

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

JI NEWS SERVICE KATHUA, JUL 19

Eight people, includ-ing five children, were killed after heavy rains triggered landslides and left several houses dam-aged in Jammu and Kash-mir's Kathua district on Wednesday, officials said. Kathua Deputy Com-missioner Rakesh Minhas ordered an immediordered an immedi ate ex-gratia relief of Rs 50,000 to the kin of the

50,000 to the kin of the deceased. "We have eight con-firmed deaths in rain-related incidents. The administration is keep-ing a close watch on the flood-like situation devel-oning in the

oping in the CONTINUED ON >> PAGE 4

Pathankot NH closed due to rising water level of Tarnah Nallah

Bridge connecting Jammu



Jammu-Pathankot National Highway has been ren

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 sus-tained 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

while three soldiers were 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 Regi-ment Medical Officer Capt Anshuman Singh suc-



dered 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.

JI NEWS SERVICE SRINAGAR, JULY 19

mode

Lieutenant Governor Shri

Lieutenant Governor Shri Manoj Sinha chaired a high-level meeting with senior officials to review status of Industrial Invest-ment and to discuss strat-egies on boosting invest-ments in a fast-track mede

Dr Arun Kumar Mehta,

Dr Arun Kumar Mehta, Chief Secretary; Sh Sha-leen Kabra, Financial Commissioner Revenue; Sh Dheeraj Gupta, Prin-cipal Secretary, Forest Department; Sh Santosh Datatreya Vaidya, Prin-cipal Secretary, Finance Department; Sh. H. Rajesh

LG expresses grief over loss of lives in Kathua District JI NEWS SERVICE RINAGAR, 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 of Kathua district.

In a condolence mes In a condolence mes-sage, the Lt Governor said: "1 am deeply sad-dened to learn about the tragic incident triggered by heavy rains in Kathua, in which a number of per-sons have lost their lives and many others are and many others are feared trapped under CONTINUED ON >> PAGE 4

LG Sinha chairs high-level meeting

Prasad, Principal Secre-

tary, Power Development Department; Dr Mandeep

Kumar Bhandari, Princi-

pal Secretary to Lt Gover-nor; Sh Vikramjit Singh,

Commissioner /Secretary, Industries & Commerce

Department and senior officers attended the meet-

ing. The Lt Governor was

briefed on investment in different sectors, status

on industrial investment

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

JI NEWS SERVICE JAMMU, JULY 19

Doda and Kishtwar dis-tricts as heavy rains lashed the Jammu region, creating a flood-like situation at many places, offi cials said on Wednesday

cials said on Wednesday. They said rivers and rivulets at many places, especially in Kathua and Samba districts, have reached close to or crossed the flood alert level. level. The weather office has

of Land allotment, nev Industrial estates, recent steps taken by the Depart

ment to fast-track ground

ing investment, policy ini-

tiatives, promoting start

tatives, promoting start-ups among youth espe-cially technology based and scalable startups and achievements in exports of major products like Carnete papiar macha

Carpets, papier mache, shawls, chain stitch.

CONTINUED ON >> PAGE 4

Amarnath Yatra | Administration refutes

allegations of stone pelting on Yatries

Traffic on the Jammu-Sri-nagar national highway was suspended, while authorities ordered the closure of schools in Doda and Kishtwar dis-triate ac honcur reine

predicted more rains in the region.

district where two pillars of a bridge suffered dam-ages due to flash floods in Tarnah nallah. Traffic on the Jammu-Sri-

Heavy rains lashed

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

Tarnah nallah. They said all govern-ment and private schools were closed for the day in Doda and Kishtwar dis-tricts as a precautionary measure

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

C M

"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 the rise amid continuous rainfall, they added. Katra, the base camp for pilgrims visiting Vaishno Devi shrine, received 315.4 mm rain-fall, an all time high, a snokesperson of the spokesperson of the CONTINUED ON >> PAGE 4

Katra receives all-time highest rainfall of 315.4 mm: schools closed in Doda. Ramban

'The highway is still

JI NEWS SERVICE AMMU, JULY 19

Parts of Jammu and Parts of Jammu and Kashmir received heavy rainfall with Katra record-ing "extremely" heavy downpour of 315.4mm in 24 hours which is all-time heaviest for the area, offi-cials said on Wednesday. Quoting a, metoarea Quoting a meteoro logical department offi-cial, that Katra received

all time rain of 315.4mm 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 CONTINERON N MEET CONTINUED ON >> PAGE 4

Mata Vaishno Devi Yatra on new track suspended as Katra witnesses record rainfall JI NEWS SERVICE

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 sus-pended because of inclement weather. However, pligrims can reach the shrine atop Trikuta Hills will continue on the old track, officials said on Wednes-

"Yatra has been suspended on the new track due to the threat of landslides. CONTINUED ON >> PAGE 4

Suspicious bag found containing

clothes, traffic restored on

Jammu-Pathankot Highway

Terrorists fire at two forest department employees in Pulwama JI NEWS SERVICE

cumbed to serious burn

injuries during the unfor-

While three other per-onnel suffered smoke

inhalation and second-degree burns, the officials added.

They have been safely

tunate incident

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

A police spokesper-son said the force was informed that "terrorists had fired upon a team of forest department employees" who had laid employees" who had laid a checkpoint to appre-hend timber smugglers near Bangender Bridge in the south Kashmir district. "Senior police officers reached the spot with additional reinforcement CONTINIEND & DRG 4

CONTINUED ON # PAGE 4

Two terrorists killed as army foils infiltration bid in Kupwara



JI NEWS SERVICE

Security forces on Wednesday foiled an infiltration bid along the LoC in Kupwara district of Jammu and Kashmir, killing two terrorists, the Army said. CONTINUED ON # PAGE 4

JI NEWS SERVICE SRINAGAR, JUL 19

administration ful by rendering their ed the misleading relentless services since The The administration refuted the misleading claims and allegations made in a video circu-lated on social media regarding stone pelting on yatries. The administration said that the incident had happened due to the minor dispute among the beginning. This yatra is an example of broth-

minor dispute among the poniwallas them

The administration The administration has made all the arrange-ments for the smooth conduct of yatries for the convenience of pil-grims of Shri Amarnathji Yatra.

The local people have been on forefront to make the yatra successpilgrimage of Holy Cave of Shri Amarnathji have testified the good quality of services and appreciated seamless yatra.

It is pertinent to men-tion that administration tion that administration is committed to ensure safety and security of yatries and all the stake-holders involved with yatra. The administra-tion has taken serious note of the incident and directed police to

and directed police to take strict action against

FIR against rumour mon-gers. Besides the social media users are asked to refrain from spread-

cious bag outside an Army camp in Jammu and Kash-mir's Samba district on

MIT'S Samba district on Wednesday, officials said. The black bag was found in the afternoon lying below a highway CONTINUED ON » PAGE 4

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

AGENCIES GOA, JULY 19

Addressing the Clear Energy Ministerial (CEM -14) 8th Mission Innovation (MI-8) meeting, being tion (MI-8) meeting, being attended by representa-tives of over 40 coun-tries, here today,Union Minister of State (Inde-pendent Charge) Science & Technology; MoS PMO, Personnel, Public Griev-pace Bencience Atomic ances, Pensions, Atomic Energy and Space Dr Jiten-dra Singh called for afford-

.



cialized 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 mediate achieve this goal, strong Public Private Partnership is the need of the hour. He also reiterated Prime Minthe market. Dr Jitendra Singh ister Sh Narendra Modi's commitment to this cause. recalled that the Clean

and singh called for afford able Clean Energy solu-tions and said, in order to the Minister represent-bation Centre known as try, said, Clean Energy Iterrational Incu-bation Centre known as CEIIC is a first of its kind .

International Incubation Centre known as CEIIC set up in 2018 CEIIC has International Incubation Centre jointly established by DBT/BIRAC, Tata Trust incubated 45 StartUps and Tata Power in 2018 they have already filed 35 under Mission Innovation patents. He informed that multilateral program. He 10 StartUps have commer said, this reflects strong cialized their products Public Private Partnershi 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

CONTINUED ON >> PAGE 4

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

JI NEWS SERVICE SRINAGAR, JULY 19

A traffic policeman in Sri nagar has won praise for managing the movement of vehicles on a busy road here barefoot amid torren tial 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

Vallev in the area as heavy rains. The video was posted leader Omar Abdullah also the middle of the road lashed many party of the on Twitter by a user and shared the video post, but Abdullah said in a twee

an independent weath-er forecaster, 'Kashmir took a dig at the administration, saying it was a pity that the basic drainage was Weather'. "Amidst challenging conditions of waterlogged

and has garnered over

32,000 views on Twitter

National Conference

so far

not improved in Srinagar city when it was beauti-fied under the smart city roads and heavy downroads and neavy down-pour in Srinagar, a traf-fic cop goes above and beyond, performing his duty barefoot," the Kash-mir Weather wrote. The short video clip is winning over the internet and hes gramered over

fied 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 tamasha. It's a pity he basic drainage wasn't the basic drainage wasn't improved when that metallic thing was put in the middle of the road.



is an example of broth-erhood, communal har-mony and unity among the people. This yatra represents spirituality and has been substantial contributor to economic develop-ment of IeV.

ment of J&K. The video has been 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

ing fake news

those who are involved in the incident and lodge

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

JAMMU, JUL 19

JI NEWS SERVICE



SRINAGAR, JUL 19 :

SkilvaGAR, 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 cheire computed Harret

the shrine campus of Hazrat

Nooruddin Noorani (RA) at

Chrar-e-Sharief during her

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

JI 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 he 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 for about seven decades and NC was in power in J&K for maximum period. Unfortunately both these parties treat-ed 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 coun-try 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 suffer-ings. "Today West Pakistan refugees, Gorkhas and members of the Valmiki 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 marry-ing cutcida of lawnu and Kashnir

respectable citizens even atter marry-ing outside of Jammu and Kashmir. The BJP General Secretary congratu-lated 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 oppor-tunist political parties which are responsible for their miseries in the

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



JI NEWS SERVICE

JAMMU, JUL 19 : Shiv Sena (UBT) Jammu and Kashmin unit has prohibited the open sale of banned and sale of banned and unhealthy food items at the sale food pont 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 , Sahni said that this yea after receiving complaints from the pilgrims, a team of the board had banned se party leaders led by him vis-ited the Amarnath Yatra base camp at Bhagwati Nagar in Jammu. Where are ing of fried foods including puri, pizza, burger, stuffed parantha, dosa, butter-bread, pickle, chutney, tala one of the food stalls allotpapad, chowmein and oth ted by the board inside the ers, citing the health of the base camp openly selling banned and prohibited dishes like oil fried potato tikki, chowmin, dosa, cold passengers. Sahni said that Shri Amarnath Shrine Board's temptation to collect rev-

drinks etc. Along with this, enue increasing day by day , earlier Rs 220 was col-20 rupees are being charged from the pilgrims for the service of keeping their luglected in the name of yatra registration and now

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

being sold openly by play-ing with the health of pil-grims. . 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

unhealthy food items are

or 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 the administration and the board, no concrete steps are being taken to keep the holy Himshivling safe for dar-shan during the yatra peri-

Shiv Sainiks also released the photographs of the said 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 Kamghar wing Raj Singh Áshwani Prabhari Prabhakar, Summit Kumar Tarsem Lal were present

Chrare-Sharief during her visit today. She also issued instruc-tions 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. Later in her address at a brief function held in the Drief function neid in the Campus, Dr Andrabi said that Waqf Board has taken up a mega shrines develop-ment programme for the first time on its own despite peace and prosperity of all. Dr Andrabi took stock of Dr Andrabi took stock of the facilities in the shrine and also assessed the man-agement system in place there. She was accompanied by the magistrate of the Board and other officials the limited resources avail-

ness of Pearson India. With



able. "We are committed to able. 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 too. The Waqf Chairperson met many public delega-tions and the groups of devotees visiting the shrine.



The Imam of this great sufi shrine also addr the gathering. He thanked Dr Andrabi for her reformative steps in the shrine man

Sufi tradition of Kashmir is a beacon of light which

tor indicates that schools

into digitally

LEAD targets 1 lakh+ low-fee schools, to transform education in India's small towns the local K-12 learning busiof India's School Edtech sec-

Darakhshan lays Foundation Stone for Utility

complex and main gate at Chrar-e-Sharief Shrine

JI NEWS SERVICE JAMMU, JUL 19 : LEAD, India's largest School Edtech company, today Edtech company, total, 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 LEAD's decision to expand into the low-fee school seg-ment in India is under-pinned by deep understand-ing and insights gained from over a decade of oper-

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 eduations as India's leading School Edtech, and its miscation.

school Edech, and its ins-sion 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, rang-ing from low-fee schools in Tier 3 - 4 towns and villages,

ness 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 tor indicates that schools across segments are poised for rapid transformation and digitization, under-pinned by the National Education Policy (NEP) 2020 guidelines that manspectrum of 5 lakh+ private schools in India. Sumeet date multimodal teaching-Mehta, Co-founder and CEO, LEAD, said, "Survey after survey has said that Indian schools are mostly learning in schools; rising data penetration; and accel-erated digital adoption due to Covid, LEAD's Integrated School Edtech system is aligned with NEP 2020 and

includes customized, AI-enabled offerings for all seg-ments of schools. LEAD's holistic approach to education includes a Teacher Capability System to empower every teacher

With this latest innova tion, LEAD now has a solu-tion, LEAD now has a solu-tion that will serve the needs of over 1 lakh schools in India." with internationally bench marked tools and resources; Smart Class solutions to transform traditional class-

Comprising more than rooms 100,000 institutions, India's enabled, multi-modal teachenhance operational effi ciency and provide action able data insights to schools With LEAD, schools are able to derive all the benefits of improved academic per-formance and admissions. Students are able to gain deep conceptual under-standing of subjects; and build critical 21st century skills such as Communication, Collaboration and Critical Thinking. In the 2023 Class 10 board exams, the percent-age of LEAD students who

scored greater than 90% was double that of the national

double that of the following 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 Ihrough its transformative offerings and unwavering commitment, LEAD is reshaping education in Bharat and is paving the way for a brighter, more confident future

enabled, multi-modal teach-ing-learning spaces; an Integrated Curriculum to boost student learning and confidence; and Smart School systems to streamlow-fee school segment is concentrated in its small towns and villages, and repto medium-fee and premier schools in its metros and ents a key opportunity to Earlier in 2023, LEAD ompleted its acquisition of shape its future educational omes. Recent analysis line administrative tasks,





irmoil. Pertinent to mention that Police Headquarters this 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 dependent of the martyrs under Sevara Scheme, 32 wards of police martyrs are being provided free education in Police pub-lic Schools this year. Scholarships of over rupees five lakhs have been sanc-tioned for 43 wards of the martyrs pursuing education in different classes.

Power shutdown

JAMMU, JULY 19: Chief Engineer (Distribution) JPDCL, 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 and adjointing areas shall remain aftected on July 22 and 23 from 6 am to 10 am. Similarly, the power supply to Halit, Dukhat, Khanyara, Mehtabpur, Sola, Hote, Jagatpur, Sawan Chak, Shastri Nagar, College Road, Manke Talab, Kuke Chak and adjointing areas shall remain affected on July 22 from 6 am to 10 am. Meanwhile, the Superintending Engineer, O&M Circle-III [PDC], Batote bas informed that the noves surpet to Resai Town Nai 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

II NEWS SERVICE infrastructure that made them feel the JAMMU, JUL 19 : Former Health nd BIP 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 kailakhjyotishavim Vedic Sanathan trust in association with Hexamed Diagnostics and with Hexamed Diagnostics and Specialty Clinic on Wednesday con-ducted a health medical camp at newly built Hexamed Diagnostics & Specialty Clinic and invited chief guest of the program former Health Minister Sham Lal Sharma, special guest Shakti Lal Sharma, special guest Shakti Pathak IPS DIG Jammu Samba and Yathak IFS DIG Jammu Samba and Kathua Range, guests of honor Rajinder Sharma DDC Sundarwani, 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 Brijesh Sharma etc. those've made their presence and appreciate the

vices alike outst alike outstanding here. ead of the trust, Mahant Rohit The h Shastri, said that along with treatment, various types of checkup facilities were also provided free of cost to the

The second

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 with the view of health facilities, every-one talks about good health facilities, every-one 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 congratula-tions and heat which the available tions 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 e in the investment ecosystem of

change in the investment ecosystem or this Union Territory. Thousands of new entrepreneurs are setting up their units here and emerging as role models in the field of , nt* 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 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 generat-ing new opportunities of employment here, can't be ignored and he's seen Nigam ii always exerting to take new Ngam ji aiways 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 golden era of industrial development has started in Jammu and Kashmir. Because of this, the opportunities for starting industrial and business com-panies in various fields have increased, employment opportunities are also being created for the youth and being created for the youth and appealed to all government and pri-vate sector organizations as well as common cloves 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 cooperafacilities be strengthened and coopera-tion should be given so that our health-care segment should moves towards progress in coming days. DIG Jammu-Samba &Kathua Range Sh. Shakit 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 dis-eases. 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

large cities.

Continuing with the welfare measures of J&K Police for Kashmir Police brave hearts, Kashmir Police brave nearts, the Director General of Police, J&K Shri Dilbag Singh today presented cheques to two daughters of a martyred SPO, here at Police Headquarters. ADGI

(Hqrs/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

these brave hearts sacrificed their lives for integrity and attained martyrdom in an encounter at Hardu-Shura in Kunzer area of Baramulla sovereignty of the county The DGP said that because District on February 04, of the supreme sacrifices of J&K Policemen and other

The DGP while interact ing with daughters of the martyr assured all possible assistance and help as and when required. He wished

them good luck for the future ture. The DGP said that Jammu and Kashmir Police Pariwar has been taking it as its supreme responsibility to

attained JI NEWS SERVICE SRINAGAR, IUL 19 : 2015

wards of Jammu and

supreme responsibility to takecare of dependents of Police martyrs under differ-ent welfare schemes. Jammu and Kashmir Police would continue to do so in future also, he said adding that

ulty members participated. Dr. Vikas Dogra, Assistant Professor has conducted the proceedings and later pre-

ented the vote of thank

Earlier Prof S P Saraswat

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.

added. On this occasion several

prominent persons joined LJP (R) who were given responsibility of office including Parshotam

responsibility of office including Parshotam Manyal appointed JKUT President Dastkar Majdoor Union, Kishore Kumar Vice President Dastkar 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, Mulkh

Raj JKUT President SC cell,

MK Bhat JKUT President MK Bhat JKUI 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, Chanchla, heela Devi besides others.

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

JI NEWS SERVICE

IAMMU, IUL 19 : CSIR IIIM Jammu has inaugurat-ed the National Intellectual Property Festival-NIPF (Rastriya Boudhik Sampada μ MM Γε Mahotshav).

On the third day of celebration Intellectual of National Property Festival, IPR Awareness Workshop for the students, scholars & faculty members of Government Womer College, Parade Ground, Jammu was conducted on 19th July, 2023 by CSIR-Indian Institute of Integrative Medicine, Jammu. The program aims

Jammu. The program aims to educate participants about the key provisions and benefits of Intellectual Property Rights. Dr Kancherla Prasad,

Senior Scientist from CSIR-IIIM, Jammu while deliver-IIIM, Jammu while deliver-ing the key note address, has shed light on the impor-tance on various types of IPRs including Patents, Trade Marks, Trade Secrets, Coren Bickte Davie Bickte Copy Rights, Design Rights



& Geographical Indication (G.I). He explained how The IP protection ensures that creators receive fair compensation for their work (G.I). He explained how Intellectual Property Rights (IPRs) play a crucial role in and can commercialize their (IPRs) piay a crucial role in protecting and incentivizing innovation and creativity in various fields. He discussed the significant contribution of IPRs to economic growth inventions Er. Ankush Varma, Coordinator, Technology Business Incubator throw light on how IPRs are by fostering innovation and important for startups and by lostening involution and attracting invostment. He briefed how IPRs safeguard the rights of innovators/cre-ators, allowing them to have entrepreneurs to safeguard their business ideas. He also control over the use, repro-

briefed the large gathering about the role of CSIR-IIIM Incubators in building a duction, and distribution of startup movement in Jammu & Kashmir and their inventions/creations.

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

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

In its unwavering com-In its unwavering com-mitment to safeguard the interest of people from Ramban District of Jammu and Kashmir, Indian Army has launched a campaign against Cyber Fraud and against Cyber Fraud and Spam Calls originating from Pakistan to dupe the inno-cent people of their hard earned money by offering lottery winnings and offer-

against cybercrimes, the Indian Army organized this informative lecture as part of its ongoing efforts to pro-mote cyber security and dig-ital literacy in remote ing hassle free loans. These fraudsters con the poor people to deposit a token amount of money along with their personal details and IDs with the lure regions. of wining lotteries or offer-The event was organised

or wining lottenes or other-ing loans. The Indian Army there-fore conducted a crucial awareness lecture on cyber-crime for the residents of at Higher Secondary School Sangaldan, which witnessed enthusiastic participation from Teachers, students and speakers from the Indian Army and JKP. The lecture these far-flung areas in District Ramban, Jammu and Kashmir. With the rapid advancement of tech-nology, cyber threats have become increasingly preva-Army and JKP. The lecture presented insightful ses-sions on various aspects of cybercrime, including online fraud, identity theft, phishing, ranson ware

lent across the Jammu diviattacks and other emerging drive also included demon ient across the jammu divi-sion, affecting individuals and organisations. Recognizing the importance of empowering citizens with the knowledge and threats The lecture aimed to raise awareness about potential risks and vulnerabilities associated with the digital world and highlighted best tools to protect themselves against cybercrimes, the practices to stay safe while

using the internet and digi-

tal devices. Addressing the gathering, an Indian Army officer and JKP officer emphasized the significance

of being vigilant against cyber threats and encour-

aged attendees to be proac-tive in adopting preventive

easures. 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

strations and practical exer cises to educate attendee on secure online practices, the safe use of social media and the significance of strong passwords. Participants were also informed about available ources and helpline nur bers that could be utilized in

8

case of cyber emergencies. The successful execution of this awareness campaign marks vet another initiative marks yet another initiative of the Indian Army's tireless efforts to create a safer and more secure cyber ecosys-tem in the region. By extending such initia-tives to the far-flung areas of Dictative Teachers the Indian

District Ramban, the Indian Army reaffirms its commit ment to protecting citizens from the threats posed by cybercrime

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

Truecaller Assistant

JAMMU, JUL Truecaller, the world's lead-Truecaller, the world's lead-ing global communications platform, has launched Truecaller Assistant in India. Assistant is an inno-vation that leverages machine learning and cloud telephony to create the most helpful call-screening solu

tion on the planet. Truecaller Assistant is a customisable, interactive, you can decide if you want to take over the call, ask the digital receptionist that swers your calls for you caller for more information ans answers your calls for you and helps you avoid unwanted callers. Assistant responds quickly and understands your caller with high accuracy. You can with just a tap or mark it as

ly. We've rolled this out to a few markets earlier, and we are really happy to offer this to Truecaller fans in India." "Until now, Truecaller would show you who's call-ing but now you can let Truecaller Assistant have a Truecaller Assistant is conversation with the caller available on a free 14-day on your behalf, " said Rishit Jhunjhunwala, MD India at trial, after which subscribers can add Assistant as part of

0

9 9 Truecaller Premium Assistant plan that starts from INR 149 per month (INR 99 as part of the limit-ed promotional deal). The service was previously launched in the US and launched in the US and Australia, and additional markets and languages will soon follow. In India, Assistant will initially sup-port English, Hindi and 'Hinglish'. Users can choose from different percondicad 'Hingish'. Users can choose from different personalised assistants with varying accents and intonation, in different styles such as pro-fessional, friendly or courte-

Learn More about how 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

True



JI NEWS SERVICE

JAMMU, JUL 19: It is highly obnox-ious 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 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, Scretary 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 cul-

Decrying the government's move of 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 ensure power supply to each and every household and business estab-

aller. This is a very exciting next step for us in helping people avoid spam and fraud callers complete-

> CCI President castigated the policy 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 con-Artin Gupta also said that the con-sumers are complaining that smart meters are running very fast as com-pared to digital meters installed earli-er. We asked the government whether the digital meters are showing wrong reading or the smart meters are wrong. The arose where the emart meters

The areas where the smart meters 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. Eventer Arun Courte also highlight.

Further Arun Gupta also highlight ed 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 prob lems even after so many repr tions

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

LJP (R) J&KUT hails Chirag **Paswan joining NDA Alliance** sition parties tarnish the val ues and contributions of great leaders who estab-lished our democracy and worked tirelessly for it," he LOK IANSHAKTI PARTY (BANVILAS) 🚁



JI NEWS SERVICE

JAMMU, JUL 19 : J&K Lok Janshakti Party (Ramvilas) today hailed Chirag Paswan joining NDA Alliance and sed confidence that now his party will play an important role in highlight-ing public issues and will project burning issues of 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 sun-(Ram Vilas) needs the sup port of everyone to bring change and claimed that 'LJP will play a crucial role in forming the government as there are natural allies of

most

Parliamentarians

the NDA government in the Centre'. He said now Lok Janshakti Party (Ram Vilas Paswan) is an important partner of the National and this disdainful attitude towards democracy is on the rise," he added. "It is a very sad public fact that the position runs away from aningful debate because Democratic Alliance (NDA). As an important partner of the NDA, it is also a major ally in the journey of service, 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 developgood governance, and poor welfare by the NDA govern-ment under the leadership of respected Prime Minister Shri Narendra Modi ji. Malik said late Ram Vilas ment, but for votes. This is a common practice for vote bank politics," he

Paswan was one of India's said. "Such parties can never 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 energy. experienced and Parliamentarians and administrators. His contri-butions to public service and empowering the down-trodden will always be remembered,[#] he said. He

and commitment, spent their entire life in nationsaid parliamentary system of the opposition, dignity building. These works of the oppo-

Army organises K2K Motorcycle Expedition to mark 'Rajat Jayanti' of Kargil Victory imbibe their warrior spirit.



JI NEWS SERVICE

UDHAMPUR, IUL 19 : To mencement 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 'Mashkoh Warrors' The expedition reached Udhampur on 19th July wherein it was flagged-in by who had captured 'Twin Major General Hartej Singh Bumps' during the Kargil Bajaj, General Officer Bumps' during the Kargii War on 7th July 1999, have traversed over 3000km of our nation's Northern Borders' mesmerising and challenging landscapes. Bajaj, General Officer Commanding 71 Sub Area. The GOC commended the fortitude displayed by the expedition team and exhorted upon all ranks to

The expedition team con-sisting of two Officers, two Iunior Commissioned Officers and 21 soldiers will reach Dras on 22 Jul 2023 to pay homage to the brave hearts at Kargil War Memorial. Memorial. During the course of jour-ney, the riders have interact-ed 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 har-North East to Ladakh nar-nessing the collective resolve of our troops hailing from areas along the Northern Border towards safeguarding the integrity of their Motherland.

see a live transcription of what the caller is saying, so you know who they are and why they're calling. Then

JAMMU, JUL 19 : It is highly obnox

is an attack on fundamental rights. He said that Jammu Power Development Corporation Ltd (JPDCL) is torturing people by adopting new methods to collect revenue, which is unacceptable and illogical because the people in J&K and inogical occuse the people in Jox 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 sys-tem) form compension to previde obse tem) from consumers to provide elec-tricity, which is an essential service and the government is bound to







Embezzlement of public money: CBK files charge-sheet against former Bank Manager, clerk of BCCB branch Hajin

JI NEWS SERVICE

The Economic Offenc-es Wing, Srinagar (Crime Branch Kash-mir) on Wednesday produced a chargereport against former Branch Manager and clerk of BCCB Branch Haiin.

Hajin. As per a statement issued to the news agency, the charge-sheet was produced in a case under FIR number 23 of 2016 before the Court of Chief Judicial Mag-istrate. Bandinora istrate, Bandipora against Abdul Razak Wani (the then Branch Manager, BCCB Branch Hajin) and Ghulam Ahmad Shah

(the then clerk_BCCB of public money in dif-(the then clerk, BCCB Branch Hajin) for their alleged involvement in commission of offences punishable under Sections 420, 468, 471, 409, 120-B & 201 RPC of P/S Crime Branch Kachmir (now of public money in dil ferent branches of the Bank etc," the state-ment reads. Accord-ingly, the spokesman said that a case under FIR number 23/2016 came to be registered came to be registered in P/S Crime Branch Branch Kashmir (now Economic Offences Kashmir in the year Wing, Srinagar). "The Crime Branch Kashmir received a communication along 2016 and investigation

2016 and investigation started to probe into the allegations. "During investiga-tion it came to fore that Abdul Razak Wani (the then Manager of the Hajin branch of BCCB Ltd.) had entered into a crimi-nal conspiracy with communication along with enclosures from the Registrar of Co-operative Societies, J&K wherein it was alleged that some officers, officials of the Baramulla Central the Baramulla Central nal conspiracy with Co-operative Bank his clerk Ghulam Ltd. have dishon-Ahmad Shah as a estly and fraudulently result of which said misappropriated & embezzled large sums employees of the bank had cheated the

depositors, forged the financial documents, records and misappro-priated & embezzled large sums of public ncial do money running into lakhs of Rupees," he

said. Evidence collected during investigation has established criminal culpability and proved that offences punishable under sec tions 420, 468, 471, punishable under sec-tions 420, 468, 471, 409, 120-B & 201 RPC have been committed by the duo, the state-ment further added. Accordingly, the charge-report (chalcharge-report (chal-lan) of the instant Case has been presented in the Court for judicial

determination

statement said. KNO

. the

NEWS

JI NEWS SERVICE

INAGAR/IAMMU IUL 19

Abdullahs grieved loss of lives in Kathua tragedy

National Conference irreparable loss. Meanwhile, Rattan Lal (NC) President Dr Farooc (NC) President Dr Farooq Abdullah and Party's Vice Qupta Provincial President NC, Jammu, also condoled on Wednesday expressed grief and sorrow on the of two families which got loss of number of lives as stuck after their houses two houses caved in after perished due to heavy rains heavy downpour in Kathua District's Bani area. District's Bani area.

to the news agency, Dr Farooq and Omar Abdullah expressed profound grief over the tragic trail of deaths as two houses caved deaths as two houses caved in Bani area killing five members of two families and injuring several others. The duo demanded immediate relief for the affected families besides medical facilities to the

medical facilities to the injured. "We pray to the

the near and dear ones to remain strong at this hour of grief to bear with the

those who received injuries in the tragedy, he said that in the tragedy, he said that the government should act the government should act evacuate them to a safe place as more rains are expected in coming days. Besides, other senior NC leaders also expressed sym-pathics with the bereaved families as the loss incurred was gigantic. They said that

was gigantic. They said tha Almight to grant eter-the government should nal peace to the departed have issued timely warn-souls. The loss to the ings about the heavy rains bereaved families is colos-so that people could have sal", they said while asking gone to safer areas. JINDRAH IMAGES

Fire breaks out in Physical **Education College in Ganderbal** JI NEWS SERVICE

Fire broke out in Government College of Physical Edu cation Gadoora in central Kashmir Ganderbal district on Wednesday afternoon.

An official told the news agency that soon after the incident, fire tenders reached to the spot to douse off

incident, fire tenders reached to the spot to douse off the flames. He said that there was no loss of life reported in the incident and the cause of fire was being ascertained. He said that the fire has been contained, while caused to the building was being ascertained. KNO

Casual labour killed. Forester injured in Pulwama attack JI NEWS SERVICE SRINAGAR, JUL 19

A casual labourer was killed while a Forester was injured after they were fired upon by terrorists, offi-cials said on Wednesday. Two employees of the Forest department were shot at and injured in South Kashmir's Pulwama district, a police spokesman said in a statement issued to the news senery. news agency. A police spokesman in a statement issued to the

news agency said that Police in Pulwama received information about an incident at Bangender Bridge in which two forest department employees got injured. Senior police officers along with additional rein-forcement reached the spot to ascertain the facts,

forcement reached the spot to ascertain the facts, police said. "Police Station Rajpora received an information through reliable source that terrorists had fired upon a team of forest department of district Budgam causing injuries to 02 employees, who had laid a checkpoint to apprehend the timber smugglers near Bangender Bridge falling under the jurisdiction of PS Rajpora in district Pulwama," police said. However, police said that the injured were immedi-ately executed to hospital for the trement.

ately evacuated to hospital for the treatment. Both the injured have been identified as Imran Yousaf Wani son of Mohd Yousaf Wani resident of

Yousaf Wani son of Mohd Yousaf Wani resident of Mohnu, Chararisherif (bullet injury in thigh)and shift-ed to SHMS Hospital for specialised treatment and Jahangir Ahmed Chechi (Forester) son of Gh Mohiu-din Chechi resident of Gogipather, Chadoora (minor superficial injuries and discharged after first aid), police said. Regarding the incident, police said that a case under FIR number 79/2023 under sections 16,20 UAP (Act), 307 IPC and 7/27 IA Act got registered in PS Raipora and investigation has heen initiated. Rajpora and investigation has been initiated.

"Soon after the incident the whole area was cor-doned off by Police, Army and CAPFs and an intensive search operation was launched. During the search of the scene of crime, two empty fired cartridges of Ak-47 ammunition and one bullet head were recovered from the spot. However, the search operation is going on,'

poince said. Meanwhile, an official told KNO that a casual labour-er identified as Imran Yousuf Wani of Charar-e-Sharief succumbed to his injuries at SMHS hospital. KNO

SSP Baramulla reviews Muharram preparedness, visits various Imambaras

JI NEWS SERVICE SRINAGAR, JUL 19

In order to ensure smooth and peaceful conduct of Muharram processions in Baramulla and to take holistic view of the facilities being extended to people during the holy month of Muharram-ul-haram, SSP Baramulla Amod Ashok Nagapure along with SDM Pattan Faheem Bihauqi & SDPO Pattan Mohammad Munar maineau Muharram proprochance and using Nawaz reviewed Muharram preparedness and visited various Imambaras, where from Muharram proces-sions are expected to be carried out.

During his visits SSP Baramulla also interacted with During his visits, SSP Baramulla also interacted with prominent citizens & Initizamiya committees for the hassle-free conduct of Majlis & processions, Special attention was given to crowd management, ensur-ing the smooth flow of processions, and maintaining public order during the period, a police spokesman said in a statemennt issued to the news agency. While responding to the suggestions and issues put forth by the representatives of community, visiting officers assured them that all their genuine demands will be looked into on priority.

will be looked into on priority. SSP Baramulla urged all concerned stakeholders to cooperate and extend their support to ensure the success of Muharram-ul-Haram observances while maintaining peace and harmony in the district. KNO

Police establishes anti-eve teasing souad in Baramulla JI NEWS SERVICE

In order to provide a secured atmosphere to female

In order to provide a secured atmosphere to female citizens and to take action against eve teasers and other anti-social elements, police have established an 'Anti-Eve Teasing Squad' in Baramulla town which will be deployed outside Govt Degree College for Women & Government Girls Higher Secondary School Baramulla. Female citizens can approach this squad for any issue and to report any crime or violence against them. The squad will conduct partolling in areas having foot-fall of women, such as schools, colleges, shopping malls and market places, a police spokesman said in a statement issued to the news agency. "Police is committed to women safety. Female citiz-gens are requested to come forward with all kind of grievances and we assure them that their safety and security will be ensured at locst. Female citizens can

security will be ensured at all cost. Female citizens can reach us on following phone numbers:- SHO PS Wom-en's +919596767722; SHO PS Baramulla +919596767710; PCR Baramulla +919596767768," the statement said.

Eight dead as heavy...

FROM THE FRONT PAGE...

district," Minhas said. Expressing condolences over the loss of lives, he said an immediate relief of Rs 50,000 for the next of kin of the deceased and Rs 25,000 to those injured was sanctioned

Braving incessant rains, rescuers comprising police.

Braving incessant rains, rescuers comprising police, Army, SDRF and locals worked for hours together to retrieve the bodies of five members of two families from the debris of their houses at Surjan village, he said. A police official identified the deceased as Zareena Begum (40), her two sons Shabhaz Ahmad (41) and Arbaz (2), Nazia Tabassum (14) and her brother Mohd scif (12).

Asif (12). At Sitti village, 13-year-old Ajay Singh came under a landslide near his house, while the body of Naseema Begum (55) was also recovered after she came under a landslide near her house at Drangal-Mandote, the official said.

Sham Lal (50) also died after coming under the debris Sham Lal (50) also died after coming under the debris of a landside at Bhuldi Nallah near Daggar while he was trying to clear a water passage to avoid damage to his house, he said, adding Lal's body was recovered and handed over to his family. The official said while two houses were completely damaged, several others suffered partial damages due to heavy rains in the district. A number of low-lying areas especially near the banks of Ujh river and its tributaries were left inundated, prompting police to request people to move to safer places.

places. Lt Governor Manoj Sinha expressed grief over the loss of lives in the rain-related incidents and said he had directed the district administration to provide all possible aid to the bereaved families who have lost their near and dear ones as well as medical assistance to the injured.

to the injured. Union minister Jitendra Singh also took to Twitter to express his sadness about the casualties in his parlia-mentary constituency due to incessant rains. Singh said he is in constant touch with the deputy commissioner and SSP Kathua Shivdeep Singh Jamwal read axid dlu seatble coefficience ic beinger provided and said all possible assistance is being provided.

LG expresses grief...

the debris. Rescue and relief operations are currently underway. I have directed the district administration to provide all possible aid to the bereaved families, who have lost their near and dear ones as well as medical assistance to the injured".

Heavy rains create...

meteorological department said. "This is the heaviest rainfall since 1980," he said. The chopper and battery car service at the Mata Vaishno Devi shrine atop Trikuta hills in Reasi district was also suspended due to the inclement weather, the official endities. officials said

While the Vaishno Devi pilgrimage is going on While the Vaishno Devi pilgrimage is going on smoothly, the new battery car track to the shrine was closed in view of the apprehension of shooting of stones and landslide, the officials said. They said the helicopter service to the shrine was also suspended due to inclement weather. Rivers and rivulets in many places, especially in Kathua and Samba districts, have reached close to or crossed the flood alert level with the weather office predicting more rains till noon

predicting more rains till noon. The flood situation is grim in Kathua and Samba

"The flood situation is grim in Kathua and Samba as all the rivers including Ujh in Kathua and Basantar have crossed flood alert mark, while the water level in Tawi, Chenab and its ributaries in Jammu are nearing the flood alert level," an official said. The Indian Meteorological Department (IMD) has predicted widespread to fairly widespread rainfall in various parts of Jammu and Kashmir over the next seven days. Mohinder Singh, Head of IMD Centre Jammu, said the Union Territory will receive widespread to fairly

Molinited single, near or non-schedulary and the Union Territory will receive widespread to fairly widespread rainfall in the past 24 hours in vari-ous parts of Jammu and Kashmir. The highest amount of rainfall occurred in the Katra belt of Reasi district," he said

"The recorded rainfall in Katra was 315.4 mm, cat-This is the highest recorded rainfall in the region in 43 years, he said.

The IMD official advised the Amarnath Yatra pilgrims to adhere to the guidelines provided at their respective base camps. "They should follow the weather reports and advi-

sories of the administration before undertaking the vatra," he said. The IMD also has predicted the possibility of flash

The IMD also has predicted the possibility of flash floods in low-lying areas of Jammu and Kashmir. In an advisory, police said due to continuous heavy rainfall, the Chadwal bridge on the Jammu-Pathankot national highway has been closed for traffic. "Dear residents and passengers of Kathua. Due to the recent and continuous heavy rains in the area, we are sorry to inform you that the Chadwal bridge has been damaged. In consequence, this creates a potential threat to all vehicles and pedestrians trying to cross it," the advisory said. the advisory said. Floods in Taranah nallah caused damages to the pil

Floods in Taranan nalian caused damages to the pul-lars of the bridge resulting in its slight sinking, it said. "Please follow diversion and temporary routes. These routes are designed to facilitate smooth traffic flow and reduce discomfort," the advisory said. Police also asked the people to report suspicious activities

Folice also asked the people to report suspicious activities. "If you see any suspicious activities on the roads or encounter potential threats, please inform the nearest police station immediately." the advisory said. (Agen-

One Army officer...

further treatment. The condition of the injured per-sonnel is reported to be stable", the Defence PRO said. The incident took place at around 3 AM.Further details on the incident are awaited.

LG Sinha chairs...

The Lt Governor directed for proactive steps to increase private industrial estates equipped with nec-essary infrastructure. Emphasising that the women-led enterprises will

shape the future of J&K, the Lt Governor said we must ensure their increasing presence in the economy and designate more exclusive industrial estates for women entrepreneurs like the one established in Udhampur to

entrepreneurs like the one established in Udhampur to facilitate women-run businesses and startups. The Lt Governor underscored that 2023 will be the year of Agro-Industrial revolution powered by Holistic Agriculture Development Plan (HADP) and increased production in Agriculture & Allied Sectors that will offer vast opportunities to agro-industries. He directed the oficials that the potential of new cold storage, cold chanism must be tapped to ensure rapid economic growth flows to rural areas of UT. In order to scale up further infrastructure, the Lt Governor directed officials to push for greater private

Governor directed officials to push for greater private investment in inland ports, container depots, food processing units. Directions were also issued to develop a mechanism

Directions were also issued to develop a mechanism for regular meetings with representatives of old indus-trial estates to resolve their issues. Highlighting that GI Tagging has offered enormous potential to transform handicraft sector and to boost export, the Lt Governor said authenticity of products like Pashmian must be ensured for export. The Lt Governor also directed the concerned officials to accelerate the development of basic amenities like connectivity, power and water facilities in the new Industrial estates.

Industrial estates. The Lt Governor also called for replicating the best models of Industrial Estates developed in other parts of the country.

Katra receives...

Scale-up investments, he added. Dr Jitendra Singh also announced that CEIIC incu-bated StartUp Takachar was named the GBP 1 million Earth shot prize winner for its technology innovation. Dr Jitendra Singh said, the Clean Energy Incubator has launched 3 Tectonic calls for applications to identify and create a pipeline of entrepreneurs & StartUps. He said, it is evidence of the Government of India's commit-ment and contribution to work together with Industry and International partners to encourage inpovations in also received rainfall in the last 24 hours with Jammu recording 109mm, Banihal 10mm and Batote 15mm. Regarding forecast for next 24 hours, he said, rainfall was likely in few hours and decrease thereafter. From July 20-22, he said, intermittent light to mod-erate rain and thundershower w4as likely at "many places" of Jammu and at scattered places of Kashmir.

"Heavy to very heavy rain is possible at some places of Jammu region during this week," he said. The MeT official said that there was risk of "flash flood, mudslide, and landslides has increased due to

Amount region using week, ne said. The Minister concluded that this successful PPP the MeT official said that there was risk of "flash d, mudslide, and landslides has increased due to dy rain." eople, he said, are advised to remain cautious and "away from Streams, Rivers and other vulnerable the method of the said, net and the said, India the method of the said, and the said, India the method of the said, and the said in the heavy rain.

spots. Meanwhile, authorities have closed all government and private schools in Doda and Ramban districts for the well-being of the students in view of the heavy rainfall Deputy Commissioner Doda also directed all the

concerned that "students must be informed, well in advance, about the closure of the schools so that they do not venture out." Chief education officer Ramban ed heads of institutions to help students reach their urged heads homes safely

Mata Vaishno Devi...

Terrorists fire at...

Two terrorists killed...

Suspicious bag found...

Dr Jitendra addresses...

However, the yatra is going on the old track," Chief Executive Officer (CEO) of Shri Mata Vaishnodevi Shrine Board (SMVDSB), Anshul Garg said. Katra, the base camp for pilgrims visiting the Vaishno

Devi shrine, received 315.4 mm of rain in 24 hours "This is the heaviest rainfall since 1980. On July 31, 2019, Katra received 292.4 mm of rain," an official of the eather department said.

to ascertain the facts," he said. The injured – Imran Yousaf Wani and Jahangir Ahmed Chechi – were taken to a hospital. While Wani, who received a builtet injury on his thigh, was later shifted to S M H S Hospital in Pulvama for spe-cialised treatment, Chechi had superficial injuries and ure dischargenet after for a tot the predicement or coid

was discharged after first-aid, the spokesperson said. A case has been registered and an investigation was underway, he added. Soon after the incident, the whole area was cor-

soon after the incident, the whole area was cor-doned off by security forces and an intensive search was launched. Two empty cartridges and a bullet head have been seized, the spokesperson said, adding the search operation was going on. (Agencies)

"In a Joint Operation launched by Indian Army and J&K

Police, an infiltration bid was foiled today morning by alert troops along LOC in Macchal Sector, Kupwara, Army's Srinagar-based Chinar Corps said in a tweet. It said two terrorists were eliminated while four AK rifles

and six hand grenades were among the war-like stores recovered from the scene of the gun battle. The Army said the operation was still in progress.

flyover at Maheshwar. Army and police personnel cordoned off the area and a bomb disposal squad was called in to check the bag, forcing suspension of traffic

on the highway as a precautionary measure. The bomb squad found some clothes and other per-

The bomb squad found some clothes and other per-sonal belongings in the bag, the officials said. "Noth-ing (incriminating) was found inside ... Traffic on the highway has been restored? Senior Superintendent of Police (Samba) Benam Tosh told reporters. "All security agencies are (on) alert in view of the ongoing Amarnath Yatra and anything found suspicious is being checked thoroughly, in accordance with the standard operating procedure," Tosh said. (Agencies)

advanced labs and equipment, pool of experts & mentors, and live Test beds with opportunity to con-duct Pilots. It also offers opportunities to network with key ecosystem actors, access Seed fund support and Scale-up Investments, he added.

and International partners to encourage innovations in

the area of clean energy. The Minister concluded that this successful PPP



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



all fronts

JI NEWS SERVICE

iammu Jul 19 · Jammu and Jammu, Jul 19: Jammu and Kashmir Pradesh Congress Committee has expressed serious concern over the targeted attacks on nonlocals and asked the Govt. to ensure the safety and security of the common man espe-cially the vulnerable sec-tions who have become tar-

get in the recent pass. Addressing a press con-ference here today JKPCC President Shri Vikar Rasool condemned the ed attacks on non local labours and expressed concern over such incidents while questioning the gov-ernment over such happen-ings and urging it to ensure the safety of all especially ections and minoritie who have become soft target on selective basis in recent time

JI NEWS SERVICE

JAMMU, JUL 19 : All Jammu based reserved catagory Employees work-

urged LG administration to

urged LS 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 trans-

ing in

Kashmir once again

by Shri ed by the government agen-cies unleashed by Modi Flanked by Working President Shri Raman Bhalla, Th. Balwan Singh, government. Trilok Singh Bajwa, Th. Manmohan Singh and oth-ers, Shri Vikar Rasool Wani People have understood that Modi government & said that the new grand alliance "INDIA" which

BJP has the agenda of div and rule. Polarise, div the people on the basis enda of divide divide emerged yesterday will uproot BJP in 2024 elections religion , emotionally exploit the religious sentiments of the people for vote bank politics. , as people want change due to failure of Modi Govt. on

Modi government crushed every genuine voice against it's wrong Congratulating Congress President Shri Malikarjun Kharge and Shri Rahul Gandhi and the leadership policies, anti people, anti youth, anti farmers proof all 26 parties, Shri Vikar Rasool said that People of country have welcomed grammes through agencies but our leadership especial-ly Rahul Gandhi faced all this fearlessly and today the The unprecedented price

path peace progress and prosperity, and we having more expectations this time around to see that reserved

around to see that reserved catagory Employees may also get what they are demanding for. Meanwhile AJBRCEAK in hurriedly called meeting discussed all issues of

employees including, prop-er accomodation for

Reserved Catagory Employees in kashmir as all these dogra employees are

residing in rented accom-

modations in far flung areas

of valley, in press note asso-ciation also requested Lt Governor to issue necessary directions to adjust the protest period in favour of

people have come to know that only Congress and rise and record unemployment is at the top of the agenda of the citizens. Whosoever raises the voice Rahul Gandhi can bring nation out of this situation of dictatorship. Congress alongwith all those opposition parties Whosoever raises the voice of poor and highlights sufare target

AJBRCEAK urges LG Admin to notify

comprehensive Transfer policy in their favour

the

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

"Its our long pending

demand and we are grateful

to Administration for con-

sidering it after so many

years Chairman Added. He further said that Employees are expecting to

have permanent resolution

of this issue, as LG Sahb

years

who have realised tha Modi government and BIF 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 sup-

port 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

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 Congress party under Rajiv Gandhi's leadership. Congress party will keep

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 fail-ing to hold assembly elec-tions in J&K after five years. We demand immediate assembly elections in J & K for which we shall rea to the people in each district by holding district level con-ventions to highlight the multiple basic issues of pub-

employees as one time measure as confidence

measure as confidence building measure to boost the confidence of these

include Mr Anil Radhey President AJBRCEAK in his

message also expressed

strong hope that very soon

all issues to be resolved, oth-

ers who were present in

meeting including Mr Yashpal Bhagat Gen . Secretary, Naresh kumar

President, Vijay Dutt, Sukhdev VP, Mr Jarnail Singh,Mr Naveen Bhagat

incharge Media

Mr

vice

National

e of these Those who

on the occasion

lic, he added

employees.

spoke

Bhagat

Communication

Navneet kundal

witnessed inclusive empowerment

and effective governance in India in spite of several national and global crises which included a global eco-

nomic slowdown, the corona pandem-

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

Ritika observed that when we look

The same woman Geeta Devi Said that even in a street, water enters their ALLAN MARINA STATE houses during the rainy season. Due to

Bridge collapses after heavy rain in Gadigarh



JI NEWS SERVICE

IAMMU, IUL 19 : In Gadi Garh ward , people are facing a lot of in coming and going due to number 73, people are means a set of the 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

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 con-cerned department is not paying any attention to it.

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. SoO families of the area live in this area. There are two bridges in the 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 If their demands are not met as soon as po ble, 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



ki Hatya mein zimmedar sazish karne walon ko giraftaar karo, giraftaar JAMMU, JUL 19 Hundreds of JKNPP activists led by its State karo" etc reached the office of SSP Jammu and submit-ted two different memoran-President and Former Minister, Mr. Harsh Dev Former dums seeking high level probe into the mysterious death of Jay Mala and Singh held a massive protest at Jammu today and took out a procession upto SSP Office Jammu seeking immediate arrest of the 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 cutside the Police notorious elements who had burnt Prof.Bhim Singh's hut burnt Prot.Bhim Singh's hut at Sidhra, usurped his land and siphoned money from Jay Mala's Bank accounts. The protestors raising slo-gans of "Bhim Singh ki outside the outside the Police Headquarters. Speaking on the occasion, Mr. Harsh Dev said that Prof. Bhim Singh had a strip of land in Sidhra gans of Bnim Singh ki property lootne walon ko giraftaar karo, giraftaar karo", "Jay Mala ke Bank account se paise gaban karne walon ko giraftaar 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 karo, giraftaar karo", "Mala

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 Bazar, trespassed into the same, destroyed some important documents and locked the said building. But despite the matter hav-ing been reported to the Police, no action had been there to areact the oxid arim Police 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/cs were also looted by the in colli

ests who further usurped

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 ele-

The most interesting part of the entire gamut was that Ankit Love was being asked to pay the principal as wel 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, deplored 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 who spoke on the occasion included Rampaul Sharma, Shankaar Singh Sanju, Jagdev Singh, Gurjeet Singh, Ajay Kumar, Darshan Singh, Vijay Sharma, Satpaul Tarhal, Vijay Singh, Ajay Lawaal Shiy, Raina Satpaul Tarhal, Vijay Singh, Ajay Jamwal, Shiv Raina, Rohit Sharma, Vijay Kumar, Sanjeev Gupta, Sunil Dutt, Vishal Dogra, Santosh Kumar, Rohit Singh, Pawan Kumar besides others

Farooq, Omar grieve loss of lives in Kathua tragedy

caved in Bani area killing five members of two fami-lies and injuring several oth-JI NEWS SERVICE IAMMU, IUL 19 : I&K Conference The NC demanded immediate relief for the affected families

National Conference President Dr Farooq Abdullah and Party's Vice President Omar Abdullah on Wednesday expressed besides medical facilities to the injured. "We pray to the almighty to grant eternal 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. peace to the departed souls. The loss to the bereaved families is colossal", they said while asking the near and dear ones to remain In a statement issued to media persons, Dr Farooq

and Omar expressed pro-found grief over the tragic trail of deaths as two houses strong at this hour of grief to bear with the irreparable

Meanwhile, Rattan Lal Gupta Provincial President NC, Jammu, also condoled the deaths of five members stalwarts of two families which got stuck after their houses per ished due to heavy rains in Kathua's Bani area. Demanding adequate relief and medical aid for those who received injuries

verv

areas. The in the tragedy, he said that government should act in a wift manner to save thos who got injuries and evacu ate them to a safe place as more rains are expected in coming days. Besides other

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

NC has expressed concern about the damage inflicted to civic infrastructure in the entire region, especially the dam ages to the bridge near Dyala Chak leading to NH44 blockage.

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

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 over the loss of lives in house collapse and landslides triggered by incessant rains in the Bani area of Kathua dis-trict. Expressing grief over the tragedy, Azad in a condolence statement said: "I am deeply pained and saddened at the hear of the lives of the loss of t the loss of precious lives in house col-lapse and landslides in Bani area of

Kathua district. My heart goes out to the bereaved families. I pray for the speedy recovery of the injured and the safety of everyone in the situation." Urging the administra-

.

spot, Azad also asked his party leadership and workers to help the victims in this hour of need. "At this hour of grief, I urge DPAP leadership and party workers to immediately inter vene and provide timely help to the victims. The administration should depute disaster management teams and officials to the spot and launch res-.

cue and relief operations in the area," aid Azad

He sought medical intervention and The 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 formilier blood in the floor for the stress families living in far-flung areas of Kishtwar, Doda, Rajouri, Poonch, Reasi, and Kathua where the situation grim due to incessant rains whi ave triggered landslides and disco which nected poor people in terms of road blockades and communication disrup tion. "Since the major rivers including Tawi, Chenab, Basanter, Devak, and Ujj are flowing above the danger mark the administration should remain aler to the emerging situation," Azad cau tioned.

fer policy for reserved catagory Employees as LG Sahb has given commitment to frame Transfer POLICY or this issue, as EO saito particular have taken sever-al measures in favour of employees in jammu and kashmir "We believe that jammu kashmir is on the for Jammu based reserved catagory Employees and an red committee was empowered committee was also constituted last year in **Opposition political parties making futile exercise** to dethrone PM Modi Govt : Ritika Trehan JI NEWS SERVICE

JAMMU, JUL 19 : Chief Spokesperson JAMMU, JUL 191 c. Inter spokesperson BP Mahila Morcha J&KUT Ritika Trehan today claimed that biggest 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, irrespec-tive of the fact whether they fight alone or form an alliance. However, carrying forward the commotion of coalition 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 Ritika luriner 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

CIED IUST organised entrepreneurship awareness camp

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

Principal, Mr. Sajad Ahmad wel-comed the CIED-WEDC team and appreciated such outreach initiatives by the university D' 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 nore such projects in future. Talking about women entrepreneur-

interacted with the students and discussed many case studies

nesses. Other members of WEDO

tion to intervene by deputing disaster management teams and officials to the

include Dr. Ruheela Hassan, Dr

Shavka Nasreen and Dr. Andleep also

JAMMU | THURSDAY, JULY 20, 2023

OPINION



C THOUGHT OF THE DAY 79

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

JINDRAH MAGES

Stitching alliance to keep BJP away

here 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.

UEVINDER 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 bundrade mainly from

It scores of tomato latines, 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 heas been struggling to make both ends meet, a bout of prosperity is most welcome.

Reports say a tomato grower from Kolar district in Karmataka, who sold 2,000 crates of tomatoes, carned 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 Andra Pradesh, a tomator grower from Annamayya district has carned 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, Sirmaur and Kullu districts. In the Solan market, tomato prices have crossed the average price that farmers received this season for quality 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 pre kg.

of k8.5-X8 per kg. Now, before you build a false impression that if'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 acress 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 midjune, 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 dues unstructed than the few ow 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 economicallv viable livelihood

tims of improper macroeconomic cally viable livelihood. Take the case of tomato cultivation – farmers have adopted highyielding 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 promoted. Every technology being sold to farmers comes with a promoted. Every technology being sold to farmers comes with a promoted 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 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 formit varies to and were on to the corporate ladder. The Niti Vavoer technic varies 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 APAIC mandi system that is often exceptionally which is crying for reforms, is where farmers got an exceptionally high price. No private company or organised relail 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

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 legalistic to make 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 \$450 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 conomy plaqued by inflationary pressures and tight monetary nolicies.

tary policies. On the positive side, services exports continue to be buoyant. This is an aspect of Indian trade that has defied declining trends and looks set to continue in the medium and long terms. A recent Morgan Stanley study says the country's share in world services exports has hit an alltime 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 w trade seems to be wholly the dependent on demand spikes in ti key developed country markets be like the US and Europe. India's er share of the world goods trade T thus remains at a minuscule level of about 2 per cent, lower I at han small countries like Ireland. en Comparisons of current growth ci rates are being made with China, p

but our neighbour is way ahead
 on the trade front – China com mands a 12.5 cent share of inter national trade, the largest of any
 single nation.

But a question remains — What alls Indian exports, given that there is a fairly large domesit is industrial base? It should thus be possible to play a far more expansive role in world trade. The first problem, if it can be a called so, is the availability of a large home market. This makes it d. easier for manufacturers, espetially small and medium entera, prises, 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 gents 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 h surpluses are available for sending abroad. In other words, the domestic industry does not automatically gravitate towards of exports.

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 chaep Chinese imports entering via third countries. Yet, proactive measures receded to have been taken long ago to enter into other regional trade groups. The 11-member Comprehensive and Progressive Agreement for Trans-Pacific Partnership (CPTP) is one such example of a large trade pact that yould 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,

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.

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 negotiatel 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 economics 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 shibbleths 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 (PLJ) 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**

A capacity of the approximation of the second secon Television Artists (SAG-AFTRA) in the US. The actor is a member of SAG 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-

ctor Deepika Padukone will not be 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 According to news agency F1, which quoted an industry insider, Deepika will miss the event and will adhere to SAG-AFIRA guidelines for actors amid the strike, which came into effect last week. "With the SAG-AFIRA strike under-

way, 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. the Hollywood ac Priyanka Chopra supports SAG-AFTRA strike Deepika is not the first support to the strike

Indian celebrity to express solidarity with the Hollywood actors union. Recently, actor Priyanka Chopra had also lent her

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

day after news broke that Gigi Hadid was arrested for possession of marijuana in the Cayman Islands, the model shared photos and

Islands, the model shared photos and videos from her holiday. Gigi Hadid was arrested and charged with possessing marijuana and drug para-phernalia after she flew to the Cayman Islands from the US recently. Amid recent reports of the average and cubecourte hol reports of her arrest and subsequent bail, the model looked radiant in new pictures 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

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

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

Dalai, Janhvi and Shikhar at Anjun'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 pictures of the rumoured couple post the get together on Instagram. It shows Janhvi in a short white ess and Shikhar in a white shirt, seated in the same dress and Shikhar in a white shirt, seated in the same car, lanhvi fried to move a bit towards the window, which had a window shield in order to avoid the cam-eras. 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.

was in a Wine Clop Up and back pains. 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 chumics naichtures of boxel from the A zerobiing several stunning pictures of herself from the Azerbaijan several stumming pictures of herself from the Azerbajan capital. Arjun was last seen in Aasmaan Bhardwaj's Kuttey. He has two films in pipeline: The Lady Killer with Bhumi Tednekar and Meri Pathi Ka Remake with Bhumi and Rakul Preet Singh. The release dates of the films are availed. Jankvi and Varun are currently busy with the promotions of their film, Bawal. Directed by Nitheh Tugari, the films is labout to gelowasi in Neators on Nitesh Tiwari, the film is slated to release in theatres on July 21



the Cayman Islands. She also shared a solo and group pictures she posted, Gigi glimpse of the food she gorged on during soaked up the sun in bright swimsuits. her holiday with friends. In some of the 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)."

weii that ends weii (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 remore". "One idead "Wit 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."



Streaming service SonyLIV on Wednesday announced Indisof the Deccan", a historical action-drama series, developed in collaboration with actor Rana Dagubati's production house Spirit Media. The show, which will stream on SonyLIV soon, is adapt-ed from the bestselling book "Lords of The Deccan: Southern India from Chalukyas to Cholas", written by appringly Exelecti

Southern India from Chalukyas to Cholas", written by Anrirudh 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

southern india tor centuries, a press release stated. "SonyLIV believes in taking great Indian stories to audi-ences 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 'Lord's of the Deccam' by Anirudh Kanisetti," Sougata Mukherjee, Head Content, SonyLIV, said in a statement.

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 winder wares.

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.

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



n 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-Lwas Andy Cohen who encouraged her to marry her ex-hushand Jason Hopps, Speaking on her podcas, "lust 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 diverse new secondary usual dharowan a lowar and bitthe battle announced their separation in December 2012. I nee ensuing divorce proceedings would become a long and bitter battle, primarily focused on custody arrangements for their daughter. After years of legal disputes and ourth hearings, Bethemy Frankel and Jason Hoppy finally reached the end of their tumultuous divorce in January 2021. The process was marked by financial settlements and custody negotia-tions with Develophilum battle custody and custody and tions, with Frankel ultimately gaining full legal custody and primary residential custody of Bryn. In 2021, Frankel canprimary residential custody of Bryn. In 2021, Frankel can-didly 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 challenge-

, Prenups and Marriag

Prenups and Marrage 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 acknowl-edged the discomfort surrounding the topic.

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

avlor Swift is on a roll Taylor Swift is on a rou during her most popular tour and post the re-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 Era's 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 concert the city council wants to honour the artist for her 'cultur-al 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 tremen dous cultural impact since her 'debut self-titled album in 2006', statement outlines

It further adds, 'Taylor Swift her philanthropic efforts. Taylor as achieved enormous success Swift has donated millions of has achieved enormous succes with ten studio albums and three re-recorded albums, of over 250 million certified units sold worldwide, twelve Grammy awards, and forty

Grammy awards, and forty American Music Awards' It goes on to then identify her other accolades and accomplish-ments, '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

dollars to help victims of nawral disasters as well as providing millions in funding for musical education at numerous institutions.' In a bid to prosper and tions? In a bid to prosper and make business from her upcom-ing two-night concert in the city Santa Clara has 'welcomed with gratitude' all Swifties from across the world to the City of Santa Clara, Ouoted by PinkVilla Christine Lawson, the CEO of Discover Santa Clara, said, "The Eras Tour has capti-vated fans nationwide, tran-

scending genres and making an indelible mark." She further adds how it will help in 'embracing innovative and influential cultural icons that reflect our city's vibrant spirit and forging connections that make us an unforgettable desti-nation.' Other Accolades for Taylor Swift This isn't the first time Swift is being honoured by

Governor of Minnesota decal-red Swift's tour dates in the city, June 23 and 24, would be known as Taylor Swift Days.



Bawaal celeb review: Ariun Kapoor. Karan Johar hail 'careerbest' performances by Varun Dhawan, Janhvi Kapoor

A special screening of Nitesh Tiwari's film Bawaal, star-ring 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

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 @primevideoin. Stories, Arjun Kapoor wrote, "I thoroughly wrote, "I thoroughly enjoyed this love story... it's a unique yet entertain-ing film_ it has heart soul and a whole lot of entertainment vet it makes you in the mainstream... directed with nuancewonder about relationships and life that's how simple it is... Maahol toh @varundvn and @janrestrain... it moved me in so many moments...

hvikapoor have set with proud film for Sajid to career-best performanc-es!!! Deftly handled and back and for @Amazonprimevideoin @niteshti to house and the cherry nurtured by @niteshti-wari22 sir!! Kudos to on the cake is the career best performances of @varundvn and @jan-@nadiadwala grands @ashwinyiyertiwari and hvikapoo..

They are the heartbeat This one is memorable of Bawaal @niteshtl-wari22 @nadiadwala-grandson," he wrote. Varun's JugJugg Jeeyo co-star Maniesh Paul said, "Loved this film! @varundvn what a brilfor 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 liant performance @jan-hvikapoor you had my heart! @niteshtiwari22 captain of the ship in full abandon and yet so much

Congrat dakhannadiadwala Casting director Mukesh Chhabra, too, looked impressed with Bawaal. He wrote, "@niteshti-He wrote, "@niteshti-wari22 I love you bhai, dil baar baar Jeet lete ho (you win hearts) #bawaal outstanding and @varundvn Kya baat hai Kya baat hai Kya baat hai Kya baat hai Kaha chupa rakhi the yeh performance (what a per-formance, where were you hiding this talent till now)?? and @jan-hvikapoor so so well done, especially emotion-al scenes congratula-tions..."

form



mass muscle.

shoulders with your palms fac-

our forearms and biceps. 3. Water bottle shoulder over-

heads press with 5 kg water bot-

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

8

a possibility. Even if are a gymloving person, sickness or travel may keep you away from it. As a 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 bard to 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 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 require-nent, especially as we grow

ment, especially as we grow older. Singh explains that this is older. Singh explains that this is because as we grow up, we grad-ually begin to lose muscle mass. What's worse, we end up accu-mulating more fat mass. As we cross the age 40, muscle break-down happens at the rate of 7 second it behads un to 15 per percent. It shoots up to 15 per-cent 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 limp

without the help of muscles. So, muscle mass muscle exercis 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

tain 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 ace push-ups at home). But there's mere new up do to mointein more you can do to maintain mass muscle at home. Here are some of the exercises you can do at home
 I. Lateral leg raises
 the water bottles straight up.

 For each leg, do 5 lifts with
 This exercise targets your biceps

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

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.

each squeeze just for a few sec-onds and then release it. This helps to strengthen your pelvic floor muscles, which further enhances your bowel and blad-der control. 6. Powing back aversies 2. Water bottle curls with 5 kg 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

 Rowing back exercise Rowing back exercise is done Kowing 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, relies your kneas up to the phin ing in. This exercise builds up

Stand with your feet shoulder-width apart and hold a 5 kg water bottle in each hand. Raise While walking on the spot, raise your knee up to the hip level and swing your hands the way you do when you walk out-doors. Walking on the spot is simple and an effective exercise, says Singh. It helps to burn calo-ries, improves your cardiovascu-lar fitness and also increases the strength and endurance of your leg muscles. You also need to focus on proper nutrition to the water bottles and take them the water bottles and take them overhead, pause for a few sec-onds, and then bring your hands down. This exercise works up your entire triceps and shoul-ders, says Singh. 4. Shoulder front raises with bottle Stand straight with your feet a little apart and hold a water botfocus on proper nutrition to maintain muscle mass. Increase tle in each hand. Extend your your intake of proteins by con-suming foods such as chicken, fish and eggs. shoulders and elbows to drive

ALZHEIMER'S DISEASE

FRUCTOSE INTAKE COULD BE BEHIND ONSET OF

A n 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 ir

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

"A basic tenet of life is to assure enough food, water "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 instituct icke in to, are them to focus on the improtect things.

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.

big problems.

This Weight Loss Grocery List is Dietitian-Approved than you burn, and while weight loss happens with a reduction of calories con-



-ni Weight loss is a person-al journey, but like many things in life, being able to make informed decisions can lead to desired outcomes, and this is also true comes, 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 tragging middle

veggies reside. The middle aisles can have nutritious

options too, especially legumes and whole grains.

To lose weight you must be eating fewer calories

tinins, 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 refriger-tor and pantry with nutri-tious foods and having quick, easy and healthy ingredients on hand can help you avoid filling up on empty calories. All calories are not re-All calories are not cre ated and studies show that ated 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 num-ber of calories consumed. Diets higher in processed foods may promote foods may promote weight gain by leading to overeating

sumed, eating nutrient-dense foods rich in vita-

mins, minerals, fiber and

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? or someone ready to score

toned legs, you need to know one thing! Rather than 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 form your lear. fat from your legs. How to lose fat from legs?

How to lose fat from legs? Did you know your lower body is also the quickest part to build lean muscles? If toned legs if your goal, here are some easy and effective ways that will help here fat for more bar and the lose fat from your legs and tone

hem up. How to reduce thigh fat?

1. Don't focus on spot reduc 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

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

tors, quadriceps, and ham-strings. It also helps strengthen your muscles and boost your metabolism. Start with your feet width apart. Walk forward while

bending both knees, lowering

Squats are great to strengthen your bones, tendons, and liga-ments 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, sense the neurograph Dee't for.

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

Squats are great to strengthen

get to engage your abdominal muscles while you perform auats

4. Squat it out!

5 Calves rise

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.

repeat the movement. Don't for-

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

steep tor 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 diag-nosed with dementia and had them do a cleon edudy. Dwriat the cleon nosed with dementia and had them do a sleep study. During the sleep study, the researchers monitored their sleep waves with an electroen-cephalography (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 narticinants had bich

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 game where they matched names to faces. The researchers discovered that

people with high amounts of betaamyloid deposits in their brains who had higher levels of deep sleep did better on the memory test than people with the same amount of deposits who did not get as good of a night's sleep. This difference was only seen

amyloid deposits. The researchers concluded that amyioid 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 m the face of Alzitemie's disease pathology, both present moment and longitudinally," they wrote. "With a certain level of brain pathology, you're not destined for cornilivo, grunnbane, or moment

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

When you sleep, your brain goes through different cycles that can be 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 hap-pens 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 Your body flips through non-REM and REM sleep when you're conked 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 neu 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 vouthful."

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 devel-oping Alzheimer's disease. One study

in people with beta-amyloid wake up from, according to the published in 2020 that involved some of the same researchers as the latest no effect on people who didn't have When you sleep, your brain goes study analyzed 32 people in their 70s

study analyzed 32 people in their 70s with no memory problems who underwent a sleep study. The researchers used brain scans to moni-tor levels of beta-amyloid in each per-son 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 dean elaon with bicher lavels of tu a

deep sleep with higher levels of tau, a protein that forms tangles in the brain cells of people with Alzheimer's dis-

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 Everyone makes beta amyioto protein in the brain during the day but, when you sleep, your brain and related con-nections usually shrink and flush away beta amyloid and other sub-stances 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."

quality sleep." Deep sleep "may essentially be a compensation strategy" in people with Alzheimer's disease or who have high risk of developing the dis-ease, says David Merrill, M.D., Ph.D., an adult and geriatric psychiatrist and director of the Pacific Brain Neuroscience Instituté's Pacific Brain Neuroscience Instituté'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 hypothe

ses." But it's important to note that th study didn't prove that getting good sleep will prevent you from getting Alzheimer's disease, and the connect Alzheimer's disease, and the connec-tion between sleep and dementia is still being explored. 'Poor sleep leads to difficulty with alertness and aware-ness,'' says Amit Sachdev, M.D., M.S., medical director in the Department of Neurology at Michigan State University. "Patients with Albeidenge' and aconcident with the 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 eople develop Alzheimer's disease

and related dementias and others don't. However, experts generally agree that doing things like exercising egularly, eating a healthy and bal-nced diet, and getting good, regular

anced 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.

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 weak

each week

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

Socialize with family and friends.

Socialize with family and friends. Treat hearing issues. 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 the last with billion.

a helmet while biking. Cut back on your alcohol consump-tion, and have no more than a drink a day (for women) and two drinks a day (for men).





NEW DELHI, JUL 19: While 65 par-ties have solid either the BJP or the Congress-led coalition, there are at least 11 more with a total 91 members in Parliament who have chosen to

in Parliament who have chosen to stay neutral for now in the high-stakes general elections next year. Three of the fence-sitters rule fairly large states – Andhra Pradesh, Telangana and Odisha that together send 63 members to Lok Sabha – where the Congress or char connect where the Congress or other opposi-tion parties have been pushed to the

margins. The Congress and 25 other opposi-tion parties on Tuesday unveiled the Indian National Developmental Inclusive Alliance (INDIA) to take on the BJP-led NDA, which now has 39

The parties that are part of the neither grouping are: YSR Congress Party (YSRCP) Biju Janata Dal (BJD), Bharat Rashtra Samithi (BRS), pnarat Rashtra Samithi (BRS), Bahujan Samaj Party, All India Majlis-E-Ittehadul Muslimeen (AIMIM),

Islamabad: Beyond the upcoming election cycle and the current standby agreement, Pakistan needs another International Monetary Fund (MFI) program and assistance from other multilateral lenders, the lender stated in a report released on Tuesday, according to Dawn. "Resolving Pakistan's structural challenges; including long-term BOP (balance of payments) pressures, will require continued adjustment and creditor support beyond the current programme period," the Fund said in a 120-page report a analysing Pakistan's macroeconomic outlook. The report is based on the

The report is based on the Memorandum of Economic and Fiscal Policies (MEFP) signed by Finance Minister Ishaq Dar and State Bank Governor Jameel Ahmed, Dawn

Dawn is one of the Pakistan dailies that reports on Social, Political, Economical issues in the country.

Economical issues in the country. "A possible successor arrangement could help anchor the policy adjust-ment needed to restore Pakistan's medium-term viability and capacity to repay," the report said. The 1MF assessment noted that Pakistan's conomic challenges were complex and multifaceted, and risks were eventionally high

Addressing them requires stead-

fast implementation of agreed poli-cies, as well as continued financial

were exceptionally high.

Telugu Desam Party (TDP), Shiromani Akali Dal (SAD), All India United Democratic Front (AIUDF), Janata Dal (Secular), Rashtriya Loktantrik Party (RLP) and SAD (Mann).

(Mann). The YSR Congress Party (YSRCP), which swept the elections in Andhra Pradesh in 2019, and the Biju Janata Dal (BJD), which has been ruling Odisha since 2000, have largely voted in favour of the BJP-led government is the Parliment. in the Parliament.

The Bharat Rashtra Samithi (BRS), which has been ruling Telangana since it was carved out of Andhra Pradesh in 2014, had taken the lead in exploring the possibility of an opposi-tion alliance earlier this year, but is not part of the newly formed coalition

Mayawati-led BSP, which has nine members in the Lok Sabha, is also out of the opposition alliance. The BSP, which ruled Uttar Pradesh four times, has announced it would go it alone ir

Pakistan Facing "Exceptionally

High["] Economic Risks, Says IMF

support from external partners. Consistent and decisive implementa-

Consistent and decisive implementa-tion of programme agreements will be essential to reduce risks and main-tain macroeconomic stability," it said. The lender insists that one more IMF program will be necessary to solve structural issues. The govern-ment has agreed to notify the public as soon as electricity rates increase by 5 Packten Demoge (PKD) next unit and

as soon as electricity rates increase by 5 Pakistan Rupees (PKR) per unit and gas prices increase by more than 40 per cent, according to the report. This is because the circular debt in the gas sector is now competing with losses

sector is now competing with losses in the power sector, according to

The government has promised

The government has promised renegotiation of power-purchase agreements with remaining power producers (including Chinese) or pro-longing their debt servicing tenors, Dawn reported. In the gas sector, the government has committed to immediate notifica-tion of one strift adjustness to debt

tion of gas tariff adjustments deter-

usin or gas tariif adjustments deter-mined by Ogra, besides merging the gas rates for both local and imported natural gas through a weighted aver-age tariff.

age tariff. The government has also given an undertaking to ringfence fiscal pro-gramme as envisaged in the recent

budget and other commitments with

the IMF. For this, the government will

not allow supplementary grants for any additional unbudgeted spending

Dawn

the Lok Sabha elections next year and the assembly elections in Madhya Pradesh, Rajasthan, Chhattisgarh and

Telangana "We have to ensure that there is a helpless' (majboor) government and not a strong government at the Centre. Only this would ensure that the interests of the poor, dalits, adivasis, oppressed and minorities are upheld even if the BSP doesn't come to power," Mayawati said in a stateent here. m

ment here. BJD supremo and Odisha Chief Minister Naveen Patnaik slammed the BJP for not giving adequate sup-port to the state in central schemes and has asked party MPs to raise the immersed for each the Mersen the issue vociferously in the Monsoon Session of Parliament beginning Thursday Asaduddin Owaisi-led AIMIM.

which has also been left out of the opposition alliance, said the party was being treated as a "political untouchables".

The AIMIM has a sizable presence in Hyderabad and surrounding areas in in Telangana and is seeking to expand in states such as Maharashtra, expand in states such as Maharashtra, Uttar Pradesh, Bihar and Kammataka. AIMIM spokesperson Waris Pathan took potshots at the opposi-tion alliance contending that leaders such as Nitish Kumar, Uddhav Thackeray and Methooba Mufti, who had joined hands with the BJP earlier, when eardt of the arthuration in were part of the gathering in Bengaluru, but the AIMIM, which was also working to defeat the BJF was being ignored.

over the parliamentary approved level in the current fiscal year, at least

level in the current fiscal year, at least until the formation of a new govern-ment after the elections (except in case of a severe natural disaster). The government has also given a "commitment not to launch any new the amperities or grant further out.

tax amnesties or grant further any

tax ammesties or grant further any new tax exemptions in 2023-24 including through the budget or statutory regulatory orders without prior [assembly] approval". The government has also provided agreements with each province on their commitment to achieving an end-FV24 fiscal position consistent with the fiscal very's energy orvorm-

enter-124 instal position consistent with the fiscal year's general govern-ment primary balance goal of PKR 401 billion and continuing focus on critically urgent energy sector poli-cies, including not to introduce any fuel subsidy, or cross-subsidy scheme, in FY23 and beyond, Dawn reported

reported. In addition, the government has

committed to ensuring monetary and

commuted to ensuring monetary and financial stability by returning to a market-determined exchange rate, lowering inflation toward the target, and rebuilding foreign exchange reserves. It said the authorities would refrain from providing guidance or expressing a preference to market participates evaration the ac-change

participants regarding the exchange

rate or regulating demand for fores

through administrative action, Dawn

Nitish rejects speculation he is unhappy with opposition conclave

JAMMU | THURSDAY, JULY 20, 2023

Rajgir (Bihar), Jul 19: Bihar Chief finister Nitish Kumar on Minister Minister Nitish Kumar on Wednesday denicel reports that he was dissatisfied with the opposition conclave held in Bengaluru for not being made the convenor of the newly formed alliance and that he was not happy with its acronym INDIA.

Talking to reporters after inaugu-rating a month-long 'Malmas Mela' here, Kumar claimed that the BJP will be wiped out in the 2024 Lok Sabha

The meeting was very fruitful and we all are very happy with the out-come. I could not attend the press conference after the conclave as I had to come back to Patna. My effort is to unite all opposition parties ahead of the 2024 Lok Sabha polls... and now things are taking shape," the JD(U) loader roid

the 2024 Lok Sabha polls... and now things are taking shape," the JD(U) leader said. Soon after the conclave attended by 26 parties across the country, BJP leader Sushil Modi had claimed that Kumar returned to Patna without attending the press meet as he was "upset" over not being made the con-

"upset" over not being made the con-venor of the alliance. Kumar asked, "Who takes Sushil Modi seriously?" The de facto leader of the JD(U) reiterated that he does not have any workbite for beingend?

ambition for himself. "We are working to unify all non-BJP parties ahead of the 2024 Lok

Sabha polls. The Patna opposition

meet was attended by 16 parties and there were 26 parties in Bengaluru. Our numbers are increasing and the unity of the opposition parties is get-ting strengthened," he said. Setting the tone for their 2024 Lok Sabha campaign, 26 non-BJP parties on Tuesday formed the coalition -Indian National Developmental Inclusive Alliance (INDIA) - to unit-edly take on the ruling NDA.

Inclusive Alliance (IKDIA) - to unit-edly take on the ruling NDA. Earlier in the day, ID(U) president Rajiv Ranjan Singh 'Lalan' described as 'dushprachar' (canard) of the NDA reports of Kumar being unhap-py with the acronym 'INDIA' and going into a sulk over not being made

convener of the new coalition The name INDIA bore the stamp of The name INDIA hore the stamp of approval from all leaders present at the opposition conclave, said Lalan who accompanied Kumar on the trip to Bengaluru. He also asserted that selecting the convenor was not on the agenda of Tuesday's meeting. 'It may be thought about when the next meet-ing toos a become in Mumbia'. Nitich ing takes place in Mumbai.... Nitish ing takes place in Muimbal... Nutsh Kumar is the sutradhar (driving force) of opposition unity. And a sutradhar never gets angry," Lalan sidi in Pata. Lalan added, "I remember a speech of Prime Minister Narendra Modi in Mumbai where he had repeatedly uread noorle to vach for India Nare

urged people to vote for India. Now the time has come that people will, indeed vote for INDIA and Modi shall have to make way in deference

to public sentiment". He also claimed that the NDA meeting called by the PM in Delhi on Wednesday was indicative of "des-peration".

g

"This is the first time since Modi has come to power, that an NDA meeting has been called. I can say that as a Lok Sabha member whose party of the NDA", said the had been a part of the NDA", said the

had been a part of the NDA', said the JD(U) president, whose party quit the BJP-led coalition a year ago. He also mocked the BJP's claim that more than 30 parties were now part of the NDA, saying 'over a dozen such political outfits are from the porth ast. The antire region accounts north-east. The entire region accounts for only 23 Lok Sabha seats".

Asked about the PM's jibe at many Asked about the PMs jube at many opposition leaders facing charges of corruption, Lalan said: 'he should revisit his own past observations. Whom did he lash out at upon return from Maharashtra and where are those people today". The allusion was to Modi's speech in Bhomaluwens he had accound NCP.

in Bhopal where he had accused NCF chief Sharad Pawar, among others, of

chue's sharad Pawar, among others, of nepotism and corruption. While Pawar is in the opposition camp, his nephew Ajit Pawar recent-ly broke away and became the Deputy CM of the BJP-led govern-ment in Maharashtra. The splinter group includes come othere who group includes some others who have been either named in corruption cases or accused of graft by the BJP in the past

In Afghanistan, Women Protest **Ban On Beauty Parlours**

attention to us and after a while they dispersed us by aerial firing and water cannon." In late June the Ministry for the Promotion of Virtue and Prevention of Vice gave salons a month to close down, saying the grace period would allow them to use up, stock. It said it made the order

ip stock. It said it made the order

up stock. It said it made the order because extravagant sums spent on makeovers caused hardships for poor families, and that some treatments at the salons were un-Islamic. Too much make-up prevented women from proper ablutions for prayer, the ministry said, while eye-lash extensions and hair weaving were also forbidden A conv, of the

KABUL: Security officials shot in the KABUL: Security officials shot in the air and used firehoses Wednesday to disperse dozens of Afghan women protesting in Kabul against an order by Taliban authorities to shut down beauty parlours, the latest curb to scurace them out of multic life.

beauty partours, the latest curb to squeeze them out of public life. Since seizing power in August 2021, the Taliban government has barred girls and women from high schools and universities, banned them from parks, furdairs and gyms, and ordered them to cover up in pub-lic

IIC. The order issued last month forces the closure of thousands of beauty parlours nationwide run by women -- often the only source of income for households -- and outlaws one of the

households – and outlaws one of the few remaining opportunities for them to socialise away from home. "Don't take my bread and water," read a sign carried by one of the pro-testers on Butcher Street, which boasts a concentration of the capital's salapse salons Public protests are rare

Public protests are rare in Afghanistan - and frequently dis-persed by force -- but AFP saw around 50 women taking part in Wednesday's gathering, quickly attracting the attention of security personnel. Protesters later shared videos and photos with journalists that showed authorities using a fire

that showed authorities using a lire-hose to disperse them as shots could be heard in the background. "Today we arranged this protest to talk and negotiate," said a salon worker, whose name has not been published by AFP for security rea-



vather and socialise away from mer

gather and socialise away from men and provided vital business opportu-nities for women. - 'Gender apartheid' -A report to the UN's Human Rights Council last month by Richard Beapart the accord progetour for Bennett, the special rapporteur for Afghanistan, said the plight of

Afganistan, said the pitcelin to Afganistan, said the pitcelin to women and girls in the country 'was among the worst in the world". "Grave, systematic and institution-alized discrimination against women and girls is at the heart of Taliban ide-logy and rule, which also gives rise to concerns that they may be respon-sible for gender apartheid," Bennett said. Akhundzada, who rarely appears in public and rules by decree from the Taliban's birthplace in Kandahar, said last month Afghan women were being saved from 'tradi-tional oppressions" by the adoption of Islamic governance and their status as 'free and dignified human beings' restored.

Can't allow 'miscarriage of justice' says HC orders release of man sentenced to 83 years jail in 41 cases

Mumbai, Jul 19: The Bombay High Court has ordered the release of a 30year-old man sentenced to around 83 , years in jail in 41 cases, observing that years in pail in 41 cases, observing that any sentences imposed by courts must maintain a proper balance between deterrent and reformative objectives, and that it cannot permit "miscarriage of justice". The convict - Aslam Shaikh - has been in jail since December 2014 and convicted for offnoors pertaining to

been in jail since December 2014 and convicted for offences pertaining to theft. He is presently lodged at the Yerawada prison in Pune. All his sentences were to run con-secutively as the trial courts had not specified that the sentences would run concurrently with the previous con-victions and sentences. A division bench of Justices Revati Mohite Dere and Gauri Godse in its indement passed on luk 17 on a plea

judgment passed on July 17 on a plea filed by Shaikh said courts exist to do filed by Shaikh said courts exist to do justice and that none of the trial courts considered the sentencing policy of deterrence and reformation. "The sentencing policy of criminal jurisprudence mandates courts to pass such sentences as would meet its primerur twing objects of determents

primary twin objects of deterrence and re-formation," the high court said.

vears.

The deterrent effect of a sentence is to prevent commission of a similar offence by the convict, it added. "The sentence of imprisonment should also have a reformative aim, in as much as have a reformative aim, in as much as, it should not demoralise the offender and in fact, the offender should be given an opportunity depending on the nature of the offence to improve himself," the HC said. "Thus, any sen-tence imposed by any courts must maintain a proper balance between the deterrent and reformative objects of a sortencing policy and must the deterrent and reformative objects of a sentencing policy and must ensure that the said object is suffi-ciently met," it said. Shaikin in his plea filed through jail had sought for the imprisonment sentences imposed on him by different courts in 41 cases run concurrently. Shaikh has been con-ulded to imprisonment accourts for victed to imprisonment ranging from six months to three years in the cases The high court noted that if Shaikh

The high court noted that if Shaikh has to undergo imprisonment in all the cases consecutively then he would be compelled to undergo imprison-ment of around 83 years and since he is not in a position to pay the fine imposed on, he would be required to underse imprisonment of further tre undergo imprisonment of further ten

The bench noted that this would mean a total of 93 years - "Shaikh's entire life, with no hope whatsoever to even come out of jail

"This is a sentence, more than what "This is a sentence, more than what a life convict would have to undergo for murder. If permitted, this would certainly lead to travesty of justice. Being alive to this reality, we cannot permit this miscarriage of justice," the HC said. The high court quoted Earl Warren, former Chief Justice of the United State of America" II is the United States of America, "It is the spirit and not the form of law that keeps justice alive" and author spirit and not the form of law that keeps justice alive" and author William Scott Downey, "Law without justice is a wound without a cure". It added that there would be serious miscarriage of justice if it fails to interfere and exercise its discretion. "Courts exist to do justice, and this is "Courts exist to do justice, and this is one such case that begs our interfer-ence," the high court said. The bench said it deems it appropriate to "put right the clock, to prevent miscarriage of justice, failing which the petitioner (Shaikh) would remain incarcerated for more than 90 years, in 41 cases for committing theft, with no prospect of coming out of iail anythine in the coming out of jail anytime in the future".

lash extensions and hair weaving were also forbiden. A copy of the order seen by AFP said it was 'based on verbal instruction from the supreme leader' Hibatullah Akhundzada. Beauty parlours mush-roomed across Kabul and other Afghan cities in the 20 years that US-led forces occupied the country. They were seen as a safe place to "But today, no one came to talk to us, to listen to us. They didn't pay any Two terror suspects wanted by NIA held in Pune remanded in police custody till July 25 they were trying to steal a motorcycle in Kothrud area of the city in the early hours of Tuesday. While their checking was on, one of the suspects managed to run away run away.

Retesh Kumarr said both men were wanted by the NIA in a terror-related case NIA in a terror-related case in Rajasthan and were stay-ing in the city's Kondhwa area for the last 16 months. "During the search, one live cartridge, two holsters, four mobile phones and a leaten were coired from

The two, identified as Mohammad Imran Mohammad Yunus Khan (23) and Mohammad Yunus Mohammad Yakub Saki (24), hail from Ratlam in Madhya Pradesh and are mranhic decimera: the graphic designers, the police said in the court. Both carried a bounty of

police are trying to ascer-tain if the suspects pos-sessed any firearms, he Both carried a bounty of Rs 5 lakh each, they had said earlier. According to the police, three persons were appre-hended by a patrolling team on the suspicion that

said. Asked if they were planning any act of terror in Pune, he said it will be clear

laptop were seized from their house," he said. The

during the investigation. About the third suspect, who escaped, he said many teams are trying to nab him. Seeking their custody for eight days, the police told a judicial magistrate (first class) court that the two are sections 468 (forgery), 379

Commissioner of Police class) court that the two are classy court that the two are wanted by the NIA in a case registered under the Explosive Substances Act and the Unlawful Activities (Prevention) Act. The prosecution also told the court that the police bad seized suspicious

had seized suspicious items like a live cartridge, a items like a live cartridge, a magazine, the cover of a drone camera, "white coloured pills", and a forged Aadhaar card from the two. Citing the case registered by Pune's Kothrud police station under Indian Panal Coda

Kothrud police station under Indian Penal Code

sections 468 (torgery), 379 (theft) and 511 (attempt to steal), and the Arms Act and the Maharashtra Police Act, defence counsel Yashpal Purohit and advo-cate Saurabh More said the present case is different present case is different from the NIA case. "The police have already seized 42 articles already seized 42 articles and there is no need for further interrogation," argued More. Judge A C Birajdar, however, observed that the police custody of the two was required as they have

was required as they have been booked for serious been booked for serious crimes under the UAPA Act. The court then remanded them in police custody till July 25. As per the prosecution, the third suspect, who escaped, is from Jharkhand.

PUNE, JUL 19: The Pune

PUNE, JUL 19: The Pune police have arrested two persons wanted by the National Investigation Agency (NIA) for their sus-pected involvement in ter-ror-related activities, offi-cials said on Wednesday. A local earth they can they in

local court has sent them in police custody till July 25. The two, identified as



Kendra, LPG/ Petrol/ Diesel distribution outlets

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 commit

tee to work in close coordi-nation in order to fulfill the various initiatives undertak-

en under the guidance of Ministry of Cooperation in

DC Ganderbal convenes District level Cooperative Development Committee meeting



GANDERBAL, JULY 19: The Deputy Commissioner (DC) Ganderbal, Shyambir who is level. also the Chairman District Cooperative Development Committee (DCDC) Wednesday convened a meeting of District level Cooperative Development Committee for implementa-tion of various schemes tion of various aimed to strengthen Cooperative movement in

the country and deepening tiative more than 300 e-serv its reach to the grassroots The chair was informed The chair was informed that the Ministry of Cooperation, Ministry of Electronics and IT, NABARD and CSC e-gover-nance service India Ltd has PACS.

signed Memorandum of Understanding (MOU) enabling PACS to undertake CSC services. Under this ini-

ices in rural areas including banking, insurance, health services, bus/air/rail tickets shall be provided by the

Ministry of Cooperation in order to strengthen the coop-erative ecosystem. He assured all possible support from District Administr-ation to achieve the set tar-The chair was also informed that in order to diversify the business activigets. The meeting was attended by ACR ties of PACS to make them attended by ACR Ganderbal, CAHO, AD vibrant economic entities various initiatives like open-ing up of Jan Aushadhi FCS&CA and other con-cerned 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 Academy. During the festival, a dialogue on

artistic critique took place between the

DC, SSP visit border areas of Samba District

TAKE STOCK OF FLOOD SITUATION IN DEVAK, BASANTAR RIVERS

audience and the young students. The afternoon marked the beginning of the Art Exhibition, showcasing mesmeriz-ing performances like Santor, the enchanting Kashmiri Pandit dance, Kuchipudi, Kashmiri Folk play Angreez Pather' by renowned theatre of Kashmir National Bhand Theatre

Rivers. He asked the depart-ment to procure

ment to procure materials/equipment which can be used to deal with any emergency arising out of

rising water levels in local

Commissioner was accom panied by XEN Flood Control, Samba, Tehsildar

Samba & Ramgarh and BSF

Rivers/Nallahs. The Deputy Commissioner also interact-ed with BSF authorities. The Deputy

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 with the significant event drawing exten-sive 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 Simnani, Ex-MLA Ishfaq Jabbar, officers from the Wakf Board, and other officials, the Waki Board, and other officials, graced the gathering. During the meeting, DDC Chairperson Nuzhat Ishfaq issued sev-eral instructions, underlining the importance of providing all necessary

facilities for the pilgrims A key focus of the discussions was to

uninterrupted power supply nout the celebrations and



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 ingene around the reverse string, 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 materi-al efficiently.

DDC Chairperson also addressed the concerns related to street lights in the vicinity of the shrine to enha overall safety and ambiance for the pil-

Special attention was given to the repair and maintenance of ladies' bathrooms, catering to the specific needs of female pilgrims, reflecting the inclu-

sive spirit of the celebrations

sive spirit of the celebrations. Recognizing the importance of access to drinking water, Jalshakit Department Ganderbal was entrusted with the responsibility of providing round-the-clock facilities to ensure devotees have ample drinking water

throughout the event. Nuzhat Ishfaq expressed her sincere desire for the officials to prioritize the comfort and convenience of the pilgrims, ensuring they have a me rable and seamless experience during this joyous occasion

In addition to the Urs Mubarak cele-brations, it was emphasized that simi-lar preparedness and facilitation should be extended for the Urs Rahim Saib Safapora, beginning the following day

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 worth an Dward Beidan and spot on Dewal Bridge and inspected at pected the restoration work over there. During the tour, the exe-cuting agencies were direct-

ed to gear up men and machinery to remove accumulated debris caused by landslides from the Nationa Highway and make the road traffic worthy for Shri Amar Nath Yatries as well as the

general public. for the time being. Later, the DC also visited Gole Mela and instructed the DC also visited The Salmay Bridge and directed the concerned to allow only

light motor vehicles on the concerned officers to resolve Commissioner, bridge as a safety measure water logging on priority in Singh and around Gole Mela Road Commit Udhampur. Among others, Rafiq A Additional Deputy accompt Jasrotia,

Joginde Assistan ssioner Revenue Rafiq Ahmed Jaral

Deputy Commissioner Poonch felicitates Taekwondo National Medalists



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

Khalida Jabeen, the first female from the district to win a national-level medal for Jammu and Kashmir, defeat-ed participants from West Bengal, Tamil Nadu, and Assam to clinch the

defeating participants from

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

The Deputy Commissioner congrat The Deputy Commissioner congrat-ulated both medalists and their coach, Rajinder Singh from the Department of Youth Services and Sports, for impart-ing excellent training to the youth of Poonch in Taekwondo. He also 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 Soch India, also concentrated the modul uningener congratulated the medal winners

This achievement is a testament to the talent and hard work of the youth of Poonch and a source of pride for the entire district.

The felicitation ceremony serves as an inspiration for young athletes to pursue their dreams and achieve excel-lence in their chosen field.

Govt committed to extend support to Transgenders: Dr Mehta

SRINAGAR, JULY 19: Chief Secretary, 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; Principal Secretary, Finance; Commissioner Secretary, Social Welfare; Secretary, Health; Representative of the transgender community besides other concerned offi-

gave a patient hearing to the demands gave a patient nearing to the demands put forth by the representative of the community. He told them that the administration is committed to pro-vide 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

Dr Menta directed the concerned departments to sensitize their staff towards the special needs of such per-sons 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 mercane docisous of taking any of taking any statement of taking any measures. He asked them to frame a list of persons desirous of taking up different enterprises so that adminis-tration would help them to secure them in a hassle-free manner. The Chief Secretary asked them to take part in the social and economic regrammes of government Ho acked

programmes of government. He asked them to participate in PRI activities as well

SAMBA, JULY 19: Deputy Commissioner Samba Abhishek Sharma along with SSP Benam Tosh today toured border areas to take stock of flood situation in Devak and Basantar Rivers Deputy Samba issued a slew of directions to the stakeholder depart ments regarding flood mitigation measures. He directed Officers of the Flood con loss of life or property due cially in the downstream to rising water level, espe-areas of Devak/Basantar trol department to take immediate steps to prevent

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

The

Commissioner

Department of Animal Husbandry Kishtwar at Gulabgarh Paddar. PRIs and more than 200 animal breeders, including female farmers participated in the camp. 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



The local public was also apprised about the benefits of Artificial about the benefits of Artificial Insemination (Frozen semen Technology) and Sex Sorted Semen (SSS) scheme for genetic upgrading of the local cattle breed. The local public was informed about the conciliability of Concil General

the availability of Sex Sorted frozen semen technology in the nearby Veterinary Centers for Artificial Insemination. To boost the local milk production of their animals, the farmers were given free of cost medicines, mineral mixtures, calcium supple-ments, Dewormers in addition to vac-cination and the general treatment. They were also educated about dif-

ferent beneficial schemes of the Department like KCC, Livestock rance etc. The people were asked to co-operate & get themselves benefitted by various schemes of the Department.

schemes of the Department. The public Representative of the vil-lage 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 ici Srint al C

CARRUN

TRICT SRINAGA

SRINAGAR JULY 19:- Deputy Commissioner(DC) Srinagai Commissioner(DC) Srinagar, Mohammad Aijaz Asad Wednesday presided over the concluding ceremo-ny of Srinagar Carrom Championship 2023-24 here at Indoor Sports Complex, Srinagar. The Championship which began on but 18 une ceremized but 16K Coreces

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 u

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

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 compe-

He also hailed the organizers for holding the event that provides the perfect opportunity to our local players

cers On the occasion the Chief Secretary

Delhi

Deputy by

bronze medal in the Junior National Taekwondo Championship. Toseef Tahir won his bronze medal



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 "scot memory" '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 T20I 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 trade-

tions Australia had lost their trade-mark 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 multiformat Ashes with an 89-run victory in the one-off Test at Trent Bridge which was worth four points, double that of

State/Central Governments for the following works:-

Repair of Path, Tank and other allied works of Devi Park Katra.(2ND time)

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^{40}

Date of Publishing of Tender Notice

Bid Submission End Date

Period of downloading of bidding documents Bid submission Start Date

Date & time of opening of Financial Bids

ame of Work

Position of AAA:

Position of T.S :-

6 7

Position of funds :-

(Online)

1.

2.

each limited-overs fixture. They extended their lead to 6-0 by winning the first T201 at Edgbaston by four wickets with just one ball to spare. In both matches, the Australians were lose disingt then they they hold how in less clinical than they had been in recent years, which ultimately left

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 lit-le 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 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 disap-

And despite Australia's muchvaunted 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

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

> Cost ∢ in lac doc (in ₹) Money (in Rs.₹)

2.90 600 5800

7.53 600 15060

Accorded.

Accorded

Cost of Earnest

Available with Municipal Committee Katra

19-07-2023

19-07-2023

Bids must be accompanied with cost of Tender document in shape of e-challan through Treasury indicating Treasur Joss made a advantagement with each of related vacuation in imple to economic taroogn relations in interface of the second se

26-07-2023 up to 1700 Hrs Date & time of opening of Technical Bids 27-07-2023 on or after 1200 Hrs in the Office of Executive (Online) Engineer PWD (R&B) Division, Katra.

From 19-07-2023 to 26-07-2023, 1700 Hrs

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:-

ters in particular, in the space of 12 months," Healy said. "We're not sure if or when one of the or when one of those might be coming back so we've had a little bit of chopback so we've had a little bit of chop-ping and changing. I guess the positive side is that we're giving some experi-ence 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 lit-tle sooner than they'd anticipated, so

"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 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 num-ber one done. We couldn't quite get ourselves over the line in the white-ball stuff but overall I'm really proud of the were the the cories unfolded. We 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 side who beneved 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 dented it at the very least, Evaluate our the come unary hour for England went some way - how fai depends on who you talk to - towards closing the gap between the state

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 vul-nerable 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 T20Is before they were beaten by England at The they were beaten by England at The Oval and Lord's.

ery of an Al-generated prediction that correctly forecasted Carlos Alcaraz's victory over Novak Djokovic at the 2023 Wimbledon Championships final. Innal. 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 com-puting giant IBM to enhance the coverage and online experience during the Wimbledon Championships, with 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 McEnree, who was doing commentary at that moment, found the prediction amusine

the prediction amusing.

something we don't? Yeah that could be the only possibility. What do they see that we don't? You see a lot 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 mat-ter. However he (Alcaraz) was the odds makers favourite before the Fronch semi Dickevic is the favourite French semi. Diokovic 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

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-

proved right in Carlos Alcaraz's win over Novak Djokovic at Wimbledon LONDON : An IBM executive has responded to John McEnroe's mock-something we don't? Yeah that could Wimbledon title. He has accumulate firmed after he won his first Wimbledon title. He has accumulated

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 champi-onship. To announce the Spaniard's qualif-cation, a picture of Alcaraz was pro-jected onto the iconic Mole Antonelliana building, a renowned landmark in Turin. landmark in Turin.

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 bouinning of an extereoiding strends 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 Open, and the Madrid Open. He also won the Queens Club Champio-nships, 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 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 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.

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. Viaidra finished with forware of 2 for 20 Vaidya finished with figures of 3 for 30

in her eight overs. Earlier, Harmanpreet Kaur's calcula-tive fifty worked alongside Rodrigues'

breezy knock to help India to a com-petitive 228 for 8 after they were put in. Harmanpreet had to retire hurt in the 37th over after she was hit on the left 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 Defore coming pack in the 4/m 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 Dalk with Dalk with

needed 126 runs from 132 balls with

seven wickets in hand, and they had two set-batters keeping the scorecard ticking. Fargana Hoque had played 79

deliveries for 46 runs by then, and Ritu Moni was on 25 off 38 balls. The pair Moni 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 Deepti Sharma taking a wicket apiece early in the chase. Mandhana then threw the ball to Vaidya. The change in bowling worked as the laperpinger removad 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 dou-ble-change in the bowling by handing he had lu & ordinange through the source of the source o the ball to Rodrigues, the part-time off-spinner (with a grand total of one wicket in ODIs at that point).

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

DIP/J-5348/23

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 helow

S. No	Description of work	Project Authorit y	Estt	AAA/ TS	Earnest Money Deposit	Cost of tender document	Time of completi on	Eligibility Criterion of
1			20.015	ACCORDE		Rc 1000 00		Bidder
1	DSITC of Strengthening of CCTV Surveillance Systems in the Additional Block of Dental Hospital and Oral Maxillofaicial Surgery Ots at Govt. Dental Hospital , Jammu.	Principal Dental Hospital , Jammu.	38.815 LACS	ACCORDE D	Rs.78,000.00 in the Shape of COR/FOR/TO R months pitedged to the Executive Engineer MHCH 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	30 days	ODEM of Authorized Dealer/Authorized Dealer/Authorized Distributor of registered firm havin authorization from OEM 1 quote the of NIT havin sufficient experience fi the simili nature of work.
						Hall Jammu Branch Code:0097 IFSC code: JAKA0TNHALL MICR CODE: 180051025		

WEBSITE www.jktenders.gov.in

No:- 2553-58 Dated:- 18-07-2023 DIP/I-5374/23

2. The date and time of opening of bids shall be notified on Web Site

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

To be notified after technical bid evaluation is completed.

Time Allowed for completior

30 Days

30 Days

Class of

Contractor

C & D

Head of

Account

____δ Own Source of | Municipality Own ∵rce of

Source of Municipality

SD/· (FR. VISHAL MAHAJAN EXECUTIVE ENGINEER MECHANICAL HOSPITAL 8 CENTRAL HEATING DIVISION GMCH, JAMMU

Dated:

18.07.2023



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 inaugu-rated 40 hour long Mandatory Mediatior Training programme for advocates o Kashmir Province at J&K Judicial Academy (JKJA), Moominabad here.

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

Justice Tashi Rabstan, Judge of the High ¹Justice Tashi Rabstan, Judge of the High Court of Jammu & Kashmir and Ladakh, & Chairman, Mediation and Conciliation Committee; Justice Atul Sreedharan, Justice Sindhu Sharma, Justice Raidharan, Justice Mohammad Akram Choudhary and Justice Rajesh Sekhri, Judges of the High Court of Jammu & Kashmir and Ladakh were also present on the occasion 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



lighted on the transformative impact of mediation training programme on legal community as a whole. Member Secretary, J&K Legal Services Authority and Coordinator, Mediation and Conciliation Committee, Amit Gupta, in his vote of thanks expressed gratitude to all the distinguished guests, partici-pants as well as potential trainers, and pants 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-

tative of Mediation and Concilation Committee of High Court of J&K and Ladakh under the aegis of MCPC, Supreme Court of India, aimed at equip-ping Advocates with specialized skills and in-dept knowledge of Mediation practices. The aim of this mediation pro-gramme is to encourage amicable settle-ments, and reinforce the principles of just-ice and equality. The event also celebrated the commit-ment of Justice N. Kotiswar Singh towards environmental sustainability, as the Chief Justice engaged in a planting a

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

conservation and fostering a greener future for coming generations. Among others , the programme was attended by Principal Sccretary to the Chief Justice, M.K. Sharma, Principal District & Sessions Judge, Srinagar, Jawad Ahmed; Registrar Vigilance, Tasleem Arif; Registrar Rules, Rajinder Sapru; Registrar IT, Anoop Sharma; Sccretary, HCLSC, Prem Sagar; Joint Registrar (Protocol), Abdul Bari and Iarge number of advocates. of advocates

JINDRAH IMAGES #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

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 Amarathiji Yatra. The local people have been on fore-front to make the yatra successful by rendering their relent-less 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 sub-stantial 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 Amarathij have testified the good quality of services and appreciated seam-less yatra. Its pertinent to mention that administration is

less yatra. It is pertinent to mention that administration is committed to ensure safety and security of vatries and all the stakeholders involved with yatra.

DC Doda flags off PRIs on exposure



JI NEWS SERVICE

DODA, JULY 19: To enhance the efficiency and capabilities

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 field. Amidst a sense of enthusiasm and anticipation, the deputy commissioner flagged off the Sarpanchas and Panchs of the region, on their journey to Himachal Pradesh. The officials from the concerned department were also present

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 work practices employed in another state. By witnessing the administrative operations and strategies implemented in Himachal Pradesh, the PRIs from Doda aspire to gain valu-able 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 gov-ernance. C M

Mega Hand-holding session for JJM stakeholders held at Kupwara Management, Conservation Measures and the importance of

KUPWARA, JULY 19: Mission 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

C M

about the importance of water quality for public hygiene and demonstrations of Field Test Kits The sessions witnessed partici-

tion of different stakeholders including PRIs, Pani Samiti members, Field staff of Jal Shakti

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 Bhaderwah, Sub m-district Bhaderwah; Panchayat Gandow A in Block Jakyas, Sub-division

Gandoh: Panchavat Ghar Ganota in Subdivision Ass

Subdivision Thathri. The outreach camps, held under the supervision of Deputy Commissioner Doda, Vishesh Mahajan, wit-nesenting diverse backgrounds, including PRIs (Panchayati Raj Institutions). The Participants earnestly expressed their griev-ances, focusing on crucial issues such as augmentation of water and power supply, better healthcare infan-structure with sufficient staff, appointment of teachers in educational institutions and road connectivity enhancement, among others.

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 griev-ances and work towards resolving them as quickly as possible.

possible. The event at Panchayat Ghar Udrana B, Block Bhadarwah, was chaired by BDC Chairperson, Omi Chand, and attended by AJCC Bhaderwah, Ch. Dil Mir. The government officers present at the event pro-vided essential services and attentively listened to the grievances and demands of the public.

Barshalla in Tehsil Thathri

and Panchavat

Subdivision Thathri

enhancement, among others.

possible The



of mediation in resolving disputes, reduc-ing litigation costs, and preserving rela-

Director, J&K Judicial Academy, Y.P

Bourney, in hid welcome address high-

tionships

(ISA), Water Testing Lab Staff, Field Testing Kit Users and other concerned. The well-attended session was presided over by Project JJM, Management Uni Implementation Suppo

ADC Kupwara, Gh. Nabi Bhat who impressed upon the partici-pants to take full benefit of this handholding-cum-awareness Jal Jeevan Mission for ensuring programme and fully learn from live demonstration adequate, clean tap water to every household. A demonstration session on water testing was also conducted to acquaint the Paani Samitis and other stake-holders. IEC Expert of JJM explained in detail the role and duties of the stakeholders includ-ing Pani Samitis, PRI members, Asha and Anganwadi workers and shared best practices of Water Management and Rain Water Harvesting with the audi-ence and motivated them to play their role with a missionary zeal tion session on water testing was The ADC highlighted the role of en in water conservatior women in water conservation and said that women can play an important role in better manage-ment. District Project Manager Muhammad Hidayatullah high-lighted a series of steps undertak-en in Kupwara district for suc-cessful implementation of Jal Jeevan Mission. The other experts on the occa-sion hizhlichted various aspects their role with a missionary zeal towards fulfilling the vision of JJM.

sion highlighted various aspects of Jal Jeevan Mission, Water

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

JI NEWS SERVICI

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

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.

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 uninter-rupted supply. To enhance the emergency response system, the Divisional Commissioner system, the Divisional Commissioner flemergency Operation Centers (EOCs) in every district. The DCs were instructed to notify helpine 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) devartment to keep their

Roads Organization (BRO), Irrigation and Flood Control, Pradhan Mantri Gram Sadak Yojana (PMGSY), Urban Local Bodies, Jal Shakti, Public Works Department (PWD), Jamun Power Distribution Corporation Limited (PDCL) and other concerned depart-ments while Deputy Commissioners of Jammu division and concerned offi-cers participated through video con-ferencing. aing. The Jammu Power Distribution

Corporation Limited (IPDCL) and Jal Shakti were put on alert and asked to swiftly restore water and power sup-ply in the case of any damage caused by flash floods. The meeting was attended by Deputy Commissioner Lammu, Avay

Deputy Commissioner Jammu, Avny Lavasa; Commissioner JMC, Rahul Yadav; senior officers from the Border Roads Organization (BRO), Irrigation

JI NEWS SERVICE DODA, JULY 19: To take the appraisal of dental care servic-

LOUA, JULY 19: to take the appraisal of dental care servic-es 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 per-formance and Dental care services provided by the Surgeons and discussed the deficiencies with the partici-pants.

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 imple-mentation of all health programmes on the ground and ensure that the benefits reach the end user without any difficulty

idhra. Jammu and Published from

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 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 indi-viduals and deputations headed by PRI members projecting demands and apprising the Vice Chairman District Development Council Kathua about the prob-lems faced by the inhabitants of

eir respective areas. The people of Kathua and 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 dis-posal of land Compensation cases, provisions of e-rickshaw for picking up garbage from pan-

Jansampark Printing Press Bye Pass Sidhra, Jan

Printed, Edited, Published & Owned by Shambu Nath Sharr

chayats, Mobile phone connectiv-ity issues, maintenance of street

chayas, Mobile phone connectiv-ity 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 uni-one to achieva downda dwalan son to achieve desired develop-ment goals. He said the government has opened ample opportu-nities to uplift social- economic conditions of the people by extending hand holdings in sec-

tors concerning the larger sec-tions of the society, including youth and women folk. The VC DDC further said that

all the genuine issues raised dur-ing the Block Diwas shall be resolved by concerned depart-ments within prescribed time. The directions were also passed to the sectoral officers for resolving the issues on priority basis. Meanwhile, similar weekly Block Divas camps were also organized at all sub Division lev-

ma, Managing Editor: Arteev Sharma Mob.: 9419391611, Printed at: Jansa

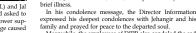
nmu | Mobile No. 9419104223, 09419138284, Ph

els, where the concerned Sub Divisional heads listened to the

Divisional heads listened to the issues and grievances of people. Among others, the meeting was attended by Additional Deputy Commissioner Kathua, BDC Barnoti, BDC Nagri, Chief Planning Officer, Assistant Commissioner Development, Assistant Assistant Commissioner Revenue, Chief Medical officer, Chief Education Officer, Chief Agriculture Officer, BDO's, sec toral officers and PRI Members.

ne No. 0191-2539712 Email :- jir

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

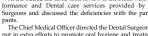


perspect

expressed inis deepest condolences with jehangir and inis family and prayed for pace to the departed soil. Meanwhile, the employees of DIPR also condoled the sad demise of monther of Jehangir Ahmad. The officers and employees of the department offered their deepest condo-lences to the bereaved family and prayed for eternal peace to the departed soul and courage for the bereaved family to bear this irreparable loss.

JI NEWS SERVICE

Provision of dental care services reviewed in Doda



nages123@gmail.com

ess. Bye Pass. S



(PMGSY) department to keep their men and machinery on standby for road clearance operations when

required. required. Jammu Municipal Corporation (JMC) and Urban Local Bodies were instructed to keep the drainage sys-tems clean in the city and major towns to prevent blockages and subsequent floading.