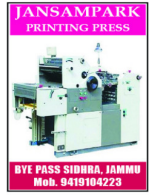




# JINDRAH IMAGES



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## PM Modi launches Rs 13,000-crore 'PM Vishwakarma' scheme for traditional workers



AGENCIES  
NEW DELHI

Prime Minister Narendra Modi on Sunday launched the 'PM Vishwakarma' scheme on the occasion of 'Vishwakarma Jayanti', under which traditional craftsmen and artisans will be provided loan assistance at a minimal interest rate without the need for collateral.

With a financial outlay of Rs 13,000 crore for a period of five years, the scheme will benefit about 30 lakh families of traditional artisans and craftsmen, including weavers, goldsmiths, blacksmiths, laundry workers, and barbers.

The goal of the scheme is to enhance the accessibility and quality of...  
CONTINUED ON PAGE 4

### 'PM Vishwakarma' scheme blend of civilisational ethos, traditional craftsmanship: Dr Jitendra



JNEWS SERVICE  
JAMMU, SEPTEMBER 17

Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today said, 'PM Vishwakarma' scheme represents perfect blend of India's

civilisational ethos and traditional craftsmanship. The scheme offers the option of earning livelihood while at the same time sustaining India's age old Guru-Shishya Parampara, said the Minister. Dr. Jitendra Singh was speaking here today during the launch of 'PM Vishwakarma' scheme...  
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### I am confident PM Vishwakarma Scheme will bring revolutionary transformation in the lives of our Vishwakarmas: LG Sinha



JNEWS SERVICE  
SRINAGAR, SEPT 17

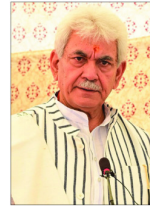
Lieutenant Governor Manoj Sinha attended the launch ceremony of 'PM Vishwakarma Scheme' by Prime Minister, Narendra Modi, virtually at the UT-level function organized in Srinagar. The Lt Governor expressed gratitude to the Prime Minister Narendra Modi ji for the transformative initiative.

He said the scheme will directly benefit thousands of artisans and craftspeople of J&K UT working with their hands and tools. "Our outstanding artisans with creativity and

hard work have not only preserved the priceless heritage, diverse culture and traditions but also kept the wheels of socio-economic growth moving. These hardworking hands are the strength of the progressive society," the Lt Governor said.

PM Vishwakarma Scheme honours traditional skills of craftspeople and their exemplary commitment and dedication. It will ensure the Vishwakarmas are provided with financial assistance, skill upgradation and they are integrated with national and global value chains, he added. Traditionally, Vishwakarmas are...  
CONTINUED ON PAGE 4

## We have strict policy of zero tolerance against corruption: LG



JNEWS SERVICE  
SRINAGAR, SEPT 17

Lieutenant Governor Manoj Sinha during this month's Awaaz Ki Awaaz programme has expressed his gratitude to the citizens and civil society members of the UT for their overwhelming participation in Bhraashachar-Mukt J&K Campaign.

"J&K Administration has strict policy of zero tolerance against corruption. It is heartening to see collective efforts to get rid of scourge of corruption and integrated approach to strengthen transparency and accountability in the system to build progressive, prosperous Jammu Kashmir," the Lt Governor said.

He said the whole-of-society approach adopted by the UT Administration is instrumental in empowering citizens, mobilising people against corruption and reinforcing trust between the public and the Government.

The Lt Governor high-

lighted the significant role of Jan Bhagidari in creating a conducive environment for a progressive society.

"Amrit Kaal gives people a unique and historic opportunity to take a great leap forward and work with one resolve and one goal of building a strong, vibrant Jammu Kashmir," the Lt Governor said.

India has emerged as a leading voice of the world and consensus on New Delhi G20 Summit Declaration is a testimony of its vital role in bringing all the countries together to...  
CONTINUED ON PAGE 4

combat global challenges. With the successful conduct of G20 Summit, UT of J&K has also entered a new era of opportunities to tap its true potential, he added.

The Lt Governor appreciated Mukesh Kumar from Akhnour and Ramban's Rakesh Kumar for sharing their valuable suggestions for useful improvements in Bhraashachar-Mukt J&K Campaign and accountable and responsive governance.

Probity should become a way of life. More such alert citizens should come forward and make their important contribution in the fight against corruption, he said. The Lt Governor made a special mention of National Award-winning teacher Reyaz Ahmad Sheikh from Anantnag and National Youth Brilliance Awardee Urfee Yousuf, a graduate student at S.P. College Srinagar for their dedicated service and contribution in the field of education.

## Anantnag operation enters fifth day



JNEWS SERVICE  
SRINAGAR, SEPT 17

The operation to flush out terrorists hiding in Gadole forest area in Jammu and Kashmir's Anantnag district entered the fifth day on Sunday as security forces widened the area of operation to neighbouring villages and fired several mortar shells towards the forest, officials said.

Security forces are using drones and helicopters for surveillance of the dense forest area where terrorists are believed to be holed up since Wednesday after killing two Army officers and a deputy superintendent of police

in the initial exchange of fire, the officials said. As the assault resumed on Sunday morning, the security forces fired several mortar shells towards the forest, they said.

They said there were several cave-like hideouts in the forest area and drones were being used to pinpoint their locations to carry out attacks on them. Drone footage showed a terrorist running for cover after one stock of hideout was hit by shells fired by security forces on Friday.

The security cordon has been extended to neighbouring Posh Kreeri area as a precautionary measure to ensure that terror-

### 1 Jawan killed, another injured in accidental firing in Bandipora

JNEWS SERVICE  
SRINAGAR, SEPT 19

An Army jawan was killed and another soldier injured when their colleague accidentally discharged his firearm in Jammu and Kashmir's Bandipora district, police said on Sunday. According to a police statement, the accused army personnel has been detained and an investigation launched into the incident.

"There was an accidental discharge of weapon resulting in one fatal casualty and one injury to army personnel. The accused army personnel has been detained. Necessary legal action has been initiated," District Police Bandipora in Jammu and Kashmir posted on the X social media platform. More details are awaited.

ists don't slip into civilian habitation, the officials said.

The Northern Army commander on Saturday visited the site of the gunfight to take stock of the operational situation.

Lt Gen Dwivedi was briefed by the ground commanders on the high-intensity operations, in which hi-tech equipment is being used for surveil-

lance and delivery of fire-power, along with the high impact of precision fire being used by the forces.

The Northern Army commander inspected the drone which has been used to survey the area and track the terrorists, the officials said.

They said Lt Gen Dwivedi reviewed the operation with senior police...  
CONTINUED ON PAGE 4

## Opposition alliance following disruptive and divisive agenda: Tarun Chugh

JNEWS SERVICE  
JAMMU, SEPT 17



divisive and disruptive agenda on 'ghamandi' INDIA bloc has started coming into the open.

First, they ran down Sanatan Dharma and gave a disruptive call to finish the age-old culture of the country, then they announced to boycott senior media persons. It was a clear indication that this bloc wants to muzzle the free voice of the media. Earlier, the Congress had done the same thing during the Emergency and now the entire 'ghamandi' alliance was toying the

national general secretary Tarun Chugh today said that the

...  
CONTINUED ON PAGE 4

## Chinar Corp commander LG Ghai reviews Anti-Infiltration grid on LoC

JNEWS SERVICE  
SRINAGAR, SEPT 17

A day after a major infiltration bid was foiled, Army's Chinar Corps Commander Lt Gen Rajiv Ghai visited the forward area along the Line of Control (LoC) in Jammu Kashmir's Baramulla to review the anti-infiltration and counter-terrorist grid on Sunday.

The Corps Commander Lt Gen Ghai visited the forward area in Uri Sector to review the anti-infiltration and Counter Terrorism grid along the LoC, the Army said. The Corps commander commended troops for maintaining the highest standards of combat readiness and operational preparedness. He also complimented the troops for the suc-



cessful conduct of Operation Khanda in which three terrorists were eliminated on September 16. In a joint operation launched by the Indian Army, Jammu and Kashmir Police and Intelligence agencies an infiltration bid was foiled on Saturday in the morning hours along LoC in Uri Sector during which three militants were eliminated.

## India's efforts to eradicate TB by 2025 role model for World: Dr Jitendra Singh

JNEWS SERVICE  
JAMMU, SEPT 17

A public-private partnership (PPP) with integrated strategy is essential to achieve a "TB-mukt Bharat" (tuberculosis-free India), Union minister Jitendra Singh has said.

At an event on Sunday, Singh said India's efforts to eradicate tuberculosis by 2025 are a role model for the world.

The minister of state in the Prime Minister's Office was speaking after



flagging off the Shri Mata Vaishno Devi (SMVD) Narayana healthcare "TB-Mukt Express", a mobile medical van that will visit different villages in his

parliamentary constituency Udhampur, with the slogan "Chalo Chale TB ko Harane" (let's defeat TB).

The event coincided with the birthday of Prime Minister Narendra Modi.

"India's efforts to eradicate TB by 2025 are a role model for the world. The citizens need to work collectively towards TB elimination in the true spirit of 'Jan Bhagidari'," Singh said.

He said considering the deep societal and...  
CONTINUED ON PAGE 4

## Arrangements finalised for IAF's maiden Air Show in Jammu next week

JNEWS SERVICE  
JAMMU, SEPT 17

All necessary arrangements, including a tight security cover, have been finalised for the first-of-its-kind air show by the Indian Air Force here on September 21 and 22, officials said on Sunday.

According to a defence spokesperson, the air show at Air Force Station in Jammu will have the world-renowned IAF Air Warrior Drill Team (AWDT), the Akashganga

Daredevil Skydiving team, Surya Kiran Aerobatic Team (SKAT), Mi-17 helicopters and the IAF band.

Sukhoi-30 fighter aircraft is also expected to showcase low-level aerobatics and manoeuvring during the grand and spectacular event, which is being jointly organised by the IAF and civil administration to mark the 76 years of accession of Jammu and Kashmir into the Indian Union and the diamond jubilee of the Air Force Station Jammu, the

spokesperson said. Jammu and Kashmir Lt Governor Manoj Sinha will be the chief guest at the event, the official said, adding LED screens would be installed with live footage for the audience. Divisional Commissioner Jammu, Ramesh Kumar, on Saturday, reviewed the arrangements, including security, parking facilities, and seating arrangements, among others for the smooth conduct of the air



show, officials said.

The Traffic Department was instructed to formulate a comprehensive traffic management plan and identify suitable parking areas, the official said.

The department will issue an advisory to avoid inconvenience to commuters, he added.

The Tourism Department has been mandated to carry out extensive publicity of the event as well as printing invitation cards and making

seating arrangements, officials said.

However, they clarified that only invitees with passes would have access to the venue, while the general public and audience members could enjoy the air show from designated viewing locations.

The spokesperson said the marquee event will showcase the scintillating and spectacular display of precision flying and performance by nine aircraft teams, flying Hawk Mk-132 and Mi-17 medium-lift heli-

icopters showcasing the slithering and small team insertion and extraction techniques, free fall para jumpers and precision drill movements by AWDT.

The display will showcase the operational capability of the IAF with an aim to motivate youth to join the elite service, he said.

The spokesperson said the event will also aim to sensitise the general public to the hazards of aviation and how they can assist in aviation safety.   
AGENCY

# Kallpoosh foundation opens 'GHARAPNAA', a model senior citizen care home

GHARAPNAA: Pioneering Senior Care Home in J&K



J I NEWS SERVICE

**JAMMU, SEPT 17:** Kallpoosh Foundation has opened the first of its kind unique model senior citizen care home aptly named 'GHARAPNAA' at Nardani-Raipur at Bantabal, Jammu to provide a dignified alternative home to lonely and needy senior citizens who are searching for a home away from home where they can live happily with other inmates.

Kallpoosh Foundation, a National Level Socio-Cultural, Non-Profit, Eco-Friendly and Impact-Focused Organization which has been working for social upliftment by improving and empowering the lives of the economically or socially underprivileged besides the development of livelihoods for the weakest sections of society and welfare & development of marginalized communities for many years in J&K and other parts of the country came out with this novel idea after intensive research and feedback from elderly community who are alone in their homes due to the jobs and other engagements of their children outside the state or abroad and at many times are either unable to perform regular household jobs or feel lonely in their homes.

'GHARAPNAA' commenced operations today after Greh Pravesh pooja

and prasad at its premise where a cross section of society, dignitaries and elders participated to know the facilities being offered at GHARAPNAA.

'GHARAPNAA' for Elder Care, is comprehensive, personalized, proactive and works in any manner possible towards the noble cause for the deprived to bring succour and happiness in the lives of the abandoned.

"At 'GHARAPNAA', nestled in the picturesque surroundings of Nardani-Raipur, we have made it our mission to be the beacon of light in the lives of our elderly residents. We have created a heaven where laughter echoes through the hallways, where stories of the past blend with dreams of tomorrow, and where hearts find solace in the companionship of newfound friends. The smiles we witness and the tender bonds that form within our walls remind us daily of the transformative power of compassion" says Veena Wanchoo, brain behind 'GHARAPNAA', who is a well-known social activist and also Chairperson Kallpoosh Foundation.

Rajinder Wanchoo, Team Leader Kallpoosh Foundation adds, "There are thousands of Sr. Citizens living alone in the city as their children have migrated, settled abroad, or are staying in other cities. A data-

base mentioning the names, addresses and mobile numbers of Sr. Citizens living all by themselves in the city is available with us. We reach out to them through phone calls or personal visits to inquire about their wellbeing and find out if they need help. This builds confidence, sense of security and they reach out to us in case of contingencies. We truly understand the hardships older people are facing and act to improve them. We must keep resolving all these issues so that everyone has a smooth transition into retirement".

The Pooja function which was attended by the senior citizens and dignitaries discussed and offered suggestions alongwith other requirements at the Home and offered their help and support in making this endeavour a success. Sequel to the discussion prominent social activist(s) S/Sh. Murarji Koul offered to sponsor for providing CCTV while Kiran Wattal alongwith former Vice Chancellor Ashok Aima offered many constructive suggestions besides providing oxygen concentrator and nursing accessories for the inmates.

The management thanked them for their support and other donors who have financially donated for this cause to enhance the facilities and safety at the home.

GHARAPNAA is now also welcomes all social and cultural activities to keep the elders well engaged with the community.

The registration for the admission into 'GHARAPNAA' is open. The management committee which stays at GHARAPNAA can be contacted 24X7 on Mob. Nos. 8527798798, 9312873670 towards completing the requisite formalities.

The Foundation also seeks generous donors for the noble cause and being a registered organisation, all the donations are tax exempted U/S 80 G of IT act.

# Brainstorming on forming an organization to fight decisively for the rights of Jammu



J I NEWS SERVICE

**JAMMU, SEPT 17:** A meeting was held in Dogra Sadar Sabha Jammu under the chairmanship of former MP Sheikh Abdul Rehman in which tributes were paid to the security personnel who sacrificed their lives in recent terrorism related incidents. After the tribute program, representatives of political and non-political organizations of Jammu division participated in the meeting. In this meeting, serious issues facing the people of Jammu division were discussed in depth. Realizing the need to form a united front before the representatives present in the meeting, Dogra Sadar Sabha President Gulchain Singh Charak proposed to name the organization, on which all the representatives

present in the meeting agreed and jointly decided the name of the organization in the next meeting. Name decided and announced. To fight. The representatives present in the meeting included former MP Sheikh Abdul Rehman, Dogra Sadar Sabha President Gulchain Singh Charak, Internationalist Democratic Platform President ID Khajuria, Shiv Sena (UBT) State President Manish Sahni, former Congress Assembly Council member Ved. Mahajan, Sainik Samaj Party - President Colonel SS Pathania, Advocate Harichand Jalmeria, Akali Dal (A) State President Narinder Singh Khalsa, Dogra Pakka Danga Cloth Merchants Association President Balvinder Singh, Anjuman Imamia Jammu President Amanat Ali Shah,

CPM Regional President Secretary Hari Singh, CITU Executive President Om Prakash and Deepak Sharma etc. were present.

Brainstorming on various serious issues raised in the meeting, all the representatives unanimously decided to struggle in the interest of the people of Jammu and set the direction for solving the public problems by putting pressure on the existing administrative system of the Union Territory to solve the problems. of , Agreed to do so.

Many issues including making Jammu toll and smart meter free, restoring the status of erstwhile state, restoring democratic system in the state, deployment of local bureaucrats, protecting the rights of Bhumiputras, protecting the interests of the people of Jammu were discussed in the meeting. The interests of farmers and rural administrative system were discussed in the meeting. Strengthening was discussed. After a thorough discussion on all the issues related to this, it was agreed to fight against them.

All the representatives present in the meeting appealed to the people and organizations of Jammu to unite to protect the interests of Jammu and strengthen the hands of the newly formed organization and become the voice of Jammu and stand decisively for its rights.

# Serving the nation, leading the world is BJP's ideology: Rekha Mahajan

J I NEWS SERVICE

**JAMMU, SEPT 17:** The Bharatiya Janata Party (BJP) District Jammu South will organize a 16-day-long 'Seva Hi Sangathan' across the Jammu South to mark Prime Minister Narendra Modi's 73rd birthday on September 17. The program will conclude on Gandhi Jayanti, October 2. Today is a special day, the birthday of a remarkable leader, our beloved Prime Minister (PM), Narendra Modi this was stated by BJP District President Jammu South Rekha Mahajan here at Bhatindi of Bahu Constituency in District Jammu South.

BJP leader Rekha Mahajan addresses the gathering of beneficiaries in Bhatindi with hundreds of beneficiaries from different segments of society, who are availing multiple schemes under the banner of Modi-led government like Ayushman, Ujjwala for women, foreign policy with 'India First' at its core, besides the government establishing a fine regional balance are hallmark achievements of the BJP Govt and keeping in view the good govern-



ance by it is bound to bear fruit with people bringing BJP to power for the third consecutive term Rekha, added. During the beneficiary program, Rekha Mahajan accompanied by District Secretary Sadiq Ahmed, ST Morcha District President Mohd. Rafiq, ST Morcha Mandal President Liaqat Ali including BJP partymen were present on the occasion.

Speaking on the occasion Rekha Mahajan said, "The BJP will run the 16-day 'Seva Pakhwara' from the Prime Minister's birthday on September 17 to Gandhi Jayanti on October 2." Rekha added that his journey in public

life has been marked by an unwavering commitment to social service, national development, and the welfare of the less fortunate. Every moment of his life, every atom of his being, has been dedicated to these noble causes. She also highlighted the work done by the BJP government at the Centre in every sector and under Prime Minister Narendra Modi's leadership, India has become the fifth-largest economy in the world.

She said that the ideology of BJP is the devoted service of the people therefore the party leaders and workers of all ranks are known for going from door to door and not only talking stock of their problems

and issues but getting the same addressed at the earliest.

On this auspicious day of Vishwakarma Jayanti, Rekha emphasized that Modi ji is launching the PM Vishwakarma Yojana, a scheme that promises special benefits to small workers, artisans, and craftsmen engaged in 18 different trades, including goldsmiths, blacksmiths, potters, weavers, and sculptors.

These unsung heroes, who have long been on the fringes of the mainstream economy, will now receive the support they deserve. This visionary scheme is expected to positively impact around three million workers in the next five years Rekha, said.

# Patiala District Civic bodies organize cleanliness awareness rallies

J I NEWS SERVICE

**PATIALA, SEPT 17:** Deputy Commissioner Sakshi Sahni and Additional Deputy Commissioner (Urban Development) Gurpreet Singh Thind provided guidance today to the civic bodies of Patiala district to promote cleanliness awareness under the Indian Cleanliness League. In response to their directions, awareness rallies were conducted across various municipal councils in Patiala, with active participation from school students and residents.

Deputy Commissioner Sakshi Sahni emphasized the importance of every citizen's contribution to keeping the environment clean and encouraged



everyone to participate in cleanliness campaigns. In this effort, Patiala residents can register themselves with the Indian Cleanliness League by calling 8288011145. Once registered, they will receive a message on

WhatsApp with instructions to provide some information and upload a selfie. Outstanding performers will be awarded certificates for their efforts.

The cleanliness awareness rallies commenced in

various parts of the city, including bus stands, Gagan Chowk, Arya Samaj Bhawan, and Jhanda Ground. The Patiala Municipal Corporation also organized a cleanliness camp as part of this initiative.

# SSH protest against Pak for sponsoring terrorists in Kashmir

J I NEWS SERVICE

**JAMMU, SEPT 17:** Shiv Sena Hindustan activists under leadership of Pt Rajesh Kesri on Sunday held a protest at border village Triva in Arnia against Pakistan-backed terrorism. The protest comes in the wake of encounters in Rajouri and Anantnag over the past few days. SSH activists shouted slogans against Pakistan and torched its effigy and denounced terrorism.

Speaking on the occasion, Kesri said Pakistan Army gave cover fire to infiltrating terrorists and targeted quadcopters of the Indian Army during a bid to cross the Line of Control in Baramulla district on Saturday that was foiled by our bravehearts. Pakistan has carried out a despicable and dastardly terrorist attack and taken the lives of two senior officers of our brave army and a Deputy Superintendent of Jammu and Kashmir Police in this terrorist attack in Anantnag. Pakistan is not only a disgraceful stain on Islam but also at the height

of violence and madness. In the economic plight and misery that Pakistan is facing today, giving support to such a dastardly terrorist attack will only push Pakistan into the dark abyss, added Kesri.

Kesri further said that Perhaps Pakistan has still not understood that with India's growing reputation in the world and its strengthening economic conditions, no sensible country can think of having enmity with her. If all the prominent countries of the world, including superpowers, are seeing their own benefit in striding along with India, then why has Pakistan resorted to foolishness?

The people of Pakistan also understand this very well, but its policymakers and rulers are not able to do so. Now the time has come that some more drastic measures will have to be taken to teach Pakistan a befitting lesson, added Kesri. Kesri observed that certainly, the sacrifice of Army Colonel Manpreet Singh, Major Ashish Dhaunchak, and Jammu and

Kashmir Police DSP Humayun Butt while fighting terrorists in Anantnag is a big and irreparable loss to the country. All three officers were known for their bravery and had successfully conducted many anti-terrorist operations in the past. Their sacrifice should not go in vain, and along with selectively eliminating the terrorists, Pakistan should be taught a fresh lesson because our brave officers were martyred in the ambush by Pakistani terrorists. India will definitely avenge the dastardly deaths of these brave martyrs, and this time such revenge will be taken that Pakistan will think a million times before making such a mistake in the future.

Prominent among those present on the occasion include Balveer Kumar, Vijay Luthra, Rajkumar, Vishwanath, Sanjeev Sharma, Rajesh Kumar, Suresh Kumar, Balwant, Om Prakash, Captain Ghar Ram, Brahmin Singh, Darshana Devi, Jyoti Devi, Poli Devi besides dozens of Shiv Sainiks were present on the occasion.

# World Ozone Day celebrated in Patiala



J I NEWS SERVICE

**PATIALA, SEPT 17:** The Ozone layer present in the Earth's Atmosphere serves as a protective shield for life on our planet. It is the responsibility of every individual to preserve this shield. These thoughts were expressed by Dr. Gurnam Virk,

Assistant Professor in the Department of Social Work, Punjab University, during the World Ozone Day celebration organized at Government High Smart School, Khedi Gandhiana, Patiala.

The event was conducted under the guidance of Surinder Sharma, Forest Range Officer (Patiala)

and coordinated by Aman Arora, Vidya Sagar Arya College, Patiala.

Principal Deputy Naib Singh Randhawa presided over the event. Dr. Virk encouraged students to incorporate environmental habits like planting more trees into their lifestyles. He emphasized the importance of taking

every possible measure to protect the ozone layer.

During the event, Science Professor Ritu Mittal enlightened the students about the significance of the ozone layer, the factors causing its depletion, and the importance of ozone preservation. Art Professor Harpreet Kaur conducted the stage management, and the students participated in various competitions including painting, speeches, and essay writing. In the painting competition, Harshdeep Kaur secured the first position, while Rajni claimed the second position. In the speech competition, Ramandeep Kaur stood first. Jasmine secured the second position. In the essay writing competition, Shahid bagged the first position, and Ruksana secured the second position.

## Patiala takes the initiative to segregate waste & raise awareness with cleanliness rally



J I NEWS SERVICE

**PATIALA, SEPT 17:** Under the ongoing Cleanliness League-2 campaign, which is set to run until October 2, the Patiala Municipal Corporation organized a cleanliness awareness rally encouraging residents to segregate waste at source and maintain a clean environment. The rally featured two essential themes: "Segregate Waste at Home" and "I Manage My Waste." The event saw active participation from various educational institutions and social organizations, highlighting the community's commitment to environmental cleanliness.

The rally commenced from the Municipal Corporation office under the leadership of Deputy Commissioner Manisha Rana. During the event, she stressed the importance of everyone's involvement in promoting a cleaner environment and encouraged citizens to segregate waste at home. She also emphasized the need for citizens to adhere to the guidelines of the Indian Cleanliness League. Deputy Commissioner Sakshi Sahni reiterated that every citizen's contribution is vital to creating a clean and green Punjab. She encouraged residents to participate in this movement by calling

8288011145 and registering for the campaign. By joining hands, the people of Patiala can contribute to making the city plastic-free and environmentally conscious.

During the rally, Deputy Commissioner Sakshi Sahni expressed her concerns about the adverse effects of single-use plastics on the environment and appealed to the public not to use such products. Sunil Mehta, Commissioner (Health) of the Patiala Municipal Corporation, provided extensive information about the objectives of Cleanliness League-2 and urged citizens to segregate wet and dry waste properly.

The successful execution of the rally was made possible by the joint efforts of the Municipal Corporation team, including Sanitary Inspectors Amandeep Sekhon, Jwala Singh (SF), and Mandeep Singh (SF). Additionally, brand ambassador of the Municipal Corporation, Rajdeep Singh, Director of Playway Senior Secondary School, and Captain Gurpratap Singh Jaggi Sweets, an ambassador for IISL-2, actively participated in the event.

## Rakesh Mahajan asks Nowshera cadre to ensure party's victory in MCs



J I NEWS SERVICE

**NOWSHERA, SEPT 17:** Rakesh Mahajan, In-charge Bharatiya Janata Party (BJP) All Cells, Jammu and Kashmir J&K and in-Charge Nowshera District of BJP asked party workers to work hard and ensure victory of party in the upcoming polls. While addressing party workers here today, Rakesh Mahajan asked them especially the foot soldiers to win the people's trust and confidence like in the past. He asked them to reach out to the people at their doorsteps and highlight the works done by the party in the past and assuring them that their pending works will be done soon. He asked them to make them aware about achievements of the PM Modi led BJP Govt. Pertinent to mention here that

Rakesh Mahajan, the Convener of Bharatiya Janata Party (BJP) All Cells in Jammu and Kashmir, has been named among the 21 senior BJP leaders included in the party's Election Management Committee, as announced by the BJP today. Notably, Mahajan already leads all 21 Cells of the BJP, which have been performing admirably under his guidance. In this new role, Rakesh Mahajan has been designated as the in-charge of Nowshera District within the BJP Organization, encompassing Kalakote, Nowshera, and Sunderbani. The Election Management Committee also includes prominent members such as Nowshera Prabhari Sanjay Baru, District President Neena Sharma, MC Chairman Sunderbani Rajinder Sharma, MC Chairman Nowshera Narender Sharma, and Th Randhir Singh from Kalakote. Meaningful, soon after being named as the member of BJP's Election Management Committee, Rakesh Mahajan along with his team of foot soldiers conducted an extensive tour of areas falling under the jurisdiction of three Municipal Councils to reach out to the people of this hilly region with tough terrain. He took stock of their problems and addressed many of their issues on the spot. During his interaction with the people, he thanked the Prime Minister for announcing multiple schemes for the benefit of the labour class on the occasion of Vishwakarma Day today. Making them aware about it he said that the Prime Minister Narendra Modi deserves full appreciation for rolling out a series of schemes one after the other covering each and every section of the society. He said that the schemes announced today are going to prove highly beneficial to the labour class. Sanjay Baru while speaking on the occasion assured Rakesh Mahajan of repeating the victorious performance of BJP like last elections quite efficiently managed by Sanjay Baru. He further asserted that the foot soldiers will leave no stone unturned in ensuring that all the seats yet again go into BJP's kitty.

## Induction Programme for MBA, session 2023-25 in CUJ



J I NEWS SERVICE

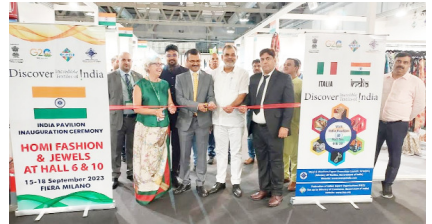
**JAMMU, SEPT 17:** The Induction Program for the MBA (Marketing Management) Batch of 2023-25 of MSCM was held in the department of Marketing and SCM. The objective of the Induction Program was to familiarize the newly admitted students with the University in general and the Department in particular. Students were given insights about the Academic, Co-curricular and extracurricular environment of Central University of Jammu. The objective of this induction programme was not only to welcome the new batch

but to create a sense of camaraderie which would lead to inculcation of team spirit among them. The induction programme started with the lamp lighting ceremony by dignitaries. Prof. Ajai Pal Sharma, Head of the Department welcomed the dignitaries and emphasized on the importance of exploring, analyzing and attaining expertise in career. He explained the essence of organizing the induction programme with four words; socializing, associating, governing and experiencing. Prof. Jaya Bhasin, Dean, SBS in her address urged the students to utilize time, knowledge and keep learning but simultaneously balancing time by engaging in various activities. She was confident that the cohort would sharpen their skills and become corporate ready. Dr. Shahid Mushtaq introduced the statutory officers / faculty members of the Department and apprised the learners about the Department and University. He highlighted the academic, research and infrastructural initiatives undertaken by Prof. Sanjeev Jain, Vice Chancellor, CUJ. Dr. Naresh Kumar elaborated about University corporate life and various other facilities available in the University Campus. Mr. Aman Talia, MD Talia Jewellers spoke on how successful professionals often attribute their achievements to their practical qualities and positive traits. He emphasized on the need for discipline and integrity among the budding managers. Dr. Anju Thappa motivated all the students to rise to the occasion and excel in their academics and corporate career. All the faculty members interacted with the newly admitted students and addressed their queries. Mr. Viraj Mangotra, TPO interacted with the students and briefed them how to choose career opportunities for professional success. Mr. Dhruv Kumar apprised the new learners about SAMARTH portal and Moodle learning management system. Dr. Anju Thappa conducted the proceedings and Dr. Naresh Kumar proposed a formal vote of thanks to all the attendees. The programme ended with the National Anthem.

## Khajuria leads Indian delegation of Exporters, WVEPC members to Italy

J I NEWS SERVICE

**JAMMU, SEPT 17:** Romesh Khajuria, Chairman, Wool & Woollens Export Promotion Council (WVEPC) Ministry of Textiles, Government of India led a delegation of Indian manufactures, WVEPC members to Milan, Italy to participate in Indian Pavilion. More than 140 exporters from India are participating in Homi Fashion and Jewels international event in Milan. The participation serves as a vital platform for the SME Sector to tap the vast opportunities of export to this region and the adjoining European market. The Indian Pavilion inaugurated by Raj Kamal, Consul, Consulate General of India, Milan in presence of Romesh Khajuria, Chairman, WVEPC, MOT, Govt of India. Raj Kamal along with Khajuria went around the booths and met the exporters from India and liked the quality of products as displayed. He expressed his optimism that this participation will certainly go a long way in boosting Indian Exports to this region. Romesh Khajuria while speaking with the press here told that Europe's apparel import market was valued at US\$ 135 billion approximately. Italy imports textile and apparel worth US\$ 30.70 billion. China is the largest supplier to Italy with 31% share in its imports and the top 5 exporters include China, France, Germany, Turkey and Spain which account for approximately 53% of Italy's imports. India is the tenth largest supplier of textile and apparel to Italy. Khajuria further said that India's export of textile products to



Italy reached US\$ 860 million during 2022-23 surpassing the previous year's export of US\$ 839 million and registering a growth of 2%. However export of woollen products demonstrated remarkable growth surging 61% during the same period with exports totalling US\$57 million in 2022-23 compared to US\$ 35 million in 2021-22. Khajuria also informed that popular leader sh. Narendra Modi, Prime Minister of India places significant emphasis on our products in export market and believes that every Indian product should have a global presence, thereby encouraging manufacturers whether micro, small or medium sized to venture in to the export sector. Khajuria further told that Italy is among the most promising markets in European countries. Brands here offer substantial orders, presenting a significant opportunity for Indian suppliers to expand their presence in the market, including woollen sector. Apparel represents the largest imported category by Italy and we are highly optimistic that with this participation, we can significantly

increase our share of woollen products in this market. WVEPC remains dedicated to organising such events in future also enabling member-exporters to stay informed about trends in quality stands in various countries. Khajuria expressed confidence that this participation will lead to an increase in India's exports to Italy and the contacts established during this exhibition will undoubtedly contribute to boosting India's export to this market. During the exhibition, the WVEPC also promoted the Mega Textile Show to be held in New Delhi during February 26-29, 2024 which will be the largest ever Textile Show of its kind ever. The participating exhibitors and visitors were informed about this exhibition and specifically designed information about the same was distributed among the stakeholders so that maximum foreign visitors visit the Mega Textile Show. Sanjay Chawla, additional executive director, WVEPC & Richard from FIEO also present.

## DC Office hosts meeting with Google Team to introduce innovative education initiative



J I NEWS SERVICE

**PATIALA, SEPT 17:** The Deputy Commissioner's Office Patiala, in a forward-looking move to enhance educational opportunities, organized a pivotal meeting where the Google team, represented by Abhinav Unni (Program Manager at Google), introduced the Google Read Along App in local schools. The Google Read Along App, designed with the latest advancements in AI technology, presents an exciting opportunity to improve literacy and reading skills among students. Its user-friendly interface and interactive features make learning engaging and accessible to students of all ages, Sakshi Sawhney added.

Deputy Commissioner said that the upcoming pilot project, a collaborative effort between the Patiala administration and Google, represents a significant step toward integrating modern technology into the education system. Through the MOU, both parties are committed to enhancing the learning experience for students in the region and ensuring that they have access to innovative educational tools. She said that this initiative is expected to not only benefit the educational community in Patiala but also serve as a model for similar partnership at the state and the nation level, with the potential to transform the future of education in India. Additional Deputy Commissioner (Rural Development) Anupriya Johal, Civil Surgeon Dr Raminder Kaur, District Education Officer (Secondary) Harinder Kaur, District Education Officer (Elementary) Archna Mahajan, Deputy District Education Officer (Secondary) Ravinder Pal Singh, District Development Fellow (DDF) Amar Bandopadhyay, District Epidemiologist Dr Sumit Singh and Representative from the Agriculture Department were also present in the meeting.

## Follow Baba Vishwakarma Ji's teachings diligently: MLA Dev Mann



J I NEWS SERVICE

**NABHA, SEPT 17:** Today, on the occasion of Baba Vishwakarma Ji's birth anniversary, a special

congregation was organized at Vishwakarma Mandir, Krishna Pur, Nabha. The event witnessed the presence of MLA Dev Mann (AAP), who actively participated and extended his warm wishes to the entire community in attendance. MLA Dev Mann emphasized the importance of

upholding the teachings and guidance of Baba Ji. He stated that it is incumbent upon us all to follow Baba Ji's teachings diligently. On this occasion, he exchanged pleasantries and conveyed his best wishes to all those present. Charan Singh, President of Improvement Trust, Nabha; Mr. Surinderpal Sharma, Chairman, Improvement Trust, Nabha; Mr. Bhagwant Singh Ramgarhia; Mr. Avtar Singh Nannar; Mr. Tejinder Singh Khahira; Mr. Jora Singh; Mr. Bhupinder Singh Kalra Majri; and Mr. Jasvir Singh Vajidpur, along with a large number of dignitaries, graced the event with their presence.





THOUGHT OF THE DAY

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

JINDRAH IMAGES

Water crisis looms in Ladakh

Recently, Lieutenant Governor of Ladakh Union Territory Brig (Dr) B.D Mishra (retd) expressed concern over the growing water crisis in the arid region which is also known as the land of high passes. The veteran retired army officer shared his concern, saying the biggest worry of the UT administration is to ensure that the next generation should get drinking water. Our biggest worry is that in the coming days, the next generation should get drinking and potable water. Because we live on hills, water (is available) down below... I want to make sure that Ladakh never faces water problems'. Temperature is rising and glaciers are melting. This is really a matter of cause for us,' was his response after he was asked to spell out his priorities. It has given an impression to the people to understand whether Ladakh is seriously staring at the water scarcity. The government appears to have no concrete policy to preserve fast receding glaciers and the possibility of a prolonged water crisis has started casting its shadow on Ladakh's present and future. The situation seems to be alarming and it is quite evident from the statements coming from the top level in the UT administration. About 15 major Himalayan glaciers in the Union Territory of Ladakh have retreated significantly due to climate change during the last five decades. A new study by scientists of Wadia Institute of Himalayan Geology had observed that three glacial lakes are likely to form around Parkachik Glacier in Ladakh due to rapid ice melt. The glacial melt is worrying as it not only increases chances of glacial lake outbursts but can also lead to paucity of water, glaciers being the region's primary source of water. The rising global temperatures have threatened Himalayan glaciers which are shrinking more quickly than any on earth. Less water is reaching Ladakh's farms and villages, and when it does, the volume of water from the faster-melting glaciers can break the banks of streams, causing floods. The Magsaysay Award recipient and engineer-turned-educational reformer, Sonam Wangchuk has quite frequently raised concerns over water crisis in the arid region and it was growing concern of water crisis that gave him ingenious idea to build artificial glaciers at lower altitudes using pipes, gravity and night temperatures to solve water crisis faced by the residents in Ladakh. The official statistics reveal that Ladakh has, although, managed to ensure coverage of 84 percent of households with tap water connections under Jal Jeevan Mission (JJM) launched by the Government of India but the villages still face water crisis. The total number of identified households in Ladakh was 42,405 out of which authorities have covered 35,631 households with tap water connections under JJM since the launch of the Mission. As many as 112 villages out of the total 250 have 100 percent households with tap water connections while water supply work is in progress in the remaining 138 villages. The UT administration of Ladakh should initiate some significant and harsh measures to address the problem of water crisis in the region. Besides, all possible measures should be put in place to bring down the pace of the fast retreating glaciers.

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BY KRISHNA SHASTRI DEVULPALLI

As an honorary Tamilian, to fulfill my cultural obligation to Rajinikanth — another honorary, if slightly more famous, Tamilian — I watched Jailer the other day at home. I didn't last long. While I could write a piece listing out the many reasons for my premature exit, I'll stick to the one that's germane to this one: the kid. One of the characters in the film is a boy of six or so, who plays Rajinikanth's grandson. Due to no fault of his, I found the little guy utterly unbearable. He was obviously written by someone who miraculously attained adulthood by never having gone through childhood himself. In the name of humour and quirkiness, the child is made to say things that don't sound anything like a kid, even a highly precocious one, would or could say in real life without getting his ears boxed. (Go ahead, Society for Prevention of Imagined Cruelty to Fictitious Children, cancel me.) The kid, we are told, has a YouTube channel of his own, and posts videos on it every day. And his able assistant/cameraman in this endeavour is his indulgent grandfather. The child's mother and grandmother are not just okay with this but are passive enablers whose main job seems to be tolerating the boy's patently unfunny quips. And

Why don't we get our children?

this is all supposed to be terribly cute. If I have to explain why this is so many kinds of wrong, then I guess this piece, too, is going to be as pointless as most of my others. The show I came to after abandoning Jailer was Who is Erin Carter? What stunned me in this otherwise mediocre show was the performance of the child actor, Indica Watson, who plays Harper, the pre-teen daughter of the protagonist. In this by-the-numbers show, Watson's depiction of trauma induced by her disturbing if hazy past, and uncertainty that stems from being in the care of an unreliable parent, is something to behold. Buddha-like one minute, inexplicably immature the next, an equal-parts mixture of vulnerability, strength and utter believability, she is all things children are. And for this we have to give the writer almost as much credit as young Ms Watson's formidable thespian abilities. As luck would have it, soon after, I watched a film called Are you there God? It's me, Margaret, based on Judy Blume's landmark 1970 middle-grade novel of the same name. It was filled with flawless performances by a host of child actors playing, can you believe it, very convincing children. In contrast to Indica Watson's moving performance as a child grappling with trauma, Abby Ryder Fortson plays the eponymous Margaret, a child in a nor-

mal-ish family going through normal-ish growing pains, with charm and understanding. One would think the latter is an easier character to essay. It isn't, actually. Both are hard. Because the very act of being a child is hard. Period. And we, who were all once children, seem to have forgotten this if our popular culture is anything to go by. That a movie in which a primary school student is not just allowed to run his own YouTube channel but encouraged by his caregivers has made hundreds of crores without a single person caring tells us more than a little about our great culture. Jailer's depiction of children, unfortunately, isn't an anomaly. Has anyone seen a mainstream Indian film or show in which they have believable characters who happen to be children? How often do we get to watch a film in which a child has been written with sensitivity without the sentimentality, with humour without the inappropriateness, with empathy without the patronizing? (You can't say the Apu Trilogy or Malgudi Days. How long can we rest on those wonderful depictions of childhood?) Let's be honest. If we must rack our brains to come up with ten films in a country that makes thousands every year, I rest my case. Of late, we've made it a habit to come at the bottom of several indexes. Yes,

yes, there isn't a shred of truth in them and they are all the work of vested interests who want to undermine our greatness. But if there was such a thing as an Understanding Children Index, I think we Indians (or is it Bharatians?) would come pretty much at the bottom of that one. As parents, caretakers and adults, we veer between allowing children to think they are superhuman, and cater to their every whim, or see them as subhuman and send them to Kota knowing full well they could become a statistic. Why is that we don't seem to get children? In art, literature, popular culture, and, most importantly, in real life, why do we keep getting the feeling we are missing the point? Is it because most of our ancient literature — our current yardstick for everything — was centred around the sacrifice of young ones to maintain the status quo of brittle old men? And how that was seen as noble. I wonder what it would be like to be a child in our wonderful land today. Are they all desperately searching for that elusive being they have heard of, read about, and referred to every now and then as the one who is going to make sure everything is okay, but never seen: the grown-up? (Krishna Shastri Devulpalli is a humour writer, novelist, columnist and screenwriter)

The evolution of India to Bharat

BY KS RADHAKRISHNAN

The decision to potentially rename India as Bharat has ignited a spirited discourse about identity, history and culture. This proposed alteration transcends a mere linguistic shift; it holds profound implications for the nation's collective consciousness. During his Independence Day address, Prime Minister Narendra Modi emphasised the imperative to liberate the nation from a subservient mindset, highlighting the need to discard colonial vestiges. What may elude many is that 'Bharat' is the ancient nomenclature for India, rooted in Sanskrit antiquity, symbolising a cultural continuum and national identity antedating the colonial era. The transition from 'Bharat' to 'India' marks a profound journey of cultural, political and linguistic evolution. Historical Origins Both 'India' and 'Bharat' possess deep historical roots in the nation's annals. The term 'India' finds its genesis in the Indus Valley Civilisation, a sophisticated society dating back to 3300 BCE. Conversely, 'Bharat' finds its roots in the legendary king, Bharata, a forefather of the esteemed Kuru Dynasty, from whom the name is believed to have emanated. His reign epitomised prosperity, unity and a fervent adherence to dharma. The characterisation of India as the 'land of the Hindus' had not solely a religious connotation; it was also linked to the Indus. The term 'India'

shares a similar origin story. As per research from the Pune-based Bhandarkar Oriental Institute, the earliest documented mention of the term 'Bharat' can be traced to the Rig Veda and the pivotal Dasarajna war, in which Sudas of the Bharata clan emerged victorious. The legitimacy of 'Bharat' as a descriptor is widely acknowledged, and its adoption might very well become customary in official protocols and foreign affairs communications. Colonial Influence In the epoch of Mughal dominion, 'Hindustan' was commonly employed to denote the subcontinent. Nevertheless, with the advent of British colonisation, 'India' gained ascendancy due to its derivation from the river Indus, a pivotal geographical feature of the region. The linguistic and administrative sway of the British gradually propelled the widespread adoption of 'India' in official documentation, albeit never entirely erasing 'Bharat' from the collective memory of the Indian populace. Significance of Name Change The contemplation of renaming 'India' to 'Bharat' transcends a mere semantic alteration. For many, it embodies a profound immersion into India's opulent cultural and historical essence. Advocates contend that this change could galvanise national unity, fostering a renewed sense of pride in India's rich heritage. It emphasises the diversity that is India, unifying under a shared, indigenous term. 'Bharat' har-

monises intimately with Hindi, projecting a more authentic representation of the nation's diverse culture. Advocates posit that this renaming could potentially galvanise national unity and rekindle pride in Indian heritage. Official Recognition In 2016, an appeal was presented in the Supreme Court of India to amend Article 1 of the Constitution, officially acknowledging 'Bharat' alongside 'India'. The plea contended that employing 'Bharat' would evoke a sense of pride in the nation's culturally rich heritage. Although the plea was not granted, it ignited a nationwide discourse on the relevance of 'Bharat' in contemporary times. Advocates argue that using a term from vernacular languages preserves linguistic diversity and bolsters the nation's cultural tapestry. The name 'Bharat' encapsulates a profound affinity for the land, culture and traditions of the Indian subcontinent. It serves as a poignant reminder of the age-old wisdom and philosophies that have sculpted the nation over millennia. By embracing 'Bharat' as a concurrent identity, India pays homage to its roots and exalts the diversity that defines its character. The Constituent Assembly, convened in 1946, engaged in extensive discussions regarding the country's nomenclature. The majority advocated for the original name, Bharat. Dr Ambedkar agreed that there was a long historical tradition that alluded to the entire land by the name 'Bharat'. But he also said that there was no rea-

son to go so much into history to justify the name since the name Bharat was quite commonly used by people. Dr Ambedkar suggested that a way out could be to have the phrase 'India, that is Bharat...' in the Constitution. The National Anthem has a verse 'Bharat BhagyaVidhata', where again we find the mention of Bharat. The ancient Sangam Tamil literature has also mentioned the term Bharat in its verses. The Sangam literature historically is known as 'the poetry of the noble ones that connotes the ancient Tamil literature and is the earliest known literature of South India. The Modi government's recent decision to extend invitations to G20 summit delegates in the name of 'President of Bharat' and 'Prime Minister of Bharat' underscores a deliberate choice. While not negating 'India', the emphasis on 'Bharat' aligns with the BJP's de-colonisation endevour, seeking to reassert India's Hindu heritage and sever ties with a colonial past. Should 'Bharat' assume a more prominent role in official parlance, it would signify a significant shift in India's self-perception and international representation. This change would resonate not only with a deep-rooted historical narrative but also evoke a sense of pride in the nation's rich heritage. Ultimately, it encapsulates India's ongoing journey of self-definition in a global context. (The writer is a political activist and an advocate; the views are personal)

Why stoop to sterile jokes on successful G-20 summit?

BY PAVAN K VARMA

A strong Opposition is good for a democracy. It is required to question, interrogate, critique and where necessary, robustly oppose the government. But it must choose issues carefully, and not reflexively criticise anything and everything the government does. This is essential for the Opposition's own credibility. When the Opposition's attack is unwarranted, and lacks democratic generosity, even its valid criticisms get dented. I say this in the context of the recent G-20 Summit in New Delhi. Without doubt it was the most successful such summit ever held. The meticulous planning that preceded it, the elaborate architecture leading up to it, including over 200 meetings in all parts of the country, and its culmination in a New Delhi declaration where, in spite of manifest differences within members, a consensus document was accepted without a single reservation, are a tribute to India. Prime Minister Narendra Modi, and his dedicated team of foreign minister Dr S. Jaishankar, finance minister Nirmala Sitharaman, sherpa Amitabh Kant, chief coordinator Harsha Singla, and the brilliant back-up officers from the ministry of external affairs. Beyond the organisational excellence, there were significant geo-political reasons why the summit was a success. India is today in a unique position where

it has good relations with almost every important bloc in the world. Post the Covid pandemic, India's Vaccine Maitri established its credentials with many developing countries. The fact that the very first decision at the summit was to admit the African Union as a permanent member was a masterstroke, which also finessed China's competitive presence in Africa to contain India's historical, cultural and economic ties with the continent. The calibrated stand we took on the Russia-Ukraine war has allowed us to have continuing cordial relations with Russia, without alienating the US and the West. The revitalisation of Quad, the grouping of India, America, Australia and Japan, has given a clear signal to China that its aggression against India, and hegemonic stance in the entire Indo-Pacific region, has been appreciated by Asean and other southeast Asian countries. Our economy, which is today the fastest growing in the world, has created a vested interest globally in good relations with us. We are major buyers, especially of cutting-edge technology, and our economic and numerical size constitutes a significant market. The India-Middle East-Europe economic corridor, announced at the summit will further contribute to the global integration of our economy. The absence of Chinese President Xi Jinping turned out to be a blessing in disguise. If he had come it may have diluted some of the limelight on India. Of course, it was

expected that Russian President Vladimir Putin would not come, since there is a warrant of arrest against him issued by the International Criminal Court, but foreign minister Sergey Lavrov, an old friend of India, did. The great divide between the US-West and Russia-China over Ukraine was also skillfully overarched through adroit drafting. India's stock in the world is at a new high. To attack the visible success of the G-20 summit did the Opposition little credit. Priyanka Gandhi Vadra's comment describing the summit as 'Inka G-20; their Summit', was unfortunate, since there are some events which belong to the country as a whole, and not just to one party. There were other Opposition leaders who said that the G-20 was a waste of money, and did nothing for the common person. But have such summits not taken place when some of these very parties were in power? I still recall that in 1983, when India's economy was far more fragile, PM Indira Gandhi hosted both the Non-Aligned Summit and the Commonwealth Summit. Both brought prestige and respect for India. Others have accused PM Modi of hogging the limelight and using the summit to primarily project himself and his party. Perhaps yes, but which PM would not? The question is of degree, but the very nature of politics is such that the incumbent PM does get much of the credit. When under Indira Gandhi, India

defeated Pakistan in the war of 1971 and successfully contributed in splitting it into two through the creation of Bangladesh, it was her decisive leadership that was rightfully hailed, including by Atal Behari Vajpayee the leader of the Jan Sangh (precursor of the BJP), although it was our brave soldiers on the battlefield who actually fought — and sacrificed their lives — in the war. Even today, the Congress gives the entire credit for this momentous occasion to Indira Gandhi and the Congress Party. I do agree that more MPs from the Opposition could have been invited for some of the functions and, especially, the absence for lack of an invitation of Mallikarjun Kharge, leader of the Opposition in the Rajya Sabha, was conspicuous. The crux of the problem is the complete breakdown of trust between the ruling party and the Opposition. In this process all that exists is unending acrimony, accusations, and a coarseness of debate, in the proliferation of which the BJP is also guilty. But foreign policy is an arena where all political parties should behave with greater responsibility and give credit where it is due. Some Opposition chief ministers were invited, but in spite of the INDIA political alliance, Adhir Ranjan Chowdhury, leader of the Congress in the Lok Sabha, publicly criticised a co-member, chief minister of West Bengal Mamata Banerjee, for attending the banquet hosted by the Hon'ble Rashtrapati.



# Preity Zinta channels her inner Barbie in photoshoot after watching Margot Robbie film

Actor Preity Zinta has shared a video from her recent photoshoot in which she channelled her inner Barbie. Taking to Instagram on Monday night, Preity posted the clip in which she gave different poses and expressions for the camera. Preity turns Barbie in new clip

The video started with Preity sitting on a bed in a pink theme room. It had everything coloured in pink from walls, bed sheets, table lamps, rugs, phone, and curtains. She held a pink phone while smiling and posing for the camera. In the clip, she also jumped and fell on the bed. Preity wore a pink dress with fills and silver heels. Preity added

the song Barbie Girl by Aqua as the background track.

Preity pens note

Sharing the clip, Preity said, "Channeling my inner Barbie (sparkling heart emoji) Did this fun shoot some time ago & couldn't resist posting it after seeing #Barbie this weekend. LOVED the movie & the fact that the theatre was mostly Pink (sparkling heart emoji). So much fun watching a movie after so long. #Barbieethemovie #Movieweekend #Ting." Reacting to the post, Lulia Vantur said, "@realpzy u are the perfect Barbie: cute, playful, beautiful, amazing smile and those dimples."



Fans react to Preity as Barbie  
A fan wrote, "Now we need an Indian Barbie starring you, and @hritvikroshan could be Ken." A person commented, "You look like Katy Perry." A comment read, "Let's go for a Bollywood version of Barbie." An Instagram user said, "The real Barbie

# Sunny Deol gave the clap for son Rajveer's first shot in 'Dono', film releases on Oct 5

Actor Rajveer Deol, who is making his Bollywood debut along with actress Paloma in their forthcoming film 'Dono', revealed how Sunny Deol and Dharmendra's presence gave him confidence. Rajveer revealed that his father Sunny Deol, who is basking in the success of his latest movie 'Gadar 2', gave the clap for his first shot in 'Dono'.

Apart from Rajveer and Paloma, 'Dono' also marks the debut of director Avnish Barjatya, who is famous film maker Sooraj Barjatya's son, Paloma Thakuria is the daughter of Poonam Dhillon. The young guns shared how their respective families visited the sets during the film's shooting, often on the most challenging of days and became the ultimate support system.

Talking about Sunny Deol's presence on the set, Rajveer said, "Papa was on set with the family on the first day of the shoot. In fact, what made my first day on Dono's set so special was the fact that he gave the clap for my very first shot. That will be my most cherished memory from this film".

"Bade Papa (Rajveer's grandfather Dharmendra) also visited the set, and he came on a day when I was very nervous. I was shooting my most difficult scene that comes just before the interval, and he gave me a surprise when he walked in on the set unannounced. Bade Papa's presence gave me great confidence."

Sharing his experience during the filming of the movie and the support he got from Sooraj Barjatya, Avnish said, "Just dad being there was a great source of strength for everyone, especially for me. Especially during stressful shoots, his reassuring presence meant the world to us. His advice on the smallest of things can make the biggest difference. He's also the greatest person to bounce ideas off. I was so lucky to have him there as a pillar of support throughout the shooting of the film."

# Vijay Varma told Tamannaah Bhatia that news about her '₹2 crore diamond ring' upset him: 'I messaged her..'

Actor Vijay Varma shared his reaction to the news about Tamannaah Bhatia's ₹2 crore diamond ring. In a recent interview with Siddharth Kannan, Vijay took a dig media for reporting the 'fake news', and claiming that the ring was the 'fifth largest in the world' and was gifted to Tamannaah by actor Ram Charan's wife Upasana. Also read: Vijay Varma, Tamannaah Bhatia hold hands in unseen old pic

Vijay Varma also revealed what he messaged Tamannaah after her 'fake' diamond ring made news. He joked he was upset that his name was not attached to her ring. Tamannaah and Vijay have been dating for some time now, after meeting on the sets of Lust



Stories 2  
What Vijay Varma messaged Tamannaah Bhatia  
When asked how will he match 'the world's fifth most expensive ring that was rumoured to be gifted to her by

Ram Charan's wife Upasana', Vijay told Siddharth Kannan, "Acha aapko pata hai na woh kya hai? Woh bottle ka dhakkan hai! Woh mazak kar rahi hai, aur media carry kar rahi hai stories ki it is fifth largest with ₹2 crore price. ₹2

crore mein fifth largest diamond kisko milta hai? Toh maine usko message kiya ki yeh sab fake news a rahi hai, mujhe acha nahi lag raha, aur mera naam kyun nahi likha hai (You know that was not a diamond ring but a bottle's cap, right? She was joking with the photo and the media carried fake news about her ring' being the fifth largest and costing ₹2 crore. I messaged her that I felt bad that my name was not linked to her ring)."

One aspect Vijay really admires about Tamannaah  
In the same interview, he said, "I think she knows what to tell me at the right time. Sometimes she'll give me a reality check, and sometimes she'll give me a word of advice."

# Cardi B could face battery charges for hurling mic at fan during Las Vegas show

Days after rapper Cardi B hurled a mic at a member of her audience for throwing a drink at her, US police has said that they had begun a battery investigation. Several videos on social media platforms show Cardi B performing near the front of a stage in Las Vegas when someone splashed a drink on her.

What happened at Cardi B's concert  
As she sang, someone from the crowd, apparently a woman, threw liquid from her cup in the rapper's direction. Visibly shocked but only for a second, Cardi B hurled her microphone at the person while mouthing cuss words. Members of her security team jumped into the audience to intervene. Some videos also appear to show the mic making contact with a different member of the audience as per a report.

What the police has said  
According to news agency AFP, Las Vegas Metropolitan Police Department on Monday said that a woman had contacted them to report a battery. "According to the victim, she was attending an event on July 29, 2023, at a property located in the 3500 block of Las Vegas Boulevard. During a concert, she was struck by an item that was thrown from the stage." The police statement did not mention Cardi B by name, but the date and location accord with her show.

Artists getting stuff thrown at them  
This isn't the first time that members of the audience threw stuff at artists performing on stage. In June a man threw a phone at Bebe Rexha during a concert in New York, landing the singer in hospital. The same month an audience member threw a bag purportedly containing the ashes of their mother at the stage while singer Pink was performing in London.

Singer Kelsea Ballerini was hit in the eye by a bracelet thrown at her by a fan. A phone was also flung at Drake's arm during the opening night of his It's All a Blur Tour.

Lil Nas X had sex toys thrown at him during a show. In June, Ava Max was hit in the eye by a concert attendee after they rushed onto the stage.

Last year Harry Styles' good-naturedly paused a New York concert after someone threw a chicken nugget in his direction.  
In December last year, Guns N' Roses frontman Axl Rose pledged to stop throwing his microphone into the audience at the end of a show after a fan was reportedly hurt in Australia.

# Anupam Kher announces wrap of shooting for new film 'Calorie'

Veteran actor Anupam Kher on Saturday announced the wrap up of shooting for 'Calorie', a film directed by Canadian director Eisha Marjara.

Attired in a turban and sporting the character of an elderly Sikh gentleman, Kher posted a picture of his new avatar with the holy Golden Temple of Amritsar in the backdrop.

"And it is #Wrap for me for #CalorieFilm! Thank you to the wonderful crew from #Canada and #India for your love, warmth, patience and appreciation! It has been a great learning experience to be a part of this wonderful gem of a film! Till we meet again! Jai Ho! #540th #GoldenTemple #JoyOfMovies #Cinema."

This film is Kher's 540th venture, and the shooting took place in Amritsar and Montreal. He had announced the film in an Instagram post on September 6. The story is of a human tragedy, which "tugged" at his heart deeply, Kher said.

"ANNOUNCEMENT: Happy to share that I have started the shoot of my 540th project! #Calorie is a Canadian film directed by critically acclaimed Canadian director #EishaMarjara and produced by #JoeBallas.

"The film is shot in Amritsar and Montreal! The script of this human tragedy tugged at my heart deeply. Some stories need to be told! #Caloriefilm #MagicOfCinema #CompassProductions," he added at the time.

Kher is also set to star in director Vivek Agnihotri's bio-science film 'The Vaccine War', with some other projects in the bag, including Ravi Teja's 'Tiger Nageswara Rao', and 'Emergency'.

# Fatima Sana Shaikh says she is a Shah Rukh Khan, 'but Aamir Khan makes different films'

Fatima Sana Shaikh has praised actors Shah Rukh Khan and Aamir Khan. She also said that she is a fan of Shah Rukh Khan but Aamir Khan has given very different kind of films, during an interview with Humans of Cinema.

Fatima is an SRK fan  
"I am a Shah Rukh Khan fan, but I feel Aamir Khan has given us a lot of films like Rang De Basanti, PK, Peepli Live. All of these films are so different," she said in the interview.

Fatima was asked about the films that have influenced her and she named Kuch Kuch Hota Hai. "I really like Kuch Kuch Hota Hai. I love Shah Rukh Khan, the kind of romance...What is romance, how I would like... See a lot of our idea of romance or revenge comes from what we consume. Like somebody to be like that like somebody to look out for me like that... I don't know."

Breaking Bad helped Fatima  
She also said she watched Breaking Bad when she had just had a break up. The actor added that the popular series helped her get through the really bad



breakup.  
During her interview, Fatima also mentioned that she hails from a lower middle class background and added that she once lived in a one-room kitchen set up which was actually a parking basement room turned into a house.  
"When you have luxury, enough financial safety, only then you can choose to do things that make you happy as an actor. But sometimes you don't have that choice," she added.  
Fatima's new films  
Fatima is now gearing up for her next film with Vicky Kaushal, Meghna Gulzar's Sam Bahadur. Vicky plays the titular role of Field Marshal Sam Manekshaw in the film.

# Made In Heaven 2 trailer: Sobhita Dhulipala, Arjun Mathur fight for love and money as they plan grander weddings

Made In Heaven 2 trailer is finally here. Sobhita Dhulipala and Arjun Mathur, along with their team of wedding planners, are ready to enter the shaadi (wedding) business again. On Tuesday, the trailer was unveiled by the cast and makers. Made In Heaven 2 will premiere on August 10.

Made In Heaven 2 trailer once again promises a deeper exploration of complex relationships, personal struggles and moral dilemmas. Made In Heaven 2 features the same cast as season 1: Sobhita Dhulipala, Arjun Mathur, Kalki Koechlin, Jim

Sarbh, Shashank Arora and Shivangi Rastogi - and some new faces, such as Mona Singh, Ishwak Singh and Trinetra. Mrunal Thakur, Radhika Apte, Shibani Dandekar and Sarah Jane Dias, among others, will be seen as the brides in the second season.

While Sobhita Dhulipala and Arjun Mathur struggle with their relationships and finances - think debts, business expansion and divorces - the rest of their team as well as their prospective clients also do not have it easy. From abusive relationships and secret affairs to commitment issues, Made In Heaven 2 trailer teases what all will come, when the series drops next

week. Produced by Excel Media and Entertainment and Tiger Baby, the International Emmy nominated series is directed by Alankrita Shrivastava, Neeraj Ghaywan, Nitya Mehra, Reema Kagti and Zoya Akhtar. Sharing the trailer on Instagram, filmmaker-producer Farhan Akhtar wrote on Instagram, "The wedding season has officially begun. Watch your favourite wedding planners back into action in Made In Heaven Season 2. Trailer out now!"

About Made In Heaven  
Made In Heaven, created by Zoya Akhtar and Reema Kagti, is regarded as one of the most Indian popular

shows on OTT. The Prime Video show is an anthology series headlined by Arjun Mathur (Karan Mehra) and Sobhita Dhulipala (Tara Khanna), who play wedding planners.

Made In Heaven portrays today's India as a blend of old and new, where tradition and modern aspirations are at loggerheads. The show and protagonists' narratives play out against the backdrop of lavish and expensive weddings. For the last couple of weeks, Zoya and team Made In Heaven have been sharing old clips from season one of the show to keep the viewers engaged, and also addressed the delay in the release of season 2.



# DIG INTO THE SWEET COMFORT OF MIDDLE EASTERN TREATS

## THE TRINITY OF PASTRY DOUGH, SUGAR SYRUP AND SPICED NUTS IN BAKLAVA AND 'KNAFEH' MAKE IT WORTH THE INDULGENCE

Baklava and knafeh, decadent Middle Eastern desserts, are finding a sweet spot in homes through handcrafted batches and luxe festive gifting. Brands have begun getting orders for Christmas parties and corporate gifting. Last month, just ahead of Diwali, Medha Inamdar, a home baker from Navi Mumbai, notched up orders for 38kg of her special baklavas.

The "sultan of sweets", baklava—flaky, paper-thin sheets of phyllo dough doused in scented syrup and encased with the choicest of nuts—is known for its rich legacy and complex history. While many claim its origins can be traced to the Ottoman empire, some believe it originated in ancient Assyria (modern-day Iraq, parts of Turkey and Syria) as early as eighth century BCE. The beauty of baklava lies in the shared heritage of the Greeks, Turks, Egyptians, Lebanese, Armenians, Jews and Arabs, who developed their own classic versions influenced by local flavours.

Making the perfect baklava is a labour-intensive process. It starts with a sugar syrup that is infused with fresh orange, lime juice or rosewater. Once it acquires the desired consistency, it is left to cool. Phyllo sheets are then spread on a large baking tray. Nuts like pistachios, walnuts or hazelnuts are blitzed and combined with ground cinnamon, nutmeg, cloves or cardamom. The mixture is spread on the phyllo sheets, layer



upon layer, with brushings of melted butter in between, and then baked until the crust is golden. The baklava sugar bombs are cut into square or diamond shapes.

Premium dessert stores and brands are trying to showcase its exclusivity. Shazia Ahmed and Raies Sheikh launched Mezaya in 2018 to offer Mumbai-kars freshly-baked baklavas in a delivery-only format. Currently operating as a cloud kitchen with 12 outlets, Mezaya hopes to reach a total of 25 outlets in the city by next year, before expanding to other metros. They source the rosewater from Iran, orange blossom from Lebanon and flour for the phyllo dough from Turkey.

In 2019, Jameela Ruhi and her husband, Zameer Ahmed, transformed their home baking venture into a QSR, Kunafa World, in

Bengaluru. Knafeh, also known as kunafe or kunafa and usually associated with Palestinian cuisine, is made of kadayif, a noodle-like shredded phyllo dough, layered with soft cheese and rich nuts and soaked in warm sugar-syrup. Since the challenge was to get sweet lovers to own a foreign dessert, they introduced common flavour combinations such as Kitkat, Oreo, Nutella, Lotus Biscoff, Snickers, Bounty and Ferrero Rocher. The cheese is imported from Greece and the kadayif and cream blend are made in-house. With over nine outlets in Bengaluru, Vijayawada, Mysuru, Kochi and Mumbai, the couple hopes to expand to 15 more cities in 2022.

Kolkata-based Vatsal Agarwal, 22, who started The Baklava Box in 2019, expanded to a pan-India delivery model and an offline collaboration with Nature's Basket in

October last year. Today, he gets an average of 500 orders a day, which peak during weddings and occasions like Diwali, Christmas and New Year. "We shipped around 40,000 boxes on Diwali alone," he says.

Brands such as Hurrem's, a boutique store in Mumbai launched a few months before the pandemic, are focused on the luxe gifting space. The opulent store-cum-café boasts a selection of handcrafted baklavas, mastered by chefs from Gaziantep, Turkey's baklava capital.

Businesses believe acceptance of this dessert could be due to its multidimensional flavour, familiar to the Indian palate. That hint of cardamom or whiff of rose is a huge comfort factor for the consumer. "It was encouraging to find people switching from traditional mithai to our baklavas as gifts to family and friends during Ganpati," says Sheikh.

The retail grocery segment was quick to latch on to the trend. Avinash Tripathi, concept head at Fresh Pix, a premium grocery vertical from Reliance Retail, says they are planning a premium in-store experience with a shop-in-shop concept exclusively for Middle Eastern sweets.

Inamdar is now looking forward to making a batch of til goli baklava—a bittersweet concoction of peanuts, sesame seeds, cardamom and jaggery—for Makar Sankranti in January. All you have to do is keep up with Instagram.

# This weekend, try a recipe for molten grilled cheese sandwich

## A BELOVED SANDWICH FROM HAWAII PILED WITH CHEESE, CREAMY MUSHROOM AND GROUND MEAT



Close your eyes and imagine you're in Maui. Maybe you conjure up a beach with turquoise waters and a surfboard; or some badly behaved people from this year's hit HBO series *White Lotus*. If you're thinking food, you might cast your mind to fresh poke, or a plate lunch.

What you probably do not think of is a molten grilled cheese stuffed with meaty sloppy joe. But the over-the-top sandwich, known as a fly-cring saucer because of its round shape, is beloved by locals on Maui and also Kauai.

Flying saucers are such a local specialty that Sheldon Simeon had never heard of them growing up on the Big Island. It wasn't until he hopped islands that he discovered the sandwich. Now they're featured in his cookbook *Cook Real Hawai'i* that he wrote with Garrett Snyder

(Clarkson Potter; \$35).

The book is a gorgeous trip all around the archipelago, making for great armchair travel if you aren't on the move these days.

Simeon, a Top Chef finalist and owner of the outrageously good lunch food spot Tin Roof Maui, combines diverse influences from Chinese and Filipino to Portuguese in his cooking. Recipes tell stories of Hawaiian classics including spam musubi and the classic noodle dish saimin as well as shoyu sugar steak which has its roots in the staple sugarcane crops.

Flying saucers are a less expected entry. "Very few local dishes involve American cheese, which is somewhat surprising given our affection for canned meats and picnic condiments," writes Simeon in the book. The sandwich is an exception. He describes it "as the glorious love child of a

sloppy joe and a grilled cheese: tomatoey beef goulash and Kraft Singles squished between two slices of white bread, then grill-pressed over an open fire until melty and toasty."

There's an inter-island rivalry between ownership of the sandwich. "It is from Kauai, but Maui has taken it over, it's our pride and joy," says Simeon. He got his first taste of one at the Maui Country Fair, where people lined up before the stand even opened. "It's crazy," he says.

"They're delicious, but really it's about the nostalgia. Your grandparents have stories about standing in line. Some aren't perfect, they still have crust on it. Each one is different, but you love it." And they are delicious. The filling is simple, as a sloppy joe-style filling should be ground meat mixed with sautéed onions and garlic and a few other vegetables, cooked in a chile-spiced oil that adds a layer of heat. Tomato paste and canned cream of mushroom soup—yes, it's still around—add to the good natured gloppiness of it. That filling is piled into American cheese covered bread rounds and fried until golden so the cheese is a melty salty contrast to the saucy meat. Eat it as hot as you can stand it.

# Why Snacking on Hemp Seeds Can Help You Sleep More Soundly

Hemp seeds pack a powerful nutrient-rich punch. "First of all, hemp protein is considered to be complete, meaning it contains all essential amino acids," says Sheri Vettel, MPH, RD, LDN, an Integrative Nutrition health coach. "For individuals following a primarily or entirely plant-based diet, this is incredibly important." In addition, Vettel explains that compared to other sources of protein, hemp is particularly high in one amino acid known as arginine. Arginine is a precursor to nitric oxide, which supports healthy blood pressure.

Hemp seeds are also rich in heart-healthy omega-3 fatty acids, as well as nutrients that support overall health, including vitamin E, potassium, magnesium, phosphorus, calcium, iron, and zinc. Plus, Vettel points out that they're a low-allergen risk and are fairly easy to digest.

But here's a little known fact and one more reason to start snacking on hemp seeds: Hemp



seeds can help ensure you get better sleep. Why snacking on hemp seeds for sleep is so effective

"Hemp's nutrient profile is incredibly useful when it comes to supporting quality sleep because the combination of the amino acid tryptophan and vitamin B6 serve as precursors for melatonin, a hormone that regulates the sleep-wake cycle," says Kylene Bogden, MS, RDN, CSSD, LDN, CLT, a wellness advisor for

Love Wellness. "When eating hemp seeds, their vitamin B6 content will trigger the conversion of tryptophan into serotonin, which your body can then convert into melatonin."

Bogden strongly emphasizes that, when possible, it is always better to eat in a way that supports your body's natural physiological reaction (i.e. hemp seeds) versus relying on a supplement like melatonin. Moreover, one

ounce of hemp seeds provides approximately 45 percent of the RDI for magnesium. "Magnesium is a mineral that plays a role in regulating levels of the calming neurotransmitter gamma-aminobutyric acid (GABA), which promotes restorative sleep," says Vettel. "Unfortunately, magnesium deficiencies are quite common for several reasons. This includes the declining nutritive value of crops, one's overall dietary composition, and even gut-health issues that can lead to malabsorption of magnesium. This makes it so important to include several quality sources of magnesium in the diet, such as hemp seeds, as we do know that magnesium deficiency is linked to insomnia and overall poor-quality sleep."

How to best utilize hemp seeds for sleep (and overall health)

It's important to note that while hemp seeds are fantastic nutritionally, eating them before bed won't necessarily induce sleepiness right away.

# Genes may play role in tooth decay, gum disease: Study

Hereditary traits and factors such as obesity, education and personality may play a role in tooth decay and gum disease, according to a study.

Tooth decay and periodontitis, also known as gum disease, are among the most common diseases around the world but unlike many other well-known diseases knowledge of how genes affect the risk of self-reported dental diseases is still limited, said researchers at the University of Bristol in the UK.

Two people who eat the same things and take care of their mouth the same way may end up with a different number of cavities but researchers have not been able to explain why until now, they said.

"The study makes it clear that teeth are part of the body. Among other things, we can see that there seems to be a causal link between risk factors for cardiovascular disease and tooth decay," said Inggerd Johansson, from the Institute of Odontology at Umea University, Sweden. Previous research has suggested several

genes may be involved but none had been confirmed. This is partly because complex diseases, such as tooth decay and periodontitis, require large studies to draw firm conclusions.

The study, published in the journal *Nature Communications*, combined data from nine international clinical studies with 62,000 participants together with data on self-reported dental health from the UK Biobank including 467,000 participants, making it the largest study of its kind. The analysis involved scanning millions of strategic points in the genome to find genes with links to dental diseases.

The researchers were able to identify 47 new genes with connections to tooth decay. The study also confirmed a previously known immune-related gene is linked to periodontitis. Among the genes that could be linked to tooth decay are those that help form teeth and the jawbone, those with protective functions in saliva and those which affect the bacteria found on the teeth.

# E- visagi- g tech-e- abled smart cardiac care

Technologies such as artificial intelligence and machine learning should play a critical role in identifying and treating cardiovascular diseases at an early stage, writes Dr Prathap C. Reddy.

As we mark World Heart Day this year, I wonder why we remember our hearts just one day of the year. The heart is the first organ to form during the development of the body and it begins beating not from birth, but from the fifth to sixth week of pregnancy with the foetal heart fully developing at ten weeks, and once it starts beating, this vital organ does not stop.

However, the heart is susceptible to disease and cardiovascular disease is the leading cause of death worldwide. The positive aspect is that many forms of heart disease can be prevented or treated with healthy lifestyle choices, early diagnosis through regular health checks and timely treatment and management. It is for this that we must remember our heart every moment, every day and work to keep it healthy and strong. We are fortunate that today, technology has armed us with the digital health innovations

required to improve cardiovascular disease care.

This is in line with World Heart Day's focus on harnessing the power of digital healthcare to improve awareness, prevention and management of cardiovascular diseases that encompasses a wide range of diseases. Digital is definitely a powerful solution to improve efficiencies in healthcare. Innovative digital health technologies are leading to good healthcare by facilitating disease prevention, diagnosis and management. Technology empowers patients and healthcare professionals and delivers better health outcomes.

While behavioural and metabolic factors are important contributors to risks, such as smoking, physical inactivity and unhealthy diet can be addressed through appropriate lifestyle modifications. In addition, technology with smartphone apps and smart wearables can help in addressing the effect of risk factors such as hyper-



tension, diabetes, dyslipidaemia and obesity.

Today technology is powering CVD management and prevention with timely interventions that lead to and provide motivation for lifestyle modification and adher-

ence to treatment regimens. Patients also play a critical role in the management of their own health with patient-facing interfaces on smartphone apps. The data from smartphone apps and smart wearables is also leading to

the development of strategies to increase physical activity levels and motivate individuals to follow a healthy diet with consequent improvements in morbidity and reductions in mortality.

World Heart Day this year also envisages a huge role to be played by Telehealth in beating CVD. Digital technology also powers virtual consultations, with patients able to consult a doctor anywhere and anytime at their convenience and avail instant consultation, diet and nutrition-related advice, and consultation with a specialist based on the criticality of the ailment. With telehealth services now available 24x7, video consults are becoming the new norm, increasing ease of availability and access to healthcare.

The healthcare industry needs to use the power of technology and focus on early detection. Preventive health checks and new technologies like AI, robotics, and data analytics need to be har-

nessed to provide high-quality health care for India's vast population of 1.3 billion.

AI and ML should be leveraged for technology-based solutions to tackle the menace of CVD. AI-powered CVD risk scores will enable physicians to predict the risk of heart disease years in advance of onset. A National Cardiac Registry will help collect data to enable researchers to better understand the causes of CVD.

The future will continue to see digital health as a critical success factor that supports healthcare delivery. An ASSOCHAM study predicts the number of smartphone users in India to rise to 859 million by 2022.

One can only imagine the vast benefits of digital health to these users with the accelerated adoption of a digital approach to cardiovascular disease management leading to personalized treatment with better health outcomes at a lower cost.







## Director Rural Sanitation flags off 'Swachhata Karwaan 2.0' to launch Indian Swachhata League 2.0

J1 NEWS SERVICE

JAMMU, SEPT 17: Director Rural Sanitation, J&K Charandev Singh on Sunday launched Indian Swachhata League 2.0 (ISL 2.0) an inter-district competition of youth towards building Garbage Free J&K by flagging off 'Swachhata Karwaan 2.0' from Panchayat Kalyanpur (Jhiri), Block Marh.

The Director led a team of youngsters to clean the solid waste from Tourist Park near Baba Jitto Dev Shani, Jhiri, under 'Swachh Yodha Pratiyogita' (Cleanliness Warrior Competition), a unique initiative launched by the Directorate of Rural Sanitation, J&K aimed at engaging and motivating individuals, particularly in rural areas, to actively participate in the ongoing cleanliness drive.

Around 500 people including students, sports persons, PRIs, prominent people of adjoining villages, officials and shopkeepers participated in the cleanliness drive. One ton of garbage was collected in and around the public park during a two-hour long sanitation drive.

'Swachh Yodha Pratiyogita' seeks to recognize and reward individuals and teams who have made exceptional contributions towards maintaining sanitation and hygiene standards within their communi-

ties. Immediately after the flagging off ceremony, sanitation drives were also launched in all the districts of J&K in which thousands of people participated to clean the public places.

During the flag-off ceremony, the Director emphasized the importance of community-driven efforts in achieving the goals of the Swachh Bharat Abhiyan. He stated, 'Cleanliness is not just a government initiative; it is a collective responsibility of every citizen. The 'Swachh Yodha Pratiyogita' is designed to celebrate those who have taken it upon themselves to be the change-makers in their villages and towns.'

Director further said that the 'Swachh Yodha Pratiyogita' is expected to not only encourage more active participation in sanitation initiatives but also foster a sense of pride and responsibility among the residents of Jammu and Kashmir. It aligns with the broader vision of the Swachh Bharat Abhiyan to create a clean and healthy India.

The competition was held under 'Swachhata Hi Seva' campaign - a fortnight long sanitation drives across India.

The collection of garbage during the drive was evaluated based on quantity and a panel of officials assessed the entries and awarded

the winning team. Prizes and certificates were awarded to individuals, who bagged first, second and third positions in different sports activities organised during the day.

Exam Pad and flower vases made of recycled waste were distributed among the students who participated in swachhata themed painting competition at the venue.

Local leaders, community representatives, and students attended the flag-off event, showcasing their support for the initiative. They highlighted the need for sustained efforts to ensure that Jammu and Kashmir remains a shining example of cleanliness and hygiene in the country.

Director also added that as the competition gains momentum, it is hoped that it will inspire individuals and communities to take proactive steps towards a cleaner, healthier, and more sustainable future for Jammu and Kashmir.

For more updates on the 'Swachh Yodha Pratiyogita' and its impact on rural sanitation efforts in Jammu and Kashmir, stay tuned to official social media pages of Directorate of Rural Sanitation, J&K for regular updates and coverage.

Present on the occasion were Deputy Director Rural Sanitation, J&K, Samra Khan, ACD Jammu, Preeti Sharma and BDOs.

## Mega Swachhata Rally marks grand cleanup effort in Doda

J1 NEWS SERVICE

DODA, SEPT 17: In a resounding tribute to Mahatma Gandhi and as part of the Swachh Bharat Abhiyan, the District Administration Doda orchestrated a monumental Swachhata rally, aptly named 'Swachhata Hi Seva' - Cleanliness is Service.

The rally, which commenced from the DC office complex in Doda, saw the enthusiastic participation of various government and private schools in the district, along with law enforcement and municipal workers who marched together, carrying dustbins and brooms to exemplify their commitment to cleanliness.

The rally, spearheaded by the Deputy Commissioner Doda, Vishesh Mahajan, and the Senior Superintendent of Police, Abdul Qayoom, embarked on a journey through the heart of Doda town, eventually culminating at the

Government Higher Secondary School Boys in Doda. Throughout this impressive rally, students raised banners adorned with Swachh Bharat Abhiyan slogans and chanted fervently, emphasizing slogans like 'Swachhata Hi Seva Hai' (Cleanliness is Service), 'Clean India Green India,' and 'Say No to Plastic.' During this rally, DC Doda actively participated in a cleanliness drive, working alongside municipal workers to clean various prominent locations, including the clock tower area, and encouraged shopkeepers to place dustbins in their shops to deter littering.

The participants of the rally also undertook cleaning efforts, addressing blocked drains and clearing garbage piles, showcasing their dedication to making Doda cleaner and greener. At the conclusion ceremony held at Government Higher Secondary School for boys in Doda, DC Doda encouraged students to become cleanliness ambassadors

and extended well wishes for the good health of the honorable Prime Minister of India, who initiated the remarkable Swachhata Bharat Abhiyan. He also noted that this rally was chosen to celebrate the Prime Minister's birthday, reinforcing the commitment to cleanliness. Speaking to the media, DC Doda emphasized that Swachhata pakhwada, a fortnight-long cleanliness drive, working alongside municipal workers to clean various prominent locations, including the clock tower area, and encouraged shopkeepers to place dustbins in their shops to deter littering. The participants of the rally also undertook cleaning efforts, addressing blocked drains and clearing garbage piles, showcasing their dedication to making Doda cleaner and greener. At the conclusion ceremony held at Government Higher Secondary School for boys in Doda, DC Doda encouraged students to become cleanliness ambassadors

## Premier League: Wolves shock Manchester United 3-1; City beat West Ham, go top

**MANCHESTER:** Manchester United's 2023-24 season went from bad to worse as they slumped to their third defeat of the season in the Premier League as a doughty Brighton & Hove Albion beat them 3-1 in Manchester on Saturday.

Manchester United started with a formidable attack and saw some close shots at the start of the game, but failed to score at the Old Trafford. They then conceded the opening goal in the 20th minute of the game ex-United striker Danny Welbeck rattled the defense and went through the back of the net to score the first goal of the game.

However, it was not too late for United as Ramsuj Hojlund, playing his first game for the club, could have equalised but the referee disal-

lowed the goal. Rober De Zebri's mighty Wolves dominated the second half completely with a solid position forward and launched two strikes early in the second half. Pascal Gross and Joao Pedro scored spectacular goals that gave Brighton a 3-0 lead, adding dismay to the United crowd.

With only 18 minutes left, Hannibal Mejbri, a United replacement, managed to score a consolation goal, but it was already too late.

With assurance, Brighton successfully finished the game and earned a victory. Brighton now have 12 points from five games and is in third place in the Premier League standings. United, however, continued to struggle, languishing in the 12th position with just six points

following a dismal start to the season. Brighton also put an end to Manchester United's home winning streak that had dated back to the first game of the previous campaign against Brighton. Earlier in the day, defending champion Manchester City took on West Ham United and showed their resilient fight, beating the Hammers 3-1 and overtaking Liverpool to propel to the top spot after their fifth consecutive win. Liverpool started the Premier League with a weekend's impressive comeback to defeat Wolverhampton Wanderers 3-1 in an away match.

Manchester City is in the top spot with five wins in 5 games. Tottenham is in the second spot and Liverpool placed third with four wins.

## Bopanna bids adieu in style as India thrash Morocco 4-1 in Davis Cup

**LUCKNOW:** Rohan Bopanna bid farewell to Davis Cup on a winning note when he paired up with Yuki Bhambri to decimate the Moroccan pair of Elliot Benchetrit-Younes Lamami Laaroussi 6-2, 6-1 in the World Group II doubles match at the Vijayant Khand Mini Stadium in Gomti Nagar on Sunday.

Meanwhile, Sumit Nagal got the better of Yassine Dlimi 6-3, 6-3 as India took an unassailable 4-1 lead.

Digvijay Pratap Singh won the dead fifth rubber 6-1, 5-7, 10-6 against Walid Ahouada.

With this victory, India will now play World Group I play-off in 2024. The day, however, belonged to Bopanna. A cross-court drop brought an end to his illustrious 21-year long Davis Cup career.

Bopanna-Bhambri coordination was seen at its best. They outplayed the Moroccan pair. Bopanna's powerful forehands had no answer from the other camp.

After claiming the first set 6-2, the Indian pair knew they had the rubber in their grip. Benchetrit and Laaroussi were able to bag only the



first game in the second set. Bopanna picked up the volleys well while Bhambri too served well, leaving little option for the opposition to counter.

Bopanna waved to the crowd, shook hands with every member of the Indian team. He walked around the court wrapped in an Indian flag, waving his hands, blowing kisses at fans in every stand.

Nagal, on the other hand, continued his winning form to beat Dlimi 6-3, 6-3. Nagal was serving big, and way better than he served on Saturday. In the first set, after win-

ning the first game, Dlimi threatened with a comeback despite Nagal leading 40-0. The game extended into deuce, but the Indian managed to wriggle out of the situation leveling the scores at 1-1.

Nagal broke Dlimi's serve in the third game to take 2-1 lead. It was in the ninth game that he broke Dlimi yet again to seal the set 6-3.

Nagal once again broke him in the second game of the second set to go 2-0 up. But that one break by Nagal in the second set was enough for him to sail through to a comfortable victory.

to their preparation. However, after much back-and-forth, the clubs decided to let some of their players travel to China.

While the new squad is vastly different from the originally named last month, the last-minute agreements for Jhingan to travel, and for Chinglensana Singh and Lalchunzanga to be added to the squad, has added balance to the side.

**UNION TERRITORY OF JAMMU & KASHMIR**  
**Jal Shakti (Irrigation & Flood Control) Department**  
**OFFICE OF THE EXECUTIVE ENGINEER IRRIGATION DIVISION NO.II JAMMU**  
 E-Mail: [ifcjmuxenid2@gmail.com](mailto:ifcjmuxenid2@gmail.com), [xenirrigation-div2@jk.gov.in](mailto:xenirrigation-div2@jk.gov.in), Tel/Fax: 0191-2457756

**NOTICE INVITING E- TENDERS**  
**E-NIT No.: 17 of 09/2023-24**

For and on behalf of Lieutenant Governor of Union Territory of Jammu and Kashmir, Executive Engineer Irrigation Division No-II, Jammu invites e-tenders in two cover system **Cover 1<sup>st</sup>** containing prequalification documents and **Cover 2<sup>nd</sup>** containing Price Bid from registered contractors of appropriate Class for the below mentioned work:

S.N	Name of the work	Advertised Cost (Rs. in lacs)	Earnest Money Deposit	Time of completion	Class of Contractor	Cost of Tender Documents (Rs.)
1.	Construction of bed and side walls and other allied works of Moolley Chak Minor of D-14 from RD 2200 to 2800 Mtr under UT Sector Capex Budget. (Part-1)	14.85	2% of the Advertised Cost	45 Days	A,B,C & D	1000
2.	Reconstruction of breached portion of D-14 of MRC from RD 640 to 650 Mtr including raising of side walls from RD 2500 to 3500 Mtr and Construction of 01 No. T-Xing at Rd 7500 Mtr under UT Sector Capex Budget.	19.47	-do-	45 Days	A, B & C	1000

Position of A.A.A : Accorded  
 Position of T.S : Under Process  
 Position of Funds : Partially Available

**Important Dates:**  
 i) Date of Publishing from : 16-09-2023 (09:00 AM)  
 ii) Downloading from : 16-09-2023 (10:00 AM)  
 iii) Uploading from : 16-09-2023 (10:00 AM)  
 iv) Uploading stops on : 26-09-2023 (06:00 PM)  
 v) Tender opens on : 27-09-2023 (12:00 Noon - Subjective)

- The bidding documents can be downloaded from the website <http://jktenders.gov.in/w.e.f> 16-09-2023 from 10:00 AM onwards.
- The bids shall be uploaded/ submitted in electronic format on the website <http://jktendersgov.in/w.e.f> 16-09-2023 from 10:00 AM onwards.
- The complete bidding process will be **ONLINE**.
- The tender uploaded on the website up to due date will be opened on 27-09-2023 (12:00 Noon - Subjective) in the office of the Executive Engineer Irrigation Division No-II, Jammu in the presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.
- Bidding documents can be seen and downloaded from the website <http://jktenders.gov.in> Bidding documents contain qualifying criteria for bidders and other details such as terms and conditions etc.
- Other relevant details can be seen in the bidding documents so downloaded.

No: JID/II/2023-24/3857-3893  
 Dated:14-09-2023

DIP/J-8322/23  
 (ER. HAFIZ ULLAH RESHI)  
 EXECUTIVE ENGINEER  
 IRRIGATION DIVISION  
 NO.II

