

for welfare of poor and vulnerable sections of society: LG Sinha

JI NEWS SERVICE

Lieutenant Governor Lieutenant Governor Manoj Sinha dedicated the 28th edition of 'Awaam Ki Awaaz' programme to the local people and all the stakeholders engaged in the holy Shri Amarnath Ji

He expressed gratitude to all those who are self-lessly working with deter-mination and commit-

mination and commitment to make the spiritual pilgrimage of shri Amanath Ji a pleasant one for the pilgrims. "The spiritual odyssey symbolizes the tradition of kindness and compassion for one and all. This pious Yatra inspires us to build a bright future for Jammu and Kashmir, rooted in human dignity, social human dignity, social equality and justice," the Lt Governor said.

Highlighting the major decisions taken by the UT Administration, the Lt



Governor said the poor, Lt Governor said. underprivileged and the deprived are the priority of the administration and

of the administration and every possible effort is being made to fulfill their basic needs and promote their ease of living.

"J&K Administration is pledged to work for the welfare of the poor and the vulnerable sections of the society. The ambitions the society. The ambitious scheme to provide land to landless and a house under PMAY will enhance

Food security to poor people is our fundamen-tal civilizational values. tal civilizational values. Prime Minister's Food Supplementation for Pri-ority Households Scheme would benefit a large sec-tion of society and it will ensure their well-being, he added

added. The Lt Governor called upon all the sections of the society to remain vigilant against the elements who are misleading the people quality of life and empower the marginalized," the interest of the poor.

"People should not remain hostage to the past. We must join the transformational journey of the present to build a golden future of J&K UT. Youth is our hope for the prosperous J&K and all arms of government must work as a team to provide them all the essential support "he said."

port," he said. In this month's episode, the Lt Governor shared the inspirational success stories of innovative and entrepreneurial youth of Jammu Kashmir.

Jammu Kashmir.

The Lt Governor made a special mention of Shakir Ahmad, Adnan Mushtaq and Furqan Rashid, students of GHSS, Kreeri, Baramulla who have developed an Apple Grader and are inspiring others to fulfill their dreams. fill their dreams.

"I feel proud when I see that young boys and girls are working on new inven

CONTINUED ON >> PAGE 4

J&K Administration is pledged to work ADGP Kashmir reviews security measures amid the ongoing Amarnath Yatra



JI NEWS SERVICE

The Additional Director rnath Yatra The Additional Director General of Police (ADGP) Kashmir Zone Vijay Kumar, along with senior police and paramilitary officials, conducted a comprehensive security review at various points, including the Navyug Tunnel on National Highway in Kashmir to ensure

the safety and security of pilgrims and tourists during the ongoing Ama-

rnath Yatra.
"During the review,
ADGP Kumar personally inspected the live up
and down convoy movements, observing the existing security measures in
place. He provided valuable insights and advised
the implementation
CONTINUED ON » PAGE 4

20.806 Amarnath yatries performed Darshan at Holy Cave on Sunday

JI NEWS SERVICE

Although the weather was not favorable today as Valley witnessed downpour in several parts yet 20806 pilgrims performed darshan at Holy Cave smoothly and comfortably with the support of administration and government agencies. With this, the cumulative total of pilgrims who visited Cave shrine climbed to 229221.

Amarnath Yatra temporarily suspended due to inclement weather



JI NEWS SERVICE

Amarnath yatra has been temporarily suspended from both Pahalgam and Baltal routes due to inclement weather on Sunday, officials said. They said no yatri was allowed to proceed from traditional Nunwan Pahalgam base camp in south Kashmir and Baltal in central Kashmir's Ganderbal district today due to inclement weather. "It is still raining at several places on both the routes and at the Cave shrine that has made the road condition slipnery at places." Hew said

road condition slippery at places", they said. "Keeping in view the inclement weather condi-

"Keeping in view the inclement weather conditions the authorities decided to suspend the yatra until the weather improves", they added.

Similarly no pilgrim was allowed to proceed on foot or ponies from shortest Baltal route via Dumail to Cave shrine of Amarnath to pay obeisance there on Friday. With 21401 pilgrims having darshan on Saturday, the total number of yatries who paid obeisance at the cave shrine surpassed to two lakh mark since the commencement of the pilgrimage from July 1.

Leopard captured in Doda

JI NEWS SERVICE

A leopard was cap-tured in Doda dis-trict of Jammu and Kashmir on Sunday, a wildlife depart-ment official said. A trap was laid in remote Nalwah Ghat about a month back after locals reported frequent movement

frequent movement of the leopard from a nearby forest into the village and attacks on their animals, the official

iid. The leopard's apture came as a capture came as a big relief to the vil-

big relief to the vil-lagers.

The iron traps set up in the vil-lage have not been removed as some more leopards are roaming in the area, the official said.

Rusted mortar shell found in Kathua

JI NEWS SERVICE

A rusted mortar shell was found near the Interna-tional Border in Kathua district of Jammu and Kash mir, officials said on

vithout causing any

Udhampur to offer unique religious tourism circuit: Dr Jitendra Singh

JI NEWS SERVICE UDHAMPUR, JULY 16

Union Minister Dr Jitendra Singh today said, Udhampur Parliamentary constituency, in particular the Udhampur sector which also includes Katra and Reasi that were part of erstwhile Udhampur district, is going to offer a unique religious tourism circuit with the integrated development through Rs 190 cr River Devika Rejuvenation Project, Rs 100 cr central Mantalai Project, Union Minister Dr Jitencentral Mantalai Project, Mansar lake Project under central Swadesh Yojana, Sudh Mahadev, Surinsar,

Dr. Jitendra Singh said



to be the Yog Guru of the then Prime Minister Indira Gandhi and obtained the land on lease. However, midway through the proj-ect, Dhirendra Bhrahm-chari suddenly died fol-lowing an air grash accilowing an air crash accident and since then the successive Congress gov- held in ernments did not attend added. to it and allowed it to turn

Rejuvenation project was approved for the renovation and beautification of River Devika, which is held in holy esteem, he

or. Jitendra Singh said this while convening a review meeting with the district administration Udhampur at Mantalai. Referring to Mantalai project, which is the venue of today's meeting. Dr Jitendra Singh said, the project was revived and now a State-of-the venue of today's meeting. and now a State-of-the ara Welness Centre cum project was initially started by Late Dhirendra Brahamchari, who happened Elaborating further, Dr

Rains lash J&K as MeT predicts more

JI NEWS SERVICE

Rains lashed Jammu and Rains lashed Jammu and Kashmir since overnight with Pahalgam receiv-ing highest precipitation during the last 24 hours, a meteorological depart-ment official here said on Sunday

,. meteorological department official here said that in the last 24 hours till 0830 hours, Pahalgam received 34.9mm followed by Bhad-34.9mm followed by Bhaderwah 19.8mm, Jammu 14mm, Katra 12.8mm, Batote 6.6mm, Banihal and Kokernag 6.0mm each, Qazigund 1.6mm, Gulmarg 0.8mm and Srinagar traces.

Regarding the forecast, he said, generally cloudy weather is expected with 1-2 spells of rain at most



places of Kashmir and at scattered places of Jammu

at scattered places of I&K. "Overall, there's no fore-

"Overall, there's no fore-scattered places of Jammu region in the forenon today.

From July 17-20, he said, rain/thundershower was expected at scattered places of Jammu and Kash-mit towards early morn-ing, late afternoon and evening.

From July 21-22, he said, intermittent light to moderate rain and thun-dershower were expected

ous night and it was 2.7°C above normal for the gate-way town of the Kashmir Valley.

Valley.
Pahalgam, he said, recorded a low of 16.2°C against 12.1°C on the previous night and it was above normal by 4.2°C for the famous tourist resort in south Kashmir's Anantnag district

In Kupwara town, he said, the mercury settled at 17.9°C against 18.2°C on the previous night and it was 1.3°C above normal for the north Kashmir area

the north Kashmir area.
Kokernag recorded a
low of 18.8°C against 16.5°C
on the previous night and
it was 1.9°C above normal
for the place, the officials
eaid

said. Gulmarg recorded a low of 14.0°C against 13.0°C on previous night and it CONTINUED ON >> PAGE 4

Tarun Chugh leads BJP's Strategic Planning at Power-Packed Meeting in Jammu

JI NEWS SERVICE JAMMU, JULY 16

es such as Samparak

se Samarthan and Mera Booth Sabse Mazboot. Additionally, the meeting

Sunday. The mortar shell

The mortar shell was dugout by Border Security Force (BSF) personnel during some construction work in Border Outpost Chadwal area late Saturday evening, the officials said. They said the shell was later destroyed by the bomb disposal squad in a controlled explosion without causing any without causing any



aimed to formulate an exceptional strategy for the forthcoming elections. Under the visionary guidance of Tarun Chugh, the meeting unfolded as a remarkable brain-storming session, where leaders engaged in constructive discussions sharing tive discussions, sharing their invaluable insights their invaluable insignts erations, allowing leaders to frame a winning strat- to connect directly with egy. The comprehensive the grassroots level. The overview of recently held programs revealed that fostered a spirit of colpeople are satisfied with laboration and positivity

the current regime and are ready to choose us in the coming elections. This sat-isfaction is a direct result of the party leaders and workers' dedicated door-to-door campaigns. The Mera Booth Sabse Mazboot initiative facili-tated booth-level delib-erations. allowine leaders

erations, allowing leaders to connect directly with the grassroots level. The

among all participants, further strengthening the party's bond with the

people.

During the meeting, a detailed assessment of each constituency was presented, ensuring that all leaders were wellinformed about the unique dynamics and challenges dynamics and challenges of the region. The discussions extended beyond the scheduled duration, seamlessly transitioning to the party office in Tri-kuta Nagar the following day. This extension welcomed additional leaders, reinforcing the comprehensive planning process and further enhancing the strategic framework.

strategic framework.
As the two-day meeting concluded, Tarun Chugh rallied the entire cadre motivating them to redou ble their efforts

CONTINUED ON >> PAGE 4

DGP J&K visits 92 Base Hospital, SKIMS to enquire about health of injured Policemen

Director General of Police J&K Shri Dilbag Singh today visited 92 Base Hos-pital BB Cantt and Sher-i-Kashmir Institute of Medi cal Sciences (SKIMS) Sri nagar and enquired about the health of two JKP the health of two JKP Mountain Rescue Team members who got seriously injured in a shooting stone incident between Sangam Top and lower Holy Cave while rescuing a lady pilgrim yesterday. He also enquired about the health of four CRPF personnel at SKINS, who were injured in a road accident at Baltal today. The DGP was accom-

The DGP was accom-panied by ADGP Armed, J&K Shri SJM Gillani to the hospitals.
The DGP met the doc-

tors attending the Jawans



of Police & CRPF. He also met the family members of injured Policemen. He assured the injured Policemen and CRP per-sonnel that all possible help and assistance will be provided. He wished all of them a speedy recovery. DIG CRR Shri Sujit Kumar, DIG IRP Kashmir Shri Abdul Qayoom, DIG CRPF Shri Jaidew Kersi, SSP Shafkat Hussain, SSP Hakim Munshi and other Hakim Munshi and other jurisdictional officers were

also present.

Pertinent to mention
that two members of
Mountain Rescue Team of
J&K Police SgCt. Mohammed Salem and SgCt.
Mohammed Yaseen who
were rescuing a lady yatri
Smt. Urmilaben D/o Sh
Laymi Naryan aged about Laxmi Naryan aged about 53 years from a shooting stone incident between Sangam Top and lowe Holy Cave got also seri-ously injured besides CONTINUED ON » PAGE 4

Pakistan pushes narco-terror strategy in J&K: Rajesh Kesri

DRUG AND NARCOTICS PEDDLING AIMS AT CORRUPTING YOUNG MINDS AND PROMOTE GROWTH OF HYBRID TERRORISM



JI NEWS SERVICE

JAMMU, JUL 16: Shiv Sena n Unit today under the leadrundustan Unit today under the lead-ership of J&K President Pt Rajesh Kesari on Sunday condemned the killing of two non-local labourers in Shopian and said none of the terror-ists would be spared and the region would be cleared of would be cleared of terrorism."Cowardly Pakistani terror-

ists have once again committed a grave crime by killing labourers who come to Kashmir to earn their livelihood. The conspiracy to target poor labourers was hatched by Pakistan to eate a fear among the people," Kesri

defeated and Jammu and Kashmir cleared of terrorists as was done in the past when police and paramilitary forces eliminated hundreds of terror

ists responsible for killing of innocent

civilians."None of the terrorists will

be spared. Our brave security forces have car-Our brave security forces have car-ried out strong action against Pakistan-sponsored terrorism, break-ing its backbone in the valley with back-to-back successful operations by security forces," he said. He said Pakistan-sponsored terror-ists are desperate and they're target-ing innocent and unarmed civilians in frustration.

"They will have to pay a heavy

ity. The accounts will be settled with interest," Kesri said.
Kesri further said that given Kashmir is fast on track of normalcy, particularly seen in huge reduction in acts of terror and violence incited, aided and shated from acress the hor. aided and abated from across the border, it appears that Pakistani agencies are using terror modules to supply drug and narcotics so as to derail the

As the economy of Pakistan is in a As the economy of Pakistan is in a dire situation and funding to terror modules from state has stopped, Pakistan agencies are increasingly relying on mobilising funds by smuggling drugs and narcotics to India in comivance with Pakistan agencies, added Kesri. The phenomenon of drug and narcotics peddling aims at corrupting the young minds and procorrupting the young minds and promote the growth of hybrid terrorism. i.e. creating a terrorist mindset among ordinary citizens and youth who are otherwise engaged in their day-to-day and education businesses, added Kesri.

Kesri.
Prominent among those present on
the occasion include Jagmal Pradhan
Gara Ram, Om Prakash, Rajiv
Pradhan, Balveer Kumar, Arnia
Pradhan Vijay Luthra, Brijesh Kumar,
Labba Baba, Balwant Fauji, Darshana Devi, Jyoti Devi, Poli Devi ,Rajni Devi, Neeru Devi and dozens of Shiv

Ram Lal Pajgotra appointed as Chief Organisor while Brij

Organisor while Brij Mohan Shavotra, Rajesh Pajgota and Darshan Patyal as organizers. Pritam Pajgotra appoint-ed as Chief education Advisor of the Sabha.

Deep Sagotra, Kamaljeet Fangotra, Sehdev Khokher

as spokespersons.
Capt. Moti Lal appointed
as Chief Advisor, while
Inder Dev Patyal, Hardesh

Inder Dev Patyal, Hardesh Khokher, Kuldeep Dalotra and Deep Chalotra appointed as Advisors. Vicky Fangotra appoint-ed as Treasure. Surinder Patyal as Chief Art and Planning, Vogesh Sagotra

Modi Govt's Schemes Giving Benefits to needy: Sat Sharma



IAMMU, IUI, 16: On its JAMMU, JUL 16: On its ongoing Mahajansampark Abhiyaan of public outreach campaign today Former Minister Sat Sharma (CA), BJP Talab Tillo Mandal President Keshav Chopra, Ex Sarpanch Trilokpur Raj Kumar and other leaders started door to door campaign at booth No 62 of the Campaign at the Ca paign at booth No 62 of ward 32.

rial having details of the achievements of the 9vrs of Narendra Modi govern-

Narendra Modi govern-ment.

BJP leaders also interact-ed with Prominent Locals under its Sampark se Samarthan Campaign, in which they met with Parveen Khanna & Manik Khanna Practicing

The BJP Leaders went around many streets, fixed astickers, distributed books, Pamphlets and other mate-Sahib Gole Gurudwara tails of the diff opens of diff opens of diff opens of diff opens. Quiral Talab Tillo. While Interacting with the Locals Sat Sharma said that Narendra Modi government during its 9 years tenure has done tremendous work for the common and needy sections of the society. All the schemes of modi govet has given bene-

fits to all those people who really needs it. These 9 years of Modi govt has changed the fortunes of people, he further added. Keshav Chopra while

highlighting the achieve-ments of Modi govt said that common mas has availed the benefits of sevavailed the benefits of sev-eral schemes, Modi govt has provided Ayushman Bharat (Free 5 lacs Health insurance for every citizen of Jammu Kashmir) which is a very helpful for those who can't afford the best healthcare healthcare treatment. District Jammu Convenor Employees & Teacher, Education Cell K.L Sharma Education Cell K.I. Sharma District President Kisan Morcha Jammu Raman Sharma, Mandal President BJP Talab Tillo OBC Morcha Omkar Verma,Sandhesh Kumar, Mandal President BJYM Talab Tillo Dr Sanchit Sharma, Razan Lal, Ramesh Sharma, Ratan Lal, Ramesh Kumar, Kamlesh Kumar, Ganesh, Villa Ram and others also Participated

Natrang stages two shows of world class

IAMMU, IUL 16: World class cultur-JAMMU, JUI. 16: World class cultural event entitled 'Colors of Jammu & Kashmir' a presentation of Natrang Jammu staged here this evening at Abhinav Theatre twice for packedhouse audience public demand. Conceived, designed and directed by Padamshree Balwant Thakur this is the same show which was presented for the International delegates of C20. countries at Srinagar. Ramesh Kumar Divisional Commissioner Jammu was the Chief Guest on the occasion who the Chief Guest on the occasion who also felicitated all the participants of this magnificent show which received standing ovation. Fact remains that Jammites have never seen such an international level show. Earlier while welcoming the distinguished guests, Natrang Director Balwant Thakur informed that for this interna-tional level performance, a team of tional level performance a team of over one hundred professionals and artists worked day and night for three months to create this rarest magic on months to create this rarest magic on stage. Through this presentation he wanted to project the ultimate strength of Jammu & Kashmir i.e., its mind-blowing diversity. In addition to this he wanted to raise the profes-sional standards of the cultural pre-sentations. On the occasion he acknowledged the support of Jammu & Kashmir Government for the pro-& Kashmir Government for the production of this international show Divisional Commissioner Jammu Mr. Ramesh Kumar while appreciating the efforts of Natrang Jammu said that such artistic initiatives will bring new cultural revolutions in this

event 'Colors of Jammu Kashmir' 'Colors of Jammu Kashmir' is a nique cultural album of Jammu and Kashmir showcasing the variegated variety of different colours, rhythms, costumes, design patterns and artistic expressions, expressed through the diverse dances of J&K. This amazing bouquet of rarest dance traditions bouquet of rarest dance traditions unfolded the mesmerizing artistic traditions of the crown of incredible India. Each dance presentation despite being different from the other in rhythm and pace was artistically and aesthetically blended with each other so as to present their harmony and wonderful correlation.

Jammu Kashmir has a diverse blend of many cultures. It has a composite culture created by people from

blend of many cultures. It has a composite culture created by people from different religions. The cultural significance and the amazing diversity of this place is great. The people of J&K have made huge contributions towards the world culture in the form of their arts, performing arts, crafts, literature, oral histories, science, and philosophy. Most of the world visit here to experience the tradition and culture of J&K. The presentation 'Colors of Jammu & Kashmir' expresses the true essence of the cultural ethos of this region.

expresses the true essence of the cul-tural ethos of this region.

Artists who brilliantly depicted the requisite energy and festivity include of Muskan Sharma, Sushant Charak, Radhika, Sunaina Rajput, Rumla, Ankita Sharma, Kanika Chib, Sukriti Singh Jasrotia, Ankeeta Langeh, Akanksha, Akshra Jamwal, Sheetal Thapa, Akriti Panotra, Anshika Wazir, Vrinda Badyal, Shavi Sharma, Gorvi Sharma, Mehak Sineh, Arti Gorvi Sharma, Mehak Singh, Arti Thakur, Kriti Singh Thakur, Bhawana Sarngal, Razia Akhtar, Kananpreet

KGUR, Meenakshi Bhagat, Radhika Sharma, Jeevika Misri, Aashima Dutta, Divam, Ravi Ahirwar, Karan Kumar, Aryan Chalotra, Sachin Mehra, Sahil Narwalia, Vansh Pandotra, Rahul Kalotra, Sahi Banotra, Arun Dev Verma, Arun Sharma, Mihir Guiral, Aryan Dev Sineh, Ilieselwar, Amir Sineh.

Sharma, Mihir Gujral, Aryan Dev Singh, Jiesehwar, Amir Singh, Shaptan Singh, Meshu Ram, Vishal Singh And Vishal Sharma. Natrang's versatile artists who pro-vided highly professional support to the performance included Aadesh Dhar (Programme Assistant Properties) Mitali Sarmal (Make- Up Artist), Mansi Rattan (Costumes Designer). Aaditya Bharti Designer), Aaditya (Programme Bharti Assistant Costumes).Shivam Singh (Designer Costumes),Shivam Singh (Designer Properties), Brijesh Avtar Sharma (Programme Assistant Sound), Maloop Singh (Director Photography), Videography), Sahil Nath (Music Composer and Arranger), Sartaj Singh (Chief Production Controller), Rahul Singh (Programme Assistant Off- Stage Management), Mahikshit Singh (Programme Assistant Off- Stage Management), Mahikshit Singh (Programme Assistant Stave (Programme Assistant Stage Management), Mohd. Yaseen (Chief Managenic... Coordinator Adu Sharma Admin/Creative) Sumeet Sharma (Content Coordinator) , Chander Shekher (Creative

Coordinator) , Chander Shekher (Creative Head Graphics/Designer/Media), Neeraj Kant Sharma (Chief Programme Assistant), Sunny Mujoo (Choreographer Kashmir), Akash Dogra (Choreographer Jammu), Suraj Ganjoo, (Liphts) Sanjew, Gunta Ganjoo (Lights), Sanjeev Gupta Pankaj (Coordinator), Pankaj Sharma (Coordinator) and Anil Tikoo

Saryara Sabha Bahu Fort frames body, constitute trust



IAMMU, IUI, 16: Sarvara Sabha Bahu Fort today con-stituted its body to look into the problems faced by the Saryara community and to promote communal har-mony in the region.

The Sabha also constitut-

ed Mahatma Atma Ram Sidh Ji Trust to look into the day to day affairs of the temple (smadhi) and its functions and activities.

As per handout, a meeting was held at Mahatma
Atma Ram Sabha, Bahu
Fort under the
Chairmanship of
Parshotam Lal Daloutra.
Speaking on the occasion

Speaking on the occasion, Parshotam Lal congratulat-ed the new team and hoped its best for the welfare of

sion, the president also announced the reduction of its community halls tariff from Rs 7000 to Rs 5100.

trom ks 7000 to ks 5100.

Earlier, General
Secretary, Vikas Punia read
out the agenda and introduced a 40-member committee which has been
appointed for specific tasks.
In the first session, General Secretary announced con stitution of the trust to look after the affairs of temple and community hall.

Pritam Chand has been appointed as Chairman of the trust while Romesh Lal Sagotra, Tarsem Lal dalo-tra, Tara Chand Shavotra, Janak Raj Shavotra, Ravinder Basotra and Sashi Kumar Nagotra appointed

as its members. The trust members were welcomed by former chairman Sat Pal Dalotra and Sarvara Sabha President.

In second session, the body of 50 members Sabha was announced wherein Subash Chander Saryara Subash Chander Saryara has been appointed as sen-ior vice president, while Vivek Patyal as vice presi-dent cum chief spokesper-son and Jagdev Raj Dalotra as senior vice president cum chief advisor.

Krishan Lal Sagotra, Dev Raj Shavotra and Mohinder Fangotra appointed as Vice presidents.

Suresh Kumar Dalotra Suresh Kumar Dalotra appointed as Chief Co-coordinator while Ankush Dalotra, Kuldeep Pajgotra and Kuldeep Sagotra appointed as Co-coordina-

Planning. Yogesh Sagotra appointed as Chief Media Advisor while Lek Raj Sagotra, Uttam Sawallia , Rishi Kumar and Vikrant (Monu) as Media Advisors. (Monu) as Media Advisors. Shambu Nath Dalotra, Neel Kanth Shavotra, Madan Lal Nagotra appointed as active mem-bers.

bers. Bunty Nagotra, Jeet Fangotra, Kishor Kumar Sagotra, Sethi Ram Sagotra, Banarsi Pajgotra, Chand Sagotra, Jarnail Khokher, Ashok Kumar Khokher, Satish Chalotra Dev Raj Sagotra (Laddi), Sashi Sagotra, Hari Ram Patyal, Pummy Patyal, Som Nath Patyal and Namdev Shavotra as members.

Modi Govt's performance card matchless in last 9 yrs: Sham Langer

JAMMU, JUI. 16: Convener BJP Trade Cell. BJP J&K, Sham Langer asserted that the report card of Modi Government's performance in the last over nine years is stunning and those criticizing will get goose's bumps after taking a glance. In a statement issued to media per-sons, he gave full credit to Narendra Modi Government in restoring peace in Jammu and Kashmir by turning tough towards terrorists and their

tough towards terrorists and their over ground supporters. He said that there has been considerable decline in terror related violence in J&K during the Modi rule

the Modi rule.

On the completion of nine years of Modi Government, the BJP functionary presented a complete report card on the performance of the BJP Government at Centre, claiming it to

be matchless.

Maintaining that Kashmir is return-



ing to normalcy and attaining the name of being paradise on earth again, he said J&K's borders are now insulated from terrorism as infiltration has almost made impossible for tion has almost made impossible for the terror mongers waiting across the border. He said many bold decisions were taken by this Government for safeguarding the borders as well as hinterland.

He said the situation totally

changed after August 5, 2019 when Modi Government took a bold deci-sion of abrogation of Articles 370 and 35A, which proved all those leaders wrong who had warned that blood will spill on roads if the special status granted to J&K was touched. "Instead peace has returned to Valley and development is apace", he added. "Tremendous development in J&K is "Tremendous development in J&K is the outcome of Modi Government's move to end the special status", he said adding that children of Kashmiris are on path of progress as they are cracking MBBS, Engineering and Civil Services examinations unlike the earlier regimes' time when indirect the three of the control of the contr joining the terrorist ranks was in vogue. He said that jam packed houseboats, hotels, etc are the testi-mony to the fact that Modi government has achieved matchless fate and restored the pristine glory of J&K which was once known as heaven on

Under hard economic condition, poor unable to afford exorbitant electricity bills: Rafiq Malik

JI NEWS SERVICE

region and need patronage and sup-port of all.

JAMMU, JUI. 16: Expressing grave resentment over huge power bills being received by poor people of J&K after installation of smart meters in J&K, Lok Jan Shakhi Party (Ramvilas) J&K President Rafiq Malik appealed the Lt Governor to ask the PDD authorities to address this grave public issue. He said the people of our state belong to middle class and below poverty line families and they cannot afford this system. This power cannot afford this system. This power is generated on our rivers. The gov-ernment is sending it to outside

states.

Then they increase tariffs here to buy power. How can poor people pay 73,000-4,000 bill of smart meters," Malik said. "A cooking gas cylinder costs 71,250, kerosene is 7100 per litre. They can't afford to buy gas cylinders from whore they will bring the state of the st ders, from where they will bring money for huge power bills. They are killing poor people," he said. Malik said poor people can't use fans for their children in this scorch-

hing heat in wake of huge power bills beyond their reach. "We are not against smart meters but the govern-ment needs to check the ground real-



ity. Poor people don't have the capacity to pay huge power fees. "They cannot afford the smart meter billing. Their income is very nominal as the majority of the people in our area are either working as salesmen, autorickshaw drivers or roadside vendors. They hardly manage the school fee of their children," said Malik.

tee of their children," said Malik.

Malik alleged that government is
sucking the blood of poor people
across JK by installing the Smart
meters and by imposing large
amount of power bills. While
demanding free power and drinking
water to people of Jammu Kashmir,

he urged LG Administration to address this issue on priority basis. "We don't understand why the gov-ernment is not listening to our griev-ances. Despite all resentment, the government is going ahead with the move," said Malik-He said that they want flat rates and not the smar

want flat rates and not the smart meter-generated power bills. He said that given their economic condition, they won't be able to afford exorbitant bills. "Despite abun-dant power resources, people are made to suffer. This is our electricity and we have first right over it," said Malik.

Addressing common people's issues priority of Modi Govt: Kavinder Gupta

IAMMU, IUL 16: Kavinder Gupta, senior BJP leader and former Deputy Chief Minister, reaffirmed the commitment of Bharatiya commitment of Bharatiya Janata Party (BJP) govern-ment at the Centre in pro-viding basic necessities to the people across the nation in general and J&K in particular.

He made these remarks He made these remarks during the commencement of development work at Ward no. 20 in the presence of local Councilor Rahul Kumar at Gandhi Nagar here today. Highlighting the BJP government's focus on addressing the issues faced by the common people. Kavinder Gupta ple, Kavinder Gupta emphasized that serving the citizens has always the citizens has always been the top priority of the BJP-led government under the leadership of Prime Minister Narendra Modi. He stated that the BJP's ide-ology revolves around serving the people of the nation and ensuring their well-being.

nation and ensuring their well-being. Kavinder Gupta further highlighted the Prime Minister's special inclination towards Jammu and Kashmir and its people, stating that there is no Kick-start development work at Ward 20

shortage of funds when it to the development of this Union Territory. He expressed confidence that the government's unwavering commitment to the ing commitment to the progress and welfare of Jammu and Kashmir will continue to bring about positive changes in the lives of its residents.

Underlining the BJP's dedication to inclusive development and unlifting

development and uplifting the standard of living, Kavinder assured the residents of Ward No. 20 that their concerns and require-ments would be effectively addressed through ongo-ing and future develop-ment initiatives.

community to embrace the consumption of millets in their daily lives.

To engage the children and introduce them to the

nutritious qualities of mil-

lets, a delicious Kheer made with Samak Rice was

made with Samak Rice was prepared and distributed among them. The children relished the taste and appreciated the captivating aroma of the dish, indicat-

ing a positive response towards incorporating mil-

Kavinder Gupta appreciated ated the efforts of Councilor Rahul Kumar for taking interest in address ing issues of general public. He said this all was possi-ble only due to his dedicatble only due to his dedicat-ed efforts and the urge to serve the people of the Ward. He hoped that Rahul Kumar will continue to serve the people and the spree of development for the welfare of common

Councilor Rahul Kumar acknowledged the efforts of BJP Government at the Centre in ensuring the overall growth and pros-perity of the region. He said that government at the

lets into their diet.

During the event, a special presentation of Ragi,
Jowar, and Samak Rice was

made to Rekha Sharma, an

Anganwadi worker. This

gesture aimed to encourage

and support the Anganwadi staff in pro-moting the consumption of millets among the benefici-aries they serve. Divya Jain, in her address emphasized the

address, emphasized the significance of Shriann

BJP Mahila Morcha South organizes another Millet

awareness programme at Anganwadi Centre Narwal Divya Jain emphasizes significance of millets in maintaining a healthy lifestyle

Centre always works for the welfare of people and will leave no stone unturned to do so. He said that there are several develthat there are several devel-opment projects which are in pipeline for the area and the same shall be taken up in a phased manner. Among those who were present include Bharat Bhushan Mandal President, Rachit Khosla Mandal General Secretary.

Mandal General Secretary, Narinder Gupta District Vice President, Sandeer Gupta, Satbir Singh Ward President, Mohit Seth, Anil Koul, Dalip Koul, Vijay Verma, Mohit Raina, Naresh Gupta and Raman Chadda.

healthy lifestyle. She applauded the efforts of Anganwadi workers and encouraged them to incor-porate millets more prominently in the meal plans of

the children. She also high-lighted the nutritional ben-

efits of millets and their

role in combating malnutri-

tion and promoting overall

recipes and cooking meth-

Participants actively shared their experiences

and ideas, fostering a sense of community and knowl-

Mahila Morcha Prabhari Radha Sharma, Vice President Sarojini Sharma,

Mandal President Kamlesh

Magotra, and Social Media

Convener Leela Chhetri

were present during the

edge exchange.

involving millets.

well-being. The program also includ-ed a discussion on various

Tony urges LG Sinha to rescue farmers in dying paddy bowl

JAMMU, JUL 16: Taranjit Singh Tony, Chairman of AAP J&K for Administrative Engagement and Minority Affairs and DDC Member Suchetgarh urged the Lt Governor to rescue farmers from the worsening situation faced by them in the durine situation faced by them in the dying paddy bowl. With the scarcity

paddy bowl. With the scarcity of water plaguing the tail end of border villages, Tony urged immediate inter-vention to rescue the farming com-munity from this dire predicament. In a statement issued here today, the senior AAP leader said that lack of a reliable water source at the zero line of the border villages has created a severe crisis. The D-17 canal, which a severe crisis. The D-17 canal, which should have reached the tail end at Sae Devigarh Bullachak by now, remains incomplete. Astonishingly, the entire Irrigation Department appears to be in a state of dormancy, the control of the owing no urgency in addressing this pressing issue, he said.

ny highlighted the distressing fact that over 50 tubewells in the border villages are out of order, awaiting minor repairs that remain pending. "Furthermore, the lift irrigation sys-



tem, which should be a lifeline for tem, which should be a lifeline for farmers, is completely dysfunctional. Despite repeated pleas to the engi-neers, including the Chief Engineer of the Irrigation Department, all requests have fallen on deaf ears," he said.

In a direct appeal to the Governor, Tony sought immediate action, requesting him to direct the concerned authorities to visit the concerned authorities to visit the affected areas promptly. Expressing disappointment, he emphasized that the XEn (Executive Engineers), including the Chief Engineer, have confined themselves to the comfort of their air-conditioned offices, ignoring the distressing reality faced by farm-ers in the field.

"Adding to the farmers' plight, prolonged power cuts have further erbated the situation. With their pump-sets rendered inoperative due to power shortages, farmers are unable to access any means of irrigation water, be it through canals, lift irrigation, or tubewells," he said.

Tony warned the administration,

cautioning them about the dire consequences if farmers are driven to the point of desperation, even contem-plating suicide due to the unavailabil-ity of irrigation water. The gravity of the situation demands immediate attention and urgent measures to pre vent such an unfortunate outcome,

The AAP leader appealed to the Lt Governor to prioritize the well-being of farmers and take swift action by directing the concerned officials to address this crisis. He said that the survival of the paddy bowl and the livelihoods of countless farmers are at stake, requiring immediate interven-tion and long-term solutions.

Darakhshan presides over 3rd Anniversary of Jazbaat at Chandigarh

'Only in peace times, media thrives': Dr Andrabi



JI NEWS SERVICE

CHANDIGARH, JUL 16: Minister of State and Chairperson J&K Waqf Board Dr Darakhshan Andrabi today presided over the 3rd Anniversary over the 3rd Anniversary of media platform Jazzbaat at Chandigarh today. Dr Andrabi inaugurated the 3rd Anniversary event amid a musical bonanza where eminent artists performed. Jazzbaat begun three years ago with J&K connections and established it's Media Head at Chandigarh. This platform Chandigarh. This platform earned immense success & is now ready to go National with 24x7 feed soon. Darakhshan presented

Awards to the professionals attached with Jazzbaat for their exemplary contri bution for making this ini tiative a digital succe tiative a digital success. Speaking to the audiences on the occasion Dr Andrabi said that media thrives only during peace times & when we all are celebrating the emergence of India as a course we are also witness. power, we are also witness-ing positivities in our print and electronic media fields like never before. "Unlike earlier regimes, we don't earlier regimes, we don't believe in emergencies and curbs and conditions being imposed on media. We respect the freedom of speech of Media and also respect the duties pro-nounced by our constitution at the same time", said Andrabi, While hailing the Jazzbaat team for their venture turned into an inspir Andrabi said that the very conducive environment

innovative platforms which are providing job opportunities to the talent-ed youth and also providing them me and to exhibit their talent. "India is now a their talent. "India is now a country of boundless opportunities and the youth are facilitated to take lead in becoming leaders of the future of India & the future of the whole of humanity. Our visionary youth are now revolution. youth are now revolution-ising our media spectrums to become the global leaders in this field of truthful too" Darakhshan

is encouraging our enter-prising youth to start new

Gandhi Memorial College Sgr organises Trekking expedition for Girl students

TrekKing expedition for Girl students SRINAGAR, JULY 16: In a first, Gandhi Memorial College, Srinagar organised the maiden trekking expedition for girl students from Naranag, a tourist village, in the Ganderbal district to Marchoi, an upper reach on the same mountainous range.

A total of 30 students and six faculty members including the college principal, Prof (Dr) G M Lone were part of this trekking expedition.

The purpose of the trekking expedition was to sensitize the students about the importance of physical and mental fitness through exploring and enjoying the scenic beauty of Naranag.

IIT campus in Abu Dhabi is remarkable contribution towards global education: Raman Suri

"UAE trading in Rupee will ease businesses"

JI NEWS SERVICE

JAMMU, JUL 16: BJP

Mahila Morcha Jammu South, as part of its ongo-ing initiative to raise awareness about the bene-fits of millets, organized another impactful aware-ness program at the

ness program at the Anganwadi of Narwal

Panchavat. The event, led by Divva Iain, President

BIP South Jammu, aimed to

IAMMU, IUL 16: Bharativa Ianata Party (BJP) J&K Executive Member Raman Suri said, known for his pro-ductive visits, Prime Minister ductive visits, Prime Minister Narendra Modi has signed another remarkable agreement with UAE wherein both India and UAE will start trading in Rupee and open an IIT-Delhi campus in the Gulf Country. While the former initiative willease business processes and facilwillease business processes and facilitate smoother operations, the latter one will educate and equip individuals with technical knowledge to contribute to global efforts, a priority shared by every country.

Raman Suri said that this is most unfortunate that opposition leaders, blinded with empire and procession.

unfortunate that opposition leaders, blinded with enmity and personal grudges against Modi, will not see these historic steps as achievements and instead will stay mum. Their nar-row-minded approach towards the nation is not allowing them to grow and call a spade a spade. Anyways, India, one after another is meeting its targets and progressing by leaps and bounds.

The BIP leader said that within a



to purchase Rafale aircrafts from France, started trade in Rupee in France, launched Chandrayaan-3 on moon and now signed another his-toric agreement with UAE to trade in rupee as well as set up an IIT-Delhi campus, which is a proud moment for Indixes for Indians.

Aimed at deepening multi-faceted Aimed at deepening multi-faceted bilateral ties, such offshore campus of Indian Institute of Technology (IIT), the prestigious institutions of India, will take the demeanour beyond the Indian peninsula. The offshore campus is scheduled to be mentored by the Indian higher educational institutions, said Rayana, Suir. He further week's span, India signed agreements tions, said Raman Suri. He further

added that trade settlement in local linking the Fast Payment Systems of India and the UAE besides an IIT campus in the Gulf country will open new vistas for people of both the countries and,also addr several global issues. He hoped that more such IIT offshore campuses are set up in several other countries as well, so that India develops stronger relationships with the nations and produce world-class engineers who can deal with global issues. Since these institutions will be providing degrees in several areas such as Energy and Sustainability, Artificial Intelligence, Computer Science and Engineering, Mathematics and Computing and other disciplines of engineering, science, and humanities, those passing out from these institutions will be

This is the power of Indian educa-tion system and new National Education Policy (NEP) brought in by said Raman Suri.

able to tackle various issues ably.

FICCI FLO JKL conducts industrial visit to M/s Naturis Cosmetics

Aims to explore entrepreneurial opportunities in J&K & Ladakh, says Varuna Anand



JI NEWS SERVICE

IAMMU, IUL 16: FICCI FLO Jammu-JAMMU, JUL 16: FICCI FLO Jammu-Kashmir & Ladakh, led by Chairperson Ms. Varuna Anand, organized an illuminating industrial visit to M/s Naturis Cosmetics at Bari Brahmana. The visit, held today, pro-vided FLO JKL members with valu-able inscibile into the interest and able insights into the journey and operations of M/s Naturis Cosmetics, one of India's leading private label cosmetic manufacturers

During the visit, Sanjay Mehra, Director of M/s Naturis Cosmetics, graciously shared the story of the company's inception and growth, taking the FLO JKL members through various sections of the factory. The tour included a glimpse into Research and Development (R&D) department, the production area, as

department, the production area, as well as the packaging processes. Established in 2011 in Jammu City, J&K, M/s Naturis Cosmetics has transformed into a state-of-the-art cosmetic manufacturer, catering to clients across India. The company's prestigious clientele includes renowned brands such as Nykaa, St. Botanica, Boericke & Tafel, Colorbar, Plum, Pilorin Schwabe, amone oth-Plum, Pilgrim Schwabe, among others. In addition, M/s Naturis Cosmetics has expanded its reach globally, exporting its products to UAE, Europe, and the USA.

Expressing gratitude to Sanjay Mehra for the informative visit, Mehra for the informative visif, Varuna Anand described the experi-ence as truly enlightening, with many valuable takeaways and learning for all FLO JKL members. She empha-sized that the purpose of such indus-rital visits is to nutrue the spirit of entrepreneurship among women and to provide them with a deeper under-standing of the production processes. Varuna Anand further said FICCI FLO JKL has been working trielessly

FLO JKL has been working tirelessly to create a platform for the growth and development of women in the and development of women in the Union Territory. Through initiatives like industrial visits, the organization aims to empower women and inspire them to explore entrepreneurial opportunities. FICCI FLO JKL is ded-icated to fostering women's empowerment and creating a supportive net-work for women in Jammu-Kashmir & Ladakh, she added.

& Ladakh, she added.

The core team members who accompanied the Chairperson FICCI FLO JKL include Ruchika Gupta, Aarti Chowdhary, Sona Mehta, Pooja Gandotra, Mona Saraf, Chandni Kapoor and members Sapan Jain, Ruhi Aggarwal, Shweta Aggarwal, Neha Mahajan, Dr. Sandeep Khosla, Dr. Aastha Mahajan, Aditi Puri & Ritika Mahajan.

Indian Council of Agricultural Research celebrates its 95th **Foundation and Technology Day**

The Indian Council of (ICAR) celebrated its 95th Foundation Day today at National Agriculture Science Complex, Pusa, New Delhi.

New Delhi.
Narendra Singh
Tomar, Union Minister of
Agriculture and Farmers'
Welfare and President
of ICAR Society was the
Chief Guest of the pro-gram. Shri Parshottam
Rupala, Union Minister
for Fisheries, Animal
Husbandry-Dairying and
Shri Kailash Choudhary,
Union Minister of State
for Agriculture and Farm-Welfare and President of ICAR Society was the Chief Guest of the program. Shri Parshottam Rupala, Union Minister of Fisheries, Animal Minister of Fisheries, Animal Minister of Rost Minister of

is happening because of sincere efforts of farmers and scientists. The Minand scientists. The Minister said exports earning from agricultural and horticultural product have crossed 50 billion US dollar. He informed that Government is giving emphasis on organic farming and a separate mising and a separate mis-

2023" to commence at Ulaanbaatar, Mongolia

at Special Forces Training School, Bakloh in Octo-

India-Mongolia joint military exercise "Nomadic Elephant -

the last edition was held bonhomie, camaraderie

tioned that after 5 years tioned that after 5 years ICAR will complete 100 years and this is the right time to strategize to set milestones for advance-ment in agriculture to be achieved in centenary

year.
Dr. Himanshu Pathak,
Secretary (DARE) and
Director General (ICAR)
said that unprecedented
growth in the agriculture sector has been recorded. He emphasised that India i food grains, but are also agriculture all capanities. In his presentation, he highlighted about the achievement made by ICAR such as development of 346 varieties of food grains, 99 varieties of horticulture crops, mapping of efficient cropping system claumes, fertigation schedule for 24 crops, 28 new equipment's and machineries, corona virus and lumpi disease vaccines, new diagnostics, breeding protocol of new fish breeds, conduction of 47088 on farm trials and

globally and millets are getting significance in Choudhary shared the International Year of Millets, he added. This soin and appreciated is happening because of ICAR. He further men- 711 technology licencing 711 technology licencing agreements were signed by agriculture scientist from different industries. from different industries. In order to promote agri-culture innovations for commercialization, Sci-entist-Industry interface meetings are also orga-nized as side event. Earlier Shri Sanjay Garg, Additional Secre-tary (DARE) & Secretary ICAR delivered welcome address.

address. Members of the ICAR He emphasised that India is not only self-sufficient in the production of Officials of ICAR Head food grains, but are also exporting agriculture and ICAR Institutes, Scientists

room intervention, small team tactics and rock craft training. Soldiers from both sides will learn from each other's operational experience. India and Mongolia have a shared commitment to regional security and cooperation. Exercise NOMADIC ELEPHANT-23 will be yet another significant milestone in the defence cooperation between the

room intervention, small

Deputy Prime Minister felicitate the winners of 3rd Edition of Singapore - India Hackathon AGENCIES NEW DELHI, JULY 16

Dharmendra Pradhan and Singapore's

Minister for Education. Skills Development and Entrepreneurship, Government of India, Shri Dharmendra Pradhan,

ernment of India, Shri Dharmendra Pradhan, and Singapore's Deputy Prime Minister & Minister for Finance, Mr. Lawrence Wong today felicitated the winners of 3rd Edition of Singapore - India Hackathon in Gandhinagar, Gujarat.

A tool to help regulators detect potential suspects of insider trading created by students of Nanyang Technological University, amity University, and Dwarkadas College of Engineering took the top student prize at the third edition of the Singapore-India Hackathon, jointly organised by All India Council for Technical Education (AICTE) of Ministry of Education, India Council for Technical Education (AICTE) of Ministry of Education, India and Nanyang Technological University, Singapore (NTU Singapore). The top winner in the startup category, Haqdarshak won for enabling 2.8 million Indians to unlock close to SGD 700 million in government welfare services. Held under the G20 Presidency in IIT Gandhinagar, Gujarat, the hackathon's finale brought together the finale brought together the best start-ups and students from India and Singapore. It was attended by over 600 students, start-ups investors, policymakers, corporates, and academ-

solutions to common societal challenges. Fuelled by the power of knowledge, research and innovation, both India and Singapore are committed to better are committed to better er. The teams competed prepare for the future, to showcase solutions for

achieve mutual prosperity and advance global good, Shri Pradhan added.

He also said that the modern-day develop-ment rests on three axis: knowledge, research and innovation. Singapore as a knowledge-based econoa knowledge-based economy has transformed itself through knowledge and excellence in education in the last 30-40 years, he added. Shri Pradhan highlighted that through NEP 2020, India has made great strides in becoming a knowledge-based society and the next Z5 years of Amrit Kaal are full of promise and potential promise and potential for India and close collaboration through initia tives like Singapore-India Hackathon would help in knowledge transfers between our two coun-

ics.

Speaking on the occasion Shri Pradhan stated that knowledge is power. He added that initiatives, like SIH, are a wonderful way to facilitate knowledge exchanges and unleash the innovation potential of youth of both our countries and that going forward we must take the hackathon culture beyond the realms of STEM to find solutions to common soci Lawrence Wong. first-time post (Covid-19) pandemic, adding that the hackathon brings our best youth and minds to solve global challenges togeth-

Financial Fraud Detection, Financial Inclusion and Credit Offering, Sea-level Rise and Coastal Flooding.

six problem statements -

Rise and Coastal Flooding, Optimising Food Recycling, Monitoring Carbon Footprint, and boosting Singapore-India Trade Connectivity.

This year's Singapore-India Hackathon brought together not only research-intensive academic institutions like NTU Singapore and IIT Gandhinagar, but also leading corporates and the public sector from both nations to mentor the aspiring entrepreneurs aspiring entrepreneurs for building start-ups that impact some of the world's most pressing global chal-lenges, he added. Dharmendra Pradhan

and Mr. Lawrence Wong had meaningful conversations on deepening our engagements in all areas beginning from 'Schools to Skills.' The Ministers dis-Skills: The Ministers dis-cussed about Integration of vocational education in schools, empowering youth with critical skills, future-proofing work-force, capacity building of academic institutions, teachers and trainers, research and innovation collaborations are India's priorities. priorities. They resolved to finalise

tices and realising the full potential of knowledge and skill's partnership for our future generations

The Prime Minister of India, Shri Narendra Modi, initiated the first Singapore-India Hackathon in 2018 on an official visit to Singapore, with the past two events held in Singapore in 2018 and and India in 2019 at IIT Madras. The Prime Minister of India, Shri Narendra Modi, sent a writtern message, "I am delighted to learn about the NTU Singapore-India Hackathon 2023. The organization of this Hackathon comes at a time The Prime Minister of

Hackathon comes at a time when India has assumed the presidency of G20. The mantra of the G20 Presidency, 'One Earth, One Family, One Future', is the manifestation of ancient Indian concept of Vasudhaiya Kutumbaka which means the world is one family. The essence of this vision is to come

of this vision is to come together to build a shared future. The Singapore-India Hackathon is an ini-tiative that encapsulates this noble thought. Later in the day, Shri Pradhan interacted with the participating students and start-ups that compet-ed in the Singapore India Hackathon. He admired their passion to make a They resolved to finalise and sign G-10-G MoU for a cooperation in education and skill development and establish a Joint Working Group for incorporating value of the cooperact of the cooperation with the cooperact of the cooper

an annual training event exercise is to build posi-with Mongolia which is tive military relations, conducted alternatively exchange best practices, in Mongolia and India, develop inter-operability, FROM THE FRONT PAGE...

Indian Army contingent comprising of 43 personnel left for Mongolia today. The contingent will participate in the 15th edition of bilateral joint military exercise "NoMADIC ELEPHANT' is all july 2023. Exercise NOMADIC ELEPHANT is an annual training event and an annual training even to the participate in the 15th edition of bilateral joint military exercise is scheduled to be conducted at Ulaan-baatar, Mongolia from 17 to 31 July 2023. Exercise is NoMADIC ELEPHANT is a carrier. The aim of this an annual training event

J&K Administration is...

with enthusiasm", he said.

Sometimes unknown and a new path create fear in ur mind. By breaking free of the fear, the youth of J&K re charting a path to success and scripting their own estiny through entrepreneurship, the Lt Governor bearing.

destiny unough entroperations.

One of such inspirations is Safina Mushtaq of Baramulla who decided to become agri-entrepreneur after her studies. Starting with mushroom cultivation, she subsequently diversified in Flower Seedling and Protected Cultivation. With her zeal, she carved out a successful career in agri-business, the Lt Governor said.

He said the youth like Sandur Kumar from Reasi is a shining example of a successful Agri-preneur. Today, he has developed a sustainable business model by combining three areas of businesses, mushroom cultivation, and the said the

ing three areas of businesses, mushroom cultivation. beekeeping and dairy. Such strength, determination and grit is the real power behind J&K's faster growth,

and grit is the real power benind jack is laster growth, he added.

Peerzada Muqeem, a post-graduate in Diplomacy Law and Business tapped the huge business potential of Dairy farming. With a milk processing plant and future action plans, Peerzada Muqeem is scripting his own success story, the Lt Governor said.

Sharing the suggestions of Shruti Arora, a voice artist from Jammu, Srinagar's GR Ahangar, Rajendra Prasad, Sumit Puri and Rajeshwar Singh from Jammu and Muneeb Mushtaq from Anantnag regarding promotion of voice artists and ghazalists in JaKe, public participation in urban governance, Inclusive SMART City and community participation, the Lt Governor directed the concerned departments to take appropriate action. He also voiced the inputs received from Jammu's Loviesh Kumar, Mudasir Ahmad Mir from Shopian, Veena Jamwad from Samba and Preett Sharma, a textile artist from Jammu on strengthening the role of Panthavari Pot Institutions in SMART villuser and occasion.

artist from Jammu on strengthening the role of Pan-chayati Raj Institutions in SMART villages and promotion of Textile Art in Jammu and Kashmir

tion of Textue Art in Jammu and Assimir.
More than 41,000 citizens have joined the MYGOV-JK platform and are voicing their opinion on various topics. Enthusiastic response on these idea-feedback platforms has strengthened public participation in the

policy-making, he said. The Lt Governor also poncy-making, ne said.

The Lt Governor also congratulated Dheeraj Bismil and 5mt Nighat Nasreen on winning the Sahitya Akademi Yuva Puraskar 2023 for their rich contributions

to Dogri and Kashmiri languages, and Balwan Singh Jamoria on winning the Bal Sahitya Puraskar.

engage in various training activities designed to enhance their skills and capabilities. These activities include endurance training, reflex firing, on the control of the

ADGP Kashmir reviews...

bonhomie, camaraderie and friendship between the two armies. The primary theme of the exercise will focus on counter-terrorism operations in mountainous terrain under United Nations mandate. The scope of this exercise involves Platon level Field Training Exercise (FTX). During the exercise, Indian and Mongollan troops will engage in various training activities designed to

ADUF Natshillin TeViews...
of additional measures to be adopted by the police
and CRPF personnel. He emphasized upon officers
to ensure that SOPs are being adhered in letter and
spirit. He directed the officers to be extra vigilant and
to ensure that safety and security of pilgrimage is not
being compromised. The new measures advised by
ADGP Vijay Kumar will enable the police and SPs to
better tackle security challenges and ensure the safety
and smooth measures for convois on the National Highand smooth movement of convoys on the National High way," read a press release of J-K Police.

Emphasizing the importance of maintaining smooth traffic flow, ADGP Kumar instructed Kulgam police to extend full assistance to traffic personnel in regulating traffic and preventing any harassment to visitors and

locais.

Furthermore, ADGP Vijay Kumar stressed the importance of safeguarding the interests of tourists and the general public. He emphasized the need to create a welcoming and safe environment, free from any form of harassment.

of harassment.

"Following the security review, Vijay Kumar convened a coordination meeting at the headquarters of the 163rd Battalion CRPF, where officials discussed strategies and measures to prevent any potential terror incidents along the designated route. Recognizing the significance of maintaining robust security on this vital transportation route, ADGP Vijay Kumar led discussions on various counter-terrorism initiatives," added the release.

While instructing SSP Kulzam, ADGP Kumar emphasurements.

While instructing SSP Kulgam, ADGP Kumar emphasized the need to gather specific human intelligence to enhance cordon and search operations on both sides of the National Highway.

maintain a secure environment for all participants of

the Amarnath Yatra.

"The administration remains vigilant and steadfast in the administration remains vigilant and steadids in sesolve to provide a safe and memorable experience oilgrims undertaking this sacred journey," read the ase. (Agencies)

Udhampur to offer...

the holy spot of Sudhmahadev also received attention only after 2014 and now an alternative national highway is under construction for facilitating connectivity. While Mantalai and Mansar are already being included in the official tourist circuit, Shiv Khori is also expected to

become part of it in times to come.

Dr Jitendra Singh observed with satisfaction, the neighbouring district of Kishtwar, the pilgrimage Machail Yatra lacked basic facilities. In the last 9 years, toilets

neighbouring district of Kishtwar, the pilgrimage Machail Yarra lacked basic facilities. In the last 9 years, toilets and mobile towers were provided enroute the yatra and in the absence of power supply, exclusive Solar Power Plant has also been provided.

Dr. Jitendra Singh said, the Udhampur Parliamentary Constituency is blessed with the treasure of ancient religious tourism sites in the country and it has been possible under PM Narendra Modi that these religious tourism sites have been taken care of and developed for the first time for ease of religious pilgrimage and retival of religious tourism in the country.

Dr. Jitendra Singh said, Udhampur Parliamentary Constituency is the infrastructural marvel and best ever connected constituency in the country, and has seen tremendous development in the last nine years. The Delhi Katra Express Highway, historic Kamakhya (Assam) to Katra (Vaishno Devi) train covering a distance of more than 2,000 Km and connecting the two important destinations of religious pilgrimage and Vande Bharat Express are among the best gifts provided by PM Narendra Modi giving boost to the religious tourism in Jammu and Kashmir, Dr. Jitendra Singh added.

Dr. Jitendra Singh said, the religious tourism circuit in Udhampur Parliamentary Constituency has a very important role in the development and progress of the region as pilgrims across India have a desire to visit these religious sites. From the very first day being sworn in as the Prime Minister of India, PM Narendra Mod jut forward a vision to connect places of religious interest across the country with a safe, efficient and comfortable

of the National Highway.

"Recognizing the importance of intelligence-led operations in ensuring the safety of the region, ADGP Kumar emphasized the need for gathering precise and cationable intelligence. The generated human intelligence will play a crucial role in identifying potential threats and facilitating efficient security measures along the designated route; stated the release.

ADGP Kabmir's proactive review and coordination efforts reflect the commitment of the security forces to

network, Dr. litendra Singh added

network, Dr. Jitendra Singh added.
Dr. Jitendra Singh said, PRASAD scheme 'Pilgrimage
Rejuvenation And Spiritual Augmentation Drive' aims
to integrate pilgrimage destinations in a prioritised,
planned and sustainable manner to provide a complete
religious tourism experience and it is because of this
scheme of the government that religious tourism has
been revived in India, Udhampur Parliamentary Constituency being the best example of it.
Dr. Singh directed district administration to speed
up the work on these religious tourism sites so that the
projects are completed in time.

projects are completed in time.

Rains lash J&K as...

was 2.2°C above normal for the world famous skiing resort in north Kashmir's Baramulla district, he said Jammu recorded a low of 25.1°C against 26.6°C on the previous night and it was 0.3°C above normal for J&K's rinter capital, he said. Banihal recorded a low of 20.5°C, Batote 19.6°C, Katra

22.2°C and Bhaderwah 18.3°C, the official said

Tarun Chugh leads...

fartun Unugn teads...
for the upcoming primary and local body elections. With heightened determination and a renewed sense of purpose, BIP members stand ready to embrace the electoral challenges that lie ahead.

The Bharatiya Janata Party remains steadfast in its commitment to serving the people and upholding the principles of good governance. Under the leadership of Tarun Chugh and drawing from the collective wisdom of its esteemed leaders, the party is poised to secure a resounding victory in the upcoming elections, bringing transformative change and prosperity to the region.

DGP J&K visits 92...

the lady yatri.

The lady yatri infortunately scummbed to her injuries: The injured Police personnel were evacuated by army and private helicopter on Yatra duty.

While Central Reserve Police Force (CRPF) personnel were injured after a vehicle they were travelling in rolled down into river Sindh near Nilgrath helipad in Baltal Sonmarg area of Ganderbal district.

BJP abhors dynastic & casteist politics: MP Gulam Ali Khatana



JI NEWS SERVICE

of 9 Saal bemisaal cam-paign of BJP on completion of 9 years of PM Narendra Modi led government, MP Rajya Sabha Er. Gulam Ali Khatana today attended a Tiffin Par Charcha' event, organised by locals of Bhatindi area here.

Speaking on the occasion MP Gulam Ali said that BJP believes in Sabka Saath,

Sabka Vikas, Sabka Vishwas and is totally different from "dynastic and casteist" parties whose only aim is to create "fitna" only aim is to create "fithat" in the society. Launching a scathing attack against NC and PDP for creating confusion over the government decision to allot plots to landless, homeless people in the UT, MP Gulam Ali said that the recent attack on three labourers in attack on three labourers in attack on three labourers in Kashmir was a result of

rumour mongering by Mehbooba Mufti and Omar Abdullah. He said that BJP is different from other traditional political parties that are dynastic and with that are dynastic and with casteist mindset. He said that BJP has an altogether different identity and it is not a dynastic party, not a casteist party, and it is not run by one person. BJP is a party of common propaga

party of common people and its workers MP Gulam Ali said that

ic leadership of Prime Minister Narendra Modi touching new heights and is known as the largest party in the world with over 11 crores membership.He during past nine years country has become a New India where become a New India where borders have been secured and no one can dare to enter Indian territory and occupy land.

He said that law of the land has been established

NEWS

and crooks are afraid of the present regime. They are trying to defame India and present regime for their ulterior motives.

Prominent among those present were Waseem Choudhary, Puttoo Choudhary, Razak Ali, Gafoor Choudhary, Riaz Ahmed, Lal Hussain and

One of the key decisions made dur-One of the key decisions made dur-ing the meeting was the dissolution of the present body, paving the way for the formation of a new committee that will effectively cater to the diverse needs and aspirations of GSS members. Ranchhor Singh was nomi-nated and entrusted with the respon-sibility of serving as the Incharge of the Sangathan until the formation of the new committee. the new committee.

NEW DELHI, JUL 16: Gantantrik

NEW DELHI, JUL 18: Gantantris Samaj Sangatham (CSS), a prominent social organization, held a virtual meeting which was presided over by its Founder Member, Kamal Singh. The meeting witnessed active partici-pation from members of the Central Working Committee, marking a sig-officant milestone in the accessive.

nificant milestone in the organization's journey towards progress and

development.

The meeting passes several resolutions aimed at strengthening GSS and enhancing its impact on society. The first resolution addressed the urgent nrst resolution addressed ne urgent need for the registration of Gantantrik Samaj Sangathan, which will provide the organization with legal standing and authentication. This development is anticipated to

Ranchhor Singh as Interim Incharge

GSS dissolves present body, appoints

Another noteworthy resolution passed during the meeting was the decision to hold regular virtual meetings every Saturday. This move will allow GSS members from different allow CSS members from different states to actively engage in discus-sions, share ideas, and contribute towards the organization's growth and development. The virtual meet-ings will serve as a platform to address important issues, develop strategies, and ensure unity among CSS engelbers. GSS members.

Furthermore, in an effort to streamline communication and provide a consolidated platform for GSS's consolidated platform for GSS's online presence, the meeting also emphasized the clubbing of two sep-arate websites into a single, compre-hensive website. This consolidation will not only enhance accessibility for members and the general public but also promote a cohesive and unified approach in disseminating informa-tion about GSS's initiatives, pro-grams, and achievements. To ensure comprehensive represen-

To ensure comprehensive representation and participation, GSS has decided to include members from every state and union territory across

the country in its Central Working Committee. This inclusive approach will foster diversity, promote region-al perspectives, and establish a broad-based decision-making process within GSS.

To maintain the momentum and To maintain the momentum and continue fostering collaboration and progress, CSS will continue to conduct virtual meetings every Saturday, focused solely on CSS agenda items. This will provide a platform for members to actively engage, exchange ideas, and contribute towards the organization's objectives.

Kamal Singh expressed his optimism and gratitude towards the commitment and dedication demonstrational control of the co

mitment and dedication demonstrat ed by GSS members during the virtual meeting.

He emphasized the importance of

He emphasized the importance of unity, collaboration, and inclusivity in achieving GSS's mission of social and political progress. Among those who participated in the meeting include Rancher Singh from Rajasthan, Piram Singh Sainfrom J&K UT, Madan Mohan from lharkhand, Shiv Dass Mahajan from Maharashtra. Adv. Mukesh Singh Maharashtra, Adv Mukesh Singh from Allahabad, Hitler Singh from Delhi, Adv Jaipal, Pawan Saini

Free medical camp organized in Panchayat Roulka, Bani



JI NEWS SERVICE

BANI, JUL 16: A free medical camp was organized in Panchayat Roulka, Tehsil District Kathua. through the collaboration (NGO) and Shara (NGO)

residents of the rural area and improve their access to medical assistance. Dr. Rameshwar Singh, ZMO, under the guidance of the esteemed Block Medical Officer (BMO) of Bani, diliganthy examined Bani, diligently examined and treated the patients who attended the camp. Dr. Rameshwar emphasized the significant role that medical camps play in catering to the healthcare needs of rural communi-

ties.

The camp offered various medical services and consultations, that the residents received

Bimla Devi, Sarpanch of Panchayat Roulka, expressed her heartfelt gratitude to the organizers and commended their efforts in bringing this valuable initiative to the valuable initiative to the community. She extended her appreciation to BMO Bani, Dr. Dev Raj, and Medical Officer Dr. Rameshwar Singh for their support and participation in the camp.

The local community warmly welcomed the free medical camp, recognizing the immense benefits it brought to their doorstep. The event witnessed a large

The event witnessed a large turnout of residents who availed themselves of the availed themselves of the medical services provided. The organizers, Seva Bharti (NGO) and Shara (NGO), were lauded for their dedi-cation to the well-being of the community and for organizing such an impact-ful camp.

Chandrayaan-3 a significant milestone in India's space exploration endeavors: Purnima

Sharma, Spokesperson of Bharatiya Janata Party (BJP), J&K, and former Deputy Mayor of Jammu, termed that successful launch of Chandrayaan-3, successful launch of Chandrayaan-3, India's ambitious lunar mission, a sig-nificant milestone in India's space exploration endeavors. It is a testa-ment to the dedication, expertise, and hard work of ISRO scientists and engineers involved in this prestigious

In a statement issued here today, the senior BJP leader highlighted the the senior BJP leader highlighted the importance of the Chandrayaan-3 mission, stating, "This successful launch of Chandrayaan-3 showcases India's growing prowess in the field of space exploration. It is a proud moment for our nation, as it signifies our commitment to scientific advancements and technological



She further added, "The success of Chandrayaan-3 is a reflection of the vision and leadership of our Honorable Prime Minister, Shri Narendra Modi, who has consistently emphasized the significance of space emphasized the significance of space technology and its role in nation-building. Under his guidance, India field of space research."

Purnima also emphasized the posi-tive impact of such space missions on the nation's youth, inspiring them to pursue careers in science, technology, engineering, and mathematics (STEM) fields. She stated, "Chandrayaan-3 serves as an inspira-tion to our young mids, encouraging tion to our young minds, encouraging them to dream big and strive for excellence in the scientific domain. It showcases the limitless potential of our youth and their ability to con-

our youth and their ability to con-tribute to the growth and develop-ment of our nation."

As India continues to strive for excellence in scientific research and technological innovation, Purnima Sharma remains optimistic about the future prospects of the country's space program. She emphasized the importance of nurturing the talent and potential of the pation's wouth to and potential of the nation's youth to propel India towards new frontiers of scientific discovery.

Winners of Paintings Competition on Anti Drugs Organised by JAKFAS



JI NEWS SERVICE

school on the spot painting Competition on anti drugs anti-smoking organised by JAKFAS J&K Fine Arts Society in collaboration Kalaniketan and PN Project

Naily at JAKFAS Studio Lower Roopnagar Jammu under the supervision of renowned IAKFAS Artist and Social Activist Suresh Sharma, Students from dif-Sharma. Students from dif-ferent schools participated in the competition. The winners of the competition are: In group A class 7th & 8th, Akshdev Singh of Shangrilla public school won 1st prize, Wahida Gowhar of MIE School and Gowhar of MIE School and Lakshay of Spring Blossom Sch won 2nd prize, Jitwan Singh of DPS Jammu and Bhumika Gupta of Shangrilla pub sch won 3rd prize, while Krishna Gupta of Jammu pub sch. Crescent pub sch, and Sarthak Verma of Indra pub sch. won Consolation rize. In group B class 9th

to 10th

Aadil Gupta of Dewan
Devi School won 1st prize,
Samanyu Sharma of DPS
jammu, and Jia Langer of
Crescent Sch. won 2nd
prize, Shreetu Anand of
Activity pub sch. won 3rd Activity pub sch. won 3rd prize, while Jasraj Singh of DPS Jammu, Purnima Sambyal and Sonia Singh

Sambyal and Sonia Singh won Consolation prize. The panel of Judges were Renowned artists Kanav Gupta from Project Naily, Ajay Gupta, and Prathamansh Sharma from PK- Pratham Kalaniketan

PK- Pratham Kalaniketan. Students received the prizes from ASI Fayaz Banday, and SI Maqbool

Indian Army Sponsors Electrical Repair Course- Empowering Youths at Banihal

JI NEWS SERVICE

JAMMU, JUL 16: Indian Army has JAMMU, JUL 16: Indian Army has sponsored the Electrical Repair Course at HIIT vocational training center in Banihal as part of its ongoing initiatives to empower the young minds. The project is aligned with the Indian government's Skill India and Digital India Initiatives. It is a six worth program that will localed the month program that will include the-ory and practical classes on a wide

A total of 10 youths who are under-taking the course will graduate with a grasp of electrical basis and its appli-cations. Each graduate will receive an official "Electrical Repair Course Completion Diploma Certificate. The culmination of this course will give way to employment opportunities for

range of skills and fundamentals, such as wiring, installation of transformers, metal joining methods, first aid and its safety norms.

A total of 10 youths who are under-

cial independence of the local youth. The event was unfolded by Indian Army in the presence of government officials, opinion makers, and media personnel at HIIT info Tech & Research Center in the Banihal market, Ramban District (J&K).

Manjit Singh demands protection work in flood hit areas along river banks in Jammu plains

JINEWS SERVICE

JAMMU, JUL 16: Apni Party
Provincial President, Jammu, and
Former Minister, S. Manjit Singh
today demanded protection of villages and residential colonics along
the water bodies and rivers in
Jammu, Samba, and Kathua districts.
The Former Minister was speaking
at a public meeting that was organized by Women Wing Provincial
President, Jammu, Pavneet Kour,
Teerath Singh, and Yashpal
Choudhary here at Beli Charana
where the participants discussed
problems faced by the people due to
heavy rains and flooded rivers like
Devals, Basantar, Ujh, Tawi and other
river bodies in Jammu plains.
Addressing the gathering, Manjit
Singh said that the flood related
issues have increased worries of the
people living close to the water bodies in three districts. He said that the
flood waters have posed a threat to
the agricultural fields, shelters, and
residential colonies.
"The Flood Control and Irrication

ential colonies.

"The Flood Control and Irrigation "The Flood Control and Irrigation Department has not been able to pro-vide protection to the land and resi-dential houses alongside the river bodies. Whenever they are approached, they claim that they lack funds," he said, citing grievances of



the people because of the inability of the authorities to ensure protection of

the authorities to ensure protection of life and property.

He demanded that the Flood Control Department should immedi-ately respond to the emerging flood like situation in Jammu, Samba and Kathua. He also demanded construc-tion of protection walls and crate tion of protection walls, and crate work to protect the land from soil erosion, property and life of the peo-ple. Meanwhile, he referred to the problems confronted by the pension-ers in Jammu and Kashmir as many

ers in Jammu and Kashmir as many have not received the same for the last eight months. "The Govt should reduce the for-malities as it has adversely affected the pensioners who are suffering because of multiple health issues. As many of the pensioners could not many of the pensioners could not complete the formalities, their monthly pensions have stopped," he

Senior Provincial said. Senior Provincial Vice President, Jammu, Ex-MLA Faqir Nath, Vice President, Sheikh Mohammed Shafi, Additional General Secretary, Arun Chibber, District President Rural-B, Harpreet Singh, State President SC Wing, Bodh Raj Bhagat, State President , Apni Trade Union, Ajaz Kazmi, State General Secretary, Provincial General Secretary, Provincial President Youth Wing, Vipul Bali, District President Jammu District President Jammu Youth Wing, Shivam Choudhary, Women Wing Jammu District President, Ritu Pandita, District President Legal Cell Gaurav Sharma, Provincial Secretary Youth Wing, Vishal Jotshi, Media Coordinator Sandeey Vaid, Shivani Koul, Shikha Bhardwaj Sheetal Sharma, Yash Choudhary, Manoj Kumar, Davinder Singh Gill, Kirti Kumari and others participated in Kumari and others participated in this public meeting.

NSS unit GDC Budhal organises preparatory meeting, orientation programme

JI NEWS SERVICE

BUDHAL, JUL 16: NSS Unit of Govt. Degree College Budhal Organised a Preparatory meeting and Orientation Programme in connection with "Meri Mati Mera Desh" under the guidance and patronage of College Principal Dr. Mohd Mazammal Hussain. Mazammal Hussain.
Programme Officer of NSS
Unit of Govt. Degree
College Budhal Dr. Ajaz
Hussain Shah presented
the formal welcome



address and explained the Concept of Meri Mati Mera Desh Abhiyan.

The Convenor of the Ahmed elaborated the aims and Objectives of Meri Mati Mera Desh Abhiyan. Prof. Ishfaq Ahamad , Dr. Mohd Faroog Amarjeet Singh, Dr. Daya Ram, Dr. Syed Mohmad Javad Prof. Adnan Ali Shah from College's facul-ty, Abdul Gafoor, Mushtaq Ahmed, Mohd Yousaf,

Champa Devi, Ahmed, Mohd Wajid, Irfan Ahmed and Wajid, Irlan Ahmed and Mohd Latief from non teaching staff, BDC chair-person, Sarpanch and penchs from Budhal new block and village kawel were present in the meet-ing.

mittee convenor, NSS PO, Faculty members and BDC chairperson, Sarpanch, penchs and other people of the locality decided the area for Plantation.

THOUGHT OF THE DAY

Logic will take you from A to B. Imagination will take you everywhere - Albert Einstein

JINDRAH MAGES

Political discourse hit a shocking new low?

ven as Punjab, Harvana, Himachal Pradesh and Delhi people are battling with the one of the worst-ever flood situations, politicians are out to settle their scores without showing any mercy towards the raining miseries of the people. It is quite unfortunate that Indian polity has stooped so low that the settling of political scores has overshadowed the relief and rehabilitation measures which were required to be taken to bring people out of their problems due to flood waters. What is disappointing is that the political parties, which have miserably failed to tackle the flood situations in their respective states, have made an attempt to shift blame to each other by playing dirty tricks to divert the attention from real problems being faced by the affected people. What was required to be decided at this juncture of the crisis, there is a need that the state, UT and the central governments should work in close coordination to ameliorate the problems being faced by the flood affected people of these states and UT. What is happening on the ground is total contrary to the desired one. The state governments' immediate focus needs to be on evacuating people from low-lying areas and shifting them to relief camps. The local authorities should work in complete synergy with the State Disaster Response Force and the National Disaster Response Force to minimise the loss of life and property. Rehabilitation of the displaced residents and preventing the spread of water-borne diseases are among the major challenges. As the people continue to battle flood-like situations in the capital, a political blame game erupted between the ruling AAP and the BJP has reached its crescendo despite the fact that the affected people even face the problem of drinking water. It's apparent that the disaster has exposed the under-preparedness of the powers that be. The implementation of the contingency plans has left a lot to be desired. With water being a state subject, flood management schemes are formulated and implemented by the state governments. The Centre's role is to supplement the states' efforts by providing technical guidance and financial assistance. Under the Flood Management Programme, the Union government has linked the release of Central aid with the execution of flood plain zoning measures by the states; those which are proactive in this regard are given priority over other states. The flooded houses and cities exposed how authorities took casual to the situation till the time it compounded the miseries of the people. Close collaboration between Central and state agencies should be the key aspect of all relief and rehabilitation measures being made for the affected people. The close synergy adopted at the time of Cyclone Biparjoy is required at this moment to mitigate the effects of floods and other extreme weather events, whose fre-

STARTUPS ARE A FORM OF FINANCE CAPITAL

THEY WILL RISE WHEN THERE IS EXCESSIVE LIQUIDITY AND FALL WHEN IT DRIES UP

AUNINDYO CHAKRAVARTY

FEW days ago, a 'tech bro' boasted on Twitter about how he had sacked 80 per cent of his support staff and replaced them with an AI chatbot. Understandably, he was trolled for being inhumane, heartless and even disrespectful of those who had been sacked. Surely, the gentleman had expected this reaction. In fact, it is quite possible that he wanted to quite possible that he wanted to position himself as a cut-throat, unemotional, macho entrepreneur, much like the hugely popular Elon Musk. Remember how Musk had announced that he had sacked 80 per cent of Twitter's staff when took over the microblogging site? The Indian tech startup space is a great story to sell to First-World investors with a surfeit of cash. The startup space is notroitous for The startup space is not rotious for

investors with a surfeit of cash.
The startup space is notorious for
such brash behaviour. Bosses are
supposed to be hard-hearted.
Employees are expected to work
long hours, and those who seek
family time are considered to be
sissies. Indeed, if you are a startup
meployee, your time is owned by
your boss — the startup founder. In
exchange, employees are rewarded exchange, employees are rewarded

exchange, employees are rewarders with ESOPs (employee stock owner-ship plan), which hold the promise of making them fabulously wealthy. This work culture comes from a specific sense of time. Industrial capitalism is slow. It takes time to incubate a business, build a factory, manufacture products, distribute manufacture products, distribute them to the market, and then get returns on investments. The start returns on investments. The startup space is in a great hurry. Where industrial capitalism first sold a small stock of products and slowly expanded output as demand increased, startups almost always sell services at a massive discount, contain its away for few with the colo sell services at a massive discount, or give it away for free, with the sole purpose of 'acquiring' customers. Very few tech startups look to make profits, and those that do have relatively low profit margins.

Why do they do this? To understand this, we have to journey outside the tech world to the world of beneabed, extippes in the devalenced.

side the tech world to the world of household savings in the developed world. Take America, for instance. Since the neoliberal reforms intro-duced by Ronald Reagan in the 1980s, the top 10 per cent of Americans have garnered all the gains of economic growth. Their average wealth has grown three times in real, inflation-adjusted terms, while that of the poorest 50 per cent has grown by just a quarter.



Over the past four decades, on an average, the top 10 per cent of Americans have accumulated assets worth \$2.73 million. A large chunk of this wealth has got financialised and is constantly seeking better returns. The trouble is that neoliberreturns. The trouble is that neoibler-al policies followed by all contem-porary governments seek to keep interest rates low. So, financial wealth has to perforce flow into equities and other non-debt assets. But it is clear now that the

American corporate sector cannot expand much. Gross inequalities expand much. Gross inequalities might result in great wealth for a few, but it also dries up demand for goods and services that capitalists produce. Indeed, for several years now, equities in the US stock markets have been driven by corporate stock buybacks instead of higher stock buybacks instead of nigner earnings, where companies that issued shares buy it back from those who bought it, offering them a premium. According to Goldman Sachs, buybacks have accounted for most of the demand for equities in the American markets since 2010. the American markets since 2010.

So, we have a problem of massive amounts of money floating around with limited investment opportuni-ties, at least in the First World. Enter, ties, at least in the First World. Enter, the financial intermediary, the fund manager. For decades now, they have sold the myth of the great Indian consumption market, of the growing Indian middle class. They have told their investors that India's

billion-plus population is waiting to consume, only if India could solve its market inefficiencies and distri-bution problems. Tech has only made this proposition even more made into proposition even more attractive. Apps are supposed to have the ability to bypass India's infrastructure problems and directly reach customers without access to formal markets. So, the Indian tech startup space is a great story to sell to First-World investors with a surficial of cash. feit of cash.

But once you have taken that money and given it to an Indian tech bro, what next? Now we enter the old financial trick of valuation. Startups became worth millions of dollars, on imaginary Excel sheet business projections, and a 'cus-tomer' base acquired by giving things away for free, or at deep dis counts. This was a new definition of the word 'customer'; in the startup the word 'customer'; in the startup world, it meant anyone who was willing to use a service even if he did not pay a penny for it. In old-school capitalism, such customers were called freeloaders.

Once a venture capitalist or a private equity firm has invested money vate equity firm has invested money in such startups, they have to constantly keep their valuations up. The objective is to either find a bigger buyer, with deeper pockets and a smarter handle on the game, or to simply find the bigger fool. The came and when the startup lists game ends when the startup lists its share of global income, at and the original investors exit by

passing on their shares to retail investors. Usually, this happens with founders and original investors making big bucks out of the IPO process. After a while, the shares tank and retail investors are stuck holding the baby - or, should one

say, boo-boo?

In other words, tech startups are a financial instrument, much like derivatives of any kind, such as futures and options, or credit default swaps. They have no inherent advantage over brick-and-mortar businesses in making money. If tar businesses in making money. It they had, most startups in India would have been highly profitable, instead of being the massive money guzzlers that they are. Whatever potential tech has, it has already been cornered by Big Tech. Startups been cornered by Big Tech. Startups simply cannot compete with them. At best, they have the potential to be acquired if they come up with a promising tech innovation. So, startup business and jobs should be treated as extensions of the global financial system. They will rise when there is excessive liq-uidity — mostly because of low

uidity - mostly because of low interest rate regimes or government interest rate regimes or government spending – and they will fall when liquidity dries up. There is no fun-damental business case for tech startups to exist, except as proxy financial instruments through which finance capital seeks to grow its charm of global income at the its share of global income, at the

Manipur writhes helplessly on the altar of political expediency

MORE THAN TWO MONTHS AFTER CLASHES FIRST BROKE OUT, UNIDENTIFIED AND UNCLAIMED BODIES LIE ROTTING IN IMPHAL'S MORTUARIES.

THE noise of the European Parliament coming down hard on India was louder than the guard of honour that greeted Prime Minister Narendra Modi at Orly, France At the FII Parliament in France. At the EU Parliament in Strasbourg, sandwiched between votes on political dis-qualifications in Venezuela and the crackdown on the freedom of expression in Kyrgyzstan, India arrived with the mess in Manipur, not with a bang but Manipur, not with a bang but with a banging. Speaker after speaker wagged an accusatory finger at New Delhi for utter dereliction, talking as though New Delhi were Rwanda. Over 50,000 displaced and in 350-odd control of their control of their relief camps because of ethnic strife is a catastrophic figure, even for the Europeans. New Delhi is behaving as though through its lenses it is just another day in paradise, like Europe of

yore.
The good news is that even EU now stands ready to help build now stands ready to help build peace and trust in Manipur, if requested, of course. A tantalis-ing possibility was held out to send a Special Envoy on Religious Freedoms as well. A



new trade agreement with EU could now be conditional on 'iron-clad guarantees' on progress on human rights. They are even holding out the threat of banding India with other countries outside Europe that feel similarly. As the scope of the attack on India broadens, Pakistan and China are surely chortline with delight; their new trade agreement with EU

Pakistan and China are surely chortling with delight; their work lightened, and not so much by the EU Parliament either. One way to look at it is that this is a failure, fair and square, of the Ministry of External Affairs from preventing the genie from getting out of the bot-

tle. They could have done better. Their role in the matter will now Their role in the matter will now come to privately parsing these developments into insignifi-cance. It is time to get real, though. Manipur borders Myanmar, a near-Chinese vassal state; the oversight on intercountry movement in those parts is lax at best; people come and go is lax at best; people come and go as they please. Many North-East militants are thought to speak Mandarin or, more specifically, the Kunming dialect in their sleep. Why hand it over to the other side, beribboned and gift wrapped? There could be worse things than a humanitarian inter-

vention, although, thank goode are far from that vet. Or should the blame lie with those who cynically lost the plot in Manipur, even though some wonder what the plot was in the first place? Imagine the damagecontrol going on behind the scenes. It is a full-time occupation. First the lecture by American Ambassador Eric Garcetti, then the arrival of Under Secretary for Civilian Security, Democracy and Human Rights Uzra Zeya. And now this, the European run self-reliantly than you can Parliament's sharp rap on the knuckles. It is a bit much to

expect the world to close its eyes to what has been going on since at least May. We got glimpses of the grim

We got glimpses of the grim soap opera playing out in last week's Supreme Court hearings; the reality surely could be far worse. More than two months after clashes first broke out, unidentified and unclaimed bod-ies lie rotting in Imphal's many. ies lie rotting in Imphal's many mortuaries. The court is being told that even to identify thes told that even to identify these bodies relatives would require armed escort, and safe passage to last rites. Not only is there an appalling absence of essential medicines in hospitals but also machines such as those for dialy-sis and CT scans, both in the plains and in the hill districts. With life out of goest education plains and in the hill districts. With life out of gear, education processes such as examinations have gone belly-up. Schools and universities and such places are now overcrowded refugee camps. Students and the sundry government staff have fled. government start nave fled.
Baghdad must have seen better
days during the peak of
American bombing. This is not a
bead count for relief camps, but
there are more in other places
run self-reliantly than you can
count on a standard issue above.

there are more than a hundred camps which are being run not by the government but by selfhelp groups. This is not the self-reliance Gandhi and Ambedkar reliance Gandhi and Ambedkar envisaged for the India of 2023, at the time of Azadi Ka Amrit Mahotsav. Ask the Manipuris. Or their neighbours, the Indian ones. Imagine the shortage of drinking water, food, bedding,

shelter and sanitation facilities. shelter and santiation facilities.

There are no convincing answers to the Supreme Court's questions on the thousands of looted rounds of ammunition and heavy-duty assault weaponry. In any other state, missing weapons call for a serious investigation and action against the weapons can to a serious investigation and action against the guardians of the armouries and police stations. In Manipur, all we have seen so far are drop-boxes. It is a situation which would have given even Kafka nightmares. Most cellphone services repair docum as is the services remain down, as is the Internet. This is the old Kashmir playbook; the second edition is playbook; the second edition is darker. On the ground, further alienation is definitely on the cards. Meanwhile, New Delhi is present only in empty poll sloga-neering in faraway Madhya Pradesh and Rajasthan.

It has been suggested to the

Supreme Court that the inter-agency unified command set up under the chairmanship of secu-rity adviser Kuldiep Singh really functions under the leadership of

functions under the leadership of Chief Minister N Biren Singh. Meanwhile, the rot is running deeper and wider. What is the way forward? It looks as if New Delhi is operat-ing under the cover of Article 355 all the puwer with no account. all the power with no accountability. It does even less to help ability. It does even less to help bring Manipur under control. If this is the situation after the appointment of an inquiry com-mission and a peace committee under the chairmanship of the Governor, then it can be said that neither the current relief nor neither the current relief nor rehabilitation efforts allegedly rehabilitation efforts allegedly underway are working with any degree of efficacy. That apples to the unhealthy political embrace of Biren Singh as well. Rebuilding churches is a dis-

tant goal.

Imposition of Article 356 and removal of Biren Singh have sugremoval of Biren Singh have sug-gested themselves to be the extremely logical baby steps on Manipur's road ahead. Ahead of the Assembly elections in Rajasthan, Madhya Pradesh and Chhattisgarh, neither of them, alas, is politically palatable

How is Taylor Swift Boosting America's Economy?

Taylor Swift's Eras Tour continues to early June helped set a new hotel record. make waves across the United States, cap-tivating audiences and now even making an impact on the economy. According to the Philadelphia Federal Reserve, Swift's

the Philadelphia Federal Reserve, Swiff's tour has played a significant role in boost-ing hotel revenues in the city.

The recent announcement in the central bank's Beige Book highlighted the positive effect of Swiff's tour on Philadelphia's hotel industry. Despite the overall slowdown in tourism recovery, May saw a down in tourism recovery, May saw a remarkable surge in hotel revenue, largely attributed to the influx of guests attending Taylor Swiff's concerts in the city. The Lincoln Financial Field hosted Swiff's per-formances on May 12, 13, and 14, treating fans to an unforgettable 44-song set list.

Taylor Swift's impact on the economy doesn't end there. Chicago, another city on her tour, also experienced the positive effects of her presence. Choose Chicago, the city's tourism and marketing organiza-tion, reported that Swift's performances in

Each night of the concert saw over fifty Each night of the concert saw over my thousand hole rooms occupied, general-ing a staggering \$39 million in hotel rev-enue for Chicago. The city's thriving events scene, including the James Beard Awards and the ASCO Annual Meeting, contributed to the significant number of occupied prome during that weekend

Excitingly, Taylor Swift recently extend-Excitingly, Taylor Swift recently extend-ed her Eras Tour, adding dates across South America, Asia, Europe, the United Kingdom, Australia, and more to address the popular demand of her fans, who fondly call themselves Swifties. With the inclusion of international locations, the tour is now expected to conclude on August 17, 2024, in London.

occupied rooms during that weekend.

Next on the tour schedule is Denver, Next on the tour schedule is Denver, Colorado, where Swift will captivate audi-ences with her performances on Friday, July 14, and Saturday, July 15. As Swift continues to captivate fans around the world, her impact on the economy and the



entertainment industry re

NEWS

outh superstar and Jana Sena Party (JSP) president, Pawan Kalyan, will attend the BJP-led National Democratic Alliance (NDA) meeting, which scheduled to be held in New Delhi on July 18

South superstar and Jana Sena chief Pawan Kalvan to attend

NDA meet on July 18

to be held in New Delhi on July 18.

The actor-turned-politician, who received an invitation from the BJP to attend the July 18 meeting, has consented to be a part of it, his party informed through a statement on Sunday. Further, according to the statement, the JSP chief will leave for the national capital, New Delhi, on July 17.

The party's Political Affairs Committee chairman, Natenell M. Moches will be accommension the South stones.

Nadendla Manohar, will be accompanying the South super

Nadendia Manohar, will be accompanying the South super-start to the meeting, the release stated further.

On the second meeting of the Opposition parties, which is scheduled to be held in Bengaluru, JSP general secretary Siva Sankjar said he has "no idea about the meeting". Meanwhile, ahead of the NDA meeting, founder leader of Suheldev Bharatiya Samaj Party, Om Frakash Rajibhar, on Sunday formally joined the BJP-led National Democractic Alliance (NDA) government after calling on Union Home Minister Amit Shah in the national capital on July 14. The ruling BJP has stepped up preparedness ahead of the Assembly elections in five states later this year, as well as next year's Lok Sabha polls.

13 YEARS OF 'UDAAN': THERE COULDN'T HAVE BEEN A BETTER DEBUT, SAYS RAJAT BARMECHA

Actor Rajat Barmecha, who made his debut with the 2010 film 'Udaan', is celebrating the 13th anniversary of his debut. The actor said that no other film could have been a better debut for him film could have been a better debut for him as it brought him unprecedented recogni-tion. The film, which was released on July 16, 2010, also marked Vikramaditya Motwane's directorial debut and gamered a slew of recognitions across major inter-national film festivals including the Cannes Film Fest. Talking about the film completing 13 years of its release. Raist shared. "It always

years of its release, Rajat shared, "It always years of its release, Rajat shared, "It always feels very special, every year. Udaan has been a very special film for a lot of people and it definitely will be the most special for Vikram (Motwane) and I. We both started our journeys together with this film and



or 15 years anniversary but Udaan is so close to my heart and the heart of so many people out there". He continued, "It made so many people

go out and actually pursue their dreams and It continues to do so even today and and It continues to do so even today and that's the reason we celebrate every single year of its existence. It's a film that I per-sonally am very grateful for and I celebrate Udaan everyday of my life. I can't be more blessed to have started my acting journey with a film like 'Udaan''.

He further opened up on what made.

He further opened up on what made him say yes to the project. He said, "I doubt there will be any actor who will read the script of 'Udaan' and wouldn't want to

wasn't choosing scripts rather the film

chose him.

He said, "I auditioned for it like any other boy who comes to Bombay in the hope of getting a film, I wasn't thinking how or with what kind of a film I wanted how or with what kind of a film I wanted to start my career. I just wanted to act. And that's the reason I am extremely grateful that a film like "Udaan" came my way at the start of my career. There is no film in the world that could have been a better debut for me than "Udaan".

"It's a year, year, important film and

ueut for me man 'Udaan''.
"If's a very very important film and
every single memory of every single
minute spent on that film will be cherished
forever. I will never forget Udaan and the
people who made it possible. They all hold
a very special place in my heart", he
added.

learnt so much on the way. Generally even for a classic people celebrate their 10 years He called it "love at first read". Being his first film, at that point in his career, Rajat Who is Suvinder Vicky? Get to Know the Karan Johar gets roasted by his



Bilywood director-producer Karan Johar, who is gearing up for his upcoming film 'Rocky Aur Rani Ki Prem Kahani', took to the Stories sec-Ami Ki Prem Kahani', took to the Stories section of his Instagram on Sunday to share a video of his kids Yash and Roohi in order to add to the momentum of the film's promotional spree. However, his kids ended up roasting him during the course of the video which KJo graciously put up in his Stories. The 'Ae Dil Hai Musshki' director, wrote on the video, 'T have been roasted'. The video begins with the kids asking 'What Ihumka, dada'.' To which KJo says, 'What Jhumka? Even I don't know. Shall we ask Alia didi?'
His kids then start singine the 'Baby Shark' sone

His kids then start singing the 'Baby Shark' song abruptly cutting down what KJo says. The director-producer then says, "Oh you prefer that song?" as his kids say yes in unison. KJo then ends the video as he says,

Say yes in unison. No useri critic tale tale viaco de in anyo, "Oh God! Okay, toodles".

Meanwhile, 'Rocky Aur Rani Ki Prem Kahani', which stars an ensemble cast of veteran actors like Dharmendra, Jaya Bachchan and Shabana Azmi, and the 'Gully Boy' pair Ranveer Singh and Alia Bhatt, is slated to hit the screens on July 28.

A midst the excitement surrounding Netflix's captivating series Kohrra, one actor who has been grabing attention is the talented Suvinder Vicky, known for his portrayal of the intriguing cheacter. the intriguing character Balbir Singh. Let's take a closer look at this remark-

closer look at this remark-able actor's journey. Suvinder Vicky made a notable mark in the Bollywood film industry with his role as Naik Lal Singh in the critically acclaimed movie Kesari, acclaimed movie Kesari, starring Akshay Kumar. However, his acting career began earlier with his debut film, Full Tension, which released on DD National in 1995. He later ventured into Punjabi cinema with Des Hoyaa Pardes in 2004, where he portrayed the character of Sukhbeer

Singh. His talent continued to shine as he made impact-



Talented Actor from Kohrra and Kesari

projects. In the film Udta Punjab, he portrayed the character Kakku, leaving a lasting impression on audiences. He also garnered acclaim for his role as Balbir Singh Sekhon in the

critically acclaimed series Paatal Lok.

In recognition of his exceptional performanc-es, Suvinder Vicky es, Suvinder Vicky received the Silver Screen Award for Best

Performance in an Asian Film Milestone Milestone at the Singapore International Film Festival in 2020. Continuing his streak of accolades, he was honored with the Best Actor in a Feature Film award for Milestone at the Critics' Choice Film Critics'

Awards, India, in 2022. Suvinder Vicky, at the age of 50, hails from Sirsa, Haryana. He pursued his

Master of Arts in Theater Television University Puniahi Punjabi University, Patiala, Punjab. As a fol-lower of Sikhism, his social media profiles reveal his love for Punjabi music and his passion for cricket.

In April 2022, Suvinder In April 2022, Suvinder Vicky tied the knot with art teacher and painter Gurshaan Kaur Maan. The couple is blessed with two daughters. Suvinder's parents are Harbans Lal Kamboj and Amarjit Kaur, and while his brother's name brother's name remains unknown, their bond is undoubted strong

strong.
Throughout his career,
Suvinder Vicky has
expressed his admiration for renowned actors such as Naseeruddin Shah, Om Puri, Kay Kay Menon, Smita Patil, and Shabana Azmi, appreciating their exceptional acting skills and contributions to the

Who is Cillian Murphy's son Malachy Murphy?



illian Murphy is a Hollywood star who had made his mark in the industry. Not just his professional life people are also interested in his personal life especially his elder son Malachy Murphy who has already hogging the limelight. Fans are also curious about his relation ship with his father and what he intends to do for a career.

ship with his father and what he intends to do for a career. Malachy Murphy was born on December 4, 1995, in London, England. He was born into a family of four, which includes his father, Murphy; his mother, Yvonne McGuinness, and his younger brother, Aran Murphy. Since he was born in England, Murphy holds British citizenship, regardless of his parents being of Irish origin. Malachy Murphy's parents have been married for 18 years and have known each other for over 26 years. His fether, Cillian Murphy was born on May 25, 1976; in

years and have known each other tor over 26 years. His father, Cillian Murphy, was born on May 25, 1976, in Douglas, County Cork, Ireland. He is the son of Brendan Murphy, and his mother was a French teacher. Some of his most notable film appearances are 28 Days Later (2002), The Dark Knight (2008), and Inception (2010) He also played the lead role in the critically acclaimed Peaky Blinders telesticine with might his high decension (2012), 2010. vision series, which aired from 2013 to 2019.

vision series, which aired from 2013 to 2019.

On the other hand, Yronne McGuiness Murphy, Malachy Murphy's mother, was born in Kilkenny, Ireland. Yronne is a contemporary artist who works in a variety of mediums, including painting, drawing, and sculpture. She has exhibited her work both nationally and internationally, and her pieces have been displayed in galleries such as the Irish Museum of Modern Art and the Royal Filbernian Academy.

Yronna and Cillian Murphy was in 1096 4 a prusic feetil.

Museum of Modern Art and the Royal Hibernian Academy. Yvonne and Cillian Murphy met in 1996 at a music festi-val where the latter and his band were performing. During this period, they were both attending the same school of performing arts in Dublin, Ireland. They began a romantic relationship and decided to walk down the aisle in 2004. Yvonne gave birth to their first child, Malachy Murphy, after only one year of marriage. The couple welcomed their second child in 2007, who they named Aran. The couple ini-tially lived in 1 nodon, but they eventually moved to Dublin

tially lived in London, but they eventually moved to Dublin with their kids as a way of staying close to their roots

RAPPER FAT JOE DESCRIBES HOW HE BATTLED DEPRESSION. LOST 200 POUNDS

Tat Joe, also known as Joseph Antonio Cartagena, is an American rapper who lost 200 pounds, PEOPLE reported. In a recent interview with Men's Health for at Joe, also known as Antonio the magazine's "Hip Hop Health" series to commemorate Health" series to commemorate hip-hop's 50th anniversary, the "Lean Back" rapper, 52, spoke up about his health. Joe described weighing 470 pounds at his heaviest and how shed-ding 200 pounds saved his life. Joe suffered from despair after his best buddy Big Pun died abruntly of a beart attack in his abruptly of a heart attack in his

twenties. He realised he needed to modify his behaviours after to modify his behaviours after attending his friend's funeral, as per PEOPLE. Joe recalled, "I went to his funeral and I felt like Ebenezer Scrooge. Like, I saw me. And I'm looking at his little daughter. She was the same age

daughter. She was the same age as my daughter. I said, You gotta lose weight; otherwise you outta here."

During the sadness that fol-lowed the deaths of Big Pun and other friends and relatives, Joe characterised his thinking as "the most complex Rubik's Cube you could ever, ever, ever,

ever try to figure out."

ever try to figure out."

He compared his state of mind to a moment in The Matrix Resurrections in which Keanu Reeves' Neo sits in a bathtub with a rubber duck on his head. "That's what depression was like to me," Fat Joe said.

like to me," Fat Joe said.
"When you're fighting yourself, there isn't a wall high
enough that you can build.
There isn't an island you can go
to. There isn't a place you can go
to where you get away from it,
because you're fighting your
mind. You wake up, and the
minute you think about it, your

brain sends you a message say-ing, 'We're not supposed to be happy.' And then you fall right back into depression." The singer stated that he must "push forward" since he cannot "sit there and dwell" after los-inger to myster people in his life.

ing so many people in his life. He also altered his behaviours, which aided him in overcoming which aided him in overcoming his melancholy. "Once you come to, you should know what brought you there and run the other way." "The moment I feel unhappy, I gravitate towards happiness," he said to Men's Health.

Even though he has all he could want at home, he feels eater satisfaction when he vis-

greater satisfaction when he visits his mother.

"When I pull up to my mother's home that I bought for her, that's a modest home, it puts the biggest smile on my face," Fat Joe said. "And when I go inside, Joe said. "And when I go inside, she's happy and my father's happy and everybody's happy. I never told my daughter 'no' one time in her life for anything. It's always been 'yes.' That makes me happy. I'm a big movie guy, John Wick 4. Air. That makes me happy.



Healthy Diet Tips: 5 Things To Remember While Putting Together A Wholesome Breakfast



between, getting ready for work and finishing our daily chores, we often give our breakfast a skip. But it is not at all a healthy practice, says every expert from across the globe. By now, we have heard a lot about now, we have heard a lot about its importance for our overall nourishment. Breakfast is referred to as the most important meal of the day and for all the right reasons. Eating a whole-some breakfast sets the tone for the day and provides your body with the fuel and nutrients it needs to function properly. Let's look at some of the major health benefits of having a wholesome

Having Nutritious Breakfast: 1. Boost MetabolismOne of the major benefits of eating breakfast is that it jump-starts your metabis that it jump-starts your metab-olism. After fasting overnight, your body needs the energy to get going in the morning. Eating breakfast provides that energy and helps your body burn calou-ries more efficiently throughout the day. In fact, studies have shown that people who eat break-fast tend to have a lower body mass index (BMI) than those who skip it.

2. Manage Blood SugarEating a balanced breakfast that includes protein, healthy fats, and complex carbohydrates can also help ook at some of the major heatine merits of having a wholesome regulate your blood sugar levels. It means the morning, reachfast in the morning, This can help prevent mid-morning there Are 5 Health Benefits Of Ing crashes and reduce your risk weight and obesity. A protein

you full for longer, meaning you are less likely to experience hunger pangs throughout the or sugary cereal, opt for whole-grain options like oatmeal, whole wheat toast, or quinoa. These will provide you with more fibre and

EATING A WHOLESOME BREAKFAST SETS THE TONE FOR THE DAY AND PRO-VIDES YOUR BODY WITH THE FUEL AND NUTRIENTS IT NEEDS TO FUNCTION PROPERIY

5. Help Make Healthy Food 5. Help Make Healthy Food ChoiceEating breakfast can help you make healthier food choices throughout the day. When you skip breakfast, you are more like-ly to feel hungry. This will make you reach out for unhealthy snacks or overeat at your next meal. By starting your day with a wholesome breakfast, you're more likely to make mindful choices about what you eat throughout the day. throughout the day.

This brings the question - what do you mean by wholesome breakfast? Here, we curated a list breakfast? Here, we curated a list of tips that will help you put together a meal that is healthy to the core. 5 Healthy Diet Tips To Remember While Putting Together A Healthy Breakfast 1. Prioritise ProteinA breakfast that's high in protein can help you feel full and satisfied throughout the day. Some good sources of protein to include in your breakfast might be eggs, Greek vogurt, cottage cheese, or Greek yogurt, cottage cheese, or

nutrients, and help you feel full for longer. 3. Incorporate Fruits and Veggies Adding some fruits or vegetables to your breakfast can provide you with a variety of vitamins and minerals. Try vitamins and minerals. Try
adding some spinach or bell peppers to your omelette, or topping
your oatmeal with some berries
or sliced banana.

4. Limit Added SugarsMany
breakfast foods can be high in
added sugars, which can con-

added sugars, which can contribute to weight gain and other health problems. Try to choose options that are lower in sugar, or sweeten your food naturally with fruit or a small amount of honey. 5. Be Mindful of Portion SizesIt's 5. Be Mindful of Portion Sizesit's easy to go overboard with break-fast foods like pancakes, waffles, or muffins. Pay attention to por-tion sizes, and try to balance out your meal with some protein and veggies to help keep you full and satisfied. By keeping these tips in mind, you can create a healthy mind, you can create a healthy and satisfying breakfast that will nut butter. help you stay active throughout
2. Choose Whole GrainsInstead your day. Eat healthy, stay fit!

Herbalife Nutrition India enters eve health segment with ocular defense

erbalife Nutrition India on Tuesday announced that it has entered the eye health segment with its new product, 'Ocular

etense'. According to the company, the product comes in capsule format and is scientifically formulated to support eye health. The product contains nutrients that help in maintenance of normal vision and helps

in supporting macular health, it claimed.
"Ocular Defense contains a combination of lutein "Ocular Detense contams a combination of lutein and zeaxanthin that is clinically proven to support the macular health of eyes and improves macular pigment optical density. Macula is the central portion of the retina which helps to dearly see the objects in front of you, and an eye's macular health can be indicated by its density measured as Macular P ignicated by its density measures the conceptation of corpotencies (dutain: avanyable, that centration of carotenoids (lutein, zeaxanthin- that help filter blue light) in the macular pigment of the eye. Blue light has a potential to cause retinal damage and MPOD is an indirect indicator of the ability of macula to filter high energy blue light. The density could also change over time depending on factors such as ageing, lifestyle, and dietary choices," the company said in a statement. India-Sweden Healthcare Innovation Centre partners with Directorate of Health Services Jammu to tackle lung cancer
Human eye has complex cellular connectivity and many molecules play a role in helping us with the normal visual process. Ocular Defense also contains vitamin A and zine that helps in maintenance of nor-. Blue light has a potential to cause retinal damage

vitamin A and zinc that helps in maintenance of nor mal vision and vitamins C, E and minerals including copper and zinc that have antioxidant properties, the

company claimed.
"At Herbalife Nutrition India, we are constantly innovating to find new solutions to support health & wellness. The eye is a vital organ in the human body, and one needs to care for it. Ocular Defense is a scientifically designed formula, containing a combination of lutein and zeaxanthin that is clinically proven to support macular health and contains nutrients that support the maintenance of normal vision," Ajay Khanna, Senior Vice President & Managing Director of Herbalife Nutrition India, satard of Herbalife Nutrition India, stated.

How should vegetarians and non-vegetarians with diabetes take care of protein and vitamin B 12 deficiency

of developing type 2 diabetes.
3. Better MemoryA wholesome breakfast is known to improve

your cognitive function and mood as well. Several studies

have shown that people who eat

breakfast perform better on mem-

ory and concentration tasks and

ory and concentration tasks and are less likely to experience mood swings and irritability. 4. Promote Weight LossAs mentioned earlier, a wholesome breakfast, with the right amount of protein, fibre etc. helps promote digestion and metabolism.

These factors further aid gut health and help us maintain a

weight.

researchers have further shown

Several

healthy

A BALANCED VEGETARIAN DIET WILL DO WONDERS TO THE HEALTH AND METABOLISM PROVIDED IT DOES NOT CONTAIN A DIRTY BAG OF REFINED CARBS AND SATURATED FATS, AND CARE IS TAKEN TO AVOID POSSIBLE DEFICIENCIES OF VITAMINS AND MINERALS, SAYS DR ANOOP MISRA, CHAIRMAN, FORTIS CDOC HOSPITAL FOR DIABETES AND ALLIED SCIENCES

with diabetes and weak muscles asked me, "Doc, should I switch over to "Doc, should I switch over to vegetarian diets in my condition as I am a non-vegetarian? People say vegetarian diets are better for me." Another patient of mine, a 56-year-old woman with diabetes, deranged kidney functions and a family history of colon cancer asked, "Since I am a vegetarian, should I switch over to noncer asked, "Since I am a vegetari-an, should I switch over to non-vegetarian diets in my condi-tion?" So, I have decided to answer both their questions. What are the various types of

tarian diets?

There is an increasing popular-ity of vegetarian diets in coun-tries, which are predominantly non-vegetarian. The reasons are

endorsement by celebrities and protective sentiments for ani-mals. Vegetarian diets, although lumped under a single name, are heterogenous. Lacto-vegetarian diets: These exclude meat, fish diets: These exclude meat, fish, poultry and eggs as well as foods that contain them and include dairy products (milk, cheese, yogurt and butter).

Ovo-vegetarian diets: Eggs are allowed but exclude meat, poultry, seafood and dairy products.

Lacto-ovo vegetarian diets: Allow dairy products and eggs and exclude meat, fish and pouland exclude meat, fish and poul-try. Finally, vegan diets exclude meat, poultry, fish, eggs and dairy products — and foods that contain these products. Buy 2-year plan with SD20 code for special price



Most Indians are lacto-ovo veg-etarians. The essence and good-ness of vegetarian diets are in consumption of plants, nuts, legumes and fruits

A plant-based vegetarian diet is good and has multiple benefits.

It decreases the risk of heart dis-ease, lowers blood cholesterol and weight. In addition, intestin-al diseases (diverticulitis), kidney stones, cataracts and possibly some cancers are also lower in vegetarian/vegan diets. decrease the risk of stroke, and may even increase it. Even shortterm (up to three months) use of ar levels in a patient with dia-

Then why do many vegetarian ndians have diabetes, heart and

indians have diabetes, neart and liver disease? Just taking a "vegetarian diet" is not good enough. Ingredients have to be balanced and should be conducive to metabolism. There are two major flaws in Indian vegetarian diets

First, there is a high intake of refined carbohydrates (rice, naan,

etc), in major meals.

This majorly upsets all meta-bolic elements (sugar, triglyc-erides) post-meal.

Weight Loss Tips: Add These 7 Superfoods To Your **Diet For Better Metabolism**

You could be looking for foods that can speed up your metabolism if you're attempting to lose weight or keep it off. Yes, some foods could aid a little bit to raise your metabolic rate. This is the amount of calories your body burns each day. If losing body fat or preventing weight gain is your aim, incorporating these foods into your diet may wake it it lightly easier to sching. However increases

make it slightly easier to achieve. However, increas-ing your intake of these meals does not ensure ing your intake of these meals does not ensure weight loss. Instead, they support weight loss by supplementing a healthy, modestly calorie-restricted diet. Superfoods as the name suggests, is a food group that will boost your health as these foods are abundant in nutrients and health benefits. Continue reading as we share superfoods that can boost your weight loss.

Eat these superfoods to boost your metabolism:

Legumes: Your body will take longer to digest these protein-rich foods since they are also high in

4. Isggs: Poods high in protein are among the finest for increasing metabolism. Each large, hard-boiled egg is packed with protein, making eggs the perfect food for anyone looking to boost their metabolism. As it requires more energy to breakdown than fats or carbs, protein is one of the nutrients that boosts metabolism the fastest. 2. Eggs: Foods high in protein are among the finest

5 places that offer high teas with an Eastern twist

s far as British clichés go, the tradition of "taking", hot, "having" high tea in the late afternoon is top of the charts. Right up there with the likes of those perennial, dreary weather conversa-tions. With the nation's almost patho-logical obsession with the royal family shenanigans, jostling for third spot!

ly shenanigans, jostling for third spot!
Think 'high tea' and montages of
bonnet-domning Victorian ladies
daintily sipping lukewarm demitasses of Assam tea while nibbling on
crust-free cucumber and watercress
sandwiches swirl into perspective.
Then there are those frou-frou customs of holding one's pinky finger up
while sipping said tea. Always stirred
in a clockwise motion with a silver in a clockwise motion with a silver spoon, once the sugar cubes and cream are added to the porcelain cup,

While we cannot verify the veracity While we cannot verify the veracity of the above quirks, it is believed that the concept of high tea came to popularity in the early 19th century. This, thanks to the Anna, the Duchess of Bedford who decided that it was important to fill in the long gap between lunch and dinner at a time when dinner was served as late as 8 when dinner was served as late as 8



Served daily between 4-5 p.m. longside mini sandwiches, Served daily between 4-5 p.m. alongside mini sandwiches, tartelettes and petit fours, this midway meal is also known multifariously as "afternoon tea' and 'cream tea'. The latter, however, only if clotted cream, jam and scones are part of the line up.

to India 2023, and the concept of high tea has been given a fillip like never before. With everything from plates of Delhi-style shakarkandi chaat and Parsi chicken dhansak tartelettes, to earthenware kullads of Kashmiri kahwa and spiced Turkish coffee thrown into the fray.

Turkish High Tea As one of Mumbai's leading pur-As one of Mumbai's leading pur-veyors of both, balkava and lokum (Turkish delight) candy, Hurrem's is a confectionery shop-cum-cafe that's always coming up with interesting additions to its menu. The recently-launched, all-vegetarian high tea is a reflection of the decidedly Turkish aesthetics of the place, with all the bells and whistles pat in place. Served daily from 3-6 m and prepared by beils and winsties pat in place. Served daily from 3-6 p.m. and prepared by chefs flown in from Türkiye, one gets to sample a mix of sweet and savoury goodies that sit atop the three-tiered, half birdcage-like stand. These take

the form of an assortment of mini baklavas and the flaky phyllo pastry spinach-cheese boreks to Turkish tarts, mousses, and mini tea cakes. Speaking of tea, on offer are bottom-less glass cups of piping hot Turkish

the form of an assortment of mini with a sweet tooth there is every

with a sweet tooth, there is every-thing from creamy rabri and gajak, to till ke ladoo to pick from. The Mumbai Afternoon Tea Set against the backdrop of The Drawing Room—St Regis, Mumbai's

name, Bengaluru's Bombay Borough restaurant – that's housed in a quaint heritage bungalow in Ashok Nagar – has recently come up with a Bombay Style High Tea. Claiming to offer 'the best of hyper-local and regional

FROM PLATES OF SHAKARKANDI CHAAT AND DHANSAK TARTELETTES. TO LINENDING CUPS OF KASHMIRI KAHWA, THE BRITISH TRADITION OF HIGH TEA GETS AN EXOTIC EASTERN MAKEOVER AT SEVERAL INDIAN ESTABLISHMENTS

tea or shots of spiced coffee, if you so choose. The Westin Saga High Tea The recently opened The Westin Resort & Spa, Himalayas in Uttarakhand curates an interesting local Garhwali themed high tea called The Westin Sea The Westin Saga. Set on the proper-ty's Sky Deck on level 11, and over-looking the city of Rishikesh and the Holy River Ganges from its perch in the Shivalik range, this daily free high the Shivalik range, this daily free high tea is an hour-long muscial affair for all resort guests, from 4-5.30 p.m. Here, one can tuck into local Garhwali snacks like the bun tikki (a close cousin of the Mumbai vada pay), Delhi-style street food like the tangy shakarkandi (sweet potato) chaat and warming drinks like masala chai and kesar milk. For those

contemporary lounge—is this elegant and thoroughly desi high tea service. This one is an all day, through the week affair. Called The Mumbai Afternoon Tea, it has a decidedly local Mumbai leitmotif running through it. So, you get to try some local Mumbai leitmotif running through it. So, you get to try some kadak Mumbai masala chai with savoury goodies like a chicken dhansak tarelette, pav bhaji vol au vents and a quintessential Mumbai sandwich among others. From the sweet selection, you'll find a Mahim halwa and the conceptually brilliant shrikhand tart. And if chai doesn't float your boat, there's also coffee on tap, or the cardamom-saffron perfumed Kashmiri kahwa tea, if you prefer a milk-free cuppa. Bombay prefer a milk-free cuppa. Bombay Style High Tea In-keeping with its

flavours", said high tea—that's available daily from 4-7 p.m.—is made up of old Bombay street staples such as Bambaiya vada pao, Chowpatty corn chaat, and new takes like a pulled chicken puri among other savoury options. The twist here comes in the form of the libations that range from good old cutting chai to cocktails like Chowpatty Beach lolly, and Darjeeling nights to mocktails with equally imaginative names like pink city and rickshaw refresher.

Asian High Tea Segueing perfectly into this list is this Far Eastern dim sum iteration of the high tea. Called yum chain Cantonese, dim sum and tea (cha) are only ever had together in the aftermoon and never post sunset

the afternoon and never post sunset in the south of China.

Ex-MP Vijay Darda convicted in coal block allocation case

NEW DELHI: A Delhi court on NEW DELHI: A Delhi court on Thursday convicted former Rajya Sabha MP Vijay Darda and for-mer coal secretary H C Gupta, along with five other accused, in a CBI case related to irregularities in the allocation of a coal block in Chattiers. The court beld the in the allocation of a coal block in Chhattisgarh. The court held the accused guilty of criminal con-spiracy (punishable under Section 120-B of IPC) and cheat-ing (punishable under section 420 of IPC) and under various provi-sions of the Prevention of Committion Act Corruption Act.

Arguments on the quantum of punishment are scheduled for July 18. Although the CBI had



filed a closure report in the case, the court in 2014 had refused to accept it and had directed that a fresh investigation be conducted by the probe agency

The court stated that Darda.

who is also the chairperson of the Lokmat Group, had "misrepre-sented" facts in letters written to Prime Manmohan Singh, who held the coal portfolio. It said that Darda

Fatehpur (East) coal block in Chhattisgarh for JLD Yavatmal Energy Pvt Ltd.
The 35th Screening Committee

The 35th Screening Committee allotted the coal block to JLD Yavatmal Energy. Special Judge Sanjay Bansal also convicted the former MF's son Devender Darda, senior public servants KS Kropha and K C Samria, JLD Yavatmal Energy Pvt Ltd and its Director Manoj Kumar Jayaswal.

In its FIR, the CBI had alleged that JLD Yavatmal Energy had wrongfully concealed the previ-ous allocation of four coal blocks to its group companies in 1999-2005. But the probe agency later

JLD Yavatmal Energy by the Coal Ministry in allocation of coal blocks. The CBI had said that nothing substantial had emerged nothing substantial had emerged to establish cheating and criminal conspiracy among officials of the Coal Ministry and JLD Yavatmal Energy's directors. Thursday's convictions are the 13th in the coal scam, which had rocked the coal scam, which had rocked the Mammohan Singh-led UPA-II government. In 2012, the Comptroller and Auditor General had slammed the government for alleged inefficient allocation of 14 coal blocks to public sector enterprises and private compa-nies between 2004 and 2009 in a popularosparant manner. non-transparent manner.

Ideals of equality, justice were closest to Babasaheb's heart: Om Birla



NEW DELHI: Lok Sabha Speaker Om Birla has said the ideals of equality and justice which continually strengther Indian democracy were closest to Baba Saheb Dr Bhimrao

Ambedkar's heart.
This was stated by Birla during an event here on Saturday.
The Lok Sabha Speaker unveiled a statue of Baba Saheb Dr
Bhimrao Ambedkar at the Indira Gandhi National Open
University (IGNOU) and addressed the students and other
invitees. At the outset, Birla congratulated IGNOU on the momentous occasion of the unveiling of the statue of Baba Saheb Dr Bhim Rao Ambedkar on the campus and hailed it

as a historic event.

The Lok Sabha speaker described Dr Ambedkar as a visionary leader who has made an invaluable contribution in framing the nation's Constitution.

The ideals of equality and justice which continually strengthen Indian democracy were closest to Baba Sabeb's heart and serve as a guiding beacon not only for Indian government. But also forms the conventions of several contributions of several contributions. ernance but also form the cornerstone of several Constitutions in the world, Birla said.

Constitutions in the world, Birla said.
Mentioning that Babasaheb was of the view that knowledge and education were the means for social and economic development, Birla recalled the challenges that Babasaheb had to surmount to gain quality education.
It was only through his determination and dedication that

Babasaheb achieved the status of nation builder and that we should take inspiration from his life, stressed Birla.

Opposition's Bengaluru meet: Uddhay Sena to participate; AAP likely to decide today

BENGALURU: A day ahead of the Opposition parties' second meeting scheduled to take place in Bengaluru, Shiv Sena (UBT) Bengaluru, Shiv Sena (UB1)
MP Sanjay Raut said
Sunday that he along with
the party chief Uddhav
Thackeray and his son
Aditya Thackeray will participate in the "very important" meeting.
"Uddhav Thackeray and I
will participate in the opposition meeting thackeray and I
will participate in the opposition meeting thackeray and I
will participate in the opposition meeting that is soine that is soine.

sition meeting that is going to take place in Bengaluru.
This is a very important
meeting," Raut was quoted
as saying by news agency
ANI.

of the Opposition parties will be held in Bengaluru on July 17-18. The Opposition parties' first meeting was held in Patna on June 23.

Meanwhile, Aam Aadmi Patty's (AAP) Political

Party's (AAP) Political Affairs Committee (PAC) is



ing today (Sunday) at 4 pm ing today (Sunday) at 4 pm to discuss the opposition meeting. When asked if he will attend the Bengaluru meet, AAP national con-venor and Delhi Chief Minister Arvind Kejriwal told reporters that he can inform only after the PAC meet. Punjab Chief Minister Bhagwant Mann will also join the PAC meeting through video conferenc-

ing.
The party has said that it won't attend the Opposition meeting unless Opposition meeting unless the Congress makes its stand clear on the ordi-nance over the reins of 'Services' passed by the Centre for Delhi. The Congress, on its part, sig-nalled Saturday that it

would oppose the ordi-nance but shied away from openly declaring its back-ing to the AAP govern-

Gandhi is also expected to participate in the second meeting of opposition lead-

ers.

Shivakumar told the media that a majority of Opposition leaders are expected to participate in the meeting. "I am very confident that Sonia (Condhi, will also (Sonia). Gandhi will also (participate).

pate).

AICC president
Mallikarjun Kharge has
requested her to participate
in this meeting," he said.
The Congress party is the
host of the Bengaluru meet. AICC

eral smaller parties to the conclave to send out a sig-nal that most of the anti-BJP nal that most of the anti-BJP forces in the country are coming together to create a common front against the saffron party in the 2024 Lok Sabha polls. Sources said Karnataka

CM and senior Congress leader Siddaramaiah will leader Siddaramaiah will host a dinner for all the Opposition leaders on July 17 during which there would be informal discus-sions. The parties' substan-tial deliberations would be held on July 18 after which they would hold a joint press conference. Sources said the parties are also planning to hold joint ral-lies in the coming days to cement their unity. In June this year, Bihar Chief Minister Nitish Kumar had hosted the first meeting of nosted the first meeting of Opposition leaders with an objective of forging a united opposition front to fight BJP in next year's Lok Sabha elections.

Himachal Pradesh: Disaster relief fund launched to aid the needy

NEW DELHI Initiating a digital platform aimed at aiding the disaster-affected people of Himachal Pradesh, Chief Minister Sukhvinder Singh Sukhu on Sunday

Chief Minister Sukhvunder Singh Sukhu on Sunday launched the Aapda Rahat Kosh-2023 website. "Individuals can donate money in Aapda Rahat Kosh-2023 from anywhere. The system has been inte-grated with multiple payment gateways to ensure samless transactions that include Debit Card, Credit Card, Net Banking, QR code and UPI," he said.

During the launch, the Chief Minister said that the magnitude of the tragedy was vast and people from across the country and abroad have expressed their

desire to assist.

He said that to facilitate this support, the
Department of Digital Technology and Governance
developed a transparent web link where anyone can
donate online and receive a receipt on their mobile
device. The Chief Minister said that preparations were underway to enable online donations from overseas donors within the next few days. Sukhu expressed donors within the next few days. Sukhu expressed gratitude towards employee organizations and indi-viduals nationwide who have already contributed to the Aapda Rahat Kosh-2023. He said that he himself and his cabinet colleagues, all Congress MLAs, have decided to donate their one

month's salary towards the cause.

Highlighting the severity of the situation, the Chief Highingtoning me severity of the situation, the Chief Minister said that Himachal Pradesh had faced immense losses due to the unprecedented rainfall, marking the worst calamity the state has experienced in 50 years. He exhorted everyone to extend maximum financial support to help the state to recover from the depositation.

Nadda targets Cong govt in Raiasthan, says UPA stands for 'utpidan, pakshpat, atyachar'



BJP president J P Nadda charged on Sunday that the UPA of Congress stands for "utpidan, pakshpat and atyachar" - oppression, favouritism and atrocities -

favouritism and alrocities – and that the party has no right to be in power in Rajasthan even for a minute. Addressing a rally after launching the BJP's "Nahii Sahega Rajasthan" cam-paign against the Congress

paign against the Congress government, he targeted the United Progressive Alliance (UPA) led by the Congress and said, "UPA of Congress stands for 'utpidan, pakshpat and atyachar.", "Whereas the NDA (National Democratic

Modi is working with the mantra of 'sabka saath, sabka vikas, sabka vishwas

sabka vikas, sabka vishwas and sabka prayas'," he said. Nadda launched the party's poll campaign – 'Nahi Sahega Rajasthan' to oust the Congress from power. Assembly elections are due in the state by the year-end. This campaign will be run in the entire state. Nadda launched the cam-

Nadda launched the cam Nadda launched the cam-paign and a theme video which highlights crime against women, the murder of Kanhaiya Lal in Udaipur, communal riots and other issues. He also released a "Fail Card" of the Congress-led ebbe compressed.

led state government. He targeted the state government saying that it loots and tortures people and has broken all records of atrocities against Dalits, tribals, women, children and the core." It has no right to be in poor. "It has no right to be in power even for a minute,' he said.

India trying to find ways to resume India-Myanmar-Thailand Trilateral Highway project: EAM Jaishankar

NEW DELHI: India-Myanmar-NEW DELHI: India-Myanmar-Thailand Trilateral Highway has been a "very difficult project" because of the situation in Myanmar and it is the govern-ment's priority to find ways to resume it, External Affairs Minister S. Juishankar said on Minister S Jaishankar said on Jaishankar Bangkok to participate in the 12th Foreign Ministers' Meeting of the

Mekong Ganga Cooperation (MGC) Mechanism and attend the BIMSTEC Foreign Ministers' Retreat. Addressing the Indian community soon after his arrival in Bangkok, Jaishankar spoke nectivity be

about the connectivity between Thailand and India. "The real challenge today before us one which we are work-ing on, is how do we build road connectivity between Thailand....We have this project from northeast India, that if we build a road through Myanmar, and that road connects up with what Thailand will be building towards," Jaishankar said.

towards," Jaishankar said.

He said with good road con-nectivity, the movement of goods, movement of people will undergo an enormous change.

"But it has been a very difficult project. It has been a very difficult project. It has been a very difficult

project mainly because of the sit-uation in Myanmar. And one of

our priorities today is to find ways of how to resume this proj-ect, how to unlock it, and how to make it because large parts of the project have been built," Jaishankar said.

India Thailand and Myanmar India, Thailand and Myanmar are working on about 1,400-km-long highway that would link the country with Southeast Asia by land and give a boost to trade, business, health, education and

tion work on the ambitious India-Myanmar-Thailand Trilateral Highway has been completed.

Highway has been completed.
The highway will connect Moreh
in Manipur, India with Mae Sot
in Thailand via Myanmar.
The strategic highway project
has been delayed. Earlier, the government was aiming to make the highway operational by December 2019.

Congress has 'unique position' in Oppn ranks, leader of anti-BJP bloc will emerge in due course: Chidambaram

AGENCIES NEW DELHI: Ahead of the cru-

cial Bengaluru meeting, senior Congress leader P Chidambaram on Sunday exuded confidence that the Opposition, by staying united, can certainly challenge Prime Minister Narendra Modi in the 2024 Lok Sabha polls and assert-ed that the leader of the anti-BJP bloc will emerge in "due

In an interview with agencies, Chidambaram said the Congress has a "unique position" in the ranks of the opposi-tion parties but there was "no need to talk about it now".

The former Union minister also said that the manner in which the AAP formulated and posed the Delhi ordinance issue

at the Patna meeting of the opposition parties was

Each issue will be decided on

Each issue will be decided on its own merits and at the appro-priate time and place, he said. Chidambaram stressed that the Opposition parties have sev-eral objectives in common as they are opposed to the social and economic policies of the BJF government, are concerned about slow economic growth, about slow economic growth, high inflation and rising unem-ployment, as well as about the "curtailment of civil liberties, the gagging of the media, the emasculation of institutions, and the misuse of investigating

agencies .

Must Read | Congress's top
legal minds favour 'nuanced
approach' on UCC

"They are concerned about



the security situation on the borders. These common concerns have brought them together to oppose the BJP in the 2024 Lok Sabha elections. There is enough justification for the Opposition parties to meet as often as possi-ble in the run up to the elec-tions," he said.

The forthcoming meeting at Bengaluru will certainly be purposeful, Chidambaram said and added that "we must wait and added that we must wait and see what the next steps will be". Asked about the Opposition having sidestepped the leader-ship question for now and whether going to polls without a

PM face face would work when Modi has been at the helm for 10 years, Chidambaram said, "That Mr Narendra Modi has been at the helm of the BJP and the centhe helm of the BJP and the cen-tral government for 10 years is not a strength but a weakness. Mr Modi's hands are bare and he has not delivered on his promises." There is nothing more that he can deliver in the last year, "except perhaps more slogans", he added.

slogans", he added.

"The Opposition, by being united in their opposition to the BJP, can certainly challenge Mr Modi," the senior Congress leader said. Chidambaram said the leader of the "united Opposition" will emerge in "due course".

On the comparison of the Opposition uniting to take on then PM Indira Gandhi in 1977

sition parties coming together, Chidambaram said the situation in 1977 was different from the situation in 2023 as in that election, the sole issue tion, the sole issue was Emergency but today, and in the run up to the 2024 Lok Sabha elections, there are plenty of issues that are bothering the people. "I have referred to the

people. "I have referred to the common concerns of the Opposition parties. They are sufficient to erect a platform that can be shared by Opposition parties," he said. On Prime Minister Modi's swipe at the Opposition that the corrupt were joining hands, Chidambaram said that in

Modi's view, every Opposition party and every Opposition leader is corrupt. "It is a hollow argument. His view has been

rejected by the people time and again. The latest instance was in Karnataka. Mr Modi's allega-tions are becoming tiresome. If he looks at his own ranks, he he looks at his own ranks, he will find many leaders/minis-ters whom he had once accused of corruption," Chidambaram said.

The phrase 'BJP is a giant

washing machine' is familiar throughout India and evokes a throughout india and evokes a lot of laughter and derision, he said. On how the Opposition would counter polarising issues, Chidambaram said each issue raised by the BJP will be coun-tered with facts, figures and the actual citization on the ground. actual situation on the ground.

The Indian people are aware of the realities they face every day and they know which issue is a polarising issue and which issue affects their lives, he said.

JAMMU | MONDAY, JULY 17, 2023

Ashwin's seven-for sews up India's innings win

with 12 wickets in the match as India beat West Indias by an innings and 141 runs in the first Test at Windsor Park, After debutant Yashasvi Jaiswal's 171 enabled India to declare with a lead of 271, Ashwin picked up 7 for 71 as West Indies folded for 130 on the third evening. 130 on the third evening.

With the pitch offering plenty of turn and bounce for spinners, Rohit Sharma had Ashwin and Kohit Sharma had Ashwin and Ravindra Jadeja operating in tan-dem after the fourth over of West Indies' second innings. The duo didn't take long to make an impact and, using around-the-wicket angle, they ran through West Indies' too goder. Ashwin West Indies' top order. Ashwin dismissed right-handers Kraigg

dismissed right-handers Kraigg Brathwaite and Jermaine Blackwood and Jadeja accounted for left-handers Tagenarine Chanderpaul and Raymon Reifer. That reduced West Indies to 32 for 4 despite Ishan Kishan dropping Brathwaite on zern off Jadeja Brathwaite on zero off Jadeja

Athanaze and Joshua Da Silva took the side past 50 but their stand was worth only 26 when stand was worth only 26 when Mohammed Siraj trapped Da Silva Ibw. Athanaze, dropped on 1 by Jaiswal off Ashwin, was try-ing to stay positive. He had hit a couple of fours in Ashwin's first spell but the offspinner returned to have him caught at short leg with Jaiswal making no mistake on this occasion.

on this occasion.

Alzarri Joseph walked in ahead
of Rahkeem Cornwall for the secon dame in the Test, and tried to survive by way of attack. He hit Ashwin over long-off for a six but holed out to deep midwicket



when he went for another slog.

For his fifth wicket, Ashwin switched to over the wicket and had Cornwall caught at short leg with a big offbreak. Kemar Roach didn't bet long either and while didn't last long either, and while Jomel Warrican entertained for a brief period, it took Ashwin only a couple of overs after the scheduled hours to have him lbw Jason Holder resisted for 50 halls but there was little help from the other end. In the morning, as Jaiswal and Virat Kohli resumed India's innings from 312 for 2, West Indies started with a couple

of handicaps.

Joseph couldn't open the bowling because he was off the field for 28 minutes before stumps last evening. Cornwall was also not

allowed to bowl for two hours as allowed to bowl for two hours as he had gone off the field with a chest infection before lunch on day two. On a pitch that was slowing down with every pass-ing over, Jaiswal had no trouble driving on the up against seam ers. The opener picked up his first boundary of the day with an on-drive off Holder. Three balls on-drive off Holder. Ihree balls later, he became the third Indian after Shikhar Dhawan (187) and Rohit (177) to score 150 or more on Test debut. Joseph replaced Holder as soon as he was eligible to bowl. By then Jaiswal was looking to score guickly. He to bowl. By then Jaiswal was looking to score quickly. He uppercut Joseph over backward

point for four to bring up the 100-run partnership with Kohli, before skipping down the

straight six. Joseph then pulled his length back, bowled five sucsive dot balls to Jaiswal, and cessive dot balls to Jaiswal, and had him caught behind with the sixth as the left-hander looked to punch off the back foot. Ajinkya Rahane failed to account for the slowness of the pitch and fell for 3, chipping Roach's first ball of the morning to cover. West Indies had the opportuni-

ty to dismiss Kohli in the sixth ty to dismiss Kohli in the sixth over of the day, when Warrican got him to push uppishly towards extra cover but Brathwaite dropped the catch. Kohli was on 40 at the time and he had to work hard for his runs. It took him 147 balls to bring up his balf cantum, his third because the second of the control of his half-century, his third slowest in Test cricket

in Test cricket.

The run-scoring became slightly easier when, around 25 minutes before lunch, Brathwaite deployed Athanaze from one end and himself from the other. Kohli and Jadeja used that window to score a complete boundaries are himself. score a couple of boundaries each and take India to 400.

and take India to 400. Just after Lunch, Kohli got another reprieve on 72. Driving away from the body, he edged Roach behind the stumps, and Da Silva, despite his one-handed diving effort, couldn't hold on to the chance. Kohli's innings eventually came to an end on 76 when he flicked Cornwall to leg slip.

Like the follow debutant

Like the fellow debutant Jaiswal, Kishan also took a long time to open his account Jaiswal Jaiswal, Kishan also took a long time to open his account. Jaiswal had got off the mark off the 16th ball; Kishan did so on the 20th. As soon as Kishan scored his first run, Rohit declared the innings.

India have a chance to win medal in Asian Games through men's doubles: Paes



MUMBAI, JUL 16: Tennis legend Leander Paes feels India will find it tough in singles but the country can hope to win a medal in the Asian Games with the men's doubles team though it remains to be seen who is it remains to be seen who is picked to play alongside the seasoned Rohan Bopanna. "In the Asian Games, in men's doubles we have a good opportuni-ty of doing well. We have multiple options of teams multiple options of teams in the doubles. We have got quite a few players who can play," Paes said during an event on the eve of the Wimbledon men's final

Wimbledom men's final here on Sunday.

"In singles, when you look at countries historical-ly, like Japan, Korea, Uzbekistan, China, Chinese Taipei, Thailand ... it will be a little tougher but in doubles we have a great chance of winning a medal, if not a gold medal.

"It just depends on the combination of teams, who combination of teams, who
they pick to play with
Rohan and who the second
team will be." Paes feels the
Indian players will find it
tough to keep up with the
competition in the international level in part few tional level in next few years and said it is unfortu-nate that the country does not host important events.

"I think it is going to be a tough time for Indian ten-nis for the next couple of years. I have tremendous respect for Indian players who are travelling internawho are travelling interna-tionally, spending Euros and dollars, spending for-eign currency ... to have a coach, a trainer, equip-ment, to get all your flights, hotel, transport," he said. "You do not have an association which pays for all of that. Each of us has to do it individually whereas

do it individually, whereas you have the BCCI which has done such a wonderful job for cricket. "You have Hockey India, AIFF, Reliance doing it for ISL. But tennis is an individual sport, very much like bad-minton, or track and field, in there, 99.99 per cent of the tennis tournaments are outside India. There is nothing here." job for cricket. "You have

nothing here." Paes said the kids are distracted by the ways of the modern world, but took the modern world, but took pride in the fact that he was able to inspire many to take up the sport. "I hope in the next 3-5 or 10 years we see a wave of young players coming through," he said. "When I was playing, I proved that Indians could be champions. In 1991, after I won the Wimbledon innior and the juntor 118

junior and the junior US

Open in September, the growth of the number of Indian kids playing tennis was 4,000 per cent.

"I do not see that today. Gadgets, social media, options of OTT platforms are taking a lot of time off the kids."

the kids."

Paes said it is important to allow kids the time and scope to pursue the sport they are interested in, alongside studies.

"You go to school for 5-6-7 hours a day, there's no time for practice in the morning. Instead of getting and technical practice in any sport, you are getting one or maximum two a

day,
"In the Western world,
kids are doing online
schooling and focusing on
their sport. They are doing
four sessions a day 356
days a year (multiplied) by
10 or 15 years.
"That is why an (Carlos)
Alcaraz at the age of 19 is
No 1 in the world. Do you
see any 19-year-old tennis
players in India right now?

players in India right now?

players in India right now? It is all about repetition, practice and training." Recalling his childhood days, Paes said: "I personal-ly feel I have a very blessed career. Growing up I used to play gully cricket and to play gully cricket and football in the maidans of Calcutta (Kolkata). In the last four decades, tennis has given me a lot.

has given me a lot.
"As a young boy, I wanted to represent India, to
emulate what my father
had done, to win an
Olympic medal. I wanted
to prove 'hum bhi jeet sakte
hain' (that we can also win)
– and not just in hockey but
in an individual sport.

I&K all set to host first ever National Football camp at Srinagar

SRINAGAR, JUL 16: In a remarkable development for the sports ecosystem of Jammu and Kashmir, for the first time a national camp for the U-16 men's football team is being held in Srinagar. Though Jammu and Kashmir hosted and Kashmir hosted Santosh Trophy, Federation Cup, and Hero I-League matches over the years, a national football camp of this magnitude is being held for the first time. The similarities in the weather conditions between Srinagar and Bhutan also

Srinagar and Bhutan also made the case of J&K Sports Council stronger for hosting the national camp. Besides hosting of the camp, The prominent fea-ture of the camp is the appointment of chief coach, Ishfaq Ahmed, son of the soil and former internationsoil and former international Footballer. Ishfaq has had many coaching stints in I-League with the likes of Kerala Blasters but the chief coach considers this oppor-tunity as one of the most



moments of his prized career. The Under-16 men's team will participate in the SAFF U-16 Championship scheduled to be held in scheduled to be held in Bhutan in September this year. Considering this as one of the great developments of the game, many sports pundits believe the camp will have a huge impact on the football in J&K.

Speaking on this devel-

Speaking on this development, Advisor Lieutenant Govern Governor, Rajeev Rai Bhatnagar said, "It is our endeavour to pro-mote sports in J&K and engage our youth in differ-ent sporting activities.

Football is very popular among youth of J&K and to encourage our youth fur-ther in football, we thought ther in football, we thought it is appropriate to host the national youth team training camp in Srinagar." "I welcome India U-16 national team players to Srinagar and our administration will extend best possible support for the successful hosting of the national camp", he added

he added. The Secretary, Youth Services and Sports, Sarmad Hafeez said, "It is a great honour for the J&K to host the national U-16 boys'

Football has a big fan base in J&K, and our youth will tremendously get motivated to see the national team youth team training in Srinagar and the administration will put all required efforts for football to grow

efforts for football to grow in the region.

The Secretary Sports Council, Nuzhat Gull thanked the administration for the support and for creating an amiable environment to host the first national football camp in J&K. The Sports Council has hosted many important events both national and events both national and international included, "I international included, "I am sure with hosting of national football camp, J&K Sports Council as a premier sporting body will graduate to next level", Nuzhat Gull added. While expressing his deep thanks to the J&K administration, especially the Sports Council for the Sports of the Sports Council for the Sports

the Sports Council for the team coaching camp in Srinagar". He said that

expresses its sincere grati-tude and thanks to the J&K administration for hosting India U16 team coaching camp in Srinagar.

The elated head coach, The elated head coach, Ishfaa Ahmed said that the hosting of the U-16 camp in Srinagar is a unique move for many reasons. First, we never had an opportunity to hold a National Camp and it is also a fulfillment of the promise by our President Mr. Kalyan Chaubey, and Seretary General Dr. Shaji Prabhakaran, to make the game a pan-India affair.

game a pan-India affair. The former international I&K footballer and techni J&K tootballer and techni-cal committee member AIFF, Arun Malhotra said with the Government of J&K providing so much support for the camp, J&K football sees a tangible per-cent value in contributing sonal value in contributing to the progress of the sport in the country and I sincerely hope that we emerge as champions in the SAFF U-16 tournament.

Hanuma Vihari says he enjoys captaincy lauds South Zone's bowling attack

BENGALURU, JUL 16: Hanuma Vihari has shown that captaincy sits lightly on him as he led South Zone to the Duleep Trophy title triumph, and sweet-ened the moment con-

ened the moment con-tributing with 105 runs in two innings.

The performance will definitely boost Vihari's credentials in his attempt to reclaim his lost spot in the Indian team. But for now, it is quite understand. now, it is quite understand-able that the right-hander termed the whole experi-ence as an "enjoyable" one. "Yeah! Definitely I enjoyed "Yeah! Definitely I enjoyed captaincy. When you have a team like that you will enjoy doing captaincy," said Vihari, who will turn out for Madhya Pradesh for the rest of the domestic

season. However, Vihari paid

wholesome compliments to the bowling attack of South

Zone.
"When you have this kind of bowling attack, captaincy pressure will come down. It was our

come down. It was our plan to curtail them to below three runs (per over), and they executed it as the quality bowlers will make the captain's job real-ly easy," said Vihari. Vihari also reserved a special word of praise for three Karnataka pacers, Vidwath Kaweranna.wath Kaverappa, Vijayakumar Vyshak and Vasuki Koushik. The tro?!

The troika grabbed 16 of the 20 West Zone wickets to have fallen in this match.

to have fallen in this match.

"All three Karnataka fast
bowlers who played this
match knew the wicket
very well. I had said earlier
as well that having bowlers

who know the conditions is

an advantage to us.

"But to be able to put it into use is another thing, all three of them showed their skills. The West Zone bowlers have a lot of qualibowlers have a lot of quali-ty on paper and to get them out needed special skills and they executed it really well," he said. Vihari said the dismissal of Sarfaraz Khan late on the fourth evening was the turning point of the match. "Yesterday in the third

Yesterday in the third session, Priyank and Sarfaraz batted really well. His dismissal was the turn-

ing point, I thought.
"If Sarfaraz was there, he could have handled that spell of Vidwath and Koushik, and getting Sarfaraz's wicket in the last

Sri Lanka, Pakistan get a chance to test progress a year on in Galle GALLE: On July 16 Sri I anka

GALLE: On July 16, 5ri Lanka played Pakistan in Galle in the first of two Test matches, with the second Test starting on the 24th. That statement is true for both 2022 and 2023.

It's not clear why this series has been set up to perfectly.

has been set up to perfectly mirror Pakistan's tour of Sri Lanka last year, but it provides the opportunity to evaluate each side's progress in the interceding 12 months. Sri interceding 12 months. Sri Lanka begin as obvious favourites despite mixed results in the past 12 months primarily because of their level of familiarity with conditions; six of the hosts' last eight Test matches have come at this venue, and four of those games have resulted in wins for them. A relatively settled Test side who recognise their Test side who recognise their best red-ball squad, Sri Lanka went on to challenge New Zealand away in the only other Test series they played, going down by two wickets in the first before being overpowered

recent form - albeit in another format. The ignominy of being forced to qualify for the World Cup in India was more than made up for by Sri Lanka vanquishing all before them in Zimbabwe, winning all eight games and the trophy to book their place at the fournament their place at the tournament in style. They are bolstered by the likely return of Dimuth Karunaratne, who missed the final of that competition with a hamstring injury. With two centuries and four fifties in his centuries and four fifties in his last seven Test innings, the availability of arguably the world's best opener of the past five years adds some welcome heft against an opening attack comprising Shaheen Shah Afridi and Naseem Shah. Add to that the quality Sri Lanka have in their spinning anaks a pecuni area of participants as a format area of participants.

ranks - a recent area of particu-lar famine for Pakistan - and their impregnability is further cemented. Prabath Jayasuriya and Ramesh Mendis were Pakistan's chief tormentors on

They come off pitch-perfect recent form - albeit in another format. The ignominy of being forced to qualify for the World Cup in India was more than made up for by 8r1 Lanka vanjushing all before them in Zimbabwe, winning all eight games and the trophy to book their place at the tournament in style. They are bolstered by the likely return of Dimuth the likely return of Dimuth and the more strength of the streng after impressing against England, but Mohammad Nawaz and Salman Ali Agha

Nawaz and Salman Ali Agha are expected to have significant bowling duties should Galle's surfaces live up to their gripping reputation.

But Pakistan's underdog status comes just as much from their own track record as anything Sri Lanka can throw at them. They haven't won a single Test in the year since their win at Galle in the corresponding fixture 12 months ago, ding fixture 12 months ago, and that was their only win of 2022. Since the start of last year, Babar Azam's side have triumphed just once in ten matches, losing five of the

other nine. A shaky top order will be put to the test once more in Sri Lanka, and Sarfaraz Ahmed, who retains his place as wicketkeeper, will need to back up excellent recent batting performances with ability with the gloves on testine surfaces. In five Test matches in Galle,

Prabath Jayasuriya has taken 46 wickets, registering six five-fors and two match ten-wicket hauls. That included 17 wickhauls. That included 17 wick-test in two Test matches against Pakistan last year, famously skittling Pakistan out post-lunch on the final day of the series to level it up 1-1. Another world-class spinner of the Sri Lankan production line, the slow left armer was named the Player of the Series, and will be one of the key antagonists for the visitors this time around, too. Whether time around, too. Whether they've learned to cope with

Afridi for Pakistan, given all the baggage Galle at this time of year carries for him. Playing of year carries for him. Playing his first Test since a nasty injury in the corresponding Dimuth Karunaratne (capt), 2 loshan hadhushka, 3 kodhushka, 4 kodhushka, 5 kodhu to withstand five days of a for-mat he has had an extended break from. The surface is more likely to suit spin, and whether Afridi retains his bowling speed - something he has expressed recent scepti-cism about - could be a bellcism about - could be a bell-wether for his red-ball future. With Pakistan likely fielding just two fast bowlers, Babar's workload management of Shaheen will also be under scrutiny, with in-game man-agement an area the Pakistan captain has struggled with in the past.

If Karunaratne is available, he will lead the side as cantain

he will lead the side as captain and opener, with Nishan Madushka likely to pip Pathum Nissanka to be his

Sri Lanka (probable): 1 Dimuth Karunaratne (capt), 2 Nishan Madhushka, 3 Kusal Mendis, 4 Angelo Mathews, 5 Dinesh Chandimal, 6 Dhananjaya de Silva, 7 Sadeera Samarawickrama (wk), 8 Ramesh Mendis, 9 Prabath Jayasuriya, 10 Dilshan Madushanka, 11 Vishwa Fernando / Praveen Iavawickrama

Pakistan are likely to go with

Pakistan are likely to go with the extra spin allrounder and sacrifice a seamer in the process, which brings Nawaz into the frame. Pakistan (probable): 1 Abdullah Shafique, 2 Imam-ul-Haq, 3 Shan Masood, 4 Babar Azam (capt), 5 Sarfaraz Ahmed (wk), 6 Saud Shakeel, 7 Agha, Salman, 8, Mohamman, 8 Agha Salman, 8 Mohammad Nawaz, 9 Naseem Shah, 10 Abrar Ahmed, 11 Shaheen Shah Afridi

Pitch and conditions There are showers forecast

for every day of the Test, though persistent wet weather is unlikely, and Sri Lanka's world-beating groundstaff should ensure delays are kept to a minimum. The wickets are likely to be slow and con-ducive to spin

ducive to spin. Stats and trivia

Shaheen Afridi is one wicke away from becoming the 19th Pakistan bowler to 100 Test wickets, and the first since Mohammad Amir in 2018.

In the last five years, Dimuth Karunaratne has scored more runs as opener than anyone else in Test cricket. His 3256 runs have come at 50.87, with Tom Latham (2711) a distant

Tom Latham (2/11) a distant second.

Quotes
"Injuries are part of an athlete's life, but it is good to be back. I enjoy red-ball cricket a lot, and I am one wicket away from a century of Test wickets which would be a big achieve-ment for me " Shaheen Afridi is raring to be back after a year out of red-ball cricket

Sri Lanka Not Averse To Using Indian **Rupee As Common Currency: President**

COLOMBO: Sri Lanka would want to see the Indian Rupee used as much as the US dollar, President Ranil Wickremesinghe has said, days ahead of his first official visit to New Delhi.

President Wickremesinghe, also the Sri Lanka's finance made this remark while addressing the Indian CEO Forum this week.

"Just as East Asia, including coun-Just as East Asia, including coun-tries like Japan, Korea and China, witnessed significant growth 75 years ago, it is now India's turn, along with the Indian Ocean region, 'President Wickremesinghe said. President Wickremesinghe is expected to visit New Delhi next

week, his first since becoming presi-dent a year ago amidst unprecedented economic and political turmoil in

the island nation.

President Wickremesinghe's com-President Wickremesinghe's comments were in response to the chair of the Forum, TS Prakash, who in his address had called for the enhanced use of the Indian rupee in the Sri Lankan economy.

"It makes no difference to us if India (the Indian rupee) becomes a common currency. We will have to figure out how to go about it. We must become more core to the out.

must become more open to the outworld",



Wickremesinghe said.

"The world is evolving and India is undergoing rapid development, particularly under Prime Minister Modi's leadership", he added.

He also said that Sri Lanka benefits from its proximity to India, coupled with a rich history, cultural heritage and longstanding trading relation-ships spanning 2,500 years, The Daily Mirror newspaper quoted him as say-

ing. President Wickremesinghe has steered the island nation out of the economic crisis and said the economy is recovering despite its slowness.

"Once we complete debt restructuring our focus will shift towards a comprehensive growth agenda

This entails a massive overhaul of President our economy, legal framework and

systems aligning our path with that of India," he said. The 74-year-old 5ri Lankan politician was elected through parliament to fill in the rest of the term of the ousted president Gotabaya Rajapaksa.

Sri Lanka-India relationship history nepote to but it was unquel that

ry points to that it was unusual that Ranil Wickremesinghe's tour to Delhi had taken a year to happen, analysts

India had thrown a lifeline to the India had thrown a lifeline to the last days of the Rajapaksa presidency with an economic assistance package that amounted to 4 billion dollars. Sri Lanka used the Indian credit lines to import essentials and fuel as

the country was gripped in forex shortages which triggered massive street protests. Meanwhile, the High Commissioner of India in Sri Lanka Gopal Bagle who was at the July 13 event, said that the Indian government and the Indian busin ment and the Indian business com-munity have helped the island nation in recuperating from the last year's financial crisis.

"Even during the initial crisis, Indian businessmen began doing business in Sri Lanka to demonstrate to the reset of the world that the coun-

to the rest of the world that the cour try's financial status is stable Bagle was quoted as saying by the Sri

OFFICE OF THE EXECUIVE ENGINEER HORTICULTURE (P&M) DIVISION JAMMU.

Tender Extension (3rd).

Up-gradation and infrastructure for Development of Fruit and

Vegetable Market at Narwal Jammu by way of providing and laying of 75 mm thick WMM and 25 mm thick OGPC over 50mm thick

Reference : e-NIT No.13 of 2023-24 dated, 12-06-2023

Due to poor response, the date for uploading and opening of bids

for work mentioned above is here by extended as under:-

Please read	Instead of					
Bid submission end date 19-07-2023	Bid submission end date 12-07-2023					
(1800 hours)	(1800 hours)					
Bid opening date 20-07-2023 (1200 hours)	Bid opening date 13-07-2027 (1200 hours)					

NO: EEHPM/2023-24/ 432-42

Dated: 13-07-2023 DIP/J-5052/23

EXECUTIVE ENGINEER HORTICULTURE (P&M) DIVISION JAMMU

Singapore Minister Arrested In Rare Top-Level Corruption Probe, Released On Bail

SINGAPORE: Singapore's transport minister has been arrested in connec-tion with a rare top-level corruption probe that has also ensared a billion-aire hotel tycoon, the country's anti-

graft body has said. Transport Minister S. Iswaran was "arrested on 11 July 2023" and "subsequently released on bail", the Corrupt Practices Investigation Bureau (CPIB) said in an emailed statement late Friday, confirming the arrest for the first time

Hotel tycoon Ong Beng Seng, one of Singapore's richest people, was also arrested on the same day and released on bail in connection with the probe, the bureau said. The bureau has not disclosed

details of the investigation that has gripped the city-state, a global finan-cial hub reputed to be among the least upt countries in the world

comparable to the top earners in the private sector to deter corruption. The investigation of the transport chief by the powerful anti-graft bureau widened after it was disclosed that Ong was included in the probe. Ong is the managing director of

Ong is the managing director of Hotel Properties Limited (HPL), which owns a string of high-end hotels and resorts in locations around Asia and the Pacific

In a filing with the Singapore Exchange on Friday, the company said that Ong was given a "notice of arrest" by the CPIB and had posted

arrest are generally impounded, Ong was granted permission to leave Singapore on Friday, with the CPIB noting it considers requests for travel "on a case-by-case basis

increased his bail to Sg\$100,000

increased his bail to Sg\$100,000 (\$75,000).

"Upon his return, Ong is required to report to CPIB and surrender his passport to the bureau," the CPIB added. Ong, a Malaysian who is a Singapore permanent resident, is credited with helping bring the Formula One Grand Prix to Singapore in 2008.

Singapore in 2008.

His private company Singapore GP and the Singapore Tourism Board last year renewed the contract to host the F1 race until 2028. Iswaran, meanwhile, had been ordered to go on the week by Prime Minister Lee Hsien Loong after the CPIB said the minister was "currently assisting" an oneoine investigation.

assisting" an ongoing investigation.

Lee said the anti-graft body had sought his approval for a formal investigation that would involve interviewing Iswaran, among other

The CPIB said it had "acceded to Cabinet ministers are paid salaries Ong's request to travel overseas", but

"Artificially High" Growth Predicted For China In Q2: Report BEIJING: China's economic growth months.
is expected to have surged in the sec-

is expected to have surged in the scond quarter, an AFP survey has forecast, but analysts say Monday's figures will be misleadingly inflated given the low base of comparison with pandemic-wracked 2022.

A year ago, with restrictions such as sudden lockdowns, travel curbs and factory shutdowns the norm China posted 0.4 percent on-year growth, one of its lowest quarterly readings in recent years. eadings in recent years.

This year, an average of predictions from a group of 13 experts inter-viewed by AFP suggested the economy expanded 7.1 percent in April-

But this figure is "artificially high because of the low base" in 2022, said Gene Ma from the Institute of International Finance. The same period last year notably

included a lockdown in Shanghai that saw the financial capital of 25 million people completely closed off for two

The quarter-on-quarter growth figures, which will also be released on Monday, should give a more realistic view of the world's second largest

In the first three months of this year, it grew 4.5 percent on-year, reflecting a resurgence in activity after the abrupt end of the zero-Covid policy in December.

policy in December.

But the recovery, which has been slow to take hold in some sectors, appears to already be running out of

'Afraid to open wallets'

'Atraid to open waltels'
Despite the post-pandemic reopening, a sluggish job market and general uncertainty over the future mean
consumer confidence is at a low.
"From holiday travel to shopping
for cars and homes, the macroeconomic data shows Chinese people are
over its at fairly to come thist reallels."

now just afraid to open their wallets too widely," said the independent Hinrich Foundation's Stewart

In May, one in five young Chinese were unemployed, according to offi-cial data, a record that could be bro-

cial data, a record that could be bro-ken again on Monday when June fig-ures are announced.

Low demand means companies are hesitating to hire, taking a "wait-and-see" attitude before expanding opera-tions, said Harry Murphy Cruise, an economist at rating agency Moody's. Memories of 2022's repeated lock-downs and suddenly changing policy shifts were adding to their hesitancy, he said "linfortunately a revival in

he said. "Unfortunately... a revival is business activity is needed for broad er demand to lift. That stalemate is er demand to lift. That stalemate is keeping business activity weak," he added. That in turn raises the spectre of deflation, a decrease in general prices, which would further add to China's economic woes. Inflation was flat last month, while

producer prices sank more than expected, a further sign of weak demand.

Imran Khan Reveals Plan If His Political Party Gets Banned In Pakistan

ISLAMABAD: Pakistan Tehreek-ISLAMABAD: Pakistan Tehreek-e-Insaf (PTI) chief Imran Khan has said in the event that his party is banned, he will float a new political party to contest the upcoming general elec-tions and will win the elections, Dawn reported citing Nikkei Asia.

Dawn is a Pakistani English news-

paper.

Dawn In the wake of the violent Dawn In the wake of the violent nationwide protests on May 9 and the subsequent clampdown on the pro-testers and the Pakistan Tehreek-e-Insaf, many government figures had called for a ban on the party. Pakistan Interior Minister Rana Sanaullah had said banning the

Pakistan Tehreek-e-Insaf was the only



Defence Minister Khawaja Asif said a move to that effect was being considered and Pakistan Peoples Party (PPP) chairman and Foreign Minister Bilawal Bhutto Zardari had also said his party will not resist any move to impose a ban on the Pakistan

Questioned on the impact of a pos-sible ban on his electoral future by Nikkei Asia, Imran Khan said, "If they remove the party then we will form a party with a new name and still win he elections.

Imran Khan was quoted saying that

Imran Khan was quoted saying that "even if they disqualify me and throw me in jail, the party will still win". The Pakistan Tehreek-e-Insaf chief emphasised to the outlet that his base of supporters "remains intact", claimig that the national politics had "fundamentally changed".

On the continued crackdown on his party, Imran Khan said the government was "still trying to break it through intimidation".

through intimidation

EXECUTIVE ENGINEER PWD (R&B) CONST. DIV. NO. II JAMMU

SHORT NOTICE INVITING TENDER

Fresh Short e-NIT No. 99 of 2023-2024/Div-2 Dated 12-07-2023

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, MES and other State/Central Governments for each of the following works:

S. No	Name of Work	Name of Division	Adverti sed Cost (Rs. in lacs)	Cost of document (in Rs.)	Earnest Money (in Rs.)	Time Allowed for comple te-on	Time and date of opening of tender	Class of Contract or
1	2	3	4	5	6	7	8	9
1	Improvement of Karwanda to Burn Brahmana link road (Under Capex)	PWD (R&B) Const. Divn. No. II Jammu	30.96	600	2% of Advertised Cost	02 Months	20-07-2023 (1.00Pm)	A & B Class / Ho Mix Plant Holder
2	Construction of 1.0 No 0.90 Mtr span Hume Pipe Culvert at Link Road from Lower Rargoora To Upper Rargoora, Sidhra Jammu . (Under Non-Plan).	PWD (R&B) Const. Divn. No. II Jammu	6.65	600	2% of Advertised Cost	01 Month	20-07-2023 (1.00Pm)	"A, B, C & D Class
3	Providing and Laying of T-Wire Crates at Link road from Railway under bridge to NH44 at Upper Rargoora	PWD (R&B) Const. Divn. No. II Jammu	5.00	600	2% of Advertised Cost	01 Month	20-07-2023 (1.00Pm)	"A, B, C & D Class

Position of AAA : Accorded.

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.O). Set of terms and conditions of contract and other details can be seen/downloaded from

the o	the departmental website http://jktenders.gov.in as per below schedule:-					
1	Date of Issue of Tender Notice	12-07-2023				
2	Period of downloading of bidding documents	From 13-07-2023 to 19-07-2023 upto 1800 Hrs				
3	Date, Time and place of pre-bid meeting	XXXXXXXX at XXXX Hrs. in the Office of Executive				
		Engineer PWD (R&B) Const. Divn. No. II Jammu				
4	Bid submission Start Date	13-07-2023				
5	Bid Submission End Date	19-07-2023 upto 1800 Hrs				
6	Date & time of opening of Technical Bids (Online)	20-07-2023 on or after 1300 Hrs in the Office of Executive Engineer PWD (R&B) Const. Divn. No. II Jammu				
7	Date & time of eneming of Financial Ride (Online)	To be notified after technical hid avaluation is completed				

- Bids must be accompanied with cost of Tender document in shape of e-challan through Treasury indicating Treasury Vocare No. & date, e-NIT No. and name of work duly crediting to MH 0059 (Revenue) favoring Executive Engineer PWD (R&B) Const. Divn. No. II Jammu and upload the same i.e treasury challan / receipt, Earnest money/Bid security in shape of CDR/FDR/BG pledged to Executive Engineer PWD (R&B) Const. Divn. No. II Jammu. The CDR/FDR/BG shall be valid for 45 Days beyond the bid validity period. The original instruments in respect of cost of documents, EMD and relevant documents of L1 be submitted to the Executive Engineer PWD (R&B) Const. Divn. No. II Jammu at the time of allotment.
- The electronic bidding system would not allow any late submission of bids after due date and time as per server time. Bidders may modify their bids by uploading their request for modification before the deadline for submission of bids. For this, the bidder needs not to make any additional payment towards the cost of tender document. For bid modification and consequential re-submission, the bidder is not required to withdraw his bid submitted earlier. The last modified bid submitted by the bidder within the bid submission time shall be considered as the bid. For this purpose, modification/withdrawal by other means will not be accepted. In online system of bid submission, the modification and consequential- submission of bids is allowed any number of times. The bidders may withdraw his bid by uploading their request before the deadline for submission of bids; however, if the bid is withdrawn, the re-submission of the bid is not allowed. No bid shall be modified or withdrawn after the deadline of submission of bids.
- 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 Executive Engineer PWD (R&B) Const. Divn. No. II Jammu. The date for same shall be intimated separately

No :- 20175-99 Dated :- 12-07-2023

DIP/J-5058/23

EXECUTIVE ENGINEER PWD (R&B) CONST. DIV. NO. II

Chief Justice presides over Technology Day celebrations at KVK-Gurez

GUREZ, JULY 16: Chief Justice High Court of Jammu & Kashmir and Ladakh, Justice N. Kotiswar Singh today presided over Technology Day celebrations at Krishi Vigyan Kendra (KVK)-Gurez in Mountain Agricultural Research and Extension Station (MARES) of SKUAST-K at Izmarg, here. Upon his arrival to MARES, the Chief Justice was given a rousing welcome by Head MARES and Krishi Vigyan Kendra-Gurez, Dr. Bilal Ahmad Bhat and the scientists and staff.

On the occasion, the Chief Justice interacted with subject matter specialists and scientists of the MARES and discussed about the scope for cultivation of different vegetables as well as other potential GUREZ, IULY 16: Chief Justice High Court



species in the valley. During the interac-tion, Dr. Shahnawaz Ahmad Dar briefed the Chief Justice about the status and

briefed the Chief Justice about scope of protected cultivation of different vegeta-bles in this region because of harsh climatic conditions in winters.

At Izmarg, the Chief Justice was briefed

ture and allied sectors undertaken by SKUAST-K for the upliftment of farming community of this region. Dr. Bhat apprised the Chief Justice about recent tie up of SKUAST-K with PepsiCo for marketing support to potato growers of this val-ley. Dr Parveen Kumar, SMS (Ag. Extension), on the occasion briefed the Chief Justice that July 16 is the Foundation day of ICAR and ICAR has decided to celday of ICAR and ICAR has decided to cel-ebrate the day as Technology Day. He added that the Technology Day celebra-tions will go on till July 18 and all the KVKs in the country are organizing exhibitions displaying various innovations, technolo-gies and products as a part of their endeav-our to raise awareness of farming commu-nity

Chairman DDC Budgam visits Narbal & Kanihama village

JI NEWS SERVICE

BUDGAM, JULY 16: The Chairman, District Developmen Council (DDC) Budgam, Nazir Ahmad Khan today paid a visit to Narbal and Kanihama villages in the Budgam dis

visit to Natrola and Kantinalina Vinages in the Budgain district.

During the visit, he inspected the ongoing macadamisation work on the Badran Kanihama road. The Chairman reiterated the DDC's commitment to ensuring, the timely completion of all development projects in Budgain district. The visit to Narbal and Kanihama villages aimed to assess the progress of infrastructure development in the region and interact with the local communities.

Khan met with the residents, listened to their concerns, and assured them of the DDC's dedication towards addressing their issues and improving their quality of life.

One of the key highlights of the visit was the inspection of the congoing macadamisation work on the Badran Kanihama road. The Chairman closely examined the quality and progress of the road construction, emphasizing the importances. progress of the road construction, emphasizing the impor-tance of well-built and accessible roads for the socio-eco-nomic development of the district. Nazir Ahmad Khan expressed his satisfaction with the

pace and quality of the ongoing macadamisation work on the Badran Kanihama road. He expressed gratitude to the district administration, Budgam and the concerned depart-

ment involved in the project for its timely completion.
Speaking on behalf of the DDC Council, Chairman reiterated the council's unwavering commitment to the overall development of Budgam district. He emphasized that every project, whether it is related to infrastructure, education, healthcare, or any other sector, will be closely monitored to ensure its timely completion and adherence to the highest cleandards of walling standards of quality



KVK Samba celebrates 95th ICAR Foundation & Technology Day

JAMMU | MONDAY, JULY 17, 2023



JI NEWS SERVICE

SAMBA, JULY 16: Krishi Vigyan University of Agricultural Sciences & Technology of Jammu today celebrat-ed the 95th ICAR Foundation Day &

del the 95th ICAR Foundation Day & Technology Day here under the guidance of Prof. Bn.Tripathi, ViceChancellor, SKUAST-Jammu.
As many as 133 farmers/farm women actively participated in the programme. On this Occasion, an exhibition was also organized where different types of specimens, exhibits and agricultural tools and implements were displayed. The programme started with the welcome address by Dr. Sanjay Khajuria, Chief Scientist & Head. He welcomed all the farmers and highlighted the importance of 95th ICAR Foundation Day. He

to adopt Innovative Agricultural Practices to maintain the soil health and make agriculture more profitable. He informed that the KVK will impart training to the farmers in different innovative farming techniques, including preparation of inputs, enriching soil and value addition of fruits and vegetables. He said the main purpose of organizing the awareness camp was to sensitize farmers about the Innovative Agricultural Practices, which is the need of the hour. Dr.Neerja Sharma, Senior Scientist Horticulture, discussed in detail the post-harvest tech-niques and value addition of the fruits and vegetables for enhancement of farmers income. Dr. Abhay Kumar Sinha, Senior Scientist Agricultural Engineering acquainted the farmers

about the Farm Mechanization and how it has proved a game changer in making Agriculture a profitable activity. "The introduction of Farm Machinery like tractors, tillers, farm machinery banks, Custom hiring centers, manual weeders, Irrigation Pump sets, Brush Cutters, innovative farm tools has reduced farm drudgery to a greater extent," he added. Speaking on the occasion, Dr. Saurav Gupta, Scientist, Entonnology briefed in detail the importance of innovative farming as it offers a solution to various problems, such as food insecurity, farmers' distress, and health problems arising due to pesticide and fertilizer residues in food and water, global warming, climate change and natural calamities. He also discussed different ways to control various insects -pests and diseases of major crops through innovative farming techniques. Dr. Vijay Kumar Sharma Scientist, Animal Sciences discussed the welfare schemes of central and UT governments in the animal cussed the welfare schemes of central and UT governments in the animal husbandry sector. He also sensitized the farmers about different parasitic diseases among livestock, their pre

vention and control strategies. Dr. Shalini, Programme Assistant, KVK Samba emphasized the impor-tance of soil in agricultural productiv-ity. She advised the farmers to use organic farming techniques to pro-mote soil health.

ICAR Foundation Day observed at Kupwara

JI NEWS SERVICE

KUPWARA, JULY 16: In order to celebrate India Council for Agricultural Research (ICAR) Foundation Day, Krishi Vigyan Kendra (KVK) Kupwara today organized a function here. The function was presided over by Deputy Commissioner (DC) Kupwara, Ayushi Sudan. Addressing the function, the DC appreciated the Members of Farmer Producer Organizations (FPOs) for doing commendable job in their fields of activity. He stressed upon the KVK officers to further improve their involvement with the FPOs vis a vis handholding of Agrientrepreneurs which will boost their livelihood and overall employment generation scenario of the district. Ayushi urged the entrepreneurs to not remain dependent on the Covernment rather become self-reliant by upskilling themselves. She asked them to identify bulk buyers to make assured income and market. She wished them success of their employment units. The DC appealed to all the participants including scientists and farmers to work with added dedication and hardwork to bring Rainbow Revolution in the district which shall make it self-reliant and bring prosperity to the people. On the occasion, Members of various FPOs and progressive Farmers interacted with the DC and shared their experience of work. KUPWARA, IULY 16: In order to celebrate India

various FPOs and progressive Farmers interacted with the DC and shared their experience of work. They also put forth different issues pertaining to their business. The DC heard them patiently and assured full support from the District Administration. KVK Head, Dr. Kaiser Mohiddin also spoke and said that Head, Dr. Kaiser Mohiddin also spoke and said that the ICAR Foundation Day is celebrated every year with an aim to provide awareness to the farmers about new technologies in scientific farming from Institutions like ICAR.

DC Kupwara visits Handwara; inspects several developmental projects

KUPWARA, JULY 16: In order to take on-site review of pace of work on different developmental projects, the Deputy Commissioner (DC) Kupwara, Ayushi Sudan visited

On reaching Handwara, the Deputy Commissioner visit On reaching Handwara, the Deputy Commissioner visited under-construction buildings of Girls and Boys hostels of Government Medical College Handwara and checked the pace of work of both the Hostel buildings.

The DC directed the executing agency to speed up the pace of work on both the buildings and increase the working hours so that buildings are completed well in time.

The DC was accompanied by ACD Kupwara, Nodal officer GMC, Tehsildar Handwara and other concerned officers.

Later, the DC visited Badarkali and Badkote villages of Handwara and inspected the Amritsarovars constructed by

DC Kupwara inaugurates CRM at Handwara

KUPWARA, JULY 16: The Deputy Commissioner (DC) Kupwara, Ayushi Sudan inaugurated first of its kind CRM (Cash Recycler Machine) at Main Market Handwara in presence of Cluster Head J&K Bank Kupwara, Shadab Mehboob.

This is the first of its kind CRM at Handwara and second in Kupwara district which is laced with latest technological banking facilities and will help, the

people of the area in withdraw and depositing cash beyond banking hours and even on holidays as it will remain open 24×7. CRM will be having fake currency detection, instant messaging and note denomination wise receipt facilities.

While congratulating people of Handwara, the DC thanked J&K Bank While congratulating people of Mandwara, the DC thanked [4K Bank authorities for their contribution in redering banking facilities to the people. She urged the people to take advantage of this CRM and use it frequently.

The Cluster Head reathrimed the bank's commitment in providing world-class analking facilities and services to the people for the people of the people of Kupwara district.

There was demand of CRM at manin market of Handwara from Traders and customers. To ease the customer service,

specifically traders and the business community as well as the local population of Handwara by saving their valuable time and efforts. The DC on the occasion expressed hope that bank will open more such CRMs in future in Kupwara district.

The Cluster Head reaffirmed the bank's

J&K Bank operationalised CRM at Main Market Handwara as it is a large market having good cash transactions and fruit Mandi is also located close to CRM besides it will also reduce footfall on Business Units of Handwara." Business Units or Handwara. Cluster Head said. LDM Kupwara, Mehboob Ellahi Khan, ADC Handwara, Nazir Ahmad Mir, President Traders Federation Handwara, Tehsildar Handwara, Branch Mangers of various Branches of Hand-wara and customers of the J&K bank were present on the occasion.

DC conducts late night surprise visit to DH Bandipora

BANDIPORA, JULY 16: In order to ensure smooth functioning and quality healthcare services at the District Hospital (DH) Bandipora, the Deputy Commissioner (DC) Bandipora, Dr Owais undertook a surprise visit during late hours on Saturday.

The visit was aimed to assess the working scenario, infrastructure, and patient care standards at the hospital. Dr Owais on-spot inspected all the wards in the hospital and received feedback from the patients regarding the treatment provided to them.

The DC also checked the duty roaster of the official and doctors on duty.

doctors on duty.

Dr. Owais directed the medical superintendent to ensure D. Owas unceed the ineutial superintendent to ensure quality healthcare facilities in the hospital. He directed hos-pital authorities to ensure that the daily duty roaster is fol-lowed strictly so that patient care does not suffer.

Samba administration hosts Amawas festival at Purmandal-Utterbehni

DC, SSP DISCUSS ARRANGEMENTS WITH STAKEHOLDERS

JI NEWS SERVICE

SAMBA, JULY 16: Deputy Commissioner Samba Abhishek Sharma and SSP, Benam Tosh today reviewed the arrange-ments for the upcoming Amawas festival at Purmandal-Utterbehni here at a meeting with the Stakeholders.

The Deputy Commissioner discussed in detail the arrange-ments for the festival being held Additional

Commissioner, Sub Divisional Commissioner, Sub Divisional Magistrate Vijaypur, Principal Government Degree College Purmandal, Assistant Regional Transport Officer, Executive Engineer PWD (R&B), Chief Medical Officer and other senior officers also attended the meeting.

ing.
Deputy Commissioner Samba asked the Secretary J&K Dharmarth Trust to raise their issues /demands if any so that the same are resolved well before time.

The chair directed ARTO/Dy. SP (Traffic) Samba to make all



Traffic/ Transport arrangements. The arrangements Samba, Deputy Police ARTO of

Superintendent of Police (Traffic) and Executive Engineer, PWD (Reff) Samba were asked to submit a traffic plan to SDM Vijaypur for smooth regulation of traffic in the area. The Dy. SP (Traffic) was asked to deploy an adequate number of personnel to regulate the traffic to avoid congestion and smooth parking of vehicles at appropriate places during the entire Festival /Mela.

The XEN PHE Samba was asked to make provision of drinking water in and around the Temple area and at the park-

the Temple area and at the parsing site.

Executive Engineer, R&B Division Vijaypur and STD, Jammu was directed to ensure uninterrupted power supply to prevent any inconvenience during the celebration of Amawas For the Security Arrangements, Samba Police was told to make appropriate deployment of security personnel and to utilise the services of

NSS unit of Degree College Purmandal and the volunteers of Civil Defence in the premises of the temple.

Regarding Medical

the temple.

Regarding Medical

Arrangements, the Chief

Medical officer, Samba was

asked to deploy a team of

Doctors and Paramedical staff in

all dispensaries and hospitals 24 x 7 basis.

He was directed to arrange a

First Aid Team along with one

standby Ambulance and medical

team in Purmandal

(Utterbehani area where devo-

/Utterbehani area where devo-tees are expected in large num-bers. The DC asked the Executive Engineer, PWD (R&B) Samba to ensure the repair/ maintenance of the road leading to the Utterbehani/ Purmandal to avoid inconvenience to the general public and devotees on this occasion.

Assistant Regional Transport Assistant Regional Transport Officer was directed to enhance the number of buses during the Amawas festival particularly for Purmandal /Utterbehani and to ensure regulation of parking of vehicles/Buses at appropriate places.
The chair directed the Chief Executive Officer Surinsar-Mansar Development Authority to make arrangements for maintenance of the Toilet Complex under his control at Purmandal /Utterbehani Shrines. The Block Development Development Officer, Purmandal along with Executive Officer, Bari Brahmana were

given the responsibility to main-tain sanitation in the Purmandal /Utterbehani area. The EOs were entrusted with the job to maintain sanitation ir Utterbehani / Purmandal Shrine EO, Bari Brahmana was asked to

deploy the adequate numbers of

Safai Karamcharis at the festival

/Mela for cleanliness operations especially in Purmandal /Utterbehani area. Tehsildar Bari Brahmana wa nominated as the magistrate for the entire festival.

the entire festival.

For ensuring fire safety, the
Divisional Fire Officers, Fire and
Emergency Services Samba were
asked to keep standby fire tenders at Utterbehani / Purmandal
i.e. 24x7 during the celebration
of Amawas festivals 2023, directed the chair.

Social Welfare dept Pulwama organises mega event on NMBA

II NEWS SERVICE

PULWAMA, July 16: The Department of Social Welfar Pulwama organized a mega event on Nasha Mukht Bhara Abhiyaan (NMBA) to raise awareness against drug abuse and its consequences.

and its consequences.
Additional Deputy Commissioner (ADC) Tral, Sajid
Yehaya Nagash was the chief guest of the event.
The ADC Tral in his speech delved on the scenario of
drug addiction in Kashmir. He made the participants aware
about the alarming rise in the number of substance abusers
& drug distributors across the UT.
He addressed the audience with a soulful speech on drug
shave and bow truth can exact abusers the only the soil by

abuse and how youth can save themselves from this evil by following religious teachings. He elaborated the role of educational institutions in eradicating the drug menace.

Earlier, a detailed introduction about the event was pre-

sented by Rameez Raja, DSWO Pulwama.

Gender Specialist DHEW(Mission Shakti) Pulwama & Teacher from Aripal tral delivered speech on how our youth is indulging in substance abuse. They advised the audience to aware the young wards against the menace of narcotic drug & Psychotropic substance. Experts from Mental Health DH Pulwama, Cause NGO

Drug De-addiction & Rehabilitation Centre Bajwani Tral, Students from Government Degree College Tral delivered speeches on " Drug Menace and the Role of Educational Institutions.

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