

DENGUE WARNING SIGNS

Many people with dengue can be cared for at home with adequate rest and hydration. But, if you experience any warning signs, go immediately to the nearest medical centre.

Watch out for dengue warning signs!

A drop in body temperature accompanied by any of the following symptoms:

- Increased and continuous bleeding gums
- Discomfort
- Present warning
- Drop in body temperature
- Disorientation
- Stomach pain, vomit or stool
- Redness

If you have any of these symptoms, go to the nearest medical centre IMMEDIATELY

JINDRAH IMAGES

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Mann Ki Baat | PM hails snow peas export to London from Jammu and Kashmir



AGENCIES
JAMMU, JUNE 30

Prime Minister Narendra Modi on Sunday said Jammu and Kashmir has achieved a big milestone with local edible snow peas being exported to London.

Speaking at his monthly 'Mann Ki Baat' radio programme, Modi

said Jammu and Kashmir achieved a big milestone when the first consignment of snow peas was sent to London from south Kashmir's Pulwama district last month.

"What Jammu and Kashmir achieved last month is an example for the people across the country", the PM said during the programme.

The Prime Minister's comments on the topic were posted by J&K Lieutenant Governor Manoj Sinha on X (formerly Twitter) with a photograph of the edible species.

The snow pea is an edible pod pea with flat pods and thin pod walls. It is eaten whole,

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From being farmer's son to Vice Prez, Venkaiah Naidu's journey inspiring: Modi



AGENCIES
HYDERABAD, JUNE 30

Prime Minister Narendra Modi on Sunday released three books on the life of M Venkaiah Naidu and recalled his contributions, including the fight against imposition of Emergency and as Union Minister and Vice President.

Recalling that the 50th anniversary of

CONTINUED ON ► PAGE 4

Gen Upendra Dwivedi becomes chief of 1.3 million-strong army

AGENCIES
NEW DELHI, JUN 30

Gen Upendra Dwivedi, who has vast operational experience along the frontiers with China and Pakistan, on Sunday assumed charge as the 30th Chief of the Army Staff at a time India is facing myriad security challenges including along the Line of Actual Control (LAC).

Gen Dwivedi succeeds Gen Manoj Pande who superannuated after more than four decades of service.

"Gen Dwivedi brings with him, a wealth of experience and a proven track record, of effectively planning and executing for the unexpected," the Army said.

He was serving as the Vice Chief of the Army since February 19. Before becoming the Vice Chief, he was serving as the General Officer Commanding-in-Chief of Northern Command from 2022 to 2024.

An alumnus of Sainik School, Rewa in Madhya Pradesh, Gen Dwivedi was commissioned into a regiment of Jammu and Kashmir Rifles in



1984. He has a unique distinction of balanced command as well as staff exposure across Northern, Eastern and Western theatres in varied operational environments.

The Army said Gen Dwivedi's impetus would be to augment the infusion of critical technologies by leveraging the nation's vibrant, capable and productive technology eco-system to enhance the force's overall capability.

"He takes over as the Chief of Army Staff (COAS), at a time when the global geo-strategic environment remains dynamic, with the challenges in the security domain becoming more pronounced due to technological advancements and the ever-changing

character of modern warfare," it said.

Gen Dwivedi has taken charge of the 1.3 million-strong Army at a time India is facing various security challenges including along the Line of Actual Control (LAC) with China.

As the Chief of Army Staff, he will also have to coordinate with the Navy and the Indian Air Force on the government's ambitious plan to roll out theatre commands.

The Army said operational preparedness to counter security threats to a rising nation would figure prominently as a key focus area for the COAS.

"Concurrently, a focused response strategy, to myriad

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Shri Amarnath Ji Yatra 2024

Lt Governor inspects facilities for pilgrims at Yatra transit camp Pantha Chowk

JNEWS SERVICE
SRINAGAR, JUNE 30

Lieutenant Governor Shri Manoj Sinha today visited Shri Amarnath Ji Yatra transit camp at Pantha Chowk and inspected the arrangements for Yatris.

The Lt Governor interacted with the pilgrims and service providers and enquired about the facilities.

Earlier, the Lt Governor conducted the on-site inspection and took stock of the ongoing construction work of the Yatri Niwas and Office of Shri Amarnath Ji Shrine Board at Pantha Chowk.

He also visited various sections including rooms and dormitories and directed the officials to explore all the possibilities to increase the capacity to accommodate more pilgrims at



the facility.

The Lt Governor was accompanied by Sh Vijay Kumar, ADGP Law & Order; Dr Mandeep Kumar Bhandari, CEO Shri Amarnath Ji Shrine

Board; Sh Vidhi Kumar Birdi, IGP Kashmir; Dr. Bilal Mohi-ud-Din Bhat, Deputy Commissioner Srinagar and officials from other concerned departments.

Reasi terror attack case

NIA conducts searches at multiple locations in Rajouri

JNEWS SERVICE
JAMMU, JUNE 30

The National Investigation Agency (NIA) on Sunday conducted searches at multiple locations in the Rajouri district of Jammu and Kashmir in connection with the Reasi terror attack case.

The searches led to the seizure of various items showing linkages between the terrorists and overground workers (OGWs), a statement issued by the NIA said.

Terrorists had opened fire at a bus carrying 'yatris' from Shiv Khori to Katra on the evening of June 9 in the Pouni area of Reasi district, causing the bus to fall into a nearby gorge, killing nine people, including a child.

NIA, which took over the investigation on June 15 on orders from the Union Ministry of Home Affairs, searched five locations linked with hybrid

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2 Amarnath pilgrims injured as Van meets with accident near Chandanwari

JNEWS SERVICE
JAMMU, JUNE 30

A van carrying Amarnath pilgrims met with an accident near Chandanwari in Jammu and Kashmir's Pahalgam, leaving at least two persons injured, officials said on Sunday.

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Massive landslide blocks Kishtwar-Paddar road as rains hit parts of Jammu

JNEWS SERVICE
JAMMU, JUNE 30

A massive landslide blocked Kishtwar-Paddar road Sunday as light to moderate rains lashed isolated places in Jammu division, providing some relief to people from the scorching heat. Officials said the landslide, triggered by rains, hit Kishtwar-Paddar road near Patharnaki in Kishtwar district this afternoon, forcing suspension of vehicular movement.

Machines were moved to the scene to clear the road at the earliest, they said.

The weather in most



parts of Jammu region remained overcast throughout the day with reports of light to moderate rains in different areas, especially in the hilly districts of Kishtwar, Doda, Rajouri, Poonch, Udhampur and Ramban.

Jammu city also witnessed a light rainfall in the early hours on Sunday. Rainfall was also witnessed in some areas of the district this evening. Jammu recorded a high of 36 degrees

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BOTTOMLINE

Change of mindset key for success of Start-ups in J&K: Union Minister Jitendra Singh

JNEWS SERVICE
SRINAGAR, JUN 30

Union minister Jitendra Singh on Sunday said a change in the mindset and exploration of regional resources are key for the success of start-ups in Jammu and Kashmir.

Addressing the valedictory function of the two-day National StartUp Conference RASE 2024 at the National Institute of Technology (NIT) here, Singh said the start-up movement in India has picked up in a big way in the last 10 years and the credit for this primarily goes to Prime Minister Narendra Modi, who gave the "StartUp India, Stand-Up India" call from the ramparts of the Red Fort



during his Independence-Day address.

At that time, the minister recalled that the number of start-ups in the country was just 350-400 and today, it has gone up to 1.5 lakh and India occupies the third spot globally in terms of the number of start-ups.

In the earlier years, the start-up movement somehow did not catch up with an equal pace in this part of the country, the Union minister of state for personnel said.

He said this was also due to the fact that in some states and Union territories like Jammu and

Kashmir, a "government job or sarkari naukri" was the main source of livelihood for decades and that has conditioned the mindset of youngsters as well as their parents.

"It is, therefore, important to create awareness that rozgar does not mean only sarkari naukri and that some of the start-up avenues may be more lucrative compared to a salaried government job," the minister said.

Emphasising the need to explore regional resources, he said the mindset somehow gets stuck up with information technology (IT) when one talks of start-ups, whereas in a region like Jammu and Kashmir, the

CONTINUED ON ► PAGE 4

CISF's 9-month-old security units in 2 J&K Jails await formal sanction

JNEWS SERVICE
NEW DELHI, JUNE 30

The CISF's security units deployed at two highly sensitive prisons in Jammu and Kashmir are yet to receive formal sanction even after nine months of their deployment, leading to a number of logistical and administrative issues for the paramilitary force, official sources said.

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The force had taken over the security of the Srinagar central jail in Kashmir and the Kot Bhalwal jail in Jammu in October, 2023 with a combined manpower of about 500 personnel on an "internal security duty" pattern by replacing the CRPF.

This change came



about after it was felt that a force well versed in campus security and access-control should be entrusted with the security of these two prisons which house a number of terrorists and other hard criminals.

However, officials said, the deployment last year was made on a temporary basis and the two separate Central Industrial Security Force (CISF) units are waiting for a formal sanction to be categorised as regular units.

An "internal security duty" pattern is a tem-

porary arrangement for quick deployment of manpower. Such a deployment of security personnel needs to be regularised by an official sanction by the Union home ministry, they said.

The temporary category of deployment leads to a lot of problems in personnel issues like the troops do not get regular house rent allowance (HRA) and linked benefits as financial sanctions are made on an ad-hoc basis.

A regular sanction to a CISF unit leads to better financial planning and personnel management, the officials said.

A senior Union home ministry official said a formal sanction for the two CISF jail units in Jammu and Kashmir will be issued soon.

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Over 50 lakh devotees pay obeisance at Shri Mata Vaishno Devi Shrine

JNEWS SERVICE
JAMMU, JUNE 30

In the first six months of the current year, more than 50 lakh pilgrims from various parts of the country have paid obeisance at Shri Mata Vaishno Devi Cave Shrine nestled in the Trikuta Hills of Katra town—the base camp—in Reasi district of Jammu and Kashmir.

As per the sources, from the month of January to June, over 50 lakh pilgrims have visited the cave shrine, adding, "at present, between 25000 to 35000 devotees on daily basis are reaching the base camp to perform yatra to the cave shrine."

"The yatra will

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Dr Andrabi welcomes Amarnath Yattris at Baltal & inaugurates a Langer Bhandara

J1 NEWS SERVICE
JAMMU, JUNE 30

Chairperson of J&K Waqf Board (MoS), Dr Syed Darakhshan Andrabi today welcomed Sri Amarnath Ji pilgrims at Baltal at an enthusiastic reception event held there. Many respectables from the district and other parts of the valley joined Dr Andrabi in according a warm welcome to Yattris reaching the base camp. Dr Andrabi addressed the impressive gathering of the devotees and the locals and said that despite the decades of unrest in J&K, the local populace always partici-



parted in welcoming and taking care of the needs and requirements of the devotees visiting from far

of places in huge numbers. "Amarnath Yatra is a symbol of mutual trust and communal harmony in Kashmir. It has always remained the annual season of reiteration of the bonding and trust between the local majority community and the devotees visiting the holy shrine", said Dr Darakhshan. She said that we all should enthusiastically invest in such type of positive initiatives strengthening the bonding between communities so that we are able to create a peaceful, tolerant society in this land of diversities and spiritual excellence.

Rural students second to none in achieving academic excellence: Rana

J1 NEWS SERVICE
DANSAL, JUNE 30

Senior BJP leader Mr Devender Singh Rana today expressed satisfaction over students in the rural Jammu and Kashmir equally achieving academic excellence, saying, however, that but for the support system available in the urban pockets they too have potential to make mark, not only in academics but in every sphere of activity.

Felicitating 198 meritorious students in the recently declared results for Class 10 and 12 of the Dansal Block of the Nagrota Assembly Constituency at an impressive function held at Dansal, Mr Rana said the growth of young minds, especially in the educational field is intricately linked to the standard of education being provided by ensuring level play field between rural and urban areas.

He said rural students are second to none in achieving academic excellence.

Devender Rana underscored the importance of quality education and said that appreciating this NDA Government led by Prime



Minister Yashasvi Narendra Modi has been laying thrust of providing solid educational foundation across the country with special impetus to create infrastructure to enable rural youth to compete on an equal footing with their urban youngsters. This has been showing discernible results during the past two decades and the next five years are going to be game changer to empower youth with knowledge, skills and the confidence to pursue their dreams, he added.

Mr Rana complimented the parents and the teachers also, saying that they have been contributing immensely to meet the educational needs of students and unlocking their potential, which is imperative for growth of the soci-

ety in general and Jammu and Kashmir in particular. Collective efforts and close parent-teacher synergy holds the key for shaping the destiny of children, who too have onerous responsibility to meet the challenges of modern education with grit and confidence, he observed.

Earlier, the students and their parents besides prominent citizens joined Mr Devender Rana to listen to the first Maan Ki Baat of Yashasvi Narendra Modi after becoming the Prime Minister third time in a row.

Interacting with the BJP Karykarts, Mr Rana said Indian politics has entered into a new era of continuity with 'nation first' philosophy becoming the way of life and guiding

force to ensure progression of all, irrespective of religion, region or caste. In this journey of New India, every segment of the society is working towards strengthening the hands of the Prime Minister to carry forward his mission of nation building.

He referred to the great initiatives taken over the years and implementation of various schemes and welfare programmes with missionary zeal, saying these have resulted in the growth of every section of the society. The agenda of inclusiveness has instilled a sense of confidence and hope among the people, who have been craving for marching ahead as proud Indians to become part of the country's growth story, he added.

Natrang Stages 'Koi Aur Raasta' at Natrang Studio Theatre, Jammu

J1 NEWS SERVICE
DANSAL, JUNE 30

Natrang staged a Hindi play 'Koi Aur Raasta' written by Pratap Sehgal and directed by Neeraj Kant here today at Natrang Studio Theatre, Jammu under Natrang's weekly theatre series 'Sunday Theatre'.

The play 'Koi Aur Raasta' very sensitively touches the topic of man-woman relationship in context of marriage and very brilliantly presents different shades of it with such vivid detailing that the audience could relate to it instantly. Mahesh and Indu liked each other and decided to go for love marriage, which was pleasant initially but soon lost its sheen. A number of domestic issues troubled them and they lost faith in the institution of marriage. Moreover, Mahesh started to baselessly suspect that Indu is in an extramarital relation with one of their common friend which shatters her.



Even after certain half-hearted attempts to save their marriage from breaking, they failed as life partners and attained mutual divorce. After some years, both decide to move on but could not forget each other in the heart of their hearts. One day, Mahesh finds Indu at Railway Station and they both initiate into a very casual conversation. Recalling only good memories, Mahesh persuaded her to return to him but he was too late to realize his mistake as Indu had married again. This play carries some influences of Ibsen's Doll's House.

This intense presentation was followed by an interaction on the play which was conducted by Balwant Thakur. Natrang actors who acted in the play included Brijesh Avtar Sharma, Palshin Dutta, Kushal Bhat, Payal Khanna, Priya Kumari, Lalita Sharma, Priyash Ashok Gupta, Vandana Thakur and Mehak Chib. Lights were designed and executed by Neeraj Kant whereas music was scored by Aadesh Dhar. The show was coordinated by Mohd. Yaseen and the presentations were done by Vrinda Gujral.

Dr. Karan extends warm greetings on commencement of Amarnath Yatra

J1 NEWS SERVICE
SRINAGAR

Dr. Karan Singh, former Member of Parliament and former Sadr-i-Riyasat (President) of the erstwhile state of Jammu and Kashmir, has extended his heartfelt greetings to all Amarnath Yattris on the commencement of the sacred pilgrimage. In his message, he prayed to Lord Shiva for the safety, peace, and success of all pilgrims undertaking this spiritual journey.

"I extend my warm greetings to all the devotees embarking on the Amarnath Yatra. I pray to Lord Shiva to ensure a peaceful and successful pilgrimage for all Amarnath Yattris. May this holy journey bring blessings, peace, and spiritual fulfillment to everyone involved," Dr. Karan Singh said in a statement issued here today.

Dr. Karan Singh also took the opportunity to congratulate the Indian Cricket Team on their remarkable victory in the T20 World Cup. Under the Captainship of Rohit Sharma, the Indian team secured a historic win in what has been described as one of the most exciting matches in cricket history.

"Heartiest congratulations to the Indian cricket team, led by Rohit Sharma, on their historic victory in the T20 World Cup. This incredible achievement has brought immense pride and joy to the nation. The team's dedication, skill, and spirit have truly inspired us all," he remarked.

Jammu University Team Visits GDC Thannamandi for Inspection to introduce New Subjects

J1 NEWS SERVICE
THANNAMANDI, JUNE 30

A team of Professors and officials from University of Jammu led by Prof. Rajiv Ratan, Director Colleges Development Council (CDC) visited Government Degree College (GDC) Thannamandi for inspection to introduce Environmental Sciences, Biotechnology and Agriculture Technology as new subjects from academic session 2024 - 25 here on Saturday.

The team of experts led by Prof. Rajiv Ratan, Director CDC including Prof. Sushil Verma, Head Department of Botany, Prof. Piyush Malaviya, Head, Department of Environmental Sciences, Prof. B.K. Bajaj, head Department of Biotechnology and Ramesh Chandra, Assistant Registrar CDC who visited the College in connection with inspection (affiliation) to start new subjects received a rousing welcome by Principal of College Prof. (Dr.) Farooq Ahmed and other faculty members.



Upon arrival, each team member planted a plant sapling as part of ongoing summer plantation drive in the college campus. While speaking on the occasion Prof. Farooq explained the need of introducing these subjects which will not only improve socio-economic conditions of the area by opening new vistas of employment for youth and students, but equip them with modern skills in the fields of Biotechnology, Agriculture and Environmental Sciences. He expressed his deep appreciation and gratitude towards the team to visit this far-flung college. Dr. Ashaq Malik, Co-ordinator IQAC of College made

a presentation detailing the importance as well as facilities and infrastructure available in college to introduce newly proposed subjects viz. Environmental Sciences, Biotechnology and Agriculture Technology.

Later the team along with Prof. Farooq Ahmed and other faculty members went around the college Campus. They visited labs and Departments designated for proposed subjects and took stock of facilities and infrastructure available to start new subjects. The head Departments of Chemistry (Dr. Naseem Ahmed), Botany (Dr. Ashaq Malik), Zoology (Dr. Shiraz Ahmed) and Environmental Sci-

ences (Dr. Junaid Ahmed) answered the queries raised by expert members from University of Jammu. The team appreciated the college administration for proactive approach and readiness as well as facilities and infrastructure available, however, recommended to procure some more materials to start these courses from current session.

Prominent among others present on the occasion were Prof. Asif Ajaz Lone, Rakesh Puri, Prof. Supriya Gupta, Dr. Goher Iqbal, Prof. Fatima Parveen, Anuj Bali, Dr. Ather Aziz Raina, Prof. Rummy Dar, Dr. Nagina Kouser and Prof. Rizwana Kouser.

PM Modi unites every Indian through Mann ki Baat: Adv Purnima

J1 NEWS SERVICE
JAMMU, JUNE 30

Adv. Purnima Sharma, Spokesperson BJP, J&K, and former Deputy Mayor Jammu, highlighted the profound impact of Prime Minister Narendra Modi's radio program, "Mann ki Baat," on the nation. She emphasized how the program serves as a platform for the Prime Minister to connect directly with citizens from all walks of life. She highlighted its role in fostering national unity and promoting dialogue on important issues affecting the nation. The senior BJP leader today organized a live screening of Prime Minister Narendra Modi's 11th episode of 'Mann Ki Baat' at the Bawe Wali Gali, Ward No. 6, Jammu East Constituency. The program saw enthusiastic participation from former Councilors, President of Bazaar Association, dedicated BJP workers from Jammu East, and former President of the Jammu Chamber of Commerce, among others. The local community also actively participated, showcasing their support and unity.



patriotism, reflecting the collective resolve to work towards the nation's development.

During his address, PM Modi expressed his gratitude to the people for re-electing the National Democratic Alliance (NDA) to power. He also extended his support to the Indian contingent participating in the upcoming Paris Olympics, urging the public to cheer for them.

Speaking on the occasion, Adv. Purnima Sharma emphasized the importance of Mann ki Baat in bridging the gap between the government and the common people. She highlighted how PM Modi's initiative has created a platform for the citizens to share their ideas, achievements, and concerns directly with the nation.

"Through Mann ki Baat, Prime Minister Modi has successfully brought the voices of ordinary citizens to the forefront. This

program has become a symbol of our collective aspirations and achievements. It has given every Indian a sense of belonging and participation in the nation's progress," she added.

Adv. Purnima Sharma also acknowledged the contributions of various stakeholders in making the event a success. She lauded the efforts of the BJP workers, market associations, and the local community for their unwavering support and active involvement.

The program concluded with a vote of thanks, with Adv. Purnima expressed her gratitude to all the participants for making the event memorable and impactful. She reaffirmed the commitment of BJP J&K to continue working towards the welfare and development of the region, inspired by the visionary leadership of Prime Minister Narendra Modi.

ABVP Jammu Kashmir launches membership drive in Kashmir Division

J1 NEWS SERVICE
JAMMU, JUNE 30

The world's largest student organisation Akhil Bharatiya Vidyarthi Parishad (ABVP) today inaugurated its membership campaign for Kashmir division at Srinagar. The program was graced by special invitee in NEC, Professor Permendra Singh, ABVP State Organising Secretary Shri Tilak Thakur and State Joint Secretary Akeel Ahmad Tantray.

During the program the organisation members and officials vowed to complete a huge target of enrolling 10,000 new members from the Kashmir division this year. The aim to reach to the maximum number of students this year is to bring students from various



educational institutions of the valley together and empower them to advocate for their rights and interests.

State Joint Secretary Akeel Ahmad Tantray in his remarks said, that, "ABVP is committed to work for the welfare of the students."

Through this membership drive, the organisation aims to provide a platform for students to voice their concerns, participate in discussions on educational reforms, and contribute to the development of a vibrant academic environment in Kashmir.

Airtel set to sustain its lead on delivering the best experience

J1 NEWS SERVICE
JAMMU, JUNE 30

Bharti Airtel ("Airtel"), India's premier telecommunications services provider, today announced purchase of spectrum in key circles. The telecom company said that it has acquired 97 MHz spectrum by winning back spectrum that was expiring in the current year and additionally purchased spectrum to enhance its mid-band spectrum holding across the select circles. With this purchase, Bharti Airtel will continue to enjoy the largest mid-band spectrum pool in the country. The company has spent total consideration of Rs 6,857 cr to secure the said quantum of spectrum.

Out of the above, Bharti Hexacom Ltd has acquired 15 MHz with an outlay of

Rs.1,001 cr. The spectrum purchase is in line with company's stated strategy to build large pool of mid-band holding to deliver seamless 4G and 5G services across the country. Airtel has consistently been at the forefront of introducing disruptive technologies to India. As a result of the use of the mid-band spectrum, customers can enjoy enhanced browsing speeds in addition to improved indoor coverage.

Gopal Vittal - MD & CEO, Bharti Airtel said, "Airtel continues to judiciously acquire the right amount of spectrum to deliver the best possible experience to our customers. In this auction, we have bolstered our sub-giga hertz and mid-band holding which will significantly improve our coverage especially indoor."

Several prominent persons join PDP in RS Pura

J I NEWS SERVICE
RS PURA, JUNE 30

Senior People's Democratic Party (PDP) leader Narinder Sharma Sunday organized joining programme wherein several prominent persons joined PDP leaving other political parties as their leaders are not in a mood to serve the people and give their intention towards the development of RS Pura constituency. Sharma welcome their decision of joining PDP and assured them to come up with them at every movement and struggle with them for their rights, development and basic needs.

"The people have made up their mind to teach anti-people political parties a lesson in the forthcoming Assembly elections as a result of which repeated attempts have been made to linger on the elections," Sharma expressed satisfaction that PDP's agenda of development was now seen positively not just in Kashmir Valley but in Jammu and Ladakh regions also. But "It is really a



matter of satisfaction for our party that people of Jammu, Kashmir and Ladakh regions have connecting themselves with PDP and this party has earned credibility and faith of the people of all regions and sub-regions of the state", he said and added that people of Jammu, Kashmir and Ladakh were also treating PDP as their real voice because leadership of this party has earned faith and trust of the people by its convictions and commitments.

Sharma said the PDP emerged as a process and platform in times of uncertainty and hopelessness. "The party created space for dignity in democracy when people won't relate to democratic process," he said. "Our party stands for

hope in despairing times and that's what Mehbooba Mufti is trying to ignite." He said women have always held a special place in the PDP and Mehbooba is a symbol of public confidence in the women in particular to lead the society to new lights. Sharma appreciated the initiatives of Mehbooba Mufti led Government which went long way to land the State in peace and prosperity. The people friendly measures taken now speak of Mehbooba's commitment of compassion and popular leader. He urged the party cadre to reach out to people and expand party base. He assured party functionaries of full support and cooperation to make PDP as premier party in the State.

Awareness Camp on health & nutrition by Aakriti Dhawan

J I NEWS SERVICE
JAMMU, JUNE 30

Miss Aakriti Dhawan took a session on Health & Nutrition at an impactful awareness camp organized by Meera Women and Child Welfare Society working for the welfare of women and children under the guidance of Dr Sandhya Dhar, President of the organization at Bhour Camp (Jammu). The event aimed to educate and empower attendees with essential knowledge on maintaining a healthy lifestyle.

During the interaction Miss Aakriti Dhawan an intern focused on health and nutrition care for young children and women. A highlight of the camp was an informative talk delivered by her with a keen interest in public health. Dhawan's engaging discussion covered vital topics such as balanced diets, the importance of regular exercise, and preventive healthcare measures. Miss Dhawan also took an impressive session on Art & Craft with



children of the locality. She prepared decorative items using art & craft materials, showed them and taught the eco-friendly benefits of the same to the children who participated in the event include Aditi Sharma, Sunakshi, Aradhya Mussa, Aradhana Mussa, Rajat Kumar, Akshubya Sharma, Atharv and Aatika Sharma.

Prominent among other

who participated in the awareness camp were Dr Neha Sharma-Assistant Professor, Mrs Kamlesh Sharma, Mrs Lovely Sharma, Smt Mohinder Rani, Mrs Veena Sharma, Mrs Chetna Sharma, Ms Surbhi Sharma, Mrs Gurvinder Kour, Mrs Harleen Kour, Mrs Janki Devi, Ms Sunita Devi, Mrs Seema Devi, Mrs Lalita Sharma, Ms Sushma Sharma, Miss Samiksha Sharma, Miss Sadhvi Sharma, Mrs Kunti Parashar, Mrs Jyoti Sharma and Smt Ved Kumari. Pt Chaman Lal Sharma managed the event. Mrs Radhika Bhushan presented vote of thanks, distributed hygienic sanitary items and eatables to the participants.

Supertech Educational Society Organizes Health Talk on Improving Vascular Health in Association with Fortis Hospital Mohali

J I NEWS SERVICE
JAMMU, JUNE 30

The Supertech Educational Society, in collaboration with Fortis Hospital Mohali, hosted an enlightening health talk on "How to Improve Your Vascular Health." The event featured an engaging presentation by the esteemed Dr. Ravul Jindal, who shared valuable insights with the audience on various aspects of vascular health and provided practical tips for maintaining and improving it.

Dr. Jindal, a renowned vascular surgeon, discussed the significance of vascular health, the risks associated with poor vascular health, and the preventive measures necessary to lead a healthier life. His comprehensive talk covered essential



topics such as the importance of regular exercise, a balanced diet, and the role of early detection in preventing serious vascular conditions. Puneet Mahajan, Chairman of the Supertech Educational Society, extended his heartfelt gratitude to the Fortis

Hospital team, particularly Dr. Ravul Jindal, for their support and collaboration in making this event a success. He emphasized the importance of such health talks in raising awareness and educating the community about critical health issues.

"We are deeply thankful to Dr. Ravul Jindal and the Fortis team for their dedication and contribution to this informative session. Their expertise and insights have provided our audience with valuable knowledge on how to improve and maintain their vascular

health," said Mr. Mahajan. The proceedings of the program were expertly conducted by Senior Faculty member Tarandeep Kour. The event was well-attended by Meenakshi Gupta, Reena Wazir, Shakti Sangral, Raj Kumar Gupta, and all other faculty members, reflecting the collective commitment of the society to promote health awareness.

The health talk received enthusiastic participation from the students of SUPERTECH (INDIA) COMPUTER EDUCATION, with attendees expressing their appreciation for the practical advice and personal attention given by Dr. Jindal. The Supertech Educational Society plans to continue organizing similar health talks in the future to promote health awareness and education.

BJP leaders along with public listens 11th Episode of Mann Ki Baat Program at Jammu West

JAMMU, JUNE 30

Brahm Jyot Satti (Senior leader and Incharge BJP OBC Morcha Jammu Kashmir) along with BJP leaders and prominent Citizens listened the 11th edition of "Mann Ki Baat" by PM Narendra Modi at Ambphala, Jammu.

The program was organised by Rakesh Pandey Vicky (Mandal President BJP OBC Morcha).

Ravi Mehra (State v president obc), Perveen badyal (dist v president obc), Aman (general secretary), subash (secretary), ramesh (general secretary), ajay (vice President) and prominent citizens were present on the occasion.

After 3 months Prime Minister Narendra Modi on Sunday addressed the nation through the 11th edition of his monthly radio programme 'Mann Ki Baat'.

During his Addressal, Prime Minister Narendra Modi hailed the voters and said thanks the countrymen that they have reiterated their unwavering faith in our Constitution and the democratic system of the country. The Lok Sabha election 2024 was the biggest election in the world. Such a big election has never been

held in any country of the world in which 65 crore people cast their votes. He mentioned 'Ek Ped Maa Ke Naam' campaign and said A special campaign has begun on World Environment Day this year named 'Ek Ped Maa Ke Naam'. He appealed to all the countrymen to plant a tree along with their mother or in her name.

He appreciated our local products and said there are so many products from India which are in great demand across the world and when we see any local product of India going global, it is natural to feel proud. One such product is Araku coffee.

He also mentioned the upcoming paris Olympics ,special umbrellas made by Attapadi locals in Kerala and Sanskrit bulletin of Akashvani.

Brahm Jyot Satti explained the summary



of the whole episode to the public and said India is growing too fast under the dynamic leadership of Hon'ble Prime Minister Narendra Modi.

He said The program was last broadcast on February 25 but was paused during the Lok Sabha elections. 'Mann Ki Baat' is PM Modi's platform to discuss crucial national issues with Indian citizens, airing on the final Sunday of each month. On June 18, PM Modi announced the resumption of Mann Ki Baat on June 30.

He said India is blessed to have PM like Narendra Modi who works for every segment of society and he is only PM who remembers the valour and martyrdom of our forces.

He said Nation First is the ideology of BJP and every BJP worker is working on ground level and serving humanity.

JKBS members congratulate TeamIndia on winning T20 Cricket World Cup

J I NEWS SERVICE
JAMMU, JUNE 30:

The Jammu and Kashmir Batwal Sabha's executive members who joined their General Secretary R.L.Kaith here today congratulated TeamIndia on emerging victorious in the T20 Cricket World Cup 2024, defeating South Africa by 7 runs in a thrilling final.

The members said, "Our players especially Rohit Sharma, Virat Kohli, Axar Patel, Surya Kumar and Arshdeep Singh put up a stellar performance throughout the T20 World Cup with unmatched team spirit and sportsmanship. The nation swells with pride at their historic achievement."

We look forward to continuing to support and cheer for you in future matches, said the members.

Shri Sarthal Devi Annual Yatra commencing from July 14

J I NEWS SERVICE
KISHTWAR, JUNE 30

On the directions of Chairman Shri Sarthal Devi Ji Trust, Shri Vikramaditya Singh, a meeting of the Management Council was convened at Kishtwar to discuss the smooth conduct of the Shri Sarthal Devi Ji Annual Yatra, commencing from 14th July 2024.

During this meeting, it was unanimously decided that, as per past practice, after the culmination of Yagya, the Shobha Yatra will proceed from Shri Gori Shankar Mandir Sarkoot, Kishtwar at 2 PM on 14th July 2024. The Yatra will pass across the Kishtwar town in the form of a religious procession and then board on vehicles, arranged by the Management of Shri Sarthal Devi Ji Trust.

Apart from this, the Management Council also chalked out all the programmes.

The meeting was presided over by Sanjeev Parihar, Vice Chairman, and was attended by Surinder Sen, President S.D Sabha Kishtwar, Advocate Kuldeep Sharma, Ram Swaroop Sharma, R.K Rana, Retd. XEN, Ved Parkash Mahajan, Randeep Bhandari, Jabbar Singh, B.D Shan and others.

Super moms honoured mother's lap is no less than heaven



J I NEWS SERVICE
JAMMU, JUNE 30

There is no sorrow in life when mother is around, the world may or may not support but mother's love never decreases, Today, in a program organized by the JD Events and Production House, at Lemon Tree Hotel in Jammu, some super moms who have achieved success in their respective fields were honoured. Dr. Ashu Sharma, Ritika Salathia, Kiran Sharma, Sushma Rajput, Ridhima Talwar, Nidhi Abrol, Advocate Tania Sharma among 15

super moms were present and honoured.

Shiv Sena (UBT) state chief Manish Sahni and The State Times chief editor Raj Daluja were present as chief guests in this program and honoured the super moms by presenting them mementoes. Shiv Sena state chief Manish Sahni said in his address that Maa, Maiya, Mummy, Mata, Mai, Ammi, Mom and many more synonyms are there for mother, but affection is the same in all of them, mother is a form of God.

This program was started with the children's

solo dance and Rudra's beat boxing which captivated the audience. Host Muskan Pandoh kept the audience engaged till the end of the program in her usual style.

On this occasion Sunal Kankar, Irfan Chaudhary, Dr. Tarun Sharma, Rohit Mattoo, Dr. Sunil Rajput, Rahul Rahi, Nitin, Tripti Shastri, Vikas Bakshi, Meenakshi Chhibber were present as special guests.

On this occasion, General Zorawar Singh's great-granddaughter Riya and Diksha Kaluria, who were present with their parents, were specially honoured.

NC poised to form next government in J&K; Sajjad Shaheen

J I NEWS SERVICE
BANIHAL, JUNE 30

National Conference (NC) leader and district president, Ramban Mr. Sajjad Shaheen on Sunday said that his party will form the next government on its own. "NC will return to power in Jammu and Kashmir and form the next government on its own by the overwhelming support of people." He was speaking at a day-long workers' convention held at his residence in Banihal today.

Shaheen, while addressing a one day party convention in Banihal today which was attended by a large number of party office bearers of district, block, Panchayats, Delegates, former Sarpanches, panches and prominent office bearers of Banihal constituency accused the BJP and its proxies of having the agenda of "grabbing power to realize their hidden plan to further weaken the state's socio-

political status."

He alleged all unscrupulous elements and exploiters have come together to "exploit" the people and carry forward the hidden and anti-Kashmir agenda by all means.

"History is repeating the situation that prevailed in 1977 when all power-hungry elements and enemies of National Conference joined hands against late Sher-e-Kashmir, Sheikh Mohammad Abdullah, and left no stone unturned to damage National Conference. People, by their overwhelming support, made its detractors bite the dust in 1977," he said. Shaheen said, ever since National Conference brought the autonomy resolution in the J&K assembly in 2000, attempts are on to "suppress" the voice of the people. "The creation of



the proxies served the same purpose," he said. Shaheen further said, late Sheikh Muhammad Abdullah had "foreseen this long back." "Just before his death, he had predicted that new leaders and parties will be created in every nook and corner of Kashmir. Today, we are witnessing the same." Urging party cadres to gear up for the upcoming Assembly elections and

work tirelessly to strengthen the party at the grassroots level so that National Conference could emerge victorious in the upcoming Assembly elections and form the next government on its own. A large number of political activists from various political parties including a forest Range Officer besides dozens of prominent political workers, joined National Con-

ference and resolved to strengthen the party at the grassroots level.

District vice presidents Mohd Afzal Wani, Parvaiz Ahmed Sheikh, Block presidents Abdul Ahad Shan, Shakeeb ur Rehman Runyal, Mohamad Imtyaz Mughal, Mohd Sultan Mughal, Adv Raja Tariq Ibrahim Sohail, Mohd Anwar Naik, Bahar Ahmed Naik, Farooq Ahmed Goth, Ab Hamid Sheikh, Mohd Yaqoob Rabani, Shamasdin Drabu, Mohd Musharrar Naik, Tariq Ahmed Dar, Choudhry Gulam Hussain Gors, Zulfikar Ahmed Naik, Abdul Rashid Bhat, Haji Gh Mohd Beigh, Gh Hassan Mir, Abdul Gani Wani, Abdul Hamid Khan, Shoket Ahmed Peer, Zulfikar Ahmed Naik, Mohd Saleem Zohda, Molvi Mohd Ashraf, Haji GM Padihar, Tanveer Dar, Mohd Rafique Malik, Mohd Shafi Naik, Bilal Ahmed Pachoo among others also spoke on the occasion.

On 12th Amarnath Yatra, double amputee from Jaipur vows to keep coming back

AGENCIES
BALTAL, JUNE 30

Anand Singh from Rajasthan's Jaipur lost both his legs in an accident in 2002. A devotee of Lord Shiva, Singh embarked on his 12th journey to Amarnath, at a height of 3,880 metres to pay his obeisance at the holy cave shrine. "I started coming to Baba's darbar in 2010. I missed the yatra in 2013 due to floods in Kedarnath

and for two years when it was suspended due to the Covid pandemic," he said. A double amputee, Singh sits in a truck tyre cutout and uses his hands to move. "For the first four or five years, I dragged myself using my hands but now it has become difficult for me. I travel in a palki (palanquin)," Singh said. Highlighting the "special" nature of his relationship with Lord Shiva, he

said, "This bond is getting stronger every year. That's why I come here." Despite his disabilities, he does not feel "underprivileged". "It does not matter what people say about me. While some view my endeavour positively, some others criticise me. Not all people are the same," he said. Singh has pledged to visit the holy cave shrine as long as he can do it on

his own. The annual yatra to the cave shrine, housing a natural ice stalagmite resembling a lingam, in the Pahalgam area of Anantnag district of the south Kashmir Himalayas began on Saturday. The 52-day pilgrimage will conclude on August 19. The cave was discovered by a Muslim shepherd more than 150 years ago.

Curtain falls on British-Era laws, New Criminal Laws come into effect on July 1

AGENCIES
NEW DELHI, JUNE 30

Three new criminal laws will come into effect across the country from Monday, bringing widespread changes in India's criminal justice system and ending colonial-era laws. The Bharatiya Nyaya Sanhita, Bharatiya Nagarik Suraksha Sanhita and the Bharatiya Sakshya Adhinyam will replace the British-era Indian Penal Code, Code of Criminal Procedure and the Indian Evidence Act, respectively. The new laws will bring in a modern justice system, incorporating provisions such as Zero FIR, online registration of police complaints, summonses through electronic modes such as SMS and mandatory videography of crime scenes for all heinous crimes. They have tried to address some of the current social realities and crimes and provide a mechanism to effectively deal with these, keeping in view the ideals enshrined in the Constitution, official sources said.

"Soul, body and spirit" of the new laws is Indian, he said. Justice is an umbrella term that encompasses both the victim and the culprit, the home minister said and added these new laws would ensure political, economic and social justice with an Indian ethos. According to the new laws, judgment in criminal cases has to come within 45 days of completion of trial and charges must be framed within 60 days of first hearing. Statement of rape victims will be recorded by a female police officer in presence of her guardian or relative and medical reports have to come within seven days. Organised crimes and acts of terrorism have been replaced with treason and video recording of all search and seizure have been made mandatory. A new chapter on crimes against women and children have been added, buying and selling of any child has been made a heinous crime and there is a provision for death sentence or life imprisonment for gang rape of a minor. The offences against women and children, murder and offences against the State have been given precedence in the new law. Overlapping sections have been merged and simplified and will consist of only 358 sections against 511 in the Indian Penal Code, the sources said. For example, definitions scattered from sections 6

to 52 have been brought under one section. Eighteen sections already stand repealed and four relating to weights and measures are covered under the Legal Metrology Act, 2009. Instances of false promise of marriage, gang rape of minors, mob lynching, chain snatching, etc are reported but the current Indian Penal Code did not have specific provisions for dealing with such incidents. These have been addressed in the Bharatiya Nyaya Sanhita, the sources said. A new provision has been made for cases such as abandonment of women after making sexual relations on the false promise of marriage. The three laws were based on justice, transparency and fairness, the sources said. Under the new laws, a person can now report incidents by electronic communication, without the need to physically visit a police station. This allows for easier and quicker reporting, facilitating prompt action by the police. With the introduction of Zero FIR, a person can file a First Information Report (FIR) at any police station, regardless of jurisdiction. This eliminates delays in initiating legal proceedings and ensures immediate reporting of the offence. An interesting addition of the law is that in the event of an arrest, the individual has the right to inform a person of his choice about his or her situation. This will ensure immedi-

ate support and assistance to the arrested individual. Besides, arrest details will now be prominently displayed within police stations and district headquarters, allowing families and friends of the arrested person easy access to important information. To strengthen cases and investigations, it has become mandatory for forensic experts to visit crime scenes for serious offences and collect evidence. Under the new laws, victims of crime against women are entitled to regular updates on the progress of their case within 90 days. This provision keeps victims informed and involved in the legal process, enhancing transparency and trust. The new laws guarantee free first-aid or medical treatment to victims of crimes against women and children at all hospitals. This provision ensures immediate access to essential medical care, prioritising the wellbeing and recovery of victims during challenging times. Summonses can now be served electronically, expediting legal processes, reducing paperwork and ensuring efficient communication among all parties involved. For certain offences against woman, statements of the victim are to be recorded, as far as practicable, by a woman magistrate and, in her absence, by a male magistrate in the presence of a woman to ensure sensitivity and fairness, creating a supportive environment for victims.

Parliament set to witness stormy debate today

AGENCIES
NEW DELHI, JUNE 30

Parliament is set to witness heated debates on a range of issues like the NEET paper leak row, the Agnipath initiative and inflation when both houses reconvene on Monday. Besides the paper leak matter, the opposition is also likely to raise the issue of unemployment. In the Lok Sabha, BJP member and former Union Minister Anurag Thakur is set to initiate the debate on the Motion of Thanks on the President's Address. The Motion will be seconded by first term Lok Sabha member Bansuri Swaraj, the daughter of BJP stalwart late Sushma Swaraj. The Lok Sabha has allocated 16 hours for the debate on the Motion of Thanks, which will conclude with the reply by Prime Minister Narendra Modi on Tuesday. In the Rajya Sabha, 21



hours have been set aside for the debate and the prime minister is likely to reply on Wednesday. Parliament has been rocked by protests over the NEET issue. NEET-UG was conducted by the NTA on May 5 with around 24 lakh candidates appearing. The results were announced on June 4, but they were followed by allegations of question paper leaks in states such as Bihar, besides other irregularities. Initiating the debate in the Rajya Sabha, BJP member Sudhanshu Trivedi had described Modi as "atunliya" (matchless) and asserted that there was a vast dif-

ference in his approach towards dealing with issues facing the nation and the one adopted by the first prime minister Jawaharlal Nehru. BJP member Kavita Patidar seconded the motion and nine others have participated in the discussion so far. Opposition INDIA bloc members forced adjournment in the Lok Sabha on Friday, when the House was to take up the debate on the Motion of Thanks on the President's Address, demanding a dedicated discussion on the NEET issue. The Rajya Sabha had witnesses vociferous protests during the debate

with the opposition demanding a discussion on the NEET row and Leader of the Opposition Mallikarjun Kharge trooping into the Well of the House to join fellow members. Congress member Phulo Devi Netam from Chhattisgarh fainted in the Rajya Sabha while raising slogans, apparently due to high blood pressure, and was rushed to the Ram Manohar Lohia Hospital. Opposition members slammed the government for not adjourning the proceedings of the House and showing lack of concern for the health of a Rajya Sabha member.

FROM THE FRONT PAGE...

Mann Ki Baat | PM hails...

with both the seeds and the pod, while it is unripe. "Snow and sugar snap peas are an excellent source of vitamin C, providing 100 percent of your daily needs in just 3.5 ounces (100 grams). Vitamin C is a powerful antioxidant associated with impressive health benefits, such as reduced heart disease risk and improved blood pressure control and immunity", experts said. Meanwhile, "This month the whole world celebrated the 10th Yoga Day with great enthusiasm and zeal. I too participated in the yoga program organised in Srinagar, Jammu and Kashmir. In Kashmir, along with the youth, sisters and daughters also participated enthusiastically in Yoga Day. As the celebration of Yoga Day is progressing, new records are being made", PM Modi said.

From being farmer's...

Emergency was observed recently, he said Naidu was even in jail for about 17 months during the fight against Emergency. The Emergency was imposed by the Congress by tarnishing the image of the country's Constitution, he said. The books, including a biography, were released on the eve of Naidu's 75th birthday. Expressing happiness over releasing the biography and two other books, Modi exuded confidence that the books would inspire people and show the right direction for national service. The journey of Naidu, from being a farmer's son to occupying high-ranking positions as Union Minister and Vice President, is filled with many experiences, he said. Naidu chose to take up the Rural Development ministry in the cabinet of former Prime Minister Atal Bihari Vajpayee, despite being a senior in the party, as he wanted to serve the villages, farmers and the poor, he said. During Naidu's tenure as Urban Development Minister as his senior cabinet colleague, several initiatives, including Swachh Bharat Mission and Smart Cities Mission, were started, Modi said. Praising Naidu's oratory, wittiness, alertness and spontaneity, he recalled the latter's comment of 'ek hath me BJP ka jhanda aur doosre hath me NDA ka agenda' (BJP's flag in one hand and NDA's agenda in another hand) during the Vajpayee regime. During Naidu's tenure as Chairman of Rajya Sabha, the bill to abolish Article 370 was passed with majesty, dignity and honour though the government did not have majority in the upper house, he said. BJP grew as a 'vatvriksh' (banyan tree) that it is today, due to the efforts of lakhs of activists like Naidu, he said. He hoped that the country would emerge as a developed nation in 2047 when Naidu celebrates his 100th birthday. In his response, Naidu thanked the Prime Minister for releasing the books. Appreciating Modi's endeavour for the country's development, he said skill development is the need of the hour. "Development and welfare must go hand in hand. We should not be tempted by these freebies and then make

the people lazy. Yes, we must give them a helping hand. You have been giving free ration to crores of people across the country. That should continue as long as it is required. But, at the same time, skill development is the need of the hour," the former Vice President said. Naidu also favoured promoting Indian languages. The books released by the PM include biography of the former Vice President titled "Venkaiah Naidu - Life in Service", "Celebrating Bharat - The Mission and Message of Shri M Venkaiah Naidu as 13th Vice-President of India", a photo chronicle and a pictorial biography in Telugu titled "Mahaneta - Life and Journey of Shri M. Venkaiah Naidu." Venkaiah Naidu, several other leaders and prominent personalities attended the event in Hyderabad. (Agencies)

Gen Upendra Dwivedi...

non-traditional security challenges, too shall be a priority, towards augmenting the nation's defence," it said. "Gen Dwivedi has tenanted critical appointments and played a pivotal role in combating grey zone manifestations in the national security canvas," it said in a release. The Army said the officer has a deep understanding of modern and emerging technologies in the security domain and possesses a thoughtful approach to harnessing and integrating cutting-edge technologies into military systems to enhance operational effectiveness. "This vision finds congruence to the ongoing pursuit of the Indian Army to fulfil its modernisation and capability development needs through Atmanirbharta," it said. "A firm believer and follower of the Chetwode Motto, the General will also focus on promoting a culture of trust, empowerment of junior Officers, well-being of the soldiers and welfare of veterans and Veer Naris," it said. In his long and distinguished career spanning nearly 40 years, he has served in a variety of command, staff, instructional and foreign appointments. The command appointments of Gen Dwivedi include command of regiment (18 Jammu and Kashmir Rifles), Brigade (26 Sector Assam Rifles), Inspector General, Assam Rifles (East) and 9 Corps. He has been decorated with the Param Vishisht Seva Medal, Ati Vishisht Seva Medal and three GOC-in-C Commendation Cards. As Northern Army commander, Gen Dwivedi provided strategic guidance and operational oversight for the planning and execution of sustained operations along the northern and western borders, besides orchestrating the dynamic counter-terrorism operations in Jammu and Kashmir, officials said. During this period, the General officer was actively engaged in the ongoing negotiations with China to resolve the vexed border issue, they said. He was also involved in the modernisation and equipping of the largest Army command of the Indian Army, where he steered the induction of indigenous equipment as part of Atmanirbhar Bharat (self-reliant India). (Agencies)

NIA conducts searches...

terrorists and OGWs, it said. The locations were pointed out by arrested accused Hakam Khan alias Hakin Din, the NIA said. Hakam had provided safe shelter, logistics and food to the terrorists, as per the probe agency's investigations. NIA has started examining the seized material to unravel the terror conspiracy, it added.

2 Amarnath pilgrims...

"Today, a van carrying Shri Amarnath Ji Yatris met with an accident near Chandanwari. The pilgrims sustained serious head injuries & were promptly evacuated by the #BSF QRT (Quick Response Team) to a nearby hospital," the Border Security Force (BSF) said in a post on X. "The quick response of BSF saved the precious lives of the pilgrims," the BSF added.

Massive landslide...

Celsius and a low of 26.3 degrees Celsius, which is near normal during this part of the season, a spokesperson of the meteorological department said. He said Katra, the base camp for the pilgrims visiting Mata Vaishno Devi shrine in Reasi district, recorded a maximum of 32.9 degrees Celsius and a minimum of 24.6 degrees. The spokesperson predicted light to moderate rain or thundershowers at many places of Jammu division towards late night or early morning hours till July 3 followed by intermittent light to moderate rainfall at most places and heavy showers at few places from July 4 to 7. The weather department has also issued an advisory of flash floods, landslides and shooting stones at few vulnerable places and moderate thunderstorm or lightning at some places in the coming week. (Agencies)

Change of mindset...

agriculture sector should be the main area of operation for start-ups. "A change in the mindset and exploration of regional resources are key to start-ups in Jammu and Kashmir," Singh said. Citing the example of the Aroma Mission, he said the Purple Revolution started from the small towns of Bhaderwah and Gulmarg, and is now being talked about all over the country. "Nearly 5,000 youngsters have taken up lavender farming as agri start-ups and are making a handsome income," Singh, a Lok Sabha member from Jammu and Kashmir's Udhampur, said. Encouraged by them, he said some youngsters working in the corporate sector have also quit their jobs and turned to lavender farming. "The success of the Aroma Mission is vindicated from the fact that the example of Jammu and Kashmir is now being emulated by Uttarakhand, Himachal Pradesh and some of the northeastern states," Singh said. As far as Jammu and Kashmir is concerned, he said it

could be possible to explore the areas of agri start-ups in the floriculture sector as well, for which the Council of Scientific and Industrial Research (CSIR) has started a floriculture mission.

Singh also referred to handicraft, horticulture and textile start-ups as rich domains of Jammu and Kashmir. He said one of the important catalysts for the success of start-ups was a close integration between the academia, research and industry, and for this, he called upon various research institutes and industrial agencies to come together on a single platform. The minister spoke to the audience about the need for a fundamental shift in thinking to propel the country's economy towards the goal of a "developed India" by 2047.

CISF's 9-month-old...

The units are functioning with all the required gadgets and security paraphernalia, he said. The CISF security unit deployed at the newly inaugurated Ayodhya airport in Uttar Pradesh was also given a formal sanction after about two months of its deployment while the Parliament house complex security wing is also being notified as a regular unit by the Lok Sabha Secretariat, the officer said. The two jails house an estimated 1,400-1,500 inmates with about 900 lodged in the Kot Bhalwal jail of Jammu. The Union government is also working on a plan to hand over the security of more such "hyper sensitive" central jails to the CISF as and when the required manpower is available, a senior force officer said. The 1969 raised force with about 1.7 lakh personnel in its ranks is primarily tasked to guard 68 civil airports in the country at present apart from sensitive installations in the aerospace and nuclear domain. It was recently given the task to guard the Parliament building complex in Delhi by replacing the CRPF and the Delhi Police. The Union home ministry has recently sanctioned a manpower of 230 personnel to take over security of the Vijaywada airport in Andhra Pradesh next month apart from an additional strength of 222 CISF personnel for the soon-to-be operational new terminal of the Pune airport in Maharashtra. (Agencies)

Over 50 lakh devotees...

increase in coming days with the start of 52-day long Shri Amarnath Yatra as many pilgrims after visiting the holy cave, also visit to Shri Mata Vaishno Devi," they added. "So far in the current year, around 50,32,168 devotees have visited the Bhawan whereas, during the same period in last year, 49,9,946 devotees had paid obeisance," they said. Moreover, they said that with the start of direct helicopter service from Jammu to Shri Mata Vaishno Devi, the number of pilgrims will rise in future, they added. (Agencies)

CII J&K organises “She Leads”, women leadership Summit, Jammu

JINNEWS SERVICE
JAMMU, JUNE 30

The Confederation of Indian Industry (CII) J&K UT Council organised “she Leads”, Women Leadership Summit at Jammu today, bringing together prominent figures and inspiring women from diverse fields to discuss and celebrate women's empowerment in Jammu and Kashmir.

Chief Guest of the function Ms. Sheetal Nanda, Commissioner/Secretary, Women and Social Welfare Department, J&K, delivered a powerful address, emphasizing the importance of women's empowerment in building a progressive society. She highlighted various government initiatives like pension schemes, scholarship schemes, and other crucial programs aimed at improving the lives of women in J&K.

Ms. Indu Kanwal Chib, Mission Director, JKRLM, Government of J&K shed



light on the Safal scheme and the Umeed scheme, emphasizing their role in empowering women through financial inclusion and promoting their participation in economic activities. She also highlighted the increasing number of women engaging in financial activities, demonstrating a positive shift in their economic independence.

Dr. MA Alim, Vice Chairman, CII J&K UT Council, welcomed the panellists and attendees and while welcoming he said that CII

J&K committed towards creating an ecosystem of developing and nurturing women leadership in J&K. Ms. Tabhish Habib, Founder & CEO, Curio Lifestyle & Prism Creation, moderated the panel discussion and raised pertinent issues and concerns related to women empowerment and leadership with reference to J&K.

The panel discussion featured a diverse group of inspiring women leaders: Namrat Modi, CEO, Pre-vest Denpro Ltd. Ms. Manjeet Kaur, Prin-

cipal SPS Police Training School, Kathua

Ms. Ridhima Arora, Founder, Namaya Foods Pvt Ltd.

Ms. Mala Brocade, Trainer

Ms. Arti Khutiala, Trustee, Jodhamal Public School

Ms. Suvidha Jain, Founder, Karamhand Foods Pvt. Ltd.

Apart from the speakers, the chief guest also honored some women achievements of Jammu and Kashmir.

Ms. Jasleen Kour, Director, Branding Elves

Ms. Manminder Kaur, Renowned Athlete

Ms. Priya Johal, Human Right Activist

Ms. Anju Jain, Part of Nutraj Group

Ms. Devinder Kaur Madaan, Animal Right Activist

The summit was attended by women from diverse backgrounds and attracted a large number of female participants from various fields.

Indian Army conducts Medical Patrol in Remote Village of Phagoli, Rajouri

JINNEWS SERVICE
RAJOURI, JUNE 30

Indian Army in consonance with the aim of winning hearts and minds of the local populace on 30 Jun 24, carried out a Medical Patrol in the remote village of Phagoli District Rajouri. The Medical Unit Team consisting of a Medical Officer and Nursing Assistants carried out Medical check-up of the local populace and distributed medicines on requirement basis. The door-to-door health check-up of old aged persons and children as well as distribution of necessary vitamin supplements for womenfolk was seen as



a noble event benefitting one and all. A total of 193 peoples residing in Phagoli were benefitted from the same. The aim of organising this medical drive was to create awareness and provide help amongst the

uneducated populace of the Area of Responsibility. Conduct of such social welfare events for the local populace in remote border villages will go a long way in fostering strong Civil-Military relations.

Thakur Sabha Bani demands Pahadi ST Status ahead of Assembly Election

JINNEWS SERVICE
BANI, JUNE 30

Thakur Sabha Bani has reiterated its demand for Pahadi Scheduled Tribe (ST) status for the Bani region, similar to that granted to Rajouri and Poonch. This demand was voiced during a meeting held in Village Amnota of Panchayat Chandal, attended by key community leaders and a large gathering of Thakur community members.

The meeting was led by Thakur Sabha Bani President, Shri Darshan Manhas, who was joined by Sushil Kumar, former Sarpanch of Gatti, Roshan Manhas, former Sarpanch of Panchayat Chandal, Bindra Ban, former Sarpanch of Panchayat Sitti, and Jaswant Singh, former Naib Sarpanch of Bani. These leaders highlighted the socio-economic challenges faced by the Bani region, emphasizing its remoteness and the pressing need for ST status to ensure equitable development.

"Just like Rajouri and Poonch, Bani is a remote and predominantly Pahadi area that deserves ST status," stated Shri Darshan Manhas. "We urge the government to address our demand before the upcoming Assembly elections. If our plea is ignored, Thakur Sabha Bani will decide its future course of action in the next Sabha meeting."

Indian Army Organizes Free Medical and Veterinary Camp in Remote Village of Dabota

JINNEWS SERVICE
RAJOURI, JUNE 30

The Gujjar and Bakarwal community and their herds of cattle experience the most difficult challenge in terms of health, sanitation and accessibility in remote inaccessible areas south of Pir Panjal ranges. With the aim of providing basic medical facilities to the people and their cattle residing in remote areas



of village Dabota, Indian Army organized a free 'Medical and Veterinary Camp' at higher reaches

of Pir Panjal. Indian Army doctor and paramedics along with medical and veterinary doctors from civil administration were present to assist the patients and their herds of animals i.e. cattle etc. Free health check-up & medicines were provided to 100 men, 30 women and 20 children. Requisite consultation, vaccination and medicines for 238 livestock was also provided.

Indian Army conducts Medical Patrol in Panchayat Gursai Moori, Mendhar Tehsil

JINNEWS SERVICE
POONCH, JUNE 30

Troops at JWG took out a Medical Patrol to provide medical assistance to residents of Panchayat Gursai Moori, Mendhar tehsil. A total of 22 civilians were provided with medical consultation along with basic tests. Free medicines for normal ailments were administered to 15 civilians as per requirement. Apart from the medical assistance, efforts were made



to spread awareness amongst locals regarding various diseases and

drug abuse. The efforts of Indian Army were highly appreciated by the Awam.

Indian Army conducts 'Lecture on Health Awareness' at Pir Topa

JINNEWS SERVICE
POONCH, JUNE 30

The Indian Army organised a 'Lecture on Health Awareness' at Pir Topa on 30 Jun 2024, keeping the Indian Army's core objective of maintaining cordial relations with local citizens. Health awareness can be both challenging and rewarding. The difficulty arises not only from the need for comprehensive research but also in presenting information in a coherent and engaging manner. Health awareness encompasses a wide range of topics,



from promoting healthy lifestyles and disease prevention to addressing mental health issues and advocating for healthcare accessibility. This diversity requires a nuanced approach to cover various aspects adequately. A total

strength of 141 including 46 Men, 52 Women and 43 Children attended the lecture. The aim of the event was to raise awareness and promote better health and well-being, to educate people about diseases and health hazards,

with goals of prevention and encouraging people to take control of their health and educate people about good eating habits, balanced diet plan, maintaining personnel hygiene & increasing happiness quotient. This gesture and effort by the Indian Army was highly appreciated by the Awam. This endeavour by the Army to reach out to the population residing in remote areas, where civil administration has limited accessibility, will go a long way in developing and strengthening trust between 'JAWAN and AWAM'.

Indian Army conducts 'Say No to Drugs' lecture at Gambhir Brahmana

JINNEWS SERVICE
RAJOURI, JUNE 30

Indian Army organised a lecture on 'Say No to Drugs' at Gambhir Brahmana on 30 Jun 2024. The main aim of the event was to focus on educating young individuals about the perils and outcomes of drug misuse. This campaign had the objectives of advocating preventive measures, delivering crucial information and support to those impacted by



substance abuse, reducing the stigma linked to addiction and urging young people to reach out for assistance when necessary. The campaign

provides precise insight into various drug types, their effects on the human body, signs of addiction and available resources for treatment and support. Awam of the village highly appreciated Army's efforts to conduct the lecture on 'Drug Abuse' and also to create awareness among the local youth. They also pledged to extend their whole hearted support for the noble cause. The event was attended by 97 civilians.

Government of Jammu & Kashmir Union Territory OFFICE OF THE EXECUTIVE ENGINEER PWD (R&B) DIVISION UDHAMPUR

NOTICE INVITING TENDER

e-NIT No. 19 of 2024-25 Dated 27-06-2024

For and on behalf of the Lieutenant Governor of Union Territory of J&K, e-tenders are invited on **percentage basis** from approved and eligible Contractors registered with J&K Union Territory, CPWD, Railways and other State/Central Governments for the below mentioned work.

S. No	Name of Work	Cost of document (In Rs.)	Earnest Money	Validity period of contract	Time and date of opening of tender	Class of Contractor
1.	2	3	4	5	6	7
1.	<u>Stage Contract for the day to day maintenance works of the buildings to be executed during the year 2024-25</u> A: Sub- Division Panchari - All buildings of Panchari Sub Division	600.00	30000/-	31.03.2025	16-07-2024	"A/B/C/D"

1/- The Bidding documents consisting of qualifying information, eligible criteria, Bill of quantities (B.O.Q) set of terms and conditions of contract and other details can be seen/downloaded from the departmental website <http://jktenders.gov.in>

1.	Date of publishing of Tender Notice	27-06-2024
2.	Period of downloading of bidding documents	From: 28-06-2024 to 15-07-2024, 1800 Hrs
3.	Bid submission Start Date	28-06-2024 From 900 Hrs
4.	Bid Submission End Date	15-07-2024 up to 1800 Hrs
5.	Date & time of opening of Technical Bids (Online)	16-07-2024 at 1200 Hrs in the Office of the Executive Engineer PWD (R&B) Division Udhampur
6.	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed.

2/

No:- 3245-51

Dated:- 27.06.2024

Executive Engineer
PWD (R&B) Division
Udhampur

DIP/J-2095/24
Date: 29-6-24

OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI

(PHE) MECH RURAL DIVISION JAMMU

NOTICE INVITING TENDER

e-NIT No. 05 of 2024-25

For and on behalf of Lieutenant Governor of J&K UT, Executive Engineer, Jal Shakti (PHE) Mech. Rural Division Jammu, invites tenders by e-tendering mode from the reputed/registered firms/individuals for the below mentioned work:-

S. No.	Name of work	Est. cost (in Lakh)	Cost of document/ tender fee (in ₹)	Earnest Money (in ₹)	Validity of Rates	Bid validity
1.	Providing, Installation, testing and commissioning of mono submersible pumping unit of capacity 8000 GPH x 40 mtrs head including other allied works at Intake Nagrota under MH-2215 M&S.	1.00	Rs. 200/-	2000/- in the shape of CDR / FDR	180 days	180 days

Date of Publishing: 28/06/2024

- Bid documents can be seen at and downloaded from the website <http://jktenders.gov.in> from 28/06/2024 (12:00 P.m)
- The Bids shall be deposited on the website <http://jktenders.gov.in> from 28/06/2024 (12:00 P.m) to 04/07/2024 (02:00 P.m).
- After opening the tender Bids must be accompanied by bid security and cost of Tender Document as specified in column 4 & 5 of the table (and for DIC/SSI registered firms as per Industrial Policy of J&K Govt.) payable at Jammu pledged in favour of Executive Engineer PHE Mech. Rural Division Jammu.
- Bid security will have to be in form of CDR/FDR of any scheduled bank and shall have to be valid for one year from the date of issuance of tender. The cost of downloaded tender documents should be in form of Treasury Challan/e-Challan in favour of Executive Engineer Jal Shakti (PHE) Mech. Rural Division Jammu payable at Jammu.

Sd/-

Executive Engineer
Jal Shakti (PHE) Mech. Rural
Division Jammu

DIP/J-2105/24
Date: 29-6-24

EDITORIAL

High cost of airfare: A barrier to devotion?

Shri Mata Vaishno Devi shrine holds immense religious significance for countless devotees. The commencement of the helicopter service from Jammu to the Shri Mata Vaishno Devi shrine via Panchhi Helipad marks a significant milestone, promising to transform the pilgrimage experience by offering a convenient, time-saving, and scenic mode of transportation. This much-anticipated service aims to enhance the pilgrimage experience by significantly reducing travel time and offering a picturesque journey. The helicopter service is particularly beneficial for those short on time but still wish to undertake the pilgrimage. By allowing them to complete their spiritual journey more efficiently than the traditional trekking route, this service could indeed make the pilgrimage accessible to a broader range of devotees. The Shrine Board's partnership with two reputable helicopter operators ensures the highest standards of safety and comfort, making the journey not only faster but also more pleasant. However, despite these advantages, the high fare for the helicopter service from Jammu to Panchhi Helipad presents a significant barrier. When compared to the cost of air travel from Delhi to Jammu and subsequent travel to Katra, the fare for the new helicopter service appears disproportionately high. This is especially glaring when considering the existing Katra to Sanjhi Chat helicopter services, which also allow for same-day darshan at a considerably lower cost. For many devotees, the pilgrimage to Vaishno Devi is a profound spiritual journey. However, the high cost of the helicopter service may make this journey less accessible, particularly for those who are not financially well-off. The SMVDSB should consider adjusting the fares to make this service more affordable, ensuring that economic barriers do not impede the spiritual aspirations of devotees. The introduction of the helicopter service is expected to revolutionize the pilgrimage to Shri Mata Vaishno Devi. Beyond catering to time-constrained pilgrims, it enhances the overall accessibility of the shrine. The scenic aerial route offers a unique perspective of the picturesque landscapes, adding a special dimension to the spiritual journey. The SMVDSB's official website provides a better booking experience, ensuring that pilgrims can easily avail themselves of the new helicopter service and other online services. Additionally, the efforts of the Jammu Airport Authority in facilitating these services deserve accolades. The next logical step in promoting pilgrim tourism would be to introduce international flights from Jammu, further boosting accessibility. The launch of helicopter services from Jammu to Bhavan is part of a series of initiatives by the SMVDSB to enhance the pilgrimage experience. Previous efforts, such as the construction of a skywalk and the remodeling of Parvati Bhawan, have already improved the yatra experience for pilgrims. However, the benefits of these advancements will be limited if the costs remain prohibitive for many. While the introduction of the helicopter service from Jammu to Shri Mata Vaishno Devi via Panchhi Helipad is a commendable initiative, the high fare is a significant drawback. The SMVDSB should strive to make this service more affordable, ensuring that all devotees, regardless of their financial situation, can undertake this sacred pilgrimage. By doing so, the Board will not only enhance the pilgrimage experience but also uphold the spirit of inclusivity that lies at the heart of this revered shrine.

Cigarette labels were bad. social media labels would be worse

BY STEPHEN MIHM FOR BLOOMBERG OPINION

Last week, Vivek Murthy, surgeon general of the United States, warned that the use of social media among adolescents has contributed to a surge in anxiety and depression. In a widely read op-ed, he argued that Congress should take action, forcing the social media giants to attach warning labels on their products in much the same ways that it did with cigarette makers.

This may sound like a good idea, but the history of cigarette labels suggests otherwise. That earlier effort at warning consumers underscores how such well-intentioned measures can easily end up serving the interests of the corporations they were meant to regulate.

In the 1950s, scientific consensus was finally coalescing around the dangers of tobacco as a series of studies — some conducted under the auspices of the nation's Public Health Service — established a clear connection between

smoking and lung cancer. But the industry fought back, sowing doubt about the research and hiring doctors to argue that their products were safe. The turning point came in 1964, when a special committee appointed by President John F. Kennedy published a report that laid out an incontrovertible case that smoking was behind not only lung cancer, but a host of other ills.

The report gave regulators at the Federal Trade Commission a rationale to act. The agency, which regulated false or misleading product claims, argued that the tobacco companies would commit "an unfair or deceptive act" if they failed to disclose in advertising and on packaging that "cigarette smoking is dangerous to health and may cause death from cancer and other diseases."

Lawyers advising the cigarette companies warned that the industry would soon be forced to accept some kind of labeling. In fact, a number of state legislatures soon started introducing bills

that regulated the promotion of cigarettes. At the same time, some smokers who blamed the companies for cancer and other health issues started filing lawsuits. Confronted with these challenges, the tobacco industry shifted strategy.

In his account of this period, historian Allan Brandt has described how the tobacco industry turned the tables on its critics. "If the industry could not avoid government action," Brandt writes, "it could ensure that ... action was taken in their preferred venue: the US Congress."

The industry knew it had allies in Congress who might help dilute the impact of warning labels; tobacco lobbyists worked closely with them to draft relatively innocuous language that would appear on every package of cigarettes: "Smoking may be hazardous to your health."

But as Brandt has demonstrated, the strategy of enlisting Congress went well beyond political alliances. The lawyers who conceived of this strategy

also did so because federal legislation about warning labels would effectively preempt other ways of holding the companies responsible.

This strategy of preemption, Brandt observes, meant several things. First, if the tobacco companies could get Congress to take the lead on warning labels, it could essentially forbid individual states from doing the same. In practice, this tied the hands of progressive states who wanted to force companies to be more explicit about the risks of cigarettes.

At the same time, with Congress taking the lead, the tobacco companies simultaneously preempted the regulatory authority of government agencies; the final version of the legislation explicitly forbade the FTC from exercising any regulatory oversight over the cigarette makers.

Finally, the labels preempted potential lawsuits. As Brandt notes: "Among the many advantages of legislation requiring a label was that it allowed the industry to insist — in court if necessary — that claims

against the companies for negligence and deception were now moot." The proposed labels insured that smokers had been warned. If they got lung cancer, it was their own fault.

The Federal Cigarette Labeling and Advertising Act of 1965 delivered everything that the tobacco industry wanted. It preserved the fiction that no scientific consensus existed — "smoking may be hazardous to your health" — while simultaneously thwarting federal regulators. Most importantly, it effectively stopped smokers from filing lawsuits against the companies.

This was well understood at the time. After the bill passed, the New York Times described the legislation as having protected "the economic health of the tobacco industry by freeing it of proper regulation." In fact, a year later, rates of smoking, which briefly dipped after the 1964 report, had hit new all-time highs. And while smoking has finally fallen out of fashion in recent years — due in part to the spread of vaping — warn-

ing labels, even graphic ones, seem to have had little effect. Instead, the warnings' lasting impact has been tobacco companies' ability to dodge scrutiny and responsibility for decades.

This sorry episode holds lessons for today. While scientists eventually reached an accepted consensus on the ills of smoking, no such agreement exists about the effects of social media. This means that any warning label will be provisional, tentative and ambiguous, much like the one crafted by the tobacco companies nearly 60 years ago. Once in place, such a label would almost certainly complicated efforts to hold the tech companies responsible via other avenues, including federal regulation, state laws and individual lawsuits.

Or to distill this into a package-size label: "Warning: enlisting Congress to put ambiguous declarations of danger on products will achieve nothing while simultaneously shielding the companies responsible."

PLI to ELI — an idea for Nirmala Sitharaman

PRAVEEN CHAKRAVARTY

On January 17, the Government of India in a press release said, "The Production Linked Incentive (PLI) scheme has thus far achieved (a) Rs 1.1 lakh crore of investment (b) Rs 8.6 lakh crore of goods and services produced (c) Rs 3.2 lakh crore of exports (d) 6.8 lakh jobs created."

Of these four claims, which do you think is the most important for the country? Most would agree that the claim about employment is perhaps the most important for a country like ours with a vast youth population looking for jobs.

Yet, the claim about jobs created through the PLI scheme is the only one of all the four claims made by the government that cannot be proven or verified. Investment, production and exports are all economic measures that can be calculated accurately and reported. But we have no way to ascertain if indeed 6.8 lakh jobs were created and if they were, who are the ones who got these jobs, at what pay, and in which

geographies and sectors. This is just an estimate by the government. When taxpayer funds are used to incentivise economic activities, the expectation should rightfully be a high social return on that investment, in terms of good jobs created for a large number of people. If any, shouldn't accurate, verifiable data of the exact number of jobs created be the most important assessment criterion of the PLI scheme?

But for that, we need to move to an Employment Linked Incentive (ELI) scheme. PLI only measures production accurately, not the number of jobs created, since it pays firms based on its output. In other words, if the incentive was tied directly to employment rather than production, then the efficacy of the use of taxpayer funds for the social purpose of boosting employment, incomes and livelihoods can be gauged more precisely. This is exactly the thought behind the ELI proposal that was outlined in the Congress party's manifesto for the elections.

The PLI scheme was introduced in 2020 to

promote manufacturing activity with funds of nearly Rs 2 lakh crore allocated over five years as incentives for corporates in 13 identified sectors to be given based on production targets. To put this in context, this amount is as much as the Union government spends on healthcare in three years combined. The belief is that spurring manufacturing activity to produce more goods will also automatically create large number of jobs.

Except, this idea does not work anymore and is past its shelf-life. Providing financial incentives to boost private investment and economic output, especially in manufacturing, to create trickle-down jobs is an old and a global idea. But that old relationship between output and jobs has broken down now, due to what economists term as the "capital-labour" imbalance.

For example, the world's largest electronics manufacturer, Foxconn, nearly doubled its production and sales between 2010 and 2020, but its total number of workers remained roughly the same. This

is due to automation and machines replacing humans, which is an inevitability that improves productivity, quality and efficiency for companies. But the fact remains that just boosting economic output does not automatically boost job creation any longer. In the decade between 1980-1990, every percentage of GDP growth in India produced two lakh formal jobs, which halved in the following decade of 1990-2000, and further halved in each of the two subsequent decades (RBI data).

The ELI scheme envisages incentivising firms based on the number of new people they employ and pay salaries to. In the modern world of Aadhaar-linked employment payroll, it is quite easy to track the number of people employed by firms and the wages they are paid. So, regardless of the output produced by companies, ELI provides financial incentives to firms based on the number of people they hire. This would then give firms the freedom to strike the right balance between automation and labour for an optimum

level of productivity.

The ELI scheme should be open to all sectors rather than specific sectors identified by the government as under PLI. The labour intensity of each sector will determine the quantum of ELI pay-out for that sector. ELI is agnostic about the skill level of workers and provides the same incentive amount per worker regardless of their wage levels. Under ELI, the government does not make firm-level decisions such as capital versus labour, which sectors to participate in, and the amount of value addition. These are economic decisions best left to the private sector. ELI merely nudges and incentivises job creation rather than output, recognising that the correlation between output and employment is now weak and convoluted.

This is not unique to India. Countries across the world are adopting similar measures. The United States' Work Opportunity Tax Credit (WOTC) encourages employers through tax credits to hire from specific target groups facing employment barriers. Australia's JobMaker

Hiring Credit provides financial incentives to firms for each additional young worker hired. Germany's Recruitment Subsidies for Employers incentivise the hiring of long-term unemployed individuals by covering a portion of their wages for up to 12 months. The UK's Employment Allowance reduces National Insurance contributions for businesses, effectively lowers the cost of hiring, and encourages small and medium-sized enterprises (SMEs) to expand their workforce.

The philosophy behind ELI is to move economic policy from macro-economic measures of growth and output to micro-economic issues of labour. It is no secret that India has a severe jobs crisis and it is an emergency of epic proportion. It is time for all political parties to come together and address this challenge in a bipartisan, consensual manner. I sincerely hope for the sake of hundreds of millions of our youth that the Finance Minister Nirmala Sitharaman announces ELI in the upcoming budget, regardless of whose idea it is.

Debunked invasion, ignored migration

DEVDUIT PATTANAIK

At this moment, there are archeologists in India who are being gently nudged to prove that 'Saraswati' was the original civilisation of the world that thrived in Haryana even before Indus civilisation (located in Pakistan). Meanwhile, in the UK, there are professors who are trying to prove the link between lactose tolerance (Aryan gene) with colonialism. The argument about immigrants being invaders is back.

A few years ago, Yuval Noah Harari's bestselling book *Sapiens*: a brief history of humankind, explained why 19th century Europeans who popularised racism, and the idea of White Supremacy, referred to themselves as Aryans. "They noticed that the earliest Sanskrit speakers, who had invaded India from Central Asia more than 3,000 years ago, had called themselves Arya."

In the same book, when

he spoke of imagined hierarchies in society, he conflated Indian casteism with Ottoman religious discrimination, with American racism, and said, "For instance, many scholars surmise that the Hindu caste system took shape when Indo-Aryan people invaded the Indian subcontinent about 3,000 years ago, subjugating the local population." In both cases, he presented Aryan Invasion Theory (AIT) as fact, though it has been discredited by scientists. Hindu nationalists prefer the word 'debunked'.

But 'debunking' AIT is always followed by the highly imaginative Out of India Theory (OIT). If Aryans did not invade India, then Aryans must be Indians! And they must have migrated out of India to Europe, taking Sanskrit language and civilization to the world. This kind of simplicity is easy to digest, indulges the inferiority complex of many elite Hindus, especially those who have

given up Indian passports to reside in the UK and US, and so is highly popular.

Neither Harari nor the OIT advocates are interested in the peer-reviewed, less dramatic AMT or Aryan Migration Thesis, established thanks to ancient DNA studies, globally available since 2010. AMT clarifies that Aryan invasion, or rather immigration, did happen, but centuries after the fall of Harappan civilization in 1900 BC. There is a clear shift in India's gene-pool after 1500 BC. A foreign gene now seen across North Indians and elite South Indians. Also, it is around 2000 BC, that horses were domesticated (as per DNA studies) and spoked-wheel chariots invented (as per archeology) in Eurasia. The horse-praising Vedic hymns could only have been composed much later.

So Aryans did not come 4,000 years ago (when Harappan cities were declining). They came roughly 3,000 years ago (when Harappan

cities were long gone). Then, roughly 2,500 years ago, the word Arya was used as a title by the Buddhist, Jain and Brahmin elite. Less than 2,000 years ago, caste endogamy began, as per DNA studies. This was due to changes in the agricultural economy, not invasion. Clubbing the fall of Harappa with the rise of caste is just fantasy, as is the idea that Aryans and horses are indigenous.

Facts muddy the thesis. They complicate the story. They do not fuel political change. In the nationalist worldview, Vedic civilization is Hindu civilization which includes Buddhists, Jains, Sikhs, everyone who lives in India, including Davidian speakers, and those who identify themselves as Dalits and tribals. Such a narrative can inspire and mobilise a country, just as the vision of the Caliphate mobilises Islamists. Such visions can be found in China, in Japan, in Israel. Americans fear the Critical Race Theory as it has

the power to make young Americans hate America. We need narratives that make us feel good, rather than evoke reflection.

OIT enthusiasts never talk to Iranians as to how Persia was renamed Iran in 1935, by the Shah, under Nazi influence, because Iran is derived from Aryan. In the 2500-year-old Behistun inscription, the Persian Emperor Darius described himself as Aryan. He was probably referring to the Avesta, a Zoroastrian scripture, that described that region as 'expanse of Aryans'. Darius was using his Aryan roots to declare his power over Central Asian nomads. The 20th century renaming of Persia also served a political need to sever links with Arabs. The narrative did not care for historical accuracy. What mattered was its ability to mobilise a people. The narrative is so popular that in 2004, football fans in Iran gave the Nazi salute to a visiting German team. The Irani-

ans thought they were showing respect. The German players were mortified.

Why did Harari use a debunked thesis as fact? Because it served his argument. His book speaks of how imaginary stories enabled humans as a species to collaborate and take up massive projects. This, along with technology, he argues enabled the human species to dominate the earth. But he does not distinguish between mythology (long-term matters of faith) and propaganda (short-term tools of social manipulation). Marx also did not differentiate. Nor did Foucault, or Derrida.

Academics, who accuse others of using imaginary stories and manipulating social constructs, need funding from politicians who have an agenda, so they select facts and present ideas to suit the ideology. They insist their story is more fact-based, more noble, less manipulative. Thus do humans fool themselves.

Healthy breakfast ideas for everyday nutrition

HEALTHY breakfast ideas help you save time and effort and get straight to the point of optimal everyday nutrition.

Healthy breakfasts fire up your metabolism for the day besides keeping your hormone and blood sugar levels stable. Apart from this, one of the biggest advantages of healthy breakfasts is that they help you keep potential overeating and bingeing at bay. Still not convinced? How about the fact that healthy breakfasts keep your mind sharp and active so that you can perform better at work and play! Here are our top 5 brain-boosting healthy breakfast ideas for everyday nutrition...

Egg muffin sandwich. Cook eggs along with brain-boosting foods, such as tomatoes, raw cabbage and olives and your healthy breakfast is ready in a jiffy. Make sure you add an apple or two on the side, which will provide you with important antioxidants.

Make your egg sandwich with 1 whole wheat English muffin, 1 slice of low-fat cheese, 2 pieces of sliced tomatoes and 3 raw cabbage leaves. In this, add one fried egg, tossed in half a teaspoon of olive oil. Your healthy breakfast is ready!

Mango-banana smoothie with honey oatmeal bread, topped with low-cal butter. Smoothies are simple to make. Just whip a handful of healthy

ingredients and your healthy smoothie is ready. Try a mango or banana smoothie. It is a great idea as it is rich in antioxidants, fibers, and omega-3 fatty acids.

Make this smoothie

by taking half a cup of mangoes, 1/4 lb banana, 1 tablespoon of ground flaxseed, and 1/3rd cup of skimmed yogurt. Add 1 cup of skimmed milk, along with a dash of cinnamon.

Pair it with two slices of honey oatmeal bread

topped with low-calorie butter, and two slices of carrots or tomatoes, and your smoothie breakfast is ready.

Protein oatmeal pancakes. Jazz up your morning pancakes by adding dry fruits, such as chopped apricots, dates, raisins or cherries. Top it with chopped or freshly sliced fruits, such as bananas, mangoes or apples and

add a pinch of cinnamon or sugar to it, along with a generous sprinkling of ground flaxseed.

Mash in a processor - 1 big ripe banana mashed

Done when slightly brown.

Whole wheat breakfast delight. This healthy whole wheat sandwich is

full of

and tomatoes to this filling.

Grill the sandwich. Top this will 2 tablespoons of thick yogurt (this can be prepared by hanging the curd in a muslin cloth overnight) and salsa sauce. Serve this 350 calories breakfast with sliced apples or any other fresh seasonal fruit available and your breakfast is ready.

Thick yogurt french toast: This is especially healthy in hot summer months when the sun is out with a vengeance and the mercury is rising. Yogurt is a great way to substitute sour cream and readymade mayo-based fattening sauces. Full of probiotics, yogurt helps fight bloating, constipation and diarrhoea.

What you need for your thick yogurt french toast is - 2 slices of whole grain bread, 1 egg, cooking spray, 1 cup of hung curd, cinnamon, 1/2 banana, and 2 tbs of sugar free maple syrup.

Now, heat the pan and sprinkle a bit of cooking spray in it. Whip the egg so that you can dip the bread into it. Now, coat the batter on both sides and cook until each side is golden brown.

In a separate bowl, mix yogurt, cinnamon and banana slices together. Place this mixture on your bread. Bon Appetit!



healthy fats from olive oil, antioxidants from salsa sauce and fiber and protein from the yogurt and vegetables - all the properties that make it a great breakfast to kickstart the day.

Simply buy a readymade 12 inch-long whole wheat bread and fill it up with 1 egg yolk and 2 egg whites tossed in a bit of olive oil. Add a generous sprinkling of low-fat cheese. Add some lettuce

An orange a day for good health

SWEET and juicy to taste, oranges have great health benefits. Sweet and juicy to taste, oranges are easily available. Oranges have lots of health benefits. You can have them like that or you can have orange juice too. But the best way is to have the whole fruit as it is rich in fibre too. And oranges are used for making desserts. It's difficult to resist a chocolate orange cake.

Boosts your immunity

Oranges are

great source to meet your daily requirement of Vitamin C. This vital nutrient helps improve your immunity, keeping you free from diseases and infections.

Good for your skin

As we grow

older, our skin goes for a rapid change. Oranges are packed with antioxidants and Vitamin C which slows down the process and makes you look younger than your age! So, what are you waiting for? Just grab that orange and enjoy the happiness of having glowing skin.

Great for your eyes

Oranges are rich in nutrients like Vitamin A, Vitamin C and potassium which are great for your eyes. So, if you want your vision to be fine, eat an orange every day!

Keeps you free from stomach ulcers

Oranges are a good source of fibre which helps keep your stomach healthy. A diet rich in fibre will ensure that you are not affected with ailments like stomach ulcers and constipation. So, oranges should figure in your diet.



Top 10 reasons to eat amaranth leaves or cholai

AMARANTH leaves or amaranth greens are nutritious leafy vegetables that are widely consumed throughout the country. Available in a variety of colours, (shades of green and red); this leafy vegetable can be consumed in the form of soups, stir-fries, simmered dishes, gravies and dals. Known as cholai in hindi, amaranth leaves are an excellent source of an essential nutrients and trace elements. Here are the top ten health benefits that can be achieved by consuming this leafy vegetable as a part of your diet -

Lowers cholesterol
One of the key health benefits of amaranth leaves is its ability to lower your blood cholesterol level. This leafy vegetable contains tocotrienols, a type of vitamin E which helps in reducing bad cholesterol (LDL) levels in the body and prevents coronary heart diseases.

Controls hypertension
Amaranth leaves are loaded with potassium and magnesium which are crucial for maintaining proper electrolyte balance in the body. The presence of significant amounts of dietary fibre in addition to other essential nutrients in these leaves aids in the management and prevention of hypertension.

Protects against cancer
The cancer protective activity of amaranth leaves is due to the antioxidant property of vitamin E, vitamin C and lysine, in addition to other

essential nutrients. These leaves fight against harmful free radicals and prevent the formation of malignant cells responsible for cancer.

Good for diabetes

Studies have shown that amaranth leaves demonstrate anti-hyper-



glycemic activity and thus, lower blood sugar levels in type2 diabetics. [1] These leaves are lower other high risk factors responsible for increasing your blood sugar levels such as obesity and cholesterol.

Improves digestion

Amaranth leaves are an excellent source of dietary fibre. These greens are good for children and elders as they are tasty and nutritious, loaded with various beneficial nutrients and are also easily digestible. They also prevent constipation along with enhancing your digestive health.

Prevents anaemia

The deficiency of iron in the body results in anaemia. The presence of high amounts of iron in amaranth leaves makes them the best dietary source to prevent deficiency of this mineral in the body.

Eases skin problems

Amaranth leaves contain various health essential nutrients that exert anti-inflammatory action against skin infections. Due to the powerful astringent activity, these leaves act as a natural remedy to treat acne and other skin problems like eczema.

Lowers risk of calcium deficiency

Calcium is present in good amounts in amaranth leaves (thrice more than spinach leaves and twice more present in milk). Consume this leafy vegetable to lower your risk of health complications resulted due to calcium deficiencies such as osteoporosis.

Relieves oral problems

Amaranth leaves act as an effective remedy to relieve a wide range of oral complications. The raw green vegetable has been widely used as a traditional medicine to treat sore throats, mouth ulcers and swollen gums.

Prevents hair loss

In case you are suffering from hair fall and premature greying of hair, consume amaranth leaves on a daily basis to get rid of your hair problems. These leaves act as a powerful natural remedy to prevent hair loss and strengthen your hair.

Why you need to exercise even if you are thin

MOST of the times, people turn to the gym or any form of exercise when they notice they have gained a few extra kilos. Their arms start to look flabby or a double chin makes an appearance. The biggest indication is when fitting into your pair of jeans is a struggle. All hell breaks loose and you go and get yourself enrolled in a fitness class. On the other hand, a person who is normal to thin looking often does not have the pressure to work out or join a gym. Even if they do, they are often mocked by others as 'you don't really need to work out', or 'you will disappear if you gym anymore'.

The fact that losing weight is the prime reason for most people to exercise also points out to the fact that thin people have it easy as they don't need any physical form of workout. The truth is, no matter what your weight is, exercising is as important for a fat person as it is for his thin counterpart. Here are a few rea-



sons as to why you need to work out even if you are thin.

Keeps your heart strong: Cardio exercises not just help burn calories which result in weight loss but also make sure that your heart is strong protecting it from cardiovascular diseases and lowering bad cholesterol. Keeps your bones healthy: If you don't work out, you will not be able to make your bones stronger. Nor will you be able to gain muscle. This can also lead to problems

like arthritis at a young age. Engage in any form of physical activity regularly to maintain bone health.

Improves sex life: If not for anything else, work out to have a great sex life. When you exercise, your blood circulation improves which helps in better performance and the ability to last longer in bed. This enhances your sex life a great deal.

Prevents diseases: In order to protect yourself from various disorders,

include physical exercise in your daily routine. Regular workouts keep blood sugar levels stable which prevents diabetes, they help your ward off other ailments such as obesity and even cancer to a certain extent.

Keeps you energised: If you often work under a stressful environment or have too much on your plate, you need to start working out. No, it will not tire you more but give your energy levels a boost as you will have better blood circulation and oxygen levels in your body.

Helps you stay young: Exercise keeps you young at heart by keeping your system up and running for a long time and preventing ailments. It also adds a glow to your skin and keeps signs of ageing away as your skin cells are renewed and toxins are flushed out.

So, choose any physical activity you like from dancing, running, swimming, cycling, etc and be regular with it to keep yourself healthy and fit and not just thin.

A garlic a day for good health

ADD a couple of cloves of garlic to your diet to boost your immunity

Garlic with its antiviral and antibacterial properties helps boost your immunity and keeps you looking fresh and healthy. While in some cases garlic supplements are available and prescribed as a preventive measure for common cold, it's actually very easy to incorporate a few cloves of garlic in our daily meals. Here's how you can consume garlic without



having to deal with that awful breath.

Add it to your soup: Soup itself is a very good decongestant and helps warm up the body. Make your own vegetable or chicken broth soup at home and add garlic to it to enhance the flavour as well as get its antibiotic effect. Here's what you can do:

Bring two cups of water to a simmer over medium-high heat in a small saucepan. Add garlic (grated and made into a paste, for better flavouring), some thyme or oregano seasoning, one tablespoon of olive oil and salt to taste to the water. Cover and simmer for 15 minutes until the broth is fragrant. Add green vegetables (fresh peas, diced carrots, beans, spring onions, chopped capsicum, or other vegetables of your choice) to the broth and simmer uncov-

ered for another five to eight minutes until the vegetables are tender. Taste and adjust salt. Beat one egg in a bowl, and add a little freshly ground pepper to it. Remove a small ladleful of the soup, and whisk it into the egg to temper it. Turn the heat

off under the soup, and stir in the egg mixture. The egg should cloud the soup but shouldn't scramble. Add some extra pepper on the top, pour out in a bowl and enjoy.

Make your own garlic drink: The smell of garlic makes it difficult to be consumed raw, but when you use other ingredients with an equally powerful taste, it's easier. Here's a drink you can try:

Take a large saucepan and add three cups of water. Grate five cloves of garlic and add it to the water. Cover the lid and bring it to boil so that the garlic fumes don't escape. Turn off the heat after its boiled, add 10ml honey and the juice of one lemon to the garlic-water and stir well. Strain it into cups and sip it, while inhaling the garlic fumes.

Try garlic vinegar: Desperate times need desperate measure, and if you are dealing with a stubborn cold, you must try this garlic-vinegar recipe which is sure to benefit you instantly.

Does an apple a day really keep the doctor away?

WE have often heard the phrase, 'An apple a day keeps the doctor away.' Discover the truth about this fruit with the help of Shilpa Mittal - Nutritionist, Diet Consultant and Founder of Nutrilife Health Management, Mumbai.

Shilpa says, 'this red fruit has great benefits, because it is packed with essential nutrients, which is beneficial for good health.'

Let's learn the benefits of each compounds present in apples, in details and their effect on our health.

Pectin - This is a soluble fibre present in apples. It helps

in lowering blood pressure and maintains the glucose levels in our bodies. Besides, it is also great for heart health, because it helps lower the bad cholesterol in our bodies. Pectin, also aids in boosting our digestive system and various research states that it helps in preventing cancer as well.

Boron - This compound is found in abundance in this fruit. Boron is essential for proper growth and normal functions of the body.

A sufficient amount of boron in the body helps to keep, osteoporosis,

arthritis and other bone related problems away. Boron is necessary for strong bones and a healthy brain.

Quercetin - This is a flavonoid present in apple. This compound helps in lowering the risk of several types of cancers of the lungs and breast. It

also has antioxidants and anti-inflammatory properties, which helps to reduce chronic inflammation and related diseases. It may also reduce free radical damage, thus reduce one's chances of developing Alzheimer's disease. **Vitamin C** -

Boosts immunity, which helps maintain overall health and helps to heal wounds quickly.

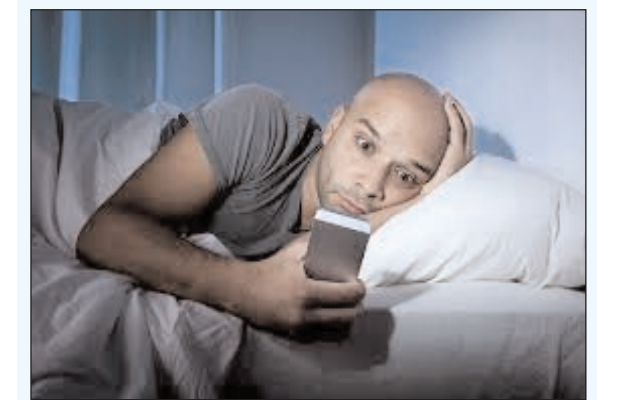
Phytonutrients - Above all, apples also include many phytonutrients like vitamin A and E. It also contains beta-carotene.

These phytonutrients are essential for the upkeep of our minds, bodies and overall health. Lastly, this fruit has several benefits. It is also low in calories, so you can eat it without worrying about piling on the pounds.



Don't bring your smartphone to the bedroom

SLEEP researchers have advised people to keep their smartphones far away from their bed, as they have led to a rise in sleep-related problems. Sure, you can flip your phone to quiet mode. But the draw to roam in the early hours is powerful.



Sleep researchers say this isn't good for you. You might as well get up and drink a shot of espresso. David M. Claman, director of the Sleep Disorders Centre at the University of California San Francisco Medical Centre, has said that it's a very slippery slope, as once you've picked up your phone to see what time it is, it leads to checking your email and to lying awake with anxiety. He said that when one wakes up in the middle of the night and checks his phone, he will inevitably get frustrated and worried by something he has seen, leading the body to tense up. Then you find yourself tossing and turning, thinking about an email, a text or a meeting in six hours. Claman said smartphones in the bedroom had led to a rise in sleep-related complaints from his patients. He said that for people in their 20s and 30s, the phone is becoming a more common contributing factor to insomnia, the Sydney Morning Herald reported. Sleep researchers say that looking at a blue light, which is produced by smartphone and tablet screens, sets off brain receptors that are intended to keep us awake and interferes with circadian sleep patterns.

'Mamata Banerjee is curse for women': BJP leader Amit Malviya shares video of man thrashing woman publicly in West Bengal, TMC responds

NEW DELHI, JUNE 30

A disturbing video has surfaced on social media, showing a man mercilessly thrashing a woman with a bundle of bamboo sticks in public view.

The assault, captured in the video, showed the woman being repeatedly struck until she was barely conscious and unable to resist. Shockingly, onlookers present at the scene do not intervene to help the victims.

The video, shared widely on social media platforms, drew condemnation from political figures including BJP's Amit Malviya and CPI(M)'s Mohammed Salim.

They criticized the safety of women under the Mamata Banerjee-led government in West Bengal, identifying the assailant as a local TMC leader nicknamed 'JCB' allegedly named Tajemul by the



CPI(M) state secretary. Following the brutal assault on the woman, Tajemul is also seen in the video assaulting another man who was lying on the ground. Some people from the crowd reportedly assisted in making the man kneel so that Tajemul could continue his attack.

Reports suggest that the incident occurred during an 'Insaf Sabha' organized by 'Tajemul', reminiscent of a Taliban-style 'quick justice' forum. The meeting allegedly convened to address allegations of an extramarital affair involving the victims, who were also fined as

part of the so-called arbitration. Local sources cited by TV9 Bangla identified the woman as a married resident of the village, accused of having an extramarital affair with the man assaulted alongside her. The victims reportedly did not receive immediate medical

attention after the assault. Police register case after viral video

West Bengal Police have taken action in the case. Is-lampur Police Superintendent Joby Thomas K confirmed PTI that the police have registered a case upon verifying the video circulating on social media.

"We have initiated raids to apprehend the perpetrator and are swiftly investigating the motive behind this reprehensible act," Joby Thomas K said.

Political reaction The incident has sparked widespread outrage, with opposition parties BJP and CPI(M) accusing the TMC of orchestrating what they describe as "bulldozer justice" under chief minister Mamata Banerjee's administration. BJP's social media head Malviya condemned the incident, highlighting broader concerns about law and order under the TMC regime.

In a first, 2 classmates to be chiefs of Indian Army and Navy together

NEW DELHI, JUNE 30

For the first time in Indian military history, two classmates, Lieutenant General Upendra Dwivedi and Admiral Dinesh Tripathi, will be service chiefs of Indian Army and Navy.

Hailing from the Sainik School Rewa in Madhya Pradesh, Navy Chief Admiral Dinesh Tripathi and Army Chief Designate Lt Gen Upendra Dwivedi were together in the school from class 5th-A in the early 1970s. The roll numbers of the two officers were also around each other, as Lt Gen Dwivedi's roll number was 931 and Admiral Tripathi's was 938. Their bonding was strong from the initial days in the school and they remained in touch all along, even though



they were in different forces. A defence official who knows both the officers said that strong friendships among the senior leadership in the military matter a lot in strengthening the working relationship between the forces. "This rare honour of nurturing two prodigious students, who would go on to lead their respective Services 50 years later, goes to Sainik School, Rewa, in

Madhya Pradesh," Defence Ministry Spokesperson A Bharat Bhushan Babu said in a tweet. The appointments of the two classmates have also come around the same time, in a gap of around two months. Admiral took over the command of the Indian Navy on May 1, while Lt Gen Dwivedi would be taking over his new appointment tomorrow.

Delhi rain fury toll reaches 11 as 6 more fatalities reported

NEW DELHI, JUNE 30

At least six more deaths were confirmed in rain-related incidents — the bodies of three labourers were recovered from a collapsed basement, and three more deaths from drownings were reported in underpasses — in Delhi on Saturday as the toll from Friday morning's record-breaking downpour, which inundated parts of the city leading to an absolute collapse of infrastructure, touched 11 while residents and officials attempted to pick up pieces in the aftermath of the chaos. Weather officials, meanwhile, warned that heavy rain is still likely in the Capital till at least Tuesday, with India Meteorological Department (IMD) issuing an "orange alert" for the city — implying that residents need to "be prepared" for heavy rains, expect waterlogging and stay away from power



lines etc. The first deaths to be confirmed were of three labourers early on Saturday morning who were trapped in mud and water when the basement of an under-construction building collapsed in Vasant Vihar in south Delhi nearly as soon as the rain started on Friday morning. Their bodies were recovered after a 28-hour-long rescue operation con-

sisting of teams from the Delhi Police, city's fire department and National Disaster Response Force (NDRF). To be sure, officials had warned on Friday itself that it was unlikely that the three labourers — 19-year-old Santosh Yadav, his namesake 20-year-old Santosh Yadav, and 45-year-old Daya Ram — would survive.

NEW DELHI, JUNE 30

India vs South Africa T20 World Cup Final: Celebrations erupted across India just after the 'Men in Blue' clinched victory in a thrilling final match of the ICC T20 World Cup 2024 by beating South Africa by seven runs in Barbados on Saturday.

President Droupadi Murmu, Prime Minister Narendra Modi and Leader of Opposition Rahul Gandhi were also among a host of leaders who hailed the Indian cricket team's T20 World Cup win, praising its "never-say-die spirit".

Taking to X (formerly Twitter) soon after India defeated South Africa in a nail-biter on Saturday night, President Droupadi Murmu said it was an extraordinary victory in the final match. "My heartiest congratulations to Team India for winning the T20



World Cup. With the never-say-die spirit, the team sailed through difficult situations and demonstrated outstanding skills throughout the tournament. It was an extraordinary victory in the final match. Well done, Team," Droupadi Murmu said. Congratulating team

India, PM Narendra Modi said the cricketers have won the hearts of crores of Indians. Modi, in a video message, said, "Congratulations on behalf of the whole nation to Team India for this grand victory. Today, 1.40 crore Indians are proud because of your wonderful perform-

ance. You all won the World Cup, but in all villages, streets and communities of India, you won the hearts of our countrymen. This win will be remembered for a very special reason. There were so many teams, but yet India was undefeated. This is not a small feat. You played

every ball delivered by the greats of the game and kept winning. This undefeated run boosted your morale and kept the tournament entertaining. A lot of congratulations from my side." He said on X, "CHAMPIONS! Our team brings the T20 World Cup home in STYLE! We are proud of the Indian Cricket Team. Reacting to Team India's victory, Congress leader Rahul Gandhi said it gave a phenomenal performance throughout the tournament. "Surya, what a brilliant catch! Rohit, this win is a testament to your leadership. Rahul, I know team India will miss your guidance. The spectacular Men in Blue have made our country proud," Rahul Gandhi said on X, referring to coach Rahul Dravid, captain Rohit Sharma and cricketer Suryakumar Yadav. As soon as the match ended in Barbados around 11.30pm (India Time), joyous fans flooded.

BRS stares at crisis in Telangana after six MLAs defect to Congress

NEW DELHI, JUNE 30

The Bharat Rashtra Samithi (BRS) led by former Telangana chief minister K Chandrasekhar Rao, has plunged into a crisis with several legislators defecting into the Congress following the party's debacle in the recent Lok Sabha elections in the state. Over the past week, as many as three senior BRS legislators deserted the party and defected into the Congress, the latest one being Kale Yadav from the Chevella assembly constituency on Friday. Yadav met Telangana chief minister and Pradesh Congress Committee president A Revanth Reddy in New Delhi. He joined the party in the presence of Reddy, AICC in-

charge of Telangana Deepa Das Munshi and others. On June 21, former state assembly speaker Pocharam Srinivas Reddy from Banswada resigned from the BRS to join the Congress, followed by Dr M Sanjay Kumar from Jagtial two days later. The BRS, which lost power to the Congress in the previous assembly elections held in November 2023, drew a blank in the recent Lok Sabha elections held in Telangana on May 13. While the party won 39 seats in the 119-member state assembly, it could not win even one out of the 17 Lok Sabha constituencies in Telangana.

After the party's defeat in the assembly elections, three BRS MLAs — Danam Nagender from



Khairatabad, Kadiyam Srihari from Station Ghanpur and Tellam Venkat Rao from Bhadrachalam joined the Congress. With the latest defections, six BRS MLAs in total have switched their loyalties to the Congress. According to a senior Congress leader who refused to be quoted, at least another eight MLAs are

likely to defect from the BRS to the Congress before the commencement of the budget session in the second week of July. One of them, Gudem Mahipal Reddy representing Patancheru assembly constituency had been in New Delhi for the last three days lobbying with the Congress high command to gain entry into the

party. "He is yet to get the green signal," the Congress leader quoted above said. Following the defection of the six MLAs, the strength of the ruling Congress in the Telangana assembly went up to 71. The party, which had won 64 MLAs in the assembly elections, wrested another seat from the BRS by winning the by-elections in the Secunderabad Cantonment constituency, which was held on May 13. As a result, the BRS is now left with 32 MLAs after the defection of six MLAs and the loss of the Secunderabad Cantonment seat to the Congress. "The Congress is aiming to lure as many MLAs as possible to consolidate its position, so that there is no threat to the party in the next four

and a half years. But if the defected MLAs have to avoid attracting the provisions of the anti-defection law, the Congress should lure at least 26 BRS MLAs," said political analyst Mohd Zakeer. Revanth Reddy strongly defended the admission of BRS MLAs into the Congress. "BRS president K Chandrasekhar Rao says he will pull down my government within six months. Bharatiya Janata Party leaders say our party will not last long. Why should we keep quiet? We have to take our own precautions to save our government," the CM told reporters in New Delhi on Thursday. Soon after the defection of two BRS lawmakers into the Congress last week, KCR held.

After Hazaribagh, CBI shifts its focus to Patna

NEW DELHI, JUNE 30

The Central Bureau of Investigation (CBI) on Saturday wrapped up the first phase of its probe into the alleged NEET-UG exam paper leak in Hazaribagh district of Jharkhand, and has shifted focus on the suspects lodged in the jails across Bihar and Gujarat, officials familiar with the matter said. A day after the federal agency arrested the principal and vice principal of a school in Hazaribagh in connection with the alleged paper leak, CBI sleuths wrapped up their makeshift office in Chari area of the district on Saturday. Seven suspects, including three arrested from Hazaribagh, will now be taken to CBI's Delhi headquarters for further questioning. A Jharkhand police officer, who assisted CBI, said: "The CBI

probe is not over in Hazaribagh, which has emerged as the main source for the leak. Because of issues related to remand time for all suspects, and those arrested from different places, CBI team has left Hazaribagh for now. The arrested people will now need to be confronted with other accused." Over the last six days, the federal agency has questioned officials from Oasis school, the Nutan Nagar Blue Dart courier, State Bank of India, and teachers from four different schools in Jharkhand to identify the source of the leak. Of the at least 20-25 suspects who were questioned at the rest house, CBI has arrested three, including principal of Oasis School Ehsanul Hameed and vice principal Intiaz Alam, and media marketing in-charge.

Cannot conduct board exams twice a year under current schedule: CBSE

NEW DELHI, JUNE 30

Conducting board exams for classes 10 and 12 twice a year was not possible under current academic schedule, the Central Board of Secondary Education has told the education ministry, according to officials familiar with the development. The board presented the current scenario to the ministry during a programme on the National Curriculum Framework 2023 on June 25 at Vigyan Bhawan in New Delhi, board and ministry officials said, declining to be named. The event was attended by hundreds of principals of schools affiliated with the CBSE. The framework released in line with the National Education Policy 2020 in August recom-

mended that students be allowed to take board examinations on at least two occasions during any given school year, with only the best scores being retained.

The ministry had asked the board to prepare a road map for conducting board exams twice a year. HT reported on April 27. Education minister Dharmendra Pradhan in February said the plan was likely to be implemented from the 2025-26 academic year on an optional basis. "More than 150 steps" were required to conduct board exams of classes 10 and 12 in the current system, according to the board's presentation seen by HT. The process involves a minimum 310 days, starting from filling of list of candidates, centre notifications.

BATHINDA, JUNE 30

After Bhagwant Singh 'Pradhan Mantri' Bajaje announced to contest the Punjab assembly byelection from Gidderbaha, another fellow National Security Act (NSA) detainee of new MP Amritpal Singh, Kulwant Singh Raok, 38, now wants to run for Barnala's legislature. Cousin Maha Singh claimed that Kulwant had asked him to contact the panthic organisations for support.

Kulwant, a Punjab State Power Corporation Limited (PSPCL) employee from Raok Kalan in Moga district, was arrested under the NSA in March 2023 as an accomplice of Waris Punjab De head Amritpal Singh and lodged in the Dibrugarh central jail of



Assam with the Khalistan advocate. His father, Charat Singh, had faced the NSA in 1987 and never returned since police had

picked him up in March 1993. Charat's younger brother, Gurmail Singh, died in June 1984's military raid on the Golden Temple

to flush out terrorists led by Jarnail Singh Bhindranwale. Maha Singh told TOI: "When I had a word with Kulwant Singh on Friday,

he confirmed that he'd contest from Barnala and asked me to contact the panthic organisations to prepare the ground. I am on with that task."

A few days ago, a boy claiming to be the son of Bajaje had uploaded a video clip on social media to announce that his father will contest from Gidderbaha. The resounding victories of Amritpal Singh and Sarabjit Singh Khalsa (son of Indira Gandhi's assassin Beant Singh) in the recent parliamentary elections in Khadoor Sahib and Faridkot, respectively, will encourage Bajaje and Raok.

Punjab Congress president Amrinder Singh Raja Warring vacated the assembly seat of Gidderbaha upon becoming Ludhiana's MP, while Gurmeet Singh

Meet Hayer quit as the legislator of Barnala to represent Sangrur in Parliament. Panthic groups eye two more assembly seats — Baba Bakala and Chhabwal — which are vacant since Sukhjinder Singh Randhawa and Raj Kumar Chhabwal became their respective MPs. The Punjab assembly speaker has declared these four seats vacant, so the Election Commission has six months to schedule the by-polls. Shiromani Akali Dal, BJP, and AAP are considering candidates for the upcoming by-elections at Gidderbaha assembly constituency. The potential candidates include those associated with important political figures and parties, creating a competitive electoral environment.

7 killed in Russian missile attack on Ukrainian town, say officials

US, JUNE 30

Russian forces on Saturday fired missiles at the town of Vilniansk, outside the southeastern Ukrainian city of Zaporizhzhia, killing seven people, including two children, and injuring 31 others, officials said.

The body of a local resident and damaged building of a grocery store are seen at a site of a Russian missile strike, amid Russia's attack on Ukraine, in the town of Vilniansk, Zaporizhzhia region, Ukraine. The body of a local resident and damaged building of a grocery store are seen at a site of a Russian missile strike, amid Russia's attack on Ukraine, in the town of Vilniansk, Zaporizhzhia region, Ukraine. President

Volodymyr Zelenskyy repeated his appeal to allies to provide Ukraine with more long-range weapons and enhanced air defences to stop what he said were daily attacks on his country. Ukraine's Prosecutor General Andriy Kostin said two missiles were fired on the town, damaging infrastructure, a shop and residential buildings. Emergency services put the death toll at seven, including two children, with 31 others injured, eight of them children. Firefighters had put out blazes in several buildings and completed rescue operations. "Today the enemy carried out yet another dreadful terrorist act against the civilian population," Zaporizhzhia Regional Governor Ivan Fedorov said in a

video posted on the Telegram messaging app. The attack occurred in "the middle of the day, a non-working day, in the town centre, where people were out relaxing, where there were no military targets," Fedorov said. Zelenskyy posted photos from the site showing a large crater, damaged trees and a pair of tarpaulins spread out on the ground of what looked like a park. "Our cities and communities suffer daily from such Russian strikes. But there are ways to overcome this," Zelenskyy wrote on Telegram. "Destroying terrorists where they are. Ukraine's Prosecutor General Andriy Kostin said two missiles were fired on the town, damaging infrastructure, a shop and residential buildings. Emergency services put the

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the ground of what looked like a park. "Our cities and communities suffer daily from such Russian strikes. But there are ways to overcome this," Zelenskyy wrote on Telegram. "Destroying terrorists where they are. Destroying Russian missile launchers, striking with real long-range capability and increasing the number of modern air defence systems in Ukraine" were ways to defend against such attacks, Zelenskyy said. Russia's Defence Ministry did not reply to a request for comment on the incident. The Russian ministry, writing on Telegram, said its missiles had struck a nearby area in Zaporizhzhia region where it said Ukrainian trains unloaded arms and military equipment,

killing soldiers and destroying armoured vehicles and missiles. The post, accompanied by a photo of a strike, identified the site as the village of Ukrainka, less than 10 km (six miles) from Vilniansk. Reuters could not independently verify battlefield accounts from either side. The governor of Donetsk region, further to the east, said one person died in two incidents of shelling in the city of Kurakhove. Officials said two people in Kherson region, partly occupied by Russian forces in the south, were also killed.

Rescue teams also were still working at an apartment building that was badly damaged in a missile strike on Friday in the central city.

Survey: 60% of Americans plan to spend less on 4th of July in 2024: How inflation impacted the budget decision

US, JUNE 30

The Fourth of July is right around the corner, and Americans rarely keep their hands tied behind their backs when it comes to splurging their hearts, empowered by firework-packed patriotic fervour. As one of the most prominent US holidays dotted by family gatherings nationwide, American Independence Day is bound to bang up a hefty bill, all thanks to inflation. Despite the traditional holiday mood in the air, 60% of Americans are determined to keep their pockets tight and spend less money this coming Thursday than last year's Fourth of July, according to a survey by the personal-finance website WalletHub. In the wake of the current political scenario, the survey also details Americans'

opinions on freedom and patriotism. WalletHub's national online survey, which took over 200 respondents' responses into account, showed that 60% of Americans plan to spend less money than last year. Similarly, 3 in 5 (60%) admitted inflation affected their Fourth of July plans. In addition, 2 in 3 Americans (66%) said the country's Founding Fathers would be turning in their graves and dissatisfied with the current economy. Cassandra Happe, a key analyst for the website, revealed, "Inflated prices for food, travel, and other holiday staples are making people rethink their plans." Other than keeping their budget in check, 7 in 10 people (70%) believe access to credit should be a basic American right. Making access to credit.

Joe Biden gets trolled as Time Magazine's latest cover sparks 'PANIC', Trump's dancing meme

US, JUNE 30

US President Joe Biden has taken a centre stage amidst worries over his rerun, with critics questioning his mental and physical abilities. The 81-year-old Commander-in-chief's stumbles and fumbles seem to have found its place on TIME Magazine's cover for August 5, 2024, which shows the Democratic presidential contender walking all alone against a vivid red background. The cover was published on social networking site X. A magazine's cover image frequently serves as a key component, reflecting the point of view that the publication wishes to make. This comes amidst backlash Biden has been

facing in the wake of his "disastrous" performance at the CNN debate. The POTUS appeared confused, lost and slow to respond to a question during the discussion on key topics ahead of November 5 elections. The single word headline on the cover, "Panic", looms huge over him, serving as a potent visual metaphor for the difficulties his presidency will face. "Things are dark." Democrats are panicking about Joe Biden's debate performance—and what will happen next," TIME wrote while sharing the photo of the cover on X.

TIME's cover features an unexpected photo and headline that captures the state of the Democratic Party. According to TIME,

"panic" is not a strong enough term to describe the emotion that dominates the Democratic Party in wake of his debate performance as many speculated the possibility of removing him from the nomination ticket. TIME further noted that Biden's performance was evident to all Americans who watched the debate between him and Trump. The Democrats perceived Biden's road to victory as having reached a dead end because of his fierce rivalry with Trump. Despite Biden's six days preparation for the debate at Camp David, Maryland, his campaign tried to calm down the Democrats following criticism around his performance.

US, JUNE 30

French people vote on Sunday in high-stakes snap parliamentary elections which could alter France's trajectory and see the far-right party of Marine Le Pen take power in a historic first. With Russia's war against Ukraine in its third year and energy and food prices much higher, support for the anti-immigration and eurosceptic National Rally (RN) party has surged despite President Emmanuel Macron's pledges to prevent its ascent. Polling stations open across mainland France for the first round of elections at 8:00 am (0600 GMT) and close 12 hours later, immediately followed by projections that usually predict the



result with a degree of accuracy. Voters in France's overseas territories that span the globe cast ballots earlier in the weekend. Some 49 million French are eligible to vote. Elections for the 577 seats in

the National Assembly are a two-round process. The shape of the new parliament will become clear after the second round, a week later, on July 7. Most polls show that National Rally is on course to win

the largest number of seats in the National Assembly, parliament's lower house, although it remains unclear if the party will secure an outright majority. A high turnout is predicted and final opinion polls have given the RN between 35 percent and 37 percent of the vote, against 27.5-29 percent for the left-wing New Popular Front alliance and 20-21 percent for Macron's centrist camp. If the RN obtains an absolute majority, RN party chief Jordan Bardella, Le Pen's 28-year-old protege with no governing experience, could become prime minister in a tense "cohabitation" with Macron.

On Monday, Macron plans to convene a government meeting to decide the

further course of action, government sources told AFP. France is heading for a year of political chaos and confusion with a hung Assembly, said Mujtaba Rahman, Europe head at Eurasia Group, a risk consultancy. "There is no precedent in recent French politics for such an impasse." Rahman said. Macron's decision to call snap elections after the RN's strong showing in European Parliament elections this month stunned friends and foes and sparked uncertainty in Europe's second-biggest economy. The Paris stock exchange suffered its biggest monthly decline in two years in June, dropping by 6.4 percent, according to figures released on Friday.

Israeli ministry announces new urban district plan in north Gaza

US, JUNE 30

Israel's Ministry of Construction and Housing has initiated a plan to establish a new urban district near the train station in the city of Sderot located just north of Gaza. It was one of the cities attacked during the October 7 attack. The plan sees the complex surrounding the train station as a "central and significant focal point" in the region. The plan sees the complex surrounding the train station as a "central and significant focal point" in the region. The plan includes 5,000 new housing units, including apartments for students, about 370,000 square meters for commerce and employment, about 350,000 square meters for public buildings and about 40 acres



of open spaces. The plan sees the complex surrounding the train station as a "central and significant focal point" in the region and strengthens it through the addition of residential, employment and commercial

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the train station to the north and an interchange addition at the main entrance to the city. This, along with the creation of high-quality city-wide open spaces such as the river park and other public areas with high accessibility for pedestrians and cyclists. In addition, the program maintains existing forests in its area for the well-being of the residents. Yehuda Morgenstern, CEO of the Ministry of Construction and Housing: "The expansion of the city of Sderot and the construction of 5,000 housing units is great news for the city, the south and the entire State of Israel. In recent years, Sderot has demonstrated significant development momentum and demographic growth."

18 killed, several injured in multiple suicide attacks in Nigeria

US, JUNE 30

At least 18 people were killed and 19 seriously wounded in a string of suicide attacks in northeastern Nigeria on Saturday, emergency services said. One of three blasts in the town of Gwoza, a female attacker with a baby strapped to her back detonated explosives in the middle of a wedding ceremony, according to a police spokesman. The other attacks in the border town across from Cameroon targeted a hospital and a funeral for victims of the earlier wedding blast, authorities said. At least 18 people were killed and 42 others injured in the attacks, according to the Borno State Emergency Management Agency (SEMA). "So far, 18 deaths comprising children, men, females and pregnant women" have been reported, said



Barkindo Saidu, the head of the agency, in a report seen by AFP. Nineteen "seriously injured" people were taken to the regional capital Maiduguri, while 23 others were awaiting evacuation, Saidu said in the report.

A member of a militia assisting the military in Gwoza said two of his comrades and a soldier were also killed in another attack on a security post, though authorities did not

immediately confirm this toll. Boko Haram militants seized Gwoza in 2014 when the group took over swathes of territory in northern Borno. The town was taken back by the Nigerian military with help from Chadian forces in 2015 but the group has since continued to launch attacks from mountains near the town. Boko Haram has carried out raids, killing men and kidnapping women.

5 IS bombs found hidden in iconic Iraq mosque: UN agency

US, JUNE 30

A United Nations agency said it has discovered five bombs in a wall of Mosul's iconic Al-Nuri mosque, planted years ago by Islamic State group jihadists, during restoration work in the northern Iraqi city. Five "large-scale explosive devices, designed to trigger a massive destruction of the site," were found in the southern wall of the prayer hall on Tuesday by the UNESCO team working at the site, a representative for the agency told AFP late Friday. Mosul's Al-Nuri mosque and the adjacent leaning minaret nicknamed Al-Hadba or the "hunchback", which dates from the 12th century,

were destroyed during the battle to retake the city from IS. Iraq's army accused IS, which occupied Mosul for three years, of planting explosives at the site and blowing it up.

UNESCO, the UN cultural agency, has been working to restore the mosque and other architectural heritage sites in the city, much of it reduced to rubble in the battle to retake it in 2017.

"The Iraqi armed forces immediately secured the area and the situation is now fully under control," UNESCO added. One bomb was removed, but four other 1.5-kilogram (3.3-pound) devices "remain connected to each other" and are expected to be cleared in the coming

days, it said. "Complex manufacturing": "These explosive devices were hidden inside a wall, which was specially rebuilt around them: it explains why they could not be discovered when the site was cleared by Iraqi forces" in 2020, the agency said. Iraqi General Tahseen al-Khafaji, spokesperson for the Joint Operations Command of various Iraqi forces, confirmed the discovery of "several explosive devices from ISIS jihadists in Al-Nuri mosque." He said provincial deminers requested help from the Defence Ministry in Baghdad to defuse the remaining munitions because of their "complex manufacturing".

Ex-doctor for Obama, Trump claims Biden 'likely suffers from Cognitive disease,' must resign for national security

US, JUNE 30

A former White House physician who served under both Presidents Obama and Trump has recently made a startling claim regarding President Joe Biden's health. Dr. Ronny Jackson, who was the official doctor for both administrations and is now a Republican, has asserted that President Biden is "likely suffering from a cognitive disease." Not only this but he also urged the POTUS should resign immediately due to the potential national security implications. This comes after an 'embarrassing' debate night for the democratic party on Thursday. Former presidential physician alleges Biden 'likely has Cog-



nitive Disease'

"This is a national security issue," Jackson told the Post on Saturday. "As an American, I think he needs to step down and he needs to be immediately removed from office," the Texas rep continued. As the oldest president in U.S. history, Joe Biden has faced repeated scrutiny re-

garding his mental health and ability to fight his opponent Donald Trump due to numerous public blunders. The 81-year-old Commander-in-Chief, known for his gaffes, has been heavily criticised, with opponents doubting his fitness as he seeks a second term.

Earlier, during a speech

attacking Biden, the presumptive Republican nominee referenced Texas GOP Congressman Ronny Jackson, though he mistakenly mixed up his name, creating a slightly awkward moment as he questioned Biden's cognitive health. He stated that the doctor who served him during his term "said I was the healthiest president, he feels, in history, so I liked him very much indeed immediately." Who is doctor Ronny Jackson?

Jackson, an ex Navy rear admiral, served as Obama's personal physician between 2013 and 2016. And then for Donald Trump between 2016 and 2018. The former White House physician believes that Biden's confused and

shaky performance during the debate shows signs of severe aging. He proposed that if Biden refuses to step down from his campaign, his cabinet members might think about using the 25th Amendment. The act which permits the president to be removed if he is considered "unable to perform the duties and powers of his office," allowing the vice president to assume the presidency, as per POST. Even on Thursday, Trump attacked his opponent, saying, "I took two cognitive tests. I ace them, both of them, as you know. We made them public [Biden] took none. I'd like to see him take one." He made this remark as Biden continued to stumble.

Reliance's market capitalisation crosses Rs 21 lakh crore for first time

NEW DELHI, JUNE 28:

Reliance Industries Ltd (RIL) has become the first Indian company to surpass a market capitalization of Rs 21 lakh crore.

The market cap of the oil-to-telecom conglomerate crossed Rs 21 lakh after shares hit a record high of Rs 3,129 in early trade. RIL's stock has surged more than 20% this year so far.

At 12:12 pm, RIL's stock price rose by 1.69%, reaching a record Rs 3,112.85 per share. Today's rise in RIL's stock was propelled by Reliance Jio's tariff hikes. These new tariffs range from Rs 189 for 2 GB/month to Rs 3,599 for a 2.5 GB/day annual plan, with unlimited 5G data for plans of 2 GB/day and above.

Brokerage firm Jefferies increased its price target for RIL to Rs 3,580 from Rs 3,380, indicating a potential 17 percent upside from Thursday's close. The brokerage maintained a 'Buy' rating, predicting Jio's revenue and profit to grow at annual rates of 18% and 26%, respectively, from FY24 to FY27.

Morgan Stanley also maintained an 'Overweight' rating with a Rs 3,046 target price. The firm noted that the tariff hikes are in line with expectations and anticipates new energy cash flow streams by year-end.

While no further tariff hikes are expected until FY27, Morgan Stanley suggested that a 20% increase next year could boost earnings by 10-15 percent. Kotak Securities viewed the tariff hike positively, expecting competitors Bharti and Vi to follow suit, and set a target price of Rs 3,300 for RIL.

Centrum Broking reiterated that industry ARPU is likely to grow at a 10-12% CAGR to Rs 300 over the next 3-4 years, considering the consolidated industry structure and higher ARPU requirements for Jio to justify significant 5G investments and a potential IPO. Among the 35 analysts covering Reliance, 28 recommend a 'Buy,' five advise 'Hold,' and two suggest 'Sell.'

After Reliance Jio, Airtel, Vodafone hikes tariff of prepaid and postpaid plans

NEW DELHI, JUNE 30:

A day after Reliance Jio and Airtel increased the prices of their prepaid and postpaid plans, Vodafone Idea too announced a tariff hike. The price of the Airtel and Reliance Jio plans would go up from July 3, whereas the Vodafone price hike would go into effect from July 4. "In line with its commitment to provide its consumers with simple and comprehensive plans, Vi has curated an optimum range of feature-rich plans to meet the diverse needs of its consumers. Staying true to its philosophy of supporting entry-level users and progressively linking higher prices to increased usage, changes in entry-level plans are nominal," Vi said. It added, "Vi is planning significant investments over the next few quarters to further enhance the 4G experience as well as launch 5G services.

New Prepaid Plans
Unlimited Voice Calling Plan
For those seeking unlimited voice calling, the first plan now costs Rs 199, up from the previous Rs 179. This plan provides a 28-day validity with 2GB of data, unlimited calling, and 300 SMS. The second plan in this category, priced at Rs 509 (previously Rs 459), extends the validity to 84 days and includes 6GB of data,



unlimited calling, and 300 SMS. For long-term users, the annual plan is now Rs 1999 instead of Rs 1799, offering 24GB of data, unlimited calling, and 300 SMS over 365 days.

Daily Data Plan
If daily data is what you need, the new plans have you covered. The basic daily data plan, now at Rs 299 (up from Rs 269), offers 1GB of data per day, unlimited calling, and 100 SMS per day for 28 days. For those requiring a bit more, the Rs 349 plan (previously Rs 299) provides 1.5GB of data per day, along with unlimited data from 12 am to 6 am, weekend data rollover, Data Delight, unlimited calling, and 100 SMS per day, also for 28 days. For a monthly option, the Rs 379 plan (previously Rs 319) gives 2GB of data per day, unlimited data from

12 am to 6 am, weekend data rollover, Data Delight, unlimited calling, and 100 SMS per day for one month. For a longer duration, the 56-day plans include Rs 579 (up from Rs 479) offering 1.5GB of data per day and Rs 649 (up from Rs 539) providing 2GB of data per day, both with the same additional benefits of unlimited data from 12 am to 6 am, weekend data rollover, Data Delight, unlimited calling, and 100 SMS per day.

For even longer durations, the 84-day plans are now priced at Rs 859 (previously Rs 719) for 1.5GB of data per day and Rs 979 (previously Rs 839) for 2GB of data per day, both with unlimited data from 12 am to 6 am, weekend data rollover, Data Delight, unlimited calling, and 100 SMS per day. The annual plan, now Rs 3499 (pre-

viously Rs 2899), provides 1.5GB of data per day with all the same additional benefits.

Data Add On

For data add-ons, the plans are straightforward. The 1-day data add-on now costs Rs 22 (up from Rs 19) and offers 1GB of data. For a 3-day period, the new plan is Rs 48 (up from Rs 39), providing 6GB of data. The revised post-paid plans offer a range of benefits tailored to individual and family needs.

Individual Plans

The Individual Plan with a monthly rental of Rs 401 offers 50GB of data with up to 200GB data, it now costs Rs 451. It offers rollover, unlimited voice calls, unlimited night data, and 3000 SMS. Additionally, users can choose one complimentary benefit from five options: Disney+ Hotstar, Sony LIV, Sun NXT, EaseMyTrip discount coupons, or Norton Mobile Security for 12 months.

The Individual Plan with a monthly rental of Rs 501 provides 90GB of data with up to 200GB data rollover, unlimited voice calls, unlimited night data, and 3000 SMS. Users can select two complimentary benefits from eight options: Amazon Prime, Swiggy One, EazyDiner subscriptions for 6 months, Disney+ Hotstar, Sony LIV, Sun NXT, EaseMyTrip discount coupons, or Norton Mobile Security for 12 months. The new price of the plan is Rs 1201.

MyTrip discount coupons, or Norton Mobile Security for 12 months. The new price of the plan is Rs 551.

Family Plans

The Family 2 Line Plan with a monthly rental of Rs 601 includes 70GB of data for the primary line and 40GB for the secondary line, with up to 200GB data rollover, unlimited voice calls, and unlimited night data for the primary line, along with 3000 SMS. The primary line user can choose two complimentary benefits from six options: Amazon Prime subscription for 6 months, Disney+ Hotstar, Sony LIV, Sun NXT, EaseMyTrip discount coupons, or Norton Mobile Security for 12 months. The new price of the plan is 701. The Family 4 Line Plan with a monthly rental of Rs 1001 offers 140GB of data for the primary line and 40GB for each secondary line, with up to 200GB data rollover, unlimited voice calls, and unlimited night data for the primary line, along with 3000 SMS. The primary line user can choose two complimentary benefits from eight options: Amazon Prime, Swiggy One, EazyDiner subscriptions for 6 months, Disney+ Hotstar, Sony LIV, Sun NXT, EaseMyTrip discount coupons, or Norton Mobile Security for 12 months. The new price of the plan is Rs 1201.

Apple is working on AirPods with cameras, said to start mass production by 2026

NEW DELHI, JUNE 30:

According to a report by Ming-Chi Kuo, Apple is working on new AirPods with built-in camera modules. It is being said that these AirPods will go into mass production by 2026, which basically means in more than 1.5 years.

The new AirPods will reportedly incorporate an infrared camera, similar to the technology used in Face ID on iPhones and iPads. This move aligns with Apple's broader strategy to integrate advanced features across its

product ecosystem, particularly with its Vision Pro and upcoming Apple Vision headsets. Kuo says that these camera-equipped AirPods are designed to elevate the user experience of spatial audio and strengthen Apple's foray into spatial computing. For instance, when paired with the Vision Pro headset, users will enjoy improved spatial audio where sound direction dynamically adjusts as they turn their heads. Moreover, the infrared capabilities of these AirPods are expected to enable novel interactions



through in-air gesture controls, potentially transforming how users interact with their devices. In terms of production logistics, Foxconn has been identified as the key supplier for the new IR camera modules, 9To5Mac reports. With an estimated annual capacity of 18-20 million units, Foxconn is said to support Apple's ambitious production targets. This development builds upon earlier reports from Bloomberg, which initially hinted at Apple's explorations into wearable form factors beyond

AirPods, including smart glasses and a smart ring, as well as future iterations of the Apple Watch. In other news regarding wearables, Apple Watch 10 is said to come with a blood pressure monitoring feature. The news has been reported by Bloomberg's Mark Gurman. This could be a big deal because it means you might be able to keep tabs on your blood pressure right from your wrist. While we're still waiting for all the details, it shows that Apple is really serious about making the Apple

Watch more than just a fancy gadget.

The Series 10 might not give you exact blood pressure readings at first. Instead, it might just help you track changes in your blood pressure over time. But here's the thing - this could be the start of something bigger. Apple might use this as a stepping stone to make blood pressure monitoring even better in future models. It's all part of Apple's plan to make the Apple Watch a super helpful tool for keeping an eye on your health.

FATF adopts Mutual Evaluation Report of India in its June 2024 plenary

NEW DELHI, JUNE 30:

India achieved an outstanding outcome in the Mutual Evaluation conducted during 2023-24 by the Financial Action Task Force (FATF).

The Mutual Evaluation Report of India, which was adopted at the FATF plenary held in Singapore between June 26 and June 28, 2024, placed India in the 'regular follow-up' category, a distinction shared by only four other G20 countries. This marks a significant milestone in the nation's efforts to combat money laundering (ML) and terrorist financing (TF). Risks arising from ML/TF, including the laundering of proceeds from corruption, fraud, and organised crime were mitigated. Effective measures were implemented by India to transition from a cash-based to a digital economy to reduce ML/TF risks. Implementation of the JAM (Jan Dhan, Aadhaar, Mobile) Trinity, along with stringent regulations on cash transactions, has led to a significant increase in financial inclusion and digital transactions. These measures have made transactions more traceable, thereby mitigating ML/TF risks and enhancing financial inclusion.

Oxford India Forum inaugural event highlights: Celebrating India's achievements

NEW DELHI, JUNE 30:

The inaugural Oxford India Forum event, held on June 15 at the University of Oxford, celebrated India's achievements and innovations, uniting distinguished leaders, industry experts, and students under one platform.

The forum, envisioned to be the largest of its kind at a European university, aims to spotlight India's burgeoning advancements across various sectors.

This year's event served as a pivotal avenue for thought leadership, fostering insightful discussions on India's economic trajectory, sustainable development, technological innovations, and global partnerships. Founder and Chairperson Sidharth Sethi highlighted the forum's mission, stating, "The Oxford India Forum is committed to showcasing India's dynamic growth story and facili-

tating meaningful dialogue among global leaders, experts, and aspiring students." The event featured keynote addresses and panel discussions by esteemed guests who shared their expertise and insights.

Key highlights from Oxford India Forum

Jayant Sinha, MP (Lok Sabha) and Chairperson, Parliamentary Standing Committee on Finance, delivered a compelling talk on "Net Zero is Net Positive." He said India must adopt a 'net zero' development model to achieve robust economic growth, leveraging the opportunities presented by climate change and global warming.

"We need it because of climate change. And for India as well. This is the path forward. net zero development should be the path forward for India."

In his presentation, Sinha outlined four fundamental pillars of

the 'net zero' development model: renewable energy, electric vehicles, scaling up biofuels and green hydrogen, and integrating with the global carbon market.

Mohandas Pai, chairman of Aarin Capital and former CFO of Infosys, explored "India's Economic Trajectory: India, A Startup Nation". He highlighted India's dynamic economic trajectory, driven by its young and innovative population.

"We see huge growth happening in this country, and we're empowering problem solvers," Pai said, predicting that the most exciting growth in the next five years will occur in India.

Rohan Murty, Founder and CTO of Soroco, delved into the topic of "Harnessing AI for Sustainable Development in India." He said the current avatar of artificial intelligence is revolutionising humanity's relationship with words. He noted that

the world hasn't seen such a transformative innovation in computing that alters our perception and connection to words.

Murty highlighted that the present wave of AI has gained attention for fundamentally changing the interface between humans and machines.

"I think what the current avatar of AI does is it redefines humanity's relationship with words, and that is actually an extremely fundamental point," Murty said. "We have not had an invention or innovation in computing that has been this transformative in terms of changing how we think of words or our connection to words."

Harsh Jain spoke on the "Sports-Tech Revolution and the Talent Opportunity in India." Jain highlighted the need for government regulations in the fantasy gaming industry.

Contrary to resistance from

many industries to regulations, he believes such measures would benefit fantasy gaming, promoting responsible engagement rather than high-risk gambling. "I think it's very important that here's where the government can really help us, and we've been asking for this and hopefully we should get it soon. We want the government to come in and help us."

Regulations are necessary because we aim to engage people in sports, not to encourage a big win, lose big mindset," said Jain.

He also highlighted the unique advantages of starting a business in India. Jain explained that India's cultural DNA and specific challenges require entrepreneurs to be more agile and innovative.

Ananya Birla, founder of Svatantra Microfin Pvt Ltd, spoke about "The Powerful Synergy between Business and Creativity."

2024 BMW 5 Series LWB for India – first look

GURUGRAM, JUNE 30:

Until now, the alternative to segment-leader Mercedes-Benz E-Class from BMW, especially for those focussed on rear seat space, was the 6 Series GT. The 5 Series in its standard wheelbase form left buyers looking to be chauffeured around unimpressed with the rear seat space it offered. Going forward, much like the 3 Series sold in India, the soon-to-be-launched 5 Series will also be offered in a long wheelbase form. The all-electric i5, the M60 variant to be exact that's on sale in India, and the M5 that should go on sale here following its global unveiling, will be the only standard wheelbase versions of the 5 in India.

BMW 5 Series LWB exterior
This being an all-new generation means a complete re-design and, as has been the BMW way over the last few years, the new 5 looks nothing like its predecessors. BMW's latest design language has resulted in sharper, more angular cuts and creases. There's a heavily sculpted bonnet with the lines merging with what BMW calls the 'sharknose' inspired kidney grille, which also features illumination. Nearly vertical twin LED bars form the DRLs and one of the more eye-



catching elements of the exterior are the Titanium Bronze accents for the grille, bumpers and window surround.

The 5 Series LWB measures 5,175mm long, 1,900mm wide and 1,520mm tall and it sits on a 3,105mm wheelbase. Compared to the outgoing model, the new 5 Series in this long wheelbase form is 212mm longer, 32mm wider and 41mm taller and has a 130mm longer wheelbase. Compared to the standard

wheelbase form of the eighth generation 5 Series, this LWB version has a 110mm longer wheelbase. Gone is the sporty 3-box profile of the earlier 5, replaced with an extended 2.5-box profile with the sloping luggage compartment line. A contemporary take on the signature Hofmeister Kink sees '5' embossed on the C-pillar window surround. The rear looks quite narrow if you're standing/dri-

ving right behind the new 5 and those twin LED strips that form the tail lamp signature do make the sedan look slightly anonymous at night. And while those 18-inch wheels should add positively to overall ride comfort, they do look a tad undersized for this car. There is a 19-inch two-tone option as well that does look much nicer. This grey pictured here, and a black shade, are the only exterior colour options currently listed on BMW India's website.

BMW 5 Series LWB interior and features

The cabin is a big upgrade over the outgoing car, in more ways than one. It sees a big jump in terms of feeling modern and premium with the introduction of BMW's Curved Display housing a 12.3-inch instrument cluster and a 14.9-inch central infotainment screen along with the CraftedClarity crystal glass treatment for the iDrive controller and gear selector, and the crystalline finish trim that adds positively to the cabin's ambience, especially at night.

Even the faux wood trim used inside looks far more premium than before. A Bowers & Wilkins audio setup promises a great audio experience and, for the first time for a BMW, the cabin features a completely vegan interior. There's a fixed glass roof stretching all the way to the back that does wonders to enhance the feeling of space within the cabin, but the real contributor to that is, of course, the extended wheelbase.

The older 5 wasn't exactly generous with rear seat legroom and knee room, but this one might make a buyer reconsider buying the 7 Series! The 3 Series Gran Limousine and the Mercedes-Benz E-Class

have proven just how much buyers in these segments value rear seat space and with this new 5, BMW looks all set to give the E sleepless nights.

The rear seats are supremely comfortable with perfect cushioning and bolstering. However, they don't offer any degree of adjustment in terms of recline angle. BMW says that has been done to allow for thicker, and consequently, more comfortable cushioning and, to be fair, the fixed recline angle does feel just right. More on that, once we get the car for a proper review.

What's also missing are sun blinds for the rear windows and windshield, something that the older 5 did get. Seems like a strange omission. Amenities wise, rear seat occupants get individual temperature settings thanks to the 4-zone climate control, a wireless charger, USB type-C charging ports and the option of rear seat entertainment screens. At 500 litres, there's plenty of space in the boot as well.

BMW 5 Series LWB drive impressions

BMW did give us a chance to try out the new 5 Series LWB, allowing us to experience it from behind the wheel and seated in the back for about 6-

8km. All the driving was done on an arrow straight road with perfect tarmac so we won't be diving too deep into how the new 5 is to drive just yet. We drove the 530Li, which means it had a 2.0-litre, 4-cyl turbocharged petrol engine.

Exact specifications haven't been disclosed yet, but, for reference, the older 530i with this engine had 252bhp of max power and 350Nm of peak torque. Like the car it replaces, the new 530Li comes with an 8-speed AT as well. First impressions suggest this new 5 is more focussed on comfort and ride quality, and that's a good thing given its positioning as a sedan for the chauffeur driven. Acceleration felt brisk, and the steering wheel offered the right amount of weight relative to speed.

The short stint seated in the back was extremely positive and price aside, the new BMW 5 Series long wheelbase has the right ingredients to get the brand's cash registers ringing.

New BMW 5 Series long wheelbase bookings are already open and the launch is scheduled to take place on July 24, 2024. We're expecting the starting price of the new 2024 BMW 5 Series LWB to be around Rs 80-85 lakh (ex-showroom).

Kiran Pahal Wins Gold In Women 400m Race After Paris Olympics 2024 Qualification

Olympic-bound Kiran Pahal of Haryana once again stole the limelight with her sheer pace as she won the women's 400m race gold in 50.92 seconds - the same time with which she had qualified for the Paris Games in the semifinals - on the second day of the National Inter-State Athletics Championships in Panchkula on Friday.

The 23-year-old Kiran had surprised one and all as she breached the Olympics qualifying time of 50.95 seconds, clocking 50.92 seconds during the semifinals on Thursday.

On Friday, she led throughout the race and left second-placed Deepanshi (52.01), also from Haryana, at least five metres behind.

Andhra Pradesh's Jyothika Sri Danda, a key member of the women's 4x400m relay team that booked a Paris Games berth last month, was third in 52.11. Promising middle-distance runner Parvej Khan of Haryana, who earlier this year became the first Indian to qualify for the final of a track event in the NCAA Championships of the United States, also lived up to the expectations as he won the men's 1500m gold with a

time of 3 minute 42.95 seconds. The Olympics qualifying time of 3:33.50, though, was far away.

The 19-year-old Khan was behind one competitor at the bell for the last lap, but he sprinted his way from the final bend and punched the air in celebration after crossing the finish line. "I wanted to qualify for the Olympics but could not achieve it. My season is almost over and next year, I will try to do well in competitions like the Asian Championships, and then in the Asian Games (2026)," Khan, who belongs to a farming family in Mewat region of Haryana, said after his race. "I was not running for better timing. You need better conditions and competitiveness to clock better time. I have already clocked my personal best of 3:36.21 (in Portland in USA earlier this month)."

Khan, who is currently studying at the University of Florida on scholarships, last competed in a domestic event at the 2023 National Inter-State Championships in Bhubaneswar in June. "It is a nice feeling and a very good experience to compete in India, where I am competing in a national championships after one year."

JKCA all set to establish 10319 sq mtrs state-of-the-art cricket facility in Jammu soon

Cricketing asset to cater to needs of aspiring cricketers, create employment avenues

JAMMU, JUNE 29

Adding another feather to its already colourful cap, the present regime of Jammu and Kashmir Cricket Association (JKCA) is all set to construct and establish a 10319.862 sq meters first of its kind state-of-the-art cricket facility in Jammu very soon.

The decision with regard to establishment of indoor cricket academies in northeastern States, Patna and Jammu was taken earlier by the BCCI and approved in the recently held informal meeting convened by the Board of Control for Cricket in India (BCCI) at its headquarters in Mumbai to "exchange ideas" and discuss the revamped domestic cricket structure.

The structure approved by the BCCI to be established in Jammu includes an all weather cricket facility with four strips or

you may call them wickets, a standard gymnasium, a cafeteria, changing rooms, a massage room, waiting lounge, an ice bath facility, equipment rooms, store room and toilets.

"The BCCI has approved the establishment of an indoor cricket academy in Jammu. It will be a state-of-the-art facility which apart from catering to the needs of thousands of aspiring cricketers, will be a step forward in creating employment avenues. We are working on the modalities and God willing the construction work on the project is expected to begin in a fortnight," said Mithun Manhas, Member Cricket Operations and Development JKCA.

He said the indoor cricket academy at JKCA Jammu Headquarter will give a new look to the entire JKCA Hostel ground and will certainly serve as a cricket facility to produce international

stuff. "This project is a tip of an iceberg as JKCA is aiming to develop a series of such projects. Our aim is to make the Association players' friendly. The already existing academy at Srinagar will also be renovated and rebuilt soon," added Manhas.

Brig Anil Gupta, Member Administration JKCA while expressing satisfaction over the BCCI's decision to approve this project maintained that this facility at the JKCA headquarters will surely help the budding cricketers to hone their cricketing skill under the guidance of the expert coaches and trainers.

He said the academy will also open doors for the employment of former cricketers and other needy aspirants.

It is pertinent to mention here that after the nomination of strong three-member Sub Committee by the Board of

Control for Cricket in India (BCCI) to run the affairs of Jammu and Kashmir Cricket Association (JKCA) on the directions of J&K High Court, the things have been changing thick and fast in Jammu and Kashmir Cricket Association (JKCA) and one observes that no stone is being left unturned to prioritize professionalism, promote cricket culture, streamline the jaundiced system and deal with the players and officials on the basis of their merit. Commercialism is getting the back seat and professionalism is gaining momentum in the scheme of things of Jammu and Kashmir Cricket Association.

Moreover, the infrastructure has been raised. The establishment of dressing rooms, development of a galaxy of nets and installation of proper drainage and water supply system at JKCA Hostel ground speaks volumes.

Portugal Vs Slovenia, Euro 2024, Rd Of 16: Cristiano Ronaldo Still The Man Main For Seleccion

Cristiano Ronaldo has been a showstopper, as expected, at the European Championship.

Just not necessarily in the way he'd like to be.

The Portugal superstar with 632 million followers on Instagram and a never-ending stream of endorsement deals has had to deal with a raft of on-field self-seekers, during matches and in training. One presumed super-fan even leapt from the stands over the players' tunnel toward a startled-looking Ronaldo as he headed to the locker room after Portugal's match against Georgia.

He's raged at a referee (earning a yellow card), booted away a water bottle, and angrily remonstrated in the dug-out. He's also had 12 shots, more than anyone else at Euro 2024.

What Ronaldo hasn't done is score a goal - and that's the currency he deals in, at least in soccer.

OK, there was that moment he passed up a golden chance to score by passing unselfishly to Bruno Fernandes for Portugal's third goal in the 3-0 win over Turkey. A double-stepover that befuddled Abdulkemim Bardakci and left the Turkey center back on his back has proved a hit on social media and gave the world a reminder of the Ronaldo of 10, 15, even 20 years ago.

Ronaldo, though, is 39 now. Those big moments have become fleeting, especially when it comes to the big tournaments and when he's playing against top-level defenses.

Make that seven straight matches in which he has failed to score at a major tournament, covering the 2022 World Cup and Euro 2024. For the first time in his 21-year international career taking in five World Cups and six European Championships, he has ended a group stage without a goal. So, with the powers of this undoubted soccer great on the wane, the question will again be asked heading into the knockout stage: will the constant drama surrounding Ronaldo wind up being a distraction for the Portugal team in its bid for another big soccer title, eight years after winning its only one at Euro 2016?

Roberto Martinez clearly doesn't think so. The Portugal coach is in thrall with Ronaldo, as shown by his reaction to the striker's assist - his record-tying eighth at the European Championship - against Turkey.

"It should be shown in every academy in Portugal and world football," Martinez said, purring at this "spectacular" piece of play. A day earlier, he'd got into an exchange

with a journalist who questioned whether Ronaldo could handle the intensity of a major tournament at age 39.

"All you need to do is look at what he has done in the last 12 months," Martinez proffered, pointing to his record in the Saudi league with Al-Nassr, for whom he started 31 of 34 games and scored a league-high 35 goals, and his 10 goals in Euro 2024 qualifying - second only to Belgium's Romelu Lukaku.

Before the tournament, Martinez had lauded Ronaldo by saying he "approaches every day as a new way to be the best" and that his stats "are better than anything, subjectively, that you can say."

Maybe to justify his arguments - or who knows, to keep in Ronaldo's good books - Martinez started the striker against Georgia despite resting all of his other key outfield players for a game that meant little for Portugal, which had already qualified as group winner.

It was at this stage at the last World Cup where Ronaldo lost his place in Portugal's team, to the shock and anger of his millions of fans who might not see him play as much these days because of his move to the Middle East. He had started all three of the group games, scoring only a penalty, and reacted poorly to being substituted by then-coach Fernando Santos against South Korea in the third. Ronaldo didn't start the 6-1 win over Switzerland in the round of 16 - his replacement, Goncalo Ramos scored a hat trick - nor the quarterfinal loss to Morocco, after which he left the field in tears.

Given his public comments, it's unlikely Martinez will follow Santos' path and drop his captain in the knockout stage, starting against Slovenia on Monday, for what may prove to be Ronaldo's last matches at a major tournament. Nor do his teammates, who have grown up idolizing Ronaldo, want that to happen.

"We want to be side by side with our captain," Portugal defender Diogo Dalot said, while midfielder Vitinha has spoken of the "privilege to be able to share moments with him on and off the pitch." Ronaldo's desire and passion clearly remains. He is still a prolific scorer, albeit mostly against weak opposition these days, even if his mobility and, in particular, his pressing isn't at the level of a top-notch striker. It would be no surprise to see the top scorer in men's international soccer - with 130 goals - get off the mark against Slovenia. Whether his continued selection is beneficial for Portugal is another thing entirely.

Trailblazing Puja Tomar Believes UFC 'Can Match' Cricket Fan Following In Coming Years

Mixed martial arts fighter Puja Tomar created history when she became the first Indian to win a bout at the Ultimate Fighting Championship (UFC) on June 9, 2024. The 28-year-old, known as 'The Cyclone', defeated her Brazilian opponent Rayanne dos Santos in the strawweight division (52kg) by a split decision. She achieved the unprecedented feat on her UFC debut, but Tomar had to overcome hardships and prejudice at her village to reach where she is, currently.

Speaking to Outlook, Tomar opens up on how she took up MMA and what made her choose this sport, despite it being 'unknown' to India.

"I come from a village (Budhana in Muzaffarnagar, Uttar Pradesh) where girls weren't liked much. On top of that, I was more into fighting," says Tomar. "Since our village had no liking towards girls, I made up my mind that I would become one who is stronger than guys," she adds.

Tomar says that the struggles in her family made her choose MMA. "I



had always thought of learning martial arts since I was a kid, plus there were some situations that came into play and financial issues that made me pick MMA."

The 28-year-old had learnt wushu but since the sport was not part of the Olympics, Tomar had to let go of it and take up MMA instead.

"I had an Olympic dream but since wushu wasn't in the Olympics then, and my aspirations were big, that's why I came into MMA," Tomar says.

With the ongoing ICC T20 World Cup 2024 currently hogging the limelight, Tomar believes that

cricket does not have a big following outside India.

"Coming to cricket, it's working more in India because we play against Pakistan and the people of this country want to watch these matches. Cricket's following is not that much overseas, but there's a lot more here."

However, Tomar is hopeful that despite UFC still not being keenly followed in India, it will gain traction in the coming years and will go head-to-head with the gentleman's game. "I feel in the coming years, if a UFC event is held in India, it will match like-for-like with the sport of cricket," she signs off.

Cricket.com.au have handed the captaincy of the team of the tournament to

T20 World Cup Team Of The Tournament: Not Rohit Sharma But This Player Leads CA's Best XI

Cricket Australia's website cricket.com.au has revealed the team of the tournament for the 2024 ICC Men's T20 World Cup ahead of the final between India and South Africa. The biggest surprise in the team is that Rohit Sharma is in the XI but someone else is the captain of the 11-men side that cricket.com.au has chosen.

Indian skipper Rohit has led India into the finals of the showpiece T20 event in the West Indies and the USA. Rohit-led India are also unbeaten so far in the tournament and his leadership has been praised by experts all around.

The website itself admits that it is unfortunate that Rohit does not take the captaincy of their team of the tournament.

"The veteran is unfortunate not to take the captaincy reins of this side given his team's dominant run to the final," cricket.com.au says on the Indian skipper.

However, their choice for the captain's role can not be doubted.

Cricket.com.au have handed the captaincy of the team of the tournament to



Afghanistan leg-spinner Rashid Khan, who led his team to a historic semifinal finish.

Afghanistan for the first time in their cricket history made it to the semifinals of an ICC World Cup. They defeated heavyweights New Zealand and Australia in their spectacular run to the final four where they lost to South Africa. The Cricket Australia website attributed Afghanistan's historic performance to Rashid's leadership. "...It was Rashid's sheer willpower and leadership that might have been the biggest factor in one of cricket's most heartwarming stories of recent times."

Cricket.com.au's team of the tournament has three Indians, two Afghans, two Australians, and one player each from South Africa, the USA and Bangladesh.

The top run-scorer of the tournament Rahmanullah Gurbaz and the second highest wicket-taker Arshdeep Singh were the notable absentees. ricket.com.au's T20 World Cup team of the tournament

Rohit Sharma, Travis Head, Nicholas Pooran, Aaron Jones, Marcus Stoinis, Hardik Pandya, Rashid Khan (C), Rishad Hossain, Anrich Nortje, Jasprit Bumrah, Fazalhaq Farooqi.

Rahul Dravid Signs Off As India Head Coach: Top Five Moments And Takeaways

It is time to say goodbye to Rahul Dravid as his tenure as the India head coach ends on Saturday with the culmination of the T20 World Cup 2024.

India face South Africa in the title clash and Dravid would hope he can end his coaching stint on a high with a silverware. While India could not lay their hands on any ICC trophy under Dravid, his tenure was filled with highs.

Here are the five big takeaways and the best moments from Rahul Dravid's coaching career ahead of his final match.

2023 Cricket World Cup Probably the greatest World Cup campaign by a team which did not win the tournament. Dravid was at the helm of the tactics and his biggest achievement was fixing the number 4 spot in the batting line-up.

Shreyas Iyer was given enough chances to own that spot and he lit up the World Cup. Even though India lost the final, the campaign in which the Men In Blue dominated absolutely every single opponent will remain a highlight for the



Dravid-Rohit duo.

Weathering The Storm It was a tumultuous time when Dravid took over the coaching role and one of his biggest achievements that is often overlooked is how he handled things to make the dressing room a calmer place.

Virat Kohli had just been sacked, a new captain had taken over and it could have resulted in internal grouping in the side but

nothing of that sort happened. The credit for that must go to Dravid and co. Busting Bazball

Bazball had entered India with a lot of hype. All that hype was lost when Bazball went home as the Indian team was just too stiff a challenge for them to overcome. However, it was the English team who took the lead in the first Test.

The team management led by Dravid did not press

the panic button despite the loss and India overcame the deficit to win the series 4-1.

Rarely does one see Dravid expressing his emotions in public but such was that day in Melbourne that even he could not hold himself back. As R Ashwin hit the winning runs, Indian camp celebrated and Dravid's animated reaction stole the show.

Changed T20I Approach Dravid took over as India coach in December 2021 following the 2021 T20 World Cup disaster. Critics had pointed out India's defensive approach in T20Is and Dravid combined with Rohit to change that.

Under his tenure India have won 52 T20Is, the most by a full ICC members. There win/loss ration under Dravid is a staggering 3.058, way better than the second-placed Australia with 1.85.

The changed approach helped India become the fastest scoring team in T20Is under Dravid. A T20 World Cup trophy would be a fitting end to Dravid's coaching journey.

Mexico Vs Ecuador, Live Streaming Copa America 2024: When, Where To Watch MEX Vs ECU Group B Matchday 3

Mexico will take on Ecuador in a Copa America Group B clash at the State Farm Stadium in Glendale, Arizona, United States on Monday, July 1.

The Mexicans come into the clash after beating Jamaica 1-0 and failing to claim any points against Venezuela. They currently sit third in their group. On the other hand, Ecuador are placed second and enter the contest with a defeat to Venezuela and humbling Jamaica 3-1.

Here is how you can watch Mexico Vs Ecuador, Copa America 2024 Group B, Matchday 3 game in India and in other places of the world:

When is Mexico Vs Ecuador, Copa America 2024 Group B, Matchday 3 game?

The Mexico Vs Ecuador, Copa America 2024 Group B, Matchday 3 game will be played on July 1, Monday at 5:30 AM at the State Farm Stadium in Arizona. Where to watch Mexico Vs Ecuador, Copa America 2024 Group B, Matchday 3 game?

As of now, there is no broadcast or streaming of the Copa America 2024 in India.

However, you can click



HERE to check where Copa America is being aired or streamed in different parts of the world.

Mexico Vs Ecuador Copa America 2024 Squads Mexico: G o a l - keepers: 23-José Raúl Rangel (Chivas), 1-Julio González (Pumas), 12-Carlos Acevedo (Santos Laguna). Defenders: 19-Israel Reyes (América), 2-Jorge Sánchez (Porto), 20-Brian García (Toluca), 3-César Montes (Almería), 5-Johan Vásquez (Genoa), 13-Jesús Orozco (Chivas), 6-Gerardo Arteaga (Rayados), 26-Bryan González (Pachuca).

Midfielders: 4-Edson Álvarez (West Ham), 7-Luis Romo (Rayados), 14-Erick Sánchez (Pachuca), 17-Orbelin Pineda (AEK), 25-Roberto Alvarado (Chivas), 24-Luis Chávez (Dynamo Moscú), 8-Carlos Rodríguez (Cruz Azul), 16-Jordi Cortizo (Monterrey).

Forwards: 18-Marcelo Flores (Tigres), 21-César Huerta (Pumas), 9-Julian Quiñones (América), 11-Santiago Giménez (Peyenoord), 10-Alexis Vega (Toluca), 15-Uriel Antuna (Cruz Azul), 22-Guillermo Martínez (Pumas)

Ecuador: Goalkeepers:

22-Alexander Domínguez (Liga de Quito), 1-Hernán Galíndez (Huracán), 12-Moisés Ramírez (Independiente del Valle).

Defenders: 2-Félix Torres (Corinthians), 24-José Hurtado (Bragantino), 17-Ángelo Preciado (Sparta Praha), 6-William Pachó (Eintracht Frankfurt), 3-Piero Hincapié (Bayer Leverkusen), 4-Joel Ordóñez (Brujas), 25-Jackson Porozo (Kasimpasa Spor Kulubu), 26-Andrés Micolta (Pachuca), 7-Layan Llor (Universidad Católica de Ecuador).

Midfielders: 5-José Cifuentes (Cruzeiro), 10-Kendry Páez (Independiente del Valle), 18-Joaquín Ortiz (Independiente del Valle), 8-Carlos Gruezo (San José de USA), 15-Ángel Mena (León), 21-Alan Franco (Atlético Mineiro), 23-Moisés Caicedo (Chelsea), 9-John Yeboah (Raków C2stochowa).

Forwards: 14-Alan Minda (Cercle Brugge), 13-Enner Valencia (Internacional de Porto Alegre), 16-Jeremy Sarmiento (Ipswich), 19-Jordy Caicedo (Atlas), 20-Janner Corozo (Barcelona), 11-Kevin Rodríguez (Royale Union Saint-Gilloise).

Secretary RDD reviews arrangements for SANJY at Baltal; exhorts officers to ensure quality services to pilgrims

JINNEWS SERVICE
GANDERBAL, JUNE 30

Secretary Rural Development Department (RDD), Shahid Iqbal Choudhary, conducted a comprehensive review of facilities being extended to pilgrims during the ongoing Shri Amarnath Ji Yatra (SANJY) at Baltal. During the visit, the Secretary emphasized the officers of all concerned departments to ensure that the pilgrims get quality services in a total hassle-free manner.

In a meeting with the officers, the Secretary assessed the current status of facilities, including accommodation, medical services, sanitation and security.

Acknowledging the efforts made so far, the Secretary urged upon all departments to work



in close coordination to address any gaps on this account. He said our prime concern should be to ensure a smooth pilgrimage experience for the pilgrims thronging the UT from various parts of the

country and abroad well. "The success of SANJY 2024 hinges on our ability to provide a safe, comfortable and spiritually fulfilling journey for every yatri", maintaining the Secretary.

Interacting with the officers, the Secretary said that our commitment should be unwavering in making sure all necessary arrangements are in place and any issues are promptly resolved.

The Secretary directed for regular monitoring and maintenance of sanitation facilities to ensure cleanliness and hygiene. He also emphasised the importance of enhanced communication and coordination among all stakeholders for grand success of this religious annual pilgrimage.

The meeting was attended by Deputy Commissioner Ganderbal, Shyamir, ADCC Ganderbal, Mushtaq Ahmad Simnani, Camp Director Baltal, SSP Yatra Baltal Axis, SDM Kangan, ACD and other district officers.

DDC Reasi reviews formulation of District Capex Plan 2024-25

JINNEWS SERVICE
REASI, JUNE 30

District Development Commissioner Reasi, Vishesh Mahajan chaired a meeting with key stakeholders here today to discuss the formulation of the District Capex Plan 2024-25. The meeting also evaluated the progress on the estimation of works proposed so far.

The DDC reviewed feasibility of proposed works under different sectors, including minor irrigation, Roads & Buildings, Elementary and Secondary Education, Youth Services and Sports, Urban Development, Public Health Engineering, and Unaided Grants.

He directed the officers to ensure the formulation and submission of the plan within two days. He



emphasized the need for a multilayered prospective plan that will maximize public benefit. He further urged the members to focus on the completion of ongoing projects and to propose only those works which can be completed within the working season of the current financial year.

The DDC instructed the Deputy Chief Medical Officer to provide details of non-functional buildings within two days.

The Executive Officers were asked to identify dark spots in Reasi and Katra that need illumination and allocate resources where they can yield the greatest public ben-

efits. The DDC directed BDOs to ensure that PRIs Grants are used for the benefit of the community rather than individual persons. He also instructed executive agencies to survey groundwater and improve water facilities in Reasi and Katra.

He emphasized the replacement of wooden poles with iron poles. Under the Aspirational Block Development Programme (ABDP), focus was laid on filling the gaps in Panchayats by improving schools, footbridges and other infrastructure.

ADCC, Sukhdev Singh Samyal, CPO, Narinder Kumar, ACD Pardeep Kumar, CEO Mushtaq Ahmed, XENs PWD, Jal Shakti and JPDC, BDOs and other officers present in the meeting.

DC Doda reviews preparedness for 2nd Summary Revision of Photo Electoral Rolls

JINNEWS SERVICE
DODA, JUNE 30

Deputy Commissioner Doda, Harvinder Singh chaired a meeting to review the preparations for the summary revision of photo electoral rolls-2024, effective from July 1, 2024.

The meeting was attended by representatives of political parties and government functionaries associated with the task. The political representatives raised various issues and demands regarding the revision process, highlighting the need for improvements at different levels.

The Additional Deputy Commissioner, SDMs, and tehsildars joined through virtual mode and responded to the queries of the political representatives regarding SSR-related parameters and the



rationalization of polling stations.

The DC emphasized the importance of providing detailed reports on BLO visits within their jurisdictions. The officers were asked to conduct house-to-house surveys and verifications across the district to ensure accuracy in the electoral rolls.

The DC further instructed all three AROs (Assistant Returning Officers) to ensure the presence of

BLOs in their respective jurisdictions. Detailed information regarding polling station issues, the upgradation of polling centers, and the deployment of BLOs was reviewed. The convenience of polling stations for voters was a key focus and tehsildars and SDMs highlighted their genuine issues and past experiences regarding polling stations.

The DC directed the

concerned officers to ensure the renovation of the damaged polling stations in a time-bound manner, as the assembly elections are likely to commence soon.

The DC directed the Election Naib Tehsildar (ENT) Doda to document and address issues highlighted by the political party representatives. The meeting was also attended by ACR, Sunil Bhutyal, ENT Joginder Kumar.

JINNEWS SERVICE
SRINAGAR, JUNE 30

Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat Saturday midnight undertook a visit to Yatra Transit Camp at Panthachowk to inspect the arrangements and facilities being extended to the Amarnathji pilgrims.

During his visit, the DC interacted with the Shri Amarnathji pilgrims and inquired about the arrangements and facilities available for them.

Dr. Bilal Mohi-Ud-Din Bhat was accompanied by senior Officials from the District Administration and Police. He personally inspected the facilities and ensured that all necessary



measures were in place for the comfort and safety of the pilgrims.

On the occasion, the DC said that all required

arrangements have been ensured at the Yatra Camp so that the pilgrims have a safe and pleasant journey.

He emphasized the

importance of seamless coordination among various Departments to ensure smooth and peaceful conduct of the Yatra.

DC, SSP Ramban conduct thorough review of SANJY 2024 arrangements to ensure safety & comfort of Pilgrims



JINNEWS SERVICE
RAMBAN, JUNE 30

Deputy Commissioner Ramban, Baseer-Ul-Haq Chaudhary, along with Senior Superintendent of Police, Anuj Kumar, on Sunday conducted a comprehensive review of the security, boarding, and lodging arrangements for Shri Amarnath Yatra Pilgrims at Lamber Banihal. The visit focused on ensuring that all necessary measures are in place to guarantee the comfort and safety of the pilgrims.

Sub-Divisional Magistrate Banihal, Rizwan Asgar, Tehsildar Banihal, Imtiaz Ahmed and other concerned officers joined the inspection team.

During the inspection, the Deputy Commissioner and SSP assessed the effectiveness of the current facilities and interacted with the staff to ensure smooth operations. They also took the opportunity to meet with the Yatri, gathering valuable feedback to address any concerns promptly.

The Civil and Police administration is committed to ensuring elaborate arrangements for SANJY 2024. By meticulously reviewing the security measures, we aim to provide a safe and seamless experience for all Yatri, stated Deputy Commissioner Chaudhary.

The Senior Superintendent of Police, reinforced

this commitment by highlighting the importance of robust security protocols to maintain a secure environment for the pilgrims.

The Deputy Commissioner emphasized that the district administration is working diligently to ensure that Yatri receive the highest level of care and support during their pilgrimage.

Directing the Team to adopt a proactive approach, reflecting the administration's dedication to the successful and smooth conduct of SANJY 2024, the DC said that the district will continue to monitor the arrangements and make necessary steps to ensure the success of the event.

CMO Doda Team defeats SDH Baderwah

JINNEWS SERVICE
DODA, JUNE 30

A one-day exhibition cricket match was hosted on Government PG College Ground Baderwah today to pay tributes to the late legendary cricketer and social activist Manjeet Singh.

The match was played between CMO Office Doda team and SDH Baderwah team.

The event was inaugurated by Chief Guest Surinder Singh Thakur, father of the late Manjeet Singh in presence of CMO, Dr. Om Kumar, BMO Baderwah Dr. Mohd Ashraf, and others.

A two-minute silence was observed in honor of the departed soul. The CMO Office Doda team, led by Umar Anayat, elected to bat first after winning the toss.

Batting first, CMO Doda set a target of 146 runs, with Dr. Waseem Natoo scored 40 runs and Irfan Thukar added 18 runs. Kalwant Singh from SDH Baderwah took 3 wickets, while Dr. Subhash Sharma and Mehboob Ahmed claimed 2 wickets each.

Jammu administration refutes news report alleging unfairness in issuance of Amarnath Yatra tokens

JINNEWS SERVICE
JAMMU, JUNE 30

The District administration Jammu has termed the news published in a section of press alleging unfairness in the issuance of tokens for the Amarnath Yatra as baseless. The report also mentioned that police had to use force to control the protesting

crowd, which is incorrect.

"A definite number of tokens for the Amarnath Yatra are issued daily on a first-come, first-serve basis and the district administration is closely monitoring the process to ensure fairness and transparency. There is no scope for malpractice or favouritism. The presence of police personnel is solely for

crowd management and to prevent any untoward incidents," it said.

To allay other misinformation from the social media, it is also informed that a water tanker is placed near Saraswati Dham and water bottles are also provided at regular intervals to devotees in queues. The district administration regrets

any inconvenience and requests that it be reported to the nearest government official the next time.

To address sanitation needs, a sufficient number of urinals have been installed at Rail Head Complex near Saraswati Dham, along with a mobile toilet stationed in front of Saraswati Dham across the road.

DC Poonch reviews progress on PMGSY projects

JINNEWS SERVICE
POONCH, JUNE 30

District Development Commissioner Poonch, Yasin M. Choudhary convened a review meeting to assess the progress under the Pradhan Mantri Gram Sadak Yojana (PMGSY) in the district.

During the meeting, SE PMGSY, Er. Ajay Kapahi provided a detailed update on the works undertaken under the scheme.

The Chief Engineer PMGSY, Er. Rajan Mengi also joined the meeting through online mode.

The Deputy Commissioner thoroughly reviewed the physical and financial progress achieved, directing the concerned officials to expedite the execution of pending projects.

The concerned authorities were asked to float tenders for the permanent restoration of identified



roads, including Ziarat Sai Baba Miran Sab to Shahpur, Arai to Arai Upper, and Janyar to Dingla, within the next 3-4 days.

He also emphasized the importance of maintaining the existing bridge on

Boniketh to Chanansar and the Chamber Kinari road by filling potholes.

The DC warned that any contractor failing to maintain the roads would be blacklisted. He also directed the concerned

Executive Engineer to accelerate the work on the 63.4 km Buzliaz to Mandi Fagla road and the two bridges on the Mandi to Buzliaz road.

The Deputy Commissioner asked the concerned officers to ensure the time-bound execution of the works so that the local population can benefit from the improved connectivity. The meeting was attended by the Superintending Engineer of PMGSY, Er.

Ajay Kapahi, Chief Planning Officer, Mohd. Rafi, Assistant Commissioner Revenue, Qadeer Ul Rehman, Executive Engineer of PMGSY, Er. Imtiaz Khan, and other concerned officials.