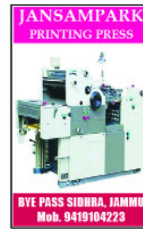




JINDRAH IMAGES



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BRIEFLY

Eighth Arrest In April Attack On Police Party In J&K
JI NEWS SERVICE

JAMMU, JUL 30: The Jammu and Kashmir Police on Sunday said it has nabbed from Samba district a key accused in an attack on a police party in April, making it the eighth arrest in the case.

Farman Ali alias "DC", a resident of Rakh Barotian, was allegedly involved in the April 6 attack on the police party near his village when they had gone to arrest suspected drug peddlers, a police spokesperson said.

Ali, a notorious heroin smuggler, used to frequently change his identity and locations to evade arrest, the spokesman said, adding he was arrested by a

Contd On Page-4...

Man Dies After

Complaining Chest Pain In Police Lockup In J&K's Udhampur; Inquiry Ordered
JI NEWS SERVICE

Udhampur/Jammu, Jul 30: A 35-year-old man was declared dead at a hospital shortly after complaining of chest pain inside a police lockup in Jammu and Kashmir's Udhampur district early Sunday, officials said.

The relatives of the victim Daleep Singh, a resident of Rathian village, blocked the main Dhar road for over three hours, demanding an impartial inquiry into the circumstances leading to his death. Singh was overpowered by security guards posted at Udhampur

Contd On Page-4...

4,000 Indian Women Performed Haj Without 'Mejram', It's 'Huge Transformation': PM
JI NEWS SERVICE

NEW DELHI, JUL 30: Prime Minister Narendra Modi on Sunday said over 4,000 Muslim women performing Haj this year without 'mejram' was a "huge transformation" and asserted that more and more people were getting the chance to go for the annual pilgrimage with the changes made by his government in the Haj policy over the past few years. Over 4,000 Indian women performed

Contd On Page-4...

40% Work On Zojila Tunnel Over; Terrain, Weather Challenges Push Completion Deadline To 2030
JI NEWS SERVICE

Dras (Ladakh), Jul 30: Difficult terrain and weather challenges have pushed the deadline for completion of the Zojila tunnel, which will provide all-weather connectivity between the Kashmir valley and the Ladakh region, to December 2030, according to officials.

The tunnel, said to be the longest of its kind in Asia and at the highest altitude, will significantly cut down the time to cross the Zojila

Contd On Page-4...

World's Highest Rail Bridge, Asia's Longest Road Tunnel In Udhampur LS Constituency: Dr Jitendra Singh



JI NEWS SERVICE

NEW DELHI, JULY 30: World's highest rail bridge and Asia's longest state-of-the-art road tunnel located in Udhampur Lok Sabha constituency are amongst some of the national level landmark projects, which have come up in this constituency during the last 9 years after 2014.

This was stated here today by Union Minister of State (Independent Charge) Science & Technology; Mo6 PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh during a two-hours luncheon meeting hosted by him for FRI representatives, Panchayats, Sarpanches, BJP office bearers and other activists from his constituency.

The meeting was a part of a cycle of such regular feedback sessions which Dr Jitendra Singh has been holding with the representatives

from different parts of his constituency on a regular basis. The areas, which were represented in today's meeting, included Doda, Basholi, Billawar, Kathua and Ramban. Dr Jitendra Singh said, unprecedented developmental works have taken place in Udhampur-Doda-Kathua Lok Sabha Constituency in the last 9 years but the need is to spread greater awareness about the same in each corner of the constituency.

Dr Jitendra Singh said, it is a matter of pride for all of us that even two days back while inaugurating Bharat Mandapam, world's largest Convention Centre, Prime Minister Narendra Modi mentioned the highest railway bridge in Reasi, while the longest road tunnel "Chenani to Nashri" named after Syama Prasad Mukherjee was also inaugurated by him. At the same time Prime Minister Modi also described the

successful Aroma Mission and Lavender Cultivation at Bhaderwah in his Man Ki Baat broadcast.

The delegation submitted a people's survey report to the Union Minister, which says that 'Udhampur-Doda-Kathua' Parliamentary Constituency is possibly among the most developed constituencies in India of all the Parliamentary Constituencies.

Dr Jitendra Singh said that credit for this goes to Prime Minister Narendra Modi, who after taking charge in May, 2014, gave special focus on Jammu and Kashmir and in the North-Eastern region.

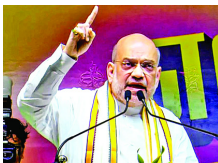
Dr. Jitendra Singh said, Udhampur-Doda-Kathua Parliamentary Constituency is the only Constituency in India to get three centrally funded medical Colleges in the last five years.

Dr. Jitendra Singh said, this constituency has earned its name in India and in the world as the birthplace of 'Purple Revolution' which has given birth to Agri-tech Start-Ups not only in J&K but across the country. This Parliamentary Constituency has all the potential to contribute in the Start-Up movement promoted by PM Narendra Modi. Dr. Jitendra Singh added.

North India's first Industrial Biotech Park near Kathua, first

Contd On Page-4...

Congress Govt Didn't Do Anything For The Poor For 70 Years: Amit Shah In Indore



JI NEWS SERVICE

INDORE, JUL 30: Union Home Minister Amit Shah on Sunday said the Congress-led dispensation which was in power for 70 years did not do anything for the poor people in the country.

Today, Prime Minister Narendra Modi is known as the "messiah of the poor" across the country due to the welfare works done for the poor people, Shah said

addressing the 'Vijay Sankalp Sammelan' of BJP workers in Madhya Pradesh's Indore city while launching the campaign for the state assembly polls due later this year.

He also appealed to the BJP workers to ensure the party's victory in all 29 Lok Sabha seats from Madhya Pradesh to make Narendra Modi India's PM again. In the 2019 Lok Sabha polls, the BJP won 28 Lok Sabha seats in the state.

Addressing the BJP workers, Shah said he visited the entire country, but the party organisation in Madhya Pradesh is the best.

He said the people of Madhya Pradesh ensured the BJP's win in 27 Lok Sabha seats from the state in 2014.

"In 2019, the people of MP gave 28 out of the 29 Lok Sabha seats in the state to the BJP. In 2024, give all the 29 seats to Modi ji," Shah said. Contd On Page-4...

Discipline Hallmark Of Armed Forces, Says SC Dismissing Army Personnel's Plea Who Overstayed Leave

JI NEWS SERVICE

NEW DELHI, JUL 30: Discipline is the implicit hallmark of the Armed Forces and a non-negotiable condition of service, The appellant enrolled

in the Army Service Corps as a mechanical transport driver on January 4, 1983.

In 1998, he was initially granted leave for 39 days from November 8 to

Contd On Page-4...

Courts Must Not Be Hypersensitive Or Swung By Emotions While Exercising Contempt Jurisdiction: SC

JI NEWS SERVICE

NEW DELHI, JUL 30: More than 13.13 lakh girls and women went missing in the country in three years between 2019 and 2021 and most of them were from Madhya Pradesh, followed by West Bengal.

According to the Union Home Ministry data, tabled in Parliament last week, 10,61,648 women above 18 years and 2,51,430 girls below that age went missing between 2019 and 2021 across the country.

The data was compiled by the National Crime Records Bureau (NCRB).



In Madhya Pradesh, 1,60,180 women and 38,234 girls went missing between 2019 and 2021, according to the data provided to Parliament. A total of 1,56,905 women and 36,606 girls went missing from West

Bengal in the same period. In Maharashtra, 1,78,400 women and 13,033 girls went missing in the said period.

In Odisha, 70,222 women and 16,649 girls went missing in the three years while 49,116 women and 10,817 girls went missing from Chhattisgarh in the said period.

Among the Union Territories, Delhi recorded the highest number of missing girls and women.

In the national capital, 61,054 women and 22,919 girls went missing between 2019 and 2021 while in Jammu and Kashmir, 8,617 women

Contd On Page-4...

'Mann Ki Baat'

Motivational Tales To Reach Students In Comic Format Across J&K Schools



JI NEWS SERVICE

JAMMU, JULY 30: Jammu and Kashmir Board of School Education (JKBOSE) with an aim to motivate young minds, will teach selected stories of 'Mann Ki Baat' episodes of Prime Minister Narendra Modi in the comic book format in the government schools across the Union Territory.

Sources in the J&K Board of School Education said that the Ministry of Culture in collaboration with 'Amar Chitra Katha' has planned to bring out 12 volumes of Comic Book on selected stories of 'Mann Ki Baat' of the Prime Minister of India.

"The first book of the

Government of India run schools and efforts are being made for easy availability of printed copies in these schools.

"The J&K Education Department has been instructed to either place bulk orders to the publisher directly or authorize schools to procure printed copies of the book from the local distributor," they added.

Sources said that the book is also available in Amazon and Flipkart platforms and the digital copy of the book should also be uploaded on the portals of State School Boards as portals of schools, adding, "The Heads of the Institutions (HOIs) across the UT of Jammu and Kashmir have also been instructed to have one period every week for story telling from 'Mann Ki Baat' Comic Book."

"One of the most communicative teachers will be tasked to tell at least two stories every week from the book and in addition, schools may be instructed.

Contd On Page-4...

Smart City Project: Jammu To Get Fleet Of 100 E-Buses In Aug



JI NEWS SERVICE

JAMMU, JULY 30: The winter capital of Jammu and Kashmir is all set to get a fleet of 100 e-buses from the month of August under Smart City Project Limited. The buses will be supplied by TATA and expected to make a major contri-

but to cutting carbon emissions and fostering a cleaner environment. "In total 100 e-buses are being procured," Rahul Yadav, Commissioner, Jammu Municipal Corporation said. Yadav, who is also Chief Executive Officer (CEO) of Jammu Smart

City, said he is thankful to the

Contd On Page-4...

Hundreds Of Kashmiri Pandits Visit Martand Sun Temple In J&K's Anantnag To Perform 'Pind Daan'
JI NEWS SERVICE

MATTAN, JUL 30: Hundreds of Kashmiri Pandits visited the Martand sun temple here in Jammu and Kashmir on Sunday to perform "pind daan" as part of the Barmaasa Mela and prayed for peace for the souls of their departed ancestors.

Ashok Siddha, the president of the mela management committee, said he is thankful to the

Contd On Page-4...

13.13 Lakh Girls, Women Went Missing Between 2019 And 2021: Govt Data

JI NEWS SERVICE

NEW DELHI, JUL 30: More than 13.13 lakh girls and women went missing in the country in three years between 2019 and 2021 and most of them were from Madhya Pradesh, followed by West Bengal.

According to the Union Home Ministry data, tabled in Parliament last week, 10,61,648 women above 18 years and 2,51,430 girls below that age went missing between 2019 and 2021 across the country.

The data was compiled by the National Crime Records Bureau (NCRB).

In Madhya Pradesh, 1,60,180 women and 38,234 girls went missing between 2019 and 2021, according to the data provided to Parliament.

A total of 1,56,905 women and 36,606 girls went missing from West Bengal in the same period. In Maharashtra, 1,78,400 women and 13,033 girls went missing in the said period. In Odisha, 70,222 women and 16,649 girls went missing in the three

years while 49,116 women and 10,817 girls went missing from Chhattisgarh in the said period.

Among the Union Territories, Delhi recorded the highest number of missing girls and women.

In the national capital, 61,054 women and 22,919 girls went missing between 2019 and 2021 while in Jammu and Kashmir, 8,617 women and 1,148 girls went missing in the said period. The government also informed Parliament that it has taken

Contd On Page-4...

Amarnath Batch Strength Heading For Kashmir Dropped Below 2000

JI NEWS SERVICE

JAMMU, JUL 30: A fresh batch of 1,974 pilgrims, including 363 women, left Jammu city in a convoy of 85 vehicles early Sunday for the twin base camps in Kashmir to perform the annual Amarnath pilgrimage, officials said.

The drop in the pilgrim footfall was attributed to the complete melting of the naturally formed ice-shivlingam at the 3,880-metre-high holy cave shrine in the



south Kashmir Himalayas. The yatra is scheduled to end on 'Shravan Purnima' coinciding with Raksha Bandhan festival on August 31 with the holy

Contd On Page-4...

Public grievances mounting, BJP still unmoved: Malik

LJP (R) office inaugurated at Kotli Ratnu Chak, Samba



JJ NEWS SERVICE

JAMMU, JUL 30 : LJP (R) J&K President Rafiq Malik today inaugurated party office at Kotli Ratnu Chak, Samba. On this occasion several prominent persons joined LJP (R). Those who joined include Rajinder Kumar District President Samba Labour Cell, Rohit Kumar General Secretary Labour Cell Dist Samba, Rampal SC/ST President Dist Samba, Gafour Hussain Sports and Culture

Jammu Province President. Speaking on the occasion, Malik said that public grievances are mounting every day but the Government has remained unmoved. He said that public issues and grievances are piling up with the passage of every day but the Administration has failed to solve the basic issues. He expressed serious concern over hefty power tariff bills highlighting poor people inability to pay such bills and that too when there is

unscheduled power cuts in the area. He lashed out at the Central Govt for the unprecedented price hike and record unemployment besides failing to address the grievances of people of J&K on every count after promising massive development in garb of their wrong policies in J&K. Malik said people of JK UT have realized the politics gimmicks of various groups and parties which were trying to make

inroads in JK to create confusion among the voters. He stressed upon the people to remain vigilant against the political exploitation by these political parties. He also highlighted fate of daily wagers, need-based and casual workers. He said that Govt is totally indifferent to the genuine demand which will affect all section of people from various parts of the country, being tourist and pilgrims' state.

Prominent among those present on the occasion include Mulkh Raj State President SC Cell, Rajiv Gorka State President Legal Cell and Chief Advisor JKUT, Mahraj Krishan Bhat State President Migrant Cell JKUT, R.P. Singh State General Secretary JKUT, Neha Bhagat State President Mahilla Wing, Nirmal State Gen Secretary Mahilla Wing, Anjali Tehsil Union General Secretary Mahilla Wing, Rekha Devi Rural Dist President.

All-round development, people's welfare among top priority of Modi Govt: Kavinder



JJ NEWS SERVICE

JAMMU, JUL 30 : Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta said that all-round development and welfare of the people of the Union Territory is the top priority of the Modi government.

He was stated while kick-starting development works of lanes and drains

at Ward No 2 of Cantonment area of Jammu with an estimated cost of Rs 32 lakhs. On the occasion, Bharat Bhushan Vice Chairman Cantonment, Vinay Gupta, senior BJP leader and former District President, Narinder Gupta, Rachit Khosla, Ajay Sharma, Gurdial Singh, Shanti Swaroop, Sanjay Kumar, Vinod Kumar and Ashwani Kumar were present.

Kavinder said that it was a long pending demand of the residents of the area which has been fulfilled today. He asserted that under the stewardship of Prime Minister Narendra Modi, the people of Jammu and Kashmir are witnessing unprecedented development in every nook and corner of the Union

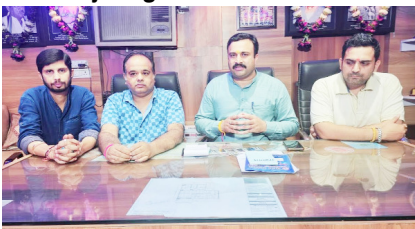
Territory, adding that BJP stands fully committed to fulfill the pressing demands of the people.

The former Deputy Chief Minister said that whenever a demand is brought to our notice by the people or we notice that there is any urgent requirement in any area, the party leaders and workers take immediate initiatives to get the demand fulfilled and grievance addressed in the least possible time.

Later, the people of the area met the former Dy CM and apprised him about their problems including lack of some basic facilities. After listening to them patiently and taking note of all their genuine demands, Kavinder assured that their concerns will be addressed at the earliest.

He asked people to extend full support to the pro-people policies of the BJP government at the Centre.

Mahamandaleshwar Swami Shri Vishweshwaranand Giri Ji Maharaj will get the Shri Kailakh Sanskrit Ratna Award 2023



JJ NEWS SERVICE

JAMMU, JUL 30 : Shri Kailakh jyotish avim Vedic Sanathan trust President Mahant told a press conference that on behalf of the trust, on Tuesday, August 01, 2023, at 5:50 pm, Majestic Grand Banquet Hall, Mishri Wala, Akhnour Road, a grand program is being organized in Jammu. In which Shri Mahamandaleshwar Swami Shri Vishweshwaranand Giri Ji Maharaj will be given this year's Shri kailakh Sanskrit Ratna Puraskar. He will be given this honor for promoting Devyani Sanskrit. In order to promote Devyani Sanskrit on behalf of the Trust, the process of awarding Kailakh Sanskrit Ratna Award to a Sanskrit scholar every year for doing excellent work in the field of Devyani Sanskrit has been started from the year 2017. This year the Trust has decided to give this award to Sanskrit scholar Shri Mahamandaleshwar Swami Shri Vishweshwaranand Giri

Ji Maharaj. Swamiji is currently a member of the Shri Mata Vaishno Devi Shrine Board and the President of the Governing Council of Shri Mata Vaishno Devi Sanskrit Gurukul Katra Gurukul. In addition, Swamiji is the eleventh President of Suratgiri Bangla, Hariwidar and President of Sanjyas Ashram Vile Parle Mumbai. At the age of 18, Swamiji came to Sanjyas Ashram for the first time as a celibate. On May 6, 1981, Swamiji took the direction of retirement. Swamiji did his Vedantacharya from Sampurnanand Sanskrit University Varanasi and M.A. from University of Mumbai. On May 10, 1995, his Guru Ji Brahmalin Mahamandaleshwar Shri Swami Brahmanand Giri Ji Maharaj entrusted him with the responsibility of the ashram and honored him with the title of Mahamandaleshwar in the presence of Saint-Mahatmas. Swamiji is deeply involved in organizing and spreading awareness of Vedic religion through

spiritual lectures and cultural programs in India and abroad. Currently Shri Mata Vaishno Devi Shrine Board Member and Chairman of the Governing Council of Shri Mata Vaishno Devi Sanskrit Gurukul Katra. He had an active role in the Shri Ram Jannabhoomi movement from the very beginning. His work for promoting Sanskrit language, cultural and heritage values through Shri Mata Vaishno Devi Gurukul Katra has been commendable. Shri Mahamandaleshwar Swami Shri Vishweshwaranand Giri Ji Maharaj Devyani is playing a special role in the upliftment of the society by doing the important work of taking Sanskrit language and Indian culture to the masses. Shri Mahamandaleshwar Swami Shri Vishweshwaranand Giri Ji Maharaj has made invaluable contribution in the promotion and development of Sanskrit language in India. The students taught by him are today holding high positions in the State Government and the Central Government. The young generation should also contribute to the preservation of state and national culture by following Shri Mahamandaleshwar Swami Shri Vishweshwaranand Giri Ji Maharaj. In the program, His Excellency Lieutenant Governor of Jammu and Kashmir Manoj Sinha ji will be present as the chief guest, former minister Sham Lal Sharma as special guest and President of Vishwa Hindu Parishad Delhi Kapil Khanna ji Saraswat. After the completion of the programme, there will be dinner.

'Smart City project is a big scandal'

Show BJP its place in forthcoming local body polls, Dr. Vikas to youth



JJ NEWS SERVICE

JAMMU, JUL 30: Following recent announcement of holding Panchayat and Urban Local Bodies elections, Zonal Secretary and Coordinator Jammu District (Urban) JKNC, Dr. Vikas Sharma held a meeting with a large group of youth and sounded them to be in readiness for ensuring Panchayat / ULBs elections.

Flaying the anti-public as well as anti-youth policies adopted by BJP party, Dr. Vikas said that all the promises made by the BJP party have fallen flat with educated pushed into deep

unemployment crisis due to policy paralysis of BJP Govt. He lamented that BJP has totally destroyed the Jammu region after abrogation of Art 370 and people of Jammu are being harassed and hoodwinked on the name of developing Jammu as a smart city. He alleged that the smart city project with crores of rupees is a big scandal as all is based on paperwork, but on paper nothing much visible has been done vis-a-vis huge allocation of funds. Snubbing present LG gov't functioning under the direct control of BJP Govt at the Centre, he said

that gov't has adopted new modus operandi to mentally torture the people of Jammu by imposing property tax, installation of power smart meters, now pre-paid meters, he alleged, adding that in fact, a mechanism is being put in place to embarrass Jammu by resorting to unwarranted means. Zonal Secretary alleged that the political party in power has totally spoiled the earning pattern of locals of Jammu as all the Govt works including contracts of sand, bajri, wine shops, parking spots have been allotted to the people from outside JK UT jeop-

ardizing the living standard of general public Jammu and Kashmir and drastically dwindling their livelihood.

He further said that all the important positions in the LG Govt, assembly or universities have been deliberately occupied by officers from outside JKUT under a well knit conspiracy to make the lives of people here quite miserable with none to listen to their genuine grievances, he added.

He appealed that in the coming elections including parliament, assembly or local bodies, all have to join hands together to defeat the evil designs of BJP party to gain power by hook or crook given the bad to worse experience of its miss governance since last nine years, he alleged.

Dr Vikas Sharma urged them to strengthen the hands of Jammu and Kashmir National Conference led by Dr. Farooq Abdullah and Jenab Omar Abdullah, who are the only hope obviously left over for people here to have a sigh of relief during NC Government in Jammu and Kashmir.

Manjit Singh demands revocation of toll-tax charging in Samba

DEMANDS CRIMINAL PROCEEDINGS AGAINST NHAI, OTHER AUTHORITIES FOR HARASSMENT OF COMMUTERS

JJ NEWS SERVICE

JAMMU, JUL 30 : Apni Party Provincial President, Jammu, and Former Minister, S. Manjit Singh has strongly criticized NHAI authorities for charging toll-tax at Sarore in Samba District even after two damaged bridges on Jammu- Pathankot Highway. "Its appears to be insensitive attitude adopted by the NHAI authorities, and injustice done with the people of Samba district with the practice of charging toll-tax at Sarore to the commuters despite knowing that the highway has been damaged badly and constantly causing inconvenience to the commuters on a long stretch," Manjit

Singh said in a statement issued on Sunday. He said that the commuters especially tourists and pilgrims remain stranded for hours together at different places on the highway in Samba as well as in Kathua. However, there appears no justification of charging the toll-tax when the people are put to severe kind of harassment during their travel to Jammu from Samba, and Kathua. He demanded immediate revocation of charging of toll-tax at Sarore and free movement of vehicles should be allowed on the highway from the toll plaza without putting the commuters to any kind of harassment. "The continuous practice

of toll-taxing causes exploitation of the commuters who wait for their turn in long queues," he added. He said that "The bridges, and roads are uprooted, and people are covering over 50 to 100 kms highway that is in the worst condition. Therefore, a criminal proceeding should be taken up against the NHAI authorities for charging people as well as providing them no convenience." "For more than a year, the highway has been under construction from Kathua, Samba up to Jammu. The widening as well as expressway work is underway and the entire stretch of highway in the above said three districts

has been disturbed. The routine traffic is disturbed with jam on the highway amid ongoing work. However, it makes no sense to continue the toll tax that needs to be revoked for time being till the entire stretch is made obstacle free and smooth traffic is allowed on the highway," he said. He further stated that today an incident was reported about alleged harassment/beatings of a bus driver at Sarore in Samba district by the staffers of toll-plaza. He said that if the demands are not accepted within a stipulated time, the people will be forced to come on the road to protest against the concerned authorities.

Harley-Davidson X440 priced Rs 2.29 lacs launched in Jammu

JJ NEWS SERVICE

JAMMU, JUL 30 : The Harley-Davidson X440, the much-awaited high profile bike unveiled at a ceremony today at Ridges Harley Davidson (Jamkash Biking), Vehicles Complex, Channi Himmat Jammu was a sight to behold.

DIG Traffic, Mr Sridhar Patil IPS, unveiled the bike in the presence of SSP Traffic Mr Faisal Qureshi, Mr. Chirag Chawla, Senior Manager -Sales and Dealer Development Harley Davidson, Harley Owners Group(HOG), bike enthusiasts, media, and team members of the Ridges Harley Davidson. Speaking on the occasion, Mr Sridhar Patil, IPS, appreciated Harley Davidson for the all-new X440 that marks Hero MotoCorp and Harley-Davidson's foray into the 440cc segment for the first time in India.

"This is a significant milestone, creating a unique value proposition for customers in the Indian market and target a wider range of motorcycle enthusiasts," he said, emphasizing the requirement to adopt all necessary protective gears while driving a bike and to also obey all the rules and regulations while on the road so as to make the roads very safe. Mr. Faisal Qureshi, SSP Traffic, Jammu while speaking on the occasion said that this remarkably sturdy and comfortable machine will provide an unparalleled riding experience to the bike lovers in J&K. He also stressed upon wearing a helmet and adhering to the traffic rules while riding. Chirag Chawla, Senior Manager, Sales & Dealer Development Harley Davidson said that featuring a dominant presence on the road, the Harley-Davidson X440 embodies

the essence of the renowned Harley-Davidson brand. It proudly displays its distinct design, solid all-metal frame, and formidable motor. Quick and agile when navigating through traffic. The Harley-Davidson X440 excels in both value and performance, solidifying its status as a true performer. At its core lies the ground-breaking 440cc oil-cooled, long-stroke BSVI (OBD II) and E20-compliant engine, a first for Hero MotoCorp. This engine delivers an impressive power output of 27 bhp, along with a maximum torque of 38 NM, ranking it as the best in its class. Furthermore, the motorcycle boasts an exceptionally flat torque curve, with approximately 90% of its peak torque available from as low as 2000rpm. The Harley-Davidson X440 is loaded with features like ignition alert, panic alert, crash alert, top-

ple alert and low fuel alert, theft alert, battery removal alert, geofence alert and remote immobilization, driving alerts - over-speeding, trip analysis-driving score, turn-by-turn navigation, call alerts, and find my vehicle, fuel indicator, roadside assistance, dealer location etc. The much-awaited motorcycle of the year will be available in three variants - Denim, Vivid and S at Ridges Harley Davidson, Jamkash Biking, Jammu at an attractive ex showroom price starting INR 2.29 lakh (Denim), in different colour options. Ridges Harley Davidson, Jamkash Biking has been looking after the Harley Davidson bike enthusiasts since 2019. Situated on the NH44, Vichhadwale Complex, Channi Himmat Colony, it has a stunning showroom and most modern and state of the art machinery and tools in the workshop.

Dr Andrabi inaugurates new works, lays foundation at Waqf Campuses

Chairs meeting with District Administration



J I NEWS SERVICE

SRINAGAR, JUL 30: Pahari Community Representatives, Religious Leaders Delegation & BJP leaders meet Andrabi Minister of State and Chairperson J&K Waqf Board Dr Darakhshan Andrabi today laid foundation stone for the new Masjid to be constructed by J&K Waqf Board at Pari Peer in Rajouri on third day of her visit to Peer Panchal region. Later she inspected the newly furnished Eidgah Jamia Masjid at

Rajouri and also dedicated the newly upgraded and renovated sanitary complex to the public at the campus. Dr Andrabi also inaugurated the Sanitary Complex at Bhatian Sharief in Rajouri. Reiterating her commitment to create basic requirements at all shrines under the ongoing phase two of her Waqf Board redevelopment plan in whole of Jammu & Kashmir. Speaking on the occasion Dr Andrabi said that she was happy to visit the district of Rajouri this time to fulfill the promises made during her visit a few

months back. "J&K Waqf Board is now a new vibrant body which has transformed a lot after coming out of the clutches of the dynasties who looted it's assets beyond any measure", said Andrabi. She convened a meeting of District Administration at Rajouri for resolution of public issues on the spot. Dr Andrabi hailed the administration for responding to the public grievances without delays. The delegation of Pahari Community accorded warm welcome to Dr Andrabi for her efforts and

the decision if the BJP government to include the community in ST list after seventy five years of the struggle. Speaking to the delegation Andrabi said that Modiji is the champion of inclusive growth of India.

A delegation of BJP leaders also met Dr Darakhshan and thanked for her regular and continuous reach out in Pir Panchal region. Interactive session was held to further strengthen BJP cadre base in Rajouri. A delegation of Ulema of the district also met Andrabi and hailed her efforts for giving a new life to Waqf Board. Discussion on holding of mega Sufi Conferences in Pir Panchal Range was held. Andrabi also praised the efforts of the religiously scholars for their immense contribution in keeping alive the spiritual inclusive tradition during very tough times of radicalization and violence in the name of the faith.

Waqf Chairperson was accompanied by CEO of Waqf Board Dr Syed Majid Jahangir & Administrator Rafiq Anjum Malik among other

Tony pays homage to Hazrat Imam Hussain & his companions

Emphasizes need for unity & peace for harmonious growth of society

J I NEWS SERVICE

JAMMU, JUL 30: Senior AAP leader and DDC Member Taranjit Singh Tony today called for putting united efforts for the harmonious growth of society, while promoting peace and tranquility.

Accompanied by Corporator Dwarka Choudhary, Master Aslam Choudhary, Molvi of Digiana Masjid and prominent people of the area were present, Tony joined members of the Muslim community during the refreshment stall set up for Ashura mourners and general public at Digiana area in Jammu city.

During the event, Tony paid homage to Hazrat Imam Hussain (AS) and his companions, who sacrificed their lives in upholding the principles of truth and uprightness. He highlighted the crucial need to strengthen bonds of unity,



amity, and brotherhood, proclaiming that these values have always been the cornerstone of Indian ethos.

Tony emphasized that the spiritual land of India has been a beacon of humanity since time immemorial, guiding individuals towards peace, prosperity, and spiritual bliss. He appealed to the people of Jammu and Kashmir to

spread the message of love, peace, and compassion, as these values are imperative for promoting inclusiveness across the country, particularly in Jammu and Kashmir.

Furthermore, the senior AAP leader highlighted the importance of social justice and equality in society. He expressed hope that everyone would contribute towards the growth of soci-

ety based on these principles. Tony urged the people of Jammu and Kashmir to come together and work towards a society where harmony, peace, and compassion prevail. He urged them to embrace the values of love and inclusiveness, which he believes are essential for the progress and prosperity of the region.

Ganesh Choudhary leads protest against installing Smart Meters



J I NEWS SERVICE

JAMMU, JUL 30 : Shiv Sena Hindustan J&K Youth President Ganesh Choudhary today led strong protest against installing smart meters on National Highway at Bari Brahmanna . Speaking on the occasion, Choudhary said , "We don't understand why the government is not listening to our grievances. Despite all resentment, the government is going ahead with the move," he said. He said that they want flat rates and not the smart meter-gener-

ated power bills. He said that given their economic condition, they won't be able to afford exorbitant bills. He said that most of the locals are either roadside vendors or labourers. He said the government should consider the poor people of the society before installation of Smart Meters.

Choudhary further said that most of the people in the area barely earn enough to feed the family. How are they supposed to pay thousands as electricity bills when their salary is meager" he said."Despite abundant power resources, people are not

suffer. This is our electricity and we have first right over it," he said. He demanded that the installation of Smart Meters should be halted. He said that the hike in cooking gas and other commodities has already made life difficult for them.

Prominent among those present on the occasion include District President Samba Nek Ram, Bari Brahmin President Sanjeev Kumar, Jammu District Raj Kumar Gupta, Pushan Kumar, Shankar Singh, Vikas, Ajay Kumar, Bharat Bushab, Sanjay Kumar, Pritam Chand, Balbir Kumar, Sukdev Singh, Surinder Chowdhary, Lucky Kumar Mohd Hanif, Sonia Chowdhary, Sunita Devi, Reena Kumari, Suman Kumari, Santosh Devi, Santosh Devi besides others. The aggrieved residents said that they cannot afford inflated bills generated by Smart Meters.

Earlier scores of locals, mostly women, assembled on National Highway against the move to install smart meters in the area. The protesters said that they belong to poor families and cannot afford smart meters, which they said generate exorbitant bills.

BJP OBC Morcha organised Free Medical Health Check up camp



J I NEWS SERVICE

JAMMU, JUL 30 : BJP OBC Morcha organised free Health Check-up Camp headed by Renowned Cardiologist Dr Sushil Sharma at Tri Murti Mandir, Janipur colony. Vibodh Gupta (General Secretary BJP JK UT), Sunil Prajapati (State President BJP OBC Morcha), Raman Chaloetra (Secretary BJP OBC Morcha), Ram Lubhaya (Office Secretary BJP OBC Morcha), Ravish Mengi (President Janipur Mandal BJP), Sunita Gupta (Corporator) , Niitu Verma (District President Jammu North BJP OBC Morcha,

Jagdish Verma (General Secretary BJP OBC Morcha), Sankay Bhat (General Secretary Janipur Mandal), Vikas Singh (President Janipur Mandal BJP OBC Morcha), Shubh Kumar (Vice President Janipur Mandal BJP OBC Morcha), Sham Prajapati (General Secretary Janipur Mandal BJP OBC Morcha) and other workers Present on the occasion.

Vibodh Gupta said that Dr Sushil Sharma is rare Cardiologist on mission to Serve humanity. He said Dr Sushil Sharma is out in the remote villages and far-flung villages on every Sunday to hold health and medical awareness camps for the poor vil-

lagers who could not afford to go to Jammu. He and his team of dedicated doctors and health workers conduct required tests and consultations totally free of cost every weekend.

He has conducted the majority of their medical camps with refugees, migrants due to cross-border tensions, women, children (especially children in child care institutions), elders (especially those in old age homes), internally displaced people, migrant workers, and rural residents who are far from the dream of a universal right to health due to the lack of availability, affordability, and awareness of the various health issues confronting them.

Sunil Prajapati on the occasion said Dr Sushil Sharma in the field of preventive cardiology through medical camps has had a significant positive impact on the lives of people suffering from cardiovascular diseases who would otherwise be unaware of their condition or unable to afford to visit a hospital due to various socioeconomic factors.

Around 300 Needy People got their health check up and free medicines along free ECG, Blood Sugar and BMD (Bone Mineral Density) tests free of cost.

People of that area Applaud the initiative of BJP OBC Morcha .

JKCA to announce two mega festivals in mid August

Surinder Manhas, Neelu Malviya remembered, homage paid

J I NEWS SERVICE

JAMMU, JUL 30 : Furthering its pursuit to carry forward its strong representation and outreach, Jammu & Kashmir Cine Association today took up a noble cause to pay homage to departed souls who recently have left for heavenly abode.

In a function organized at Abhinav Theatre today, JKCA paid homage and floral tributes to late Surinder Manhas , renowned music director and Neelu Malviya, senior stage , films and TV artist while presenting a befitting remembrance to the noble souls and their active participation in raising the standards of art and culture. In his opening remarks, Joint Secretary Sudesh Verma presented a brief, but remarkable contribution of both and said their untimely departure has left a big void on Jammu films and culture front.

"Their contribution would be remembered for many years and would be a path opener for generations to come," said Sudesh Verma. Two minutes of silence was observed on the occasion to pay homage to the departed souls.

On the occasion many of the artists' fraternity people joined JKCA and vowed to lead the organization from the front to reach the zenith of success.

Welcoming the artists on the occasion, President Dharminder Kohli said that the canopy of love and brotherhood of the artists' fraternity has grown manifold and time has come that a united effort be launched



to flag Jammu and Kashmir on national as well as international horizons.

"I am overwhelmed to see the ocean surge and hope that the love, faith and belief enshrined in the establishment of JKCA would be a path breaker for new horizons and we unitedly will grow and lead to reach the zeniths," said Dharminder Kohli.

Meanwhile, Pankaj Khajuria took to the forefront while announcing first of its kind celebrations JKCA is contemplating in the coming weeks.

He announced two Mega Festivals in the months of September and October to be conducted under the aegis of Jammu and Kashmir Cine association and said that the organization would be releasing the opening dates of both festivals in mid August.

"I take immense pleasure to announce that JKCA is coming up two festivals of unique kind - one being Short Film and Musical Festival and

other Feature Films Festival of Jammu and Kashmir Cine Association for which the elaborate details would be released in mid August," said Pankaj Khajuria .

His announcement was overwhelmingly received by the houseful audience present on the occasion that approved of the announcement listing their whole participation.

Atul Vinod Duggal , general secretary JKCA while presenting the vote of thanks said that the highly vocal and excited participation of the members of JKCA has well established that the organization is all set to make its strong footprints in the UT as well as on national milieu .

" My heartfelt gratitude goes to all for making this moment a surging movement which would create a milestone on UI panorama and a historical insignia for centuries to come ," concluded Duggal.

BJP was born with an unwavering commitment to serve society: Rekha Mahajan



J I NEWS SERVICE

JAMMU, JUL 30 : Bharatiya Janata Party (BJP) District President Jammu South Rekha Mahajan, taking ahead the activities of the Yuva Morcha unit of District Jammu South, holds a monthly meeting here at Kunjwani Mandir, organized by Yuva Morcha District President Jitendra Manu Salahia in the esteemed presence of District General Secretary Akash Chopra, Kunjwani Mandal President Ranjeet Singh, District Secretary and Prabhari Yuva Morcha Rohini Chandan, Ajmer Singh, Morcha team

and morcha Mandal Presidents. Before the monthly meeting of yuva morcha, Rekha Mahajan also followed the "Man Ki Baat" program was organized systematically and all karyekartas participated in that event.

Rekha Mahajan said that BJP was born with an unwavering commitment to serve society and take the nation to new heights and that it has become India's preferred party She stressed focusing on the youth-centric policies and said that BJYM is connecting to every youth of J&K and the BJP party is fully committed to pro-

viding very desired and genuine opportunities to the youth wings.

Rekha Mahajan, while addressing the yuva morcha partymen stated that this is the strong principled blood that has run through the veins of our party activists and prompted everyone to keep their spirits high to scale further success heights. She pressurized for the prompt activation of the BJYM team for organizational work. Rekha furthermore asked them to work actively for organizational strengthening in their respective areas. She said that the bugle of elections can ring anytime in the union territory of Jammu and Kashmir, be ready for that and keep in touch with the public and keep moving forward with the development works.

BJP District President Rekha Mahajan discussed organizational matters with the yuva morcha (BJYM) cadres. She educates focused on strengthening the party at Panchayat, wards as well as at the booth level. Rekha also pointed out the party cadres about the forthcoming programs and asked them to organize them with fervor.

Ashok Sharma & Ch. Garu Ram inaugurate e-rickshaw outlet at Sohanjana



JJ NEWS SERVICE

JAMMU, JUL 30 : Convenor, Indian Council for Enviro-Legal Action (ICLEA) and Former MLA & MLC, Adv. Ashok Sharma & Former Minister Ch. Garu Ram inaugurated e-rickshaw outlet, C.S.Motors at Main Bazar Sohanjana, Phallain Mandal Road, Jammu.

While congratulating S. Charanjit

Singh Bittu for opening of e-rickshaw outlet at border area of Jammu District and to provide hassle free transportation mode to the general public, Mr. Sharma took commitment that the e-rickshaws should be part of the company's commitment to sustainable transportation and reducing its carbon footprint to protect the mother earth from hazardous pollution. "We are excited to inaugurate

this e-rickshaw fleet," said Mr. Sharma. "These vehicles are a great way to reduce pollution and improve air quality across globe. They are also more efficient than traditional rickshaws, which means they save money on fuel costs."

"We believe that e-rickshaws are the future of transportation in our city," said Ch. Garu Ram. "They are a clean, efficient, and affordable way to get around. We are committed to making them a more common sight on our streets." Former Minister further added that growth of e-vehicles in the country will lead to pollution free estate giving better air quality to polluted lungs. Prominent among those who were present were Gourav Kapoor, S.Balvir Singh, Ashok Bhagat, Col.Som Nath, Ashok Khajuria, Kulvinder Singh, S.Kamalpreet Singh, S.Gurdarshan Singh, Karan & Ors.

SSH new unit framed at Village Nandpur Khor, Ramgarh

SSP Samba doing commendable job against drug smuggling: Kesri



JJ NEWS SERVICE

JAMMU, JUL 30 : Shiv Sena Hindustan J&K President Pt Rajesh Kesri today framed Party's new unit at Village Nandpur Khor in Block Ramgarh, District Samba. On this occasion dozens of people associated with Shiv Sena Hindustan. The newly framed unit comprises of Parveen Kumar as President, Manoj Kumar as Vice President, Vinod Kumar as Secretary, Kamaljeet as Chairman and Prem Paul as Treasurer. Similarly newly framed women wing comprises of Kanta Devi as President, Neha Devi, Vice President, Sunita Devi, Secretary, Amarjeet Kour, Chairman, Asha Devi, Treasurer. Speaking on the occasion, Kesri said that many drug smugglers have been arrested and their chain linkage destroyed. The

district. She has directed all the supervisory officers, SDPOs and SHO's, to immediately arrest all the accused booked under the NDPS Act and complete all NDPS investigations without delay. SSP Tosh also ordered the opening of history sheets and personal files of narco-suppliers/smugglers under relevant rules to prepare dossiers against the accused, besides obtaining information about illegal assets accumulated by them through the sale of narcotics, added Kesri.

Kesri hailed Samba SSP Benam Tosh for strategically deploying well-trained dynamic women officials in District Anti NDPS Team, District Special Branch (DSB) and strategic Police Station duties to play pivotal role in anti-drug drive. Lady officials are having undergone commando courses besides tough basic training and some of them are highly educated: post graduates, graduates, tech-savvy professional officials having possessed all professional acumen required for policing under challenging circumstances, added Kesri. Prominent among those present on the occasion include Balveer Kumar, Vijay Luthra Balwant Fauji, Rajesh Kumar, Om Prakash, Gara Ram, Sanjeev Sharma, Labba Baba, Desraj Ritesh Kumar, Darshana Devi, Anju Devi, Jyoti Devi and dozens of other Shiv Sainiks.

Today drug abuse is the biggest threat to the state. The lives of many youths are getting destroyed due to it. The easy availability of drugs in the open market has made them drug addicts. The J&K police are doing a commendable job by trying to disrupt the drug supply chain by arresting the smugglers. The government should extend all possible support to the police. Kesri appreciated Samba SSP Benam Tosh for directing police officers to take stringent legal action against narco-suppliers/operatives in

Apni Party holds a workers convention in Pulwama

JJ NEWS SERVICE

SRINAGAR, JULY 30: Apni Party's Provincial President, Kashmir, Mohammad Ashraf Mir, said on Sunday that the party has a clear vision to ensure equivalent development and enduring prosperity across Jammu and Kashmir. He assured that the Apni Party, if given a public mandate in the upcoming elections, will ensure the economic and political empowerment of the people in J&K. He also vowed that under the leadership of Syed Mohammad



Allaf Bukhari, the party remains steadfast in its commitment to positively transform the scenario in J&K.

Mr. Mir made these remarks while addressing a day-long party convention in the Litter area of south Kashmir's Pulwama district today. According to a press release issued here, Mohammad Ashraf Mir and his accompanying party leaders received a rousing reception by the party workers on their arrival at the venue.

Addressing the cheerful gathering, he reiterated the party's vision and policies saying, "Apni Party's key agenda is to ensure peace, prosperity, and develop-

ment in J&K, which will eventually give political and economic empowerment to its people."

He added, "We have both the will and vision to change this region's scenario for the better. Almighty Allah has given J&K tremendous potential for enduring prosperity, as He has bestowed this region with everything in terms of natural resources that are required for the sustained prosperity and development of this land. We have enough resources to pave the way for development and create employment opportunities for our youth here."

"Apni Party has a clear-cut vision for harnessing these natural resources, paving the way for a brighter future for our youth and the generations to come," He said.

aware of the party's pro-people agenda."

On this occasion, Mir also talked about certain party affairs and urged the workers to take the required initiatives to strengthen the party further in all the areas across the Pulwama district.

He also advised them to identify the public issues in their respective areas so that these issues could be brought to the attention of the concerned officials for swift redressal.

Besides Mir, the prominent party leaders who were present on the occasion and who addressed the gathering included Senior Leader and Chairman DDC Srinagar Malik Aftab, District President Pulwama Ghulam Mohammad Mir, Provincial Secretary for the party's Youth Wing Manzoor Ahmad Ganai, DDC Pampore Tazeema Akther, DDC Achgozza Mansh Begum, BDC Pampore Altaf Mir, District Youth President Pulwama Syed Tajiab, Councillor Municipal Committee Pulwama Shabir Ahmad Wani, Zonal President Rajpora Farooq Ahmad Malik, Coordinator Rajpora Constituency Rayees Ahmad Mir, Sarpanch Manzoor Ahmad Gors, Zakir Hussain, and others.

Sunanda Dua Memorial Awards given to Board Toppers of BRBEF



JJ NEWS SERVICE

JAMMU, JULY 30: The awards amounting to rupees two lacs were received by 29 children of Harbans Roshan Bhalla

educational Foundation who have scored over 75% marks in the board exams of 8th, 10th and 12th classes this year. Harbans Roshan Bhalla Educational Foundation has launched

the annual "Sunanda Dua Memorial Awards" from this year.

The children who received awards come from financially weak families of rural area around Jammu.

The awards were distributed at an emotional ceremony today at Bee Em General Hospital Complex. Harbans Roshan Bhalla Educational Foundation is supporting the education of children for the last 26 years. Till date over 6000 scholarships have been given with a total outlay of above 200 Lacs.

This year scholarships are being given to 600 students from 70 villages.

The Managing Trustee paid tributes to the vision of the founders; Sh. Roshan Lal Bhalla, Sh. Harbans Lal Bhalla "Educate a Child ; Change a life". Further , he informed that children aged 6 to 8 years from Government schools can apply to join our scholarship Program.

Dr Farooq, Abdullah Omar mourn demise of Balwant Rai Choudhary, uncle of Ex MLC

JJ NEWS SERVICE

JAMMU, JUL 30 : Dr Farooq Abdullah, President of Jammu and Kashmir National Conference, and Omar Abdullah, Party's Vice President today expressed their profound grief and heartfelt condolences to the Surinder Choudhary on the demise of his uncle Balwant Rai Choudhary, beloved uncle of Surinder Choudhary, senior NC leader and former MLC.

In a joint statement, Dr Farooq Abdullah and Omar Abdullah expressed their deepest condolences to Surinder Choudhary and his family. The duo prayed for peace to the

departed soul and much needed strength to the bereaved family to bear the irreparable loss. Rattan Lal Gupta, Provincial President JKNC Jammu and others senior leaders of the party conveyed heartfelt condolences to the Surinder Choudhary on the demise of his uncle Balwant Rai Choudhary.

Among those who condoned the demise include Ajay Kumar Sadhotra former minister and central secretary, Ch. Liaquat Ali Central Secretary, Sheikh Bashir Ahmed Provincial Secretary, Javed Ahmed Rana Zone President Pir Panjal, Sardar Nirman Singh Central Joint Secretary, Bashir Ahmed Wani, Harcharan Singh Baby,

Dr. Mumtaz Bukhari, Ajaz Jan Provincial President YNC, Ashok Kumar Sharma District President Rajouri Rural, Shaifayat Ahmed District President Rajouri Urban, Bagh Hussain Rathore District President Poonch, Ch. Naseem Liaquat Ali DDC Chairman Rajouri, Th. Rameshwar Singh DDC Dhangri, Anita Thakur DDC Kalakote, Shamin Akhter DDC Mougla, Muzaffar Iqbal Khan Spokesperson Jammu, Th. Yashvardhan Singh Additional Spokesperson, Zeeshan Rana Additional Spokesperson, Ch. Mumtaz Bazard and Dr Raghuvir Singh.

Six years on, health centre in Anantnag's Dadoo awaits completion

JJ NEWS SERVICE

ANANTNAG, JUL 30 : After over six years, a health and wellness centre in Dadoo area of Bijnehara hamlet in Anantnag district is awaiting completion.

The residents of the Dadoo area said that the work on the health and wellness centre in the area was started around six years ago but the building is yet to be completed.

They said that a centre was working in a rented accommodation, however, due to unknown reasons, center has been shifted to some other area.

"In absence of any health facilities, we are forced to visit other hospitals far from the area," said Mohammad



Abbas.

He added that the government must either dismantle the building as no work is being done there for years or make it functional on priority as locals are feeling insecure in visiting other hospitals as wild animals remain on prowl in the area. Locals told that women and children are unable to visit other hospitals until a

male person would accompany them due to fear of wild animals and dogs.

"Had there been facilities in the Dadoo village, there wouldn't have been any necessity for locals to visit other hospitals for even minor ailments," they said. They said that the abandoned building is being used for anti-social activities and authorities

must take cognizance of the issue immediately.

"Every evening you can find youth from different areas entering the building for drug addiction and other anti-social things," they said.

Authorities must complete the building as soon as possible and equip it with modern facilities so that they won't be forced to visit other places for even minor ailments.

Locals claimed that they have brought this issue in notice of higher ups upten times but their pleas are falling deaf on their ears. They requested the CMO Anantnag and other authorities to look into the matter and take immediate steps so that locals won't suffer any more.

Chib inaugurates langar for Amarnath pilgrims



JJ NEWS SERVICE

SRINAGAR, Jul 30 : RS Chib, Jugal Kishore, Garu Ram, Hira Lal , Vishal Chopra Personally came and distributed food and langar among Shiva devotees.

Chib said that in this langar of Baba Barfani Amarnath ji, I saw with what devotion the langar operators are serving day and night with body, mind and wealth. The langar being run here

for 26 years by Shri Amarnath Ji Yatra Welfare Society is the best in our Jammu and Kashmir and the organizers of this langar are National Executive President Shri Rajkumar Goyal ji and General Secretary Shri Raju Chandeli ji.

He emphasized the importance of Lord Shiva and the eternal bond of humanity that exists in Jammu and Kashmir.

He expressed happiness to be a part of this holy gathering and appreciated the efforts of Shri Amarnath Ji Yatra Kalyan Society Executive National President Rajkumar Goyal and National General Secretary Shri Raju Chandel and all volunteers in providing 24x7 langar services to the devotees of Baba Barfani. He assured his unwavering support for such noble initiatives and appealed to the people to come forward and contribute whole-

heartedly to the langar organizations serving the pilgrims of Amarnath Yatra.

Jugal Kishore talking to journalists on this occasion he highlighted the divine essence of Lord Shiva and the blessings his devotees get by worshipping him. He expressed his gratitude for the privilege of attending the langar and serving the devotees on the auspicious Amarnath Yatra.

Garu Ram while talking to the journalists said that ever since the journey of Baba Barfani Amarnath ji is going on in our Jammu-Kashmir, since then the local residents and displaced and businessmen living from outside in our Jammu-Kashmir Every year the people are engaged in the service of Bhole Baba with body, mind and wealth and in the same way our Shri Rajkumar Goyal ji and Guruji Raju Chandel are also continuously engaged day and night in the service of the devotees of Bhole Shiv Shankar for so many years. I am very happy and appreciate their sentiments and devotion to Shiva and appeal to all people to cooperate and serve the devotees of Shiva.

Langar Director Sardar Sucha Singh (Councillor) Bhagwati Nagar. Mothershakti Meena Kak, TK Kak, Paramjit Singh Happy Manthan Goyal, youth leader Sardar Charan Singh, District President Jammu G. Shri Akshit Mahajan, State Vice President, Vikram Shridhar Society, Pt. Pirtambar Sharma (District Vice President), Chhota Yogi, and Majid Bhai were present.

THOUGHT OF THE DAY

"An eye for and eye will only make the whole world blind." - Mahatma Gandhi

JINDRAH IMAGES

Fast receding glaciers-matter of concern

The recent studies on glaciers in Ladakh have once again raised concerns about climate change and human intervention in Himalayan region. The study conducted by the scientists of the Wadia Institute of Himalayan Geology, headed by Dr Manish Mehta, has predicted that three new glacial lakes could be formed in Ladakh due to accelerated Parkachik Glacier melting. The study states that the depth of lakes may range from 34 to 84 metres and the accelerated glacial retreat has been attributed to the ongoing climate warming, which also causes surface morphological or geological changes to glaciers. The meeting of the Parkachik Glacier, which is one of the largest glaciers in the Suru River valley and a part of the Southern Zaskar Ranges, western Himalaya, in the union territory of Ladakh, is a matter of concern and there is need to seriously think over the fast changing climate. The findings of the study were published in the journal, 'Annals of Glaciology'. The morphological and dynamic changes of the Parkachik Glacier in the Suru river, have been described by the scientists by procuring the data for the study from satellite imagery from 1971 to 2021 and field surveys conducted between 2015 and 2021. About two years ago, the massive glacier burst at Chamoli in Uttarakhand had also shifted focus back on the dangers of climate change the Himalayan states. It was yet not clear as what caused the breach in a glacier which was not very unusual. The successive governments overlooked the suggestions and assessments of scientists who had warned against the setting up power projects on rivers that originate from glaciers, like the one on the Rishiganga. Vanishing glaciers are often associated with global warming while other studies have estimated past ice loss and made projections of future melt. But until now, researchers have been unclear how much of the observed mass losses are caused by humans rather than natural climate variations but the Uttarakhand tragedy, after a glacier broke off, fell into the Alaknanda and Dhauliganga rivers, and swept through the villages, renewed the debate on human interferences. As far as Jammu and Kashmir is concerned, the uncertainty and worry for the residents is receding glaciers, dwindling water resources and fast change in its weather pattern. Recent research studies are pointing to a constant rising temperature in a J&K, leading to a serious impact on the health of glaciers. According to the experts, Jammu and Kashmir has lost 22 percent of its glaciers in just five decades and if this trend continues, it will lead to a serious water crisis in the next 30 years. The scientists carrying out long term studies on glaciers in J&K claim that accumulation of black carbon, generated mainly by use of coal and petroleum products remains trapped due to the peculiar geological shape of valley, surrounded by majestic Himalayan ranges is affecting the glaciers, source of several high altitude lakes and rivers. Similar is the case with the glaciers in Himachal Pradesh and Tibet plateau feeding mighty rivers like Indus and Chenab. Given the prevailing situation, the governments at the Centre and the respective states have not learnt any lesson so far. The alarming studies should be looked into seriously and immediate corrective measures to restrict human intervention in Himalayan regions.

Ban on rice exports unwise

G. SRINIVASAN

It is difficult to capture new markets but it is easier to wipe them out because of policy aberrations and inconsistency in approach in foreign trade paradigm.

INDIA'S abrupt decision to ban non-basmati rice exports effective from July 20 has set off alarm bells ringing across the world as it is a major source of supply not only to its neighbouring countries such as Bangladesh and Nepal but also to ethnic population settled overseas including the advanced countries. Close on the heels of the disruption of the Black Sea Grain Initiative triggered by Russia's withdrawal from the understanding that guaranteed the assured flow of Ukraine wheat, sunflower and corn to nations reliant on Kyiv's supply, New Delhi's decision on non-basmati rice ban together has not come a day too soon to engender precarious supply situation for both wheat and rice, in terms of their igniting world food inflation to the dismay of millions everywhere. The latest ban is akin to the curbs India clamped last year on broken rice exports with a 20% export duty on non-basmati rice. The ostensible justification to make export difficult or impossible is to ensure sufficient availability of this variety at home and stem price rise as retail prices of rice have swollen by 12% over a year and over 3% in the last three months.

Export trends in rice over the last couple of years suggest intriguing developments, even though the price fetched per tonne has modestly inched. Available figures furnished in the Parliament reveal that India's exports of non-basmati rice to Bangladesh went up from \$12.12 million in 2019-20 to \$350.97 million in 2021-22 and to a peak of \$613.95 million in 2021-22. In the case of Nepal, this was \$245.30 million in 2019-20, \$405.26 million in 2020-21 and to \$461.49 million in 2021-22. Interestingly, India exported non-basmati rice to the tune of \$6133.63 million and basmati rice of \$3337.49 million in 2021-22, to take the overall rice exports to a staggering \$9.6 billion. India's non-basmati rice exports shot up phenomenally to a host of countries including Sri Lanka, Vietnam, Malaysia, Mozambique, Madagascar, Djibouti, Senegal and China in 2021-22. Hence, apprehensions abound that these countries and markets would find replacement sources of non-basmati rice intractable, leaving the new and high volume clientele with little hope for continuity in supply to rely on India. It is difficult to capture new markets but it is easier to wipe them out because of policy aberrations and blatant inconsistency in approach in the foreign trade paradigm that impinges on policy stability to the stakeholders.

Interestingly, even as the export duty on rice of 20% was imposed last September, exports of rice have not decreased as figures reveal that they rose from 33.66 lakh metric tonne (lmt) in September 2021-March 2022 to 42.1 lmt in September 2022-March 2023. What is quite clear is that during the first quarter of the current fiscal, April to June 2023, India's export of non-basmati rice was 15.54 lmt, a whopping 35% jump year-on-year.

Even as domestic white rice prices of common variety fell by Rs 4000 a tonne in the aftermath of the ban, panic-buying by the diaspora in the United States, Canada and Australia, not to speak of the West Asian nations, had hit the social media, reflecting how sweeping such a swift decision to safeguard domestic supply position would spill over in a jiffy, rendering the markets



jiffy. If only the authorities were wise enough not to let last year's excess supply drain domestic stocks recklessly and not responsibly when weather aberrations do not promise any distinct uptick in production, the unnecessary ban upsetting genuine supply stream to overseas markets would have been easily obviated by prudent regulation backed by salutary storage amenities built within the country for perishable items. This is presumably and palpably so as India being the largest exporter in the world, holding 40% of global rice trade and its negative decisions wreaking adverse results and repercussions on the price-sensitive and vulnerable grains trade. It is another tale that the government has conceded in various fora that the demand for Indian basmati rice has gone up in the global market as the export of basmati rice went up from 3.9 million tonnes in 2021-22 to 4.56 million tonnes in 2022-23.

Trade and farm works say that the global rice industry is encountering a substantial decline in production which is likely to be the worst short-fall since 2003. Multiple factors are at play to this bleak scenario on the rice front including insufficient rainfall in India for this water-guzzler crop, causing restricted supplies and a firming up of the market sentiments. As India's rice export market is neatly sundered into basmati and non-basmati categories with West Asian nations holding preponderant share for basmati rice from India and the African continent holding a hefty share for non-basmati rice, the moot point is whether the government could reconsider offering non-basmati rice to African countries where the demand needs to be met on humanitarian considerations. Even as India's non-basmati rice export was swinging between the extremes of 28 lakh tonnes to 46 lakh tonnes in recent years, a blanket ban on such exports needs to be nuanced with extending assistance to the African countries in consonance with India's time-honoured sympathy with the African people, as everything cannot be looked with a mercantile motive. This is bolstered by the fact that as of June this year, India's rice procurement has reached 55.8 million tonnes in the 2022-23 marketing season (October to September) and is well on the road to complete its foodgrains needs (rice and wheat). Hence the need to ensure government-to-government export contract between India and individual

African nation can be explored as a salve and commitment by way of the larger humanitarian gesture.

At another level, the segregation of basmati and non-basmati rice has done immense harm to other premium varieties of rice developed over the decades in different parts of the country that go with the tag of GI (Geographic Indicator, peculiar to the region in which it is grown) such as Navara Rice, Palakkadan Matta Rice, Pokkali Rice, Wayanad Jeerakassa Rice, Wayanad Gandhakasala Rice, Kaipad Rice, Ajara Ghansal rice, Ambemohar rice, Joha rice, Gobindobhogu rice, Tulpanji rice, Katarni rice and Chokuwa rice. This apart there are traditional varieties such as Ponnir or Sona Masoori, Karuppu Kavuni, Mappila Sambha rice, Karunkuruvai rice, kichilli samba, Seeraga Sambha. Since all these premium varieties including GIs and popular one belonging to non-basmati rice categories, the ban affects them adversely as the export outlet is slammed shut now. With less than 2% share in total non-basmati exports by the premium varieties, with basmati rice export holding 18% overseas market share, the ban on these varieties is unjustified, according to industry experts.

S. Chandrashekar, an expert on rice trade and author of the book on basmati rice contends that basmati rice export price is far lower than domestic retail price of such premium rice with domestic consumers cross-subsidising the overseas purchasers of these premium varieties. He said that for the free on board (FOB) \$1,150 per tonne of export basmati rice, the retail domestic price is \$2,340 per tonne. With basmati rice export remaining unhindered, premium rice varieties with promising better prices locked in periodic or spasmodic ban, the India's agricultural export policy needs an overhaul so that market congealed by years of sustained supply are not squandered for want of purposive policy action to help farmers realise a better and remunerative return on the hard toil they put forth sedulously. Did not the Minister of State for Commerce Anupriya Patel emphatically remark in reply to a query in Lok Sabha on March 29 that "rise in agricultural exports improves realisations for farmers and has a positive impact on their income"?

(G. Srinivasan is a senior economic journalist based in New Delhi)

Why the USA is cosying up to India

AJININDYO CHAKRAVARTY

In 1991, when the Soviet Union collapsed, the USA became the only global gendarme. Its economy at that time was 16 times the size of China's. Today, China's GDP has crossed two-thirds that of America's. That too is only true when we compare the two GDPs in terms of US dollars. If one had to look at purchasing power parity, or what each currency could buy in their own countries, China's GDP is actually 25 per cent bigger than the USA's. Indeed, by 2035, China is expected to cross the USA even in dollar terms.

What does that mean for the world economy and geopolitics? The first thing to remember is that even when China overtakes the USA as the largest economy, its per capita income will still be much lower. That means it will still not be able to generate as much surplus that America can. That is why the total net wealth of the US is 86 per cent higher than China's, whereas its GDP is just 40 per cent more. This means the USA will still have more capital to invest than China, as a whole. However, the US government knows that this gap is closing fast. China now has 495 billionaires to America's 735. On top of that, the Chinese economy is closely monitored, guided and financed by the government, which allows it to deploy productive resources in a more organised — and deliberate — fashion than free markets can. So, China can be more



disciplined about its economic and military goals, investing in artificial intelligence, robotics, digital finance and other future-proof technologies. Take 'plug-in' electric vehicles, for instance. China now has 46 per cent of the world's electric passenger cars, 98 per cent of the global stock of electric buses and 65 per cent of all light commercial vehicles. And they have been making this transition systematically and quietly.

Chinese goods have already taken over the world. Now, China is busy exporting its capital to low-income countries in Asia and Africa. Its Belt and Road Initiative (BRI), also known

as One Belt, One Road, plans to build top-class infrastructure in over 150 countries. Chinese companies will build roads, ports, railways, airports, dams, tunnels, power stations and even skyscrapers to create an economic corridor for Chinese goods and investments. China is going to fund it through its own version of an IMF-World Bank-type multilateral lending institution, called the Asian Infrastructure Investment Bank. Although the bank has 57 member countries, 26 per cent of its initial capital is controlled by China. This is a project for a Chinese century, where it will become the dominant partner in

the bulk of the world's poor countries, touching 60 per cent of the world's population.

This is an obvious cause for concern for the USA. It knows that time is running out for the unipolar world which has existed for the past three decades. Russia's war in Ukraine has already opened up the global fault-lines, with many developing countries refusing to toe the American line. It is clear that NATO has lost its teeth and the USA needs to widen its network of allies — indeed, even rethink its geopolitical strategies completely. The NATO countries today account for 45 per cent of the world economy, while China

and Russia jointly make up almost half (around 22 per cent) of that.

If the USA and NATO want to check China's rise, they will need an ally which is likely to grow fast. India is in the best position to play that role. Our economy might be in a shambles, but we are big in aggregate terms, not only in terms of our GDP, but also our population and geographical size. India flanks China to its south-west and could be an invaluable ally in any future armed conflict between China and the West. India also has a historical legacy in Africa, which China is attempting to turn into its sphere of influence. India's diplomatic clout among the African nations can be of great use to the USA, which is viewed with deep suspicion there.

More importantly, India is a stable economy where big American companies can set up shop. There is growing pressure from the American government on its corporates to shift manufacturing out of China. But American monopoly capital is understandably reluctant, because this will increase its costs of production and eat into its profits.

To rudge American capital, the US government is offering big subsidies and tax breaks. It is also negotiating deals with countries like India. And our government is only too willing to oblige them by offering cheap loans, easy terms, discounted land — everything that can help US monopolies improve their profit margins.

It is in the interest of India's elite to align with the USA. In the past 30 years during which our economy has closely emulated American capitalism, the elite have gained immensely and have cornered almost all the economic benefits of reforms. We now have a political-corporate-security complex that operates almost autonomously from the rest of the body politic, while managing to maintain its hegemony over it. It will become an economic, diplomatic and military alliance with the US to place itself on the big boys' table. This is also the best way to secure India from China's potential expansion plans. Whatever shape this alliance takes, it will only increase the authoritarian and centralising tendencies that we are seeing in India. The US does not like too much internal democracy in its Third World allies. History is replete with examples of authoritarian and quasi-authoritarian regimes that have been backed by the USA across Asia, Africa and Eastern Europe. It will be in America's interests to ensure that protests and dissidence are minimised even in India. This will be especially true for all working people, whose rights will necessarily be curtailed to maintain the hegemony of neoliberal economic policies and finance capital. India, therefore, is stuck between a rock and a hard place.

We have a future superpower China in our backyard, while the world's biggest bully is knocking on our front door.



Was POOJA BHATT in a Relationship with Ranveer Shorey? Know the relationship timeline here

Pooja Bhatt, one of the most controversial names in Hindi cinema, has had a colorful love life that has often captured media attention. Among her romantic interests, her relationship with actor Ranveer Shorey stands out as one that sparked both curiosity and controversy.

The Beginning: Friendship Turns into Love

Pooja Bhatt and Ranveer Shorey were initially close friends before their bond deepened into a romantic relationship. They shared a strong connection and eventually started living together in an apartment. Rumors circulated that the couple had taken their commitment a step further and were engaged to be married.

Allegations of Abusive Behavior

However, their relationship took a dark turn when Pooja Bhatt accused Ranveer Shorey of abusive behavior and excessive drinking. She claimed that he would become violent in a drunken stupor, leading to several unpleasant incidents. Pooja disclosed that she was in a relationship with an alcoholic who physically abused her.

Ranveer Shorey's Side of the Story

In an explosive interview, Ranveer Shorey offered a different perspective on their relationship. He acknowledged having disagreements like any normal couple but denied being an abusive partner. According to him, their clashes often arose



due to his drinking habits, which Pooja disapproved of. Ranveer stated that he would voluntarily leave the scene during such conflicts, which would further irritate Pooja and lead to scuffles.

The Breakup and Aftermath

As tensions escalated, the couple eventually decided to part ways. The final straw came one night when they had an ugly spat, and Ranveer decided to call off the relationship. After he left her place, he realized he had forgotten one of his bags and tried to reach Pooja, but she disconnected his calls.

Margot and Ryan weren't the first choice for Barbie, check who else could have played the protagonists

Barbie has managed to make stunning reviews globally and an admirable amount of money, having grossed more than \$196 million outside the United States and bringing in around \$400 million in total gross at the box office. Fans cannot help but keep obsessing over the splendid performance of the cast and the entire team of Barbie. Barbie is expected to reach a total of \$500 million at the global box office in its first week.

What if we told you that the cast that projected success wasn't the ideal fit for the crew initially? That there were other A-list Hollywood stars prior to Margot Robbie and Ryan Gosling?

It was a given that Amy Schumer had backed out of the film as there were creative differences, but she later confessed she liked the movie and also mentioned it being feminist and cool.

Anne Hathaway was approached and was also meant to lead the role of Barbie after issues of creative differences emerged with Amy Schumer, but later the film was slated to release in 2020 according to the deadline and hence never worked out.

According to Margot herself, she envisioned Gal Gadot as the ideal character for Barbie, considering her personality, the energy she brings to the table, and her natural beauty. Saoirse and Timothee Chalamet have both worked alongside Greta in Little Women before, and Greta wanted them both to star in the Barbie movie, but due to reasons they both went ahead and denied their roles, which Greta was a little upset about. Saoirse Ronan told her fans that she was supposed to play the role of a cameo in the film, but then she said: I WAS SUPPOSED TO DO A CAMEO BECAUSE I LIVE IN LONDON AND THEY WERE [FILMING] THERE. THERE WAS A WHOLE CHARACTER I WAS GOING TO PLAY-ANOTHER BARBIE.

Kim Kardashian spotted with most expensive Hermès handbag in the world at Japan soccer game. Here's how much it costs?

Reality TV star Kim Kardashian turned heads at a recent soccer game in Osaka, Japan, when she showed up with a jaw-dropping accessory—the "world's most expensive handbag." The Hermès Himalaya Niloticus Crocodile Diamond Birkin handbag she carried is valued at over \$100,000 and estimated to be worth an astonishing \$380,000. Despite the luxurious accessory, Kim managed to maintain a casual look, sporting a white Skims bodysuit, Balenciaga loose-fit trousers priced at \$7,990, and black blue boots.

The ultra-rare Hermès bag, also owned by Jennifer Lopez, is



considered the holy grail of handbags due to its exclusivity. Made from Niloticus crocodile skin and adorned with diamonds on the clasp, the bag is available in extremely limited quantities. It has been known to fetch staggering prices at auctions, with resale breaking records.

Kim isn't the only celebrity

smitten with this rare Birkin bag. Jennifer Lopez, known for her love of Hermès handbags, also owns one. Additionally, Kris Jenner and Victoria Beckham have been spotted carrying the coveted crocodile skin bag. The bag's allure lies not only in its hefty price tag but also in its rarity, making it a true fashion statement.

Kim's Stylish Soccer Mom Look During the soccer match, Kim was seen with her son, Saint West, and friends, indulging her 7-year-old with an around-the-world soccer viewing trip. Earlier, they had made a stop in Florida to witness Lionel Messi's

first game for Inter Miami. Despite her high-profile fashion choices, Kim still ensures she enjoys quality time with her family.

As one of the most well-known figures in the entertainment industry, Kim Kardashian's fashion choices often make headlines. Her outing to the soccer game with the iconic Hermès handbag serves as yet another testament to her status as a trendsetter in the world of fashion and celebrity culture. With her innate sense of style and affinity for high-end fashion, Kim continues to capture the attention of fans and onlookers alike.

Kangana Ranaut slams Rocky Aur Rani Kii Prem Kahaani, says Karan Johar has made 'daily soap' with 250 crore

Kangana Ranaut has shared her thoughts on Karan Johar's new romantic comedy Rocky Aur Rani Kii Prem Kahaani, starring Ranveer Singh and Alia Bhatt. She has slammed the filmmaker for calling himself the "flag bearer of Indian cinema and perpetually regressing it."

Kangana calls Rocky Aur Rani 'fake'

Kangana took to her Instagram Stories on Saturday and wrote, "Audience can't be fooled anymore. They have rejected atrocious and creatively poor films full of fake sets and over the top fake costumes, who dresses like this in real life also where are tacky houses like those in Delhi??? What rubbish!!!! Shame on Karan Johar for copying his own vintage movies of the nineties... also how come he spend 250 cr on this stupidity? Who gives them this kind of money's while real talent struggle to get funds!!!"

Rocky Aur Rani vs Oppenheimer

Kangana also compared Rocky Aur Rani Kii Prem Kahaani to last week's Hollywood release, Christopher Nolan's Oppenheimer, based on the life of nuclear physicist J Robert Oppenheimer.

She wrote, "Indian audiences watching 3 hours long film on the origin of nuclear weapon and intricacies of atomic science aur yahan nepo gang ka wahi saas bahu ka rona, lekin why he needs 250 cr to make a daily soap??? Shame on you Karan Johar for making the same nth time ... calling yourself the flag bearer of Indian cinema and perpetually regressing it ... Don't waste funds it's not easy time for the industry, retire now and let young film makers make new and revolutionary films ..."

Sussanne Khan praises Narayan Murthy for criticising Kareena Kapoor's behaviour with fans

Hrithik Roshan was rumoured to have dated Kareena Kapoor after marrying Sussanne Khan. The rumours started after Hrithik and Kareena starred in KGC. Actor Hrithik Roshan's ex-wife Sussanne Khan has praised Infosys founder Narayan Murthy for criticising actor Kareena Kapoor. Recently, in an old video, Narayan Murthy talked about how Kareena Kapoor ignored her fans on a flight. Narayan Murthy criticises Kareena

During a conversation at IIT-Kanpur, he shared an incident and voiced his surprise at the actor not acknowledging her fans on a flight. In the video, Murthy said, "The other day I was coming from London, and next to me was Kareena Kapoor, sitting in her seat. So many people came to her and they said hello. She didn't



even bother to react. I was a little bit surprised. Whoever came to me, I stood up, and we discussed for a minute or half a minute—that's all they were expecting."

Sudha Murthy defends Kareena

His wife Sudha Murthy, sitting beside him, tried to defend the actor. Sudha said, "She has a million admirers. She must have been tired. Murthy, a founder, a software person, will have maybe 10,000 (fans), but a film actor will get a million."

Narayan Murthy continued, "That is not the issue. The issue is that when somebody shows affection, you can also show it back, however cryptic manner you can. I think that is very important. These are all ways to reduce your ego, that's all."

Sussanne reacts to Narayan Murthy's video

The video was also shared by ETimes on its Instagram account. Taking to the comments section, Sussanne Khan wrote, "Well said Mr

Murthy (clapping hands emojis)."

There were rumours about Hrithik and Kareena dating each other which began around the time they starred in the Karan Johar's film Kabhi Khushi Kabhie Gham (2001). They went on to work in Yaadein (2001) and Main Prem Ki Deewani Hoon (2003).

Kareena and Hrithik's alleged affair

Kareena spoke with Filmfare in 2002 in an interview, Zoom quoted her as saying, "I was more bothered that his marriage would be affected. For me, it was a professional hazard. First it was Hrithik, tomorrow it could be someone else. As long as I know the truth, I'm fine. The most shocking part about the articles linking me with Hrithik was the insinuation that I was willing to give up my career to run after him. Please!"

Who is Natasha Madhwani? Daughter of actress Mumtaz, wife of Fardeen Khan



Natasha Madhwani is the daughter of popular actress Mumtaz who used to rule Bollywood in the 70s and 80s.

Mumtaz was one of the fittest actresses of her era and her beauty was unparalleled. She appeared with almost all the big names of the time but after a while, she stepped away from the world of films after her marriage to Mayur Madhwani who was a filmmaker. They had two daughters after few years named Natasha Madhwani and Tanya Madhwani.

Natasha Madhwani was born in England but has lived abroad for most of her life. She has made sure that she always stays away from the limelight. When it comes to beauty, Natasha has even surpassed her mother Mumtaz but chose to stay away from the movies and did not pursue a career in Bollywood.

Although Natasha stayed away from the limelight, she is often seen with Fardeen at social gatherings. On December 14th, 2005, she wed actor Fardeen Khan who is the son of actor Feroz Khan in Mumbai. Diani Isabelle Khan, a baby girl, was born to the couple in December 2013, and Azarias Fardeen Khan, a boy, was born on August 11, 2017.

Fardeen was away from Bollywood for quite a while but now rumours of his comeback often make headlines.

While no official announcement about him has been made yet, his pictures of getting back in shape took the internet by storm.

Ananya Panday asks father Chunky Panday to pull some strings against Ayushmann Khurrana in new Dream Girl 2 promo

Raaj Shaandilyaa's comedy Dream Girl 2 has been slowly and surely building a star-studded promotional campaign ahead of the film's release in cinemas on August 25. Ayushmann Khurrana's cross-dressed character Pooja has been seen talking to hunks on the phone, from Shah Rukh Khan's Pathaan to most recently, Ranveer Singh's Rocky.

But the latest promo of Dream Girl 2 features none other than Chunky Panday, the real-life father of Ananya Panday, who is the leading lady in the film. She is a new addition to the Dream

IN THE NEW PROMO OF DREAM GIRL 2, STARRING AYUSHMANN KHURRANA AND ANANYA PANDAY, THE LATTER ASKS HER FATHER CHUNKY PANDAY TO PULL SOME STRINGS.

Girl franchise, the first part of which opened to great box-office numbers in 2019, and starred Ayushmann in the lead role.

New Dream Girl 2 promo

Ananya posted the new promo of Dream Girl 2 on Instagram on Saturday. In the video, Ananya is seen complaining to her father and actor Chunky Panday that Ayushmann's character of Pooja is hogging all the limelight in the promotions of the film. She

demands he talk to the production house, Balaji Telefilms, owned by Ekta Kapoor and her mother Shobha Kapoor.

He promises to talk to Balaji and pretends dialling a number as Ananya exits the room. But Chunky ends up mouthing his popular dialogue "I'm joking" from the Housefull franchise and ends up dialling Pooja herself. He flirts with Pooja, who reminds Chunky when the film is releasing in cinemas. The

promo is titled 'Pooja ka Funky Aashiq', referring to Chunky Panday. Ananya shared the video on Instagram and wrote in the caption, "Papa?? Really?? I thought you were speaking to Balaji!"

About Dream Girl 2

Dream Girl 2 is the sequel of Raaj Shaandilyaa's 2019 blockbuster comedy that starred Ayushmann as a Mathura guy doubling up as a professional late night caller. He talks to lone-

ly people on the phone in his female avatar of Pooja. However, in Dream Girl 2, he will also appear in a cross-dressed avatar as Pooja. In an exclusive interview with Hindustan Times, Ayushmann said, "This time, we're going to the next level with Dream Girl. It's not just the voice, it's also the visual, as you see in the teasers. It's going to be a 2.0 version literally in Dream Girl 2 and I really look forward to that."



The flag-bearer of Ceylon tea



I have been thinking of Sri Lanka ever since I heard of the death of the legendary Merrill Fernando, who created Dilmah Tea, last week. Everyone who visits that country is likely to taste, or bring back, Dilmah Tea. In 2011, it was my first introduction to flavoured teas at the Galle Literary Festival, where endless cups were available to all at the Dilmah stall.

Sri Lanka was known, too came up with the East India Company, a little after India, in the late 18th century. The island used to be coffee country until the coffee rust disease hit. Tea replaced coffee and became a thriving industry. And, as with India, Ceylon tea remained a commodity for a long time, exported to the West, where it was blended, packaged and retailed. Fernando, beginning a career in the tea industry in the

1950s as a 20-something, was appalled at how his country's tea transferred along the supply chain—and how little of the profits came to the farmer. He believed the tea must be packaged at source.

It took him a few decades to actually launch Dilmah, named for his two sons, Dilhan and Malik. Nurturing it almost like a third child, he started the brand in 1985 as a single-origin tea, long

before that was a trend, a home-grown brand that competed with multinational giants like Lipton and Tetley.

There was fearless ambition, no doubt, but Dilmah's story is also a lesson in tea marketing done right. His trust-building addition was to put his photograph on the packets, a "CEO who makes his

After Dilmah, more producers, like Lumbini and Herman Teas, have taken to retail too. Alongside this, an artisanal movement began when Amba Estate came up as a social enterprise, with four investors coming together in 2006 to revive a closed tea estate and convert it into an organic farm. Amba employs

SRI LANKA'S MERRILL FERNANDO WHO BUILT SRI LANKA'S DILMAH TEA, STARTED THE BRAND IN 1985 AS A SINGLE-ORIGIN TEA, LONG BEFORE THAT WAS A TREND

own tea". The message was loud and clear—that its founder stood by it, and was answerable to customers.

Most importantly, he didn't shy away from premium pricing. Though they had built a market for Ceylon tea in the UK, Dilmah's success story began in Australia—from exporting bulk tea to becoming a successful retail brand. As a flag-bearer of the legacy of Ceylon tea, Dilmah's footprint today extends across the social impact and hospitality segments.

people from the local community to grow tea and other produce. In 2013, it opened a farm-stay, which brings in revenue to the community. Others, like Kaley Tea and Forest Hill, joined the fold, each coming up with unique offerings—from Amba's Vangedi tea, made by hand-pounding the leaves, to Forest Hill's wild teas from the Adam's Peak mountains and Kaley's green tea "cigars", with tea leaves rolled with cinnamon leaf as a natural tea dip. Ceylon tea has long gone past the Orange Pekoe it was once syn-

How snacking can be good for health

A NEW STUDY SHOWS THAT QUALITY, NOT QUANTITY, MATTERS WHEN IT COMES TO SNACKING

Snacking has become popular, with a wide variety of foods hitting the shelves over the years. There has also been much debate about how snacking affects health. Now, a new study shows that snacking can benefit health if the focus is on quality, not quantity.

In a study presented at Nutrition 2023, researchers analysed snacking data of over 1,000 UK-based participants considering factors such as snacking quality, quantity, and timing as well as cardiometabolic markers.

The study examined how snacking habits were linked to cardiometabolic health, according to Medical News Today.

The researchers found that higher-quality snacking was linked to better blood lipid and insulin responses. These snacks were defined as foods that had significant amounts of nutrients, according to Medical News Today. The findings also revealed that snacking after 9 p.m. was linked to worse blood glucose and lipid levels. However, more than quantity, the study indicated,

the quality of the snacks mattered.

Choosing high-quality snacks over highly processed foods is likely to be beneficial, said study author Kate Bermingham in a press statement. Reiterating this, Dr. Elizabeth Raskin told Medical News Today that the findings show that food quality is important when it comes to health. "Diet is the cornerstone to health, and there are many ways to consume the nutrients that we need. Consumption of high quality, nutritious 'mini meals' may be a

valuable adjunct to a well-balanced diet," Raskin added.

This is not the first study to show that quality not quantity should be the focus when snacking. In 2018, a study published in the journal JAMA showed that people who reduced consumption of added sugar, refined grains and highly processed foods and focused on eating whole foods, without counting calories or limiting portion sizes, reduced weight, as reported by The New York Times. The research emphasizes the impor-

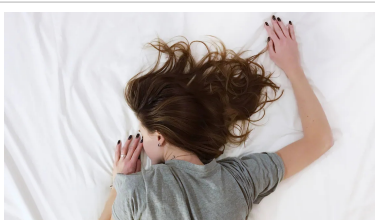
tance of informing people to not obsess about calories and instead focus on avoiding processed food.

High-quality snack foods are minimally processed. Some examples include nuts, seeds, dried fruits, fresh fruits, homemade hummus and carrots, Greek yoghurt with fruits, and apples with homemade peanut butter. As the studies show, snacking without worrying about the quantity too much but about what one is putting in their body might be a better approach.

Understanding trichotillomania and how to deal with it

THE WHATS, WHYS AND HOWS OF THIS PSYCHOLOGICAL HAIR-PULLING DISORDER, ALONG WITH EXPERT ADVICE

Do you find yourself tugging at your hair while thinking or focusing? Do you often pull at your brows with your nails? If so, you may be suffering from Trichotillomania (TM), a hair-pulling disorder where a person has the constant urge to pull out one's hair, either from the scalp, eyebrows or other body parts. About 0.5-2% of people suffer from this condition and it often, unfortunately, goes undiagnosed. The disorder, however, can have lasting effects, both physically and mentally. Read on for a lowdown on this rare condition.



What is Trichotillomania? Trichotillomania is a compulsive hair-pulling disorder that

occurs both consciously and unconsciously, where you feel the urge to pull out hair from the

scalp, eyebrows, beard, and other body parts. It can be triggered by boredom, stress, anxiety or some form of trauma. In some cases, people suffering from trichotillomania also go through a condition called trichophagia, which involves chewing, biting, licking, and in some extreme cases, swallowing your own hair, causing problems in the gastrointestinal tract.

Most often, people develop this condition in adolescence, which if not diagnosed and treated in time, can continue well into adulthood.

Symptoms

Trichotillomania is a body-focused behaviour. Hence, its symptoms are mostly physical. People indulge in repetitive pulling out of hair, which results in hair loss on the scalp, eyebrows, beard and other body parts. Dr. Anjali Chhabria, founder of Mindtemple Institute of Behavioral Sciences, Mumbai, explains, "Trichotillomania falls under the category of Body-Focused Repetitive Behaviours (BFRBs), a group of related conditions that involves self-grooming behaviours such as skin picking and nail biting."

An essential guide on how you can sleep better at night



Of all the vital activities your body performs, sleep may, in fact, be the most underrated one. Even one night of inadequate sleep can impact your well-being the following day, leaving you drowsy, irritable, and less productive at work. Chronic sleep deficiency can put you at a higher risk for obesity, type 2 diabetes, high blood pressure, heart disease, stroke, and compromised mental health. So, its important to understand that prioritising peaceful sleep is not merely a luxury but a vital investment for your long-term health and performance.

So, what are the factors that affect your sleep quality? Irregular sleep schedule: Consistency is the key to your well-being and sleep is no exception. Irregular sleep patterns can wreak havoc on your circadian rhythm, making it arduous to achieve a restful night's sleep.

Sleeping environment: Noise and improper room temperature rob you of the rejuvenating and peaceful sleep your body craves. Worse still, a low-quality mattress can lead to you waking up with back pain, sprains, or feeling even more fatigued than before, disrupting your ability to function properly the entire day.

Sleep disorders: For some, the quest for rest is further complicated by sleep disorders such as insomnia, sleep apnea and restless leg syndrome, necessitating special attention and management.

3 great tips that will supercharge your fitness

Hello and welcome to another edition of the Lounge Fitness roundup. Every weekend, we bring you a selection of the best fitness stories we've published through the week just in case you missed them the first time around. Here at Lounge, we take your fitness journey very seriously, so we aim to provide the best advice you can use.

And it's no different this week. We'd like to highlight three stories, including one on the efficacy of fitness supplements, one on the best way to hit your weight loss goals, and one on the importance of performing the deep squat. So, enjoy the stories and have a great weekend.

Do you need supplements for better gains? Having an active lifestyle is all the rage right now, and while that is exactly how it should be, we often forget that fitness is also a multi-billion dollar industry. And one of the key components of that is the market for fitness supplements, from protein isolates to BCAAs (branched chain amino acids).

But just because they exist, does that mean that you actually need them for better gains? This is a bit of a grey area for most fitness enthusiasts, so writer Shreya Avlani speaks to doctors to find out the efficacy of three of the most popular supplements out there.

Tips to keep those kilos off after you've hit your weight loss goals

You'll find plenty of advice out there on how to lose weight and feel fit and look trim. But what about what comes afterwards, that is, how do you ensure that you don't gain all the weight back? This is arguably a harder task and needs discipline.

How Indian ultrarunners are training for the IAU 100km World Championships

But as writer Mahalakshmi Prabhakaran states, this is also a matter of knowing what red flags to look out for. In this extremely useful story, she speaks to personal trainers and doctors to bring you the tips you should follow.

Study Finds Exercise More Effective Than Medication to Manage Mental Health

Exercise plays a key role in our health, and studies have shown that being active can boost your memory, lower your risk of future hospitalization, and even lower your risk of cancer. Now, there's evidence suggesting that exercise may be more effective than medication at managing mental health disorders like depression and anxiety.

The study, published in the British Journal of Sports Medicine, encompassed 97 different analyses over 1,039 trials, involving 128,119 participants, making it the most comprehensive review to date. The researchers found that physical activity significantly improved symptoms of depression, anxiety, and distress.

Specifically, they found that physical activity is 1.5 times more effective than counseling or the leading medications (important note: the study did not indicate what medications were included in the analysis). The results also showed that introducing periods of exercise that were 12 weeks or shorter was the most effective at reducing mental health symptoms, highlighting the speed at which physical activity can make a change. The largest benefits were seen in



people with depression, HIV and kidney disease, in pregnant and postpartum women, and in healthy individuals. Higher intensity physical activity was associated with greater improvements in symptoms, likewise with shorter bursts of activity versus longer durations.

Physical activity is known to help improve mental health. Yet despite the evidence, it has not been widely adopted as a first-choice treatment, said Ben Singh, M.D., lead researcher, in a press release. "Our review shows that physical activity interventions

can significantly reduce symptoms of depression and anxiety in all clinical populations, with some groups showing even greater signs of improvement."

This study also highlighted the fact that all movement is good movement—that all types of physical activity and exercise were beneficial, including aerobic exercises such as walking, resistance training, Pilates, and yoga.

How does exercise improve mental health? Among other things, exercise

improves resilience, reduces anxiety and stress, and reduces the perception of pain, which is a major contributor to depressed mood for many, explains Amit Sachdev, M.D., director of the Division of Neuromuscular

of Rewired: Protecting Your Brain in the Digital Age. "These include direct physiological factors including reduced heart rate from increased vagal tone for activity of the vagus nerve] and the release of BDNF, [a

available to medicate mental health, says Dr. Sachdev. "Take anxiety for example. If we had a single nerve transmitter problem leading to all anxiety, then we would need just one drug class." However, brain chem-

EXPERTS EXPLAIN HOW EXERCISE MAY BE INSTRUMENTAL IN IMPROVING YOUR MENTAL WELL-BEING.

Medicine at Michigan State University.

Any attempt to exercise usually helps with our mental well-being, says Dr. Sachdev. "For those who aren't engaged at all, doing something [active] often refocuses some of their energy. For those seeking pain relief and, by extension, depression relief, they will need to work hard to very hard to get natural endorphins released."

It's important to keep in mind that this study did not look at the actual mechanisms of action of physical activity on mental health, but most scientists agree there are likely multiple factors that contribute to the impact of pa on mental health and well-being, says Carl Marci, M.D., physician, neuroscientist, and author

key molecule involved in changes related to learning and memory], both of which are good for brain health.

Then there are the psychological benefits of taking action and having a sense of accomplishment. Dr. Marci adds. "For some, there may be a social aspect to going to a gym or just getting out of the house. All of these things are likely to contribute [to your mental health]."

Can exercise replace medications for mental health disorders?

The answer is not one size fits all, and no one should stop any medication prior to speaking with a health-care professional. But for some people, yes, says Dr. Sachdev. "The challenge is, brains are really hard to predict." We have many drug classes

istry is not so simple, he notes. "I would include exercise in the routine of every patient with anxiety, but I would not be discouraged if exercise alone left a gap that still needed to be treated."

Dr. Marci believes the consistency of the findings in this study is comparable to any review of medication or psychotherapy interventions. "Keep in mind, all three (meds, therapy, physical activity) likely work on different mechanisms and so the combination can be very complementary."

No treatment or intervention is a perfect solution, so we have to set expectations, says Dr. Marci. "There is a difference between mild to moderate depression and anxiety and major mental illness like schizophrenia or severe bipolar disorder.

Valley's beauty, hospitality mesmerises famous travel blogger Amelia German

J1 NEWS SERVICE

SRINAGAR, JULY 30: It is like a 'home away from home' for the famous travel blogger, Amelia German, originally from the United Kingdom, who is on her maiden visit to Kashmir.

During her sojourn in Kashmir, Amelia has been mesmerised by the natural scenic beauty and impressed by the hospitality of people here.

"I was invited to Kashmir by Jaan Muhammad who is running a tourism business, specialising in bringing Omani people to Kashmir. Jaan lived in Oman for 12 years selling Kashmiri Mussyar which he makes at his home in Kashmir and sells in Muscat," Amelia told.

Mussyar, which is embroidered Kashmiri Pashmina stoles, worn in turban-style on the head are famous among Omani men. "Jaan's friend Khalid, who is a well known tour guide in Oman, suggested that he invite me as he knew that I would be interested in seeing the nature, beauty, culture, and life of Kashmir," she says.

Special arrangement
When Amelia landed in Kashmir, she straightaway drove to Jaan Muhammad's house in Magam area in central Kashmir Budgam district.

"Actually I wasn't travelling alone as I have been with Jaan Muhammad and his family the whole time staying with them in their house in Magam with his parents and children," she says. On whether she was apprehensive to travel alone to Kashmir, Amelia says, "I wasn't really due to the political and security situation in Kashmir before I came here," Amelia says.

However she says, "Once I started to mention to people that I was planning to travel to Kashmir they questioned me whether it was safe. However, I

trusted my host that they would not bring me anywhere unsafe."

Amelia says: "Since being here I have felt safer than in many places. In some places I have travelled, there has been the threat of pickpockets, or people following you as you walk down the street, especially at night, but here I didn't feel that there was any danger at all, and the people here are very polite, kind, friendly, and considerate."

Jaan Muhammad says he invited Amelia to visit Kashmir.

Special arrangement
"She is a famous blogger in Oman. I wanted her to see the rich culture of Kashmir and its natural beauty and promote our place and culture. She stayed with my family like one of our own family members," he says.

A native of Newbury Berkshire in the south of England, Amelia did her Bachelors degree in Biology at the University in Bangor, North Wales. She did her Masters in Ecology and Environmental Sustainability from Aberdeen University in Scotland. After her Masters, she worked in Scotland as an ecologist for seven years and then returned to Wales to work as a teaching assistant in Bangor University.

She then took a teaching certification in secondary school biology and chemistry.

Amelia found a job teaching Biology and Chemistry in Bahrain in 2016 and since then has lived continuously in the Middle East.

"I spent two years in Bahrain and then moved to the Sultanate of Oman in 2018," she says.

In Oman, Amelia worked for an educational institute, which organises groups of Omani students to study English in the UK and India.

Her job is mainly a marketing role and to accompany children on trips abroad.

"I also became a social media blogger while I was in Oman because I have traveled extensively across the whole country, visiting every place, meeting local people and I was exploring many aspects of traditional and local life and showing the beauty of the country and the culture on my social media accounts," Amelia says.

Mesmerised by Kashmir, she says: "I love nature, traditional life, kindness of the people, stunning nature, and landscapes, clear and fresh air, beautiful weather, and the beautiful clothes they make here. The natural beauty of Kashmir is amazing. Each way you turn, you will find beauty - the snow-capped mountains, forests, valleys, and running rivers. I also love to see the rural life with the many different fruits, vegetables, and crops which are grown here, and the traditional farming methods."

Amelia's social media handles are full of her photographs and videos of famous places including Dal Lake, historic Jamia Masjid, Pahalgam, Sonamarg, and Gulmarg.

She even wore a traditional Kashmiri dress during her visit to Doodhpathri tourist resort in Budgam district.

"I love food here... it is fresh, healthy, and delicious. Many come straight from the garden. I love the bread, roti, and Kahwa made of Kashmiri saffron, which I learnt is the best quality and most expensive saffron in the world," Amelia says. "I am so happy to know Kashmiri people. I have felt so comfortable living with a family at their home.

They made me feel so welcome and looked after me so well." About her message to people from other countries who are planning to visit Kashmir, she says, "Visit Kashmir, you won't regret."

Natrang presented 'Free Style Gawahi', Hindi play Sunday Theatre series

J1 NEWS SERVICE

JAMMU, JUL 30: Natrang presented 'Free Style Gawahi', a new play in Hindi in its weekly theatre series, Sunday Theatre today at its Studio Theatre here in Kachi Chowki, Jammu. The play has been written by Kaka Haathrasi and was directed by Neeraj Kant. The publicity of the play was designed by Vanshika Pandoh.

The play begins with a scene in the courtroom, where a Marwari Seth Jhandamal tearfully tells his lawyer Sharma that his witness Dharampal has died today and now who will testify? Lawyer Sharma smilingly says that there is no death of witnesses these days, andhandal gets some relief hearing this.

Sharma arranges for a witness named Satyapal, whose profession is to give false testimony. Seth Jhandamal, while preparing to testify, tells Satyapal that Jhual's father Khaalul took Rs 1 lakh from him and the interest on interest has increased to Rs 5 lakh and his witness Dharampal has also died today. Satyapal says that he doesn't need to understand



the case, he is expert in giving freestyle testimony.

As soon as the judge arrives, the proceedings of the case begin. Mr. Bhatnagar, counsel for the respondent, begins the question-answer session. When asked by Bhatnagar, Jhandamal produces a written document for evidence and Satyapal as a witness. Now the question-and-answer session with Satyapal begins, during which Satyapal does not give a clear answer to any of Bhatnagar's questions.

When asked by Bhatnagar, what does he do, what is the age of Khaalul, on what date the money was given, etc., Satyapal answers very cleverly, listening to which even the judge begins to believe that Satyapal's testimony is true. In the end, Bhatnagar accuses Satyapal that this witness has come after being fixed in some rupees, for which he does not have any proof. An argument breaks out between both Sharma and Bhatnagar on this matter, seeing which the judge fines Bhatnagar five thou-

sand rupees for insulting the lawyer and the court and decides in favour of the plaintiff. Satyapal, Sharma and Jhandamal rejoice. Natrang young artists who performed in the play included Chirag Anand, Vedhant Suri, Gopi Sharma, Abir Beri, Abhimanyu Choudhary and Sumit Singh Bhandal. Lights and Music of the play were operated by Neeraj Kant. The presentations were done by Mahikshit Singh and the show was coordinated by Mohd. Yaseen.

First record of Red-necked Phalarope & sharp-tailed Sandpiper captured in Hokersar wetland

J1 NEWS SERVICE

SRINAGAR, JULY 30: In a first of its kind, a Kashmiri bird photographer has captured images of two rarely sighted birds in Kashmir wetlands, Red-necked Phalarope and sharp-tailed Sandpiper, which are rarely found in Kashmir.

This new discovery by bird photographer Reyhan Sofi holds immense significance and has been published recently in Indian Birds, a prominent bi-monthly ornithology journal/newsletter.

In the Indian Subcontinent, the Red-necked Phalarope is common offshore along the coastline of Pakistan, less so in north-western India, and in small numbers and patchily, more or less off the entire coastline of peninsular India to Bangladesh and Sri Lanka.

On 16 August 2021, Reyhan visited Hokersar Wetland in Srinagar which is a Ramsar site. The water level was so low in the wetland that small pools had formed. "Near one such pool, I saw a wader, but couldn't identify it. It was feeding hastily near the waters' edge. I sent photographs to Intesar Suhail, who identified it as a red-necked Phalarope. It was moulting into its breeding plumage and had a dark grey head and upperparts, a rufous band on the side of its neck and breast, and a fine black bill, which separated it from the similar-looking red Phalarope," he said.

Reyan said it was the first photograph that he captured with his new camera. The present record of the red-necked Phalarope from Hokersar, is the first for Jammu & Kashmir.

However, it is not unexpected as the species has been recorded in adjacent regions on multiple occasions.

"In Gilgit-Balistan the species is an uncommon migrant. There have been a few more records of the species from Ladakh (2022). The species is an uncommon but regular passage migrant in Himachal Pradesh, mainly at Pong Lake, and is seen on both spring, and autumn passage." he said.

Similarly, Reyhan has also captured the image of sharp-tailed Sandpiper at the Hokersar Wetland which is a habitat for a large number of water birds.

"On 10 August 2021, he saw that the lake had shrunk hugely and water was present only in small pools. Near one such pool, I saw five birds and noticed an unfamiliar wader, which was larger than the stint but smaller than the Common Greenshank," he said.

He clicked a few photographs and posted on the Facebook group 'Ask IDs of Indian Birds', where it was identified as a sharp-tailed Sandpiper.

"The bird had stayed there for a few days and was seen on many occasions by various birders. It was last seen on 23 August 2021," Reyhan said.

During the first two days the bird was seen feeding near the water along with five Common Greenshanks and

was flying along with these birds. Later on, it was seen along with three Ruffs and on several occasions it was seen feeding alone.

"Although India is far westward of the Sharp-tailed Sandpiper's migration route, vagrancy is not uncommon in this species. It is a rare vagrant to several European countries, as well as to South and South-east Asian countries to Kazakhstan, Middle East, Seychelles and Madagascar. It has also been reported from North America and even from South America and mainland Africa," mentions the research journal.

He said the present record is significant as it is the first from the Union Territory of Jammu & Kashmir, and only the second confirmed record for the country. Reyhan thanked Sohail Iqbal and Rauf Zargar (DFO) for helping in every aspect of birding including providing vital information about the birds and birding areas, logistics, and for the encouragement. Reyhan the young birdman is not only capturing different species of local and migratory birds but also documenting them for the past seven years.

He said so far documented 300 species of different kinds of local and migrant birds in Kashmir only due to which he has become a popular name among bird lovers. Reyhan is the member of birds of Kashmir Facebook Group where many birders post their beautiful pictures of birds.

Images of Chabad House a 26 11 attack site recovered from terror suspects held in Pune: ATS

J1 NEWS SERVICE

PUNE, JUL 30: The Maharashtra ATS has recovered images of Chabad House, one of the 26/11 terror attack sites, in south Mumbai from the electronic devices of the two terror suspects arrested earlier this month in Pune, a senior official said on Sunday.

The agency also recovered an electronic circuit used in making explosives from the rented flat of the terror suspects in Pune's Kondhwa area along with 500 GB data from the devices, he said.

The two suspects - Mohammad Imran Mohammad Yunus Khan (23) and Mohammad Yunus Mohammad Yakub Saki (24) - wanted by the National Investigation Agency for their alleged involvement in a terror-related case in Rajasthan, were nabbed from Kothrud area in Pune on July 18. The state Anti Terrorism Squad (ATS) later took over the probe into the case from the Pune police.

"We have found some images of Chabad House in Mumbai from the electronic devices of the two terror suspects. Besides that, the screenshots of Google map locations from various districts have also been recovered," the senior ATS official said in response to a query by reporters.

Chabad institutions, part of the Chabad Lubavitch movement, are community centres that mainly cater to Israelis and Jews across the world. Nariman House (renamed Chabad House), was under siege during the 2008 Mumbai terror attacks.

During the 26/11 attacks, Pakistani

terrorists killed rabbi Gavriel Holtzberg and his wife Rivka Holtzberg besides four visitors at the Chabad House. Two-year-old son of the rabbi, baby Moshé, survived after being rescued by his Indian nanny, Sandra Samuel.

The ATS official further said, "We have found a drone camera from the house of the two terror suspects, and also recovered an electronic circuit which is used in making an explosive."

"What exactly they were planning to do is not clear yet. We have recovered nearly 500 GB data from their devices. This data has been sent to the forensic department," he said.

The terror suspects used the drone for shooting (videos/images), but it is not yet clear which location they captured using it, he said.

"Which locations they shot using the drone will be clear only after the forensic report. We have not received the drone footage as it has been sent for forensic analysis," the official added.

The police earlier said that they had recovered a tent from the duo.

When asked about it, the ATS official said, "The two suspects avoided living in hotels whenever they went to conduct recce as they used the tent. They had visited many places in the state." "The accused are hardcore terrorists...They were influenced by watching the videos of some individuals and reading books...They have been trying to evade many questions (during their questioning)," he added.

The accused accompanying them, who managed to run away at the time of their arrest, is also a hardcore terror-

ist, he said.

Multiple teams have been deployed to nab him, he added.

Days after the arrest of the two suspects, the ATS on Wednesday arrested a man named Abdul Qadir Dastgir Pathan in Pune for providing shelter to the duo. It has also arrested a man from Ratnagiri district for providing financial aid to them.

All of them have been remanded in the ATS custody till August 5.

The two arrested terror suspects (Khan and Saki) hail from Ratlam in Madhya Pradesh and are graphic designers. Both carried a bounty of Rs 5 lakh each, police said.

They fled Ratlam after learning that their names had cropped up in an investigation into a terror case in which some suspected members of the Al-Sufa outfit were apprehended by the Rajasthan police from the MP town, they said.

They reached Mumbai, where they stayed in the Bherdi Bazaar area for two to three days and then came to Pune's Kondhwa area. The duo took up jobs with the help of a local resident, sources said earlier.

They befriended a third person, a resident of Jharkhand, who managed to escape when the police nabbed the duo, they said. In Kondhwa, the two happened to meet Qadir and told him that they had come to Pune in search of jobs as their financial condition was weak, the sources added. Qadir, who himself was involved in graphic designing work, provided them jobs and sublet the place he had taken on rent, they said.

J1 NEWS SERVICE

JAMMU, JUL 30: BJP MP Rajya Sabha Er. Gulam Ali Khatana today urged LG & K Sh. Manoj Sinha to immediately intervene and save the people of villages khandwal, Barjala, Nandwal, Lalyal and adjoining village from fury of floods.

After listening to the woes of a delegation of people of village Khandwal, Barjala, Nandwal, Lalyal and adjoining villages MP Gulam Ali wrote to LG Manoj Sinha for immediate measures and long term plan for protection of the people and their assets. He said that people have approached me and narrated their tale of woes of damage to their properties, agriculture land, cattle etc. due to flash floods and impending danger of floods.

The delegation comprised of Smt. Geetu Aulakh, member DDC, Mandal Phillain, Jammu and prominent citizens and religious leaders of the area.

The delegation informed that due to shifting of flood water from main Tawi river to Nikki Tawi, the flood situation has further aggravated for last



couple of years.

MP Gulam Ali requested LG Manoj Sinha for immediate measures to be taken for the protection of the areas

mentioned and concerned officials may also be directed for long term project to save the inhabited, agricultural lands and houses in the villages.

Atiq Ahmad's lawyer arrested in Umesh Pal murder case

PRAYAGRAJ (UP), JUL 30: Police on Sunday arrested slain gangster-politician Atiq Ahmad's lawyer Vijay Mishra from Lucknow in connection with the Umesh Pal murder case, officials said on Sunday.

Several cases, including those under the Criminal Law (Amendment) Act, Scheduled Caste and Scheduled Tribe (Prevention of Atrocities) Act, Explosives Act and the Indian Penal Code, are pending against Mishra, they said.

Deputy Commissioner of Police (City) Deepak Bhukar said Mishra was arrested by officers from the Dhoomangani police station.



J1 NEWS SERVICE

BANDIPORA, JULY 30: Dilapidated condition of Bandipora's Gunddachina-Chitheybandy road is

causing acute trouble to commuters.

Residents of Gunddachina, Brar, Chitheybandy, and its adjoining areas are facing immense hardships due to the dilapidated state of the road.



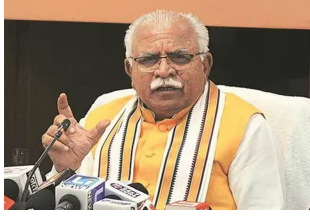
Contaminated water Haryana Raj to form joint inspection team for permanent solution: Khattar

CHANDIGARH, JUL 30: To resolve the issue of "contaminated water" coming from Bhiwadi in Rajasthan towards Dharuhera village in Haryana, Chief Minister Manohar Lal Khattar on Sunday said a joint inspection team comprising officers from both the states will be formed.

Chairing a meeting of officers from the two states at Dharuhera in Haryana's Rewari district, Khattar said the problem of "chemically contaminated water of industrial units coming from Bhiwadi" will be resolved.

For this, a joint inspection team of Haryana and Rajasthan officers will be formed by Monday, an official statement issued here quoted the chief minister as saying.

This team will work considering all the points for finding a permanent solu-



tion to the problem, Khattar said.

Besides, it has also been agreed in the meeting that a joint team of officers from Haryana and Rajasthan will be formed. This will be a kind of coordination committee and will work continuously for a permanent solution to this problem, he said.

According to the statement, Khattar told the officers of the Rajasthan government that "if no solution to this serious problem is found, the Haryana government would be forced to adopt a tougher option for it".

In the meeting, the chief minister said the people of Dharuhera are facing several health issues and other problems due to the "contaminated water" coming out of Bhiwadi.

Khattar said three combined flow meters would be installed to check the flow of water, while check will also be kept on water quality.

He said that by August

31, a closed conductor will be made in Bhiwadi, Rajasthan, which will take industrial waste to common effluent treatment plant. After this, the dirty water will be treated and used further, he said.

Earlier on Saturday, Khattar had said he has taken up with his Rajasthan counterpart Ashok Gehlot the issue of contaminated water coming towards Dharuhera from Bhiwadi.

Member Secretary, Haryana State Pollution Control Board, Pradeep Kumar, Rewari Deputy Commissioner, Mohd. Imran Raza, Additional Deputy Commissioner, Swarnil Ravindra Patil, Alwar (Rajasthan) Collector, Pukhraj Sain, CEO, Bhiwadi Industrial Development Authority, Shweta Chauhan and other senior officials of both the states were present in the meeting.

Kuki leader advocates creating new Union territories in Manipur

KOLKATA, JUL 30: Kuki leader and BJP MLA Paolient Haokip, who shot into the limelight after ethnic violence erupted in Manipur, said the way forward to finding a solution to the state's racial conflict is by creating three separate Union territories.

Haokip in an interview to PTI advocated giving "political and administrative recognition to the ethnic separation" in the state, urging the ante from earlier vaguely explained demands for a "separate administration" for Kuki areas made by fellow Kuki community leaders.

However, Manipur Chief Minister N Biren Singh and Meitei groups led by COCOMI (Coordinating Committee on Manipur Integrity, an umbrella body of several Imphal-based organizations) have strongly voiced their opposition to any moves to "break up" the state, and analysts say the Central government, which is holding talks with Kuki groups - Kuki National Organisation and United Peoples Front, is also against such a formulation.

"The way forward, as I see it, is for the Union government to give political and administrative recognition to the ethnic separation, where the state of Manipur is reorganised as three Union territories," Haokip told PTI. Critics point out that the formulation would implicitly create separate Naga, Kuki and Meitei territories which would be difficult to find the fact that there are mixed populations in many villages and districts.

He argued that such a move will "best ensure lasting peace, and also pave the way for each community to

purse excellence". Ethnic violence between Meiteis and Kukis, which broke out in early May this year, has so far claimed more than 160 lives and continues to plague the north-eastern state till date.

Meiteis account for about 53 per cent of Manipur's population and live mostly in the Imphal Valley, while Kukis, which include Nagas and Kukis, constitute 40 per cent and reside mainly in the hill districts.

Haokip, who won the election from Saikot constituency in Churachandpur district of Manipur earlier this year on a BJP ticket, said, "The resumption of talks by the central government with Kuki Zo insurgent groups on a bilateral platform is a positive development, given that the state government has been playing spoiler with its majoritarian and arrogant attitude."

Haokip and other Kuki leaders believe that their community has received a real deal as the majority has been controlling the state's allocations of resources and at the same time stifling check mechanisms such as the Hill Areas Committee of the Manipur assembly.

They are also unhappy about the fact that tribal lands were declared as reserved forests and protected forests without letting tribal people claim their pre-existing rights in these areas. Earlier this year, the Manipur government bulldozed Kuki villages in protected forests claiming they violated the Forests Act.

The community is also upset over stalling of the delimitation commission report which it claims recom-

mends giving more seats to tribals in proportion to their increased percentage of population in the state.

On the other hand, organisations such as the COCOMI, which staged a protest on Saturday in Imphal where tens of thousands of people gathered to protest talks with Kuki groups, have branded these groups as "narcoterrorists", accusing the Kuki-Zomi community of cultivating poppy and of encouraging "illegal migration from Myanmar" to swell their numbers.

Haokip, an alumni of JNU, however rubbished these claims and said, "The COCOMI is an organization parroting the majoritarian politics of arrogance, which has been challenging constitutional provisions governing the state that was Manipur."

"The accusations about illegal immigration and poppy cultivation are trumped up narratives meant to suit and instigate the current ethnic cleansing violence backed by the state."

He also pointed out the long history of Kuki's being part of the country's national movement.

"Kukis had fought the longest war with the British with perhaps the greatest casualty on the British side. The Anglo-Kuki war 1917-1919, recorded as the Kuki rebellion by British historians, lasted for almost three years," he said.

He also underlined the Kuki participation "in great numbers in the Azad Hind Fauz under Netaji". The INA liberated Manipur's Moirang town from the British forces and flew its flag there in April 1944.

UP, Bihar, AP among top states in child trafficking, Delhi records alarming rise: NGO study

NEW DELHI, JUL 30: Uttar Pradesh, Bihar and Andhra Pradesh are among the top three states with the maximum number of children trafficked between 2016 and 2022, while Delhi has seen an alarming 68 per cent rise from pre to post-Covid times, according to a new study by an NGO.

These statistics have been unveiled in a comprehensive report titled 'Child Trafficking in India: Insights from Situational Data Analysis and the Need for Tech-driven Intervention Strategies', jointly compiled by Games24x7 and the Kailash Satyarthi Children's Foundation (KSCF), founded by Nobel Peace Laureate Kailash Satyarthi.

The report, released on Sunday, to mark the 'World Day Against Trafficking in Persons', painted a troubling picture of the child trafficking crisis in the country.

The report showed that Uttar Pradesh, Bihar and Andhra Pradesh are the top three states with the maximum number of children trafficked between 2016 and 2022.

Notably, Delhi has witnessed a 68 per cent increase in child labourers cases from pre to post-Covid times.

Mayawati accuses SP leader of stirring religious couldron for pre-poll mileage

LUCKNOW, JUL 30: BSP President Mayawati on Sunday accused Samajwadi Party leader Swami Prasad Maurya of trying to drive a wedge between communities ahead of election with his comment on demolition of Buddhist monasteries in ancient India.

"The latest statement of Samajwadi Party leader Swami Prasad Maurya that many temples including Badrinath were built by demolishing Buddhist monasteries and why modern survey should be done not only of Gyanvapi Masjid but also of other major temples, is a purely political statement giving rise to new controversies," the Bahujan Samaj Party chief said in a tweet.

Mayawati also asked Maurya why he never raised such a demand when there was a minister in the BJP government.

Ex-judge Pushpa Ganediwala who faced flak for controversial POCO Act judgements moves; HC over pension

MUMBAI, JUL 30: Former High Court judge Pushpa Ganediwala, who faced flak over a series of controversial judgments for the interpretation of what constitutes as sexual assault under the Protection of Children from Sexual Offences (POCSO) Act, has moved the Bombay High Court seeking pension applicable to an HC judge.

Ganediwala filed a petition on July 19 before the Nagpur bench of the Bombay High Court challenging a communication dated November 2, 2022 issued by the HC (original side) Registry declaring that she was not eligible/entitled for pension of a HC judge and other benefits.

In the top district in child trafficking, Jaipur City emerged as the hotspot in the country, while the other four top spots in the list were found to be in the national capital.

The data gathered by Games24x7's data science team draws from KSCF and its partners' interventions in child trafficking cases across 262 districts in 21 states from 2016 to 2022, providing a comprehensive overview of the current trends and patterns in child trafficking.

During this period, as many as 13,549 children under the age of 18 were rescued who also form a sample size of some of the analysis.

The report revealed that 80 per cent of the rescued children fell within the age group of 13 to 18 years, while 13 per cent were aged nine to 12 years, and over 2 per cent were even younger than nine years.

This indicated that child trafficking affects children of various age groups, making it a pervasive issue.

The report also shed light on the industries where child labour is rampant. Hotels and dhabs employ the maximum number of child labourers (15.6 per cent), followed by the auto-

mobile or transport industry (13 per cent), and garments (11.18 per cent).

The report said children as young as five and eight years were found to be engaged in the cosmetic industry.

While the report showcased a significant surge in child trafficking cases across various states, Uttar Pradesh stands out with a staggering increase in incidents.

The number of reported incidents in the pre-Covid phase (2016-2019) was 267, but it rose sharply to 1214 in the post-Covid phase (2021-2022).

Similarly, Karnataka witnessed an 18-fold increase, soaring from 6 to 110 reported incidents.

Despite these alarming figures, the report also highlighted the positive impact of government and law enforcement agencies' proactive stance over the past decade.

Frequent interventions and awareness campaigns have led to an increase in reporting and have curtailed the number of trafficked children.

However, the report emphasised the pressing need for a comprehensive anti-trafficking law to effectively combat child trafficking.

built by demolishing Buddhist monasteries," he had said.

Maurya had in January this year courted another controversy when he demanded expunging of certain verses in Tulsidas's Ramcharitmanas, which, he claimed, talk about caste and insult a large section of society.

The Allahabad High Court had on Thursday reserved its decision in Gyanvapi survey case.

The court will pronounce the verdict on August 3. Till then the stay on ASI survey will remain in force.

The district court of Varanasi had recently ordered the Archaeological Department of India (ASI) to conduct a scientific survey of the Gyanvapi mosque complex, except for the wazoo Khana. But the Muslim side reached the Supreme Court, which directed the high court to hear the matter.

July 12, 2022.

With no extension granted to her tenure as additional judge and not being appointed permanent judge of the HC, Ganediwala resigned.

"I have not been getting any pension. The entire approach on part of the respondents in denying pension is arbitrary and unsustainable in law," Ganediwala said. As per the plea, Ganediwala was appointed as a district judge on October 26, 2007.

In 2019, she was appointed as additional judge of the Bombay High Court. Ganediwala, in her plea, said in January 2021 the apex court had approved her application for appointment as permanent judge.

Maharashtra CM inspects roads in Thane amid monsoon woes; isn't it too late asks NCP



MUMBAI, JUL 30: Maharashtra Chief Minister Eknath Shinde on Sunday inspected the Mumbai-Nashik highway stretch in Thane district and some nearby roads and told officials to immediately fill potholes and take other measures to ensure smooth traffic flow.

The region has seen heavy rains in the past one week and several roads are in bad condition, making commute difficult and time consuming,

prompting the CM to set up a task force a day earlier under the Thane collector to tide over the problem.

The CM asked officials to complete work on the eight-lane stretch speedily to mitigate traffic congestion on the Thane-Nashik highway till Padgha.

The CM visited the stretch of the highway from Kharegaon to Padgha as well as till Khadvali Phata and asked officials to fill potholes with

mastic immediately. Officials from the Thane collector, Mumbai Metropolitan Region Development Authority, Maharashtra State Road Transport Corporation, National Highway Authority of India, PWD, among others.

He told reporters instructions had been given to all agencies to fill potholes in the Mumbai Metropolitan Region as well as routes leading to railway stations so that people get relief.

Hitting out at the visit, Nationalist Congress Party spokesperson Clyde Crasto said, "The chief minister had promised that the roads would be pothole-free and had assured action against erring officials before the monsoon." The NCP leader wanted to know what action had been taken so far against officials.

Isn't it too late, the NCP leader asked in connection with the CM's visit.

PayPal ruling will help India during FATF review of its anti-black money regime claim insiders

NEW DELHI, JUL 30: A recent Delhi High Court ruling that declared American online payment gateway PayPal a "reporting entity" under the anti-money laundering law will boost India's efforts to show that its financial systems, currently under a FATF review, are becoming "robust", financial investigators have said.

The court of Justice Yashwant Verma on July 24 ruled that PayPal was liable to be viewed as a payment system operator under the Prevention of Money Laundering Act (PMLA) even as it quashed a Rs 96 lakh penalty imposed on the firm imposed by the Financial Intelligence Unit (FIU) in December 2020.

The Financial Action Task Force (FATF), a Paris headquartered global body, leads action against money laundering and terrorist financing crimes. A review of the Indian anti-money laundering systems is currently underway and a visit of the FATF team is expected to commence in November.

Top officials in financial law enforcement agencies told PTI that the categorisation of PayPal as a reporting entity under the PMLA will ensure that all such big payment gateways and platforms are regulated and they share the stipulated suspicious transaction reports (STRs) and cross-border wire transfer reports

with the FIU under the PMLA. The FIU, as per its mandate, disseminates these reports to various probe agencies which investigate money laundering, tax evasion, and other serious financial frauds.

All such payment gateways and payment system operators enable transactions worth

crores of rupees and it is very essential to know what is happening where, a senior officer working with a probe agency, who did not wish to be named, said.

Financial investigators say that the recent HC judgment will help the FIU bring operations of about a dozen more such payment gateways under the 'reporting entity' regime even as a number of payment gateways operating in the country are already reporting STRs to the FIU.

While the HC judgment in the PayPal case may not give India additional points during the FATF review, it will surely underline that Indian anti-money laundering agencies are leaving no stone unturned to ensure that the country's economic channels are clean and the risks of financial crimes minimum, the officer said.

A legal tussle between the FIU and PayPal began in March 2018 when the

former asked the company to register as a reporting entity for keeping "record" of all transactions, reporting suspicious transactions and cross-border wire transfers, and identifying beneficiaries of these funds.

An order issued in December 2020 by the then FIU Director, Pankaj Kumar Mishra, had held the company guilty on three broad counts, the fundamental one being its failure to register itself as a "reporting entity" with the federal agency as mandated under the PMLA. PayPal told the HC during the hearings that functions performed by it would also not extend to money transfer operations since it at no stage of the entire transaction handles funds which move between the Indian exporter and the overseas buyer."

The company argued that it cannot be said to be a payment system operator as being claimed by the FIU.

The FIU counsel told the court that the nodal account maintained by PayPal in India with Citibank "witnessed export transactions of a combined value of more than Rs 12,000 crore in 2021". The grievance of the FIU-IND essentially is, and in its own words, described to be that of an "impaired visibility" with respect to transactions which are completed on PayPal's platform, the HC noted in its order.

Not worried about every single game or single series need to look at big picture ahead of WC: David on resting Rohit Virat



BRIDGETOWN, JUL 30: India head coach Rahul Dravid said that the team was "not worried about every single game and single series" and will have to try out other players ahead of the World Cup, as he defended his decision to rest Rohit Sharma and Virat Kohli in the second ODI against West Indies.

The Indian team management's decision to rest regular skipper Rohit and star batter Virat Kohli badly backfired as the visitors were bowled out for 181 in 40.5 overs. The home team chased down the target with 80 balls to spare for an easy six-wicket victory to level the three-match ODI series 1-1.

"We will always look at the bigger picture. At this stage in the cycle, the Asia Cup and World Cup coming up we have to look at the bigger picture

because of some of the injuries we have. We can't get worried about every single game, every single series, if we do that it will be a mistake," Dravid said after the match.

"To give people chances, Virat and Rohit sat out.

"We have to take those risks, we might have to take those chances in situations like that looking at big events. We want to give them (young players) as many chances we possibly can."

Dravid said with some players injured and recovering at the National Cricket Academy (NCA) in Bengaluru, it was imperative for the management to give chances to other team members ahead of the Asia Cup (August 30-September 17) and the World Cup (October-November).

"Honestly, this was our last chance

to try out some of our players. We have got few of our players injured who are in NCA. With a month to go until Asia Cup, we are running out of time in a lot of ways. We are hopeful that some of them (injured players) will be fit for Asia Cup and World Cup, but we can't take those chances.

"With the injuries we have and some uncertainty surrounding them, we have to try out other people and give them chances so in a worst-case scenario, so that at least they have game time behind them and so if required they can play. It gives us an opportunity to make some decisions on players."

The former India batting stalwart said the move to rest Rohit and Kohli was to create enough bench strength which can be used in necessity.

"We just felt that in a series like this with two, three matches to go for the Asia Cup, playing Virat and Rohit would not have given us too many answers.

"We need to build some of the players, we need to get some answers for specific positions considering some of the situations we are in," said Dravid.

He said he is least bothered about criticism and opinions of people outside.

"We are not too much worried about the opinion of people. It's just that these are the talented boys we have in the country. They have all performed and it's up to them to take the opportunities."

Violence has taken away my house my dream everything we had: India footballer



NEW DELHI, JUL 30: It was a humid May evening as usual in Kozhikode, as India footballer Chinglensana Singh ambled down the ground to enter the dressing room. Once there, he saw a trail of text messages and a barrage of missed calls on his phone.

Worried, he promptly tried returning the calls but to no avail. But soon the centre-back from the strife-torn state found out that he had lost almost everything in the violence that broke out there on May 3, the same day that he was representing Hyderabad FC in an AFC Cup playoff (Asian continental tournament) match against Mohun Bagan in far-away Kozhikode.

"It has taken away everything from us, everything we earned, everything we had," the player, hailing from

Khumujama Leikai in Churachandpur district, told PTI.

"I heard the news of our house being torched and then the football turf that I built in Churachandpur was burnt. It was really heartbreaking.

"I had the big dream of providing a platform to the youngsters but it was taken away. Fortunately, my family escaped the violence and was shifted to a relief centre," he added.

After trying for a while, when the 27-year-old finally managed to get in touch with his mother, waiting at the other end amid the sound of gunshots in one of the epicentres of the violence, he immediately decided to go back to his parents.

He couldn't delay any longer, as the clashes had by then destroyed his

house, ravaged his village, and dashed his hopes of giving wings to aspiring footballers' dreams. Only his family survived.

Relieved at having them around, he is now thinking of ways to overcome the profoundly disturbing experience, and start afresh.

"I always had a big dream of providing a platform to the youngsters in Churachandpur who are talented but they couldn't afford to enrol in a football school.

"My aim was to provide them a platform, to help them become professional players and then go on and play for the national team... become great players for the country. Then this incident happened, so everything is being robbed. But we will try to start again."

The violence was sparked by a court ruling in March that granted the majority Meitei scheduled caste status, entitling them to the same economic benefits and quotas in government jobs and education as the minority Kuki.

It also allowed Meiteis to buy land in the hills, where the Kukis predominately live, further fuelling fears that their lands, jobs and opportunities would be taken away.

Tension escalated in the northeast state when a video of May 4 emerged on social media, showing men from one community parading two women naked from the opposing side.

I'm a turtle right now not rabbit says Hardik on his bowling workload management

BRIDGETOWN, JUL 30: India ODI stand-in captain Hardik Pandya has admitted that he is right now "a turtle not rabbit", but is keen to increase his bowling workload to prepare himself for the World Cup at home in October-November.

Pandya has been used sparingly as a bowler in international matches in recent times due to a spate of injuries -- shoulder and back to be precise. He bowled three overs in the first match and took one wicket giving away 17 runs.

He, however, went wicketless in the second ODI here on Saturday, conceding 38 runs from 6.4 overs.

Plagued by injuries, Pandya, who last played Tests for India in September 2018, has limited himself to only playing white-ball cricket.

"My body is fine. I have to bowl more overs and get my workload up for the World Cup. I'm a turtle right now not the rabbit and hoping everything goes right as the World Cup comes on," Pandya said after India's disappointing six-wicket defeat in a rain-marred second ODI here.

The Indian team management's decision to rest regular skipper Rohit Sharma and Virat Kohli badly backfired as the visitors were bowled out for 181 in 40.5 overs. The home team chased the target with 80 balls to spare with captain Shah Hope top-scoring with an unbeaten 63. But Pandya said going



into the third and final game on Tuesday, with the series tied at 1-1, would be more challenging and exciting.

"To be honest, you want to be going 1-1 to the third game as it'll be more challenging and exciting. They will be tested, we will be tested now that the series stands 1-1. The next game will be exciting for the viewers as well as the players," he said.

None of the India middle-order batters could cope with pace, bounce and turn at the Kensington Oval pitch with Romario Shepherd (3/37) and Gudakesh Motie (3/36) tormenting the visitors.

"We didn't bat the way we were supposed to. The wicket was better than it was in the first game. Everyone barring Shubman (Gill) hit

fielders and got out. Disappointing but many things to learn," said Pandya, who himself got out for 7 off 14 balls.

India lost five wickets for 23 runs in just 7.2 overs after the opening stand of 90 between Ishan Kishan (55 off 55 balls) and Shubman Gill (34 off 49 balls), which hurt the team's cause after West Indies skipper Shah Hope opted to bowl.

"The way our openers batted, especially Ishan, struck it well and is good for India. Shardul (Thakur) got us back in with his bowling. Hope and Carty batted well and got them through."

West Indies captain Hope said his team produced a "complete performance".

"It was a complete performance. Very satisfied, the aim was to get back to the series. We gotta win one more and need to come back strongly."

"We gotta put in the effort and today we displayed the right attitude, need to replicate that in all disciplines. We want to tick the boxes and get the right result in the final game," he said.

Hope, who was adjudged the player of the match, was also satisfied with his own performance. "I'm happy as long as my contributions lead to the win. When things are difficult, you gotta find ways to score quickly."

Indian Men's hockey team records 1-1 draw with the Netherlands

BARCELONA, JUL 30: The Indian Men's Hockey Team came up with a valiant performance against the Netherlands, which recently won the FIH Hockey Pro League 2022-23 title, to record a 1-1 draw in an intensely-fought match here at the ongoing 100th Anniversary Spanish Hockey Federation -- International Tournament on Wednesday.

India had lost to the hosts Spain in their opening game, but they bounced back today with an impressive performance. In-form captain Harmanpreet Singh scored India's lone goal in the 12th minute, and Jasper Brinkman equalised the score for the Netherlands in the 40th.

Getting off the blocks in an attacking mode, India built on early momentum.

They created chances in the circle and eventually secured an early lead when the team earned a penalty corner. Although it was the Dutch side that earned the



first PC of the match, the flick was dragged wide to the left of the post. India, however, made no such error when they were awarded a PC in the 12th minute. Harmanpreet Singh was the first to pick up a fine injection by his deputy Hardik Singh and ruthlessly struck it past the Dutch goalie. The 1-0 lead in the first quarter put India in command.

In the second quarter, both teams traded PCs but neither could find success with Krishan Pathak, who stepped in for PR Sreesesh, managing some brilliant saves. India too kept the Dutch goalie Maurits Visser busy as they earned back-to-back PCs but were unable to extend their lead.

Continuing to stay ahead with a slender lead at half-time, India looked more confident in their pursuit while the Dutch continued to hunt for that elusive first goal.

The third quarter began with both teams winning a PC each. Returning to the post, experienced Sreesesh remained calm in his endeavour to keep the opponents from converting

a PC while Visser too remained as impressive, stopping India from scoring a second. Finally, it was the experienced dragflicker Jasper Brinkman who broke the deadlock for the Dutch as he levelled scores with a splendid effort to convert the PC.

In the dying minutes of the third quarter, India produced an excellent counter-attack led by Harmanpreet to regain the lead. But he could not find the gap to penetrate the circle. The fourth quarter remained tense with both teams pushing for a lead. Though they both created several chances, they could not convert, thus the game ending at a 1-1 stalemate.

Mark Wood fully fit despite bowling just three overs on fourth day, England insist

LONDON: England insist Mark Wood is fully fit to bowl despite holding him back until the 33rd over of Australia's run chase on a rainy Sunday afternoon at the Kia Oval, while Australia believe they have worn England's bowlers down with their approach with the bat throughout this Ashes series.

Wood, who has 13 wickets at 20.38 across the three Tests he has played in this series, bowled only three of the 38 overs that Australia faced in reaching 135 for 0 in pursuit of 384 and was not introduced by Ben Stokes until the second session of a day that was shortened due to rain.

And while Marcus Trescothick, England's assistant coach, acknowledged that Wood was not in perfect physical condition after bowling 81.4 overs in the series at high pace, he insisted: "He's fit to bowl."

"I think pretty much like everybody, there's little aches and pains that are going off the back of a big five-Test series," Trescothick said at the close. "Both teams will be travelling in the same way at the



moment. But yeah, everyone is fit to bowl. It was a tactical decision."

One of the drawbacks of England's attacking style with the bat is that their bowlers have had a substantially higher workload than Australia's across this series.

Michael di Venuto, Australia's assistant coach, said at the close: "Certainly, part of our plan is to get them to keep coming back and bowling more overs."

Di Venuto admitted some surprise at England's use of Wood. "I'm not sure of those tactics," he

said. "Whether he is carrying an injury, whether he can only bowl a certain amount of overs, I'm not sure. There was some spin, so [I was] not surprised to see the two offspinners wheeling away at one end."

One of those offspinners, Moeen Ali, has been battling a right groin strain sustained while batting on the first day of the Test. He returned figures of 0 for 19 in five overs but moved gingerly in the field, and Trescothick suggested that Moeen will not be fully fit for another few weeks.

"He's OK," Trescothick said. "You saw him bowl today. He's obviously had the little niggle that he's got. He's obviously had a bit of rest and put his feet up. It's not 100% - of course it's not. It's not going to be probably for two or three weeks from now, but we've got a little bit out of him and will continue to try to do that again tomorrow."

Trescothick also believes that the ball change that took place shortly before rain intervened - after the first ball of the 37th over, when Wood's bouncer struck

Khawaja on the helmet - could have a bearing on the outcome. "I think it was just a bit harder," he said. "That was the difference."

"Immediately, there's a bit more life in it. Balls seem to have gone very soft very fast in this game - and this series. Both captains have tried to change them on numerous occasions. Whether it makes any difference, the rain coming down and saving it for tomorrow, who knows?"

Australia required another 249 runs to win the Ashes outright and secure a first series win in England since 2001, after unbeaten half-centuries from Khawaja and David Warner. "It was an outstanding start from our two openers," di Venuto said. "Conditions had a lot to do with it today. It's a very good batting wicket."

"There are a lot of guys who have been on Ashes series over here in the past and haven't managed to win, and 20 [22] years is a long time. We're in a great position for some of the boys to get that on their résumé; we're all pretty keen to score those 250 runs tomorrow."

Former selector Saba Karim lashes out at Rohit, Virat's absence from 2nd ODI

BRIDGETOWN, JUL 30: Team India's experiment to drop Virat Kohli and Rohit Sharma for the second ODI backfired badly as the visitors lost by six wickets in Barbados. The management's decision to drop the senior most duo also drew ire on social media.

Moreover, the management's tinkering with the batting order did not help the cause either as apart from Ishan Kishan, none of the Indian batters troubled the scorers.

While Sanju Samson - the player making a comeback to the ODI team after January - came at number 3, Axar Patel followed him at the fourth spot. Suryakumar Yadav, who usually bats in the middle-order, was sent out to bat at no.6. The changes in the batting order did not help the cause as Team India were bowled out for a paltry 181 despite a 90-run partnership between Ishan Kishan (55) and Shubman Gill (34). And this tinkering did not go down well with former Team India selector Saba Karim.

Speaking on JoCinema, Karim lamented the team management's decision to drop Rohit Sharma and Virat Kohli.

"The regular players also need time to face these challenges. At no.4, you are hoping that Shreyas Iyer will come, but he will also need time to get going. Who is your back-up there? Is it Suryakumar Yadav, Ishan Kishan or Sanju Samson? Because if they are, you have to design the batting order that way. Batting first was a challenge for us and it was good that we had the chance today, but it would've been ideal if we had the right batting order," Karim said. "Also, why are Rohit Sharma and Virat Kohli not playing? What's the point of taking them with the side if they're not playing? Why not take fresh faces then? Ideally, they should be playing because World Cup is near, you don't have much time left," said Karim further.

Alok Kumar attends ABSS 2023 at New Delhi

ALSO RELEASES BEST PRACTICES OF SED MANUAL AT JK STALL OF ABSS

JJ NEWS SERVICE

NEW DELHI, JULY 30: The two day's Akhil Bhartiya Shiksha Samagran (ABSS) 2023 concluded at TIPO here today, coinciding with the celebration of third anniversary of National Education Policy, (NEP) 2020.

The event started with the inaugural address by the Prime Minister Shri Narendra Modi, showcasing the achievement made by India in implementation of NEP 2020 in last three years and way forward. On the occasion first instalment of funds for the development of PM SHRI (Prime Minister School for Rising India) Scheme was also released by Prime Minister.

Principal Secretary, Education J&K, Alok Kumar, Director, SCEPT J&K, Prof. Parikshit Manhas: Project Director Samagra Shiksha, Deep Raj, Director School Education Jammu, Ashok Sharma; Director RUSA Ashok Bhagat; Nodal Officer, ABSS, J&K Bilal Rashid along with other delegates attended the programme.

Speaking on the occasion, Alok Kumar said that Jammu and Kashmir has been at the forefront in implementing NEP by bringing significant changes in the assessment system from rote learning to the competency based learning. He added that a paradigm shift in the method of teaching in class room to learn from surroundings to give holistic and lifelong learning



opportunities to students is being witnessed across J&K.

The Principal Secretary reiterated that effective implementation of the NEP-2020 will ensure sustained training of students as global citizens with 21st century skills and create a vibrant, innovative, practical and vocational skill set and research-oriented, learner-centric education system in our country.

He highlighted that focus is being laid on the Foundational Stage (FCC), under which almost 2000 Kindergartens have been set up and more than 3000 are in process of establishment. He added that in line with the NEP, digital learning has

been promoted for which more than 1000 ICT labs and 1700 Smart Class rooms are in process of establishment.

The Principal Secretary further highlighted that remarkable initiatives like JK Attendance App; ensuring the regularity and punctuality of teachers, SAMIKSHA App; platform for ranking of the schools on the basis of the feedback of the students about their teachers and schools, STEER Mentorship Programme for Students, Coding programme, DIKSHA Platform and others are being implemented in J&K to bridge out the gaps in learning outcomes.

Jammu and Kashmir School Education

Department along with other States and Union Territories exhibited On the third anniversary of the NEP 2020. School Education Department, J&K exhibited the stupendous achievements and initiatives it has taken in two years for the implementation of National Education Policy through a Stall at TIPO Exhibition ground.

Project Director Samagra on the occasion, informed that 235 Schools have been selected under Phase 1st of PM SHRI, for which Rs. 116.43 Crores stand approved by the Ministry recently. He said that, multidisciplinary approaches shall be made to make PMSHRI schools unique across J&K. He added that Students shall get all type of opportunities, to nurture their innovative and IT Skills, besides they shall be made aware of Green Schools concept to save the Environment as well, he informed.

A manual illustrating the Best practices of School Education Department (SED) was also released at the J&K Stall (Exhibition Hall) by the Principal Secretary, Alok Kumar, which was later presented to the Union Minister of Education, G.06 & other stakeholders.

From Jammu and Kashmir, Ajeet Sharma, Coordinator, Fayaz Ahmad, Sohail Raja, Dr. Rabia Mughal, Dr. Alka Sharma, Vivek Jandial Dr. Arif Jan, Tariq Khan, Javid Ahmed and Suhel Sheikh participated in the programme and also attended thematic sessions on different topics.

3 vehicles involved in illegal mining seized in Bhalla area



JJ NEWS SERVICE

DODA, JULY 30: In a joint operation led by District Mineral Officer (DMO) Doda, Sunil Manhas and the Revenue Department officials, illegal mining activities in the Bhalla area of Baderwah Sub District were thwarted yet again.

Prompt action was taken based on reliable information, leading to the seizing of three dumpers carrying illegally extracted minor minerals. The crackdown serves as a testament to the district administration's commitment to combat unlawful mining practices and preserve natural resources. Under the supervision of Deputy Commissioner Doda, Vishesh Mahajan, the dedicated team successfully confiscated three dumpers laden with illegal minor minerals. The operation aimed to prevent further environmental damage and uphold the district's zero-tolerance policy towards such infringements.

PM Modi's 'Mann ki Baat' educates, inspires: Dr. Manyal

JJ NEWS SERVICE

JAMMU, JULY 30: The monthly radio programme 'Mann ki Baat' hosted by Prime Minister Narendra Modi has gained popularity in India and abroad for many reasons. The Prime Minister, in his thirty minutes broadcast, speaks on varied subjects, which educate and inspire people to get familiar with the unheard and unseen revolutionary developments taking place in urban and remote rural areas.

Dr. Devinder Manyal, Jammu and Kashmir BJP General Secretary and former Minister, on listening to the 103rd episode of Prime Minister Narendra Modi's 'Mann ki Baat', commented that the programme has become favourite event for crores of people, who eagerly wait to listen to it on last Sunday of every month. He said that the PM, in today's episode spoke on significance of Saawan month and different festivals celebrated in this month, splendid role of NDRF in reaching the people hit by the natural calamity and extending help in shifting them to safer places. The PM also spoke on the importance of plantation and conservation of water, religious tourism, cultural heritage, ecology, flora and fauna, awareness against drugs, motivating youth to adopt sports, which have been very educating and inspiring, the BJP leader said.

Dr. Devinder Manyal further said that the PM, like previous episodes, also shared a number of works being undertaken by individuals and groups of people in distant places in the country to promote the ancient rich culture. He said that the Prime Minister also becomes Cultural Ambassador through this programme when he introduces the people with the history, culture, civilisation, customs of other regions. He was of the view that 'staying home and remain connected with the outside world is one of the great advantage of listening 'Mann ki Baat'.

Baba Barfani devotees disheartened, Shiv Sena's concerns proven right



JJ NEWS SERVICE

JAMMU, JULY 30: The annual Shri Amarnath Ji Yatra, a sacred pilgrimage for Hindus, which was kept for a record period of 62 days this year, witnessed the culmination of the Holy Shrivling in just 27 days. This has left the devotees of Bhole Baba deeply disappointed and filled with immense resentment. The lack of proper arrangements for ensuring the safe viewing of the sacred Him Shrivling during the entire duration of the yatra has hurt the faith of Bhole's devotees, as claimed by Manish Sahni, President of Shiv Sena (UBT) Jammu and Kashmir unit.

In a press conference held today at the party regional office, Manish Sahni stated that despite the record duration of 62 days for the yatra, there were no adequate arrangements made to secure the sacred Him Shrivling for darshan.

He said around 15 to 18 thousand devotees were sent daily for darshan during the yatra, while a significant number of security personnel and officials were deployed in and around the holy cave premises, including horse and palanquin bearers. Unfortunately, it is the devotees who are now bearing the brunt of this mismanagement, as many of them have been unable to receive the auspicious darshan of the Holy Shrivling.

Sahni highlighted that Shiv Sena had repeatedly urged for special measures to ensure the safe viewing of the sacred Him Shrivling throughout the yatra, and even submitted a memorandum to the Lieutenant Governor of Jammu and Kashmir, who is also the Chairman of Shri Amarnath Shrine Board. However, their appeals for free registration and the safety of the Him Shrivling were overlooked.

Kavinder unveils Surinder Safal's Dogri Bhaint album "Machail Aali Maa"



JJ NEWS SERVICE

JAMMU, JUL 30: Nami Dogri Sanstha, in collaboration with Safal Musical Productions, released the Dogri Bhaint album 'Machail Aali Maa' written, composed, and sung by Surinder Safal, here today. The music director of this Bhaint is Sahil Nath, and the video director is Sh Sonu Tanaja.

The function was presided over by Padma Shri Mohan Singh, Convener of Dogri Sahitya Academy. Former Deputy Chief Minister Kavinder Gupta was the Chief Guest, while Chairman of Team Jammu and BJP Leader Zorawar Singh Jammal and O P Vidayarthi (PCCF, Retd) were Guests of Honour on the occasion.

Safal is a multifaceted literary and artistic personality, who has written more than nine hundred songs in Dogri, Punjabi, and Hindi, which will be released one by one. Six of his songs, including two in Dogri, have already been released and are receiving lauding responses from the public.

Sh Mohan Singh, in his presidential address, appreciated the talented and innovative potentialities of Surinder Safal as a singer, composer, writer, and actor. He also stressed the importance of speaking the local language Dogri. Kavinder Gupta expressed that artists and writers always strengthen and reflect society and bring in positive energy. He urged the Academy of Art, Culture, and Languages to play a larger role in channelizing youth towards art and culture for a strong and positive society.

PARVAZ Qualifying Test records Remarkable Turnout at Poonch

District Administration ensures successful conduct of exam

JJ NEWS SERVICE

POONCH, JULY 30: The District Administration Poonch played a pivotal role in facilitating the successful conduct of the PARVAZ Qualifying Test under the Parvaaz programme of Mission Youth J&K.

The qualifying test, which aims to select eligible candidates for free coaching for civil services examinations, was organized at the prestigious Government Degree College Poonch. The District Administration's proactive approach and unwavering support to provide necessary logistical arrangements and coordination helped ensure the smooth execution of the examination. The collaborative efforts of the District Administration and the Mission Youth J&K brought forth an overwhelming response from the youth of the region, signifying their aspirations to excel in civil services and contribute to nation building. A total of 261 candidates were allowed to sit in the qualifying test, seeing the eagerness of the youth to participate in the initiative.

On the examination day,



154 candidates appeared to take the test, a commendable turnout that highlighted the commitment of the youth towards realizing their dreams of serving the nation in administrative capacities. Nodal Officer, ADC, Principal Degree college Poonch, Chief Education Officer Poonch, D/O, Tehsildar Haveli, Duty Magistrate, Naib Tehsildar Haveli Assistant Nodal office Superintendent and Dy. superintendent, investigators and supporting staff and police personnel played a crucial role in overseeing the facilitation and coordination of the examination process under overall supervision of District Magistrate Poonch. The commitment and dedication

of the staff deployed along with the support of other stakeholders created an enabling environment for the candidates to exhibit their knowledge and capabilities with confidence. The PARVAZ Qualifying Test not only served as an assessment of their academic proficiency but also provided candidates with valuable exposure to the competitive examination format. It equipped them with experiences and insights that will be instrumental in their journey towards becoming successful civil servants.

As the examination papers are evaluated, successful candidates will be provided with the opportunity to receive free coaching for civil services examina-

tions, further strengthening their preparation for the prestigious challenge ahead. The District Administration extended its heartfelt appreciation to all the candidates who participated in the test and acknowledged their determination to excel. It also expresses gratitude to the Mission Youth J&K for their visionary initiative and efforts in empowering the youth of Jammu and Kashmir. The successful conduct of the PARVAZ Qualifying Test underscores the combined commitment of the District Administration and the Parvaaz programme in nurturing the talents of the region's youth and empowering them to contribute to the nation's progress and development.

Moving forward, the District Administration reaffirms its dedication to supporting such initiatives that promote education, skill development, and empowerment of the youth, ensuring that they become responsible and valuable assets for the growth and prosperity of Jammu and Kashmir and the entire nation.

Muzaffar Baig thanked GOI for acknowledging the justified demand of the Pahari tribe

JJ NEWS SERVICE

JAMMU, JUL 30: Jammu and Kashmir Pahari Culture and Welfare Forum (JKPCWF) a premier representative organization of the Pahari Community of J&K convened a meeting on Saturday under the chairmanship of Forum Patron-in-Chief Muzaffar Hussain Baig through video conference. Forum expressed its sincere gratitude to the Government of India for introducing the Constitutional Schedule Tribe Amendment Bill in the Parliament which was a long-pending justified demand of the Pahari Tribe. Terming it as a milestone in the ongoing struggle of the Pahari community for four decades, the forum thanked Prime Minister of India Sh. Narendra Modi, Home Minister Amit Shah for their personal efforts.

Pahari veteran leader Syd



Mushtaq Ahmad Bukhari presided over the meeting personally. On this occasion, the participants reiterated the commitment made during the important meeting with Union Home Minister Amit Shah in New Delhi on 25 December 2019, in which the delegation assured the Home Minister that if the long pending demand of the Pahari community is fulfilled, Jammu and Kashmir will repay kindness with kindness. They articulated that whole

Pahari tribe will remain thankful to the GOI in all the times to come and whole of the tribe will remember the landmark decision taken by Prime Minister Narendra Modi and Home Minister Amit Shah. In today's important meeting, the participants gave some important suggestions to make the forum active. In this regard some important decisions were also taken. The participants of the meeting congratulated and expressed their gratitude to

Muzaffar Hussain Baig, the patron of the forum, for his active and constructive role in representing the Pahari community. In his speech Sh. Muzaffar Hussain Baig while welcoming the decision of Government of said "A long standing justified demand of Paharis is acknowledged by the Govt. of India lead by Prime Minister Narendra Modi government".

He appreciated all individual and collective efforts for achieving this goal. He urged the par-

ticipants to ensure that promises made to the central leadership be achieved in letter and spirit, make the forum more active and frame a strategy for facing forthcoming challenges after getting ST. He also urged for discipline in organization setup and to make everyone accountable.

While underlining the importance of the non-political role of the forum speakers and said that 'Jammu Kashmir Pahari Culture and Welfare Forum' is a representative organization of the Pahari community irrespective of political affiliation, which has been working for the last four decades.

In today's meeting, a detailed discussion was held regarding the restructuring of the forum and it was decided that this process will be completed during the next few sessions after taking into account all the factors.