderfully portray the anguish of disappointed parents. The couple really has no one to turn to but themselves and the veteran actors dutifully display that lived-in history of several decades. In the second half, with the strain of financial debt and the stress of

the police at the doorstep, the two actors dive into the slight rift this event has caused in their stable marriage. While sleeping at night, Neena brushes off Sanjay's hand, showing Manju's minor panic at what her husband has become. Sanjay, on the other hand, goes from maintaining quiet dejection to an almost acceptance about his fate after his impulsive actions.

As the lecherous Prajapati, Saurabh fits the part as the immoral villain. Manav Vij plays Inspector Shakti Singh who grows suspicious of Shambhunath and makes some conclusions of his own. But they do not make the same impact as Sanjay and Neena who are more nuanced in their performances. Apart from the main couple, the rest of the characters fall into the cliched tropes by the screenplay, especially the ungrateful Guddu, who is rather one-note throughout. At one point, Shambhunath laments, 'Beti hoti toh phir baat hi kuch aur hoti (If we had a daughter, it would have been a different story)', pushing it back into Baghban territory.

But the majority of the film seems out of a Hindi pulp novel in which a mild-mannered man is said to hide a shocking secret.

Aditi Sharma sums up journey after winning Cinestars Ki Khoj 18 years ago: 'Real competition started after the show'

Aditi Sharma of Ganga fame is back as Katha in the new TV show, Katha Ankahee. The actor has come a long way from winning India's first acting reality show, India's Best Cinestars Ki Khoj and dabbling in Hindi, South and Punjabi films besides featuring in several television commercials. Like her character in the new show that went on air on Sony this week, Aditi too hails from a small town and has slowly and steadily made Mumbai



new home. "I understand how it feels when you come to a new city, have no family here and have to start from

zero," she says. (Also read: Adnan Khan returns with Katha Ankahee, reveals giving over 4-5 auditions each day)

In an interview with Hindustan Times, Aditi opened up about her journey from being a college girl at Delhi University to facing a stark reality after winning a reality show and eventually arriving at a junction where she feels financially and emotionally settled and secure.

Katha Ankahee is official Hindi remake of Turkish

series One Thousand and One Nights, better known as Arabian Nights. She stars opposite Adnan Khan who plays her boss Viaan in the show. "Something happens due to which their lives go upside down. It's a repentance love story which starts in very dark times. My character is much more complex and layered as compared to the characters I have played so far," says Aditi.

Aditi was a student at the Venkateshwara College in Delhi when she got selected for Zee Cinestars Ki Khoj in

2004. She went on to win the show after beating contestants like Anika Lokhande, Shraddha Arya and Divyaanka Tripathi. As a winner, she got the lead role in a film which took three years in the making. It was Khanna & Iyer made by Subhash Ghai and Zee TV. Opening up about what happened after the show, Aditi says, "The real competition started after I won the show. We as participants were competing amongst each other and had become friends. Later, I realised this

was nothing, the competition is different. When you are an outsider and have no connection in the industry, there is no one to even guide you. Guidance makes a lot of difference here. This is not like any other industry where you can reach a certain position after 10 years."

"When our film got made after three years, there was nothing like we got many offers after it. The benefit was only till the show was on air, the media would cover us a lot and the channel promoted us a lot.

Things You're Doing Wrong When Cooking a Steak, According to Chefs

These mistakes may be keeping you from making the steak of your dreams

If you're new to the world of cooking steak, chances are you've felt overwhelmed at some point because of the process. Maybe you've spent a pretty penny on a nice cut of steak at the store, only to bring it home and accidentally overcook it. Or maybe you've gone through all the right steps but still don't get those bold flavors you're used to at a steakhouse.

Even though you're probably an amazing at-home chef, there may be one or two pivotal mistakes you're making when you cook your steak without even realizing it. Salmon steak.

Here are five mistakes chefs say that people commonly make when they're cooking steak. And if you need help deciding which cut of steak you should buy, check out *The Best & Worst Cuts of Steak*.

Cooking steak straight from the fridge. What many people may not realize is that you need to give your steak some time to get to room temperature before you cook it.

"If you pull it out of the fridge and cook it right away, it's going to be harder to get a perfect medium rare," says Chuck Sillari, a chef at Mortadella Head.

If you're cooking your steak after pulling it straight out of the fridge, you could be setting yourself up for an uphill battle while standing over a hot stove.

"The heat from the pan takes longer to penetrate the meat and therefore takes longer to cook, resulting in an undercooked interior and an overdone exterior," says Deborah Rainford, a Cordon Bleu graduate with 10 years of experience in



Michelin-star kitchens throughout Europe. Instead, Rainford suggests "letting your steak come to room temperature for up to an hour before cooking to combat this."

If you choose to cook your steak on the stovetop, you'll want to make sure you're cooking it at a high enough temperature.

"When cooking steak, you want good contact between the pan and meat to create the Maillard effect, which creates the searing on your steak responsible for the flavor," says Rainford.

Rainford claims that the key to benefiting from the delicious byproduct of a Maillard reaction is choosing the right skillet to cook your steak in.

"Using a heavy bottom—cast-iron is great—over medium-high heat and letting

the oil get hot, just below the smoking point. Then, place the steak into the hot oil, and press it down so it makes end-to-end contact with the pan," Rainford suggests.

Misfiring on your steak seasoning strategy.

Though this may not naturally occur to you when preparing your steak, but when cooking steak, you might want to avoid cooking with dried herbs because of how easily they can burn.

"If I want an herbal touch, instead of adding dry herbs to the seasoning salt—which can burn—I'll incorporate herbs by basting or sprinkling some fresh rosemary or thyme in the juices released when the meat is cooked and pouring it over top," says Chris McDade, chef and co-owner of

Gus's Chop House.

Another thing to consider when seasoning your steak is to make sure you're not putting salt seasoning on the steak too soon.

"Many people are guilty of taking the steak out and pouring on salt and pepper right away, but this is a mistake," says Rusty Hansen, chef at Hunters Feast. "Salt extracts moisture, which will leave you with a dry steak. The best approach is to apply seasoning when the steak is already on the heat."

When cooking your steak in a pan, you might be tempted to repeatedly flip it over again and again in order to check on how it's cooking. However, chefs warn that you don't want to overdo it on the flipping, as this can actually make it more difficult to determine the extent to which your steak has been cooked.

"One method to improve your chances of cooking a delicious steak at home is trying to turn the steak only once," says Hansen. "By constantly turning, it's hard to gauge the doneness and you risk having it overcooked or unevenly cooked."

Not letting your steak rest before serving. It's easy to assume that once you're ready to remove your steak from the heat source and plate it, that your steak is automatically ready to enjoy—but in actuality, that's not quite the case.

"The first mistake that most new cooks make is underestimating how long you have to leave a steak to rest after it's been cooked," says Jenna Moran, professional chef and founder of digital culinary hub Whimsy and Spice.

6 Once-Favorite Fast-Food Items We Don't Eat Anymore

Discovering a hot new item at your favorite fast-food joint feels like you just struck gold. These items may have attracted a ton of buzz when they first



launched, or slowly snuck up on you when you least expected it. Over time, the novelty fades—some of these

items slowly disappear from menus and morph into limited-time or seasonal menu options that stir up diners, like the KFC Double's McBib or the McDonald's McBib. In other cases, many fast-food creations that once hit the spot slowly lose momentum and popularity amongst

restaurant patrons. Restaurants drop some of these items from their menus, but others continue to skirt by thanks to a few die-hard fans. Many of these fast-food orders that continue to hang on by a thread have a resurgence every once in a while, but diners everywhere still wonder how these foods and drinks keep making it onto permanent menus.

Eat This, Not That! scoured menus nationwide to narrow down which once-great 6 fast-food orders can now barely find a crowd. Some of these options pop up at chain empires that show no sign of slowing down, while others grace the menu at 7

Once Favorite Fast-Food Chains We Rarely Visit Today. It's only a matter of time until these orders disappear forever, so if you count yourself as a fan of any of these items, make sure to pick them up while you can!

PER VEGGIE BURGER: 590 calories, 25 g fat (10 g saturated fat), 60 mg cholesterol, 1,075 mg sodium, 72 g carbs, (6 g fiber, 9 g sugar), 19 g protein.

Culver's made its name by serving up ButterBurgers, but that didn't stop the fast-food chain from expanding into new culinary territory. When the company first started experimenting with veggie burgers, it looked like it had a hit on its hands.

According to Restaurant Business, the company in-

itially struggled to find the right composition for their veggie patties, had to deal with transportation issues, and tested the item across

the country during the height of the COVID-19 pandemic. After 12 different patty recipes, the company ended up with an all-veggie burger that made waves with consumers. Reddit users even celebrated the arrival of the burger, and many rushed out to see if it could live up to the hype.

Even though the burger attracted a ton of attention, fans eventually lost interest. In a recent Mashd poll, 38% of respondents agreed that this menu item ranked as one of the worst sandwiches on Culver's menu. Finding a good veggie burger is hard; knowing your way around the 30 Best and Worst Veggie Burgers can make all the difference when you have to decide between a superior store brand and Culver's take on the classic sandwich.

PER SANDWICH: 390 calories, 19 g fat (4 g saturated fat), 40 mg cholesterol, 580 mg sodium, 39 g carbs, (2 g fiber, 5 g sugar), 16 g protein.

When the Filet-O-Fish first hit McDonald's menu back in the 1960s, the sandwich had some stiff competition.

Reader's Digest reports that a McDonald's employee created this item to attract customers who didn't eat meat on Fridays.

Ray Kroc, the entrepreneur who helped transform McDonald's into a powerhouse fast-food empire, caught wind of this menu addition and decided to test out an alternative sandwich—the hula burger.

This vegetarian burger featured a pineapple in lieu of a beef patty but just couldn't sell like the newly minted Filet-O-Fish. Thanks to the initial show of support, McDonald's earned its first permanent fish sandwich addition to the menu.

This Nut Can Help To Improve Your Gut Health, Study Says

Eating this nut might be good for your bacterial metabolism, according to the study's findings.

If you've found yourself suffering from gut-related health issues, then you're far from alone. Almost 40% of adults deal with a functional gastrointestinal disorder, according to ICHPLive. That might include heartburn and acid reflux to bloating or even irritable bowel syndrome. GI Alliance also notes that 20 million people in the United States face chronic digestive diseases while it's also the number one cause of hospitalization. That's not to mention the time off from work that becomes necessary, and the pain people end up attempting to manage. Fortunately, a new study has found that eating a few almonds every day can help to improve your gut health.

Conducted by researchers from King's College London, this study was published in the *American Journal of Clinical Nutrition* and involved 87 adults, whose regular diet didn't include an ade-



quate amount of fiber but did include unhealthy snacks such as chocolate or chips. After splitting those involved into three groups, the researchers behind the study asked one group to give up their normal snacks and instead eat 56 grams of whole almonds per day for a total of four weeks. The sec-

ond group switched their snacks to the same amount of almonds. However, in this case, they were ground nuts instead of whole. Finally, the third group didn't swap almonds into their diet, but did switch to muffins.

Can eating lettuce improve your health?

After the month-long period, the researchers found that participants who had switched to a daily almond snack of either kind had a higher amount of butyrate than those who were eating muffins. They also found that eating almonds increased the amount of monounsaturated fatty acids, fiber, and potassium, as well as additional nutrients.

"Part of the way in which the gut microbiota impact human health is through the production of short-chain fatty acids, such as butyrate. These molecules act as a fuel source for cells in the colon, they regulate absorption of other nutrients in the gut, and help balance the immune system," lead author Professor Kevin Whelan, head of the Department of Nutritional Sciences at King's College London, said in a press release. "We think these findings suggest almond consumption may benefit bacterial metabolism in a way that has the potential to

influence human health."

"The findings from this study weren't surprising when comparing almond intake to muffin intake (depending on the type of muffin), because almonds contain more fiber," Paulina Lee, MSHS, RD, LD, functional gut health dietitian and founder of Savvy Stummy, LLC, tells Eat This, Not That! "Fiber is the main fuel for probiotics or our healthy gut bacteria to utilize, so that they can create metabolites, like serotonin and butyrate."

At the same time, Lee notes that "almonds aren't the only way to get more butyrate."

"Eating 30 different vegetables, including avocados, legumes, or other prebiotic foods per week—and including fermented foods, like kimchi and sauerkraut—can help you build diverse gut bacteria," Lee advises. "So, they can produce more butyrate and other beneficial metabolites for our body."

Tips To Eat Your Way to a Flatter Stomach After 50, Dietitians Say

As you age, you slowly lose both muscle mass and bone mass," Roxana Ehsani, MS, RD, CSSD, LDN, a registered dietitian nutritionist and a board-certified specialist in sports dietetics, tells Eat This, Not That! "You may lose both at a faster rate, especially if you don't use it by exercising regularly or if you aren't consuming a nutritious diet that helps support both muscle and bone health."

How You Can Avoid Stomach Bloating

Ehsani explains that when it comes to a flat stomach, muscle mass is metabolically active. This means having more muscle mass over fat mass in your body, as it can burn more calories at rest than and when active.

"Therefore, it can make it more difficult for you to have a flat stomach as you age, as your metabolism also slows as you age," says Ehsani.

However, not having a flat stomach could occur for reasons besides a slow metabolism.

"A protruded belly could appear for many reasons that may not necessarily be associated with weight or fat," adds Bonnie Taub-Dix, MA, RDN, CDN, and the award-winning author of *Read It Before You Eat It: Taking You from Label to Table*. "Some bellies may be protruded due to hormonal reasons, or perhaps a woman has had a C-section in the past. Bloating bellies could also arise because of the food we eat or our eating habits, such as drinking through a straw, chewing gum or eating too many gassy foods or sugar alcohols."

So if you are trying for a flatter stomach, what you eat is an incredibly important factor. Read on to learn which 5 dietitian-recommended tips can help you eat your way to a flatter stomach after age 50. Also, for more helpful guidance on which eating practices to avoid when you want a flat belly, check out *The 6 Worst Eating Habits When You Want a Flatter Stomach*.

Have more high-quality proteins. If you're not getting enough pro-



tein—or enough of the right protein—it may be hurting your efforts at achieving a flat stomach.

"Protecting muscle is so important as we age, and can be maintained when consuming adequate food sources of protein," says Ehsani.

"Consuming lean sources of protein will help you preserve our metabolically active muscle mass, thus help-

ing us maintain a flatter stomach."

She also notes that high-quality protein choices are seafood like salmon, tuna, or chicken breast, eggs, and plant-based sources of protein are beans, lentils, nuts, and seeds.

"Be sure to spread them out throughout the day, and have a high-quality source at each meal and snack time," adds Ehsani.

Eat high-fiber cereal.

Fiber is extremely important if you want a flat stomach, since it can help you stay regular and prevent bloat. Women and men over 50 should aim to get 21 grams and 30 grams of fiber per day, respectively, according to the USDA's Dietary Guidelines.

So, if you start your morning with a bowl of cereal, unfortunately, Frosted Flakes won't cut it if a flat stomach is your ultimate goal. Instead, opt for cereals that are high in fiber.

"The majority of us don't get enough fiber—at any age. High-fiber cereal can easily make a major deposit in your fiber bank while also adding a variety of other vitamins and minerals," says Taub-Dix. "You can pair it with your favorite plant milk, pulverize it into a flour, and bake with it or sprinkle it on top of yogurt. Be sure to pair your cereal with water to help make it more of a 'moving' experience."

Consume more seafood. If you've never been a fan of

seafood but want a flat stomach, it may be a good idea to start looking for creative ways to integrate it into your diet that also appeal to your taste preferences.

"Fish is a high-quality source of protein and a complete source of protein, meaning it contains all essential amino acids, which are protein building blocks. [This] can help support a flatter stomach, since consuming fish keeps us feeling full for longer and provides us with feelings of satiety," says Ehsani.

Ehsani suggests you choosing wild-caught Alaskan seafood, like salmon. Salmon is lean high-quality protein that also key nutrients like vitamin D and anti-inflammatory omega-3 fatty acids. Vitamin D is found in only a few foods, but supports bone health.

When it comes to omega-3 fatty acids, research has found they can help reduce the risk of developing certain medical conditions including obesity as well as support heart and brain health.

Pro-democracy media tycoon Jimmy Lai jailed over fraud in Hong Kong

HONG KONG: A pro-democracy media tycoon was sentenced to five years and nine months in prison over two fraud charges linked to lease violations in Hong Kong on Saturday, the latest of a series of cases against prominent activists that critics say are aimed at smothering out dissidents in the city.



Jimmy Lai, who was arrested during a crackdown on the city's pro-democracy movement following widespread protests in 2019 and under the National Security Law imposed by Beijing, was also fined 2 million Hong Kong dollars (USD 257,000).

His media company, Next Digital, published the now-defunct pro-democracy newspaper Apple Daily. The publication was forced to close following the arrests of its top executives, editors and journalists last year. In October, Lai was found

guilty of fraud for subletting part of the office space to a secretarial firm, which was also controlled by him, between 2016 and 2020. The second fraud count was for letting the same firm use the media outlet's office space in an alleged breach of lease agreements from 1998 to 2015. The court at that time ruled the moves had violated lease agreements with the Hong Kong Science and Technology Parks Corp. and Lai had hidden the fact that the company was occupying space in the building. Handing down the sentences on Saturday, Judge Stanley Chan said the violations occurred over two decades, adding Lai did not feel guilty about the moves. Lai's former colleague Wong Wai-keung, who was convicted on a single charge of fraud over the case, must serve 21 months in jail, Chan added. Lai's legal team earlier asked the United Nations to

investigate his imprisonment and multiple criminal charges as "legal harassment" to punish him for speaking out. His national security trial, initially scheduled to begin on December 1, was postponed after Hong Kong leader John Lee asked China to effectively block him from hiring a British defence lawyer. If convicted, Lai faces up to life imprisonment. The enactment of the security law has led to the arrests of many prominent democracy activists in the semi-autonomous Chinese city, Hong Kong, a former British colony, returned to China's rule in 1997.

Taliban plans more restrictions to silence Afghanistan media: Report

KABUL: The Taliban pushed Afghan media outlets in the country to the margin once again, asserting that they are planning to formulate a proper direction for the media outlets, Khaama Press reported.



The report cited remarks made by an executive of the Information and Cultural Affairs Department of Balkh, Mohammad Younis Rashid, after a recent gathering in Northern Mazar-e-Sharif province.

Instead of drawing a roadmap for the freedom of journalists in the country, Taliban put further restrictions on the media outlets in Afghanistan, Khaama Press reported. "We have experienced limitations on media after the takeover of the current regime. Unfortunately, these restrictions will further push the media to the margin," said head of a private media outlet in Balkh,

Abdul Baseer Abid, according to the report. "The lack of a particular roadmap is a great challenge for the media to grow, therefore, the government should introduce a single policy that would fit with media and journalism," stated Sayed Mohammad Yazdan, a local journalist, Khaama Press reported.

Abid said the human rights violation of at least 200 reporters in his report, earlier in November. "Human rights abuses of more than 200 reporters in Afghanistan recorded by UNAMA since August 2021. Record high numbers include arbitrary arrest, ill-treatment, threats and intimidation," United Nations Assistance Mission in Afghanistan said. Since the Taliban took over Afghanistan in mid-August last year, it rolled back women's rights advances as well.

Ex-cop who kneeled on George Floyd's back gets three and half year term

NEW YORK: The former Minneapolis police officer who kneeled on George Floyd's back while another officer kneeled on the Black man's neck was sentenced Friday to 3 1/2 years in prison.



J. Alexander Kueng pleaded guilty in October to a state count of aiding and abetting second-degree manslaughter. In exchange, a charge of aiding and abetting murder was dropped. Kueng is already serving a federal sentence for violating Floyd's civil rights, and the state and federal sentences will be served at the same time.

another holiday season without George, we hope that moments like these continue to bring them a measure of peace, knowing that George's death was not in vain," he said. Kueng appeared at the hearing via video from a federal prison in Ohio. When given the chance to address the court, he declined.

Kueng's attorney, Thomas Plunkett, on Friday blamed the Minneapolis Police Department's leadership and a lack of training for Floyd's death. He highlighted Kueng's status as a rookie — saying he had only been on the job on his own for three days — and accused department leadership of failing to implement training to encourage officers to intervene when one of their colleagues is doing something wrong. "On behalf of Mr. Kueng, I'm not calling for justice. I'm calling for progress," he said. Then-Chief Medaria Arradondo fired Kueng and the three other officers the day after Floyd's killing and later testified at Chauvin's trial that the officers did not follow training.

As part of that process, his attorneys and prosecutors are working out agreed-upon evidence in his case and filing written closing arguments. Cahill will then decide whether Thao is guilty or not. If Thao is convicted, the murder count — which carries a presumptive sentence of 12 1/2 years in prison — will be dropped. Chauvin, who is white, was convicted of state murder and manslaughter charges last year and is serving 22 1/2 years in the state case. He also pleaded guilty to a federal charge of violating Floyd's civil rights and was sentenced to 21 years.

Amid Ukraine tensions, Putin ready to compromise after talks with Macron



MOSCOW: Russian President Vladimir Putin said he was ready for compromise and would look at proposals put forward by French leader Emmanuel Macron in talks on Monday, while still blaming the West for raising tensions over Ukraine. Emerging from nearly five hours of talks in the Kremlin, the two leaders voiced hope that a solution could be found to the worst crisis between Russia and the West since the end of the Cold War. Repeatedly thanking Macron for coming to Moscow, Putin said at a joint press conference that the French leader had presented several ideas worth studying. "A number of his ideas, proposals... are possible as a basis for further steps," Putin said, adding: "We will do everything to find compromises that suit everyone." He did not provide any details but said the two leaders would speak by phone after

Macron meets with Ukrainian President Volodymyr Zelenskyy on Tuesday. Macron said he made proposals of "concrete security guarantees" and that Putin had "assured me of his readiness to engage". The French presidency said the proposals include an undertaking from both sides not to take any new military action, the launching of a new strategic dialogue and efforts to revive the Ukrainian peace process. Putin again denied that Russia was acting aggressively, despite Western fears of a possible invasion of Ukraine after Russia amassed tens of thousands of its troops on its borders. "It is not us who are moving towards NATO's borders," he said, in reference to alliance deployments in eastern Europe. Biden threatens gas pipeline. The meeting in Moscow came at the start of a week

of intense diplomacy over the Ukraine crisis, with US President Joe Biden also hosting German Chancellor Olaf Scholz in Washington on Monday. Biden made a categorical vow at the talks to shut down the controversial Nord Stream 2 gas pipeline from Russia to Europe if Moscow launches an invasion. "If Russia invades -- that means tanks or troops crossing the border of Ukraine, again -- then there will be no longer a Nord Stream 2," Biden told a joint White House news conference with Scholz, following bilateral talks in the Oval Office. "I promise you," Biden said, "we will bring an end to it." US officials say Moscow has assembled 110,000 troops near the border with Ukraine and is on track to amass a large enough force -- some 150,000 soldiers -- for a full-scale invasion by mid-February.

A week after praising PM Modi, Russia's Putin says this about India

MOSCOW: Russian President Vladimir Putin praised India by calling its citizens "talented" and "driven", a week after he showered praises on Prime Minister Narendra Modi. Speaking on the occasion of Russia's Unity Day on Friday, Putin said, "India will achieve outstanding results in terms of its development -- there are no doubts - and almost one-and-a-half billion people: now that's potential," he said, according to Putin's translated speech originally delivered in Russian, news agency ANI reported. Putin added that India will achieve outstanding

results in terms of development. "There are no doubts. And almost one-and-a-half billion people. Now that's potential," the Russian President said. On October 27, Vladimir Putin praised PM Modi's independent foreign policies and said he was a true patriot. "PM Modi is one of those individuals in the world who is able to pursue an independent foreign policy in the interest of his country, and his people without any attempts to stop him," Putin said at a plenary session of the Valdai International Discussion Club, as per a

report by news agency PTI. "It (India) attracts general respect from everyone in the world. A lot has been done in recent years under PM Modi's leadership. He is a true patriot of his country. And this concept of his 'Make in India', is a significant effort. (India) really has progressed in its development. A great future lies ahead of it," he added. The Russian President added that his country had special ties with India that were built on the foundation of really close allied relations for decades.

continue to use every tool at our disposal to disrupt these transfers and impose consequences on those engaged in this activity," Secretary of State Antony Blinken said in a statement on the sanctions. "The United States will

US sounds alarm over 'harmful' Iran-Russia military partnership

WASHINGTON: The United States on Friday expressed alarm over a "full-scale defense partnership" between Moscow and Tehran, describing it as "harmful" to Ukraine, Iran's neighbors and the world. Iran stands accused by Western powers of supplying drones to Russia -- which rejected the US allegations -- as Moscow batters Ukraine's energy infrastructure in search of an advantage in the bloody conflict.

as drones, with the latter items resulting in new US sanctions. "Russia is seeking to collaborate with Iran in areas like weapons development, training," White House national security spokesman John Kirby told reporters. Moscow "is offering Iran an unprecedented level of military and technical support -- that is transforming their relationship into a fully fledged defense partnership," he said. "We have also seen reports that Moscow and Tehran are considering the establishment of a joint production line for lethal drones in Russia. We urge Iran to reverse course (and) not to take these steps." Moscow's UN envoy



that Russia "intends to provide Iran with advanced military components," including helicopters and air defense systems. Iranian pilots have reportedly been learning to fly advanced Sukhoi Su-35 warplanes in Russia, and Tehran may receive the aircraft within the next year, which would "significantly strengthen Iran's air force relative to its regional neighbors," Kirby said. The United States also believes that Iran is considering the sale of "hundreds of ballistic missiles" to Russia, he said. Britain's Foreign Secretary James Cleverly took aim Friday at the "sordid deals" between Moscow and Tehran, saying in a statement that Iran

had sent drones to Russia in exchange for "military and technical support" from Moscow. This "will increase the risk it poses to our partners in the Middle East and to international security," Cleverly said, vowing that "the UK will continue to expose this desperate alliance and hold both countries to account." Kirby on Friday announced a new \$275 million aid package to help boost Ukraine's air defenses, against Russian drones in particular. He said the aid "will soon be on its way to provide Ukraine with new capabilities to boost its air defenses and counter the threats that Ukraine is facing from drones."

The Pentagon released details on the package, saying it includes counter-drone equipment, as well as ammunition for HIMARS precision rocket systems, 80,000 155mm artillery rounds, some 150 generators, and other equipment. The United States has previously said that generators were being provided to Kyiv to help Ukraine amid its electricity needs with its electricity needs amid repeated Russian strikes on energy infrastructure. The latest package -- which is made up of equipment taken from existing US stocks -- brings Washington's military assistance to Ukraine since Russia's February 24 invasion to more than \$19.3 billion.

Lionel Messi, Argentina beat Netherlands on penalties, keep World Cup dream alive



doha: Lionel Messi and his teammates hung around on the field for 20 minutes, taking turns dancing and jumping up and down in front of their celebrating, scarf-waving fans. Argentina was going to savour reaching the World Cup semifinals. Messi's quest to win soccer's ultimate prize is still alive.

Argentina beat the Netherlands 4-3 in a penalty shootout Friday, with Messi converting his attempt and Argentina goalkeeper Emiliano Martinez making two saves. After Lautaro Martinez scored the clinching penalty, Messi — with his arms outstretched — sprinted to jump into the arms of his goalkeeper.

"We had to suffer," Messi said. "But we got through." The match finished 2-2 and was only taken to extra time after the Netherlands equalized in the 11th minute of second-half stoppage time with the second of substitute Wout Weghorst's two goals. Before that, Messi had set up the opening goal by Nahuel Molina in the 35th before converting a penalty to make it 2-0.

Argentina will play Croatia in the semifinals on Tuesday after the 2018 runner-up beat Brazil earlier Friday. It is only the second time Argentina has reached the last four since 1990. In 2014, Messi was part of the team that lost to Germany in the final.

He looks in the mood to get there again in a tournament that he is turning into his own personal highlight reel.

He delivered a mesmerizing piece of skill and vision to set up Molina's goal, twisting free and bursting forward from central midfield before delivering a no-look reverse pass for the defender to poke in a finish.

His penalty was his fourth goal of the tournament, taking him to 10 overall in the World Cup — tied with Gabriel Batistuta for the most for Argentina. Messi now has 94 goals in total in his 169 international games. The game featured 17 yellow cards — a record for a World Cup game — including one for Messi, who had blood coming from his upper lip at one stage of an extra time that was dominated by Argentina.

Enzo Fernandez hit the post near the end of extra time and was the only Argentina player to fail to score in the shootout. Martinez's saves were from attempts by Virgil van Dijk and Steven Berghuis, after which he pulled his shorts high and danced a jig. The loss ended Louis van Gaal's third stint in charge of the Netherlands and Messi shared a moment with the 71-year-old coach at the end.

A whopping 16 yellow cards and one red card was shown in a sensational dramatic and ill-tempered quarter-final between Argentina and the Netherlands, at the end of which the former won 4-3 on penalties.

Argentina had a 2-0 lead, which they got to thanks to a goal from Nahuel Molina in the first half that was made and put on a plate by their captain Lionel Messi before the latter converted a penalty in the second half. But they squandered it in the dying stages of normal time, with the Netherlands scoring the equaliser through a cheeky free-kick routine in the last seconds of added time.

The penalty shootout after extra-time was also a see-saw affair, at the end of which Argentina won 4-3. While the rest of his teammates ran towards Lautaro Martinez, who had taken the winning penalty kick, Messi could be seen running towards goalkeeper Emiliano Martinez, who had made two sensational saves in the beginning of the shootout to put Argentina in front.

Tempers flared on a number of occasions throughout the match and it all seemed to boil over at that moment as well as Netherlands players could be seen clashing with the Argentinians at the other end while Messi was first celebrating with his goalkeeper, and then with the fans before running to the rest of his teammates. The fracas ended with Netherlands' Denzel Dumfries being shown a red card.

The first real flare-up in the match came in the 89th minute of regulation time when Argentinian where 2-1 ahead. It happened when Argentina's Leandro Paredes slid in dangerously for a tackle on Nathan Ake near the Netherlands dugout. He then proceeded to kick the ball into the dugout, leading to the Dutch bench pouring out and charging towards him.

Netherlands captain Virgil Van Dijk also slammed into Paredes in the ensuing chaos, leading to the Paris St Germain midfielder being thrown to the ground.

There was then a coming together between the two sides after that almost every time the referee blew the whistle for full time or the end each half of extra-time.

"How many centuries have they scored in last 3 years?": India legend blasts Rohit, Kohli, Rahul after Bangladesh loss

New Delhi: The criticism surrounding Team India's performance is growing with each passing day following their ODI loss to seventh-ranked Bangladesh. The failure to click as a unit, coupled with multiple injury concerns is hurting India big time. The lingering issues that have existed since the Asia Cup are still persisting, as a result of which a team that enjoyed one of its most successful years in 2021, are enduring an equally poor outing in 2022.

After getting eliminated from the T20 World Cup in the semifinals, the belief was that the Indian team will set its sights on the 50-over World Cup next year, but after suffering consecutive ODI series defeats to New Zealand and Bangladesh, the team needs a wake-up call before it gets too late.

In wake of a forgettable series loss in Bangladesh, Kohli has scored just one



India's World Cup winning all-rounder Madan Lal has come down heavily on the senior batters of the team and blamed them for not playing to their potential. India lost both matches despite the presence of Rohit Sharma, Virat Kohli, KL Rahul and Shikhar Dhawan in the Playing XI, but barring a half-century from Rahul in the first ODI, there hasn't been much to offer.

Rohit, with a dislocated thumb put on a courageous effort but it is his and others' overall performance over the last few years that Lal has put a question on.

"If you see the record, how many centuries they (seniors) have scored in the last three years? And how many in the last one year? With age-factor, your hand-eye coordination slows down. But they are experienced players and they should have performed. If your top order does not perform you are not going to win," he told PTI.

Kohli has scored just one

century in the last three years — against Afghanistan in the Asia Cup earlier this year, while India captain Rohit has faced slightly better with three.

Rahul has two as well but both have come in Tests. The Indian top three, which used to inject a fear factor into the opposition — has been on the wane which has really dented the team in the last couple of years. But it isn't the batting alone that Lal is unimpressed with.

Australia center to nine-wicket win over India: IndW vs AusW

new delhi: Reckless bowling and poor fielding proved disastrous for hosts India as Australia centered to a nine-wicket victory in the opening game of the five-match women's Twenty20 series on Friday evening.

A crowd of 27,000-plus had filled up the stands of the DY Patil Stadium in anticipation of a good contest between the home side and the world champions.

Harnampreet Kaur's players were expected to be in an inspired mood after the batters did well to put up a good total of 172/5 on board, but the bowling and fielding was a big letdown. Aussie batters made them pay with opener Beth Mooney smashing 89 not



out off 57 balls and Tabita McGrath making an unbeaten 40 off 29 balls to help overhaul the target with 11 balls to spare. The platform for the chase was set by captain Alyssa Healy (37 off 23 balls), who shared a 73-run partnership in 8.5 overs with Mooney. With two months to go for the T20 World Cup, newly-appointed coach Hrishikesh Kankar would

have been left sweating watching the sloppy performance in the field. He certainly has his task cut out if his side are to match top teams like Australia. Drives hit straight to the fielders also went through the hands. Even the side's most agile movers, Jemimah Rodrigues and Radha Yadav, committed basic errors on the day. It was such a dampener after

the good work done by India's lower-order batters to power the team to a respectable total.

Up against a strong bowling unit, Deepthi Sharma hit an unbeaten 15-ball 36 while Richa smacked a 20-ball 36 to lift India after a mid-innings wobble saw them lose four wickets for 76 runs in 11.2 overs. The left-handed Deepthi picked two vital fours in the 18th over against Annabel Sutherland to lend impetus to the innings, and took two more in the 19th over off Ashleigh Gardner to help India cross the 150-run mark. She then had the crowd on their feet with four successive fours to take the total to 172.

Jaydev Unadkat stares at history with return to India Test squad after 12 years, replaces injured Mohammed Shami: Report

new delhi: Left-arm pacer Jaydev Unadkat has reportedly been drafted into the Indian Test side as a replacement for the injured Mohammed Shami for the two-match series against Bangladesh starting December 14. Unadkat, a veteran at the domestic level, has not been a part of India's Test side since his debut in South Africa way back in 2010. But the left-arm pacer has been a tireless performer at the domestic level, leading Saurashtra to laurels. He was also the highest wicket-taker of the 2019-20 Ranji Trophy with 67 scalps. He was the top wicket-taker in the Vijay Hazare Trophy, with 19 scalps in 10 games. In all, he has picked 353 wickets in 96 first-class



matches. "Unadkat is currently in Rajkot, waiting to complete his visa formalities, and is expected to link up with the Test squad in Chattogram over the next couple of days," reported ESPNcricinfo. Shami, who was a part of both the ODI and Test squads for the Bangladesh tour, has been ruled out with a shoulder injury suffered during the preparations in the lead-up

to the series. There were reports that India A pacers Navdeep Saini and Mukesh Kumar might be called in as a cover for Shami as both have performed well in the recently-concluded two-match unofficial Test series against Bangladesh A but the team management has gone with the experience of Unadkat. Unadkat can better the record for the longest gap between two

Tests but an Indian if he is picked to play in any of the Tests in the series. The record currently stands with former India Parthiv Patel, who had to wait for eight years for a Test comeback. India A captain Abhimanyu Easwaran and left-arm spinner Saurabh Kumar have been asked to stay back in Bangladesh as backups for captain Rohit Sharma and all-rounder Ravindra Jadeja.

Both of them are unlikely to travel to Bangladesh due to injuries. Through the BCCI decided to play the fitness game with Rohit's willing it would need a miracle for the captain, who has flown back to Mumbai to consult a specialist, to recover from a dislocated thumb.

Yuzvendra Chahal breaks silence on not being picked in India XI in any of 2022 T20 World Cup matches

new delhi: Team India's selection was immensely criticized by veterans and experts of the game after the Rohit Sharma-led side lost to England in the T20 World Cup semi-final, and it mostly pertained to the exclusion of Yuzvendra Chahal. Unlike in 2021 T20 World Cup, the leg-spinner was picked in the squad, but did not get an opportunity to play any of the matches. Almost a month after that heartbreaking exit from the World Cup in Australia, Chahal broke his silence on the non-selection.

13 of India's 15 members in the World Cup squad were picked for at least one match. Chahal and fast bowler Harshal Patel were the only two players to not have played a single game. Chahal was kept out of the XI to make way for veteran Ashwin and left-arm spinner Axar Patel, both of whom also provided batting depth to the Indian side.

Speaking to India Today, Chahal admitted that he knew about his exclusion after he saw Ashwin and

Axar perform well, but still decided to keep himself match ready. "It's not an individual game. Every team has their own set of combination. And then I saw Ashwin and Axar performing well...those things happen in life. I just knew that if I get an opportunity I have to be ready and coach and Rohit bhai had clarified that to me," he said. When asked about the back-to-back T20 World Cups where he was snubbed in 2021 and not picked in the XI in 2022, Chahal remained opti-

mistic of being part of the 2023 ODI World Cup team. "The 50-over World Cup is going to happen next. The last World Cup which I had played, in 2019, was also a 50-over World Cup. I don't tend to think about all these stuff that much. For me, what matters is playing for India, that is my first goal. Now whether I am picked in the XI or not that is not in my hand. I hope I can continue playing in the same manner, get to play for my country and hope India become the champions."

Renowned US football journalist Grant Wahl dies during Argentina vs Netherlands FIFA World Cup match

doha: Grant Wahl, one of the most well-known soccer writers in the United States, died early Saturday while covering the World Cup match between Argentina and the Netherlands. U.S. media seated near him said Wahl fell back in his seat in the media tribune at Lusail Iconic Stadium during extra time and reporters adjacent to him called for assistance. Emergency services workers responded very quickly, the reporters said, and the reporters later were told that Wahl had died. Wahl tweeted on Wednesday that he had celebrated his birthday that day. American reporters who knew Wahl said he was 49. "We could always count on Grant to deliver insightful and entertaining stories

about our game, and its major protagonists," said the U.S. Soccer Federation said in a statement. "Grant's belief in the power of the game to advance human rights was, and will remain, an inspiration to all. Grant made soccer his life's work, and we are devastated that he and his brilliant writing will no longer be with us."

Wahl was covering his eighth World Cup. He wrote Monday on his website that he had visited a medical clinic while in Qatar. "My body finally broke down on me. Three weeks of little sleep, high stress and lots of work can do that to you," Wahl wrote. "What had been a cold over the last 10 days turned into something more severe on the night of the USA-Netherlands game, and I



could feel my upper chest take on a new level of pressure and discomfort." Wahl wrote that he tested negative for COVID-19 and sought treatment for his symptoms. "I went into the medical clinic at the main media center today, and they said I probably have bronchitis. They gave me a course of

antibiotics and some heavy-duty cough syrup, and I'm already feeling a bit better just a few hours later. But still: No bueno," he wrote. Wahl wore a rainbow T-shirt in support of LGBTQ rights to the United States' World Cup opener against Wales on Nov. 21 and wrote that security refused

him entry and told him to remove the shirt. Gay and lesbian sex is criminalized in Qatar, a conservative Muslim nation.

Wahl wrote he was detained for 25 minutes at the Ahmed Bin Ali stadium in Al Rayyan, then was let go by a security commander. Wahl said FIFA apologized to him.

U.S. State Department spokesman Ned Price tweeted late Friday: "We were deeply saddened to learn of the death of Grant Wahl and send our condolences to his family, with whom we have been in close communication. We are engaged with senior Qatari officials to see to it that his family's wishes are fulfilled as expeditiously as possible."

Wahl is survived by his wife, Dr. Celine Gounder, an associate professor at

New York University School of Medicine, attending physician at Bellevue Hospital Center and CBS News contributor.

Gounder tweeted that she was thankful for the support of her husband's "soccer family" and friends who had reached out. "I'm in complete shock," she wrote.

A voter at times in FIFA's annual awards, Wahl wrote this week that he had been among 82 journalists honored by FIFA and the international sports press association AIPS for attending eight or more World Cups.

Wahl graduated from Princeton in 1996 and worked for Sports Illustrated from 1996 to 2021, known primarily for his coverage of soccer and college basketball. He then launched his own website. Wahl also worked for

Fox Sports from 2012-19. Argentina held their nerves in the quarter-final of the FIFA World Cup 2022 against Netherlands and won 4-3 via penalties after scores were level at 2-2 in extra time. Goalkeeper Emiliano Martinez saved two penalty kicks in the shootout to help his team reach the semi-final. The match saw several tense moments as 14 yellow cards were shown by the referee.

With goals from Nahuel Molina and Lionel Messi, Argentina led by 2-0 till the 83rd minute of the match when Netherlands' Wout Weghorst scored a goal to bring the equation to 2-1. Weghorst scored again in the 90+11' minute to level the scoreline in the most dramatic way possible and send the match into extra time. Both teams competed

neck-to-neck in the extra time too but couldn't score the winning goal which sent the match into penalty shootouts.

Netherlands missed the first two penalty kicks to lag behind 2-0 in the penalty shootout. They converted rest of the three penalties but it wasn't enough to win the match. Netherlands manager Louis van Gaal spoke to media after the match and highlighted the terrific fight that his players showcased on the field. He also talked about the preparations of the team for the quarterfinal.

"I had asked the players to train penalties at their club and they did that. It was a fantastic achievement to come back from 0-2 down to 2-2 but then to lose on penalties is tough," said Van Gaal.

'Abki baar, kisan sarkar': KCR on national mission

NEW DELHI: "Ab ki baar, kisan sarkar" (this time, it will be a farmers' government), said Telangana chief minister K Chandrasekhar Rao on Friday while formally renaming his Telangana Rashtra Samithi (TRS) into Bharat Rashtra Samithi (BRS).

KCR, as the chief minister is popularly called, announced his mission to play a larger role in the national politics during a meeting at Telangana Bhavan in Hyderabad.

The CM said that transformation of TRS — formed 21 years ago with an objective of achieving separate statehood for Telangana — into BRS was a historic necessity.

The CM said that he will make all efforts to bring about a qualitative change in the national politics. "Ab ki baar, kisan sarkar will be the main agenda of the BRS in national politics," he said, adding, that "the party will focus on uplifting the farming community of the country", besides the welfare of the downtrodden and working class.

The BRS president announced that the new party will contest the ensuing assembly elections in neighbouring Karnataka in alliance with the Janata Dal (Secular). "We will extend full support to the JD (S) and strive to make its leader H D Kumaraswamy as chief minister. We will share the schemes being implemented in Telangana with the people during the Karnataka elections and win their confidence," he said.

KCR said the national head office of the BRS will be inaugurated in Delhi on December 14 and from there, the party will commence its national political action plan. "In the next couple of months, we will intensify our party's national activities," he said.

The BRS president called for revamping several policies in the country by introducing new agricul-



ture policy, new water policy, new power policy, economic policy, environmental policy, weaker sections' upliftment policy and women empowerment policy — for the optimum utilisation of natural and human resources. "We are also holding discussions with former judges, prominent economists, sociologists and other intellectuals regarding formation of such policies," he said.

"If the people of India give us a chance, the BRS can provide round-the-clock power supply even to the remotest villages of the country and financial assistance to 25 lakh Dalit families per year under the Dalit Bandhu scheme," he said.

Stating that the BRS will hoist the pink flag in New Delhi in the next elections, KCR said that "the BRS was going to play a vital role in national politics," and added that "the Telangana model will be replicated across the country through optimum utilisation of available natural resources".

Brushing aside criticism from the Opposition parties over the BRS for-

aying into national politics, he advised party leaders to ignore them. "The party had surpassed similar criticism and went on to achieve Telangana apart from developing the young state into a role model for others," he said.

Earlier, KCR performed special prayers to Goddess Gowri at Telangana Bhavan and unfurled the new pink flag of the BRS with an Indian map replacing the Telangana map present in the TRS flag earlier. He signed the official documents pertaining to the change of name from TRS to BRS.

Former Karnataka chief minister H D Kumaraswamy, popular actor-political activist Prakash Raj and others were also present at the meeting. Telangana BJP spokesperson N V Subhash said the formation of BRS was nothing but an attempt by KCR to transfer power to his son K T Rama Rao in the state.

"Moreover, mere change of name from TRS to BRS does not make it a national party. The party has to go a long way to meet guidelines of the election commission to get national party recognition," he said.

Subhash further said the BRS would be a home of rehabilitation for some politicians who were aban-

Indian Army approves 5 Make II projects including drone kill system: Report

NEW DELHI: The Army has approved five Make II projects, including drone kill system and infantry training weapon simulator, giving an impetus to India's vision for self-reliance, the Defence Ministry said on Friday.

Make II projects are essentially industry-funded projects involving design, development and innovative solutions by Indian vendors for development of prototypes, it said. "Indian Army is spearheading actions to provide impetus to 'Make Projects' as the prime drivers of infusion of niche technologies through indigenous development," the ministry said in a statement.

To give a further boost to



the ongoing projects, the Indian Army has now approved project sanction orders (PSOs) of five Make II projects, it said.

An assurance of order is given after successful prototype development, the statement said.

These projects whose PSOs have been approved, included high frequency man packed software defined radio, drone kill

system, infantry training weapon simulator (IWTS), 155 mm terminally guided munition (TGM) and medium range precision kill system (MRPKS), the ministry said. PSO for development of prototype of High Frequency Man Packed Software Defined Radio (HFSDR) under Make II scheme has been issued to 14 Developing Agencies (DAs). And, 300 HFSDRs

are planned to be procured by the Indian Army, on successful development of the prototype, it said.

As part of efforts to further encourage the indigenous anti-drone ecosystem, the Indian Army has approved PSO to 18 DAs for procurement of 35 sets of drone kill systems under the Make II scheme, post successful development of a prototype. The project is reserved for MSMEs/start-ups, the statement said.

PSO has been issued to four DAs to develop the prototype for subsequent procurement of 125 sets of IWTS under the Make II procedure. The IWTS is the first tri-service Make II project with the Indian Army as the lead service, it added.

'Since AAP came to power...': Kejriwal slams RPG attack on Punjab police station

NEW DELHI: Aam Aadmi Party national convener Arvind Kejriwal on Saturday morning condemned the RPG (rocket-propelled grenade) attack on a police station in Punjab's Tarn Taran, and said those responsible would be caught.

"Stringent action will be taken... since AAP came to power big gangsters (and) people acting under protection of old parties were caught," Kejriwal said.

Unknown individuals attacked the police station in Tarn Taran's Sarhali with a RPG at 11.22 pm on Friday, police sources confirmed this morning.

The police station is located on the Amritsar-Bathinda national highway



and the rocket hit the iron gate of the buildings and damaged the inside wall, some police personnel were on duty but no one was injured.

Sources told news agency PTI the grenade did not actually explode.

"Preliminary investigation reveals at 11.22 pm last night, grenade was fired

from highway... It hit 'suvidha' centre of Sarhali PS. FIR under UAPA (Unlawful Activities (Prevention) Act), Forensic team... Punjab DGP Gaurav Yadav told reporters.

The 'suvidha' centre, or Saanjh Kendra centre, provides services like copy of FIRs, passport verification

and no-objection certificates, PTI said.

"We will investigate technically and forensically... all clues from the scene of the crime are being collected so that we reconstruct what happened," he added.

He also said the launcher used to fire the grenade had been recovered and noted that an early analysis of the weapon suggested it is 'military-grade hardware'. "Very clear indication it is strategy of neighbouring nation to bleed India by a thousand cuts," he said without naming Pakistan, and added state police, Border Security Force and central agency teams will conduct the investigation.

SC set to hear Bilkis Bano plea on release of rape convicts on Dec 13

NEW DELHI: The Supreme Court is set to hear Bilkis Bano's petition - challenging the early release of rape convicts - on December 13. A bench of justices Ajay Rastogi and Bela Trivedi will hear the matter. The same bench is currently seized of a bunch of public interest litigations (PILs) against the remission granted to the eleven rape-and-murder case convicts in the case.

The release of the convicts in August had triggered nationwide outrage. Bilkis Bano had moved the top court against the release on November 30. The 11 men were convicted in 2008 for raping her and killing seven of her family members, including her daughter, during the 2002 Gujarat riots.

The bench, led by Justice Rastogi, is also taking note of a clutch of petitions filed against the August 10 order of the Gujarat government granting the benefit of remission to the 11 convicts under the 1992 policy. Bilkis Bano has also sought review of the top court's May order under which the state government was told to consider the convicts plea for premature release in accordance with the 1992 policy. Even as the existing



remission policy of 2014 (of the Gujarat government) prohibits early release of rape convicts, no such restrictions were there in the 1992 policy.

In October, the state government had told the Supreme Court that the Union ministry of home affairs (MHA) approved the early release of 11 convicts sentenced to life in 2008. It had also cited the "good behaviour" of the convicts at the time.

The release of the 11 convicts had triggered a huge outrage with the opposition parties lashing out at the Centre. The release came months ahead of the state elections in Gujarat.

'Recommend panel for Nagaland DGP in 10 days': SC deadline to UPSC

NEW DELHI: The Supreme Court (SC) on Friday set the December 19 deadline for the Union Public Service Commission (UPSC) to recommend a panel of names for the appointment of Nagaland's director general of police (DGP) after it took exception to the commission trying to evade the court's earlier direction in October to finalize the names by November 30.

A bench of Chief Justice of India (CJI) Dhananjaya Y Chandrachud and justice PS Narasimha said, "The UPSC is required to comply with our order of October 17. The exercise of UPSC (to recommend panel of names) be completed before December 19. All necessary formalities to be sorted out between the



ministry of home affairs (MHA), the UPSC and the Nagaland government."

Further, the bench said, "Should the order of the SC not be complied with, this court will be forced to resort to the coercive arm of law."

The October 17 order by the top court directed the Nagaland government to rec-

ommend names to UPSC by October end and gave a month's time to UPSC to convene the empanelment committee meeting and recommend a panel of three names for appointment as DGP.

The UPSC filed an application early this month requesting an additional 60 days period to carry out its exer-

cise. "The consultation with the MHA on the matter is still under process. This will not result in any administrative dislocation because the incumbent DGP's extended tenure will be over only on February 28, 2023," said the commission.

Rejecting the UPSC's demand, the bench said, "You are trying to evade compliance with the SC order."

UPSC has no justification to point out that there will be no administrative dislocation since the extended tenure of incumbent DGP is till February 28."

The Apex court was considering the matter related to Nagaland DGP in a 1996 petition filed by retired IPS officer Prakash Singh on whose

petition, the top court in 2006 directed a slew of police reforms and required UPSC to recommend a panel of three names for appointment as DGP out of officers who will get a clear tenure of two years.

Advocate Prashant Bhusan who represented Singh told the SC, "The states are making minicemest of this court's judgment and UPSC is following the charade. The whole idea is to allow the incumbent DGP to continue in office."

Advocate Kavita Wadia who appeared as an intervenor told the SC that the state was selectively trying to delay the appointment of a new DGP as it sent only two names to UPSC on November 7.

India abstains on resolution exempting aid from sanctions at UN

NEW DELHI: India has abstained in the UN Security Council on a resolution establishing humanitarian exemption across all United Nations sanctions regimes, asserting that blacklisted terror groups, including in its neighbourhood, have taken full advantage of such carve-outs and have been able to raise funds and recruit fighters.

The 15-nation Council, currently being presided over by India, voted on the resolution on Friday that was tabled by the US and Ireland to create a sanctions carve-out that exempted humanitarian efforts, with Washington asserting that the resolution "will save countless lives" after being adopted.

abstention while all other 14 members of the Council voted in favour of the resolution that decided that processing or payment of funds, other financial assets, economic resources, and provision of goods and services necessary to ensure the timely delivery of humanitarian assistance are permitted and are not a violation of the asset freezes imposed by the Council or its Sanctions Committee.

Council President and India's Permanent Representative to the UN Ambassador Ruchira Kamboj, speaking in her national capacity as she delivered the explanation of the vote, said that "our concerns emanate from proven instances of terrorist groups taking full

advantage of such humanitarian carve-outs, and making a mockery of sanction regimes, including that of the 1267 Sanctions Committee."

Kamboj also made a thinly-veiled reference to Pakistan and the terror outfit Mohammed (JeM) are also based in Pakistan. "These terrorist organisations use the umbrella of the humanitarian assistance space to raise funds and recruit fighters," she said. "India will call for caution and due diligence to be exercised while



Foundation (HF), a charity run by terror outfits JuD and LeT, and Al Rehmat Trust, backed by another terrorist group Jaish-e-Mohammed (JeM) are also based in Pakistan. "These terrorist organisations use the umbrella of the humanitarian assistance space to raise funds and recruit fighters," she said. "India will call for caution and due diligence to be exercised while

terrorist groups to expand their terror activities in the region and beyond.

"More importantly, such exemptions must not facilitate the 'mainstreaming' of terror entities in the political space in our region. Due diligence and extreme caution in the implementation of this resolution, therefore is an absolute must," she said.

Kamboj said that for this very reason, India had sought in the text of the resolution a proactive role for the 1267 Monitoring Team, coupled with robust reporting standards and mechanisms. "We regret that these specific concerns were not fully adopted in the final text adopted today."

We hope that this shortcoming will be corrected in

the future, as and when we review the implementation and feedback from the Monitoring Team on this resolution."

Before the UNSC vote, US Ambassador to the UN Linda Thomas-Greenfield said "we hope the members of this Council will vote in favour of this resolution, because we must all do everything in our power to help humanitarian partners reach the world's most vulnerable, regardless of where they live, and who controls their territory."

US Secretary of State Antony Blinken welcomed the adoption of the resolution, saying that the Security Council is sending a clear message that sanctions will not impede the delivery of critical humani-

tarian assistance by reputable humanitarian organisations.

He added that the resolution includes safeguards to protect against abuse and evasion by sanctioned persons and entities, including by establishing reporting requirements to ensure detection and mitigation of possible aid diversion.

"By providing exceptions for humanitarian activities across UN sanctions regimes, the Resolution provides much-needed clarity to the international community, humanitarian assistance providers, and critical commercial service providers, which will help facilitate the delivery of aid and goods that are critical to saving lives around the world," he said.

Under CSR, J&K Bank collaborates with SAKSHAM to support Divyang persons

JJ NEWS SERVICE
JAMMU, DECEMBER 11: J&K Bank can walk an extra mile to support the Divyang (specially-abled) persons under its CSR besides providing them completely hassle-free banking and relevant financial services so that this section of our society also reaps the benefits of Prime Minister's vision of inclusive growth and development.



This was stated by Dr Jitendra Singh, Minister of State (Independent Charge) for Science and Technology & Earth Science and MoS for Prime Minister's Office at a massive function themed "Divyang aur Parivar Maha Sammelan" organised in Kathua Jammu by SAKSHAM - a humanitarian organisation dedicated to support and transform the lives of physically challenged individuals across the country by making them self-reliant.

Prakash regarding 100 Wheel Chairs and 100 Special Tricycles for distribution among needy under Bank's Corporate Social Responsibility to support Divyang persons. These wheel chairs and special tricycles will be distributed through the network of SAKSHAM, which is actively working for well being and self reliance of the divyang persons with 21 types of complete or partial disabilities.

Dr. Jitendra Singh, Chief Guest on the occasion, handed over the Bank's commitment letter to the organisers in presence of MD & CEO Baldev

Prakash and 100 Special Tricycles for distribution among needy under Bank's Corporate Social Responsibility to support Divyang persons. These wheel chairs and special tricycles will be distributed through the network of SAKSHAM, which is actively working for well being and self reliance of the divyang persons with 21 types of complete or partial disabilities.

And we feel very glad to collaborate with SAKSHAM and salute the organisation for this great socio-national cause", he said.

MD & CEO further added, "It is this spirit of self-reliance that has been incorporated into the economic policy of the nation under the strong and decisive leadership of Honourable Prime Minister Narendra Modi Ji as AtmaNirbhar Bharat Abhiyan because the principle of self-reliance remains at the core of strong and powerful nations."

Meanwhile, the bank had also opened a special awareness stall at the venue for specially abled persons, where they were provided information and awareness about various customised schemes of government and bank. Account opening and coin exchange facility was also made available at the stall.

SKUAST-J organises industrial exposure visit under NAHEP-IDP for B.Sc (Ag.) Students

JJ NEWS SERVICE
JAMMU, DECEMBER 11: A day-long industrial exposure visit for the Final year B.Sc Agriculture students of Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu was organised to acquaint them with walnut processing operations.

The exposure visit was organised under the Chairmanship of Vice Chancellor, SKUAST-Jammu, Prof. J. P. Sharma, by Institute Industry Interaction Cell (IIIC) of SKUAST-J created under NAHEP-IDP World Bank funded project.

The students were taken for a visit to VKC Nuts (P) Ltd, Bari Brahmana by Dr. Anil Bhat, Assistant Professor and Coordinator of IIIC for Faculty of Agriculture. The visit was carried out under the supervision of Dr. Sanjay Guleria, Nodal Officer, IIIC. The objective of the visit was to take students beyond the boundaries of theory-based teaching to the on-site industry-based practical demonstration of different operations viz: production, processing, preservation, de-shelling, branding, quality check and more. SKUAST-Jammu thanked Managing Director VKC Nuts, Gagan Jain for cooperation extended at the processing unit.

Dist Admin B'gam braces for good tourist footfall this winter

DC reviews winter tourism preparations at Doodpathri



JJ NEWS SERVICE
BUDGAM, DECEMBER 11: The Deputy Commissioner (DC), Budgam, S F Hamid today visited Doodpathri to take stock of winter tourism related arrangements.

Stressing on smooth conduct of winter tourist season, the DC also chaired a meeting of officers and tourism related stakeholders including ATV operators and Pony walas at TRC in Doodpathri.

The meeting was attended by ADC Budgam, Dr Nasir Ahmad; CEO Doodpathri, Dr Suraya Nargis; Executive

Doodpathri. He also instructed concerned to ensure road remains through during the winter season to ensure better connectivity to and fro to visitors.

SF Hamid emphasized that all essential services including electricity and water supplies remain intact and speedy restoration during the winter.

The DC also took stock of other facilities including hut and hotel accommodations, medical facility, operation of ATVs and pony wala services, availability of chains for vehicles and other services during the winter season.

Stressing on inter-departmental coordination, the DC instructed concerned to sensitize field staff about their role and responsibilities to ensure better facilities to the tourists. He said District Administration and Tourism Department is providing special focus on the development of Doodpathri as best all weather tourist destination.

DC Budgam continues ward level visits of ULBs in district

Takes stock of essential services, development process in Khanpora, Wadipora wards

JJ NEWS SERVICE
BUDGAM, DECEMBER 11: Continuing on spot assessment of availability of essential services and infrastructure development, the Deputy Commissioner (DC), Budgam, S F Hamid today toured Khanpora and Wadipora wards of Budgam Town.

The DC was accompanied by President Municipal Council Budgam, Mushtaq Ahmad, Vice President Sami-Ullah, Ward Member Mehraj Ud Din Bhat and concerned District Officers, respected locals and senior citizens.

During extensive tour to interior areas of these wards, DC met local resi-

dents to take direct feedback from them regarding essential services and development process. He also took first hand appraisal of services, supply of potable water supply, construction of lanes and drains and other infrastructure development.

The DC directed concerned to ensure smooth supply of essential services and works including drainage construction interior links, tile works on lanes, bylanes and development of parks, bridges, culverts at all designated spots be expedited in these wards to ensure better facilities to general public.

Stressing on early execution of works taken up

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