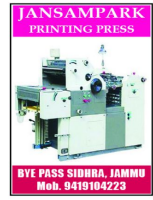




# JINDRAH IMAGES



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## Eight dead as heavy rains triggered landslides, damage houses in Kathua

**JNEWS SERVICE**  
KATHUA, JULY 19

Eight people, including five children, were killed after heavy rains triggered landslides and left several houses damaged in Jammu and Kashmir's Kathua district on Wednesday, officials said.

Kathua Deputy Commissioner Rakesh Minhas ordered an immediate ex-gratia relief of Rs 50,000 to the kin of the deceased.

"We have eight confirmed deaths in rain-related incidents. The administration is keeping a close watch on the flood-like situation developing in the"

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## Bridge connecting Jammu Pathankot NH closed due to rising water level of Tarnah Nallah



**JNEWS SERVICE**  
JAMMU, JULY 19

Jammu-Pathankot National Highway has been rendered impassable as a bridge on the Tarnah Nallah has suffered damage due to heavy rains. The traffic is presently being diverted through the border road.

## LG expresses grief over loss of lives in Kathua District

**JNEWS SERVICE**  
SRINAGAR, JULY 19

Lieutenant Governor Manoj Sinha expressed grief over the loss of lives in house collapse and landslides triggered by heavy rains in Bani area of Kathua district.

In a condolence message, the Lt Governor said: "I am deeply saddened to learn about the tragic incident triggered by heavy rains in Kathua, in which a number of persons have lost their lives and many others are feared trapped under"

CONTINUED ON ► PAGE 4

## Heavy rains create flood-like situation in Jammu; many rivers breach danger mark

**JNEWS SERVICE**  
JAMMU, JULY 19

Traffic on the Jammu-Srinagar national highway was suspended, while authorities ordered the closure of schools in Doda and Kishtwar districts as heavy rains lashed the Jammu region, creating a flood-like situation at many places, officials said on Wednesday.

"The highway is still blocked and people are advised not to travel till the restoration work is completed," a traffic department official said.

The officials said the traffic on the Jammu-Pathankot highway was also diverted in Kathua



Heavy rains lashed wide parts of Jammu division overnight, triggering mudslides and landslides at several places along the Jammu-Srinagar national highway in Ramban district, forcing authorities to suspend traffic, the officials said.

"The highway is still blocked and people are advised not to travel till the restoration work is completed," a traffic department official said.

district where two pillars of a bridge suffered damages due to flash floods in Tarnah nallah.

They said all government and private schools were closed for the day in Doda and Kishtwar districts as a precautionary measure.

The decision was taken for the safety of the students as the water level in the Chenab river and its tributaries is on the rise amid continuous rainfall, they added.

Katra, the base camp for pilgrims visiting Vaishno Devi shrine, received 315.4 mm high, an all time high, a spokesperson of the

CONTINUED ON ► PAGE 4

## One Army officer died, 3 soldiers injured in Fire Accident in Siachen Glacier

**AGENCIES**  
NEW DELHI, JULY 19

One Army officer died while three soldiers sustained injuries in a fire accident in the Siachen glacier on Wednesday.

"In a fire accident in the Siachen glacier today, one officer lost his life while three soldiers were injured. The injured have been safely evacuated from there to hospital", Defence PRO, Leh Lt Col PS Sidhu said.

He said that the Regimental Medical Officer Capt Anshuman Singh suc-



cumbed to serious burn injuries during the unfortunate incident.

While three other personnel suffered smoke inhalation and second-degree burns, the officials added.

"They have been safely air evacuated for"

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## LG Sinha chairs high-level meeting on industrial investment

**JNEWS SERVICE**  
SRINAGAR, JULY 19

Lieutenant Governor Shri Manoj Sinha chaired a high-level meeting with senior officials to review status of Industrial Investment and to discuss strategies on boosting investments in a fast-track mode.

Dr Anun Kumar Mehta, Chief Secretary; Sh Shaheen Kabra, Financial Commissioner/Secretary, Industries & Commerce Department and senior officers attended the meeting.

The Lt Governor was briefed on investment in different sectors, status



of Land allotment, new Industrial estates, recent steps taken by the Department to fast-track ground investment, policy initiatives, promoting start-ups among youth especially technology based and scalable startups and achievements in exports of major products like Carpets, papier mache, shawls, chain stitch.

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## Katra receives all-time highest rainfall of 315.4 mm; schools closed in Doda, Ramban

**JNEWS SERVICE**  
JAMMU, JULY 19

Parts of Jammu and Kashmir received heavy rainfall with Katra recording "extremely" heavy downpour of 315.4mm in 24 hours which is all-time heaviest for the area, officials said on Wednesday.

Quoting a meteorological department official, that Katra received all time rain of 315.4mm in 24 hours till 0830 hours this morning; it surpassed the 292.4mm record recorded on 31st July 2019. Other parts of Jammu and Kashmir

CONTINUED ON ► PAGE 4

## Mata Vaishno Devi Yatra on new track suspended as Katra witnesses record rainfall

**JNEWS SERVICE**  
JAMMU, JULY 19

The new track to the Mata Vaishno Devi shrine has been closed for pilgrims in view of landslide threat as Katra town in Jammu and Kashmir's Reasi district received the heaviest rainfall in past 43 years.

Chopper service to the shrine has also been suspended because of inclement weather. However, pilgrims can reach the shrine atop Trikuta Hills will continue on the old track, officials said on Wednesday.

"Yatra has been suspended on the new track due to the threat of landslides."

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## Terrorists fire at two forest department employees in Pulwama

**JNEWS SERVICE**  
SRINAGAR, JULY 19

Terrorist have shot at and injured two forest department employees in the Pulwama district of Jammu and Kashmir, police said on Wednesday.

A police spokesperson said the force was informed that "terrorists had fired upon a team of forest department employees" who had laid a checkpoint to apprehend timber smugglers near Bangander Bridge in the south Kashmir district.

"Senior police officers reached the spot with additional reinforcement"

CONTINUED ON ► PAGE 4

## Two terrorists killed as army foils infiltration bid in Kupwara



**JNEWS SERVICE**  
SRINAGAR, JULY 19

Security forces on Wednesday foiled an infiltration bid along the LoC in Kupwara district of Jammu and Kashmir, killing two terrorists, the Army said.

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## Amarnath Yatra | Administration refutes allegations of stone pelting on Yatries

**JNEWS SERVICE**  
SRINAGAR, JULY 19

The administration refuted the misleading claims and allegations made in a video circulated on social media regarding stone pelting on yatries.

The administration said that the incident had happened due to the minor dispute among the poniwallas themselves.

The administration has made all the arrangements for the smooth conduct of yatries for the convenience of pilgrims of Shri Amarnathji Yatra.

The local people have been on forefront to make the yatra successful by rendering their relentless services since the beginning. This yatra is an example of brotherhood, communal harmony and unity among the people.

This yatra represents spirituality and has been substantial contributor to economic development of J&K.

The video has been created with malicious intention to create divide among communities, spread disharmony and disturb peaceful yatra.

All the yatries who have embarked on the

pilgrimage of Holy Cave of Shri Amarnathji have testified the good quality of services and appreciated seamless yatra.

It is pertinent to mention that administration is committed to ensure safety and security of yatries and all the stakeholders involved with yatra. The administration has taken serious note of the incident and directed police to take strict action against those who are involved in the incident and lodge FIR against rumour mongers. Besides the social media users are asked to refrain from spreading fake news.

## Suspicious bag found containing clothes, traffic restored on Jammu-Pathankot Highway



**JNEWS SERVICE**  
JAMMU, JULY 19

Traffic on the Jammu-Pathankot National Highway was suspended for over an hour following the detection of a suspi-

cious bag outside an Army camp in Jammu and Kashmir's Samba district on Wednesday, officials said.

The black bag was found in the afternoon lying below a highway

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## Dr Jitendra addresses international ministerial meet, calls for affordable clean energy solutions

**AGENCIES**  
GOA, JULY 19

Addressing the Clean Energy Ministerial (CEM-14) 8th Mission Innovation (MI-8) meeting, being attended by representatives of over 40 countries, here today, Union Minister of State (Independent Charge) Science & Technology, MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space Dr Jitendra Singh called for affordable Clean Energy solutions and said, in order to



achieve this goal, strong Public Private Partnership is the need of the hour. He also reiterated Prime Minister Sh Narendra Modi's commitment to this cause.

The Minister representing India, the host countries, said, Clean Energy

International Incubation Centre known as CEIC set up in 2018 CEIC has incubated 45 StartUps and they have already filed 35 patents. He informed that 10 StartUps have commercialized their products and a few StartUps have raised more than Rs. 20 crore funds, while 20 of these startups are now commercially available in the market.

Dr Jitendra Singh recalled that the Clean Energy International Incubation Centre known as CEIC is a first of its kind

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International Incubation Centre jointly established by DBT/BIRAC, Tata Trust & Tata Power in 2018 under Mission Innovation multilateral program. He said, this reflects strong Public Private Partnership commitment from Govt of India for promoting clean energy solutions.

The Minister said, the incubator supports a wide spectrum of clean energy innovations, focusing aligned with MI objectives. The Incubator provides access to

CONTINUED ON ► PAGE 4

## Policeman wins praise for managing traffic barefoot amid heavy downpour, waterlogging

**JNEWS SERVICE**  
SRINAGAR, JULY 19

A traffic policeman in Srinagar has won praise for managing the movement of vehicles on a busy road here barefoot amid torrential rains.

A video, being widely shared on social media, showed the policeman on duty at the Gupkar Road intersection managing the traffic barefoot as he took out his shoes and socks due to the waterlogging in the area as heavy rains lashed many party of the



Valley.

The video was posted on Twitter by a user and

an independent weather forecaster, 'Kashmir Weather'.

"Amidst challenging conditions of waterlogged roads and heavy downpour in Srinagar, a traffic cop goes above and beyond, performing his duty barefoot," the Kashmiri Weather wrote.

The short video clip is winning over the internet and has garnered over 32,000 views on Twitter so far.

National Conference leader Omar Abdullah also shared the video post, but

took a dig at the administration, saying it was a pity that the basic drainage was not improved in Srinagar city when it was beautified under the smart city project ahead of the G20 meeting in May.

"This chowk was just 'beautified' under the 'Smart City' programme a month ago to impress the participants of the G20 tamsaha. It's a pity the basic drainage wasn't improved when that metallic thing was put in the middle of the road," Abdullah said in a tweet.

# Modi gave dignified life to deprived sections in J&K: Dr. Manyal

JJ NEWS SERVICE

JAMMU, JUL 19 : Former minister & General Secretary, J&K BJP, Dr. Devinder Manyal, in a statement, said that a new chapter of progress and prosperity has been initiated for a number of discriminated and deprived sections in Jammu and Kashmir after the abrogation of Article 370 and 35A.

He said that after the division of the country into India and Pakistan, it was the Congress which ruled the country for about seven decades and NC was in power in J&K for maximum period. Unfortunately both these parties treated Valmikis, Gorkhas, refugees from West Pakistan and daughters of the soil as second class citizens. These sections suffered badly on account of the step motherly treated meted out to them by Congress and NC.



Dr. Devinder Manyal said that the historic decision of the Narendra Modi government to abrogate 370 and 35A has brought the deprived sections at par with the other citizens of the country and today all of them are enjoying all those rights for which they had been agitating for long but no one

came forward to mitigate their sufferings. "Today West Pakistan refugees, Gorkhas and members of the Valmiki community have voting rights, right to government jobs and access to various welfare schemes", Dr. Manyal said and added that the daughters of the soil can now have all the rights as respectable citizens even after marrying outside of Jammu and Kashmir.

The BJP General Secretary congratulated these sections that Narendra Modi government has safeguarded their constitutional and legal rights by repealing the controversial provisions from the Constitution of India, which had harmed them badly. He also advised them not to fall prey to the misleading slogans of those opportunist political parties which are responsible for their miseries in the past.

# Stop playing with the health of Amarnath pilgrims:- Shiv Sena



JJ NEWS SERVICE

JAMMU, JUL 19 : Shiv Sena (UBT) Jammu and Kashmir unit has prohibited the open sale of banned and unhealthy food items at the food post allotted by the board at Shri Amarnath Yatra base camp located in Bhagwati Nagar, Jammu and stop recovery from the pilgrims regarding locker room and bed service.

In a press conference organized at the party state office Jammu today, state

chief Manish Sahni said that after receiving complaints from the pilgrims, a team of party leaders led by him visited the Amarnath Yatra base camp at Bhagwati Nagar in Jammu. Where are one of the food stalls allotted by the board inside the base camp openly selling banned and prohibited dishes like oil fried potato tikki, chowmin, dosa, cold drinks etc. Along with this, 20 rupees are being charged from the pilgrims for the service of keeping their luggage.

Sahni said that this year the board had banned serving of fried foods including puri, pizza, burger, stuffed parantha, dosa, butter-bread, pickle, chutney, tala papad, chowmin and others, citing the health of the passengers. Sahni said that Shri Amarnath Shrine Board's temptation to collect revenue increasing day by day earlier Rs 220 was collected in the name of yatra registration and now

unhealthy food items are being sold openly by playing with the health of pilgrims. Not only this, Rs 20 per bag is being collected from the pilgrims and all this is being done under the supervision of the board and administration.

Sahni said that the claims of provision of SRTC buses and package for Shri Amarnath pilgrims to visit Jammu tourist places have also proved to be hollow. At the same time, despite continuous requests from the administration and the board, no concrete steps are being taken to keep the holy Himshivling safe for darshan during the yatra period.

Shiv Sainiks also released the photographs of the said dishes being sold at the Jammu base camp. On this occasion Gen Secretary Vikas Bakshi, Vice President Sanjeev Kohli, President Kamgar wing Raj Singh, Prabhari Ashwani Prabhakar, Summit Kumar, Tarsem Lal were present.

# Sham Lal, Shakti Pathak, others visits first of its kind State-of-the-Art Medical Centre, HexaMed Diagnostics & Speciality Clinics



JJ NEWS SERVICE

JAMMU, JUL 19 : Former Health Minister and BJP Leader, Sham Lal Sharma, along with DIG Jammu, Samba & Kathua Range Sh. Shakti Pathak IPS and other dignitaries today made their visit at state-of-the-art HexaMed Diagnostics and Speciality Clinic, situated at main Bypass Road Channi Himmat Jammu.

In order to provide quality health facilities to the people of Jammu and Kashmir at affordable prices in their own city, Shri kailajhijotshavin Vedic Sanathan trust in association with Hexamed Diagnostics and Speciality Clinic on Wednesday conducted a health medical camp at newly built Hexamed Diagnostics & Speciality Clinic and invited chief guest of the program former Health Minister Sham Lal Sharma, special guest Shakti Pathak IPS DIG Jammu Samba and Kathua Range, guests of honor Rajinder Sharma DDC Sundaarwani, KK Sharma Ji Director Agriculture Jammu, RK Chhibber former interim chairman of Jammu and Kashmir Bank and present in Jammu Board of Directors of j&k bank, SP Raj Bhavan Srinagar Brjesh Sharma etc. these've made their presence and appreciate the

infrastructure that made them feel the services alike outstanding here.

The head of the trust, Mahant Rohit Shastri, said that along with treatment, various types of checkup facilities were also provided free of cost to the people coming to the camp, around 120 people got their checkups done.

Speaking on the occasion, former minister Sh. Sham Lal Sharma said that this medical camp has been organized with the view of health awareness and providing good health facilities, everyone talks about good health and there has been a lot of awareness about it. Still, there are many such cases which force us to think. Many congratulations and best wishes to the organizer of this camp, Nigam Gupta, trustee of Mahant Rohit Shastri Trust, who always strives to organize such events and provide world-class and reliable facilities in the city. Sham Lal ji said that after the efforts of Prime Minister Narendra Modi and the removal of Article 370, there has been a lot of change in the investment ecosystem of this Union Territory.

Thousands of new entrepreneurs are setting up their units here and emerging as role models in the field of investment' Sham Lal said that the days of struggle for the entrepreneurs

are sounding as if over now and the youths who want to set up their own ventures are getting help from various schemes of the government and all kinds of help are provided to fulfil their dreams. In such a situation, there are possibility of including people from the country as well as investors from abroad among the private investors investing in Jammu and Kashmir. Appreciating the efforts of Nigam Gupta, Former Minister said that in the health sector his efforts to bring medical innovations with a vision to benefit the people of J&K besides his keenness toward generating new opportunities of employment here, can't be ignored and he's seen Nigam ji always exerting to take new initiatives in this field. Sham said that due to the new industrial development policy of Prime Minister Narendra Modi in Jammu and Kashmir, the golden era of industrial development has started in Jammu and Kashmir. Because of this, the opportunities for starting industrial and business companies in various fields have increased, employment opportunities are also being created for the youth and appealed to all government and private sector organizations as well as common clothes to participate in this scheme. Sharma assured that he'll take up this issue with LG Manoj Sinha ji so that single window system to avail facilities be strengthened and cooperation should be given so that our health-care segment should move towards progress in coming days.

DIG Jammu-Samba & Kathua Range Sh. Shakti Pathak said that people who are negligent about their health for a long time, who are not aware of their health, the result of which comes in the form of suffering from serious diseases. In spite of all their commitments, the society must take out time to take proper care of their health. It is very important to have a healthy body to get success.

# Darakhshan lays Foundation Stone for Utility complex and main gate at Chrar-e-Sharief Shrine

'Sufi tradition of Kashmir is a beacon of light': Dr Andrabi

JJ NEWS SERVICE

SRINAGAR, JUL 19 : Minister of State and Chairperson J&K Waqf Board Dr Darakhshan Andrabi laid foundation stone for Utility Complex and the new Main Gate at the shrine campus of Hazrat Nooruddin Noorani (KA) at Chrar-e-Sharief during her visit today.

She also issued instructions to the Engineering Wing of the Waqf Board to ensure the completion of the works before the Annual Urs Sharief at the shrine. She paid obeisance at the ziyarat and prayed for the peace and prosperity of all.

Dr Andrabi took stock of the facilities in the shrine and also assessed the management system in place there. She was accompanied by the magistrate of the Board and other officials too. The Waqf Chairperson met many public delegations and the groups of devotees visiting the shrine.



Later in her address at a brief function held in the Campus, Dr Andrabi said that Waqf Board has taken up a mega shrines development programme for the first time on its own despite the limited resources available. "We are committed to develop our shrines by undertaking renovation and construction works as per the demand at all major shrines in the first phase and during the past few months

we have started work or completed work on many projects throughout J&K", said Waqf Board. She said that the transformation of the Waqf Management has re-established the importance of our spiritual places which had suffered a lot due to anti-spiritual campaigns which flourished during decades of violence in J&K. "Sufi tradition of Kashmir is a beacon of light which

represents our great spiritual past. This tradition is a way of inclusiveness, compassion and peace. It is our collective responsibility to restore our positive traditions now in these hard earned peace times", said Dr Andrabi. The Imam of this great sufi shrine also addressed the gathering. He thanked Dr Andrabi for her reformative steps in the shrine management.

# LEAD targets 1 lakh+ low-fee schools, to transform education in India's small towns

JJ NEWS SERVICE

JAMMU, JUL 19 : LEAD, India's largest School Edtech company, today announced its plans to foray into the low-fee school segment in India, propelling a new era of educational excellence in underserved schools across 'Bharat'. LEAD's decision to expand into the low-fee school segment in India is underpinned by deep understanding and insights gained from over a decade of operations as India's leading School Edtech, and its mission to serve 25 million+ students and 60k+ schools by 2028. With this strategic move, LEAD is now India's fastest growing School Edtech company, and is well-positioned to serve all segments of schools, ranging from low-fee schools in Tier 3-4 towns and villages, to medium-fee and premier schools in its metros and large cities.

Earlier in 2023, LEAD completed its acquisition of the local K-12 learning business of Pearson India. With this acquisition, LEAD now has the largest portfolio of School Edtech products and services to better serve the learning needs of the entire spectrum of 5 lakh+ private schools in India. Sumet Mehta, Co-founder and CEO, LEAD, said, "Survey after survey has said that Indian schools are mostly low-fee schools who can't afford expensive, innovative solutions. So, we've got to design solutions for the low-fee schools so that every child can access an excellent education. With this latest innovation, LEAD now has a solution that will serve the needs of over 1 lakh schools in India." Comprising more than 100,000 institutions, India's low-fee school segment is concentrated in its small towns and villages, and represents a key opportunity to shape its future educational outcomes. Recent analysis

of India's School Edtech sector indicates that schools across segments are poised for rapid transformation and digitization, underpinned by the National Education Policy (NEP) 2020 guidelines that mandate multimodal teaching-learning in schools; rising data penetration; and accelerated digital adoption due to Covid. LEAD's Integrated School Edtech system is aligned with NEP 2020 and includes customized, AI-enabled offerings for all segments of schools. LEAD's holistic approach to education includes a Teacher Capability System to empower every teacher with internationally benchmarked tools and resources; Smart Class solutions to transform traditional classrooms into digitally-enabled, multi-modal teaching-learning spaces; an Integrated Curriculum to boost student learning and confidence; and Smart School systems to streamline administrative tasks,

enhance operational efficiency and provide actionable data insights to schools. With LEAD, schools are able to derive all the benefits of improved academic performance and admissions. Students are able to gain deep conceptual understanding of subjects; and build critical 21st century skills such as Communication, Collaboration and Critical Thinking. In the 2023 Class 10 board exams, the percentage of LEAD students who scored greater than 90% was double that of the national average.

LEAD's entry into the low-fee school segment marks a paradigm shift in India's education landscape, promising to unlock the potential of students, schools and communities. Through its transformative offerings and unwavering commitment, LEAD is reshaping education in Bharat and is paving the way for a brighter, more confident future.

# DGP presents cheques to daughters of martyred SPO for their marriage



JJ NEWS SERVICE

SRINAGAR, JUL 19 : Continuing with the welfare measures of J&K Police for the wards of Jammu and Kashmir Police brave hearts, the Director General of Police, J&K Shri Dilbag Singh today presented cheques to two daughters of a martyred SPO, here at Police Headquarters. ADGP (HQs/Coord) PHQ Shri M.K Sinha was also present on the occasion.

The DGP presented a cheque of one lakh each to the daughters of martyr SPO Mohammad Shafi for their marriage ceremony. The brave heart SPO had

attained martyrdom in an encounter at Hardu-Shura in Kunzer area of Baramulla District on February 04, 2015. The DGP while interacting with daughters of the martyr assured all possible assistance and help as and when required. He wished them good luck for the future.

The DGP said that Jammu and Kashmir Police Parivar has been taking it as its supreme responsibility to take care of dependents of Police martyrs under different welfare schemes. Jammu and Kashmir Police would continue to do so in future also, he said adding that

security forces, the region is witnessing a growing peace after over three decades of turmoil.

Pertinent to mention that Police Headquarters this year has provided financial assistance to 11 daughters of martyrs for their marriage ceremony besides over rupees fifteen lakh has been sanctioned for dependents of the martyrs under Sevara Scheme. 32 wards of police martyrs are being provided free education in Police public Schools this year. Scholarships of over rupees five lakhs have been sanctioned for 43 wards of the martyrs pursuing education in different classes.

# Power shutdown

JAMMU, JULY 19: Chief Engineer (Distribution) JPDCI, Jammu has informed that the power supply to Chatroo, Thakraie, Padder, Dool, Palmar, Poochal, Ikhala, Dacchan and adjoining areas shall remain affected on July 22 and 23 from 6 am to 10 am. Similarly, the power supply to Halli, Dukhat, Khanyara, Mehtabpur, Sola, Hote Jagatpur, Sawan Chak, Shastri Nagar, College Road, Manke Talab, Kuke Chak and adjoining areas shall remain affected on July 22 from 6 am to 10 am. Meanwhile, the Superintendent Engineer, O&M Circle-III JPDCI, Batote has informed that the power supply to Reasi Town, Nai Basti, Vijaypur, Exchange Road, Nambal, Aghar, Ballian etc. shall remain affected on July 20 and 22 from 7 am to 10 am.

## CSIR-IIIM conducted IPR Awareness Workshop at Govt. College for Women, Parade

JJ NEWS SERVICE

JAMMU, JUL 19 : CSIR-IIIM Jammu has inaugurated the National Intellectual Property Festival-NIPF (Rastriya Boudhik Sampada Mahotsav).

On the third day of celebration of National Intellectual Property Festival, IPR Awareness Workshop for the students, scholars & faculty members of Government Women College, Parade Ground, Jammu was conducted on 19th July, 2023 by CSIR-Indian Institute of Integrative Medicine, Jammu. The program aims to educate participants about the key provisions and benefits of Intellectual Property Rights.

Dr Kancharla Prasad, Senior Scientist from CSIR-IIIM, Jammu while delivering the key note address, has shed light on the importance on various types of IPRs including Patents, Trade Marks, Design Rights, Copyrights, Design Rights



& Geographical Indication (G.I). He explained how Intellectual Property Rights (IPRs) play a crucial role in protecting and incentivizing innovation and creativity in various fields. He discussed the significant contribution of IPRs to economic growth by fostering innovation and attracting investment. He briefed how IPRs safeguard the rights of innovators/creators, allowing them to have control over the use, reproduction, and distribution of their inventions/creations.

The IP protection ensures that creators receive fair compensation for their work and can commercialize their inventions.

Er. Ankush Varma, Coordinator, Technology Business Incubator throw light on how IPRs are important for startups and entrepreneurs to safeguard their business ideas. He also briefed the large gathering about the role of CSIR-IIIM Incubators in building a startup movement in Jammu & Kashmir and beyond.

It was informed that around 170 participants inclusive of students & faculty members participated. Dr. Vikas Dogra, Assistant Professor has conducted the proceedings and later presented the vote of thanks.

Earlier Prof S P Sarawat Principal, Govt College for Women, Parade Ground, Jammu in his welcome address, has given a brief overview on the importance of IPRs in the business world.

## Indian Army conducted lecture on sensitization & prevention against cyber fraud, spam calls

JJ NEWS SERVICE

RAMBAN, JUL 19 : Indian Army Conducted a lecture to generate awareness and sensitize local populace on latest Cyber Crimes and spam calls originating from Pakistan/PoK to target the simple and unassuming people residing in remote villages of Jammu and Kashmir.

In its unwavering commitment to safeguarding the interest of people from Ramban District of Jammu and Kashmir, Indian Army has launched a campaign against Cyber Fraud and Spam Calls originating from Pakistan to dupe the innocent people of their hard earned money by offering lottery winnings and offering hassle-free loans.

These fraudsters as the poor people to deposit a token amount of money along with their personal details and IDs with the lure of winning lotteries or offering loans.

The Indian Army therefore conducted a crucial awareness lecture on cybercrime for the residents of these far-flung areas in District Ramban, Jammu and Kashmir. With the rapid advancement of technology, cyber threats have become increasingly prevalent



across the Jammu division, affecting individuals and organisations. Recognizing the importance of empowering citizens with the knowledge and tools to protect themselves against cybercrimes, the Indian Army organized this informative lecture as part of its ongoing efforts to promote cyber security and digital literacy in remote regions.

The event was organised at Higher Secondary School Sangaldan, which witnessed enthusiastic participation from Teachers, students and speakers from the Indian Army and JKP. The lecture presented insightful sessions on various aspects of cybercrime, including online fraud, identity theft, phishing, ransom ware

attacks and other emerging threats.

The lecture aimed to raise awareness about potential risks and vulnerabilities associated with the digital world and highlighted best practices to stay safe while using the internet and digital devices. Addressing the gathering, an Indian Army officer and JKP officer emphasized the significance of being vigilant against cyber threats and encouraged attendees to be proactive in adopting preventive measures.

The speakers stressed the importance of reporting any suspicious online activities and provided information about the channels available to report cyber incidents.

Furthermore, the Indian Army's cyber awareness

drive also included demonstrations and practical exercises to educate attendees on secure online practices, the safe use of social media and the significance of strong passwords. Participants were also informed about available resources and helpline numbers that could be utilized in case of cyber emergencies.

The successful execution of this awareness campaign marks yet another initiative of the Indian Army's tireless efforts to create a safer and more secure cyber ecosystem in the region. By extending such initiatives to the far-flung areas of District Ramban, the Indian Army reaffirms its commitment to protecting citizens from the threats posed by cybercrime.

## LJP (R) J&KUT hails Chirag Paswan joining NDA Alliance



JJ NEWS SERVICE

JAMMU, JUL 19 : J&K Lok Janshakti Party (Ram Vilas Paswan) today hailed Chirag Paswan joining NDA Alliance and expressed confidence that now his party will play an important role in highlighting public issues and will project burning issues of J&K people before party High Command. This was stated by LJP (R) J&K President Rafiq Malik while addressing media persons in Jammu. Addressing media persons, Malik said that Lok Janshakti Party (Ram Vilas) needs the support of everyone to bring change and claimed that 'LJP will play a crucial role in forming the government as there are natural allies of

the NDA government in the Centre'. He said now Lok Janshakti Party (Ram Vilas Paswan) is an important partner of the National Democratic Alliance (NDA). As an important partner of the NDA, it is also a major ally in the journey of service, good governance, and poor welfare by the NDA government under the leadership of respected Prime Minister Shri Narendra Modi ji.

Malik said late Ram Vilas Paswan was one of India's most experienced Parliamentarians and administrators. His contributions to public service and empowering the down-trodden will always be remembered," he said. He said parliamentary system of the opposition, dignity

and this disdainful attitude towards democracy is on the rise," he added. "It is a very sad public fact that the opposition runs away from meaningful debate because it represents old and selfish public desires, which have been repeatedly rejected by the public. Opposition unity strives not on a shared vision for national development, but for votes. This is a common practice for vote bank politics," he said. "Such parties can never fulfil the aspirations of the Indian people. It is an insult to the ideals of countless other great men of honest service who with dedication and commitment, spent their entire life in nation-building. These works of the oppo-

sition parties tarnish the values and contributions of great leaders who established our democracy and worked tirelessly for it," he added.

On this occasion several prominent persons joined LJP (R) who were given responsibility of office including Parshotam Manyal appointed JKUT President Dasakar Majdoor Union, Kishore Kumar Vice President Dasakar Majdoor Union, Satpal Choudhary General Secretary Majdoor Union, Rakesh Kumar State Secretary Majdoor Union.

Prominent among those present on the occasion include Santosh Singh JKUT Sr. Vice President, Rajiv Gorka JKUT President Legal Cell and Chief Advisor, Deepak Kumar Jammu Province President, Mukh Raj JKUT President SC cell, MK Bhat JKUT President Migrant Cell, RP Singh JKUT General Secretary, Sonu Kumar Pangotra District President Jammu, Nirmal JKUT General Secretary Mahilla Wing, Rekha Devi President Rural Cell JKUT Mahilla Wing, Vishali Devi Youth President Mahilla Wing, Sureshta Khajuria JKUT Secretary Mahilla Wing, Anjali Youth General Secretary Mahilla Wing, Rimpi Devi, Chancla, heela Devi besides others.

## Army organises K2K Motorcycle Expedition to mark 'Rajat Jayanti' of Kargil Victory



JJ NEWS SERVICE

UDHAMPUR, JUL 19 : To commemorate the commencement of 'Rajat Jayanti' of Kargil Vijay Diwas (Operation Vijay), Indian Army has undertaken a Motorcycle Expedition from Kohima to Kargil (K2K)

from 02 Jul to 22 Jul 2023. The expedition led by the brave 'Maskhoh Warriors' who had captured 'Twin Bumps' during the Kargil War on 7th July 1999, have traversed over 3000km of our nation's Northern Borders' mesmerising and challenging landscapes.

The expedition reached Udhampur on 19th July wherein it was flagged-in by Major General Hartey Singh Bajaj, General Officer Commanding 71 Sub Area. The GOC commended the fortitude displayed by the expedition team and exhorted upon all ranks to imbibe their warrior spirit.

The expedition team consisting of two Officers, two Junior Commissioned Officers and 21 soldiers will reach Dhas on 22/07/2023 to pay homage to the brave hearts at Kargil War Memorial.

During the course of journey, the riders have interacted with all sections of the society regarding various initiatives being undertaken by the Indian Army towards Nation Building.

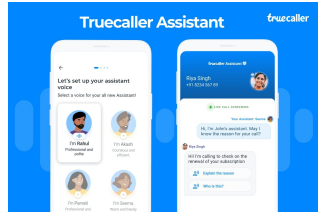
The expedition is first of its kind which is aimed at connecting the two extremities of our nation from North East to Ladakh harnessing the collective resolve of our troops hailing from areas along the Northern Border towards safeguarding the integrity of their Motherland.

## Truecaller's AI-powered assistant launches in India: Will answer your calls for you to help Filter Fraud

JJ NEWS SERVICE

JAMMU, JUL 19 : Truecaller, the world's leading global communications platform, has launched Truecaller Assistant in India. Assistant is an innovation that leverages machine learning and cloud telephony to create the most helpful call-screening solution on the planet.

Truecaller Assistant is a customisable, interactive, digital receptionist that answers your calls for you and helps you avoid unwanted callers. Assistant responds quickly and understands your caller with high accuracy. You can see a live transcription of what the caller is saying, so you know who they are and why they're calling. Then



you can decide if you want to take over the call, ask the caller for more information with just a tap or mark it as spam.

"Until now, Truecaller would show you who's calling but now you can let Truecaller Assistant have a conversation with the caller on your behalf," said Rishit Jhurjunwala, MD India at

Premium Assistant plan that starts from INR 149 per month (INR 99 as part of the limited promotional deal). The service was previously launched in the US and Australia, and additional markets and languages will soon follow. In India, Assistant will initially support English, Hindi and 'Hinglish'. Users can choose from different personalised assistants with varying accents and intonation, in different styles such as professional, friendly or courteous.

Learn More about how easy it is to have Truecaller Assistant intercept your calls, so you can engage with the calls you want and avoid fraud and spam. See our call screening webpage.

## Switching from digital to smart, & now prepaid meters, Govt unnecessary harassing honest consumers: Arun Gupta



JJ NEWS SERVICE

JAMMU, JUL 19 : It is highly obnoxious and unwarranted that the Government in J&K is unnecessarily harassing thousands of honest electricity consumers by frequently switching from digital to smart and now prepaid meters, without initiating consultation with civil society and representative of the people.

This was said by Arun Gupta, President Chamber of Commerce and Industry (CCI) in a statement issued to media in presence of Sh. Anil Gupta, Sr. Vice President CCI, Sh. Rajeev Gupta, Jr. Vice President CCI, Sh. Rajesh Gupta, Secretary CCI and SH. Rajesh Gupta, Treasurer CCI.

Expressing grave concern over the frequent moves of the government in the name of putting an end to the power theft in J&K, the CCI President said that switching over from one type of meter to another will not serve the

purpose because the highest rate of transmission losses are the real culprits.

Decrying the government's move of changing the power meters from one technology to another in a short span of time, Arun Gupta said that such kind of harassment amounts to mental agony to PDD consumers and in a way is an attack on fundamental rights. He said that Jammu Power Development Corporation Ltd (JPDC) is torturing people by adopting new methods to collect revenue, which is unacceptable and illogical because the people in J&K are already paying income tax, GST, water bills, power bills, etc without fail despite absence of any prepaid methodology then why government needs advance payment (prepaid system) from consumers to provide electricity, which is an essential service and the government is bound to ensure power supply to each and every household and business establish-

ments. CCI President castigated the policy makers of the J&K Government for taking such drastic steps to tackle the simple problem of non-payment of power bills. He said that people in Jammu and Kashmir are respectable citizens of the country and not traitors, therefore the government should not persecute or torment them in such a manner which snatches away their peace of mind.

Arun Gupta also said that the consumers are complaining that smart meters are running very fast as compared to digital meters installed earlier. We asked the government whether the digital meters are showing wrong reading or the smart meters are wrong. The areas where the smart meters are installed are also not being spared from the unscheduled power cuts. We are of the firm view that the smart meters should not be installed to harass the honest consumers unless and until the things are set right.

Further Arun Gupta also highlighted that as per the communication from the Industrialists of R.S.Pura there is no separate feeder for Industries as such they are facing lot of hardships in running their Industrial units but there is no one to listen or solve their problems even after so many representations.

We request the electric department to listen to their genuine grievances and act accordingly to minimize their suffering.



# JKPCC expresses serious concern over attacks on non-locals at Valley



JJ NEWS SERVICE

Jammu, Jul 19 : Jammu and Kashmir Pradesh Congress Committee has expressed serious concern over the targeted attacks on non-locals and asked the Govt. to ensure the safety and security of the common man especially the vulnerable sections who have become target in the recent past.

Addressing a press conference here today JKPCC President Shri Vikar Rasool Wani condemned the increased attacks on non local labourers and expressed concern over such incidents while questioning the government over such happenings and urging it to ensure the safety of all especially such sections and minorities who have become soft target on selective basis in recent time.

Flanked by Working President Shri Raman Bhatta, Th. Balwan Singh, Trilok Singh Baija, Th. Manmohan Singh and others, Shri Vikar Rasool Wani said that the new grand alliance "INDIA" which emerged yesterday will uproot BJP in 2024 elections, as people want change due to failure of Modi Govt. on all fronts.

Congratulating Congress President Shri Mallikarjun Kharge and Shri Rahul Gandhi and the leadership of all 26 parties, Shri Vikar Rasool said that People of country have welcomed this.

The unprecedented price rise and record unemployment is at the top of the agenda of the citizens. Whosoever raises the voice of poor and highlights sufferings of people are target-

who have realised that Modi government and BJP are crushing the voice of people and suppressing constitution in every respect, will throw the BJP out of power with the support of people in 2024.

"INDIA" is the voice of common man of India now and represents the idea of India in which every citizen has right to speak. In the coming days more things would be clear to the people who wanted an effective alternative to bring change at the centre.

Referring to the ULB/Panchayat elections, JKPCC President said that the party is fully prepared for these elections which have to take place in time as per schedule in view of the time period as per 73rd & 74th const amendment done by Congress party under Rajiv Gandhi's leadership.

Congress party will keep a close watch and will not allow any undeserving & ineligible person to avail the benefit.

The government claims normalcy but why it is failing to hold assembly elections in J&K after five years. We demand immediate assembly elections in J & K for which we shall reach out to the people in each district by holding district level conventions to highlight the multiple basic issues of public, he added.

# Bridge collapses after heavy rain in Gadigarh



JJ NEWS SERVICE

JAMMU, JUL 19 : In Gadi Garh ward number 73, people are facing a lot of difficulties in coming and going due to the broken bridge for a long time. Local resident Sanchit Sharma alleged that this bridge was broken due to

flood 2 years ago, but till now. The Bridge has not been prepared by the concerned department, there are two pools for the movement of the area, but both are broken, any time a major accident can occur, but the concerned department is not paying any attention to it.

The same woman Geeta Devi said that even in a street, water enters their houses during the rainy season. Due to non-drainage of water, there is a lot of anger among the people of the area. Also got the work started as soon as possible. 500 families of the area live in this area. There are two bridges in the area.

They have also been broken, neither the work of making pools is being done by the government nor the work of draining the water is being done in the streets of the people, for which the people expressed anger towards the government and said that if their demands are not met as soon as possible, in the coming days they will be forced to block the entire RS Jammu main road, the responsibility of which will be on the government.

# Bhim Singh's hut torched, land usurped, Mala's Bank A/c looted but culprits unpunished: Harsh Dev



JJ NEWS SERVICE

JAMMU, JUL 19 : Hundreds of JKNPP activists led by its State President and Former Minister, Mr. Harsh Dev Singh held a massive protest at Jammu today and took out a procession upto SSP Office Jammu seeking immediate arrest of the notorious elements who had burnt Prof. Bhim Singh's hut and siphoned money from Jay Mala's Bank accounts. The protestors raising slogans of "Bhim Singh ki property lootne walon ko giraftaar karo", "Jay Mala ke Bank account se paisa gaban karne walon ko giraftaar karo, giraftaar karo", "Mala

ki Hatya mein zimmedar saazish karne walon ko giraftaar karo, giraftaar karo" etc reached the office of SSP Jammu and submitted two different memorandums seeking high level probe into the mysterious death of Jay Mala and usurpation of the properties of Ankit Love's father and mother by the culprits enjoying the support of a BJP leader. The protestors later addressed the media outside the Police Headquarters. Speaking on the occasion, Mr. Harsh Dev said that Prof. Bhim Singh had a strip of land in Sidhra measuring one kanal on which he had constructed a hut after availing loan from Legislative Council in 2003-04. The said hut was set on

fire by certain vested interests who further usurped the land on which the said hut had been constructed. Not only that, the vested interests had further broken open the locks of Bhim Singh's building at Rajinder Bazar, trespassed into the same, destroyed some important documents and locked the said building. But despite the matter having been reported to the Police, no action had been taken to arrest the said criminals, regretted Mr. Singh.

Ankit Love said that not only was Prof. Bhim Singh's property looted by opportunist and criminal minded relatives but his mother Jay Mala's Bank A/c's were also looted by the very same criminals in collusion. Mr. Ankit divulged that money was withdrawn from Mala's A/c five times during less than two months. He said that it was bizarre that money was withdrawn from Mala's Bank accounts twice even on the day she collapsed. But still no enquiry was held due to patronage of a BJP leader enjoyed by the criminal elements.

The most interesting part of the entire gamut was that Ankit Love was being asked to pay the principal as well as interest on loan obtained by his father Bhim Singh from Legislative Council for construction of the hut/house in Sidhra despite the said properties having been usurped by offenders, decried Mr. Harsh Dev.

He urged upon the SSP to take immediate action to arrest the criminals along with those conniving with them and patronizing them. Prominent among those who spoke on the occasion included Rampaul Sharma, Shankar Singh Sanju, Jagdev Singh, Gurjeet Singh, Ajay Kumar, Darshan Singh, Vijay Sharma, Satpal Tarhal, Vijay Singh, Ajay Jammwal, Shiv Raina, Rohit Sharma, Vijay Kumar, Sanjeev Gupta, Sunil Dutt, Vishal Dogra, Santosh Kumar, Rohit Singh, Pawan Kumar besides others.

# AJBRCEAK urges LG Admin to notify comprehensive Transfer policy in their favour

JJ NEWS SERVICE

JAMMU, JUL 19 : All Jammu based reserved category Employees working in Kashmir once again urged LG administration to notify comprehensive Transfer policy in their favour, while speaking chairman of AJBRCEAK Sh. VIPAN KUMAR said that we are very optimistic to see the notification of transfer policy for reserved category Employees, as LG Sahb has given commitment to frame Transfer POLICY for Jammu based reserved category Employees and an empowered committee was also constituted last year in

the same month on July 2022, and we are hopeful that Govt going to give a big relief to inter District appointed employees who are working far away from their home from last 15 years.

"Its our long pending demand and we are grateful to Administration for considering it after so many years Chairman Added.

He further said that Employees are expecting to have permanent resolution of this issue, as LG Sahb particular have taken several measures in favour of employees in jammu and kashmir "We believe that jammu kashmir is on the

path peace progress and prosperity, and we having more expectations this time around to see that reserved category Employees may also get what they are demanding for.

Meanwhile AJBRCEAK in hurriedly called meeting discussed all issues of employees including, proper accommodation for Reserved Category Employees in kashmir as all these dogra employees are residing in rented accommodations in far flung areas of valley, in press note association also requested Lt Governor to issue necessary directions to adjust the protest period in favour of

# Farooq, Omar grieve loss of lives in Kathua tragedy

JJ NEWS SERVICE

JAMMU, JUL 19 : J&K National Conference President Dr Farooq Abdullah and Party's Vice President Omar Abdullah on Wednesday expressed grief and sorrow on the loss of number of lives as two houses caved in after heavy downpour in Kathua District's Bani area.

In a statement issued to media persons, Dr Farooq and Omar expressed profound grief over the tragic trail of deaths as two houses

caved in Bani area killing five members of two families and injuring several others. The NC stalwarts demanded immediate relief for the affected families besides medical facilities to the injured. "We pray to the almighty to grant eternal peace to the departed souls. The loss to the bereaved families is colossal", they said while asking the near and dear ones to remain strong at this hour of grief to bear with the irreparable loss.

Meanwhile, Rattan Lal Gupta Provincial President NC, Jammu, also condoled the deaths of five members of two families which got stuck after their houses perished due to heavy rains in Kathua's Bani area. Demanding adequate relief and medical aid for those who received injuries in the tragedy, he said that government should act in a swift manner to save those who got injuries and evacuate them to a safe place as more rains are expected in coming days. Besides other

senior NC leaders also expressed sympathies to the bereaved families as the loss incurred was gigantic. They said that the government should have issued timely warnings about the heavy rains so that people could have gone to safe areas.

The NC has also expressed concern about the damage inflicted to civic infrastructure in the entire region, especially the damages to the bridge near Dhyal Chak leading to NH44 blockage.

# Opposition political parties making futile exercise to dethrone PM Modi Govt : Ritika Trehan

JJ NEWS SERVICE

JAMMU, JUL 19 : Chief Spokesperson BJP Mahila Morcha J&KUT Ritika Trehan today claimed that biggest problem of the Congress is the success and stability of the first non-Congress government under the leadership of PM Modi. As the country is heading towards the 2024 Lok Sabha elections, opposition political parties making futile exercise who claim that they are coming together to dethrone the Narendra Modi government at the Centre. These political parties are in collusion, contradiction, confusion, conflict to compete with the BJP, added Ritika. Ritika said that this bundle of alliance knows very well that it cannot defeat Prime Minister Modi, irrespective of the fact whether they fight alone or form an alliance. However, carrying forward the commotion of elections is their compulsion. That's why their current attempt to forge an ideology-less



and directionless alliance against Modi is nothing but an "old copy with new cover."

Ritika further said that it is for the first time after Independence that a non-Congress government has been successfully completing its two consecutive terms, ensuring good governance, pro-poor policies, prosperity and stability and is moving towards a third term. These last nine years have

witnessed inclusive empowerment and effective governance in India in spite of several national and global crises which included a global economic slowdown, the corona pandemic.

Ritika observed that when we look at the history of Opposition unity since after Independence, it took shape because of "failed government and ineffectual leadership" at the Centre. But the present situation is different. There is an efficient government and effective leadership at the Centre. Unable to digest the stupendous performance of the Modi Government, the Congress has become the "designer of defaming India drive" by denigrating democratic and Constitutional institutions of the country. Today, the so-called Opposition alliance is struggling with an ideological bankruptcy. These parties know very well the Congress' cunning character as far as alliance is concerned, added Ritika.

# CIED IUST organised entrepreneurship awareness camp

JJ NEWS SERVICE

SRINAGAR, JUL 19 : A one-day Entrepreneurship Awareness Camp was organized by Women Entrepreneurship Development Cell, CIED IUST at Mantaqui Waaf Higher Secondary School. The objective of the programme was to create awareness among students about entrepreneurship and motivate them to think of it as a possible career choice.

Principal, Mr. Sajad Ahmad welcomed the CIED-WEDC team and appreciated such outreach initiatives by the university. Discussing the prospects of entrepreneurship in the current scenario, Dr. Parvaiz A Mir, Director, CIED said that the Centre is presently supporting several start-up projects and is planning to provide mentorship and financial support to more such projects in future. Talking about women entrepreneurship development initiatives of the university, Dr. Ruman Beshir said that IUST is the first university of the union territory to develop a Cell for the women entrepreneurs. She ensured all support to the young women who possess innovative ideas to start their businesses. Other members of WEDC include Dr. Ruheela Hassan, Dr. Shayka Nasreen and Dr. Anddeep also interacted with the students and discussed many case studies.

# Azad grieved over Kathua landslide deaths, expresses concern at emerging flood situation

JJ NEWS SERVICE

JAMMU, JUL 19: Chairman Democratic Progressive Azad Party (DPAP) Ghulam Nabi Azad on Wednesday expressed shock and grief over the loss of lives in house collapse and landslides triggered by incessant rains in the Bani area of Kathua district. Expressing grief over the tragedy, Azad in a condolence statement said: "I am deeply pained and saddened at the loss of precious lives in house collapse and landslides in Bani area of Kathua district. My heart goes out to the bereaved families.



spot, Azad also asked his party leadership and workers to help the victims in the injured and the safety of everyone in the situation." Urging the administration to intervene by deputing disaster management teams and officials to the spot and launch res-

cue and relief operations in the area," said Azad.

He sought medical intervention and assistance for the injured and prayed for their immediate recovery. Stressing on remaining alert in the wake of flash floods and landslides, the former chief minister said he is concerned about the families living in far-flung areas of Kishtwar, Doda, Rajouri, Poonch, Reasi, and Kathua where the situation is grim due to incessant rains which have triggered landslides and disconnected poor people in terms of road blockades and communication disruption. "Since the major rivers including Tawi, Chenab, Baniyar, Devak, and Ujjar are flowing above the danger mark, the administration should remain alert to the emerging situation," Azad cautioned.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Stitching alliance to keep BJP away

There are no permanent friends and foes in politics. This proverb aptly suits the current scenario in Kargil district of Ladakh region where two strong opponents, National Conference and Congress have decided to stitch a pre-poll alliance for the upcoming Ladakh Autonomous Hill Development Council (LAHDC), Kargil elections to be held in the first week of September. The announcement in this regard has been made by the senior NC and Congress leaders of Kargil district during a joint press conference in Kargil town today. Two parties believe that they should go for a pre-poll alliance for the upcoming Kargil Council elections to keep divisive and right-wing parties away from the district. After the elections, this pre-poll alliance will be converted into a post-poll alliance to constitute a new Council on a 50/50 seat sharing basis. They have constituted a 12-member committee comprising six senior leaders each of two parties to finalize seat sharing basis and other modalities. The idea of entering a pre-poll alliance is to keep all divisive forces, including BJP, away from Kargil district. Two parties also decided to have two Executive Councillors each, if they win the elections, in the next Council, while the five years tenure of Chief Executive Councillor (CEC) would be shared on rotational basis for a period of two and a half years each. All the candidates from two parties would contest the polls on mandate only besides they will not support independent candidates and will only field candidates on their party tickets. Reason for that is they don't want the independent candidates to become a tool for the BJP. Two parties are in no mood to provide any platform to the BJP and its like-minded groups including RSS in Kargil district. The seat sharing arrangement will be worked out after consultation with senior leaders of both the parties. The pre-poll arrangement would convert into a post-poll alliance and there would be a 50/50 power-sharing formula between both the parties in the Council. Given the current situation at the national level, it became imperative for two parties (NC and Congress) that they should jointly fight against the communal and fascist forces to ensure that they don't manage to break the communal harmony in the district. The election schedule for Kargil Hill Council elections is likely to be announced in the first week of August. The elections will be held for 26 seats of the LAHDC, most probably in the first week of September. The LAHDC is a 30-member Council and its term is for five years. The elections are held for only 26 seats while four councillors - two from the minority community and two women - are nominated by the UT. Established in 2003, this will be the fifth Council to be elected in Kargil district. The political parties in Kargil are demanding statehood for Ladakh and constitutional safeguards for land, jobs and resources in the region. The leadership of the district has formed Kashmir Democratic Alliance (KDA) and has joined hands with Leh Apex Body (LAB) to implement the Sixth Schedule for the region, on the lines of some northeastern states. It would be interesting to see as how these parties outnumber BJP in Council polls as they itself have a bitter experience of alliance with each other.

THE BRIGHT SIDE OF INCREASE IN TOMATO PRICES

The tomato price spiral tells us that assured and profitable prices can catapult agriculture to new heights.

DEVINDER SHARMA

THE hyperinflation in tomato prices is drawing an angry reaction from consumers, but there is a bright side to it. Scores of tomato farmers, if not hundreds, mainly from Maharashtra, Karnataka, Andhra Pradesh and Himachal Pradesh, have turned millionaires. It's the steep rise in tomato prices this season that turned around their fortunes. Tukaram Bhagoji Gayakar, who has 12 acres under tomato cultivation at Junnar in Pune district of Maharashtra, is among those farmers whose income has gone up astronomically. Selling 13,000 tomato crates in a month (each crate has 20-22 kg tomatoes), he has earned more than Rs 1.5 crore. In the past few days, Tukaram has become a media sensation, and rightly so. After all, for a farming family which has been struggling to make both ends meet, a bout of prosperity is most welcome.

Reports say a tomato grower from Kolar district in Karnataka, who sold 2,000 crates of tomatoes, earned a whopping Rs 38 lakh, and that too in a day. His family has been cultivating tomatoes on about 40 acres for several decades, but the prices he got this time beat previous records. In Andhra Pradesh, a tomato grower from Annamaya district has earned Rs 30 lakh. In Himachal Pradesh, reports say a steep jump in tomato prices has come as a blessing for thousands of tomato growers in Solan, Sirmour and Kullu districts. In the Solan market, tomato prices have crossed the average price that farmers received this season for quality apples. Against Rs 100 per kg for apples, tomato farmers received prices that were as high as Rs 102 per kg. Depending on the quality, tomatoes fetched prices ranging between Rs 1,875 and Rs 2,400 per crate (Rs 90-120 per kg) on certain days, against last year's price of Rs 5-8 per kg.

Now, before you build a false impression that it's easy for farmers to become millionaires, let me make it clear that this is one of those rare occasions when the higher retail price has been passed on to farmers. Only a few months back, news reports of tomatoes being fed to cattle or thrown into rivulets in Chhattisgarh, Maharashtra, Madhya Pradesh and other parts of the country had appeared. Even in early June, before the tomato prices



spiked, Maharashtra farmers were finding it difficult to realise even a price of Rs 2 per kg. Farm distress has been the norm rather than the exception. In Haryana's Bhiwani district, a progressive farmer, who has 42 acres under tomato cultivation, rues he missed the opportunity. "After four months of low prices, I disposed of my entire crop about two months back, incurring a loss of roughly Rs 8-10 lakh. If I had known that prices will skyrocket after mid-June, I would have certainly made a fortune," Ramesh Panghal told me, adding: "My stars were not with me." This only shows that a large number of farmers, perhaps several times more than the few on whom lady luck smiled, must be watching the unprecedented tomato price spiral in disbelief.

Instead of just counting the chickens, as they say, let us try to draw some important lessons from the steep price rise. Perhaps, it will help reform the dominant economic thinking that has primarily led to the worsening of farm distress. While we agree that the tomato prices for consumers have steadily shot up, it is evident that low prices have dealt a strong blow to millions of farm livelihoods over the decades. That is why I have always maintained that agriculture has

been deliberately kept impoverished. Farmers are not inefficient as is generally made out but are victims of improper macroeconomic policies, denying them an economically viable livelihood.

Take the case of tomato cultivation - farmers have adopted high-yielding varieties, including buying extravagantly expensive hybrid seeds, as part of the package of practices that have been promoted. Every technology being sold to farmers comes with a promise of increasing productivity and, thereby, yielding higher income. But that didn't happen. On the contrary, a farmer uses technological inputs, puts in hard family labour and harvests a record crop, only to find that market prices have crashed. Often, the output price is unable to cover even the cost of production. Business and management schools have often blamed farmers for not being part of efficient agricultural supply chains. Unless a farmer does value-addition, there is no way a tomato farmer - or, for that matter, others - can make reasonable profits. That is why the underlying emphasis is to discard the Agricultural Produce Market Committees (APMCs) and move on to the corporate ladder. The Niti Aayog recently came out with a

working paper, redrawing attention to the need to further liberalise and privatise agriculture to bring in farm prosperity, not realising that even in the US, from where we borrow farm policies, corporatisation of agriculture hasn't helped increase farm incomes.

The tomato price spiral has shown that the answer to the vexed farming crisis lies elsewhere. The APMC mandi system that is often decried, and which is crying for reforms, is where farmers got an exceptionally high price. No private company or organised retail outlets gave a higher price to tomato growers. Similarly, the prosperity that some tomato growers have reaped this season has not been driven by efficient supply chains.

It's all price-driven. The tomato price spiral tells us that assured and profitable prices can catapult agriculture to new heights. Two seasons of such higher prices, and you'll see the emergence of a new class of prosperous tomato growers.

While legalising MSP to ensure that prices don't fall below the benchmark, the authorities must ensure that farmers get at least 50 per cent of the end consumer price. It is time consumers realised that paying a higher price is essential to keep farmers alive.

What India needs to do for bigger role in world trade

Indian industry is resilient enough to face competition from foreign manufacturers.

SUSHMA RAMACHANDRAN

TRADING with foreign countries has been an ancient activity in India. Even under colonial rule, when the economy deteriorated rapidly, foreign trade with neighbours, including China, continued apace. Despite this centuries-old tradition, foreign trade has been the weakest link in the country's economy for many decades. There seemed to be a revival recently as merchandise goods exports reached a record \$440 billion in 2022-23. But this was mainly due to a surge in global demand after the pandemic, and the boom period is now clearly over. Latest reports show a 22 per cent drop in exports during June, reflecting the sluggishness in a global economy plagued by inflationary pressures and tight monetary policies.

On the positive side, services exports continue to be buoyant. This is an aspect of Indian trade that has defied declining trends in the medium and long terms. A recent Morgan Stanley study says the country's share in world services exports has hit an all-time high of 4.9 per cent, pow-



ered largely by software services. Business services, however, are also playing a role and account for 24 per cent of the total exports compared to 46 per cent for software services.

In sharp contrast, merchandise trade seems to be wholly dependent on demand spikes in key developed country markets like the US and Europe. India's share of the world goods trade thus remains at a minuscule level of about 2 per cent, lower than small countries like Ireland. Comparisons of current growth rates are being made with China,

but our neighbour is way ahead on the trade front - China commands a 12.5 cent share of international trade, the largest of any single nation.

But a question remains - what ails Indian exports, given that there is a fairly large domestic industrial base? It should thus be possible to play a far more expansive role in world trade. The first problem, if it can be called so, is the availability of a large home market. This makes it easier for manufacturers, especially small and medium enterprises, to cater to the captive

market rather than face the rigours of unfamiliar foreign shores. There are few industries that focus completely on exports and some of these are traditional sectors. Readymade garments, handicrafts and gems and jewellery are among the areas that rely largely on exports. This is not to say that manufactured goods are not being exported in a big way as pharmaceutical and engineering goods as well as refined oil products also occupy a big share of the export basket.

Yet, most industries turn towards exports only when the

domestic market is saturated or surpluses are available for sending abroad. In other words, the domestic industry does not automatically gravitate towards exports.

A second long-term lacuna has been the failure to become a part of any large regional trade grouping. Hopes had been pinned for too long on the World Trade Organisation to provide benefits to emerging economies while the opportunities to join either regional or bilateral trade pacts have been repeatedly bypassed. The decision to withdraw from the Regional Comprehensive Economic Partnership (RCEP) was undoubtedly taken with great deliberation and concern over a possible flood of cheap Chinese imports entering via third countries. Yet, proactive measures needed to have been taken long ago to enter into other regional trade groups. The 11-member Comprehensive and Progressive Agreement for Trans-Pacific Partnership (CPTPP) is one such example of a large trade pact that would be useful to provide support to the country's export efforts. Even now, efforts can be made to join this group, which

has included Australia, Japan and Malaysia but carefully excluded China.

As for bilateral trade pacts, one of the most important with the European Union was allowed to remain suspended for 10 years. Talks have resumed only recently with a region that is one of India's largest trading partners. Fortunately, there seems to have been recognition lately that it is in the country's interest to enter into more such free trade agreements (FTAs). This must have been the impetus behind concluding the ones with Australia and the United Arab Emirates, while others with the six-member Gulf Cooperation Council and a critical one with the United Kingdom are now being pushed with an aggression that was lacking in previous years.

The FTA with the European Free Trade Association (EFTA) that had been put into cold storage seven years ago has finally been revived with recognition that dialogue is the only way forward even on contentious issues. Non-trade-related subjects such as environment, labour and digital trade are now being negotiated to get a better deal for the

country. In the case of EFTA, the benefits could be in terms of easier access for skilled professionals in a region which includes high-tech powerhouses Switzerland, Norway and Iceland, apart from Liechtenstein.

And finally, one of the obstacles to higher export growth has been a protectionist mindset that has grown in recent years. While import tariffs of China and Southeast Asian nations are considerably lower, the export performance of these economies is also far better. There is thus no correlation between higher import tariffs to protect the domestic industry and buoyant exports.

The time has come to shed old shibboleths about protectionist import barriers. Indian industry has come of age and is resilient enough to face competition from foreign manufacturers. Support to the domestic industry is already being given in terms of new programmes like the production-linked incentive (PLI) schemes. These are far more effective in giving a boost to the manufacturing sector than merely trying to make imported products more expensive.

# DEEPIKA PADUKONE TO SKIP PROJECT K LAUNCH AT SAN DIEGO COMIC-CON AMID SAG-AFTRA STRIKE

Actor Deepika Padukone will not be a part of the launch of her upcoming film Project K at the San Diego Comic-Con (SDCC) in wake of the ongoing strike by the Screen Actors Guild-American Federation of Radio and Television Artists (SAG-AFTRA) in the US. The actor is a member of SAG-AFTRA, and will, therefore, give the eagerly-awaited Project K event a miss. Project K's first glimpse will be unveiled at San Diego Comic-Con on Thursday.

Deepika Padukone in Hollywood She made her Hollywood debut with XXX: Return of Xander Cage opposite Vin Diesel in 2017. Earlier this year at the 95th Academy Awards, Deepika had intro-

duced Naatu Naatu, the Best Original Song, Oscar-winner from SS Rajamouli's blockbuster RRR.

Deepika Padukone to miss Project K event in US

According to news agency PTI, which quoted an industry insider, Deepika will miss the event and will adhere to SAG-AFTRA guidelines for actors amid the strike, which came into effect last week.

"With the SAG-AFTRA strike underway, the union has specified that actors cannot provide promotional or publicity services. That extends to appearances at conventions, such as the San Diego Comic-Con. Accordingly, as a member of SAG-AFTRA and in line with their membership



regulations, Deepika Padukone will not be attending," the insider told agencies. Priyanka Chopra supports SAG-AFTRA strike Deepika is not the first Indian celebrity to express solidarity with the Hollywood actors union. Recently, actor Priyanka Chopra had also lent her support to the strike.

## SonyLIV announces history drama series 'Lords of the Deccan' with Rana Daggubati's banner



Streaming service SonyLIV on Wednesday announced 'Lords of the Deccan', a historical action-drama series, developed in collaboration with actor Rana Daggubati's production house Spirit Media.

The show, which will stream on SonyLIV soon, is adapted from the bestselling book 'Lords of the Deccan: Southern India from Chalukyas to Cholas', written by Anirudh Kanisetti.

Published in 2022, the book takes the readers back in time to witness the birth of the Chalukyas, a dynasty that shaped southern India for centuries, a press release stated.

"SonyLIV believes in taking great Indian stories to audiences across the globe. And in keeping with that, we are embarking on the exciting journey of capturing the history of the glorious dynasties of southern India by adapting the celebrated book 'Lords of the Deccan' by Anirudh Kanisetti," Saugata Mukherjee, Head Content, SonyLIV, said in a statement.

"We are elated that we are joining hands with Rana Daggubati on this journey. Together, we are excited about bringing these untold histories - the glorious dynasties, the majestic lands, the valiant kings, and their many wars - to our audiences from across the world," he added.

The details of the show, including its cast and plot, are under wraps.

Kanisetti's debut work 'Lords of the Deccan' became one of the most talked-about history books last year. It won the Book of the Year (Non-Fiction) Award at The Mumbai LitFest 2022.

# Gigi Hadid breaks silence on arrest over possessing marijuana, shares beach pics from holiday: All's well that ends well

A day after news broke that Gigi Hadid was arrested for possession of marijuana in the Cayman Islands, the model shared photos and videos from her holiday.

Gigi Hadid was arrested and charged with possessing marijuana and drug paraphernalia after she flew to the Cayman Islands from the US recently. Amid recent reports of her arrest and subsequent bail, the model looked radiant in new pictures from her Cayman Islands trip. On Wednesday, Gigi took to Instagram to share a series of sun-kissed photos and videos of her holiday.

Gigi Hadid's first Instagram post since arrest

The model shared an Instagram post spotlighting her many vacation looks from



the Cayman Islands. She also shared a glimpse of the food she gorged on during her holiday with friends. In some of the solo and group pictures she posted, Gigi soaked up the sun in bright swimsuits. This is Gigi's first Instagram post after

reports of her arrest surfaced on Tuesday. Seemingly reacting to the buzz around her recent trip, she wrote in her caption, "All's well that ends well (sunset emoji)."

Reactions to her post

Many said Gigi was unbothered after making headlines on drug charges. One commented on her post, "She couldn't care less (laughing emoji)." Another wrote, "Girl after being arrested for drugs and released with money." One joked, "My level of recklessness after being arrested and bailed."

Defending Gigi, a fan wrote, "You all, she got the weed legally in New York and with a medical prescription for it. Cayman Islands have allowed medical use of weed since 2017. She only got a fine because her prescription wasn't from there."

## Janhvi Kapoor visits Arjun Kapoor's home with rumoured boyfriend Shikhar Pahariya, Varun Dhawan also spotted

Arjun Kapoor hosted a few near and dear ones at his residence, while girlfriend Malaika Arora is holidaying in Baku. Among them were actor-sister Janhvi Kapoor, her rumoured boyfriend Shikhar Pahariya, actor Varun Dhawan and his wife Natasha Dalal. Janhvi and Shikhar at Arjun's house

Janhvi and Shikhar were spotted leaving in the same car. Janhvi also seemed to avoid the paparazzi. Both of them were twinning in white. A paparazzo account shared a picture of the rumoured couple post the get together on Instagram. It shows Janhvi in a short white dress and Shikhar in a white shirt, seated in the same car. Janhvi tried to move a bit towards the window, which had a window shield in order to avoid the cameras. Varun Dhawan was in a printed blue shirt and was accompanied by wife-designer Natasha Dalal. She was in a white crop top and black pants.

More about Arjun Kapoor

On Sunday, Arjun had also shared a few pictures of him posing in his balcony. He had captioned them, "Just gotta be Grateful sometimes Sunday musings." Meanwhile, Arjun's girlfriend Malaika Arora is on a vacation with friends in Baku. She has been sharing several stunning pictures of herself from the Azerbaijan capital. Arjun was last seen in Aasmaan Bhardwaj's Kuttye. He has two films in pipeline: The Lady Killer with Bhumi Pednekar and Meri Patni Ka Remake with Bhumi and Rakul Preet Singh. The release dates of the films are awaited. Janhvi and Varun are currently busy with the promotions of their film, Bawaal. Directed by Nitesh Tiwari, the film is slated to release in theatres on July 21.

## Bawaal celeb review: Arjun Kapoor, Karan Johar hail 'career-best' performances by Varun Dhawan, Janhvi Kapoor

A special screening of Nitesh Tiwari's film Bawaal, starring Janhvi Kapoor and Varun Dhawan, was held in Mumbai on Tuesday and had several Bollywood celebrities in attendance. Now, many of them have shared their reactions to the film that has World War II in the backdrop.

Janhvi's brother Arjun Kapoor and filmmaker Karan Johar said Varun and Janhvi have delivered career-best performances, while many have also hailed Nitesh Tiwari for the direction.

"Taking to his Instagram Stories, Arjun Kapoor wrote, 'I thoroughly enjoyed this love story... it's a unique yet entertaining film, it has heart soul and a whole lot of entertainment yet it makes you wonder about relationships and life that's how simple it is... Maahol toh @varundvn and @jan-



hvikapoor have set with career-best performances!!! Deftly handled and nurtured by @niteshtiwari22 sir!! Kudos to @nadiadwala grandson @ashwinyijerwari and @primevideoin.

This one is memorable for all the right reasons... Karan Johar called Janhvi and Varun the heartbeat of Bawaal. "Possibly the most unusual and original love story you have seen in the mainstream... directed with nuance-abandon and yet so much restraint... it moved me in so many moments... proud film for Sajid to back and for @Amazoneprimevideoin to house and the cherry on the cake is the career best performances of @varundvn and @janhvikapoor... They are the heartbeat of Bawaal @niteshtiwari22 @nadiadwala-grandson," he wrote. Varun's Jugjugg Jeoyo co-star Maniesh Paul said, "Loved this film! @varundvn what a brilliant performance @janhvikapoor you had my heart!" @niteshtiwari22 captain of the ship in full form Congrats @wardakhannadiadwala." Casting director Mukesh Chhabra, too, looked impressed with Bawaal. He wrote, "@niteshtiwari22 I love you bhai, dil baar baar jeet lete ho (you win hearts) #bawaal outstanding and @varundvn Kya baat hai Kya baat hai Kaha chupa rakhi the yeh performance (what a performance, where were you hiding this talent till now)?? and @janhvikapoor so so well done, especially emotional scenes congratulations..."

## 'Worst idea in history', Bethenny Frankel reveals Andy Cohen's role in her ill-fated marriage with Jason Hoppy



In a surprising revelation, Bethenny Frankel, former star of 'Real Housewives of New York City', shared that it was Andy Cohen who encouraged her to marry her ex-husband Jason Hoppy. Speaking on her podcast, 'Just B', Frankel described it as the "worst idea in history."

Frankel and Hoppy exchanged vows in a lavish ceremony in March 2010, shortly after Frankel discovered she was pregnant with their daughter, Bryn. However, their once-promising relationship quickly deteriorated, and the couple announced their separation in December 2012. The ensuing divorce proceedings would become a long and bitter battle, primarily focused on custody arrangements for their daughter. After years of legal disputes and court hearings, Bethenny Frankel and Jason Hoppy finally reached the end of their tumultuous divorce in January 2021. The process was marked by financial settlements and custody negotiations, with Frankel ultimately gaining full legal custody and primary residential custody of Bryn. In 2021, Frankel candidly discussed her failed marriage, referring to it as a "nightmare divorce." She revealed that she initially believed marrying someone with a simple life would be a positive choice, as they would not be motivated by her wealth and fame. However, the reality proved to be far more challenging.

Pre-nups and Marriage

Frankel also touched upon her resistance to having a prenuptial agreement before marrying Hoppy. She found the concept embarrassing and awkward, dismissing the idea as uncomfortable. However, in hindsight, she recognized the importance of protecting her assets and acknowledged the discomfort surrounding the topic.

# Taylor Swift now proclaimed honorary Mayor of Santa Clara, city renamed 'Swiftie Clara', here's why

Taylor Swift is on a roll during her most popular tour and post the release of her album Speak Now! As the singing sensation continues her journey to smash records, become a billionaire, improve country's growth she has now added another feather to her accolades.

The Mayor of Santa Clara, Lisa Gillmore has proclaimed her as honorary Mayor of Santa Clara, California and the city will be renamed 'Swiftie Clara' during her stop there on the Eras Tour.

Why has Santa Clara declared Taylor Swift as its honorary mayor? Taylor Swift will be performing in Santa Clara on July 28 and 29 at Levi's Stadium and to celebrate her sold out concert the city council wants to honour the artist for her 'cultural impact' and promote the city.

The Mayor's office has laid out the reasons why it feels Taylor deserves the honour.

"American singer-songwriter Taylor Swift has had a tremendous cultural impact since her 'debut self-titled album in 2006', statement outlines

It further adds, "Taylor Swift has achieved enormous success with ten studio albums and three re-recorded albums, of over 250 million certified units sold worldwide, twelve Grammy awards, and forty American Music Awards"

It goes on to then identify her other accolades and accomplishments, "Taylor Swift has achieved nine number one hits, forty top ten hits, and one hundred ninety entries on the Billboard Hot 100 List"

It then acknowledges her charity work, 'well-known for



her philanthropic efforts. Taylor Swift has donated millions of dollars to help victims of natural disasters as well as providing millions in funding for musical education at numerous institutions.' In a bid to prosper and make business from her upcoming two-night concert in the city Santa Clara has 'welcomed with gratitude' all Swifties from across the world to the City of Santa Clara. Quoted by PinkVila Christine Lawson, CEO of Discover Santa Clara, said, "The Eras Tour has captivated fans nationwide, trans-

# Build strength and maintain muscle mass without going to the gym! Here's how



For far too long, we have been made to believe that muscles are only built in the gym! But that's not always true. There may be times in life where going to the gym may neither be a choice, nor a possibility. Even if a gym-going person, sickness or travel may keep you away from it. As a fitness enthusiast, you may probably worry about losing all your gains that you achieved after sweating it out in the gym. Well, you don't have to worry, as you can maintain the muscle mass you worked so hard to build. You just have to pick the right exercises that you can do at home or while you are away from the gym.

To figure out how to maintain muscle mass without going to

the gym, HealthShots connected with fitness guru Aminder Singh of Team Aminder fame.

Importance of maintaining muscle mass

Maintaining muscle mass is not only important, but it becomes a mandatory requirement, especially as we grow older. Singh explains that this is because as we grow up, we gradually begin to lose muscle mass. What's worse, we end up accumulating more fat mass. As we cross the age 40, muscle breakdown happens at the rate of 7 percent. It shoots up to 15 percent by the time we touch 60! The expert says that reduced muscle mass in this age means complete loss of strength, as we can't even move a single limb

without the help of muscles. So, muscle mass muscle exercises are the only preventive solution to retain strength as we grow older. Neglecting your muscle mass can lead to an increased risk of serious health conditions such as osteoporosis.

Exercises to build and maintain muscle mass at home

We know that push-ups work the chest, triceps, shoulders, and multiple other muscles, besides increasing your upper body strength (beginners' guide to access push-ups at home). But there's more you can do to maintain muscle mass at home. Here are some of the exercises you can do at home!

1. Lateral leg raises
- For each leg, do 5 lifts with

your toe flexed, 5 with your toe pointed, and 5 with your toe pointed toward the ceiling. These are core and lower body exercises that help in building

and shoulders.  
5. Pelvic exercise  
Lie down on the floor on your back and then lift the hip up and squeeze it. You need to hold

## UNABLE TO GO TO THE GYM? YOU CAN ALWAYS DO INTERESTING WORKOUTS AT HOME WHICH WOULD HELP YOU TO BUILD STRENGTH AND MAINTAIN MUSCLE MASS.

muscle.  
2. Water bottle curls with 5 kg water bottle

Hold a 5 kg or 1 litre water bottle in each hand, stand with your feet apart and curl the water bottles up towards your shoulders with your palms facing in. This exercise builds your forearms and biceps.

3. Water bottle shoulder overhead press with 5 kg water bottles

Stand with your feet shoulder-width apart and hold a 5 kg water bottle in each hand. Raise the water bottles and take them overhead, pause for a few seconds, and then bring your hands down. This exercise works up your entire triceps and shoulders, says Singh.

4. Shoulder front raises with bottle

Stand straight with your feet a little apart and hold a water bottle in each hand. Extend your shoulders and elbows to drive the water bottles straight up. This exercise targets your biceps

each squeeze just for a few seconds and then release it. This helps to strengthen your pelvic floor muscles, which further enhances your bowel and bladder control.

6. Rowing back exercise  
Rowing back exercise is done by holding any grill and pulling the body towards the grill. This works your back and upper arms and helps to build your entire upper body strength.

7. Spot walking

While walking on the spot, raise your knee up to the hip level and swing your hands the way you do when you walk outdoors. Walking on the spot is simple and an effective exercise, says Singh. It helps to burn calories, improves your cardiovascular fitness and also increases the strength and endurance of your leg muscles. You also need to focus on proper nutrition to maintain muscle mass. Increase your intake of proteins by consuming foods such as chicken, fish and eggs.

# Want toned legs? Follow these steps to strengthen and lose fat from your legs

All set to score toned legs? Try these strategies that can help you strengthen and tone your legs in no time.

Do you want toned legs? For someone ready to score toned legs, you need to know one thing! Rather than toning your legs, you should focus on building strength and lean muscles while trying to reduce fat to give the appearance of toned legs. For that, you need to combine cardio with muscle training to strengthen your legs. Having said that, let's find out some exercises to help you lose fat from your legs.

How to lose fat from legs?  
Did you know your lower body is also the quickest part to build lean muscle? If toned legs is your goal, here are some easy and effective ways that will help lose fat from your legs and tone them up.  
How to reduce thigh fat?

1. Don't focus on spot reduction

Fitness trainers around the world say that 'spot reduction' is a myth. While it may be impossible to spot-reduce leg fat, you can train your muscles to build strength and tone them. For that, you can do a lot of exercises that can help you lose fat from your legs, like lunges, squats, and more.

2. Combine cardio and strength training

As mentioned before, you should combine cardio and strength training to tone your legs. Only doing cardio like running will help you lose weight but it wouldn't make your legs firm. If you only focus on strength training, the process of getting rid of cellulite would be



slow, and your leg muscles may end up becoming bulky. The key is to strike a balance between cardio and muscle training.

For a healthier and happier life, try these 5 everyday tips

3. Lunges can help  
Lunges are one of the best exercises to reduce thigh fat. It targets your glutes, thigh adduc-

tor, quadriceps, and hamstrings. It also helps strengthen your muscles and boost your metabolism. Start with your feet width apart. Walk forward while bending both knees, lowering yourself until your knees are 90 degrees bent. Lifting your back leg and pushing it forward will cause your back foot to land in a

lunge position in front of you as you step through and push off with both of your legs.

4. Squat it out!  
Squats are great to strengthen your bones, tendons, and ligaments around the leg muscles. Start with standing straight with your feet hip-width apart. Lower down as if you are sitting on an invisible chair. Now, lift back up with your back straight. Now, repeat the movement. Don't forget to engage your abdominal muscles while you perform squats.

5. Calves rise  
If we are talking about toning the legs, how can we forget the calf muscles? One of the best exercises to strengthen the largest muscle in the calf is to do standing calf raises.

## FRUCTOSE INTAKE COULD BE BEHIND ONSET OF ALZHEIMER'S DISEASE



An evolutionary instinct that relies on fructose within the brain could drive the development of Alzheimer's disease, according to a new study. The results suggest that diet could be influencing the onset of the disease as a result of a foraging instinct, and that consistent fructose intake may be stimulating brain activity that results in neuron death and pathological protein accumulation.

"We make the case that Alzheimer's disease is driven by diet," said the study's lead author Richard Johnson in a statement.

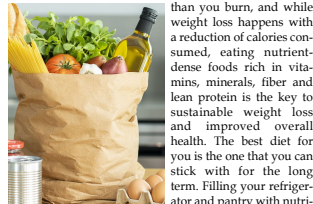
The idea focuses around a mechanism that triggers in the brain during periods of scarcity, stimulating our bodies into foraging for food to supplement our dietary needs.

"A basic tenet of life is to assure enough food, water and oxygen for survival," write the authors in the study. "Much attention has focused on the acute survival responses to hypoxia and starvation. However, nature has developed a clever way to protect animals before the crisis actually occurs."

When humans are low on food, a foraging instinct kicks in to get them to focus on the important things. Impulsivity and risk-taking goes up, and our memories and time-keeping get suppressed while our brain rations resources. Fructose powers this dampening - as fructose is metabolized, the foraging instinct is increased and we can continue to look for resources.

It all sounds quite useful, except humans don't really forage anymore and too much fructose can lead to some big problems.

## This Weight Loss Grocery List is Dietitian-Approved



Weight loss is a personal journey, but like many things in life being able to make informed decisions can lead to desired outcomes, and this is also true when shopping for food. Your weight loss journey starts in the grocery aisle - and not just the outer aisles where the fruits and veggies reside. The middle aisles can have nutritious options too, especially legumes and whole grains.

To lose weight you must be eating fewer calories than you burn, and while weight loss happens with a reduction of calories consumed, eating nutrient-dense foods rich in vitamins, minerals, fiber and lean protein is the key to sustainable weight loss and improved overall health. The best diet for you is the one that you can stick with for the long term. Filling your refrigerator and pantry with nutritious foods and having quick, easy and healthy ingredients on hand can help you avoid filling up on empty calories.

All calories are not created and studies show that the quality of foods we consume and following a diet that is low in refined flour and sugars matter more than the exact number of calories consumed. Diets higher in processed foods may promote weight gain by leading to overeating.

# New Study Shows This Sleep Habit May Help Offset Effects of Alzheimer's Disease

For years, experts have spoken about the importance of quality sleep for good health. But new research suggests it may even help lower your risk of developing Alzheimer's disease.

The study, which was published in the journal BMC Medicine, followed 62 older adults who were not diagnosed with dementia and had them do a sleep study. During the sleep study, the researchers monitored their sleep waves with an electroencephalography (EEG) machine and used a positron emission tomography (PET) scan to measure the amount of beta-amyloid deposits in their brains. (Beta-amyloid is a protein that's linked to memory loss and dementia.)

The researchers found that half of the study participants had high amounts of amyloid deposits. After the sleep study, the researchers had the participants complete a memory game where they matched names to faces.

The researchers discovered that people with high amounts of beta-amyloid deposits in their brains who had higher levels of deep sleep did better on the memory test than people who did not get as good of a night's sleep. This difference was only seen

in people with beta-amyloid deposits - meaning, deep sleep had no effect on people who didn't have amyloid deposits.

The researchers concluded that deep sleep may help combat memory impairment caused by Alzheimer's disease and pointed out that this is a modifiable risk factor for Alzheimer's disease. "As such, it represents an intervention possibility that may aid the preservation of cognitive function in the face of Alzheimer's disease pathology, both present moment and longitudinally," they wrote.

"With a certain level of brain pathology, you're not destined for cognitive symptoms or memory issues," lead study author Zsófia Zavecz, a postdoctoral researcher at UC Berkeley's Center for Human Sleep Science, said in a statement. "People should be aware that, despite having a certain level of pathology, there are certain lifestyle factors that will help moderate and decrease the effects. One of those factors is sleep and, specifically, deep sleep."

But what is deep sleep and why might it help protect against the effects of Alzheimer's disease? Here's the deal.

What is deep sleep?  
Deep sleep is sleep that's harder to

wake up from, according to the Cleveland Clinic.

When you sleep, your brain goes through different cycles that can be divided into two phases: Non-REM sleep, which features three stages (including two where you sleep deeply); and REM sleep, which happens about an hour or so after you fall asleep and is when you tend to have vivid dreams, the Cleveland Clinic explains.

Your body flips through non-REM and REM sleep when you're recharged out, and a full sleep cycle takes about 90 to 110 minutes. As the night goes on, you have longer REM sleep and less deep sleep.

"Deep sleep generally constitutes about 20% of our night and is usually during the first half of the night," says W. Christopher Winter, M.D., a neurologist and sleep medicine physician with Charlottesville Neurology and Sleep Medicine and host of the Sleep Unplugged podcast. "Deep sleep is important - it can really make a difference in terms of health and staying youthful."

Why might deep sleep help protect against Alzheimer's disease?

This isn't the first study to link deep sleep to a lowered risk of developing Alzheimer's disease. One study

published in 2020 that involved some of the same researchers as the latest study analyzed 32 people in their 70s with no memory problems who underwent a sleep study. The researchers used brain scans to monitor levels of beta-amyloid in each person for up to six years and found that those who got less deep sleep had more beta-amyloid build-up.

Research has also linked lack of deep sleep with higher levels of tau, a protein that forms tangles in the brain cells of people with Alzheimer's disease.

But...why? The theory is that deep sleep helps the brain clear waste products that increase the risk for Alzheimer's disease. Dr. Winter says. Everyone makes beta amyloid protein in the brain during the day but, when you sleep, your brain and related connections usually shrink and flush away beta amyloid and other substances that build up during the day. Dr. Winter explains. The theory is that, if you don't get good sleep, your brain can't function well enough to flush away those substances and they build up.

"More specifically, it has a lot to do with the glymphatic system which acts like a pump for removing waste from the brain," he says. "Research

has shown it's significantly more effective when individuals get more quality sleep."

Deep sleep "may essentially be a compensation strategy" in people with Alzheimer's disease or who have high risk of developing the disease, says David Merrill, M.D., Ph.D., an adult and geriatric psychiatrist and director of the Pacific Neuroscience Institute's Pacific Brain Health Center in Santa Monica, Calif. "Deep sleep may help build up your cognitive reserve and clear the brain of disease such as amyloid," he says. "But at this point, these are hypotheses."

But it's important to note that the study didn't prove that getting good sleep will prevent you from getting Alzheimer's disease, and the connection between sleep and dementia is still being explored. "Poor sleep leads to difficulty with alertness and awareness," says Amit Sachdev, M.D., M.S., medical director in the Department of Neurology at Michigan State University. "Patients with Alzheimer's and poor sleep might be less able to maintain good memory."

How to lower your risk of Alzheimer's disease  
It's not exactly known why some people develop Alzheimer's disease

and related dementias and others don't. However, experts generally agree that doing things like exercising regularly, eating a healthy and balanced diet, and getting good, regular sleep can help.

More specifically, the U.S. Department of Health and Human Services (HHS) recommends doing these to lower your risk of dementia:

Try to control your blood pressure. Manage your blood sugar.

Maintain a healthy weight.

Eat a good mix of fruits, vegetables, whole grains, lean meats, seafood, and unsaturated fats.

Strive for at least 150 minutes of moderate-intensity physical activity each week.

Keep your mind active by reading, playing board games, or learning a new skill.

Socialize with family and friends.

Take care of your physical and mental health. Try to get seven to eight hours of sleep a night. Do your best to prevent head injuries, like wearing shoes with nonskid soles and a helmet while biking.

Cut back on your alcohol consumption, and have no more than a drink a day (for women) and two drinks a day (for men).





# DC Ganderbal convenes District level Cooperative Development Committee meeting



GANDERBAL, JULY 19: The Deputy Commissioner (DC) Ganderbal, Shyamir who is also the Chairman District Cooperative Development Committee (DCDC) Wednesday convened a meeting of District level Cooperative Development Committee for implementation of various schemes aimed to strengthen Cooperative movement in the country and deepening its reach to the grassroots level.

The chair was informed that the Ministry of Cooperation, Ministry of Electronics and IT, NABARD and CSC e-governance service India Ltd has signed Memorandum of Understanding (MOU) enabling PACS to undertake CSC services. Under this initiative more than 300 e-services in rural areas including banking, insurance, health services, bus/air/rail tickets etc shall be provided by the PACS.

The chair was also informed that in order to diversify the business activities of PACS to make them vibrant economic entities various initiatives like opening up of Jan Aushadhi

Kendra, LPG/ Petrol/ Diesel distribution outlets are being undertaken by Union/State Government for which all the 13 PACS registered in this district have adopted the model bye laws. The chair directed all the members of the committee to work in close coordination in order to fulfill the various initiatives undertaken under the guidance of Ministry of Cooperation in order to strengthen the cooperative ecosystem. He assured all possible support from District Administration to achieve the set targets. The meeting was attended by ACR Ganderbal, CAHO, AD FCS&CA and other concerned officers and officials.

# Art Exhibition, dialogue on artistic critique, program on artistic heritage marks Day-2 of Youth Cultural Festival

SRINAGAR, JULY 19: On the second day of ongoing Youth Cultural Festival (Amrit Yuva Kalotsav) at Tagore Hall here, a program dedicated to artistic heritage was featured by the artists of Sangeet Natak Akademi.

During the festival, a dialogue on artistic critique took place between the audience and the young students. The afternoon marked the beginning of the Art Exhibition, showcasing mesmerizing performances like Santoor, the enchanting Kashmiri Pandit dance, Kuchipudi, Kashmiri Folk play 'Angeez Pathar' by renowned theatre of Kashmir National Bhand Theatre

and the soul-stirring play 'Echoes of Life'. Pertinent to mention, the three day Yuva Kalotsav, inaugurated yesterday, is being organised by Sangeet Natak Akademi, New Delhi in association with J&K Academy of Art, Culture & Languages and commemorates the 75 years of India's Independence.

# DC, SSP visit border areas of Samba District

TAKE STOCK OF FLOOD SITUATION IN DEVAK, BASANTAR RIVERS

SAMBA, JULY 19: Deputy Commissioner Samba, Abhishek Sharma along with SSP Benam Tash today toured border areas to take stock of flood situation in Devak and Basantar Rivers.

The Deputy Commissioner Samba issued a slew of directions to the stakeholder departments regarding flood mitigation measures. He directed Officers of the Flood control department to take immediate steps to prevent

Rivers. He asked the department to procure materials/equipment which can be used to deal with any emergency arising out of rising water levels in local Rivers/Nallahs.

The Deputy Commissioner also interacted with BSF authorities.

The Deputy Commissioner was accompanied by XEN Flood Control, Samba, Tehsiladar Samba & Ramgarh and BSF Authorities.

# Urs Mubarak celebrations of Hazrat Mir Baba Hyder (RA) to commence on 27th July in Tullamulla

DDC Chairperson issues instructions to provide all necessary facilities for the pilgrims

GANDERBAL, JULY 19: The sacred occasion of Urs Mubarak of Hazrat Mir Baba Hyder (RA) is scheduled to be celebrated in Tullamulla on 27th, this month.



With the significant event drawing near, the authorities are making extensive preparations, and a main Shab-e-Khawani is set to be performed on 26th July (7th Moharram). Typically, the celebration spans a week from the first day of Maharram (20th July) as devotees gather to pay homage to the revered saint.

To ensure a smooth and comfortable experience for all pilgrims participating in this holy occasion, a crucial meeting was convened, presided over by Chairperson, District Development Council (DDC) Ganderbal, Nuzhat Ishfaq.

The meeting was attended by ADDC Ganderbal Mushtaq Ahmad Simrani, Ex-MLA Ishfaq Jabbar, officers from the Work Board, and other officials, graced the gathering.

power department was directed to ensure continuous electricity to the holy shrine and its surroundings.

In the quest to maintain impeccable hygiene around the revered shrine, the municipality department received instructions to deploy sufficient employees to ensure cleanliness and proper maintenance of toilets, with the use of suckers to remove waste material efficiently.

During the meeting, DDC Chairperson Nuzhat Ishfaq issued several instructions, underlining the importance of providing all necessary facilities for the pilgrims.

DDC Chairperson also addressed the concerns related to street lights in the vicinity of the shrine to enhance the overall safety and ambience for the pilgrims.

A key focus of the discussions was to ensure uninterrupted power supply throughout the celebrations and

Special attention was given to the repair and maintenance of ladies' bathrooms, catering to the specific needs of female pilgrims, reflecting the inclusive spirit of the celebrations.

# DC inspects clearance of landslides at Dewal Bridge on National Highway



UDHAMPUR, JULY 19: To assess the ground situation arisen due to incessant rains and landslides, Deputy Commissioner Udhampur, Sachin Kumar Vaishya, along with SSP Dr Vinod Kumar visited landslide hit spot on Dewal Bridge and inspected the restoration work over there.

During the tour, the executing agencies were directed to gear up men and machinery to remove accumulated debris caused by landslides from the National Highway and make the road traffic worthy for Shri Amar Nath Yatris as well as the general public.

The DC also visited Salmay Bridge and directed the concerned to allow only light motor vehicles on the bridge as a safety measure for the time being.

Later, the DC also visited Gole Mela and instructed the concerned officers to resolve water logging on priority in and around Gole Mela Road Udhampur. Among others, Additional Deputy Commissioner, Joginder Singh Jasrotia, Assistant Commissioner Revenue, Rafiq Ahmed Jaraal were accompanying the DC.

# Animal Husbandry Department Kishtwar organises mega awareness camp at Gulabgarh-Paddar

KISHTWAR, JULY 19: In continuation to the information Dissemination and Promotional activities, an Awareness Camp was organized today by the Department of Animal Husbandry Kishtwar at Gulabgarh Paddar.

PRIs and more than 200 animal breeders, including female farmers participated in the camp.

They were given free of cost medicines, mineral mixtures, calcium supplements. Dewormers in addition to vaccination and the general treatment.

Chief Animal Husbandry Officer, Dr. Sanjay Kumar Sen was the main campaigner of the event. He was accompanied by Dr. Arif Shah (MVO), Dr. Rahul Verma (PEO) and other staff of the concerned Veterinary Centers including Dr. Azzaz Asgar (VAS) and Dr. Suneel Singh (VAS).

The CAHO imparted awareness to the participants about the ongoing Holistic Agriculture Development Plan and educated them about the flagship schemes of the Department like Integrated Dairy Development Scheme (IDDS), Intensive Poultry Development Program (IPDP) etc.

The people were asked to co-operate & get themselves benefited with various schemes of the Department.

The public Representative of the village appreciated the efforts put forth by the Department in uplifting the socio-economic status of the public and further asked the Department that full co-operation shall be extended for achieving the benefits extended under different schemes by the Department & requested to conduct such camps in future as well.

# DC Srinagar presides over concluding Ceremony of Srinagar Carrom Championship 2023-24

Felicitates the winners of the carrom championship

SRINAGAR JULY 19- Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad Wednesday presided over the concluding ceremony of Srinagar Carrom Championship 2023-24 here at Indoor Sports Complex, Srinagar.



The Championship which began on July 18 was organized by J&K Carrom Association in association with District Srinagar Carrom Association and in collaboration with Jammu and Kashmir Sports Council under the banner of My Youth My Pride.

On the occasion, the Deputy Commissioner Srinagar, who attended the event as the Chief Guest in his speech highlighted the importance of the sports activities in development of physical and mental health of one and all.

The DC said Administration attaches a special priority to the wellbeing of our youth through sports activities, and all possible steps are taken to provide a world class sports platform to young talent so that they perform at national and international level competitions.

The DC said involving a unique combination of strategic thinking and physical fitness, carrom remains one of the most popular sporting and recreational activities and is indeed an important part of our culture.

to showcase and further harness their skills.

During the two-day event as many as 74 matches were played between Cadets, Sub-Juniors, Juniors and Senior category in both Boys and Girls, Men and Women respectively. Around 185 players from different Schools, Colleges and Clubs took part in the event from all over the District Srinagar.

# Deputy Commissioner Poonch felicitates Taekwondo National Medalists



POONCH, JULY 19: Deputy Commissioner Poonch, Yasin M. Choudhary today felicitated Khalida Jabeen and Toseef Tahir for winning bronze medals for Jammu and Kashmir in the recently concluded 40th Junior National Taekwondo Championship and 66th National Taekwondo School Games.

Himachal Pradesh, Uttar Pradesh, and Madhya Pradesh in the National Taekwondo School Games held in Delhi.

The Deputy Commissioner congratulated both medalists and their coach, Rajinder Singh from the Department of Youth Services and Sports, for imparting excellent training to the youth of Poonch in Taekwondo. He also assured every possible help for the development of sports in the district. Mohammad Qasim, District Youth Services and Sports Officer, and Dr. Sarfraz Mir, Chairman of Sir Syed Education Mission South India, also congratulated the medal winners.

# Govt committed to extend support to Transgenders: Dr Mehta

SRINAGAR, JULY 19: Chief Secretary, Dr Arun Kumar Mehta today held deliberations about the welfare of transgenders of the UT so that they too become integral part of the society and get their share of rights and opportunities. The meeting was attended by Additional Chief Secretary, Home; Principal Secretary, Finance; Commissioner Secretary, Social Welfare; Secretary, Health; Representative of the transgender community besides other concerned officers.

On the occasion the Chief Secretary gave a patient hearing to the demands put forth by the representative of the community. He told them that the administration is committed to provide every possible assistance to the persons belonging to the community to enable them to become valuable member of the society.

Dr Mehta directed the concerned departments to sensitize their staff towards the special needs of such persons so that they are able to avail all the services smoothly. He advised them to saturate the benefits under self employment, health and other benefits among all the persons belonging to this third gender of the population.

He said that every willing person of the community should be encouraged to come forward and avail the welfare measures. He asked them to frame a list of persons desirous of taking up different enterprises so that administration would help them to secure them in a hassle-free manner.

The Chief Secretary asked them to take part in the social and economic programmes of government. He asked them to participate in PRI activities as well.

# Alyssa Healy: Drawn Ashes a 'reset moment' for Australia



TAUNTON: Stand-in captain Alyssa Healy believes Australia's hard-fought retention of the Ashes could be their "reset moment".

After drawing the multi-format series with England on eight points each, the Australians kept the trophy they have held since 2015. But their grip is tenuous with Healy describing the result as feeling "a bit dirty" in the immediate aftermath of the final match in Taunton, with Australia losing both the T20 and ODI legs 2-1.

Addressing a press conference once the dust had settled on their 69-run defeat in the rain-affected third ODI on Tuesday, Healy's comments were more circumspect in light of suggestions Australia had lost their trademark fighting spirit and ruthlessness.

"I think what this fighting spirit and what this ruthlessness of this team is going to look like moving forward might be slightly different to what we've seen in the past," Healy said. "For us, it's a great opportunity to sort of reflect and almost have a little mini reset moment of what this group is and what we look like now and what we want to achieve over the next four or five years in particular. I think it's a really cool moment to do that."

Australia went ahead in the multi-format Ashes with an 89-run victory in the one-off Test at Trent Bridge which was worth four points, double that of

each limited-overs fixture. They extended their lead to 6-0 by winning the first T20 at Edgbaston by four wickets with just one ball to spare. In both matches, the Australians were less clinical than they had been in recent years, which ultimately left them exposed as they lost the next three games. "I wouldn't say an end of an era. I think it's probably maybe a little bit of a moment that we potentially needed. We looked back on the T20 series and we felt like that might have been coming for a little while... I think we were going to need to look at how to adapt and continue to grow as a T20 side. But the one-day format probably hurt us a little bit because I think we're still a really strong outfit and to play the way we did was obviously disappointing."

And despite Australia's much-vaunted depth, Healy pointed out that the loss of Rachael Haynes to retirement and long-time captain Meg Lanning, a late withdrawal from the tour for undisclosed medical reasons, had left a big hole in her side, which still managed to muster enough of their trademark mettle to clinch the second ODI in Southampton by three runs on the final ball, thus ensuring they retained the Ashes.

"You look at some of the changes that this group has seen over the last 12 months in particular, we've lost two of

our most senior players, top-order batters in particular, in the space of 12 months," Healy said. "We're not sure if or when one of those might be coming back so we've had a little bit of chopping and changing. I guess the positive side is that we're giving some experience to some young players that we've always seen the opportunity to play for Australia at some point, but they're getting the opportunity probably a little sooner than they'd anticipated, so that's a great thing."

"There's a few different feelings for me at the moment. Pride... we came here to do a job and we didn't quite do it but we've got the trophy back within our grasp, which is obviously job number one done. We couldn't quite get ourselves over the line in the white-ball stuff but overall I'm really proud of the way that the series unfolded. It's been an amazing spectacle for cricket in general and it's been really cool to be a part of. I sit here slightly excited and then slightly disappointed at the same time." The difference has been that Australia came up against an England side who believed they could beat their all-conquering opponents and played accordingly, holding their nerve in some clutch moments more consistently than they had managed in the past. Having stripped Australia of their aura, or denied it at the very least, England went some way - how far depends on who you talk to - towards closing the gap between the sides.

But Healy, captain on this tour in Lanning's absence, revealed the Australians felt they were more vulnerable in the T20s. They had been pushed by India in the semi-finals of the World Cup in February and the final of last year's Commonwealth Games, and to them in a Super Over in December, which was their only defeat in their last 24 completed T20s before they were beaten by England at The Oval and Lord's.

# "Keep laughing, John McEnroe" - IBM top brass hits back after being proved right in Carlos Alcaraz's win over Novak Djokovic at Wimbledon

LONDON: An IBM executive has responded to John McEnroe's mockery of an AI-generated prediction that correctly forecasted Carlos Alcaraz's victory over Novak Djokovic at the 2023 Wimbledon Championships final.

Alcaraz emerged victorious in the Wimbledon final that spanned four hours and 42 minutes, defeating the 23-time Grand Slam champion Djokovic 1-6, 7-6(6), 6-1, 3-6, 6-4 to claim his first-ever title at SW19.

The All England Lawn Tennis Club (AELTC) had joined forces with computing giant IBM to enhance the coverage and online experience during the Wimbledon Championships, with AI technology playing a significant role. At the beginning of the final, IBM projected a graphic displaying the AI-generated prediction of the match winner. Surprisingly, the graphic predicted that Carlos Alcaraz would triumph over Djokovic.

John McEnroe, who was doing commentary at that moment, found the prediction amusing.

"Astonishment! What they know something we don't? Yeah that could be the only possibility. What do they see that we don't? You see a lot of the last couple of weeks."

"I'm not sure they're watching closely enough the last 10 years. Or the last couple of weeks for that matter. However he (Alcaraz) was the odds makers favourite before the French semi. Djokovic is the favourite here," McEnroe said.

Noah Syken, the vice president of Global Sponsorships at IBM, has now expressed his discontent with McEnroe's mockery of the AI-generated match-winner prediction, which ultimately proved to be accurate. Syken took to social media to suggest that IBM had discovered a unique insight within the data that no one else had noticed.

Carlos Alcaraz has become the player to secure a spot in the 2023 Nitto ATP Finals. The tournament is set to take place in the city of Turin, Italy, from November 12 to 19, 2023. Alcaraz's qualification was con-

firmed after he won his first Wimbledon title. He has accumulated 6,675 points from 10 tournaments in 2023, helping him secure one of the eight spots for the year-end championships.

To announce the Spaniard's qualification, a picture of Alcaraz was projected onto the iconic Mola Antonelliana building, a renowned landmark in Turin.

Alcaraz was unable to participate in the 2023 Australian Open, but he quickly bounced back by securing his first title of the season at the 2023 Argentina Open. The win marked the beginning of an extraordinary streak for Alcaraz, as he went on to conquer the Indian Wells Open, the Barcelona Open, and the Madrid Open. He also won the Queens Club Championships, clinching his first career title on grass. Carlos Alcaraz had also secured his spot in the 2022 ATP Finals. However, he was forced to withdraw from the tournament due to an internal oblique muscle tear in his left abdominal wall.

# Jemimah Rodrigues bosses Bangladesh, India draw level

MIRPUR: Jemimah Rodrigues slammed a rapid 86 and followed up with four wickets in 3.1 overs - both career-bests for her, with bat and ball - to propel India to a 108-run win against Bangladesh in sunny Mirpur on Wednesday. India thus levelled the three-match series 1-1, the series decider to be played on Saturday.

Playing in contrasting conditions to the rain-hit opening game, Rodrigues, along with Devika Vaidya spun a web to trigger a dramatic collapse from Bangladesh - they went from 106 for 3 to 120 all out in the span of 38 balls. Vaidya finished with figures of 3 for 30 in her eight overs.

Earlier, Harmanpreet Kaur's calculating fifty worked alongside Rodrigues'

breazy knock to help India to a competitive 228 for 8 after they were put in. Harmanpreet had to retire hurt in the 37th over after she was hit on the left wrist at the non-striker's end while completing a single. She walked off the field having faced 80 balls for 48 runs, before coming back in the 47th over and finishing on 52. With Harmanpreet not taking the field at the beginning of Bangladesh's innings, Smriti Mandhana stood in as captain.

Seven wickets for 14 runs - Bangladesh's big collapse.

At the end of 28 overs, Bangladesh needed 126 runs from 132 balls with seven wickets in hand, and they had two set-batters keeping the scoreboard ticking. Fargana Hoque had played 79

deliveries for 46 runs by then, and Ritumoni was on 25 off 38 balls. The pair had already done a repair job after Bangladesh were left reeling at 14 for 2. Meghna Singh and Deepthi Sharma taking a wicket apiece early in the chase. Mandhana then threw the ball to Vaidya. The change in bowling worked as the legspinner removed Fargana with turn and bounce last ball of the 29th over. That was with the help of Yastika Bhatia, who was quick to remove the bails when Fargana had stepped out to a delivery that spun away. Mandhana then made it a double-change in the bowling by handing the ball to Rodrigues, the part-time off-spinner (with a grand total of one wicket in ODIs at that point).

**UNION TERRITORY OF JAMMU & KASHMIR**  
**OFFICE THE EXECUTIVE ENGINEER**  
**PWD (R&B) DIVISION KATRA**  
**SHORT NOTICE INVITING TENDER**  
 Fresh e-NIT No. 45 of 2023-24 Dated 18-07-2023  
 (SINGLE COVER SYSTEM)

For and on behalf of the Lt. Governor, UT J&K, e-tenders (In single cover system) are invited on Percentage basis from approved and eligible Contractors registered with J&K Govt., CPWD, Railways and other State/Central Governments for the following works:-

S. No	Name of Work	Adv. Cost (₹ in lacs)	Cost of doc (in ₹)	Earnest Money (in Rs.₹)	Time Allowed for completion	Class of Contractor	Head of Account
1.	Repair of Path, Tank and other allied works of Devi Park Katra. (2 <sup>nd</sup> time)	2.90	600	5800	30 Days	D	Own Source of Municipality
2.	Tile work in below mentioned by lanes. (A) Pallavi Street ward no. 06, (B) Padha Street ward no. 01, (C) D-way Street ward no. 01, (D) Proch Street ward no. 04. (2 <sup>nd</sup> time)	7.53	600	15060	30 Days	C & D	Own Source of Municipality

Position of AAA:- **Accorded.**  
 Position of T.S :- **Accorded**  
 Position of funds :- **Available with Municipal Committee Katra**

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

1	Date of Publishing of Tender Notice	19-07-2023
2	Period of downloading of bidding documents	From 19-07-2023 to 26-07-2023, 1700 Hrs
4	Bid submission Start Date	19-07-2023
5	Bid Submission End Date	26-07-2023 up to 1700 Hrs
6	Date & time of opening of Technical Bids (Online)	27-07-2023 on or after 1200 Hrs in the Office of Executive Engineer PWD (R&B) Division, Katra.
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed.

- Bids must be accompanied with cost of Tender document in shape of e-challan through Treasury indicating Treasury Voucher No. & date, e-NIT No. and name of work duly crediting to 0059 (Revenue) favoring Executive Engineer PWD (R&B) Division, Katra uploading a copy of treasury challan and EMD/Bid Security in the shape of CDR/FDR (The date of Treasury Challan/ Bid Security/Affidavits between date of start of bid submission and bid submission end date) duly pledged to Executive Engineer PWD (R&B) Division, Katra as mentioned in the bid documents.
- The date and time of opening of bids shall be notified on Web Site

No.- 2553-58  
 Dated:- 18-07-2023

SD/-  
 (ER. ASHWANI KUMAR)  
 EXECUTIVE ENGINEER  
 PWD (R&B) DIVISION  
 KATRA

**OFFICE OF THE EXECUTIVE ENGINEER, MECHANICAL HOSPITAL & CENTRAL HEATING DIVISION, GOVERNMENT MEDICAL COLLEGE & HOSPITAL, JAMMU**  
**NOTICE INVITING TENDER (SHORT TERM)**

MHDJ/e-NIT 86 of 2023-24 Dated: 18.07.2023  
due: 29.07.2023

On behalf of the President of India, e-tenders in two cover system on turnkey basis are invited from registered/reputed firms having sufficient relevant experience for the work mentioned below:

S. No	Description of work	Project Authority	Estt	AAA/TS	Earnest Money Deposit	Cost of tender document	Time of completion	Eligibility Criterion of Bidder
1	Strengthening of CCTV Surveillance Systems in the Additional Block of Dental Hospital and Oral Maxillofacial Surgery Ots at Govt. Dental Hospital, Jammu.	Principal Dental Hospital, Jammu.	38.815 LACS	ACCORDED	Rs.78,000.00 In the Shape of CDR/FDR/TDR valid for 12 months pledged to the Executive Engineer MH&CH Divn GMC, Jammu	Rs 1000.00 in the shape of Challan through J&K Govt. Treasury indicating Treasury Voucher No. & date and also indicating the name of work duly credited to 0059-PWD (Revenue) and uploading a copy of treasury challan / receipt on e-tendering portal.	30 days	OEM or Authorized Dealer/Authorized Distributor or registered firm having authorization from OEM to quote the e-NIT having sufficient experience for the similar nature of work.

OR  
 The bidder may deposit tender fee in the shape of e-Challan through Account no. 00970101000 02163 in the name of Executive Engineer MH&CH GMC&H Jammu. Name of Bank: J&K Bank Town Hall Jammu Branch Code:0097 TFC code: JAKAOTNHALL MICR code: 180051025

THE NIT CONSISTING OF QUALIFYING INFORMATION, ELIGIBILITY CRITERIA, BILL OF QUANTITIES (BOQ) SETS OF TERMS & CONDITIONS OF CONTRACT & OTHER DETAILS CAN BE VIEWED / DOWNLOADED FROM THE WEBSITE [www.jktenders.gov.in](http://www.jktenders.gov.in).

DIP/J-5348/23

SD/-  
 (ER. VISHAL MAHAJAN)  
 EXECUTIVE ENGINEER  
 MECHANICAL HOSPITAL &  
 CENTRAL HEATING DIVISION  
 GMCH, JAMMU

# Chief Justice inaugurates 40 Hrs Mediation Programme for Advocates at JKJA Srinagar

JI NEWS SERVICE

SRINAGAR, JULY 19: Chief Justice High Court of Jammu & Kashmir and Ladakh, Justice N. Kotiswar Singh today inaugurated 40 hour long Mandatory Mediation Training programme for advocates of Kashmir Province at JKJA Judicial Academy (JKJA), Moominabad here.

The inauguration of the 40-Hours Mandatory Mediation Training Programme marks a significant step towards a more efficient, accessible, and harmonious alternate dispute resolution system in J&K.

Justice Tashi Rabstan, Judge of the High Court of Jammu & Kashmir and Ladakh, & Chairman, Mediation and Conciliation Committee; Justice Atul Sreedharan, Justice Sindhu Sharma, Justice Javed Iqbal Wani, Justice Mohammad Akram Choudhary and Justice Rajesh Sekhri, Judges of the High Court of Jammu & Kashmir and Ladakh were also present on the occasion.

During the inaugural address, Chief Justice emphasized on the transformative power of mediation in facilitating swift, fair, and cost-effective resolutions. He highlighted the need for Advocates to



embrace mediation as a valuable tool to enhance access to justice, reduce burdens on judiciary, and promote harmony within the community.

In his special address, Justice Tashi Rabstan gave insightful remarks on the advantages of mediation and the ADR system. He shed light on the effectiveness of mediation in resolving disputes, reducing litigation costs, and preserving relationships.

Director, JKJA Judicial Academy, Y.P Bourney, in his welcome address high-

lighted on the transformative impact of mediation training programme on legal community as a whole.

Member Secretary, J&K Legal Services and Coordinator, Mediation and Conciliation Committee, Amit Gupta, in his vote of thanks expressed gratitude to all the distinguished guests, participants as well as potential trainers, and organizers who contributed for the success of the programme.

Pertinently, the 40-Hours Mandatory Mediation Training Programme is an ini-

tiative of Mediation and Conciliation Committee of High Court of J&K and Ladakh under the aegis of MCPC, Supreme Court of India, aimed at equipping Advocates with specialized skills and in-depth knowledge of Mediation practices. The aim of this mediation programme is to encourage amicable settlements, and reinforce the principles of justice and equality.

The event also celebrated the commitment of Justice N. Kotiswar Singh towards environmental sustainability, as the Chief Justice engaged in a planting a tree within the premises of the J&K Judicial Academy.

This initiative symbolizes the dedication of the Chief Justice to environmental conservation and fostering a greener future for coming generations.

Among others, the programme was attended by Principal Secretary to the Chief Justice, MK Sharma; Principal District & Sessions Judge, Srinagar, Jawad Ahmed; Registrar Vigilance, Tasleem Arif; Registrar Rules, Rajinder Sapru; Registrar IT, Anoop Sharma; Secretary, HCLSC, Prem Sagar; Joint Registrar (Protocol), Abdul Bari and large number of advocates.

## #Fake News rebuttal: Administration refutes allegations of stone pelting on yatries

Says the incident happened between two groups of poniwallas among themselves

JI NEWS SERVICE

SRINAGAR, JULY 19: The administration refuted the misleading claims and allegations made in a video circulated on social media regarding stone pelting on yatries.

The administration said that the incident had happened due to the minor dispute among the poniwallas themselves.

The administration has made all the arrangements for the smooth conduct of yatries for the convenience of pilgrims of Shri Amarnathji Yatra. The local people have been on forefront to make the yatra successful by rendering their relentless services since the beginning. This yatra is an example of brotherhood, communal harmony and unity among the people. This yatra represents spirituality and has been substantial contributor to economic development of J&K.

The divide has been created with malicious intention to create divide among communities, spread disharmony and disturb peaceful Yatra. All the yatries who have embarked on the pilgrimage of Holy Cave of Shri Amarnathji have testified the good quality of services and appreciated seamless yatra. It is pertinent to mention that administration is committed to ensure safety and security of yatries and all the stakeholders involved with yatra.

## DC Doda flags off PRIs on exposure tour to Himachal Pradesh



JI NEWS SERVICE

DODA, JULY 19: To enhance the efficiency and capabilities of Panchayati Raj Institutions (PRIs) and familiarize them with working outside their area, Deputy Commissioner Doda, Vishesh Mahajan, today flagged off a group of PRIs on an exposure tour to Himachal Pradesh.

The tour, organized by the Department of Rural Development and Panchayat Raj Doda, aims to provide valuable insights to PRIs, enabling them to deliver better performance in their administrative functions.

Amidst a sense of enthusiasm and anticipation, the deputy commissioner flagged off two fully packed buses carrying PRI members, including the Sarpanchs and Panchs of the region, on their journey to Himachal Pradesh. The officials from the concerned department were also present during the flag-off ceremony, showing their support for this initiative. The exposure tour holds significant promise as it offers PRIs the opportunity to observe and learn from the work practices employed in another state. By witnessing the administrative operations and strategies implemented in Himachal Pradesh, the PRIs from Doda aspire to gain valuable knowledge that can be applied to their own governance responsibilities. This exposure tour is expected to broaden the horizons of the participants and provide them with fresh perspectives on rural development and effective local governance.

## Dir. Information, employees condole demise of Jehangir Ahmad's mother

JI NEWS SERVICE

SRINAGAR, JULY 19: Director Information, J&K, Minga Sherpa has condoled sad demise of mother of Jehangir Ahmad, Junior Assistant, DIPR, who passed away after a brief illness.

In his condolence message, the Director Information expressed his deepest condolences with Jehangir and his family and prayed for peace to the departed soul.

Meanwhile, the employees of DIPR also condolated the sad demise of mother of Jehangir Ahmad. The officers and employees of the department offered their deepest condolences to the bereaved family and prayed for eternal peace to the departed soul and courage for the bereaved family to bear this irreparable loss.

## Provision of dental care services reviewed in Doda

JI NEWS SERVICE

DODA, JULY 19: To take the appraisal of dental care services in the health Institutions and promotion of oral hygiene among the children through school health programs, Chief Medical Officer Doda, Dr. Ab Hamid Zargar today chaired a meeting of the Dental Surgeons.

At the outset, the CMO took review of the block wise performance and Dental care services provided by the Surgeons and discussed the deficiencies with the participants.

The Chief Medical Officer directed the Dental Surgeons to put in extra efforts to promote oral hygiene and treatment among the public. Special emphasis was laid on effective implementation of the school health programme and generation of awareness about oral health and hygiene among students and communities. He asked for focusing on efficient delivery of health services in all health institutions to facilitate the public.

The CMO also enjoined upon all the BMOs to see implementation of all health programmes on the ground and ensure that the benefits reach the end user without any difficulty.

## Mega Hand-holding session for JJM stakeholders held at Kupwara

JI NEWS SERVICE

KUPWARA, JULY 19: Mission Directorate, Jal Jeevan Mission, J&K, in collaboration with District Project Management Unit, Jal Jeevan Mission, Kupwara Wednesday conducted a day-long mega Handholding Session at Meeting Hall of DC Office Complex, here.

Aim of the Handholding Session was to create awareness about the importance of water quality for public hygiene and demonstrations of Field Test Kits.

The sessions witnessed participation of different stakeholders including PRIs, Pani Samiti members, Field staff of Jal Shakti



Department, ASHAs, AWWs, Staff of District Project Management Unit JJM, Implementation Support Agency (ISA), Water Testing Lab Staff, Field Testing Kit Users and other concerned. The well-attended session was presided over by

ADC Kupwara, Gh. Nabi Bhat who impressed upon the participants to take full benefit of this handholding-program-awareness programme and fully learn from live demonstration of test kits. The ADC highlighted the role of women in water conservation and said that women can play an important role in better management. District Project Manager JJM Kupwara, Engineer Muhammad Hidayatullah highlighted a series of steps undertaken in Kupwara district for successful implementation of Jal Jeevan Mission.

The other experts on the occasion highlighted various aspects of Jal Jeevan Mission, Water

Management, Conservation Measures and the importance of Jal Jeevan Mission for ensuring adequate, clean tap water to every household. A demonstration session on water testing was also conducted to acquaint the Pani Samitis and other stakeholders. IEC Expert of JJM explained in detail the role and duties of the stakeholders including Pani Samitis, PRI members, Asha and Anganwadi workers and shared best practices of Water Management and Rain Water Harvesting with the audience and motivated them to play their role with a missionary zeal towards fulfilling the vision of JJM.

## Public engagement, grievances redressal mark Weekly Block Diwas program in Doda

JI NEWS SERVICE

DODA, JULY 19: Continuing its public outreach and engagement, the District Administration Doda today conducted weekly Block Diwas programs at multiple locations, including Panchayat Ghar Udrana B in Block Bhadarwah, Sub m-district Bhadarwah; Panchayat Gandow A in Block Jakyas, Sub-division Gandoh; Panchayat Ghar Ganota in Subdivision Assar and Panchayat Barshalla in Tehsil Thathri, Subdivision Thathri.

The outreach camps, held under the supervision of Deputy Commissioner Doda, Vishesh Mahajan, witnessed an overwhelming response of individuals representing diverse backgrounds, including PRIs (Panchayati Raj Institutions).

The Participants earnestly expressed their grievances, focusing on crucial issues such as augmentation of water and power supply, better healthcare infrastructure with sufficient staff, appointment of teachers in educational institutions and road connectivity enhancement, among others.

Throughout the day-long Block Diwas proceedings, both the public and PRIs voiced a wide range of demands and issues. The presiding officers carefully listened to these concerns and promptly directed the respective officers to compile a list of the raised grievances and work towards resolving them as quickly as possible.

The event at Panchayat Ghar Udrana B, Block Bhadarwah, was chaired by BDC Chairperson, Qumi Chand, and attended by ADC Bhadarwah, Ch. Dil Mir. The government officers present at the event provided essential services and attentively listened to the grievances and demands of the public.

## Div Com Jammu reviews flood preparedness, emphasises on prompt restoration of services in districts

JI NEWS SERVICE

JAMMU, JULY 19: In the backdrop of heavy rainfall and rising water levels in rivers and streams, Divisional Commissioner Jammu, Ramesh Kumar, today chaired a meeting to review flood management measures and preparedness across the districts of the division.

During the meeting, the Div Com assessed the damages caused due to the incessant rains and flooding in some areas and asked the Deputy Commissioners to immediately start assessment and share the same with his office.

Calling for swift restoration of essential services affected by the inclement weather, the Div Com directed the DCs to prioritize the repair of damaged roads, disrupted water supply, and power outages. Additionally, he emphasized on the availability of essential commodities in all districts by ensuring uninterrupted supply.

To enhance the emergency response system, the Divisional Commissioner asked for establishing 24x7 multi-departmental control rooms and Emergency Operation Centers (EOCs) in every district. The DCs were instructed to notify helpline numbers and publicize the same to enable the general public to make distress calls



and seek assistance when needed. In anticipation of landslides in hilly districts, the Div Com called upon the Border Roads Organization (BRO), Public Works Department (PWD), National Highways and Infrastructure Development Corporation Limited (NHIDCL), and Pradhan Mantri Gram Sadak Yojana (PMGSY) department to keep their men and machinery on standby for road clearance operations when required.

Jammu Municipal Corporation (JMC) and Urban Local Bodies were instructed to keep the drainage systems clean in the city and major towns to prevent blockages and subsequent flooding.

The Jammu Power Distribution Corporation Limited (JPDL) and Jal Shakti were put on alert and asked to swiftly restore water and power supply in the case of any damage caused by flash floods.

The meeting was attended by Deputy Commissioner Jammu, Avny Lavasa; Commissioner JMC, Rahul Yadav; senior officers from the Border Roads Organization (BRO), Irrigation and Flood Control, Pradhan Mantri Gram Sadak Yojana (PMGSY), Urban Local Bodies, Jal Shakti, Public Works Department (PWD), Jammu Power Distribution Corporation Limited (JPDL) and other concerned departments while Deputy Commissioners of Jammu division and concerned officers participated through video conferencing.

## Block Diwas: Vice Chairman DC listens to people's issues at Block headquarters Kathua

JI NEWS SERVICE

KATHUA, JULY 19: As part of Public Outreach Programme of the government to listen and redress the issues, grievances of people, Vice Chairman District Development Council Kathua, Raghunandan Singh today presided over Block Diwas Camp here in the Conference hall of DC Office. The camp witnessed individuals and deputations headed by PRI members projecting

demands and apprising the Vice Chairman District Development Council Kathua about the problems faced by the inhabitants of their respective areas.

The people of Kathua and adjoining areas put forth issues concerning their areas, which mainly included compensation for damaged crops due to recent rains/ flash floods, speedy disposal of land Compensation cases, provisions of e-rickshaw for picking up garbage from pan-

chayats, Mobile phone connectivity issues, maintenance of street and solar lights etc.

After giving a patient hearing to the grievances and demands of the public, the VC DDC said PRIs and Officers of stakeholder departments have to work in unison to achieve desired development goals. He said the government has opened ample opportunities to uplift social-economic conditions of the people by extending hand holdings in sec-

tors concerning the larger sections of the society, including youth and women folk.

The VC DDC further said that all the genuine issues raised during the Block Diwas shall be resolved by concerned departments within prescribed time. The directions were also passed to the sectoral officers for resolving the issues on priority basis. Meanwhile, similar weekly Block Diwas camps were also organized at all sub Division lev-

els, where the concerned Sub Divisional heads listened to the issues and grievances of people.

Among others, the meeting was attended by Deputy Commissioner Kathua, BDC Barnoti, BDC Nagri, Chief Planning Officer, Assistant Commissioner Development, Assistant Commissioner Revenue, Chief Medical officer, Chief Education Officer, Chief Agriculture Officer, BDO's, sectoral officers and PRI Members.