

DGP Swain Pays Tribute To Martyrs, Reflects On Service In J&K Ahead Of Retirement

for a police officer is a place of worship, especially when an officer serves in Jammu and Kashmir where hundreds have been martyred. I feel I could have been one of those who made the supreme sacrifice,” she said.

Reflecting on his 30-year career in the region, as he is set to retire later on Monday, he said that many of his colleagues sacrificed their lives.

Their blood and sweat makes this the Balidhan Stambh, Swain said.

He expressed gratitude for the opportunity to serve the people of Jammu and Kashmir.

“I was given the opportunity by the government to serve the people of Jammu and Kashmir. This opportunity does not come to all. I am grateful to the government and to my colleagues and other security partners,” he said.

Looking back in his tenure, Swain said that it was a very eventful phase in which he tried to contribute in bringing lasting peace.

“Peace with dignity, as many say, is not just lip service, it was a hard call. With all sincerity at my command, I tried to bring smiles, to remove fear and bring happiness and prosperity to not only my force but people as well,” he said.

Swain said that everybody in Jammu and Kashmir should be able to enjoy peace, live prosperously, free of fear and intimidation.

“That was my effort and I feel good about it that I did not lose the opportunity,” he added.

Nalin Prabhat, who is currently the director general of police (law and order) in Jammu and Kashmir, will take take over from Swain later in the day. (Agencies)

Over 20K polling staff mobilised for final phase of assembly elections in Jammu And Kashmir

ond phase on September 26.

This is the first Assembly election in Jammu and Kashmir since the abrogation of Article 370 of the Constitution in August 2019, with the results set to be announced on October 8.

According to J&K chief electoral officer Pandurang K Pole, more than 39.18 lakh voters are eligible to exercise their electoral franchise in the final phase across the 40 assembly constituencies – 24 in Jammu region and 16 in Kashmir valley.

In Jammu division, Jammu district accounts for the highest number of 11 segments (Bishnah-SC, Suchetgarh-SC, R S Pura, Jammu South, Bahu, Jammu East, Nagrota, Jammu West, Jammu North, Akhnoor-SC and Chhamb), followed by six seats in Kathua district (Bani, Billawar, Basohli, Jasrota, Kathua-SC and Hiranagar), four in Udhampur district (Udhampur West, Udhampur East, Chenni and Ramnagar-SC) and three in Samba (Ramgarh-SC, Samba and Vijaypur).

Similarly in Kashmir division, 16 assembly constituencies including Karnah, Trehgam, Kupwara, Lolab, Handwara and Langate fall in Kupwara district, Sopore, Rafiabad, Uri, Baramulla, Gulmarg, Wagoora-Kreeri and Pattan in Baramulla district and Sonawari, Bandipora, Gurez (ST) in Bandipora district.

Pole said a total of 5,060 polling stations have been set up across the poll-bound districts.

He said there will be 50 polling booths managed by women, known as Pink Polling Stations, 43 polling stations manned by specially-abled persons and 40 polling stations manned by youths.

Also, there will be 45 green polling stations in order to spread the message about environmental concern and 33 unique polling stations, he said, adding 29 polling stations are established near the Line of Control or International Border for border residents.

“The purpose behind these special polling stations is to spread awareness among sections of society like women, specially-abled persons and first-time young voters to come forward and exercise their right to vote,” he said.

He said over 1.07 lakh saplings have been planted in the premises of all polling stations.

Four election staff, including presiding officer, will be stationed in every polling station, he said, adding more than 20,000 polling staff will be deployed on duty for the third phase election.

A total of 39,18,220 lakh voters eligible to exercise their franchise include 20,09,033 male voters, 19,09,130 female voters and 57 third gender voters, the CEO said, adding as many as 1.94 lakh youth between the age 18 and 19 years, along with 35,860 Persons with Disabilities (PwDs) and 32,953 elderly voters above the age of 85 are also eligible to exercise their franchise in this phase.

He said the voting will take place from 7 am to 6 pm and before that there will be a mock poll in the polling stations in presence of the polling agents. Also, the voting will continue even after 6 pm, if voters are standing in queue in the polling station premises to exercise their right to vote.

Every polling station will be provided with Assured Minimum Facilities (AMFs) like drinking water, electricity, toilet, ramp, furniture and veranda or shed. Besides, wheelchairs will also be provided to the needy, he said, adding the ballot unit will also have a list of contesting candidates in the Braille script.

Where ever required, there will be separate queues for senior citizens and specially-abled persons facilitating them with early polling, he said.

Prominent among others in the fray include People’s Conference chairman and former minister Sajjad Lone and National Panthers Party India president Dev Singh. While Lone is fighting on two seats from Kupwara, Singh is contesting from Chenani seat of Udhampur.

Former ministers Raman Bhalla (R S Pura), Usman Majid (Bandipora), Nazir Ahmad Khan (Gurez), Taj Mohiuddin (Uri), Basharat Bukhari (Wagoora-Kreeri), Imran Ansari (Pattan), Ghulam Hassan Mir (Gulmarg), Choudhary Lal Singh (Basohli), Rajiv Jasrotia (Jasrota), Manohar Lal Sharma (Billawar), Sham Lal Sharma and Ajay Kumar Sadhotra (Jammu North), Mula Ram (Marh), Chander Prakash Ganga and Manjit Singh (Vijapur) are other strong contenders in the fray.

Registration counters at Katra railway station for Vaishno Devi pilgrims from Tuesday

The devotees can register themselves at 47 places. All facilities have been put in places at registration counters”, he

said.

Highlighting specific measures, Garg said new RFID cards have been introduced for enhanced security and mandatory registration for all pilgrims. “New card will be introduced from tomorrow morning”, he said.

Garg presided over a crucial meeting at Katra where extensive discussions were held on preparations in collaboration with security agencies and local authorities.

The meeting focused on enhancing security and operational readiness ahead of the Navratra festival from October 3 to 12.

Addressing concerns related to crowd management, fire safety, and disaster preparedness, the CEO underscored the necessity for synchronised efforts to manage the anticipated influx of pilgrims.

Recent directives from Manoj Sinha, Chairman of SMVDSB and Lieutenant Governor of Jammu and Kashmir, reinforced the importance of meticulous planning and cooperation among all stakeholders.

The stringent frisking procedures and enhanced surveillance through drones and CCTV cameras will be implemented to ensure real-time monitoring of the pilgrimage route and shrine area, the CEO said.

“The deployment of additional security forces and quick response teams further fortifies the multi-tier security grid designed to safeguard devotees”, he added.

“We are committed to providing a safe and comfortable experience for all pilgrims,” Garg said and stressed the Board’s focus on maintaining cleanliness, adequate water supply and improved lighting along the pilgrimage route.

Plans are also underway to address traffic congestion issues caused by unauthorised parking with a special enforcement drive, he said.

“With meticulous planning and collaborative efforts, SMVDSB aims to uphold the sanctity of the pilgrimage while ensuring the safety and well-being of every devotee during the upcoming Navratra festivities”, he added.

The stage is set for a spiritually enriching and incident-free celebration at the revered Mata Vaishnodevi Shrine, he said. (Agencies)

Assembly Elections | Exit polls of J&K be published after 6:00 PM on October 5: ECI

monitor compliance. Any violations will be dealt with strictly in accordance with the law.

This measure aims to maintain the integrity of the electoral process and ensure free and fair election environment, and to ensure that voters make their decisions uninfluenced by premature predictions or analysis of electoral outcomes.

All concerned parties, including media houses, social media platforms, and polling agencies, are urged to adhere to these instructions and refrain from publishing or sharing any exit poll results before the stipulated time.

CBI Arrests 26 Cybercriminals In Multi-State Crackdown

night last Thursday. The central agency has seized Rs 58.45 lakh cash, locker keys and three luxury vehicles, they said.

Four call centres — V.C. Inconformities Pvt. Ltd at Regent Plaza, Pune; V.C. Infrometrix Pvt. Ltd, Murlı Nagar, Visakhapatnam; Viajex Solutions, Hyderabad; and Atriya Global Services Pvt. Ltd, Visakhapatnam — were among the places raided by the agency.

The Central Bureau of Investigation (CBI) intercepted 170 people engaged in live online criminal activities across the four call centers, the officials said.

“The cybercriminals targeted in this operation were involved in a range of illicit activities, including impersonating... Tech support services and approaching victims, especially in the USA in the guise that the victim’s systems have been hacked,” a CBI spokesperson said in a statement.

He said the victims were convinced by the criminals that their identities had been stolen and that a large number of unauthorised transactions were being made in their bank accounts.

The scammers told the victims that they were under the scanner of investigation agencies of their respective countries, he added.

“The cybercriminals then induced the victims to transfer their bank holdings into new bank accounts given by cybercriminals in the guise of safeguarding their finances.

“In some instances, the cybercriminals intimidated the victims into transferring funds to them through international gift cards or crypto currency. Extensive wrongful losses were incurred by the victims targeted by this criminal network,” the statement said.

So far, the CBI has arrested 10 cybercriminals from Pune, five from Hyderabad and 11 from Visakhapatnam. Further investigation and questioning into the role of other workers at these illegal call centers is ongoing, it said.

“These operations have resulted seizure of critical digital evidence and incriminating material. 951 items have been seized including electronic devices, mobile phones, laptops, financial information, communication records and incriminating material used by this cyber crime network for criminal activity and to defraud victims,” the spokesperson said.

This operation has resulted in significant disruption and dismantling of a major trans national technology enabled crime network, he said. (AGENCIES)

Air Chief Marshal A P Singh takes charge as new chief of Air staff

Singh was commissioned into the fighter pilot stream of the Indian Air Force in December 1984.

In his long and distinguished service spanning nearly 40 years, he has served in a variety of command, staff, instructional and foreign appointments.

An alumnus of the National Defence Academy, Defence Services Staff College and National Defence College, the air officer is a qualified flying instructor and an experimental test pilot with more than 5,000 hours of flying experience on a variety of fixed and rotary wing aircraft.

Air Chief Marshal Singh has commanded an operational fighter squadron and a frontline air base.

As a test pilot, he led the MiG-29 upgrade project management team at Moscow.

He was also the project director (flight test) at National Flight Test Centre and was tasked with flight testing of the Light Combat Aircraft, Tejas.

Air Chief Marshal Singh has taken charge of the IAF amid concerns over delays in supply of LCA Tejas-Mark 1A variant to the force by state-run aerospace giant Hindustan Aeronautics Ltd (HAL).

The officer has held important staff appointments of Air Defence Commander at South Western Air Command and Senior Air Staff Officer at Eastern Air Command.

Prior to assuming the charge of Vice Chief of the Air Staff in February last year, he was the Air Officer Commanding-in-Chief of Central Air Command.

The Air Chief Marshal is a recipient of the Param Vishisht Seva Medal and Atı Vishisht Seva Medal.

Air Chief Marshal Singh is known as a fitness enthusiast who also plays squash. (PTI)

CEC Rajiv Kumar appeals to J&K voters to participate in large numbers

More than 7,200 permissions were granted through the Suvidha portal for rallies and meetings.

The first phase of voting took place on September 18, and the second phase concluded on September 25. Voting in the third phase will take place on Tuesday across 40 constituencies. The counting of votes is scheduled for October 8, with results expected shortly afterward, according to the Election Commission of India (ECI).

More than 3.9 million voters are eligible to cast their ballots across 40 constituencies spread over seven districts. Voting will take place between 7 AM and 6 PM, with security measures in place to ensure a smooth and peaceful process. At least 415 candidates, including former deputy chief ministers Tara Chand (Congress) and Muzaffar Hussain Beig, are contesting in the third phase. (Agencies)

Search operations in Kathua, Rajouri extended to fresh areas three more foreign terrorists of Pakistan-based Jaish-e-Mohammad (JeM) are believed to be hiding in the forest belt. In Rajouri, the officials said the terrorists fled after a brief encounter with security forces at Manial Gali in Thanamandi area Sunday evening. The operation was called off late Sunday and resumed and extended to new areas early this morning, the officials said. They said there was no fresh contact with the terrorists so far. Meanwhile, slain head constable Bashir Ahmed was laid to rest with full honours at a graveyard near his Jammu residence after a wreath laying ceremony late Sunday evening. J-K Director General of Police, Operations and Security, Nalin Prabhat, Additional Director General of Police (ADGP), Jammu zone, and all personnel paid homage to the fallen cop. Family members of the policeman -- his wife, two sons and a daughter -- were present at the wreath laying ceremony at the police headquarters and were seen being consoled personally by the DGP. Officers of central paramilitary forces also paid rich tributes and laid floral wreaths on the mortal remains of the deceased.

Over 39 lakh electors to decide fate of 415 candidates in final phase of elections on Oct 1

and Kashmir in strengthening the democracy, as many as 1.94 lakh youths voters aged 18 to 19 are eligible to vote in 3rd phase of Assembly Election.

This phase will also see participation from 35,860 Persons with Disabilities (PwDs) and 32,953 voters above the age of 85.

To facilitate the voters for smooth and hassle free electoral participation, Election Commission of India (ECI) has established 5,060 polling stations with 100% web-casting across 40 Assembly Constituencies. These include 974 Urban Polling Stations and 4,086 Rural Polling Stations.

To enhance voter participation, 240 special polling stations have been established across 7 districts in this phase, including 50 polling stations managed by women, known as Pink polling stations, 43 polling stations manned by specially abled persons and 40 polling stations manned by youth. Also, there will be 45 green polling stations in order to spread message about environmental concern, 29 polling stations are established near the LOC/ IB for residents residing there and 33 Unique Polling stations.

A total of 24 special Polling Stations have been established for Migrant Voters of Kashmir Division, which includes 19 Special Polling Stations in Jammu, 4 in Delhi and 1 in Udhampur District. Special Polling Station-wise extract voter list will be with BLOS.

A team of four officials, including Presiding Officer will be stationed in every polling station. In total, more than 20,000 Polling staff will be deployed on duty for 3rd phase of assembly election.

In this phase, 109 candidates are in fray in Jammu district, followed by 101 in Baramulla district, 59 in Kupwara district, 42 in Bandipora district, 37 in Udhampur district, 35 in Kathua district, while 32 candidates are contesting in Samba district.

In Udhampur district, 12 candidates are in fray in 59-Udhampur West AC; 9 in 60-Udhampur East AC; 9 in 61-Chenani AC; while 7 candidates are contesting in 62-Ramnagar (SC) AC.

In Kathua district, 8 candidates are in fray in 63-Bani AC; 4 in 64-Billawar AC; 4 in 65-Basohli AC; 8 in 66-Jasrota AC; 5 in 67-Kathua (SC) AC; while 6 candidates are contesting in 68-Hiranagar AC.

In Samba district, 7 candidates are in fray in 69-Ramgarh (SC) AC; 14 in 70-Samba AC; while 11 candidates are contesting in 71-Vijaypur AC.

In Jammu district, 9 candidates are in fray in 72-Bishnah (SC) AC; 11 in 73-Suchetgarh (SC) AC; 14 in 74-R.S. Pura-Jammu South AC; 12 in 75-Bahu AC; 9 in 76-Jammu East AC; 8 in 77-Nagrota AC; 12 in 78-Jammu West AC; 17 in 79-Jammu North AC; 6 in 80-Marh (SC) AC; 3 in 81-Akhnoor (SC) AC; while 8 candidates are contesting in 82-Chhamb AC.

Similarly, in Kashmir Division’s Kupwara district, 8 candidates are in fray in 1-Karnah AC; 10 in 2-Trehgam AC; 8 in 3-Kupwara AC; 11 in 4-Lolab AC; 7 in 5-Handwara AC; while 15 candidates are contesting in 6-Langate AC.

In Baramulla district, 20 candidates are in fray in 7-Sopore AC; 12 in 8-Rafiabad AC; 6 in 9-Uri AC; 25 in 10-Baramulla AC; 13 in 11-Gulmarg AC; 12 in 12-Wagoora-Kreeri AC; while 13 candidates are contesting in 13-Pattan AC.

In Bandipora district, 18 candidates are in fray in 14-Sonawari AC; 19 in 15-Bandipora AC; while 5 candidates are contesting in 16-Gurez (ST) AC.

The Kupwara district has recorded a total of 5,42,535 registered voters, including 2,71,601 males, 2,70,924 females, and 10 transgender across six Assembly constituencies. A total of 622 polling stations are spread across these constituencies of the district, ensuring that every registered voter has the opportunity to participate in the democratic process.

The Baramulla district comprises of seven Assembly Constituencies with 7,24,335 electorates which includes 3,65,074 males, 3,59,249 females, and 12 transgender voters. A total of 908 polling stations are spread across the district.

The Bandipora District has registered a total of 2,59,893 voters across its three Assembly constituencies, includes 1,32,679 male voters, 1,27,208 female voters, and 6 transgender voters. A comprehensive network of 312 polling stations has been established across the district.

Udhampur District is divided into four Assembly constituencies, with a total of 4,22,802 registered voters, including 2,21,457 male and 2,01,345 female voters. To facilitate the voting process, the Election Commission of India (ECI) has established 654 polling stations across the district.

The Kathua district has registered a total of 5,06,679 voters, including 2,65,420 male, 2,41,256 female, and 03 transgender voters across its six assembly constituencies. A comprehensive network of 704 polling stations has been established by the ECI for free, fair and transparent elections.

The Samba district comprises three Assembly constituencies, with 2,60,999 registered voters, including 1,33,736 male, 1,27,261 female and 02 transgender voters. ECI has established 366 polling stations throughout the district.

The Jammu district, with eleven Assembly Segments, has 12,009,77 electors, including 6,19,066 male, 5,81,887 female, and 24 transgender voters. To facilitate the voting process, t ECI has established 1494 polling stations across the District.

The voting will take place from 7.00 am to 6.00 pm. J&K youth highly aspirational, BJP promises opportunities: Dr Jitendra

by the few family-based parties. People saw the work in the last 10 years. The youth are aspirational and they don’t want to lose this opportunity.”

Dr Jitendra Singh said that if this is being made the agenda, then it is because of the parties there and the Congress party. The situation of Congress is delicate. They are unsure about Article 370.

He said, “I want to challenge them to promise Article 370 again in J&K, they would never say it,”

On a question related to Election in Jammu and Kashmir, Union Minister Jitendra Singh said, “ First of all, I want to thank PM Modi, there is a celebratory mood there. Everyone is celebrating the festival of democracy. It is happening for the first time. Mainstreaming of democracy in J&K has happened now. People will be grateful to PM Modi.”

He said that there was a long period of time in J&K after independence, when in the disguise of democracy, the spirit of democracy was not there. In the first 2-3 decades, returning officers used to be instructed to reject nomination papers and the ruling party candidate used to be declared winner.

Dr Jitendra Singh said, “ Then came a time when 8-10 pc voting used to happen. It would be influenced by Pakistan. Voters would not come out. It has changed for the first time. Aspirant candidates have increased. Voters are enthused.”

He said, “ The BJP has tried to create a new culture here in the last 10 years, where religion, caste are being left behind. When people saw welfare schemes, a faith was instilled in people. The confidence of voters has increased in Jammu. There is a level-playing field. People want BJP.”

On a question of Rahul Gandhi’s comments on PM Modi, He said that he should understand that Narendra Modi is not only the PM of BJP but also the PM of Rahul Gandhi, Priyanka Gandhi.

He said that Rahul Gandhi had broken the healthy practice of democracy by criticising the PM on Foreign soil.

About Congress chief Mallikarjun Kharge comments on PM Modi, he said that it is his wishful thinking, but it is the people who will decide.

Police Seize Over 1,600 Illegal Liquor Bottles In J&K’s Udhampur

Ram, resident of Kanah, Ramanagar tehsil on the spot.

In this regard, a case under relevant sections has been registered at Ramnagar Police Station and investigation is on, police said.

Notably, the Udhampur District Police have registered 37 cases in which 640 liters of illicit liquor recovered during the Assembly election period.

INDI alliance will take decision on waqf bill: Farooq Abdullah

ber 1, Farooq said “almighty willing the people will take the right decision during voting and that will pave the way to bring back the identity of Jammu and Kashmir”. (Agencies)

Ahead of Counting: DEO Srinagar chairs meeting to finalise arrangements

JAMMU RISING
JAMMU, SEPT 30

Ahead of Counting of votes of Eight 8 A s s e m b l y Constituencies of Srinagar District for General Elections to Legislative Assembly-2024, the District Election Officer (DEO) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting here at DC Office Complex to review the preparedness regarding arrangements put in place for Counting of Votes at designated Counting Centres at SKICC-Centaur.

At the outset, the District Election Officer (DEO) took a comprehensive review of arrangements being made at designated Counting Halls in SKICC-Centaur for smooth and hassle free counting process viz. Entry of RO staff, ARO staff, Micro Observers, Counting Agents and Media persons, besides transporting and handling of EVMs,



establishment of Media Centre, Control Room, Media Gallery, installation of Public Address System, issuance of ID cards. Similarly, the security Plan and paring of vehicles in and around the SKICC-Centaur were also meticulously deliberated in detail. In addition, barricading and parking management, with special emphasis on security access through proper security passes

were also discussed. On the occasion, the District Election Officer directed all concerned Officers to ensure error free and seamless arrangements for the smooth counting process in the District. He also asked the Nodal Officer Media Centre to take all requisite measures for timely announcement of round wise results on the counting day, besides for Media management at the venue.

The DEO informed that the Counting of votes will begin with postal ballots, followed by the counting of votes in EVMs as per the guidelines of Election Commission of India. Pertinent to mention that Counting of votes for General Elections to Legislative Assembly-2024 is scheduled on (Tuesday) October 08, 2024 at designated Counting Halls at SKICC-Centaur.

General Observer visits Sumbal, assess Poll Day preparations

JAMMU RISING
JAMMU, SEPT 30

The General Observer for Bandipora and Sonawari AC, Nelson Eyon Bage accompanied by District Election Officer (DEO) Bandipora conducted an on-site visit to Sumbal sub-division to review the poll day arrangements. During the visit, the General Observer and DEO inspected the DCRC and assessed the facilities available for polling parties and the process of dispatching poll parties. Paying Special attention to the Special Polling Stations, they evaluated welfare measures for both polling staff and voters during visits to various special polling stations. The DEO stated, "We are fully committed to ensuring that the electoral process is conducted smoothly and transparently. Our team is working diligently to meet all guidelines set by the Election Commission of India, and we are focused on providing a conducive environment for both voters and election personnel." Emphasizing the importance of voter education, the DEO said, "we encour-



age all citizens to participate in the electoral process and make their voices heard."

He said all necessary arrangements have been taken up to ensure a positive experience for every voter. The DEO assured that all preparations are in place in accordance with the

guidelines of the Election Commission of India (ECI), reinforcing the commitment to ensure a smooth and efficient electoral process.

The General Observer was also accompanied by ADC /Nodal Officer MCC Zaffar Husson Shawal and other officials.

Polling Parties dispatched for all six assembly segments in Kathua



JAMMU RISING
JAMMU, SEPT 30

The polling parties for all six assembly segments were dispatched from designated points today. As many as 94 polling parties dispatched from Govt Degree College, Bani for 63-Bani AC. Similarly, 130 polling parties were dispatched from GDC Billawar for 64-Billawar AC. Likewise, a total of 107 polling parties were dispatched from GHSS

Basohli for 65-Basohli.

Similarly, 132 Polling parties for 66-Jasrota AC and 131 Polling parties for 67-Kathua (SC) Assembly Constituency were dispatched from GDC Kathua. Likewise, 110 Polling Parties were dispatched from GLDM College Hiranagar for Hiranagar AC.

The elections for the six Assembly Constituencies of Kathua are scheduled for 01 October.

The process of the dis-

Ramban Police Arrested 01 Drug Trafficker With Heroine like substance

JAMMU RISING
JAMMU, SEPT 30

In a decisive move against narcotics smuggling, the Ramban police, under Operation Sanjeevani and the astute guidance of SSP Ramban Shri Kulbir Singh JKPS, successfully foiled a narcotics smuggling attempt. During nakka checking police party of PP Sangaldhan has apprehend one person and 07 grams of Herion like substance is recovered form his possession. On this case FIR No 79/2024 U/S 8, 21, NDPS Act is registered in PS Gool and investigation is initiated. The arrested accused persons have been identified as *Muhammad Sheeraz Son of Mohd Rafiq Ganaie Resident of Gambhiri Panchayat Thatarka Tehsil Gool and District Ramban. The investigation of the case is going on to ascertain the backward and forward links in the case.

DEO Bandipora visits Special Polling Stations

JAMMU RISING
JAMMU, SEPT 30

The District Election Officer (DEO) Bandipora, Manzoor Ahmad Qadri today conducted a comprehensive visit to several special polling stations in the district, as part of the preparations for elections scheduled to be held on Oct 01. The visit was aimed to evaluate the readiness of polling facilities and ensure a smooth electoral process for all voters. During the visit, the DEO inspected the accessibility and arrangements at each polling station, including Red and Pink polling stations of Bandipora and Sonawari AC, emphasizing the importance of providing a welcoming and efficient environment for voters. In addition to assessing the infrastructure, the DEO engaged with polling officials and gathered feedback to improve the overall electoral experience.



He said election authorities are committed to ensure free, fair, and transparent elections, and will continue to monitor preparations across all polling stations.

Following the inspection of special polling stations, the DEO visited the control room established for reporting and monitoring on poll day. The DEO reviewed the operational readiness

of the control room, for real-time monitoring and addressing any issues that may arise during the elections. The facility is equipped with the latest technology to facilitate prompt communication and coordination among election officials. Among others, the DEO was accompanied by ADC Zaffar Husson Shawal, DIO Aadil Manzoor Wani and other concerned.

CS visits Assembly Complex; reviews development works

JAMMU RISING
JAMMU, SEPT 30

Chief Secretary, Atal Dulloo, today visited the Legislative Assembly Complex Srinagar to assess its final readiness for holding sessions after culmination of the ongoing assembly elections in the Union Territory. During his visit to the complex, the Chief Secretary took round of the Assembly Hall, Meeting Halls, as well as the chambers designated for the Speaker, Deputy Speaker and others. He also reviewed functionality of the sound system, internet connectivity and other amenities necessary for smooth functioning of the complex.



The Chief Secretary issued directions regarding upgradations to be made in communication network in meeting halls to ensure holding of video conferencing along with making other improvements. While inspecting the ongoing works, he emphasised upon maintaining the quality simultaneously while completing the same within the given deadline. He also enquired about the

upgradation works in MLA hostels in the twin cities saying that they should be equipped with improved facilities. He said that both of them should be made fully functional before the culmination of current election process. Director Estates Department, Tariq Ahmad Ganai, apprised the Chief Secretary of the works completed besides those being executed.

DC Poonch intensifies anti-drug efforts in NCORD meet

JAMMU RISING
JAMMU, SEPT 30

In a firm effort to counter the rising drug menace, Deputy Commissioner Poonch, Vikas Kundal chaired a district-level NCORD (Narco Coordination Centre) meeting today, focusing on strengthening both preventive education and enforcement measures across the district. The meeting brought together stakeholders from various sectors to review and enhance strategies aimed at combating drug abuse in the region. During the meeting, the DC highlighted the crucial role of educational institutions in raising awareness about the dangers of drug use. He directed the Principal of Degree College Poonch and the Chief Education Officer (CEO) to organize a series of seminars and special lectures to educate students and the public about the detrimental effects of substance abuse. He emphasized the need for

engaging not only students but also parents, creating a community-wide push towards a drug-free lifestyle. DC Poonch instructed law enforcement agencies to intensify their vigilance by conducting random inspections in public places. He called for swift and decisive action against those involved in drug-related activities, stressing that a zero-tolerance approach is critical in deterring drug peddlers. The departments present at the NCORD meeting apprised the DC of the various ongoing initiatives in the district aimed at drug prevention. These include community outreach programs, awareness drives, and public engagement efforts that address both the supply and demand side of the drug problem. He urged all departments to work in synergy to strengthen the district's efforts in combating this serious issue.

88 Micro Observers trained for vote counting in Poonch

JAMMU RISING
JAMMU, SEPT 30

District Election Officer (DEO) Poonch, Vikas Kundal presided over a crucial training session today for the 88 Micro Observers assigned to monitor the vote counting process for the upcoming Jammu and Kashmir Legislative Assembly Elections. The training session, held at the New Auditorium Hall, Government Degree College, Poonch, aimed to equip the observers with the necessary knowledge and skills to ensure a smooth and transparent counting process. The counting of votes for the three assembly constituencies—Surankote, Haveli, and Mendhar—will take place on October 8th at the Government Girls Higher Secondary School, Poonch, under tight security

to safeguard the integrity of the process. During the session, DEO Vikas Kundal emphasized the pivotal role Micro Observers play in maintaining transparency and fairness, as outlined by the guidelines of the Election Commission of India (ECI). "Your responsibility is to ensure that the entire process is impartial, accurate, and adheres to the highest standards of integrity," he stated, stressing the importance of professionalism and neutrality. The training, conducted by District Level Master Trainers (DLMTs), covered essential aspects of the counting process, including the handling of Electronic Voting Machines (EVMs) and the resolution of any issues that may arise during the process.

Ayurvedic Hospital holds workshop on Ayush based Dietetics & Nutrition

JAMMU RISING

JAMMU, SEPT 30

Under the aegis of Directorate of Ayush J&K, Govt. Ayurvedic Hospital Jammu in collaboration with Project Poshan ICDS Kot Bhalwal, a one day workshop on Ayush based Dietetics and Nutrition was organized as a part of 7thPoshanMaah Celebration under the guidance and leadership of Dr. Mohan Singh Director Ayush J&K and supervision of Dr. Vandana Dogra. Medical Superintendent GAH Jammu, Dr ArunaBhat Deputy Medical Superintendent GAH. Sh. Pankaj District Program Officer, Poshan Project ICDS and Sh. Mohit Bharti, CDPO Kot Bhalwal, Poshan Project were also present in the collaborative program organized by the two institution. In this workshop, Anganwadi Workers were sensitized about the strengths of traditional systems of medicines in achieving the goals of 7thPoshanMaah viz. Anemia



eradication, Growth Monitoring, Holistic Nutrition as part of weaning practices, Use of Poshan Calculator, PoshanVatika etc. through detailed presentations, IEC material by Dr. Arun Gupta, resource person from Govt. Ayurvedic Hospital. All the participants were also briefed about Yoga Interventions for maintain holistic health and well being of the beneficiaries of ICDS Project. 70 ICDS functionaries including ICDS supervisors, Anganwadi Workers, Anganwadi helpers and ASHAs were also present in the workshop.

Dr. Vandana Dogra, MS Govt. Ayurvedic Hospital briefed about the need of integration of Ayush based nutritional wisdom in planning dietary and nutritional interventions for the women and children. She highlighted the T3- Talk, Test and Treat strategy for Anemia mitigation and prevention. She emphasized upon the convergence of ICDS functionaries and utilization of VHND platform for anemia eradication and promotion of Ayush based super foods and Dietary practices. Pankaj Anand, DPO ICDS also emphasized the inter-

sectoral convergence between AYUSH and ICDS for better implementation of all the focus areas of Poshan Maah. Dr. Aruna Bhat, Deputy Medical Superintendent informed the Anganawadi functionaries about various outreach activities of the Directorate of Ayush and Govt. Ayurvedic Hospital Jammu and the areas of convergence. Mohit Bharti, CDPO Kot Bhalwal appreciated the role of Ayush and need for organizing such enlightening programs at regular intervals. The program began with Deep Prajwalan and Dhanwantri Stawan and followed by the presentation. A small exhibition of various traditional recipes was also organized by the Anganwadi functionaries. The Program culminated with the plantation of fruit bearing trees in Arogya Vatika of Govt. Ayurvedic Hospital Jammu on the clarion call of Prime Minister. Interns of the Govt. Ayurvedic Hospital also attended the program.

KU mourns colleague's demise, holds condolence meet

JAMMU RISING

JAMMU, SEPT 30

The University of Kashmir (KU) Monday mourned the untimely demise of Reyaz Ahmad Bhat, son of Abdul Rahim Bhat, a resident of Lar, Ganderbal, who passed away on Sunday due to a heart attack. Reyaz worked as MTS (Multi Tasking Staff) at the University Landscape Development Division (ULDD). In honour of his memory, KU organised a condolence meeting in which faculty members, non-teaching staff, research scholars and students attended. They expressed their grief over this tragic loss offered prayers for the departed soul. In her condolence message, KU Vice Chancellor, Prof Nilofer Khan, conveyed her heartfelt sympathies to Reyaz's family, stating, "We are deeply saddened by the untimely demise of Reyaz. Our thoughts and prayers are with his family during this difficult time. We hope that they find strength and solace, and we

pray that his soul finds eternal peace." KU Registrar, Prof Naseer Iqbal, who chaired the meeting, also offered prayers for the departed soul. "Reyaz was a dedicated member of our community. We extend our deepest condolences to his family and hope they receive the support they need during this trying time," he said. Coordinator, University Landscape Development Division (ULDD), Prof Anzar A Khuroo, reflected on Reyaz's character, saying, "He was gentle, down to earth and always wore a smile. His dedication to work made him an asset to our team." Prof Khuroo also urged the KU Registrar to assist his family as per university rules, as he passed away during active service. The meeting was also attended by officers from the administration, staff of the ULDD and employees from various university wings.

Rotary Club Mumbai felicitates Dr. A K Kapoor with Lifetime Achievement Award

JAMMU RISING

JAMMU, SEPT 30

Rotary Club Mumbai West Coast felicitated Dr. A.K.Kapoor, Chairman Adarsh Educational Trust Jammu with Lifetime Achievement Award and Mr. Ritesh Kapoor, Director Principal A.S.N.Hr.Sec.School, Channi Himmat, Jammu with prestigious Nation Builders Award in a function organized at Sanjeevani World School, Dahesar East, Mumbai on 28th September, 2024. The Nation Builders Award is an annual initiative by the Rotary Club to acknowledge and reward outstanding educators, individuals, and organizations making significant contributions to nation-building. Royal Princess of Orissa, Dr. Manjula Pooja Shroff, MD & CEO Karolex Group was the Chief Guest on the occasion while PDG Rtn. Dr. Balkrishna Inamdar was the Special Invitee where as Rtn.Dr. Seemaa Negi, President of the club and Mr. Anantha Krishnan



Balasubramanian, CEO Karolex was the Guest of Honour. Speakers spoke on the occasion were Ms Lina Ashar, Ms Snehal Pinto. Lt Gen. Surendra Kulkarni and the youngest entrepreneur Mr. Shreyaan Daga. During the occasion, a book on making Young adults cyber secure titled "Safe Teen Steps" by Ragini Bharadwaj and Dr. Manjula Pooja Shroff which is a sequel to the book Baby steps to big dreams was also released by the dignitaries and later the signed book by the author was presented

to the awardees. Dr. Shroff also shared her idea behind the book and its value in today's era for making our young adults safe and secure from cyber threats. Around 235 educators were felicitated by the Rotary Club with Nation Builders Award, 7 Jury members with appreciation awards and 4 Educators were awarded with Lifetime Achievement Awards. The awardees from Pre-primary to higher education, counsellor and special educators were felicitated for their tireless contributions. to shaping the minds of

DPS Kathua marks Gandhi Jayanti, Shastri Jayanti with vibrant celebrations

JAMMU RISING

JAMMU, SEPT 30

Delhi Public School, Kathua, celebrated Gandhi Jayanti and Shastri Jayanti with great enthusiasm and spirit, specifically engaging the students of Classes I and II in various activities. The event was aimed at imparting the timeless teachings of Mahatma Gandhi and Lal Bahadur Shastri to young minds, focusing on the principles of truth, non-violence, cleanliness, and patriotism. A highlight of the celebrations was a rally held within the school campus, where young students carried vibrant placards featuring slogans that promoted Swachh Bharat and reiterated the teachings of both revered leaders. Through their participation, the students actively raised awareness about the importance of cleanliness and sustainability, echoing Mahatma Gandhi's vision for a clean and



self-reliant nation. They also learned about Lal Bahadur Shastri's values of simplicity, humility, and service to the country. The event, conceptualized by Chief Coordinator Ms. Rimjhim Wazir and K i n d e r g a r t e n Coordinator Ms. Jyoti Katoch, was meticulously planned to ensure that the students could actively engage in the activities while learning important life lessons.

The teachers played a pivotal role in guiding the children, helping them understand the values of the two great leaders. Classroom discussions were held, emphasizing how the principles of truth and non-violence can be integrated into daily life. By relating these teachings to real-life examples, the students were encouraged to adopt these values from a young age. The rally served as a

moving tribute to both Mahatma Gandhi and Lal Bahadur Shastri. As the students marched around the school premises, they carried messages that highlighted the importance of keeping their surroundings clean and being mindful of the environment. The vibrant energy displayed by the children reflected their eagerness to contribute to the vision of a cleaner and more harmonious world, while the slogans reminded all participants of the lasting impact of Gandhi Ji's and Shastri Ji's philosophies on today's society. Principal Mr. Vivek Arora lauded the efforts of the teachers and students in making the event a success. He emphasized the significance of following the ideals of Gandhi Ji and Shastri Ji in today's fast-paced world. "The values of truth, non-violence, simplicity, and patriotism are more relevant now than ever.

SKUAST-J awarded by ICAR New Delhi for its contribution in field of beekeeping 2019

JAMMU RISING

JAMMU, SEPT 30

The All India Coordinated Research Project (Honeybee and Pollinators) Centre of SKUAST of Jammu has been conferred the Best Reporting Centre Award by ICAR-New Delhi for the year 2023-24. The awards were presented to SKUAST Jammu centre by Dr. T. R. Sharma, DDG (Crop Sciences) in the presence Dr. Poonam Jasrotia, ADG (Plant Protection and Biosafety) and Project Coordinator, Dr. Sachin Suroshe in recognition of the research work conducted and technologies presented during the Annual Group Meeting of the ICAR-AICRP, held w.e.f. September 27-29, 2024, at the CSKHP-KV, Palampur, Himachal Pradesh. The Centre was chosen among 25 centers of ICAR - All India Coordinated Honeybee and Pollinators Project. The AICRP Centre was sanctioned as voluntary center by ICAR in 2008-09 and was subsequently upgraded as permanent centre in 2015-



16. Since then, the centre has contributed a lot in the field of beekeeping. The centre has developed and demonstrated various technologies on various aspects of scientific beekeeping. The centre has established advanced research facilities in the form of Honey testing; Disease Diagnostic laboratory; honey and beeswax processing plant amounting > 2.00 crore under National Bee Board Project, Govt of India for facilitating testing/processing of honey and diagnosis of bee diseases. The centre is conducting regular training on scientific beekeeping for beekeepers, farmers, line depart-

ment officials and NGOs etc. The experiential learning unit (beekeeping) is practically training students on value addition and diversification of bee products for promoting entrepreneurship. The centre has also released several publications in vernacular languages for the benefit of farmers in Jammu and Kashmir. Vice Chancellor Dr. B. K. Tripathi congratulated Dr. R. K. Gupta Head Entomology, Dr. Devinder Sharma, PI AICRP Honeybee and Pollinators and his team for bringing laurels to the University. He lauded the Apiculture scientists for their excellent research contributions in the field of beekeeping.

GGM Science College celebrates Gandhi Jayanti

JAMMU RISING

JAMMU, SEPT 30

On the occasion of Gandhi Jayanti, The Gandhian Centre for Peace and Conflict Studies at GGM Science College, Jammu, organized a series of inspiring events to commemorate the legacy of Mahatma Gandhi and his teachings on non-violence and truth. The broad theme for the activities was "Gandhian Philosophy of Non-Violence and Truth," focusing on how these principles continue to shape societal values today. The events included a seminar, slogan writing competition, essay writing competition, bhajan singing, and reel-making activities. The theme for the essay writing competition was "Gandhi Ji's Vision for a Sustainable Future," encouraging participants to reflect on Gandhi's ideals of environmental stewardship and sustainable development.



In addition to the creative and intellectual events, a cleanliness drive was conducted by the students, emphasizing how education plays a pivotal role in promoting cleanliness and sustainability in society. This initiative reflected Gandhi's belief in cleanliness as a moral responsibility and its connection to both personal and environmental well-being.

The programme saw enthusiastic participation from students, who engaged deeply with Gandhi's philosophy and its relevance in the modern world. The entire event was organized under the patronage of the esteemed Principal, Dr. Romesh Kumar Gupta, and the Convenor of the Centre, Dr. Seema Gandotra.

Coordination for the event was led by Dr. Shalini Sharma, Prof. Sunita Kumari, and Prof. Mehnaz Bano. The series of events not only honored the Father of the Nation but also served as a platform for students to express their views on how Gandhian principles can inspire a peaceful and sustainable future.

Rotary Club Mumbai West Coast felicitates Dr. A K Kapoor with prestigious Lifetime Achievement Award & Ritesh Kapoor with Nation Builders Award

JAMMU RISING
JAMMU, SEPT 30
Rotary Club Mumbai West Coast felicitated Dr. A.K.Kapoor, Chairman Adarsh Educational Trust Jammu with Lifetime Achievement Award and Mr. Ritesh Kapoor, Director Principal A.S.N.Hr.Sec.School, Channi Himmat, Jammu with prestigious Nation Builders Award in a function organized at Sanjeevani World School, Dahesar East, Mumbai on 28th September, 2024. The Nation Builders Award is an annual initiative by the Rotary Club to acknowledge and reward outstanding educators, individuals, and organizations making significant contributions to nation-building.Royal Princess of Orissa, Dr. Manjula Pooja Shroff, MD & CEO Karolex Group was the Chief Guest on the occasion while PDG Rtn. Dr. Balkrishna Inamdar was the Special Invitee where as Rtn.Dr. Seemaa Negi, President of the club and Mr. Anantha Krishnan Balasubramanian, CEO Karolex was the Guest of Honour.Speakers spoke on the occasion were Ms Lina Ashar, Ms Snehal Pinto. Lt Gen. Surendra Kulkarni and the youngest entrepreneur Mr. Shreyaan Daga.During the occasion, a book on making Young adults cyber secure titled “Safe Teen Steps” by Ragini Bharadwaj and Dr. Manjula Pooja Shroff which is a sequel to the book Baby steps to big dreams was also released by the dignitaries and later the signed book by the author was presented to the awardees. Dr. Shroff also shared her idea behind the book and its value in today’s era for making our young adults safe and secure from cyber threats.Around 235 educators were felicitated by the Rotary Club with Nation Builders Award, 7 Jury members



with appreciation awards and 4 Educators were awarded with Lifetime Achievement Awards. The awardees from Pre-primary to higher education, counsellor and special educators were felicitated for their tireless contributions to shaping the minds of future generations. The awardees were recognized for their dedication, innovation, and commitment to excellence in education. The awardees were selected through a rigorous process, evaluating their impact on students, teaching methodologies, and community involvement. It was also informed that around 900 nominations were filled up for the felicitations out of which the jury shortlisted just 239 educators for this prestigious honour.The ceremony was attended by prominent dignitaries, educational leaders, and Rotary Club members. These educators have gone above and beyond to inspire, motivate, and empower the youth. Their selfless service is building a stronger, more compassionate nation, and Rotary Club Mumbai West Coast was proud to recognize their

efforts.Speaking on the occasion, Dr. A.K.Kapoor expressed his gratitude and humility. He said that the Lifetime Achievement Award is not just a recognition of his work but also a tribute to the tireless contributions of his team, mentors, and family who has supported him every step of the way in his 55 years of his service. He added that he will continue the zeal of serving the society with determined commitment and selfless motives. He said that the Lifetime Achievement Award validates our commitment to creating positive change & inspires us to continue striving for excellence.Mr. Ritesh Kapoor on being felicitated with Nation Builders Award lauded the role of Rotary Club Mumbai West Coast for doing yeoman services towards the society and for recognising the educators, counsellors and leaders for their tireless efforts in shaping the future of the nation. He added that the Nation Builders Award is a prestigious recognition of exceptional leadership and vision in inspiring community engagement and development.

CEO visits Samba; reviews election preparedness, attends SVEEP event

JAMMU RISING
JAMMU, SEPT 30
In preparation for the upcoming elections, Chief Election Officer (CEO), P K Pole, today visited Samba and participated in a Systematic Voters’ Education and Electoral Participation (SVEEP) event aimed at raising voter awareness.The event was attended by DEO Samba, Rajesh Sharma, SSP Samba Vinay Kumar and other District officers.As part of the event, a theatre performance titled 'Loktantra Ka Asli Mantra,' written by Padmashree Balwant Thakur and directed by Neeraj Kant, was presented by the Natrang Theatre Group. The play emphasized the importance of voting as a tool for change, using satire to highlight societal apathy and urged the citizens to take responsibility by participating in the democratic process.Following the event, the CEO interacted with various election nodal officers to review the election preparedness of the district. He emphasised upon the officers for putting in place meticulous planning and coordination to ensure a smooth and transparent election process.The CEO also inspected the Dispatch and Receiving Centres and Control Room established



in the district for election management. His visit focused on operational efficiency, timely communication, and strict adherence to election protocols, ensuring a comprehensive plan is in place for

the upcoming elections.The CEO underscored the importance of every citizen's participation in the voting process, reiterating that a strong democracy depends on each vote being cast.

Coromandel Inaugurates Hi-Tech Polyhouse at Telangana R&D Facility to Boost Precision Agriculture Research and New Product Development

JAMMU RISING
JAMMU, SEPT 30
Coromandel International Limited, India’s leading agri solutions provider, has inaugurated a state-of-the-art Hi-Tech Polyhouse at its Research & Development (R&D) Farm in Shamirpet, Siddipet district, Telangana, further advancing its leadership in precision agriculture and new product development. This new facility strengthens Coromandel's commitment to advancing precision agriculture and accelerating innovation in new product development. The inauguration event was presided over by Mr. S Sankarasubramanian, Managing Director and CEO, and was graced by the presence of senior leadership team Mr. Amir Alvi, Chief Operating Officer, Mr. Amit Rastogi, EVP and Chief Technology Officer, Mr. Madhab Adhikari, VP & Head of Sales and Marketing, Mr Babu G, VP and Head Retail Business. The event also saw the participation of dignitaries from the Department of Horticulture, including Mr. Venkat Ramireddy, former Commissioner of Horticulture, Ms. Suvarna Devi, Deputy Director of Horticulture, emphasising the significance of this initiative in fostering agricultural innovation. Their participation highlights the growing collaboration between Coromandel International and government bodies in fostering agricultural innovation for the benefit of farmers. The newly inaugurated Hi-Tech Polyhouse is equipped with the latest technology, enabling Coromandel to conduct advanced field trials of its innovative range of agri-inputs and solutions. The facility is designed to conduct pot experiments and advanced trials using



soilless media, including hydroponics and cocopeat systems. These trials will be focused on the precise calibration of nutrients, making the polyhouse a critical testing ground for breakthrough products such as nano fertilizers, biostimulants, liquid fertilizers, slow and controlled release fertilizers, customized and coated fertilizers, plant growth regulators (PGRs), etc.Over 100 high-net-worth (HNI) farmers and channel partners attended the event, gaining firsthand experience of the polyhouse’s advanced capabilities, live demonstrations of hydroponics, cocoponics, and advanced crop diagnostic tools such as Green Seeker, SPAD meter, K-meter and Refractometer. Adding to the momentum of innovation, the event also included discussions on the latest advancements in autonomous robotic farm machinery developed by X Machines, a company in whichCoromandel has recently made a strategic investment. Attendees observed live demonstrations of this cutting-edge technology and gained valuable insights

into how autonomous machinery is transforming the future of agriculture. The use of robotics aims to increase farm efficiency and reduce labour dependency, highlighting Coromandel's commitment to integrating advanced technology into farming practices. Mr. S Sankarasubramanian, Managing Director and CEO, Coromandel International Limited emphasized Coromandel's commitment to supporting the agricultural sector, stating, "We are dedicated to serving the farming community to the fullest extent. With our farmer-first approach, our goal is to provide high-quality inputs and services that enhance the livelihoods of farmers and drive sustainable growth in the sector. The launch of the Hi-Tech Polyhouse underscores Coromandel's vision for the future of agriculture. We are focused on driving innovation in every aspect of farming from the development of high-efficiency products to incorporating smart technologies that will revolutionize field operations and reduce environmental impact."

Jugal, Kavinder seeks vote for BJP candidate Randhawa

TL BUREAU

JAMMU: In a significant show of support, MP Jugal Kishore Sharma and former Deputy Chief Minister Kavinder Gupta on the last date of campaign on Sunday have urged the people of Bahu Constituency to vote for BJP MLA candidate Vikram Randhawa. This endorsement comes ahead of the third phase of the assembly elections in Jammu and Kashmir on October 1. During the public meeting here at Channi Himmat BJP, prominent political figures accompanied by Seh Prabhari Jammu North Vinay Gupta, Pushpinder Charak, and others were present on the occasion.



The support of Jugal Kishore Sharma and Kavinder Gupta underscores the BJP's confidence in Randhawa's ability to lead the constituency towards progress and development. With Randhawa at the helm, the people of Bahu Constituency can look forward to a brighter future. Senior BJP leaders, namely Jugal Kishore and Kavinder Gupta, have urged the public to wholeheartedly endorse Vikram Randhawa, BJP can-

didate for Bahu Constituency. Citing strong voting trends and enthusiasm among voters, they predict a BJP majority government in Jammu and Kashmir post-October 8. Kavinder Gupta, BJP's J&K Unit Election Committee Incharge, emphasized the need for party cadres to remain active on the ground, focusing on maximum voting in the third phase. Randhawa, known for his commitment

to public service, has assured the people of Bahu Constituency that he will work tirelessly to fulfill the needs of all segments of society. His vision for the constituency focuses on efficient governance, infrastructure development, education, healthcare, and employment opportunities for the youth. Its pertinent to mention that as a dedicated leader, Randhawa has emphasized his dedication to addressing the concerns of the constituents. He has highlighted the BJP's achievements in the region and the need for continued support to ensure the completion of ongoing development projects.

NC- Congress all set to form next Govt in J&K: Rattan Lal

JAMMU RISING
JAMMU, SEPT 30
Rattan Lal Gupta, Provincial President of Jammu & Kashmir National Conference (JKNC), today asserted that the party, under the visionary leadership of Omar Abdullah, is poised to form the next government of NC and Congress in J&K following the upcoming Assembly elections. He made this statement while addressing a Joining function at Sher-e-Kashmir Bhawan, organized under the chairmanship of Jitender Singh Lucky, former Vice Chairman of the Cantonment Board and senior National Conference leader. In his address, Rattan Lal Gupta strongly criticized the "hollow and anti people's policies" of the Bharatiya Janata Party (BJP), stating that the people of Jammu and Kashmir are tired



and fed up from the false promises and ineffective governance delivered over the past decade. He remarked, "The BJP has subjected the people of J&K to 10 years of darkness. However, the dawn of a new era is on the horizon, as the Govt. headed by the National Conference is ready to bring true peace, and prosperity in J&K through its revolutionary and progressive manifesto, which has garnered massive support from the public." As it shall give new change to the life style

and livelihood of the people of J&K. The Provincial President emphasized that the National Conference's manifesto, crafted under the dynamic leadership of Omar Abdullah, will usher in "Acche Din" (Good Days) and transform the socio-economic landscape of Jammu and Kashmir. He added that people are eagerly awaiting a change, and the party is committed to fulfilling their aspirations with policies that focus on development, peace, and prosperity.

"The dark clouds of BJP's rule are dissipating," he remarked. "The rising sun symbolizes the National Conference's upcoming victory and the hope for a brighter, more prosperous future for Jammu and Kashmir." The senior NC leader said that the Party has committed in its manifesto to provide 1 lakh jobs to youth of J&K, implementation of J&K Youth Employment Generation Act within three months, 12 LPG cylinders free of cost to EWS, free travelling of

women in all public transport, enhancement of marriage assistance from Rs 50000 to Rs 75000, increase of medical allowance of pensioners to Rs 1000 from Rs 300, Minority Commission to be established, PDS to be strengthened and free ration of 10 kg per person per month shall be given to each BPL families, Rs 5000 Pm to each EWS household, free 200 units electricity power and free drinking water without charges. Rattan Lal Gupta appealed to the people of the Jammu region to vote and support National Conference candidates in the upcoming Assembly polls with the aim of restoring peace, development, and prosperity in Jammu and Kashmir under the leadership of Omar Abdullah.

JAMMU RISING
JAMMU, SEPT 30
The Students of The Law School, University of Jammu organized an engaging event focused on electoral awareness and participation in view of ongoing assembly elections in J&K. Through dynamic role-playing and short skits, participants effectively conveyed the importance of civic participation and the transformative power of voting in a democratic society. Dr. Ranjeet Kalra, UT Level Election Icon, commended the initiative, noting the critical role youth play in guiding others—especially the elderly, differently-abled, and marginalized—through the voting process. He encouraged stu-

JU Law School Promotes Voter Participation among First-Time Voters through SVEEP

dents to be proactive in sharing information about the Chief Electoral Office's initiatives and resources available at polling booths. Seema Rohmetra, Director, The Law School, delivered an impassioned message about the non-negotiable nature of voting as a civic duty. Her “no-excuse day” call to action resonated deeply with the audience, motivating them to prioritize their democratic responsibilities despite any challenges they might face. Dr. Seema Sharma, senior Faculty member, highlighted the essential link between voting and political participation in a democratic set up, asserting that without participa-

tion in elections, citizens lose their voice. The theme “Chunav Ka Parv Desh Ka Garv” resonated throughout the event, creating a festive atmosphere that celebrated democracy. Faculty members, including Dr. Monica Narang, Dr. Monika Bhardwaj, Dr. Mrinalini Atrey, Dr. Renu Jamwal and Dr. Ramesh Kumar, contributed to the discussions, enriching the dialogue on electoral participation. A standout moment was the presentation of a unique artistic piece created by Dr. Rubia Bukhari from Poonch University Campus to Dr. Ranjeet Kalra. This artwork, made from cocoon flakes, served as a

EDITORIAL

In Jammu and Kashmir (J&K), the Bharatiya Janata Party (BJP) is gearing up for the upcoming assembly elections, which are scheduled to take place in three phases in September and October 2024. This election will be particularly significant as it will be the first assembly election in J&K since the abrogation of Article 370 in 2019.

The BJP's strategy in J&K is multi-faceted. The party has decided to contest all 90 seats on its own, without forming any alliances with local parties, reflecting its confidence and determination to establish a strong presence in the region. One of the key components of BJP's electoral strategy is to focus on the issue of Pakistan-occupied Kashmir (PoK), emphasizing its stance on reclaiming PoK as part of India. This issue is likely to feature prominently in their election manifesto. Additionally, the BJP aims to secure at least 40 seats in the assembly, which would allow it to stake a claim to form the government. The party has also been working on an extensive public outreach program to strengthen its support base in both the Jammu and Kashmir regions. The BJP has also faced some internal challenges, including dissent within its ranks over candidate selection. However, top party leaders, including Prime Minister Narendra Modi and Home Minister Amit Shah, are actively involved in the campaign, with Modi being one of the star campaigners.

From Green Chemistry to Green life

VIJAY GARG

Green chemistry is a branch of chemistry that focuses on environmentally friendly and safe methods for manufacturing, using, and disposing of chemicals. Its primary aim is to reduce the environmental impacts caused by the production and use of chemicals. The concept of green chemistry was developed by Paul Anthony Trow in the 1990s, who widely presented its principles. According to Trow, "the methods of production and use of chemicals that harm human health and the environment the least are considered green chemicals." He outlined twelve principles of green chemistry that promote practices reducing harmful chemicals, thereby enhancing health protection and fostering a new lifestyle.

Green chemistry is resource-efficient, minimizing the use of hazardous chemicals. It also conserves energy by employing energy-efficient processes. Economically, it offers benefits through reduced costs associated with minimal chemical usage. By prioritizing sustainability, green chemistry contributes to creating a safe and healthy environment for future generations. Notably, it helps preserve soil health and prevents soil pollution while using processes that consume less energy. Examples of green chemicals include organic fertilizers like manure and green manure, organic pesticides such as neem oil and diatomaceous earth, and green fuels like biogas and hydrogen fuel. Furthermore, green metals, including copper, zinc, and aluminum, can be sourced from natural origins. These examples illustrate the versatility of green chemistry across various fields.

The relationship between organic farming and green chemistry is symbiotic; both are essential for environmentally friendly agri-



culture. Organic farming avoids harmful chemicals by relying on natural methods for crop production, while green chemistry enhances environmental protection and reduces chemical use, thus improving crop quality and soil fertility. Additionally, it contributes to water conservation efforts.

Green chemistry also plays a vital role in industrialization by making processes more sustainable and environmentally friendly. By promoting minimal chemical usage, it aids in pollution control. However, a significant challenge for green chemistry is the lack of policy support, as inadequate implementation of necessary policies hampers its development. Therefore, raising awareness about the importance of green chemistry and promoting its growth is crucial.

In daily life, green chemicals can be used for various applications, such as dry cleaning clothes and purifying contaminated water. To further contribute to environmental conservation, individuals are encouraged to use reusable materials, promote organic farming, and consume organic products. Utilizing energy-saving devices and advocating for green building construction can also significantly impact sustainability.

Green chemicals can be instrumental in the construction of eco-friendly buildings, positively affecting residents' health. For example, energy-efficient windows and doors enhance energy efficiency, while water-saving devices help in conserving water. Improving air quality through green building practices further enhances the sustainability of our living environments.

A green lifestyle embodies environmentally conscious decision-making in daily activities, promoting sustainability. By adopting practices like using bicycles instead of fuel-powered vehicles, individuals can contribute significantly to environmental protection. Green chemistry plays an essential role in supporting such a lifestyle, offering a pathway to cleaner and more sustainable products.

Moreover, green chemistry has a wide array of applications, including the development of clean paints, detergents, and cleaning products. It can also facilitate the creation of water-saving products like filters and shower taps, as well as waste management solutions that enhance recycling and resource recovery. These applications not only promote a green lifestyle but also

safeguard the environment.

The global status and implementation of green chemicals continue to expand. Similar to green chemistry, green computing, or green IT, aims to minimize hazardous substance use, maximize energy savings throughout product lifecycles, and promote recycling and biodegradation. The U.S. Environmental Protection Agency initiated the Energy Star program in 1992 to encourage energy savings in appliances and technologies, leading to widespread adoption of energy-saving features like "sleep mode." Various government agencies have since established standards and regulations to foster green computing initiatives.

In conclusion, green chemistry is a critical component in the movement towards a more sustainable future. By promoting eco-friendly practices, enhancing resource efficiency, and prioritizing health and environmental protection, green chemistry lays the foundation for a healthier planet and a better quality of life for all.

Vijay Garg
Retired Principal
Educational Columnist
Street Kaur Chand,
MHR Malout, Punjab

Flowers to please, and displease, Gods

ROBERT J STEPHENS

In preparation for the many Hindu fall festivals such as Diwali, Dussehra or Durga Puja, worshippers all over the world will purchase flowers for use in ritual worship in temples, outdoor ceremonies or altars at home. Throughout India, markets are always bustling with flower vendors, selling freshly cut marigolds, roses and lotus flowers. Devotees offer flowers and flower garlands to Hindu deities such as Lakshmi, the goddess of wealth; Ganesha, the remover of obstacles; or the warrior goddess Durga. India's wealthiest temple, Sri Venkateswara Temple at Tirumala, used three tons of flowers during a floral bath and procession ceremony in 2024.

The demand for flowers in worship is so high that two sisters from Bengaluru, Yeshodha and Rhea Karuturi, started a subscription-based service in 2019 to provide fresh flowers for puja or ritual worship throughout India.. Hindu texts describe worship with flowers as one of 16 "upacaras" or "services" to the divine. In temple rituals, "pujaris," priests responsible for conveying the offerings to the deity, place flowers at the feet or drape them in garlands around the neck of the icon of the deity enshrined in the temple. Flowers are placed on a puja table at the feet of the image with the stems facing the devotee. As a scholar of South Asian religions, I know that stories found in the "Puranas," religious texts likely composed between the second and 10th centuries, describe why gods and goddesses favour certain flowers.

The Puranas, loosely translated as "Old Tales," include popular stories about Hindu gods and goddesses, kings and queens, and sages and other cultural heroes. In her study of the use of Sanskrit ritual manuals in central India, the Indologist Gudrun Buhnemann noted



that devotees, ancient and modern, observe elaborate rules for the use of flowers in the worship of particular deities. For example, the manuals say that basil is favoured by the Hindu god Vishnu but should never be offered to the god Ganesha. Lord Shiva grants blessings to those who worship him through offering leaves from the wood apple tree. Wood apple leaves, however, should never be offered to Surya, the Sun.

The "Skandha Purana" the longest Purana with about 81,000 verses is dedicated to the deity Skandha, a son of god Shiva and goddess Parvati. The text provides a gradation of flowers that culminates in the superiority of the jasmine or "jati" flower for the worship of Vishnu. "The jati flower is better than all other flowers ... the man who duly offers me a splendid garland with a thousand jati flowers ... lives in my heavenly city for billions of kalpas (ages)," Vishnu explains in the text. In her classic study "Offering Flowers, Feeding Skulls: Popular Goddess Worship in West Bengal," religion scholar June McDaniel discusses traditional practices for the worship of Kali, the fearsome and protective mother goddess, who is to be decorated in red hibiscus flowers. Red flowers, in general, are believed to be sacred to Kali.

The 14th chapter of the

"Shiva Purana" contains a section on "Directions for the Worship of Shiva." Those who desire wealth should worship Shiva with flowers or petals from the "kamala" or lotus flower, chrysanthemum, or marigold. Worshipping Shiva with 100 flowers is said to enhance one's wealth and wipe away all sins. The Puranas also explain which flowers might displease the gods. Red flowers, such as plumeria, and those from the screw pine tree are not to be offered to the god Shiva. The Shiva Purana, in fact, explains why the "ketaki," or screw pine flower, should never be offered to Shiva in worship.

Once upon a time, as the story goes, gods Vishnu and Brahma were debating which of them was the superior deity when suddenly a shaft of blazing light appeared between them. They decided to investigate. Transforming himself into a boar, Vishnu tunneled down into the earth to search for the origin of the lingam of light. Riding on a goose, his divine vehicle, Brahma flew upward in an attempt to discover the extent of the light. After much digging, Vishnu indicated that he was unable to discover the light's place of origin. While flying upward, however, Brahma encountered a ketaki flower that had fallen from a branch nearby. Brahma convinced the flower to support a false claim suggesting that he

had reached the top of the shaft of light. Just at that moment, Shiva appeared from the light and cursed both Brahma and the ketaki flower for their dishonesty. Due to his arrogance and deception, Brahma would henceforth have few devotees.

For its part, despite being aromatic and pleasing to the eye, the ketaki flower is cursed by Shiva never to be offered to him in ritual worship. However, Shiva later amends the curse to allow for the ketaki to be used for worshipping him during the popular festival called the "Great Night of Shiva" or Mahashivratri. Due to the increase in demand, there is a surge in the price of ketaki flowers during this annual spring festival. In one of the most popular Hindu texts, however, the flower offered is less important to the deity than the attitude of the devotee making the offering. In the "Bhagavad Gita" or "Song of the Lord," the deity Krishna declares that he will accept any sincere devotional offering, regardless of the type of flower: "Whoever offers me a leaf, flower, fruit, or water with sincere devotion, I will accept them."

During the coming fall holiday season, devotees around the world will honour many deities, including the mother goddess, with flowers and other rituals. Prominent among the deities will be Sri Lakshmi, the goddess of wealth and good fortune. Lakshmi is depicted as seated on a lotus throne, while also holding a lotus in one hand. The lotus flower grows in muddy ponds or pools but blossoms above the water. The lotus in bloom symbolizes many of the qualities associated with Sri Lakshmi, such as purity, prosperity and spiritual enlightenment. When devotees around the world lovingly welcome the goddess into their homes on Diwali, the festival of light, they will be sure to offer Lakshmi her favourite flower – the lotus.

Cristiano Ronaldo's sister Elma destroys 'ball boy' Cassano on Instagram for saying CR7 doesn't know to play football

NEW DELHI

Former Real Madrid forward Antonio Cassano had the audacity to claim that Portugal captain Cristiano Ronaldo "does not know how to play football." The Italian, who had left Santiago Bernabeu a year before Ronaldo arrived from Manchester, made the bizarre claim while participating in the Viva El Futbol podcast. He named many of the five-time Ballon d'Or winner's contemporaries are better footballers than him as they did more than just score news.

In the episode aired briefly after the Al-Nassr forward reached the unique milestone of scoring 900 career goals, Cassano said, "Cristiano Ronaldo doesn't know how to play football. He could score 3000 goals, I don't give a f*ck. Higuain, Aguero, Benzema, Lewandowski, Ibrahimovic and Suarez knew how to link up with the team. They knew how to do a lot of things, unlike Ronaldo whose only objective has always been to score."

he had better things to do, CR7 obvi-



ously didn't respond to Cassano's vile personal remarks. However, his sister Elma Aveiro had other plans. She joined football fans worldwide in coming up with a response to Cassano.

The Portugese superstar's elder sibling used Instagram to launch a scathing attack. She jotted, "One wakes up to these things. I don't know this poor guy. It doesn't matter, but just one thing for him,

he doesn't know how to score 900 goals. Imagine if he did. They say he was a footballer. I think they're wrong, he was certainly a ball boy."

Cristiano Ronaldo, 39, has scored four goals so far for Al-Nassr in the Saudi Pro League this season. They stand third in the table and are scheduled to take on Qatari side Al-Rayyan SC in the AFC Champions League tomorrow.

Red card for Bruno Fernandes as Manchester United take on Tottenham Hotspur at Old Trafford

NEW DELHI

Taking on Tottenham Hotspur at Old Trafford on Sunday, Manchester United lost their captain Bruno Fernandes to a red card ahead of the first-half break. The Portuguese midfielder was sent off for a dangerous challenge on Tottenham counterpart James Maddison in the 41st minute of the game. The Red Devils were trailing 1-0 at the time of the incident which shocked the stadium. It was the first red card of his Manchester United career.

As a consequence of the red card, Erik Ten Hag was forced to bring on Mason Mount in place of Kobbie Mainoo to restore some balance to his team. To the further embarrassment of the homecrowd, the Englishman also received a booking before the half-time whistle blew, minutes after entering the field.

It was young Brennan Johnson who handed Tottenham, who started sans their talismanic captain Son Heung-min, the lead just three minutes after kick-off.

James Maddison got back on his feet and embraced the disappointed United



captain before the latter marched to the dugout, the live telecast showed. Fernandes accepted Maddison's sportsmanship but didn't withhold his disagreement with the decision even as the Spurs star showed that his foul struck him rather high on the heel region.

Match referee Chris Kavanagh gave Bruno the marching orders after he caught Maddison high on his leg while making a sliding tackle to reclaim the

ball. The United captain slipped in the effort to tackle the opponent and left Maddison reeling in pain on the floor. The VAR didn't come to Bruno's aid either as there was no attempt to play the ball.

At the first half break, Spurs enjoyed 64% ball possession and managed 12 shots against United's three. While the visitors shot four on target, United only managed one.

'In my 45-year-long career...' PT Usha's strong response to EC rebels

NEW DELHI

Accused of running the Indian Olympic Association in an "autocratic" manner, its president PT Usha on Sunday hit back at the revolting executive council members, saying they "seem more focused on self-serving power play and monetary gain" than working for the betterment of the country's sport.

In an official press release, Usha also alleged that "some of these EC members have very questionable track records, including allegations of gender bias and even cases of sexual harassment filed against them".

"In my 45-year-long career as a sportsperson representing India ... I have never encountered individuals so indifferent to the aspirations of our athletes and our nation's sporting future ... these individuals seem more focused on self-serving power play and monetary gain through their prolonged presence and control in sports administration," Usha said.

"Further, it is essential to bring to light that some of these EC members have very questionable track records, including allegations of gender bias and even cases of sexual harassment filed against them," said the track legend without specifying any particular case or giving specific names.

On Saturday, 12 members of the Indian Olympic Association (IOA) Executive Council shot off a letter to senior International Olympic Committee (IOC) official Jerome Poivey, accusing Usha of running the organization

in an "autocratic" manner and with a "my way or the highway" approach.

They had sent the letter to Poivey, the head of Institutional Relations and Governance at the IOC, after Usha rejected their demand of removing Raghuram Iyer from the IOA CEO's post during a stormy executive council meeting.

The revolting EC members wrote to Poivey that Iyer's appointment is yet to be ratified and they will re-advertise for the position of the IOA CEO, "aiming to appoint a suitable candidate within the next two months".

Senior vice president Ajay H Patel, vice presidents Rajlaxmi Deo and Gagan Narang, Treasurer Sahdev Yadav, Joint Secretaries Alaknanda Ashok and Kalyan Chaubey, other Executive Council members Amitabh Sharma, Bhupender Singh Bajwa, Rohit Rajpal, Dola Banerjee, Harpal Singh and Yogeshwar Dutt had signed the letter.

Terming the accusations made by the 12 EC members as "malicious and false", Usha said they "are only intended to malign my leadership and the efforts of those working diligently towards the betterment of Indian sports".

"One of the most egregious claims made by these EC members is questioning Mr. Raghuram Iyer's appointment as IOA Chief Executive Officer. It is important to clarify that his appointment, made in January 2024, was carried out in strict accordance with the IOA constitution," she said in Sun-

day's press release.

"This malicious letter from the 12 members of the IOA EC is part of a much broader attempt to hinder the progress of Indian sports and undermine the positive developments that we, as a collective, have worked hard to achieve. These actions not only tarnish the image of Indian sports."

Usha also levelled charges against Yadav and the Finance Committee members for "surreptitiously writing off large sums of money owed to the IOA".

"Recently, during the CAG audit, it has come to my attention that IOA Treasurer Mr. Sahdev Yadav, in connivance with the members of the IOA Finance Committee headed by Mr. Ajay Patel and comprising of Mrs. Rajlaxmi Singh Deo, Mr. BS Bajwa, Mr. Amitabh Sharma, Mr. Rohit Rajpal, Lt. Gen. Harpal Singh and Ms. Monal Choksi have surreptitiously written off large sums of monies owed to the IOA," she said. "Additionally, a case of using the IOA's PAN card by the Ad hoc committee in charge of Volleyball, headed by Mr. Rohit Rajpal and its member Ms. Alaknanda Ashok, is also being investigated since it was done without the necessary approvals."

"The former Acting CEO, Mr. Kalyan Chaubey bypassed IOA General Assembly to grant affiliation to the Taekwondo Federation of India, which is not recognised either by its World or Asian Federation, thereby causing imminent harm to our hard-working Taekwondo athletes."

Kerala Blasters change logo to Orange ahead of NUEFC ISL game, here's why

NEW DELHI

Five hours ahead of Sunday's North-East United FC vs Kerala Blasters FC ISL game, the Kochi-based side uploaded a temporary profile picture on Facebook. It showed the famous tusker of the club logo on an orange background. Traditionally, the Kerala Blasters logo is yellow and blue colours.

The picture received mixed reactions from the fans of the club on social media. Many pointed out that playing around the logo and badge of the club is not a good practice as it is part of the team's identity. Some other fans jokingly asked if the club was embracing a political stand as the saffron/orange shades are associated with Hindutva outfits.

But why did the Kerala Blasters social media team upload an orange icon on their pages? The photo was a means to mark the first away game of the team in the ongoing ISL season. After playing two consecutive games at the Kaloor Jawaharlal Nehru Stadium, KBFC travelled to Guwahati on Sunday to take on the recently-crowned Durand Cup champions NEUFC.

They entered the pitch donning their



third kit which is white and orange in colour. The second kit of the club is dominantly blue with thin yellow stripes. However, it was the third kit that was being used in the game against the Highlanders.

Many netizens were seen explaining this fact to others who were taken aback by the sudden colour change.

Kerala Blasters FC's third kit for the season is orange and white in colour |

Facebook

Blasters FC's third kit for the season is orange and white in colour | Facebook

Kerala Blasters squad for NEUFC game: Sachin, Naocha, Drincic, Pritam, Sandeep, Vibin, Coeff, Noah, Danish, Rahul, Jiménez

Subs: Nora, Hormipam, Saheef, Luna, Peprah, Bryce, Aimen, Yoihenba, Azhar

Harry Kane ankle injury news: Bayern Munich CF to start against Aston Villa in the Champions League?

NEW DELHI

Bayern Munich star Harry Kane's left ankle injury is not as serious as initially feared, the Bundesliga club said.

Examinations by the club's medical unit on Sunday determined a positive development, the Bavarian powerhouse said. Kane will continue to receive appropriate treatment.

The club did not say whether Kane will be fit for Bayern's visit to Aston Villa in the Champions League on Wednesday.

The 31-year-old forward limped off the field late in Bayern's 1-1 draw with Bayer Leverkusen in the Bundesliga on Saturday after getting a knock to the ankle in a tussle for the ball with Leverkusen's Amine Adli.

verkusen made things difficult for Bayern with a superb defensive performance to end Bayern's perfect start to the season but Kompany still saw positives from the game. "As a Bayern coach, you always want to win. But the performance was as we'd hoped.



The counter-pressing was positive, we won the second balls, we created so many chances," the Belgian coach said. "Normally in such a game, you don't create many chances, but we did. It was a top game but there are still many games to go. We just have to keep going."

Kane failed to have a shot at goal

against Leverkusen but has been instrumental in Bayern's attack again this season. He scored five goals and set up six more in the first four league games, while scoring four goals in the 9-2 win over Dinamo Zagreb in the club's opening Champions League game. He also scored in Bayern's opening German Cup match.

India's medal tally grows at shooting Jr World C'ship



NEW DELHI

Indian rifle and pistol shooters won two bronze medals in their respective 10m mixed team events at the ISSF Junior World Championship in Lima, Peru.

The bronze medals on day two of the competitions at the International Shooting Sport Federation event took India's count to five medals (two gold and three bronze).

The rifle shooters went first and Gautami Bhanot and Ajay Malik shot a

combined score of 628.9 after 30-shots each to finish third among 34 pairs.

The performance qualified them for the bronze medal match with fourth-placed Croatian pair of Anamarija Turk and Darko Tomasevic, which they won 17-9.

China won their first gold of the competition defeating France in the final.

The second Indian pair, Abhinav Shaw and Shambhavi Kshirsagar, finished sixth overall with a score of

628.1.

In the mixed pistol event, both the Indian pairs finished third and fourth respectively in the qualification to setup a bronze showdown between themselves. Lakshita and Parmod prevailed in the end, getting the better of Kanishka Dagar and Mukesh Nelavali 16-8.

Germany went on to win gold while Ukraine bagged the silver.

It was Lakshita's second medal of the competition, having won a gold in the air pistol team event on Saturday.

RPF forms special team, start patrolling after train engine hits stones on tracks in UP's Bairia



BALLIA (UP), SEP 30



A day after the engine of a train hit a stone placed on the railway track in the Bairia area here, the RPF has formed a special team to solve the case, and patrolling is being done on the rail route, while police has lodged an FIR, official said.

RPF Inspector VK Singh told PTI, "We believe that this has been done with the intention of derailing the train. The current conclusion of the team in this case is that some unknown person has placed the stone."

Based on the complaint filed by the rail staff police has lodged an FIR against unknown persons regarding the matter.

Railway Protection Force Commandant S Ramakrishnan on Sunday told PTI that it appears that some mischievous elements have placed stones on the railway track. A special team has been formed to solve this case. Along with this, patrolling is being done on the rail route. RPF and the local police are working together.

He added that this case will be solved soon.

Meanwhile, Circle Officer (Bairia) Mohammad Usman, after visiting the spot, told PTI that when they received information about the incident, the RPF assistant commandant along with police officials inspected the spot.

Usman said that in the initial investigation, it had come to light that the stones found on the spot appeared to be the stones of the railway track itself. These stones have not been brought from anywhere else.

When asked whether some of the boulders that were dropped to protect the Manjhi bridge from river erosion had been placed on the railway track by some mischievous elements or persons, Usman said that it is not possible to take the boulders placed on National Highway number 31 to the railway track. The railway track is at a height where it is not possible to take any vehicle.

Bairia police station in-charge Ramayan Singh said that a case has been registered against unknown persons under sections of the Railways Act and section 125 (endangering life or personal safety of others) and 285 (danger or obstruction in public way) of Bharatiya Nyaya Sanhita on the complaint of RPF Inspector VK Singh in Bairia police station late Sunday evening.

Police are investigating the matter.

RPF Inspector VK Singh told PTI that as per railway rules, after preliminary investigation by the team of officials, it has been concluded that "The stone kept on the railway track hit the

engine, which could have caused an accident. This has been done with the intention of derailing the train."

When asked whether this incident is a conspiracy or mischief, Singh said, "We believe that this has been done with the intention of derailing the train. The current conclusion of the team in this case is that some unknown person has placed the stone."

The engine of a train hit a stone placed on the railway track in the Bairia area here on Saturday, officials said, adding that no damage was caused.

The incident assumes significance as it was a fresh one amid several cases of gas cylinders, pillars etc being found on railway tracks in Uttar Pradesh.

Public Relations Officer of the North Eastern Railway Ashok Kumar on Saturday told PTI that a stone was found on the railway track between the Varanasi-Ballia-Chhapra rail section at 10.25 am.

Kumar had said that on seeing the stone placed on the track, the loco pilot applied emergency brakes.

Meanwhile, in another incident on Saturday, a 16-year-old boy has been apprehended for allegedly putting a fencing pillar on the Banda-Mahoba rail track, causing disruptions, police said. The driver of the passenger train had to apply emergency brakes to stop the train after he noticed a concrete pillar on the tracks, police said.

On September 22, two people were arrested in connection with the alleged derailment bid of the Naini Jan Shatabdi Express by placing a six-metre-long iron pole on track between the Bilaspur Road and Rudrapur City railway stations on September 18 in Rampur, police said.

On September 8, an attempt was made to derail the Kalindi Express, heading towards Bhiwani from Prayagraj, by placing an LPG cylinder on the tracks.

The train hit the cylinder before coming to a screeching halt.



Transgenders during 'pride walk' organised by the Aadishiv Transgender Foundation, in Lucknow.

Govt needs to promote labour-intensive industries to generate jobs: Raghuram Rajan



NEW DELHI, SEPT 30

With 7 per cent economic growth, India is not creating enough jobs as reflected by the number of applicants for vacant posts in some states, Reserve Bank's former governor Raghuram Rajan said and suggested the government needs to focus on promoting labour-intensive industries to generate employment.

Rajan further said some Indians, especially those at upper level, are comfortable and have high incomes, but consumption growth from the lower half of the country has still not recovered to pre-pandemic level.

"That is the unfortunate part...You would think with 7 per cent growth, we would be creating a lot of jobs. But if you look at our manufacturing growth, it is more capital intensive," he told PTI.

Rajan was asked whether the Indian economy, which is growing at 7 per cent, is creating enough jobs.

According to him, the industries that are more capital-intensive are growing faster, but labour-intensive industries are not growing.

"It is not going well at the lower level. I think the desperate need is for jobs. And you can see this, forget the official statistics.

"You can see it in the number of applications for government jobs, which are overwhelming," said Rajan, who is a professor of finance at US-based Chicago Booth.

He said that in the medium term, the Indian economy will grow at 6-7 per cent.

While welcoming the apprenticeship schemes announced by the finance minister in this year's Budget, Rajan said, "But

we have to monitor that very closely, see what works and expand what works much more."

Finance Minister Nirmala Sitharaman had announced in the Union Budget of FY25 that the government will launch three employment-linked schemes based on enrolment in Employees' Provident Fund Organization (EPFO).

Citing examples of Vietnam and Bangladesh, which are doing well in labour-intensive industries like textile and leather, he said, "We need to look at this (labour-intensive industry) very, very carefully, we cannot be left out."

Asked why the private sector is still lagging as far as capital expenditure is concerned, Rajan said it is a little bit of a mystery.

"When you look at capital utilisation (of the private sector), it is about 75 per cent...It seems as if demand has not kept up to the point where they feel they need to make all that kind of investment," he opined.

And more importantly, Rajan said, India has a short span of 15 years to reap benefits of demographic dividend and it should not lose this opportunity.

Responding to a question on benchmark interest rate cut by the US Federal Reserve, Rajan said, "The 50 basis points rate cut by Fed has given them (central banks) more room to proceed at a pace that they think appropriate."

According to him, if the Fed had not cut rates, there would be a sense that, oh, the Fed is keeping rates high, so 'we have no room to moderate our policies'.

"I think the Fed has created more room for others to perhaps reduce interest rates, and

so in that sense, people will be looking at their policies," he said.

To a question on Goods and Services Tax (GST) rates rationalisation, Rajan said after a policy has run for a fair amount of time, it is useful to ask, what has been the experience and 'do we need the policy change'.

"I would try and appoint an expert committee to go into it, to take the opinions, just like the Finance Commission does, take the opinions of the various stakeholders, including the states, and come up with something that meets the needs of the country," he said.

Currently, GST is a four-tier tax structure with slabs at 5, 12, 18, and 28 per cent. The new taxation regime came into effect in 2017.

Responding to a question about the ongoing debate on economically and socially better-off southern and western states 'subsidising' the northern and eastern states, Rajan said the Finance Commission has always been about the appropriate sort of allocation of taxes between the Centre and states.

"If India grows together, (then) in fact, it prevents this kind of conflict...There is the equity issue, which is that the states that are growing faster, have also in the process, typically grow wealthier. And that is what is happening in the case of western and in the southern states," he said.

Rajan pointed out that the western and southern states feel that they are penalised in two ways — one is, they have to hand over more of their revenues to help some of the states who are falling behind.

"Plus, on the political front, they may lose seats if there is a delimitation process (where seats in the Lok Sabha are to be allocated based on the results of the next Census), because, you know, the more populous states will get more seats," Rajan said.

Observing that there has to be some transfers from the richer states to the poorer states, he said, "We need to bridge this gap".

Rajan pointed out that poorer states are not going to sit in isolation, they are going to buy more goods from the richer states. "So there is some partial compensation for them (richer states)", he said, adding that delimitation can be done in a more sort of respectful of the concerns of different parts of the country.

Govt's NRI Cell Got Over 400 Complaints Of Domestic Violence, Dowry Demands In 2022: Report

NEW DELHI, SEPT 30

The government's NRI cell received over 400 complaints from women in 2022, with key issues ranging from domestic violence, confiscation of passports, desertion to dowry demands and child custody disputes.

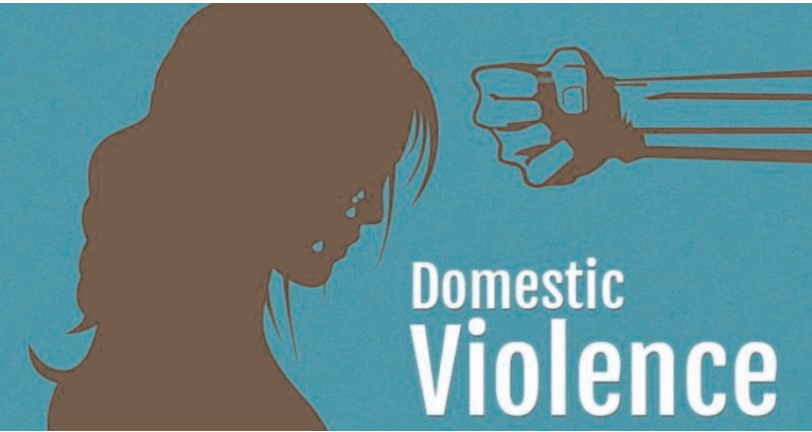
According to the latest annual report from the Ministry of Women and Child Development (WCD) accessed by PTI, 109 complaints were registered between January and March 2022, while 372 were received from April to December.

The report highlighted that the NRI cell, which handles cases related to NRI marriages from women both in India and abroad, saw several serious allegations, including confiscation of passports by in-laws, and women being unable to join their husbands abroad due to the husband's disappearance or unknown whereabouts.

"The complexity of NRI marriages often involves significant challenges, including legal and financial aid, child custody issues, and the location of missing spouses," the report stated, urging collaboration across government departments to resolve these cases.

The NRI cell receives a total of 481 complaints from women in 2022, the report said.

The National Commission for Women (NCW) coordinated with



the Ministries of WCD, External Affairs, and Home Affairs to resolve the issues. In 2022, the NCW issued nearly 3,500 letters to relevant authorities to expedite the resolution of matrimonial disputes involving NRIs.

Beyond bureaucratic efforts, the NCW provided psycho-social and legal counselling to complainants. The report revealed that around 45 walk-in complaints were handled during the year, in addition to regular telephonic counselling sessions. Hearings were held in approximately 20 cases to facilitate follow-ups with authorities or mediate reconciliation efforts between the parties involved.

To further support women who are facing violence or disputes in NRI marriages, the report outlined plans to establish One Stop Centres and dedicated helplines in Indian

Diplomatic Missions (IDMs) abroad, modelled on existing WCD schemes.

The Ministry of External Affairs identified 10 IDMs in nine countries, including the UAE, Bahrain, Qatar, Kuwait, Oman, Saudi Arabia, Singapore, and Canada, where such facilities were deemed necessary based on the number of Indian women residing there. However, the proposal to set up the facility in Australia was later dropped.

A senior official remarked that NRI matrimonial disputes often involve desertion, violence, and complex legal issues due to cross-border regulations. To address these challenges, the government formed an expert committee led by Justice Arvind Kumar Goel, former Chairperson of the NRI Commission of Punjab.

AAP moves SC against MCD standing committee's recent election

NEW DELHI, SEPT 30

The Aam Aadmi Party has approached the Supreme Court challenging the election held for a member of the Municipal Corporation of Delhi's standing committee.

The move came after Delhi Chief Minister Atishi accused the BJP of "murdering" democracy and claimed that the election held on September 27 was "illegal and unconstitutional".

The BJP won the last vacant seat of the MCD's 18-member standing committee unopposed as the councillors of the ruling AAP abstained from voting.

The saffron party recently moved the apex court seeking an urgent hearing on its plea to initiate contempt proceedings against Delhi Mayor Shelly Oberoi over the election to fill the vacancy in the MCD's standing committee.

At a press conference on Saturday, Atishi said the AAP would approach the Supreme Court against the election.

"The country runs by the Constitution and laws, not by hooliganism. So the BJP should stop murdering democracy," she had said, adding the standing committee member's election was held in violation of the

Delhi Municipal Corporation (DMC) Act, 1957.

According to rules, only the mayor can decide the date and place for the election of the MCD standing committee members and only the mayor can preside over a meeting of the MCD councillors for the election, the chief minister had said.

Reacting to Atishi's allegations, Delhi BJP president Virendra Sachdeva had said the chief minister's remarks were "completely driven by political self-interest" and aimed at spreading "confusion".

CHANDIGARH, SEP 30

AAP national convener Arvind Kejriwal lashed out at the BJP-led Centre on Sunday and claimed that he was put in jail so that the work initiated by him could be stopped and also to prove him dishonest.

The former Delhi chief minister was addressing a rally in Haryana's Rewari to garner support for Aam Aadmi Party (AAP) candidate Satish Yadav in the October 5 state Assembly polls.

Kejriwal was released from Delhi's Tihar Jail on September 13 after he was granted bail by the Supreme Court in a case lodged by the Central Bureau of Investigation (CBI)linked to the alleged excise policy scam in the national capital. He was in jail for about five months.

Addressing the rally, Kejriwal said his government in Delhi built "excellent" schools and hospitals and added that around one lakh elderly people were sent on pilgrimages for

free.

"(Prime Minister Narendra) Modiji felt that he (Kejriwal) is doing so much work. He won (elections) first in Delhi, then in Punjab and now, he will win in Haryana and Gujarat. Stop him, stop his work, prove him dishonest. And then they put me in jail," he said.

The AAP leader said good schools were built for poor children in Delhi. "Four lakh students shifted from private schools to government schools," he added.

"Vote for me and I will build the future of your children. I will make arrangements for your children's good education and set up good schools," he said.

Kejriwal said he gave employment to 12 lakh people in Delhi and more than 46,000 government jobs were given by the AAP government in Punjab.

Slamming the BJP-led Centre, he said, "Why did it put me in jail? My only fault was

that I was honestly serving the people of Delhi for 10 years, I provided 24-hour free electricity to the people of Delhi, built excellent hospitals and schools.

"There are only two states in the country -- Delhi and Punjab -- where free electricity is available for 24 hours," the AAP leader said.

"Even in Haryana, only Arvind Kejriwal can reduce the electricity bill amounts to zero. Modiji does not provide free electricity in Gujarat, Haryana and Madhya Pradesh. The BJP has governments in 22 states where electricity is expensive. They call me a thief. People should say who the thief is -- the one who makes electricity expensive or the one who makes electricity free," he said.

Kejriwal spoke about his party's guarantees in Haryana, including free electricity, setting up mohalla clinics, improving the condition of government schools and hospitals and Rs 1,000 per month for women.

Sri Lankan Ex Prez Chandrika allegedly building political alliance to oppose NPP



COLOMBO, SEPT 30

The former president of Sri Lanka, Chandrika Bandaranaike Kumaratunga (C.B.K.), is actively holding secret meetings with influential politicians in order to form a broad coalition that will oppose the National People's Party (NPP) in the general elections scheduled for November 2024, media reports said.

President Ranil Wickremesinghe, opposition leader Sajid Premadasa of the Samagi Jana Balawegaya (SJB), Tamil and Muslim political leaders, and representatives from several smaller, dormant political parties from the southern regions are reportedly among those with whom C.B.K., who served in office from 1994 to 2005, has been meeting.

The goal of these gatherings is reportedly to form a coalition against the NPP, which is becoming more and more powerful under the leadership of newly elected President Anura Kumara Dissanayake (AKD), LEN reported.

Chandrika has allegedly been visiting a particular high commission in Colombo multiple times in recent weeks. Sources close to the matter suggest that she has been seeking

that her comeback seems to be an attempt to buck the NPP's increasing popularity, which has been embraced by many Sri Lankans who are fed up with the established upper class that has controlled the nation's political scene for many years.

Others perceive C.B.K.'s proposed coalition as an effort to subvert popular will. The working class, which sees the NPP as a new alternative to the established power structures, has given the party a lot of momentum in recent years. Only a few months remain until the legislative elections, and the NPP is primed to upend the current political system.

Critics of C.B.K. are framing her participation in this alliance-building process as part of a plot to undermine the desire for change held by the majority. According to the story, she is maintaining the status quo by using her power to exert political pressure behind closed doors with the help of foreign interests.

Public outrage has grown as word of these covert gatherings has circulated, especially among NPP supporters. Numerous people have urged C.B.K. to give up on politics and let democracy run its course unhindered.

The people are being urged by activists to be on guard and to oppose what they perceive to be a deliberate attempt by the political class to hold onto power. It is anticipated that November 2024, when general elections are scheduled, would be a pivotal event for Sri Lanka.

The political environment is changing due to the NPP's rising momentum, and the people are becoming more resistant to attempts to stop this trend. It's unclear if C.B.K.'s efforts will be successful, but one thing is certain: Sri Lanka's political destiny is at stake.

The involvement of former President Chandrika Kumaratunga in this developing drama will be widely observed as the election approaches, and many will be watching to see if her purported alliance can resist the increasing wave of change.



An artist gives finishing touches to an idol of goddess Durga ahead of the Navratri festival, at Mayur Vihar in New Delhi.

China calls on all parties, ‘especially Israel’, to deescalate tensions after Nasrallah’s killing

BEIJING, SEPT 30

China on Sunday called on “parties concerned, especially Israel”, to immediately take actions to cool down tensions to prevent the conflict in West Asia from going out of control in the aftermath of the killing of Iran-backed Hezbollah leader Hassan Nasrallah in Israeli bombing.

“China is closely following the incident and is deeply concerned over the escalation of tensions in the region,” a Chinese Foreign Ministry statement said.

Separately, China also issued an advisory asking its citizens not to travel to Lebanon due to the intensification of the conflict.

“China opposes the infringement on Lebanon’s sovereignty and security, opposes and condemns any action against innocent civilians, and opposes any move that fuels antagonism and escalates regional tensions,” the Chinese Foreign Ministry statement said.

“China urges parties concerned, especially Israel, to immediately take actions to cool down the situation and prevent the conflict from escalating or even spiralling out of control,” it said, without directly referring to Nasrallah’s killing, regarded as a major setback to Iran, the main backer of the Hezbollah.



Reports from Tehran said Iran’s Supreme Leader Ayatollah Ali Khamenei, who said Nasrallah’s death “will not go unavenged”. Has been shifted to a secure location.

Khamenei also announced five days of public mourning after Nasrallah’s death.

In recent years, China has stepped in its diplomatic engagement in the Middle East to counter US influence. Last year, Beijing managed to bring about a landmark peace deal between Iran and Saudi Arabia.

After the intensification of the Gaza war, China hosted a meeting of 14 Palestinian factions, including Fatah and Hamas, in July to bring about unity among them.

China has also strongly condemned the assassination of Hamas leader Ismail Haniyeh in Tehran in July, warning that the killing could plunge the region into deeper chaos.

The Chinese embassy in Lebanon, meanwhile, issued an advisory warning its citizens about escalating violence along the Lebanon-Israel border.

“We advise all Chinese citizens to pay close attention to the developments and refrain from travelling to Lebanon at this time. Those currently in the country are urged to evacuate or move to relatively safe areas as soon as possible,” the Chinese embassy said in a statement released on Saturday.

Seven labourers killed by separatist militants in Pakistan’s Balochistan



ISLAMABAD, SEPT 30

At least seven labourers from the Punjab province were killed by separatist militants in the restive Balochistan province of Pakistan, police said on Sunday.

The labourers from Multan were shot dead late on Saturday night when they were asleep in an under-construction house in the Khuda-e-Abadan area of Panjgur town, Balochistan Inspector General of Police

“This latest attack appears to be the work of the BLA as it has all their footprints on it,” another security official said.

Prime Minister Shehbaz Sharif, who immediately condemned the attack, sought a report from Balochistan Chief Minister Mir Sarfraz Bugti and reiterated the government’s resolve to take all possible measures to root out terrorism from the motherland.

President Asif Ali Zardari also condemned the attack.

On Saturday, a senior leader of the Balochistan National Party-Mengal (BNP-M) Agha Khalid Shah was shot dead and his cousin was injured by unidentified assailants in Quetta. This is not the first time banned separatist groups have targeted labourers or civilians from other provinces.

In May, the banned Balochistan Liberation Army claimed responsibility for killing seven barbers in Gwadar.

In April, militants shot dead in cold blood nine people travelling in a bus in Noshki on the main highway.

It’s time we worked together: Vidhu Vinod Chopra on teaming up with Shah Rukh Khan



YAS ISLAND (ABU DHABI), SEPT 30

They came close to collaborating on two of the biggest Hindi films “Munna Bhai MBBS” and “3 Idiots”, and filmmaker Vidhu Vinod Chopra says it’s about time he and superstar Shah Rukh Khan worked together on a feature film.

Chopra was keen on casting Shah Rukh in the lead in two films, produced by his banner Vinod Chopra Films and directed by Rajkumar Hirani.

But things didn’t go as planned. Sanjay Dutt eventually fronted “Munna Bhai MBBS” and Aamir Khan headlined “3 Idiots”.

“Maybe today we’ll shake hands... And work together. Now, it’s (about) time we worked together,” Chopra told PTI on the green carpet of the IIFA Awards 2024 on Saturday night here.

Shah Rukh hosted the IIFA Awards 2024 alongside his “Dunki” co-star Vicky Kaushal and filmmaker-friend Karan Johar.

At the ceremony, the super-

star also bagged the award for best performance in a leading role (male) for “Jawan”.

Chopra, who won the IIFA Award in the best direction category for “12th Fail”, said he wants to make films that will be remembered for years to come.

“I’m 72 now. I’m not going to stay around for too long. My cinema is going to out live (me), so, my cinema should be even better. I strive to do that. I’m tough,” the director said to the media.

“12th Fail”, based on Anurag Pathak’s bestselling novel, highlights the life story of Manoj Kumar Sharma who overcame extreme poverty to become an IPS officer and how his wife Shraddha played an instrumental role in his journey.

The film, starring Vikrant Massey and Medha Shankr, released on October 27, 2023.

Chopra said Massey was apt to play the lead role in “12th Fail”.

“I have a big problem because I could have asked a so-called individual star in this film. But the film would have looked fake. So, I had to look for an actor who could have this

range of emotions.

“He (Massey) was amazing. He lost 8 kg and ate crazy things. He is one of the finest actors I’ve worked with. I am not an easy guy to work with, he must have told you that I work very hard and I strive for excellence like a crazy man,” he added.

Kiev loses up to 1,965 soldiers in battles over past 24 hours

The Ukrainian armed forces have lost up to 1,965 soldiers over the past 24 hours in battles with Russian forces, the Russian Defence Ministry said on Sunday.

Kiev has lost up to 620 soldiers, one tank and one weapons depot in battles with Russia’s Tsentr (Center) group of forces, the ministry said in a statement, adding that Russia’s Yug (South) group of forces eliminated up to 610 Ukrainian servicepeople.

Russia’s Zapad (West) group of forces has eliminated up to 450 Ukrainian soldiers and three weapons depots, the ministry said, adding that Kiev has lost up to 135 soldiers in battles with Russia’s Vostok (East) group of forces.

Ukraine has also lost up to 70 soldiers in battles with Russia’s Sever (North) group of forces and up to 80 soldiers, one tank and three ammunition depots in battles with Russia’s Dnepr group of forces, the defense ministry said.

125 Ukrainian drones shot down in attack sparking fires across Russia, Moscow officials say

KYIV, SEPT 30

More than 100 Ukrainian drones were shot down over Russia Sunday, officials said, sparking a wildfire and setting an apartment block alight in one of the largest barrages seen over Russian skies since Moscow invaded Ukraine in February 2022.

Russia’s Ministry of Defence reported that it had shot down 125 drones overnight across seven regions. The southwestern region of Volgograd came under particularly heavy fire, with 67 Ukrainian drones reportedly downed by Russian air defences.

Seventeen drones were also seen over Russia’s Voronezh region, where falling debris damaged an apartment block and a private home, said local governor Aleksandr Gusev. Images on social media showed flames rising from the windows of the top floor of a high-rise building. No casualties were

reported.

A further 18 drones were reported over Russia’s Rostov region, where falling debris sparked a wildfire, said Gov. Vasily Golubev.

He said that the fire did not pose a threat to populated areas, but that emergency services were fighting to extinguish the blaze, which had engulfed 20 hectares (49.4 acres) of forest.

Meanwhile, 13 civilians were injured in an overnight barrage on the southern Ukrainian city of Zaporizhzhia Sunday after Ukrainian military leaders warned that Moscow could be preparing for a new military offensive in the country’s south.

The city was targeted by Russian guide bombs in 10 separate attacks that damaged a high-rise building and several residential homes, regional governor Ivan Fedorov wrote on his official Telegram channel. More people could still be trapped beneath the rubble, he said.

Ukrainian President

Volodymyr Zelenskyy also said that the Zaporizhzhia attack had damaged the city’s transport links. “Today, Russia struck Zaporizhzhia with aerial bombs. Ordinary residential buildings were damaged and the entrance of one building was destroyed. The city’s infrastructure and railway were also damaged,” Zelenskyy said in a post on X, formerly Twitter.

“In total, 13 people were injured, and two were rescued from under the rubble. I thank all the emergency services for their rapid response and providing necessary assistance. The rubble clearing is still ongoing.”

The attacks come after the Ukrainian military warned Saturday that Russian forces may be preparing for offensive operations in the wider Zaporizhzhia region. Vladyslav Voloshyn, spokesperson for Ukraine’s southern military command, said that Russia was amassing personnel in this direction.

‘Fashion for me is effortless, comfortable and keeping it real’, says Aishwarya Rai Bachchan



Eternal beauty Aishwarya on the global canvas when Rai Bachchan made a splash she was crowned as Miss

World in 1994 and till date she exudes royalty whenever she makes an appearance. For the superstar, keeping it real, comfortable and effortless reigns supreme when it comes to fashion. Talking about how she would define her fashion, Aishwarya, who made the world stand still during her walk at the iconic Paris Fashion Week, exclusively told IANS, “Well... effortless, I would say that’s extremely important, I think, for it to be effortless, for it to be comfortable and keep real that’s what’s most important for me.” For Aishwarya, who is not just a style icon but one of the most talented stars of Indian cinema, “fashion is art.” Asked how time has played a role in her fashion sense, Aishwarya, who is the Global brand spokesperson for L’Oreal Paris, said, “I really look at it as art and I think it’s (an) art to be enjoyed and it can evoke all kinds of, you know, responses. And that’s what it should be... And it’s really all about designers. Most of the people that I have worked with are friends, you know.” Tagged as “one of the most beautiful women in the world”, Aishwarya lets fashion be the opportunity for the “designers to enjoy their creativity” but being “comfortable” is utmost important for her. “There is sometimes a strong sense of me in my fashion, which the world can see... And then there’s sometimes where it’s a complete flight of their creativity. And I obviously go with the flow.” On airport looks, she said, “Something as simple as going to the airport...When originally people were like... It’s always been about the comfort and the practicality of the moment, the traffic, the kids, when the kid was small and at that point in time, people at the airport were going like it’s a runway. I mean, that’s something which I would never do.” “And, you know, it was always about comfort and leisure. And I kind of, so that’s why obviously, that’s also the natural real moment. That’s the way I keep it, I keep it real,” said the mother of one. The 50-year-old star has been associated with the beauty brand for more than two decades and described it as “warm, loving, wonderful and sync”. She said that the motto of L’Oreal Paris, seems natural and real for her to be the voice sharing that sentiment because it was a natural fit for her. She stressed that she appreciates the celebration of the empowerment of women

When Bipasha Basu gave up non-veg for her boyfriend



Actress Bipasha Basu, best known for praiseworthy performances in ‘Raaz’ and ‘Aakrosh’ once revealed that she once became a pure vegetarian for her boyfriend. In a throwback video, Bipasha said, “So I came back from school and I told my mom, I have fallen in love and my mom was standing there, sitting on the bed and fainting and I told my mom, you won’t say anything, I want two salwar kurtas.” The ‘Dhoom 2’ actress continued, “Because I wore shorts before that I said, give me two salwar kurtas because he is a Marwari and his family wants me to wear a salwar kurta and from today I am a vegetarian and before that, I was a hardcore non-vegetarian girl.” Suddenly I said, from now on I will become a vegetarian and wear a salwar kurta and I will only marry him. So my poor mother had no choice. But she gave me a salwar kurta. So see, I am a very loving girl. So when I fall in love, I fall in love fully. But that didn’t last long because I came to Bombay after that.” She concluded. On the personal front, Bipasha Basu was in a relationship with actor Dino Morea from 1996 to 2002. During the filming of ‘Jism’ in 2002, Bipasha came back into a dating phase with her co-star John Abraham, and they maintained it from 2002 to 2011. Later, the ‘No-Entry’ fame actress dated actor Harman Baweja, but they broke up in 2014. After a while, Bipasha Basu met her ‘Alon’ co-star actor Karan Singh Grover on the set and they fell in love. The couple tied the sacred knot on April 30, 2016 and on November 12, 2022 the duo became the parents of their adorable daughter, Devi Basu Singh Grover. In 2015, Bipasha, actress Malaika Arora, and Hrithik Roshan’s ex-wife Sussanne Khan launched their shopping portal The Label Life’. In 2020, she made her OTT debut with the crime thriller series ‘Dangerous’ opposite her husband Karan Singh Grover.

‘I had the utmost respect for this person’: Somy Ali on singer Sonu Nigam



Former actress Somy Ali, who is known best for her retro films like ‘Yaar Gaddar’ and ‘Andolan’ took to her social media account and shared a long video in which she alleged singer Sonu Nigam committed fraud with her. Taking to her Instagram account, Sony penned a long caption and a long video message for her fans in which she spoke about getting duped while referring to Sonu Nigam. She captioned the post, “This is what people are and how they take advantage of you. @sonunigamofficial Then he makes videos of others who treated him poorly. I am shell shocked is and would be an understatement. I had the utmost respect for this person. Judge a book by its cover People! At least this one! Because trust me I was duped and how is unimaginable.” “I am still in disbelief. Oh by the way this man who played me is Sonu Nigam. Be wary. He likes to make videos poor him and how he was used and abused. These kind of people are sociopaths. I still love his songs though. Just didn’t expect him to stoop down to a sewage level,” she concluded. In the video message she said, “So, a couple of years ago, I started a little talk show and I interviewed a couple of people and I won’t name the people, but one of the persons that was on that talk show spoke very intellectually and he shared a lot of wisdom and I was literally bewildered and in awe of everything that he was saying. And I genuinely believed that he was someone that he believed in what he was preaching.” Somy continued, “Of course, later I came to know that when I tried to reach out to him for his benefit, for him to get some sort of project in London, he totally dismissed my texts or my WhatsApp messages

or whatever. So then I realised, I thought about it, kept thinking about it. I was like, he was very eager and keen to come on the show, didn’t charge us anything because we couldn’t afford to pay anyone to be on the talk show. It was a small talk show and we had just started off, we didn’t have any sponsors and later on, I realised that this gentleman, actually someone I highly, highly respect where it comes to their craft.” “This gentleman came on the show with a purpose and the purpose was to get back at someone that I was affiliated with in Mumbai back when I was from 16 to 24. believe I came back to the US when I was 25. So I realised that the only reason that he came on the show was to prove to that gentleman that, look, I’m on your ex’s show and then once that chapter closed, when I tried to offer him an opportunity for him and it was a big opportunity, it was a BBC documentary or something to do with Discovery, he refused to communicate with me. And I tried three times and because I wasn’t getting anything out of it, I was giving him an opportunity and I tried to, I left voice notes in Hindi, in Urdu, in English, any language that I know, but this person kept ignoring me.” “Then it occurred to me that why, why would you not respond to someone who is actually trying to get you a project, uh, with BBC, which is pretty huge. And I learned a valuable lesson that I had been had.” “Now, I have been had is a slang in America for that. I have been duped and fooled. And, um, typically I don’t suffer fools, but, um, I, you know, no matter what age we are, either if we’re children or young adults, adolescents, uh, in our middle age, uh, or elderly people, it doesn’t matter because I think what we do is we, we assume that the person that we’re, we’re trusting and trying to help with our goodness is going to reciprocate in the same manner.” “But this gentleman completely did the opposite and completely disappeared. And I was really taken aback by that, that why is this happening? Why, why do people do that? So here’s the thing. I want to, the reason I’m telling you this is that you’re going to meet a lot of people in life and I’m, I’m just, look, I don’t know any better than you do. Um, and you don’t know any better than I do. So you can be easily fooled and I can be easily fooled. I have been fooled many, many, many times, even at this age. So the point is that when someone does this to you, the best thing to do is cut them out of your life immediately.” “Do not reciprocate, do not chase them, do not send them text messages, do not ask them, what did I do wrong? Uh, because you didn’t do anything wrong. It’s all on them. This is a reflection of their character, that how they’re behaving towards you and then that person all of a sudden is a chameleon,” Somy concluded.

When Saif Ali Khan was asked to choose between his supposed debut movie and then girlfriend

Bollywood actor Saif Ali Khan, who is set to make his Telugu debut with the upcoming film ‘Devara: Part 1’, once had to choose between his debut film and his then girlfriend. An old video of the actor from the 1990s has resurfaced on social media, and it shows Saif in conversation with two interviewers, as he spoke about his “moral choice” in his debut film. Elsewhere during the interview, the actor also pulled the legs of the interviewers as he appeared to be in a mood to have some fun. He started off by talking about the subjective nature of struggle, and how it can play out differently for different people. He said, “What does struggle mean? It means you sit in a rickshaw, and roam around the offices of the studios in search of work. My struggle was different. I was thrown out of my first film. The director of the film told me to choose between the film and my then girlfriend. That was a moral choice.” However, the actor, who is currently married to Bollywood royalty Kareena Kapoor Khan, didn’t reveal the name of his then girlfriend. He then asked the interviewers, “How do you say moral choice in Hindi?” When one of the interviewers told him, “Dharamsankat,” Saif reiterated with a loud chuckle, “Yeah dharamsankat!” He then engaged in a fun banter with the interviewers as during another question, the interviewer was interrupted by the producer of the show. Saif picked on it, and pulled the legs of the interviewers, calling them “Robots, who pick stuff from air”. And guess who one of the interviewers was. It was Ikhlague Khan, who would later star in films like ‘Gully Boy’ as the father of Alia Bhatt’s character of Safeena, and as the father of Farhan Akhtar’s character in ‘Dil Dhadakane Do’.

Jr NTR feels shy about delivering romantic lines to Archana Puran Singh

The latest promo of ‘The Great Indian Kapil Show: Season 2’ has been unveiled in which Jr NTR was seen taking Punjabi lessons from Kapil Sharma as he hosts team ‘Devara: Part 1’. The makers took to their Instagram account, posted the show’s new promo, and captioned it as, “Kaisi lagi @jrnr ki Punjabi? Watch the new episode of #TheGreatIndianKapilShow Season 2, this Funnyvaar, 8 pm, only on Netflix!” The promo starts with Kapil giving lessons in Punjabi to Jr. NTR. He said, “Kapil said, ‘I’ll teach you a Punjabi dialogue, will you say it? To which Jr NTR says ‘Of course’. The Punjabis will enjoy it.” Kapil continued, Yes, definitely. Say it looking at Ms. Archana. No. It’s a romantic dialogue. I told you that boys are scared of you.” Later, Jr Ntr replied, “I can’t even call her Ms. Archana. I just know her as Ms. Breganza. You can call her Ms. Breganza. Ms. Breganza. Ms. Breganza. I see you all the time. I see you all the time. I see you.” “Yes, I have dreams to scare you.” Kapil concluded. Jr NTR’s ‘Devara: Part 1’ is all set for its grand theatrical release on September 27, 2024. The film features Jr NTR, Janhvi Kapoor, Saif Ali Khan, Shruti Marathe, Prakash Raj, Srikanth, Shine Thom Chacko, Narain and Murali Sharma. The film is helmed by ‘Acharya’ fame director Koratala Siva and bankrolled by Kosaraju Harikrishna and Nandamuri Kalyan Ram under the banner of Yuvasudha Arts and NTR Arts. ‘Devara Part: 1’ will be released in Telugu, Tamil, Hindi, Malayalam, and Kannada languages. Apart from this, Jr NTR will also feature in the Hrithik Roshan, Kiara Advani starrer- ‘War 2’ helmed by ‘Brahmastra- Part 1’ fame director Ayan Mukerji.

Sonakshi Sinha dazzles in style while searching for her husband



Iqbal and captioned them, “Laal hai mere dil ka haal” (with a heart emoji). On the personal front, Sonakshi and Zaheer tied the knot on June 23 in Mumbai after seven years of dating. They first met at a party hosted by Bollywood superstar Salman Khan. Sonakshi made her debut opposite the ‘Maine Pyaar Kyun Kiya’ actor in the box-office-mayhem ‘Dabangg’ while Zaheer made his debut with Salman’s home production ‘Notebook’. On the work front, Sonakshi was last seen alongside Riteish Deshmukh and Saqib Saleem in ‘Kakuda’ helmed by ‘Mauli’ fame director Aditya Sarpotdar.

Anupam Kher unveils his character from the upcoming film

Veteran actor Anupam Kher took to his social media handle and shared the character intro poster from his upcoming drama film ‘The Signature’. Taking to his photo-sharing platform, Anupam who has 7.4 million followers on Instagram shared his poster from the film in which he’ll be essaying the role of Arvind. Anupam wrote a caption that read, “When his world comes crashing down, the realities of relationships start to unfold for Arvind. How will he cope?” The poster features some snapshots from the film, two pictures showing the ‘Karma’ fame actor on a blue background and one long image of him while holding a bag on his shoulder. The poster mentioned, “Anupam Kher as Arvind” with a line that gives an idea about the state of his character in the film, “A husband torn between love and hope. Soon after, his post went online, die-hard supporters of the ‘Taqdeerwala’ actor took to his comments section and expressed their excitement. A fan wrote, “Looks amazing sir! (with a clap emoji) Looking forward to the movie”. Another one wrote, “Perfect one Sir, eagerly waiting for the release”. ‘The Signature’ is helmed by

renowned filmmaker Gajendra Ahire, best known for his cult-classics ‘Nilkanth Master and Sumbaran’. It is a remake of his 2013 film Anumati, which won critical acclaim. The film also features, Mahima Chaudhary, Neena Kulkarni, Annu Kapoor, and Ranvir Shorey. The film is bankrolled by K.C. Bokadia and Vinod S. Chaudhary which is all set to premiere on October 4, 2024 on the Zee5 streaming platform. On the work front, Anupam is all set to feature in the political drama ‘Emergency’ which is helmed by Kangana Ranaut. The film also features Kangana Ranaut, Shreyas Talpade, Vishak Nair, Mahima Chaudhry, Milind Soman and late Satish Kaushik in crucial roles. Anupam Kher will also feature in ‘Vijay 69’, helmed by Akshay Roy and he has also joined forces with director Mahesh Bhatt for his 543rd film titled, ‘Tumko Meri Kasam’. The upcoming film marks their collaboration after 28 years of their 1992 action-drama ‘Maarg’. ‘Tumko Meri Kasam’ also features Esha Deol, Adah Sharma, and Ishwak Singh in lead roles. The film is based on the real-life story of Dr. Ajay Murdia, founder of the Indira IVF.

Cancer cases rising among Gen X, millenni-



Incidence of 17 types of cancer is rising among Generation X and millennials, finds a study from the American Cancer Society published in the journal The Lancet Public Health. Researchers used data from 23.6 million patients diagnosed with 34 types of cancer and from 7.3 million cancer deaths,

for adults aged 25–84 years between 2000 and 2019. To compare cancer rates across generations they broke the data down into five-year birth intervals from 1920 to 1990 and analysed cancer incidence and death among birth cohorts. Incidence of cancer increased with each successive birth

cohort since 1920 for 17 of 34 types of cancer. People born in 1990 have two to three times higher rates of pancreatic, kidney and small intestinal cancers in both men and women, and for liver cancer in women, than people born in 1955. Other cancers that have increased in younger generations after a decline in older birth cohorts include liver, breast, uterine, colorectal, gastric, gallbladder, ovarian, testicular cancer and anal and Kaposi sarcoma cancers in men. Correspondingly, cancer deaths also increased for younger generations for colorectal, liver (female only), uterine, gallbladder and testicular cancers. Researchers couldn't find a clear explanation for why the rates are rising. "The data highlights the critical need to identify and address underlying risk factors in Gen X and millennial populations to inform prevention strategies," the study said.

No health benefits to moderate drinking

Drinking a glass of wine daily may not be healthy after all.

A new Canadian study published in the Journal of Studies on Alcohol and Drugs debunks the long-held belief that moderate drinking can have health benefits. Many previous studies have linked moderate drinking with lower risks of heart disease and reduced mortality risk. But the current study suggests that those studies suffer from "design flaws".

Studies that showed a benefit mostly included older adults and did not factor in a person's lifetime drinking habits. So moderate drinkers were compared with abstainers that also included people who had quit or reduced drinking due to health problems. "That makes people who continue to drink look much healthier by comparison," the lead researcher said.

The researchers analysed 107 studies on alcohol consumption and all-cause mortality in 48,38,825 participants with 4,25,564 recorded deaths. When they looked at the data as a whole, light to moderate



drinkers (those who drank between one drink per week and two per day) had a 14 per cent lower risk of dying compared with abstainers.

But when they focused only on "higher quality" studies that included people who were younger than 55, on average, and did not consider former and occasional drinkers as abstainers, moderate drinking was not linked to a longer life.

Only "lower quality" studies that included older participants

and made no distinction between former drinkers and lifelong abstainers showed a link between moderate drinking and greater longevity.

Moderate drinking can increase the risk of certain cancers and alcohol is a leading cause of preventable death and disability. In January 2023, the World Health Organization said, "When it comes to alcohol consumption, there is no safe amount that does not affect health."

ARE FISH OIL SUPPLEMENTS GOOD FOR THE HEART?



A new study that assessed the benefits of fish oil supplements has yielded mixed results.

Regular use of fish oil supplements could increase the risk of first-time heart disease and stroke among those in good cardiovascular health. However, for those with heart problems the supplement may slow progression of the disease and lower the risk of death, according to a long-term study

published in BMJ Medicine.

A rich source of omega 3 fatty acids, fish oil is often recommended for good heart health. To find out the associations between fish oil supplements and new cases of atrial fibrillation; heart attack, stroke, and heart failure; and death from any cause in those with no known cardiovascular disease, the researchers used data from 4,15,737 participants aged 40–69, nearly 55 per cent of

them women.

About 32 per cent of them regularly used fish oil supplements.

The research team then tracked the health of participants for an average of nearly 12 years, watching to see how many died, developed heart problems or suffered a stroke. During an average follow up of nearly 12 years, 18,367 participants developed atrial fibrillation, 22,636 had a heart attack/stroke or developed heart failure, and 22,140 died, of whom 14,902 did not have any previous heart issues.

For healthy adults, regular use of fish oil supplements was associated with a 13 per cent increased risk of atrial fibrillation and a five per cent increased risk of stroke. The increased risk was six per cent higher in women and in non-smokers. But for those who already had heart issues, regular use of fish oil supplements was associated with a 15 per cent lower risk of progressing from atrial fibrillation to a heart attack, and a nine per cent lower risk of progressing from heart failure to death.

"Regular use of fish oil supplements might have different roles in the progression of cardiovascular disease," the study concluded.

C-section babies need two doses of measles vaccine

Babies born by c-section need two doses of the measles vaccine for optimal protection against the disease. A single dose of the vaccine is up to 2.6 times more likely to be completely ineffective in C-section babies, compared with those born vaginally.

Measles is a highly contagious disease spread by coughs and sneezes. It starts out with cold-like symptoms and a rash, and can lead to severe complications like blindness, seizures and death. Before the introduction of measles vaccine in 1963, major measles epidemics caused an estimated 2.6 million deaths each year. For the study published in Nature Microbiology, researchers used data from previous studies of 1,505 children in China whose



blood samples were taken every few weeks from birth to age 12. About 12 per cent of children born via C-section had no immune response to their first measles vaccination, compared to 5 per cent of children born vaginally. The findings emphasise the

importance of giving two doses of the vaccine for a long-lasting immune response. A possible reason is the development of the infant's gut microbiome. "With a C-section birth, children are not exposed to the mother's microbiome in the

same way as with a vaginal birth," the lead researcher explained. "We think this means they take longer to catch up in developing their gut microbiome, and with it, the ability of the immune system to be primed by vaccines against diseases including measles."

Only 83 per cent children had received one dose of measles vaccine by their first birthday in 2022, according to the WHO, and a lot of children don't get their second measles jab. "Vaccine hesitancy is really problematic, and measles is top of the list of diseases we are worried about because it's so infectious," said the study. At least 95 per cent of the children need to be fully vaccinated to keep measles under control.

How cell and gene therapies revolutionising cancer care in India

Our body is made up of cells, and whatever happens to it—good or bad—happens at a cellular level. Cancer, for example, occurs due to a small change in the cell that prompts it to proliferate abnormally. Also, cancer spreads in the body because the immune cells lose their ability to identify the danger cancer cells pose and stop them from growing. We treat cancer by surgically removing the cancer cells from the body or by giving drugs that kill the malignant cells.

The advancement in our capability to manipulate the body's immune cells to identify and eliminate cancer cells is remarkable, particularly at the cellular level. No wonder, cell and gene therapies, once considered futuristic medicine, are now a reality, offering hope to millions by redefining the battle against cancer.

Chimeric Antigen Receptor (CAR) T-cell therapy and gene editing tools, like CRISPR-Cas9, are two revolutionary innovations that allow us to personalize treatments based on the genetic profiles of both the patient and the cancer. In CAR T-cell therapy, we extract the patient's T-cells and add a marker to their surface to restore their ability to detect and eradicate malignant cells. And because these are the body's own cells, the treatment

has almost negligible side effects. Moreover, some of these immune cells remain in the memory and prevent cancer relapse. These are also called living drugs because once injected, these cells stay in the body and guard against the relapse of the cancer.

However, the current cost of these therapies is prohibitive. The high cost, along with the need for advanced medical infrastructure and specialised training for healthcare providers, has limited their availability. Yet, the government is making significant investments in biotech innovations through infrastructure development and by offering research grants. This support allows several Indian companies to focus on developing indigenous CAR T-cell therapies. These initiatives will greatly contribute to reducing the cost of these treatments, ensuring that Indian patients have access to them. Moreover, India's generic pharmaceutical sector is using its expertise to develop biosimilars and gene therapies, which will further contribute to the affordability of these cutting-edge treatments.

Cell and gene therapies have proven to be effective in treating various malignancies such as leukemia, lymphoma, and

myeloma. Numerous clinical trials are currently underway worldwide to assess their efficacy. In India, several hospitals and research centers have also initiated clinical trials to test these therapies against a wider range of cancers, tailoring them to the genetic profiles prevalent in the Indian population.

Furthermore, cutting-edge research in this field will ensure that India will soon have more than one CAR T cell products available for its population. Researchers in India are working on developing third and fourth-generation CARs that will be effective against multiple tumor-associated antigens.

Unlike first-generation CARs, which are mono-specific and target only one type of antigen, these CARs will be able to target two antigens and, hence, be more effective in preventing cancer relapse. Collaboration between the public and private sectors, as well as foreign alliances, has produced a favorable environment in the country for innovation. Besides, collaborations with global biotech and pharmaceutical giants are facilitating technology transfer and capacity building, enabling India to take a leap into the future of cancer care.

Some antidepressants cause more weight gain than others

People who take antidepressants are prone to weight gain. But do all antidepressants cause similar weight gain?

To find out, US researchers analysed the health records of 1,83,118 patients, aged 18 to 80, who were first-time users of antidepressants. The researchers tracked weight changes for 24 months after they started taking brand-name or generic versions of one of eight common antidepressants—sertraline, citalopram, escitalopram, fluoxetine, paroxetine, bupropion, duloxetine, or venlafaxine.

Bupropion users gained the least amount of weight. They were 15 per cent to 20 per cent less likely to gain a significant amount of weight compared with those taking the most common antidepressant, sertraline. Those taking escitalopram, paroxetine and duloxetine were most likely to experience weight gain.

Weight gain is a common side effect of antidepressants that causes people to stop taking their medication, leading to poor clinical outcomes. Bupropion had the highest adherence rate, at 41 per cent. "Patients and their clinicians could consider weight gain as one reason for choosing a medication that best fits their needs," the study suggested.

Treating gum disease can help prevent AFib recurrence



Patients who had their gum disease treated following treatment for atrial fibrillation (AFib), or irregular heartbeat, are significantly less likely to suffer AFib recurrence, according to Japanese research published in the Journal of the American Heart Association. AFib can increase the risk of stroke by five-fold. About 20 to 50 per cent of the global population suffer from gum disease. To examine the potential impact of gum disease treatment on AFib, the researchers compared 97 patients who had received radio-frequency catheter ablation to correct AFib and received treatment for gum disease within three months of correcting the irregular heart rhythm, with 191 ablation patients who did not receive treatment for gum disease. During an average follow-up period of between 8.5 months to 2 years after the procedure, 24 per cent of the patients had an AFib recurrence. Patients who had their

gum inflammation treated after catheter ablation were 61 per cent less likely to have a recurrence of AFib, compared with ablation patients who did not get the dental treatment. Patients who had an AFib recurrence had more severe gum disease than those who did not have recurrences.

"Proper management of gum disease appears to improve the prognosis of AFib, and many people around the world could benefit from it," said the lead study author.

According to the American Heart Association, oral health can be an indicator of overall health. Bacteria from inflamed gums can travel through the bloodstream to the rest of the body, including the heart and brain. Chronic gum inflammation may be associated with other health conditions, including coronary artery disease, stroke, and Type 2 diabetes.

At what ages do people feel most lonely?



According to a US study published in the journal Psychological Science, loneliness follows a U-shaped pattern in adulthood—people are loneliest during younger and older adulthood, and least lonely in middle age. This conclusion was based on a review of data from nine long-term studies including 1,28,118 adults of ages 13 to 103 years from over 20 countries. All the studies showed the U-shaped curve. Loneliness was more prevalent among women, and in people who were divorced or widowed, more isolated, less educated, had lower income, had more functional limitations, were smokers or had poorer cognitive, physical, or mental health. The researchers think mid-

dle-aged adults are the least lonely because they have more opportunities for social interactions, like being married, going to work, and making friends with the parents of their kids' friends. Young adulthood can be lonely because people are often "navigating several important life transitions (like education, careers, friend groups, relationship partners and families)". "What was striking was how consistent the uptick in loneliness is in older adulthood. We do have evidence that married people tend to be less lonely, so for older adults who are not married, finding ongoing points of meaningful social contact will likely help mitigate the risk of persistent loneliness," the study authors said.

24th NCORD meeting held in Doda to strengthen anti-drug measures

JAMMU RISING
JAMMU, SEPT 30
The 24th meeting under the Narco Coordination Centre (NCORD) mechanism was held today in the meeting hall of the Deputy Commissioner's Office Doda, under the chairmanship of District Magistrate Harvinder Singh. SSP Doda, Mohd Aslam, served as the convener of the meeting. The agenda focused on critical issues such as illicit crop cultivation, identification of drug abuse hotspots, and the declaration of 'Nasha Mukh Panchayats' across the district. Strict vigilance was emphasized on all identified drug abuse hotspots, with instructions to intensify efforts to curb drug-related activities in these areas. Furthermore, the District



Magistrate directed the officers to enforce stringent measures to prevent the cultivation of illicit crops within the district's jurisdiction, whether on wild or agricultural land. Officers were urged to raise awareness about the dangers of drug abuse, particularly among the youth, through community engagement and educational initiatives. The meeting was attended by ADC Doda, ACR Doda, SDMs, ACD/ACP, Tehsildars, and other concerned departments, with some officials participating through online mode, reflecting a comprehensive approach to tackling the drug menace in the district.

DEO Rajouri refutes rumours regarding security of strong room

JAMMU RISING
JAMMU, SEPT 30
A rumour circulating on social media last night, suggesting the removal of district police from the strong room premises, has been refuted by the District Election Officer (DEO) Rajouri. The DEO Rajouri promptly visited the site to personally verify the situation and ensure the security of the strong room. Upon inspection, it was confirmed that a robust three-tier security system is in place, strictly adhering to the guidelines set by the Election Commission of India (ECI). The innermost perimeter (third tier) is being guarded by the Central Armed Police Forces (CAPF), the second tier by Armed Police, and the outermost layer by District Police. DEO Rajouri also interacted with the candidates and their representatives



to clarify any concerns they had. Written communication, with proper acknowledgment, were sent to all candidates, informing them to depute their representatives for keeping a close watch on security arrangements of the strong rooms. Their representatives are closely monitoring the strong room's security. Several facilities have been provided for the convenience of the candidates' representatives, including rain-proof tents, drinking water, and toilet

lets. Additionally, CCTV cameras have been installed, allowing the representatives to monitor the entry points of the strong room. Control room contact numbers for both the DEO/Returning Officer (RO) and DEO/SSP have been shared with the candidates, ensuring they can reach out for assistance whenever necessary. A detailed logbook is maintained by the CAPF, documenting all entries, exits, and the security personnel's duty roster.

District Administration Kupwara refutes allegations of 'Cash distribution among voters'

JAMMU RISING
JAMMU, SEPT 30
In light of recent posts being circulated on social media by various quarters alleging unethical conduct/ use of money power in the Kupwara Assembly segment, the District Administration Kupwara today strongly refuted the allegations terming them unfounded. In an official statement issued here, the District Administration asserted that no credible evidence has been presented to substantiate these allegations as such the accusations are devoid of any merit. It is imperative that all claims are grounded on facts to maintain the integrity of the electoral process. Furthermore, the District Administration is committed to ensuring free and

fair elections as robust monitoring protocols and machinery are in place to oversee electoral activities and address any complaints that arise, ranging from the establishment of Static Surveillance teams (SST) Nakas across the arterial routes of District, Flying Squads, Video Viewing Teams, Video Surveillance Teams strategically spread across the District, apart from the robust intelligence gathering. The teams and enforcement agencies have so far, inter-alia, made a good quantum of seizures from cash, contraband drugs, freebies, liquor. Additionally, while acting upon various reports of MCC violations, this office has so far issued 31 show cause notices, along with attachment of seven employees.

DEO Udhampur suspends 2 Govt employees for dereliction of election related duty

JAMMU RISING
JAMMU, SEPT 30
The District Election Officer Udhampur, Saloni Rai, has taken swift disciplinary action by suspending two government employees for neglecting their assigned election duties for the upcoming Assembly Elections-2024. Kulbushan Koul, Head Assistant at the Zonal Education Office Dudu, who was appointed as a Presiding Officer for the General Elections, has been suspended for failing to attend mandatory election training sessions. Despite multiple telephonic communications and formal intimation through his department head, Kulbushan Koul neglected to report for duty, obstructing critical election procedures. His absence has been deemed a serious breach of service conduct rules, amounting to deliberate non-compliance. The suspension order, issued

by the DEO, underscores the importance of attending election training, which is a crucial responsibility for Presiding Officers. During his suspension, Koul will remain attached to the office of the Chief Education Officer, Udhampur. In another case, Jaswant Singh, a teacher at Government Primary School Kothi, Zone Chenani, and appointed Booth Level Officer for Polling Station 61-40 (Narsoo), was suspended for failing to perform his election-related duties. As a BLO, Jaswant Singh was responsible for managing a section of the Electoral Roll, ensuring its accuracy through door-to-door verification, and assisting voters on election day. However, Jaswant Singh not only failed to fulfill these responsibilities but also went on unauthorized medical leave without obtaining proper approval. His leave expired on September 29,

DC Kishtwar chairs District NCORD review meeting

JAMMU RISING
JAMMU, SEPT 30
In a concerted effort to combat drug abuse and trafficking, Deputy Commissioner Kishtwar, Rajesh Kumar Shavan today chaired a monthly review meeting of the National Committee on Drug Abuse and Rehabilitation (NCORD) in Kishtwar. During the meeting, the Deputy Commissioner highlighted the need for a zero-tolerance policy towards drug-related activities and called for a collaborative approach involving all sectors of the community. He impressed to adopt multipronged strategies to effectively combat this issue. SSP Kishtwar Abdul Qayoom provided updates on various legal interventions undertaken in the district, while the Deputy Commissioner



instructed the identification of minimum 10-15 volunteers, including women, from each panchayat to assist in monitoring and surveillance on drug trafficking at ground level. To strengthen the district's response, SDMs and Tehsildars were directed to conduct monthly reviews of the NCORD committees in their respective jurisdictions. The Deputy Commissioner emphasized the need for adequate testing kits for drug detection, particularly in shadow zones, and called for their accessibility to health officials, police, and community workers. Additional measures discussed included the installation of CCTV cameras in medical stores to enhance surveillance of psychotropic drug sales and the strict enforcement of regulations prohibiting the sale of tobacco products within 100 meters of educational institutions. The excise officer was tasked with intensifying efforts against illegal distillation and cultivation of weed crops. The meeting also reviewed the progress made since the 10th NCORD meeting, reinforcing the district's commitment to eradicating drug abuse. The DC also reviewed the functioning of the Addiction Treatment Facility in the District Hospital Kishtwar and stressed for the need of Psychiatrist in the ATF.

KNOW DENGUE FOR NO DENGUE

Dengue can be Prevented

DENGUE

- Dengue is a viral disease.
- It is transmitted by the bite of Aedes mosquito.
- Dengue Fever is a severe, flu-like illness.
- Dengue Hemorrhagic Fever (DHF) & Dengue Shock Syndrome (DSS) are more severe forms of disease, which may even cause death if left untreated.

SIGNS AND SYMPTOMS

- High fever.
- Frontal headache.
- Pain behind the eyes which worsens with eye movement.
- Muscle and joint pains.
- Rashes on the body.
- Pain abdomen.
- Nausea and vomiting.
- Bleeding & low B.P in severe cases.

PREVENTION

- Avoid water stagnation in & around the house.
- Empty water reservoirs regularly like storage utensils, air coolers, plant pots, drums, flower pots and bird baths etc.
- Keep water tanks and other water containers tightly covered with lids.
- Use mosquito repellents/ Anti mosquito creams.
- Do not wear clothes that expose arms and legs.
- Use mosquito nets while sleeping.
- Use netted screens for doors & windows to prevent entry of mosquitoes

ISSUED IN PUBLIC INTEREST BY
STATE MALARIOLOGIST/SPO NVBDCP, J&K,
DIRECTORATE OF HEALTH SERVICES, JAMMU

DIP No: DIP/J-5201/24 Dt: 30-09-2024

DGP Swain Pays Tribute To Martyrs, Reflects On Service In J&K Ahead Of Retirement

for a police officer is a place of worship, especially when an officer serves in Jammu and Kashmir where hundreds have been martyred. I feel I could have been one of those who made the supreme sacrifice,” she said.

Reflecting on his 30-year career in the region, as he is set to retire later on Monday, he said that many of his colleagues sacrificed their lives.

Their blood and sweat makes this the Balidhan Stambh, Swain said.

He expressed gratitude for the opportunity to serve the people of Jammu and Kashmir.

“I was given the opportunity by the government to serve the people of Jammu and Kashmir. This opportunity does not come to all. I am grateful to the government and to my colleagues and other security partners,” he said.

Looking back in his tenure, Swain said that it was a very eventful phase in which he tried to contribute in bringing lasting peace.

“Peace with dignity, as many say, is not just lip service, it was a hard call. With all sincerity at my command, I tried to bring smiles, to remove fear and bring happiness and prosperity to not only my force but people as well,” he said.

Swain said that everybody in Jammu and Kashmir should be able to enjoy peace, live prosperously, free of fear and intimidation.

“That was my effort and I feel good about it that I did not lose the opportunity,” he added.

Nalin Prabhat, who is currently the director general of police (law and order) in Jammu and Kashmir, will take take over from Swain later in the day. (Agencies)

Over 20K polling staff mobilised for final phase of assembly elections in Jammu And Kashmir

ond phase on September 26.

This is the first Assembly election in Jammu and Kashmir since the abrogation of Article 370 of the Constitution in August 2019, with the results set to be announced on October 8.

According to J&K chief electoral officer Pandurang K Pole, more than 39.18 lakh voters are eligible to exercise their electoral franchise in the final phase across the 40 assembly constituencies – 24 in Jammu region and 16 in Kashmir valley.

In Jammu division, Jammu district accounts for the highest number of 11 segments (Bishnah-SC, Suchetgarh-SC, R S Pura, Jammu South, Bahu, Jammu East, Nagrota, Jammu West, Jammu North, Akhnoor-SC and Chhamb), followed by six seats in Kathua district (Bani, Billawar, Basohli, Jasrota, Kathua-SC and Hiranagar), four in Udhampur district (Udhampur West, Udhampur East, Chenni and Ramnagar-SC) and three in Samba (Ramgarh-SC, Samba and Vijaypur).

Similarly in Kashmir division, 16 assembly constituencies including Karnah, Trehgam, Kupwara, Lolab, Handwara and Langate fall in Kupwara district, Sopore, Rafiabad, Uri, Baramulla, Gulmarg, Wagoora-Kreeri and Pattan in Baramulla district and Sonawari, Bandipora, Gurez (ST) in Bandipora district.

Pole said a total of 5,060 polling stations have been set up across the poll-bound districts.

He said there will be 50 polling booths managed by women, known as Pink Polling Stations, 43 polling stations manned by specially-abled persons and 40 polling stations manned by youths.

Also, there will be 45 green polling stations in order to spread the message about environmental concern and 33 unique polling stations, he said, adding 29 polling stations are established near the Line of Control or International Border for border residents.

“The purpose behind these special polling stations is to spread awareness among sections of society like women, specially-abled persons and first-time young voters to come forward and exercise their right to vote,” he said.

He said over 1.07 lakh saplings have been planted in the premises of all polling stations.

Four election staff, including presiding officer, will be stationed in every polling station, he said, adding more than 20,000 polling staff will be deployed on duty for the third phase election.

A total of 39,18,220 lakh voters eligible to exercise their franchise include 20,09,033 male voters, 19,09,130 female voters and 57 third gender voters, the CEO said, adding as many as 1.94 lakh youth between the age 18 and 19 years, along with 35,860 Persons with Disabilities (PwDs) and 32,953 elderly voters above the age of 85 are also eligible to exercise their franchise in this phase.

He said the voting will take place from 7 am to 6 pm and before that there will be a mock poll in the polling stations in presence of the polling agents. Also, the voting will continue even after 6 pm, if voters are standing in queue in the polling station premises to exercise their right to vote.

Every polling station will be provided with Assured Minimum Facilities (AMFs) like drinking water, electricity, toilet, ramp, furniture and veranda or shed. Besides, wheelchairs will also be provided to the needy, he said, adding the ballot unit will also have a list of contesting candidates in the Braille script.

Where ever required, there will be separate queues for senior citizens and specially-abled persons facilitating them with early polling, he said.

Prominent among others in the fray include People’s Conference chairman and former minister Sajjad Lone and National Panthers Party India president Dev Singh. While Lone is fighting on two seats from Kupwara, Singh is contesting from Chenani seat of Udhampur.

Former ministers Raman Bhalla (R S Pura), Usman Majid (Bandipora), Nazir Ahmad Khan (Gurez), Taj Mohiuddin (Uri), Basharat Bukhari (Wagoora-Kreeri), Imran Ansari (Pattan), Ghulam Hassan Mir (Gulmarg), Choudhary Lal Singh (Basohli), Rajiv Jasrotia (Jasrota), Manohar Lal Sharma (Billawar), Sham Lal Sharma and Ajay Kumar Sadhotra (Jammu North), Mula Ram (Marh), Chander Prakash Ganga and Manjit Singh (Vijapur) are other strong contenders in the fray.

Registration counters at Katra railway station for Vaishno Devi pilgrims from Tuesday

The devotees can register themselves at 47 places. All facilities have been put in places at registration counters”, he

said.

Highlighting specific measures, Garg said new RFID cards have been introduced for enhanced security and mandatory registration for all pilgrims. “New card will be introduced from tomorrow morning”, he said.

Garg presided over a crucial meeting at Katra where extensive discussions were held on preparations in collaboration with security agencies and local authorities.

The meeting focused on enhancing security and operational readiness ahead of the Navratra festival from October 3 to 12.

Addressing concerns related to crowd management, fire safety, and disaster preparedness, the CEO underscored the necessity for synchronised efforts to manage the anticipated influx of pilgrims.

Recent directives from Manoj Sinha, Chairman of SMVDSB and Lieutenant Governor of Jammu and Kashmir, reinforced the importance of meticulous planning and cooperation among all stakeholders.

The stringent frisking procedures and enhanced surveillance through drones and CCTV cameras will be implemented to ensure real-time monitoring of the pilgrimage route and shrine area, the CEO said.

“The deployment of additional security forces and quick response teams further fortifies the multi-tier security grid designed to safeguard devotees”, he added.

“We are committed to providing a safe and comfortable experience for all pilgrims,” Garg said and stressed the Board’s focus on maintaining cleanliness, adequate water supply and improved lighting along the pilgrimage route.

Plans are also underway to address traffic congestion issues caused by unauthorised parking with a special enforcement drive, he said.

“With meticulous planning and collaborative efforts, SMVDSB aims to uphold the sanctity of the pilgrimage while ensuring the safety and well-being of every devotee during the upcoming Navratra festivities”, he added.

The stage is set for a spiritually enriching and incident-free celebration at the revered Mata Vaishnodevi Shrine, he said. (Agencies)

Assembly Elections | Exit polls of J&K be published after 6:00 PM on October 5: ECI

monitor compliance. Any violations will be dealt with strictly in accordance with the law.

This measure aims to maintain the integrity of the electoral process and ensure free and fair election environment, and to ensure that voters make their decisions uninfluenced by premature predictions or analysis of electoral outcomes.

All concerned parties, including media houses, social media platforms, and polling agencies, are urged to adhere to these instructions and refrain from publishing or sharing any exit poll results before the stipulated time.

CBI Arrests 26 Cybercriminals In Multi-State Crackdown

night last Thursday. The central agency has seized Rs 58.45 lakh cash, locker keys and three luxury vehicles, they said.

Four call centres — V.C. Inconformities Pvt. Ltd at Regent Plaza, Pune; V.C. Infrometrix Pvt. Ltd, Murlı Nagar, Visakhapatnam; Viajex Solutions, Hyderabad; and Atriya Global Services Pvt. Ltd, Visakhapatnam — were among the places raided by the agency.

The Central Bureau of Investigation (CBI) intercepted 170 people engaged in live online criminal activities across the four call centers, the officials said.

“The cybercriminals targeted in this operation were involved in a range of illicit activities, including impersonating... Tech support services and approaching victims, especially in the USA in the guise that the victim’s systems have been hacked,” a CBI spokesperson said in a statement.

He said the victims were convinced by the criminals that their identities had been stolen and that a large number of unauthorised transactions were being made in their bank accounts.

The scammers told the victims that they were under the scanner of investigation agencies of their respective countries, he added.

“The cybercriminals then induced the victims to transfer their bank holdings into new bank accounts given by cybercriminals in the guise of safeguarding their finances.

“In some instances, the cybercriminals intimidated the victims into transferring funds to them through international gift cards or crypto currency. Extensive wrongful losses were incurred by the victims targeted by this criminal network,” the statement said.

So far, the CBI has arrested 10 cybercriminals from Pune, five from Hyderabad and 11 from Visakhapatnam. Further investigation and questioning into the role of other workers at these illegal call centers is ongoing, it said.

“These operations have resulted seizure of critical digital evidence and incriminating material. 951 items have been seized including electronic devices, mobile phones, laptops, financial information, communication records and incriminating material used by this cyber crime network for criminal activity and to defraud victims,” the spokesperson said.

This operation has resulted in significant disruption and dismantling of a major trans national technology enabled crime network, he said. (AGENCIES)

Air Chief Marshal A P Singh takes charge as new chief of Air staff

Singh was commissioned into the fighter pilot stream of the Indian Air Force in December 1984.

In his long and distinguished service spanning nearly 40 years, he has served in a variety of command, staff, instructional and foreign appointments.

An alumnus of the National Defence Academy, Defence Services Staff College and National Defence College, the air officer is a qualified flying instructor and an experimental test pilot with more than 5,000 hours of flying experience on a variety of fixed and rotary wing aircraft.

Air Chief Marshal Singh has commanded an operational fighter squadron and a frontline air base.

As a test pilot, he led the MiG-29 upgrade project management team at Moscow.

He was also the project director (flight test) at National Flight Test Centre and was tasked with flight testing of the Light Combat Aircraft, Tejas.

Air Chief Marshal Singh has taken charge of the IAF amid concerns over delays in supply of LCA Tejas-Mark 1A variant to the force by state-run aerospace giant Hindustan Aeronautics Ltd (HAL).

The officer has held important staff appointments of Air Defence Commander at South Western Air Command and Senior Air Staff Officer at Eastern Air Command.

Prior to assuming the charge of Vice Chief of the Air Staff in February last year, he was the Air Officer Commanding-in-Chief of Central Air Command.

The Air Chief Marshal is a recipient of the Param Vishisht Seva Medal and Atı Vishisht Seva Medal.

Air Chief Marshal Singh is known as a fitness enthusiast who also plays squash. (PTI)

CEC Rajiv Kumar appeals to J&K voters to participate in large numbers

More than 7,200 permissions were granted through the Suvidha portal for rallies and meetings.

The first phase of voting took place on September 18, and the second phase concluded on September 25. Voting in the third phase will take place on Tuesday across 40 constituencies. The counting of votes is scheduled for October 8, with results expected shortly afterward, according to the Election Commission of India (ECI).

More than 3.9 million voters are eligible to cast their ballots across 40 constituencies spread over seven districts. Voting will take place between 7 AM and 6 PM, with security measures in place to ensure a smooth and peaceful process. At least 415 candidates, including former deputy chief ministers Tara Chand (Congress) and Muzaffar Hussain Beig, are contesting in the third phase. (Agencies)

Search operations in Kathua, Rajouri extended to fresh areas three more foreign terrorists of Pakistan-based Jaish-e-Mohammad (JeM) are believed to be hiding in the forest belt. In Rajouri, the officials said the terrorists fled after a brief encounter with security forces at Manial Gali in Thanamandi area Sunday evening. The operation was called off late Sunday and resumed and extended to new areas early this morning, the officials said. They said there was no fresh contact with the terrorists so far. Meanwhile, slain head constable Bashir Ahmed was laid to rest with full honours at a graveyard near his Jammu residence after a wreath laying ceremony late Sunday evening. J-K Director General of Police, Operations and Security, Nalin Prabhat, Additional Director General of Police (ADGP), Jammu zone, and all personnel paid homage to the fallen cop. Family members of the policeman -- his wife, two sons and a daughter -- were present at the wreath laying ceremony at the police headquarters and were seen being consoled personally by the DGP. Officers of central paramilitary forces also paid rich tributes and laid floral wreaths on the mortal remains of the deceased.

Over 39 lakh electors to decide fate of 415 candidates in final phase of elections on Oct 1

and Kashmir in strengthening the democracy, as many as 1.94 lakh youths voters aged 18 to 19 are eligible to vote in 3rd phase of Assembly Election.

This phase will also see participation from 35,860 Persons with Disabilities (PwDs) and 32,953 voters above the age of 85.

To facilitate the voters for smooth and hassle free electoral participation, Election Commission of India (ECI) has established 5,060 polling stations with 100% web-casting across 40 Assembly Constituencies. These include 974 Urban Polling Stations and 4,086 Rural Polling Stations.

To enhance voter participation, 240 special polling stations have been established across 7 districts in this phase, including 50 polling stations managed by women, known as Pink polling stations, 43 polling stations manned by specially abled persons and 40 polling stations manned by youth. Also, there will be 45 green polling stations in order to spread message about environmental concern, 29 polling stations are established near the LOC/ IB for residents residing there and 33 Unique Polling stations.

A total of 24 special Polling Stations have been established for Migrant Voters of Kashmir Division, which includes 19 Special Polling Stations in Jammu, 4 in Delhi and 1 in Udhampur District. Special Polling Station-wise extract voter list will be with BLOS.

A team of four officials, including Presiding Officer will be stationed in every polling station. In total, more than 20,000 Polling staff will be deployed on duty for 3rd phase of assembly election.

In this phase, 109 candidates are in fray in Jammu district, followed by 101 in Baramulla district, 59 in Kupwara district, 42 in Bandipora district, 37 in Udhampur district, 35 in Kathua district, while 32 candidates are contesting in Samba district.

In Udhampur district, 12 candidates are in fray in 59-Udhampur West AC; 9 in 60-Udhampur East AC; 9 in 61-Chenani AC; while 7 candidates are contesting in 62-Ramnagar (SC) AC.

In Kathua district, 8 candidates are in fray in 63-Bani AC; 4 in 64-Billawar AC; 4 in 65-Basohli AC; 8 in 66-Jasrota AC; 5 in 67-Kathua (SC) AC; while 6 candidates are contesting in 68-Hiranagar AC.

In Samba district, 7 candidates are in fray in 69-Ramgarh (SC) AC; 14 in 70-Samba AC; while 11 candidates are contesting in 71-Vijaypur AC.

In Jammu district, 9 candidates are in fray in 72-Bishnah (SC) AC; 11 in 73-Suchetgarh (SC) AC; 14 in 74-R.S. Pura-Jammu South AC; 12 in 75-Bahu AC; 9 in 76-Jammu East AC; 8 in 77-Nagrota AC; 12 in 78-Jammu West AC; 17 in 79-Jammu North AC; 6 in 80-Marh (SC) AC; 3 in 81-Akhnoor (SC) AC; while 8 candidates are contesting in 82-Chhamb AC.

Similarly, in Kashmir Division’s Kupwara district, 8 candidates are in fray in 1-Karnah AC; 10 in 2-Trehgam AC; 8 in 3-Kupwara AC; 11 in 4-Lolab AC; 7 in 5-Handwara AC; while 15 candidates are contesting in 6-Langate AC.

In Baramulla district, 20 candidates are in fray in 7-Sopore AC; 12 in 8-Rafiabad AC; 6 in 9-Uri AC; 25 in 10-Baramulla AC; 13 in 11-Gulmarg AC; 12 in 12-Wagoora-Kreeri AC; while 13 candidates are contesting in 13-Pattan AC.

In Bandipora district, 18 candidates are in fray in 14-Sonawari AC; 19 in 15-Bandipora AC; while 5 candidates are contesting in 16-Gurez (ST) AC.

The Kupwara district has recorded a total of 5,42,535 registered voters, including 2,71,601 males, 2,70,924 females, and 10 transgender across six Assembly constituencies. A total of 622 polling stations are spread across these constituencies of the district, ensuring that every registered voter has the opportunity to participate in the democratic process.

The Baramulla district comprises of seven Assembly Constituencies with 7,24,335 electorates which includes 3,65,074 males, 3,59,249 females, and 12 transgender voters. A total of 908 polling stations are spread across the district.

The Bandipora District has registered a total of 2,59,893 voters across its three Assembly constituencies, includes 1,32,679 male voters, 1,27,208 female voters, and 6 transgender voters. A comprehensive network of 312 polling stations has been established across the district.

Udhampur District is divided into four Assembly constituencies, with a total of 4,22,802 registered voters, including 2,21,457 male and 2,01,345 female voters. To facilitate the voting process, the Election Commission of India (ECI) has established 654 polling stations across the district.

The Kathua district has registered a total of 5,06,679 voters, including 2,65,420 male, 2,41,256 female, and 03 transgender voters across its six assembly constituencies. A comprehensive network of 704 polling stations has been established by the ECI for free, fair and transparent elections.

The Samba district comprises three Assembly constituencies, with 2,60,999 registered voters, including 1,33,736 male, 1,27,261 female and 02 transgender voters. ECI has established 366 polling stations throughout the district.

The Jammu district, with eleven Assembly Segments, has 12,009,77 electors, including 6,19,066 male, 5,81,887 female, and 24 transgender voters. To facilitate the voting process, t ECI has established 1494 polling stations across the District.

The voting will take place from 7.00 am to 6.00 pm. J&K youth highly aspirational, BJP promises opportunities: Dr Jitendra

by the few family-based parties. People saw the work in the last 10 years. The youth are aspirational and they don’t want to lose this opportunity.”

Dr Jitendra Singh said that if this is being made the agenda, then it is because of the parties there and the Congress party. The situation of Congress is delicate. They are unsure about Article 370.

He said, “I want to challenge them to promise Article 370 again in J&K, they would never say it,”

On a question related to Election in Jammu and Kashmir, Union Minister Jitendra Singh said, “ First of all, I want to thank PM Modi, there is a celebratory mood there. Everyone is celebrating the festival of democracy. It is happening for the first time. Mainstreaming of democracy in J&K has happened now. People will be grateful to PM Modi.”

He said that there was a long period of time in J&K after independence, when in the disguise of democracy, the spirit of democracy was not there. In the first 2-3 decades, returning officers used to be instructed to reject nomination papers and the ruling party candidate used to be declared winner.

Dr Jitendra Singh said, “ Then came a time when 8-10 pc voting used to happen. It would be influenced by Pakistan. Voters would not come out. It has changed for the first time. Aspirant candidates have increased. Voters are enthused.”

He said, “ The BJP has tried to create a new culture here in the last 10 years, where religion, caste are being left behind. When people saw welfare schemes, a faith was instilled in people. The confidence of voters has increased in Jammu. There is a level-playing field. People want BJP.”

On a question of Rahul Gandhi’s comments on PM Modi, He said that he should understand that Narendra Modi is not only the PM of BJP but also the PM of Rahul Gandhi, Priyanka Gandhi.

He said that Rahul Gandhi had broken the healthy practice of democracy by criticising the PM on Foreign soil.

About Congress chief Mallikarjun Kharge comments on PM Modi, he said that it is his wishful thinking, but it is the people who will decide.

Police Seize Over 1,600 Illegal Liquor Bottles In J&K’s Udhampur

Ram, resident of Kanah, Ramanagar tehsil on the spot.

In this regard, a case under relevant sections has been registered at Ramnagar Police Station and investigation is on, police said.

Notably, the Udhampur District Police have registered 37 cases in which 640 liters of illicit liquor recovered during the Assembly election period.

INDI alliance will take decision on waqf bill: Farooq Abdullah

ber 1, Farooq said “almighty willing the people will take the right decision during voting and that will pave the way to bring back the identity of Jammu and Kashmir”. (Agencies)

Ahead of Counting: DEO Srinagar chairs meeting to finalise arrangements

JAMMU RISING
JAMMU, SEPT 30
Ahead of Counting of votes of Eight 8 A s s e m b l y Constituencies of Srinagar District for General Elections to Legislative Assembly-2024, the District Election Officer (DEO) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting here at DC Office Complex to review the preparedness regarding arrangements put in place for Counting of Votes at designated Counting Centres at SKICC-Centaur.

At the outset, the District Election Officer (DEO) took a comprehensive review of arrangements being made at designated Counting Halls in SKICC-Centaur for smooth and hassle free counting process viz. Entry of RO staff, ARO staff, Micro Observers, Counting Agents and Media persons, besides transporting and handling of EVMs,



establishment of Media Centre, Control Room, Media Gallery, installation of Public Address System, issuance of ID cards. Similarly, the security Plan and paring of vehicles in and around the SKICC-Centaur were also meticulously deliberated in detail. In addition, barricading and parking management, with special emphasis on security access through proper security passes

were also discussed. On the occasion, the District Election Officer directed all concerned Officers to ensure error free and seamless arrangements for the smooth counting process in the District. He also asked the Nodal Officer Media Centre to take all requisite measures for timely announcement of round wise results on the counting day, besides for Media management at the venue.

The DEO informed that the Counting of votes will begin with postal ballots, followed by the counting of votes in EVMs as per the guidelines of Election Commission of India. Pertinent to mention that Counting of votes for General Elections to Legislative Assembly-2024 is scheduled on (Tuesday) October 08, 2024 at designated Counting Halls at SKICC-Centaur.

General Observer visits Sumbal, assess Poll Day preparations

JAMMU RISING
JAMMU, SEPT 30
The General Observer for Bandipora and Sonawari AC, Nelson Eyon Bage accompanied by District Election Officer (DEO) Bandipora conducted an on-site visit to Sumbal sub-division to review the poll day arrangements. During the visit, the General Observer and DEO inspected the DCRC and assessed the facilities available for polling parties and the process of dispatching poll parties. Paying Special attention to the Special Polling Stations, they evaluated welfare measures for both polling staff and voters during visits to various special polling stations. The DEO stated, "We are fully committed to ensuring that the electoral process is conducted smoothly and transparently. Our team is working diligently to meet all guidelines set by the Election Commission of India, and we are focused on providing a conducive environment for both voters and election personnel." Emphasizing the importance of voter education, the DEO said, "we encour-



age all citizens to participate in the electoral process and make their voices heard." He said all necessary arrangements have been taken up to ensure a positive experience for every voter. The DEO assured that all preparations are in place in accordance with the

guidelines of the Election Commission of India (ECI), reinforcing the commitment to ensure a smooth and efficient electoral process. The General Observer was also accompanied by ADC /Nodal Officer MCC Zaffar Husson Shawal and other officials.

Polling Parties dispatched for all six assembly segments in Kathua



JAMMU RISING
JAMMU, SEPT 30
The polling parties for all six assembly segments were dispatched from designated points today. As many as 94 polling parties dispatched from Govt Degree College, Bani for 63-Bani AC. Similarly, 130 polling parties were dispatched from GDC Billawar for 64-Billawar AC. Likewise, a total of 107 polling parties were dispatched from GHSS

Basohli for 65-Basohli. Similarly, 132 Polling parties for 66-Jasrota AC and 131 Polling parties for 67-Kathua (SC) Assembly Constituency were dispatched from GDC Kathua. Likewise, 110 Polling Parties were dispatched from GLDM College Hiranagar for Hiranagar AC. The elections for the six Assembly Constituencies of Kathua are scheduled for 01 October. The process of the dis-

Ramban Police Arrested 01 Drug Trafficker With Heroine like substance

JAMMU RISING
JAMMU, SEPT 30
In a decisive move against narcotics smuggling, the Ramban police, under Operation Sanjeevani and the astute guidance of SSP Ramban Shri Kulbir Singh JKPS, successfully foiled a narcotics smuggling attempt. During nakka checking police party of PP Sangaldhan has apprehend one person and 07 grams of Herion like substance is recovered form his possession. On this case FIR No 79/2024 U/S 8, 21, NDPS Act is registered in PS Gool and investigation is initiated. The arrested accused persons have been identified as *Muhammad Sheeraz Son of Mohd Rafiq Ganaie Resident of Gambhiri Panchayat Thatarka Tehsil Gool and District Ramban. The investigation of the case is going on to ascertain the backward and forward links in the case.

DEO Bandipora visits Special Polling Stations

JAMMU RISING
JAMMU, SEPT 30
The District Election Officer (DEO) Bandipora, Manzoor Ahmad Qadri today conducted a comprehensive visit to several special polling stations in the district, as part of the preparations for elections scheduled to be held on Oct 01. The visit was aimed to evaluate the readiness of polling facilities and ensure a smooth electoral process for all voters. During the visit, the DEO inspected the accessibility and arrangements at each polling station, including Red and Pink polling stations of Bandipora and Sonawari AC, emphasizing the importance of providing a welcoming and efficient environment for voters. In addition to assessing the infrastructure, the DEO engaged with polling officials and gathered feedback to improve the overall electoral experience.



He said election authorities are committed to ensure free, fair, and transparent elections, and will continue to monitor preparations across all polling stations. Following the inspection of special polling stations, the DEO visited the control room established for reporting and monitoring on poll day. The DEO reviewed the operational readiness

of the control room, for real-time monitoring and addressing any issues that may arise during the elections. The facility is equipped with the latest technology to facilitate prompt communication and coordination among election officials. Among others, the DEO was accompanied by ADC Zaffar Husson Shawal, DIO Aadil Manzoor Wani and other concerned.

CS visits Assembly Complex; reviews development works

JAMMU RISING
JAMMU, SEPT 30
Chief Secretary, Atal Dulloo, today visited the Legislative Assembly Complex Srinagar to assess its final readiness for holding sessions after culmination of the ongoing assembly elections in the Union Territory. During his visit to the complex, the Chief Secretary took round of the Assembly Hall, Meeting Halls, as well as the chambers designated for the Speaker, Deputy Speaker and others. He also reviewed functionality of the sound system, internet connectivity and other amenities necessary for smooth functioning of the complex.



The Chief Secretary issued directions regarding upgradations to be made in communication network in meeting halls to ensure holding of video conferencing along with making other improvements. While inspecting the ongoing works, he emphasised upon maintaining the quality simultaneously while completing the same within the given deadline. He also enquired about the

upgradation works in MLA hostels in the twin cities saying that they should be equipped with improved facilities. He said that both of them should be made fully functional before the culmination of current election process. Director Estates Department, Tariq Ahmad Ganai, apprised the Chief Secretary of the works completed besides those being executed.

DC Poonch intensifies anti-drug efforts in NCORD meet

JAMMU RISING
JAMMU, SEPT 30
In a firm effort to counter the rising drug menace, Deputy Commissioner Poonch, Vikas Kundal chaired a district-level NCORD (Narco Coordination Centre) meeting today, focusing on strengthening both preventive education and enforcement measures across the district. The meeting brought together stakeholders from various sectors to review and enhance strategies aimed at combating drug abuse in the region. During the meeting, the DC highlighted the crucial role of educational institutions in raising awareness about the dangers of drug use. He directed the Principal of Degree College Poonch and the Chief Education Officer (CEO) to organize a series of seminars and special lectures to educate students and the public about the detrimental effects of substance abuse. He emphasized the need for

engaging not only students but also parents, creating a community-wide push towards a drug-free lifestyle. DC Poonch instructed law enforcement agencies to intensify their vigilance by conducting random inspections in public places. He called for swift and decisive action against those involved in drug-related activities, stressing that a zero-tolerance approach is critical in deterring drug peddlers. The departments present at the NCORD meeting apprised the DC of the various ongoing initiatives in the district aimed at drug prevention. These include community outreach programs, awareness drives, and public engagement efforts that address both the supply and demand side of the drug problem. He urged all departments to work in synergy to strengthen the district's efforts in combating this serious issue.

88 Micro Observers trained for vote counting in Poonch

JAMMU RISING
JAMMU, SEPT 30
District Election Officer (DEO) Poonch, Vikas Kundal presided over a crucial training session today for the 88 Micro Observers assigned to monitor the vote counting process for the upcoming Jammu and Kashmir Legislative Assembly Elections. The training session, held at the New Auditorium Hall, Government Degree College, Poonch, aimed to equip the observers with the necessary knowledge and skills to ensure a smooth and transparent counting process. The counting of votes for the three assembly constituencies—Surankote, Haveli, and Mendhar—will take place on October 8th at the Government Girls Higher Secondary School, Poonch, under tight security

to safeguard the integrity of the process. During the session, DEO Vikas Kundal emphasized the pivotal role Micro Observers play in maintaining transparency and fairness, as outlined by the guidelines of the Election Commission of India (ECI). "Your responsibility is to ensure that the entire process is impartial, accurate, and adheres to the highest standards of integrity," he stated, stressing the importance of professionalism and neutrality. The training, conducted by District Level Master Trainers (DLMTs), covered essential aspects of the counting process, including the handling of Electronic Voting Machines (EVMs) and the resolution of any issues that may arise during the process.

Ayurvedic Hospital holds workshop on Ayush based Dietetics & Nutrition

JAMMU RISING

JAMMU, SEPT 30

Under the aegis of Directorate of Ayush J&K, Govt. Ayurvedic Hospital Jammu in collaboration with Project Poshan ICDS Kot Bhalwal, a one day workshop on Ayush based Dietetics and Nutrition was organized as a part of 7thPoshanMaah Celebration under the guidance and leadership of Dr. Mohan Singh Director Ayush J&K and supervision of Dr. Vandana Dogra. Medical Superintendent GAH Jammu, Dr ArunaBhat Deputy Medical Superintendent GAH. Sh. Pankaj District Program Officer, Poshan Project ICDS and Sh. Mohit Bharti, CDPO Kot Bhalwal, Poshan Project were also present in the collaborative program organized by the two institution. In this workshop, Anganwadi Workers were sensitized about the strengths of traditional systems of medicines in achieving the goals of 7thPoshanMaah viz. Anemia



eradication, Growth Monitoring, Holistic Nutrition as part of weaning practices, Use of Poshan Calculator, PoshanVatika etc. through detailed presentations, IEC material by Dr. Arun Gupta, resource person from Govt. Ayurvedic Hospital. All the participants were also briefed about Yoga Interventions for maintain holistic health and well being of the beneficiaries of ICDS Project. 70 ICDS functionaries including ICDS supervisors, Anganwadi Workers, Anganwadi helpers and ASHAs were also present in the workshop.

Dr. Vandana Dogra, MS Govt. Ayurvedic Hospital briefed about the need of integration of Ayush based nutritional wisdom in planning dietary and nutritional interventions for the women and children. She highlighted the T3- Talk, Test and Treat strategy for Anemia mitigation and prevention. She emphasized upon the convergence of ICDS functionaries and utilization of VHND platform for anemia eradication and promotion of Ayush based super foods and Dietary practices. Pankaj Anand, DPO ICDS also emphasized the inter-

sectoral convergence between AYUSH and ICDS for better implementation of all the focus areas of Poshan Maah. Dr. Aruna Bhat, Deputy Medical Superintendent informed the Anganawadi functionaries about various outreach activities of the Directorate of Ayush and Govt. Ayurvedic Hospital Jammu and the areas of convergence. Mohit Bharti, CDPO Kot Bhalwal appreciated the role of Ayush and need for organizing such enlightening programs at regular intervals. The program began with Deep Prajwalan and Dhanwantri Stawan and followed by the presentation. A small exhibition of various traditional recipes was also organized by the Anganwadi functionaries. The Program culminated with the plantation of fruit bearing trees in Arogya Vatika of Govt. Ayurvedic Hospital Jammu on the clarion call of Prime Minister. Interns of the Govt. Ayurvedic Hospital also attended the program.

KU mourns colleague's demise, holds condolence meet

JAMMU RISING

JAMMU, SEPT 30

The University of Kashmir (KU) Monday mourned the untimely demise of Reyaz Ahmad Bhat, son of Abdul Rahim Bhat, a resident of Lar, Ganderbal, who passed away on Sunday due to a heart attack. Reyaz worked as MTS (Multi Tasking Staff) at the University Landscape Development Division (ULDD). In honour of his memory, KU organised a condolence meeting in which faculty members, non-teaching staff, research scholars and students attended. They expressed their grief over this tragic loss offered prayers for the departed soul. In her condolence message, KU Vice Chancellor, Prof Nilofer Khan, conveyed her heartfelt sympathies to Reyaz's family, stating, "We are deeply saddened by the untimely demise of Reyaz. Our thoughts and prayers are with his family during this difficult time. We hope that they find strength and solace, and we

pray that his soul finds eternal peace." KU Registrar, Prof Naseer Iqbal, who chaired the meeting, also offered prayers for the departed soul. "Reyaz was a dedicated member of our community. We extend our deepest condolences to his family and hope they receive the support they need during this trying time," he said. Coordinator, University Landscape Development Division (ULDD), Prof Anzar A Khuroo, reflected on Reyaz's character, saying, "He was gentle, down to earth and always wore a smile. His dedication to work made him an asset to our team." Prof Khuroo also urged the KU Registrar to assist his family as per university rules, as he passed away during active service. The meeting was also attended by officers from the administration, staff of the ULDD and employees from various university wings.

Rotary Club Mumbai felicitates Dr. A K Kapoor with Lifetime Achievement Award

JAMMU RISING

JAMMU, SEPT 30

Rotary Club Mumbai West Coast felicitated Dr. A.K.Kapoor, Chairman Adarsh Educational Trust Jammu with Lifetime Achievement Award and Mr. Ritesh Kapoor, Director Principal A.S.N.Hr.Sec.School, Channi Himmat, Jammu with prestigious Nation Builders Award in a function organized at Sanjeevani World School, Dahesar East, Mumbai on 28th September, 2024. The Nation Builders Award is an annual initiative by the Rotary Club to acknowledge and reward outstanding educators, individuals, and organizations making significant contributions to nation-building. Royal Princess of Orissa, Dr. Manjula Pooja Shroff, MD & CEO Karolex Group was the Chief Guest on the occasion while PDG Rtn. Dr. Balkrishna Inamdar was the Special Invitee where as Rtn.Dr. Seemaa Negi, President of the club and Mr. Anantha Krishnan



Balasubramanian, CEO Karolex was the Guest of Honour. Speakers spoke on the occasion were Ms Lina Ashar, Ms Snehal Pinto. Lt Gen. Surendra Kulkarni and the youngest entrepreneur Mr. Shreyaan Daga. During the occasion, a book on making Young adults cyber secure titled "Safe Teen Steps" by Ragini Bharadwaj and Dr. Manjula Pooja Shroff which is a sequel to the book Baby steps to big dreams was also released by the dignitaries and later the signed book by the author was presented

to the awardees. Dr. Shroff also shared her idea behind the book and its value in today's era for making our young adults safe and secure from cyber threats. Around 235 educators were felicitated by the Rotary Club with Nation Builders Award, 7 Jury members with appreciation awards and 4 Educators were awarded with Lifetime Achievement Awards. The awardees from Pre-primary to higher education, counsellor and special educators were felicitated for their tireless contributions. to shaping the minds of

DPS Kathua marks Gandhi Jayanti, Shastri Jayanti with vibrant celebrations

JAMMU RISING

JAMMU, SEPT 30

Delhi Public School, Kathua, celebrated Gandhi Jayanti and Shastri Jayanti with great enthusiasm and spirit, specifically engaging the students of Classes I and II in various activities. The event was aimed at imparting the timeless teachings of Mahatma Gandhi and Lal Bahadur Shastri to young minds, focusing on the principles of truth, non-violence, cleanliness, and patriotism. A highlight of the celebrations was a rally held within the school campus, where young students carried vibrant placards featuring slogans that promoted Swachh Bharat and reiterated the teachings of both revered leaders. Through their participation, the students actively raised awareness about the importance of cleanliness and sustainability, echoing Mahatma Gandhi's vision for a clean and



self-reliant nation. They also learned about Lal Bahadur Shastri's values of simplicity, humility, and service to the country. The event, conceptualized by Chief Coordinator Ms. Rimjhim Wazir and Kindergarten Coordinator Ms. Jyoti Katoch, was meticulously planned to ensure that the students could actively engage in the activities while learning important life lessons.

The teachers played a pivotal role in guiding the children, helping them understand the values of the two great leaders. Classroom discussions were held, emphasizing how the principles of truth and non-violence can be integrated into daily life. By relating these teachings to real-life examples, the students were encouraged to adopt these values from a young age. The rally served as a

moving tribute to both Mahatma Gandhi and Lal Bahadur Shastri. As the students marched around the school premises, they carried messages that highlighted the importance of keeping their surroundings clean and being mindful of the environment. The vibrant energy displayed by the children reflected their eagerness to contribute to the vision of a cleaner and more harmonious world, while the slogans reminded all participants of the lasting impact of Gandhi Ji's and Shastri Ji's philosophies on today's society. Principal Mr. Vivek Arora lauded the efforts of the teachers and students in making the event a success. He emphasized the significance of following the ideals of Gandhi Ji and Shastri Ji in today's fast-paced world. "The values of truth, non-violence, simplicity, and patriotism are more relevant now than ever.

SKUAST-J awarded by ICAR New Delhi for its contribution in field of beekeeping 2019

JAMMU RISING

JAMMU, SEPT 30

The All India Coordinated Research Project (Honeybee and Pollinators) Centre of SKUAST of Jammu has been conferred the Best Reporting Centre Award by ICAR-New Delhi for the year 2023-24. The awards were presented to SKUAST Jammu centre by Dr. T. R. Sharma, DDG (Crop Sciences) in the presence Dr. Poonam Jasrotia, ADG (Plant Protection and Biosafety) and Project Coordinator, Dr. Sachin Suroshe in recognition of the research work conducted and technologies presented during the Annual Group Meeting of the ICAR-AICRP, held w.e.f. September 27-29, 2024, at the CSKHP-KV, Palampur, Himachal Pradesh. The Centre was chosen among 25 centers of ICAR - All India Coordinated Honeybee and Pollinators Project. The AICRP Centre was sanctioned as voluntary center by ICAR in 2008-09 and was subsequently upgraded as permanent centre in 2015-



16. Since then, the centre has contributed a lot in the field of beekeeping. The centre has developed and demonstrated various technologies on various aspects of scientific beekeeping. The centre has established advanced research facilities in the form of Honey testing; Disease Diagnostic laboratory; honey and beeswax processing plant amounting > 2.00 crore under National Bee Board Project, Govt of India for facilitating testing/processing of honey and diagnosis of bee diseases. The centre is conducting regular training on scientific beekeeping for beekeepers, farmers, line depart-

ment officials and NGOs etc. The experiential learning unit (beekeeping) is practically training students on value addition and diversification of bee products for promoting entrepreneurship. The centre has also released several publications in vernacular languages for the benefit of farmers in Jammu and Kashmir. Vice Chancellor Dr. B. K. Tripathi congratulated Dr. R. K. Gupta Head Entomology, Dr. Devinder Sharma, PI AICRP Honeybee and Pollinators and his team for bringing laurels to the University. He lauded the Apiculture scientists for their excellent research contributions in the field of beekeeping.

GGM Science College celebrates Gandhi Jayanti

JAMMU RISING

JAMMU, SEPT 30

On the occasion of Gandhi Jayanti, The Gandhian Centre for Peace and Conflict Studies at GGM Science College, Jammu, organized a series of inspiring events to commemorate the legacy of Mahatma Gandhi and his teachings on non-violence and truth. The broad theme for the activities was "Gandhian Philosophy of Non-Violence and Truth," focusing on how these principles continue to shape societal values today. The events included a seminar, slogan writing competition, essay writing competition, bhajan singing, and reel-making activities. The theme for the essay writing competition was "Gandhi Ji's Vision for a Sustainable Future," encouraging participants to reflect on Gandhi's ideals of environmental stewardship and sustainable development.



In addition to the creative and intellectual events, a cleanliness drive was conducted by the students, emphasizing how education plays a pivotal role in promoting cleanliness and sustainability in society. This initiative reflected Gandhi's belief in cleanliness as a moral responsibility and its connection to both personal and environmental well-being.

The programme saw enthusiastic participation from students, who engaged deeply with Gandhi's philosophy and its relevance in the modern world. The entire event was organized under the patronage of the esteemed Principal, Dr. Romesh Kumar Gupta, and the Convenor of the Centre, Dr. Seema Gandotra.

Coordination for the event was led by Dr. Shalini Sharma, Prof. Sunita Kumari, and Prof. Mehnaz Bano. The series of events not only honored the Father of the Nation but also served as a platform for students to express their views on how Gandhian principles can inspire a peaceful and sustainable future.

Rotary Club Mumbai West Coast felicitates Dr. A K Kapoor with prestigious Lifetime Achievement Award & Ritesh Kapoor with Nation Builders Award

JAMMU RISING
JAMMU, SEPT 30
Rotary Club Mumbai West Coast felicitated Dr. A.K.Kapoor, Chairman Adarsh Educational Trust Jammu with Lifetime Achievement Award and Mr. Ritesh Kapoor, Director Principal A.S.N.Hr.Sec.School, Channi Himmat, Jammu with prestigious Nation Builders Award in a function organized at Sanjeevani World School, Dahesar East, Mumbai on 28th September, 2024. The Nation Builders Award is an annual initiative by the Rotary Club to acknowledge and reward outstanding educators, individuals, and organizations making significant contributions to nation-building.Royal Princess of Orissa, Dr. Manjula Pooja Shroff, MD & CEO Karolex Group was the Chief Guest on the occasion while PDG Rtn. Dr. Balkrishna Inamdar was the Special Invitee where as Rtn.Dr. Seemaa Negi, President of the club and Mr. Anantha Krishnan Balasubramanian, CEO Karolex was the Guest of Honour.Speakers spoke on the occasion were Ms Lina Ashar, Ms Snehal Pinto. Lt Gen. Surendra Kulkarni and the youngest entrepreneur Mr. Shreyaan Daga.During the occasion, a book on making Young adults cyber secure titled “Safe Teen Steps” by Ragini Bharadwaj and Dr. Manjula Pooja Shroff which is a sequel to the book Baby steps to big dreams was also released by the dignitaries and later the signed book by the author was presented to the awardees. Dr. Shroff also shared her idea behind the book and its value in today’s era for making our young adults safe and secure from cyber threats.Around 235 educators were felicitated by the Rotary Club with Nation Builders Award, 7 Jury members



with appreciation awards and 4 Educators were awarded with Lifetime Achievement Awards. The awardees from Pre-primary to higher education, counsellor and special educators were felicitated for their tireless contributions to shaping the minds of future generations. The awardees were recognized for their dedication, innovation, and commitment to excellence in education. The awardees were selected through a rigorous process, evaluating their impact on students, teaching methodologies, and community involvement. It was also informed that around 900 nominations were filled up for the felicitations out of which the jury shortlisted just 239 educators for this prestigious honour.The ceremony was attended by prominent dignitaries, educational leaders, and Rotary Club members. These educators have gone above and beyond to inspire, motivate, and empower the youth. Their selfless service is building a stronger, more compassionate nation, and Rotary Club Mumbai West Coast was proud to recognize their

efforts.Speaking on the occasion, Dr. A.K.Kapoor expressed his gratitude and humility. He said that the Lifetime Achievement Award is not just a recognition of his work but also a tribute to the tireless contributions of his team, mentors, and family who has supported him every step of the way in his 55 years of his service. He added that he will continue the zeal of serving the society with determined commitment and selfless motives. He said that the Lifetime Achievement Award validates our commitment to creating positive change & inspires us to continue striving for excellence.Mr. Ritesh Kapoor on being felicitated with Nation Builders Award lauded the role of Rotary Club Mumbai West Coast for doing yeoman services towards the society and for recognising the educators, counsellors and leaders for their tireless efforts in shaping the future of the nation. He added that the Nation Builders Award is a prestigious recognition of exceptional leadership and vision in inspiring community engagement and development.

CEO visits Samba; reviews election preparedness, attends SVEEP event

JAMMU RISING
JAMMU, SEPT 30
In preparation for the upcoming elections, Chief Election Officer (CEO), P K Pole, today visited Samba and participated in a Systematic Voters’ Education and Electoral Participation (SVEEP) event aimed at raising voter awareness.The event was attended by DEO Samba, Rajesh Sharma, SSP Samba Vinay Kumar and other District officers.As part of the event, a theatre performance titled 'Loktantra Ka Asli Mantra,' written by Padmashree Balwant Thakur and directed by Neeraj Kant, was presented by the Natrang Theatre Group. The play emphasized the importance of voting as a tool for change, using satire to highlight societal apathy and urged the citizens to take responsibility by participating in the democratic process.Following the event, the CEO interacted with various election nodal officers to review the election preparedness of the district. He emphasised upon the officers for putting in place meticulous planning and coordination to ensure a smooth and transparent election process.The CEO also inspected the Dispatch and Receiving Centres and Control Room established



in the district for election management. His visit focused on operational efficiency, timely communication, and strict adherence to election protocols, ensuring a comprehensive plan is in place for

the upcoming elections.The CEO underscored the importance of every citizen's participation in the voting process, reiterating that a strong democracy depends on each vote being cast.

Coromandel Inaugurates Hi-Tech Polyhouse at Telangana R&D Facility to Boost Precision Agriculture Research and New Product Development

JAMMU RISING
JAMMU, SEPT 30
Coromandel International Limited, India’s leading agri solutions provider, has inaugurated a state-of-the-art Hi-Tech Polyhouse at its Research & Development (R&D) Farm in Shamirpet, Siddipet district, Telangana, further advancing its leadership in precision agriculture and new product development. This new facility strengthens Coromandel's commitment to advancing precision agriculture and accelerating innovation in new product development. The inauguration event was presided over by Mr. S Sankarasubramanian, Managing Director and CEO, and was graced by the presence of senior leadership team Mr. Amir Alvi, Chief Operating Officer, Mr. Amit Rastogi, EVP and Chief Technology Officer, Mr. Madhab Adhikari, VP & Head of Sales and Marketing, Mr Babu G, VP and Head Retail Business. The event also saw the participation of dignitaries from the Department of Horticulture, including Mr. Venkat Ramireddy, former Commissioner of Horticulture, Ms. Suvarna Devi, Deputy Director of Horticulture, emphasising the significance of this initiative in fostering agricultural innovation. Their participation highlights the growing collaboration between Coromandel International and government bodies in fostering agricultural innovation for the benefit of farmers. The newly inaugurated Hi-Tech Polyhouse is equipped with the latest technology, enabling Coromandel to conduct advanced field trials of its innovative range of agri-inputs and solutions. The facility is designed to conduct pot experiments and advanced trials using



soilless media, including hydroponics and cocopeat systems. These trials will be focused on the precise calibration of nutrients, making the polyhouse a critical testing ground for breakthrough products such as nano fertilizers, biostimulants, liquid fertilizers, slow and controlled release fertilizers, customized and coated fertilizers, plant growth regulators (PGRs), etc.Over 100 high-net-worth (HNI) farmers and channel partners attended the event, gaining firsthand experience of the polyhouse’s advanced capabilities, live demonstrations of hydroponics, cocoponics, and advanced crop diagnostic tools such as Green Seeker, SPAD meter, K-meter and Refractometer. Adding to the momentum of innovation, the event also included discussions on the latest advancements in autonomous robotic farm machinery developed by X Machines, a company in whichCoromandel has recently made a strategic investment. Attendees observed live demonstrations of this cutting-edge technology and gained valuable insights

into how autonomous machinery is transforming the future of agriculture. The use of robotics aims to increase farm efficiency and reduce labour dependency, highlighting Coromandel's commitment to integrating advanced technology into farming practices. Mr. S Sankarasubramanian, Managing Director and CEO, Coromandel International Limited emphasized Coromandel's commitment to supporting the agricultural sector, stating, "We are dedicated to serving the farming community to the fullest extent. With our farmer-first approach, our goal is to provide high-quality inputs and services that enhance the livelihoods of farmers and drive sustainable growth in the sector. The launch of the Hi-Tech Polyhouse underscores Coromandel's vision for the future of agriculture. We are focused on driving innovation in every aspect of farming from the development of high-efficiency products to incorporating smart technologies that will revolutionize field operations and reduce environmental impact."

Jugal, Kavinder seeks vote for BJP candidate Randhawa

TL BUREAU

JAMMU: In a significant show of support, MP Jugal Kishore Sharma and former Deputy Chief Minister Kavinder Gupta on the last date of campaign on Sunday have urged the people of Bahu Constituency to vote for BJP MLA candidate Vikram Randhawa. This endorsement comes ahead of the third phase of the assembly elections in Jammu and Kashmir on October 1. During the public meeting here at Channi Himmat BJP, prominent political figures accompanied by Seh Prabhari Jammu North Vinay Gupta, Pushpinder Charak, and others were present on the occasion.



The support of Jugal Kishore Sharma and Kavinder Gupta underscores the BJP's confidence in Randhawa's ability to lead the constituency towards progress and development. With Randhawa at the helm, the people of Bahu Constituency can look forward to a brighter future. Senior BJP leaders, namely Jugal Kishore and Kavinder Gupta, have urged the public to wholeheartedly endorse Vikram Randhawa, BJP can-

didate for Bahu Constituency. Citing strong voting trends and enthusiasm among voters, they predict a BJP majority government in Jammu and Kashmir post-October 8. Kavinder Gupta, BJP's J&K Unit Election Committee Incharge, emphasized the need for party cadres to remain active on the ground, focusing on maximum voting in the third phase. Randhawa, known for his commitment

to public service, has assured the people of Bahu Constituency that he will work tirelessly to fulfill the needs of all segments of society. His vision for the constituency focuses on efficient governance, infrastructure development, education, healthcare, and employment opportunities for the youth. Its pertinent to mention that as a dedicated leader, Randhawa has emphasized his dedication to addressing the concerns of the constituents. He has highlighted the BJP's achievements in the region and the need for continued support to ensure the completion of ongoing development projects.

NC- Congress all set to form next Govt in J&K: Rattan Lal

JAMMU RISING
JAMMU, SEPT 30
Rattan Lal Gupta, Provincial President of Jammu & Kashmir National Conference (JKNC), today asserted that the party, under the visionary leadership of Omar Abdullah, is poised to form the next government of NC and Congress in J&K following the upcoming Assembly elections. He made this statement while addressing a Joining function at Sher-e-Kashmir Bhawan, organized under the chairmanship of Jitender Singh Lucky, former Vice Chairman of the Cantonment Board and senior National Conference leader. In his address, Rattan Lal Gupta strongly criticized the "hollow and anti people's policies" of the Bharatiya Janata Party (BJP), stating that the people of Jammu and Kashmir are tired



and fed up from the false promises and ineffective governance delivered over the past decade. He remarked, "The BJP has subjected the people of J&K to 10 years of darkness. However, the dawn of a new era is on the horizon, as the Govt. headed by the National Conference is ready to bring true peace, and prosperity in J&K through its revolutionary and progressive manifesto, which has garnered massive support from the public." As it shall give new change to the life style

and livelihood of the people of J&K. The Provincial President emphasized that the National Conference's manifesto, crafted under the dynamic leadership of Omar Abdullah, will usher in "Acche Din" (Good Days) and transform the socio-economic landscape of Jammu and Kashmir. He added that people are eagerly awaiting a change, and the party is committed to fulfilling their aspirations with policies that focus on development, peace, and prosperity.

"The dark clouds of BJP's rule are dissipating," he remarked. "The rising sun symbolizes the National Conference's upcoming victory and the hope for a brighter, more prosperous future for Jammu and Kashmir." The senior NC leader said that the Party has committed in its manifesto to provide 1 lakh jobs to youth of J&K, implementation of J&K Youth Employment Generation Act within three months, 12 LPG cylinders free of cost to EWS, free travelling of

women in all public transport, enhancement of marriage assistance from Rs 50000 to Rs 75000, increase of medical allowance of pensioners to Rs 1000 from Rs 300, Minority Commission to be established, PDS to be strengthened and free ration of 10 kg per person per month shall be given to each BPL families, Rs 5000 Pm to each EWS household, free 200 units electricity power and free drinking water without charges. Rattan Lal Gupta appealed to the people of the Jammu region to vote and support National Conference candidates in the upcoming Assembly polls with the aim of restoring peace, development, and prosperity in Jammu and Kashmir under the leadership of Omar Abdullah.

JAMMU RISING
JAMMU, SEPT 30
The Students of The Law School, University of Jammu organized an engaging event focused on electoral awareness and participation in view of ongoing assembly elections in J&K. Through dynamic role-playing and short skits, participants effectively conveyed the importance of civic participation and the transformative power of voting in a democratic society. Dr. Ranjeet Kalra, UT Level Election Icon, commended the initiative, noting the critical role youth play in guiding others—especially the elderly, differently-abled, and marginalized—through the voting process. He encouraged stu-

JU Law School Promotes Voter Participation among First-Time Voters through SVEEP

dents to be proactive in sharing information about the Chief Electoral Office's initiatives and resources available at polling booths. Seema Rohmetra, Director, The Law School, delivered an impassioned message about the non-negotiable nature of voting as a civic duty. Her “no-excuse day” call to action resonated deeply with the audience, motivating them to prioritize their democratic responsibilities despite any challenges they might face. Dr. Seema Sharma, senior Faculty member, highlighted the essential link between voting and political participation in a democratic set up, asserting that without participa-

tion in elections, citizens lose their voice. The theme “Chunav Ka Parv Desh Ka Garv” resonated throughout the event, creating a festive atmosphere that celebrated democracy. Faculty members, including Dr. Monica Narang, Dr. Monika Bhardwaj, Dr. Mrinalini Atrey, Dr. Renu Jamwal and Dr. Ramesh Kumar, contributed to the discussions, enriching the dialogue on electoral participation. A standout moment was the presentation of a unique artistic piece created by Dr. Rubia Bukhari from Poonch University Campus to Dr. Ranjeet Kalra. This artwork, made from cocoon flakes, served as a

EDITORIAL

In Jammu and Kashmir (J&K), the Bharatiya Janata Party (BJP) is gearing up for the upcoming assembly elections, which are scheduled to take place in three phases in September and October 2024. This election will be particularly significant as it will be the first assembly election in J&K since the abrogation of Article 370 in 2019.

The BJP's strategy in J&K is multi-faceted. The party has decided to contest all 90 seats on its own, without forming any alliances with local parties, reflecting its confidence and determination to establish a strong presence in the region. One of the key components of BJP's electoral strategy is to focus on the issue of Pakistan-occupied Kashmir (PoK), emphasizing its stance on reclaiming PoK as part of India. This issue is likely to feature prominently in their election manifesto. Additionally, the BJP aims to secure at least 40 seats in the assembly, which would allow it to stake a claim to form the government. The party has also been working on an extensive public outreach program to strengthen its support base in both the Jammu and Kashmir regions. The BJP has also faced some internal challenges, including dissent within its ranks over candidate selection. However, top party leaders, including Prime Minister Narendra Modi and Home Minister Amit Shah, are actively involved in the campaign, with Modi being one of the star campaigners.

From Green Chemistry to Green life

VIJAY GARG

Green chemistry is a branch of chemistry that focuses on environmentally friendly and safe methods for manufacturing, using, and disposing of chemicals. Its primary aim is to reduce the environmental impacts caused by the production and use of chemicals. The concept of green chemistry was developed by Paul Anthony Trow in the 1990s, who widely presented its principles. According to Trow, "the methods of production and use of chemicals that harm human health and the environment the least are considered green chemicals." He outlined twelve principles of green chemistry that promote practices reducing harmful chemicals, thereby enhancing health protection and fostering a new lifestyle.

Green chemistry is resource-efficient, minimizing the use of hazardous chemicals. It also conserves energy by employing energy-efficient processes. Economically, it offers benefits through reduced costs associated with minimal chemical usage. By prioritizing sustainability, green chemistry contributes to creating a safe and healthy environment for future generations. Notably, it helps preserve soil health and prevents soil pollution while using processes that consume less energy. Examples of green chemicals include organic fertilizers like manure and green manure, organic pesticides such as neem oil and diatomaceous earth, and green fuels like biogas and hydrogen fuel. Furthermore, green metals, including copper, zinc, and aluminum, can be sourced from natural origins. These examples illustrate the versatility of green chemistry across various fields.

The relationship between organic farming and green chemistry is symbiotic; both are essential for environmentally friendly agri-



culture. Organic farming avoids harmful chemicals by relying on natural methods for crop production, while green chemistry enhances environmental protection and reduces chemical use, thus improving crop quality and soil fertility. Additionally, it contributes to water conservation efforts.

Green chemistry also plays a vital role in industrialization by making processes more sustainable and environmentally friendly. By promoting minimal chemical usage, it aids in pollution control. However, a significant challenge for green chemistry is the lack of policy support, as inadequate implementation of necessary policies hampers its development. Therefore, raising awareness about the importance of green chemistry and promoting its growth is crucial.

In daily life, green chemicals can be used for various applications, such as dry cleaning clothes and purifying contaminated water. To further contribute to environmental conservation, individuals are encouraged to use reusable materials, promote organic farming, and consume organic products. Utilizing energy-saving devices and advocating for green building construction can also significantly impact sustainability.

Green chemicals can be instrumental in the construction of eco-friendly buildings, positively affecting residents' health. For example, energy-efficient windows and doors enhance energy efficiency, while water-saving devices help in conserving water. Improving air quality through green building practices further enhances the sustainability of our living environments.

A green lifestyle embodies environmentally conscious decision-making in daily activities, promoting sustainability. By adopting practices like using bicycles instead of fuel-powered vehicles, individuals can contribute significantly to environmental protection. Green chemistry plays an essential role in supporting such a lifestyle, offering a pathway to cleaner and more sustainable products.

Moreover, green chemistry has a wide array of applications, including the development of clean paints, detergents, and cleaning products. It can also facilitate the creation of water-saving products like filters and shower taps, as well as waste management solutions that enhance recycling and resource recovery. These applications not only promote a green lifestyle but also

safeguard the environment.

The global status and implementation of green chemicals continue to expand. Similar to green chemistry, green computing, or green IT, aims to minimize hazardous substance use, maximize energy savings throughout product lifecycles, and promote recycling and biodegradation. The U.S. Environmental Protection Agency initiated the Energy Star program in 1992 to encourage energy savings in appliances and technologies, leading to widespread adoption of energy-saving features like "sleep mode." Various government agencies have since established standards and regulations to foster green computing initiatives.

In conclusion, green chemistry is a critical component in the movement towards a more sustainable future. By promoting eco-friendly practices, enhancing resource efficiency, and prioritizing health and environmental protection, green chemistry lays the foundation for a healthier planet and a better quality of life for all.

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Flowers to please, and displease, Gods

ROBERT J STEPHENS

In preparation for the many Hindu fall festivals such as Diwali, Dussehra or Durga Puja, worshippers all over the world will purchase flowers for use in ritual worship in temples, outdoor ceremonies or altars at home. Throughout India, markets are always bustling with flower vendors, selling freshly cut marigolds, roses and lotus flowers. Devotees offer flowers and flower garlands to Hindu deities such as Lakshmi, the goddess of wealth; Ganesha, the remover of obstacles; or the warrior goddess Durga. India's wealthiest temple, Sri Venkateswara Temple at Tirumala, used three tons of flowers during a floral bath and procession ceremony in 2024.

The demand for flowers in worship is so high that two sisters from Bengaluru, Yeshodha and Rhea Karuturi, started a subscription-based service in 2019 to provide fresh flowers for puja or ritual worship throughout India.. Hindu texts describe worship with flowers as one of 16 "upacaras" or "services" to the divine. In temple rituals, "pujaris," priests responsible for conveying the offerings to the deity, place flowers at the feet or drape them in garlands around the neck of the icon of the deity enshrined in the temple. Flowers are placed on a puja table at the feet of the image with the stems facing the devotee. As a scholar of South Asian religions, I know that stories found in the "Puranas," religious texts likely composed between the second and 10th centuries, describe why gods and goddesses favour certain flowers.

The Puranas, loosely translated as "Old Tales," include popular stories about Hindu gods and goddesses, kings and queens, and sages and other cultural heroes. In her study of the use of Sanskrit ritual manuals in central India, the Indologist Gudrun Buhnemann noted



that devotees, ancient and modern, observe elaborate rules for the use of flowers in the worship of particular deities. For example, the manuals say that basil is favoured by the Hindu god Vishnu but should never be offered to the god Ganesha. Lord Shiva grants blessings to those who worship him through offering leaves from the wood apple tree. Wood apple leaves, however, should never be offered to Surya, the Sun.

The "Skandha Purana" the longest Purana with about 81,000 verses is dedicated to the deity Skandha, a son of god Shiva and goddess Parvati. The text provides a gradation of flowers that culminates in the superiority of the jasmine or "jati" flower for the worship of Vishnu. "The jati flower is better than all other flowers ... the man who duly offers me a splendid garland with a thousand jati flowers ... lives in my heavenly city for billions of kalpas (ages)," Vishnu explains in the text. In her classic study "Offering Flowers, Feeding Skulls: Popular Goddess Worship in West Bengal," religion scholar June McDaniel discusses traditional practices for the worship of Kali, the fearsome and protective mother goddess, who is to be decorated in red hibiscus flowers. Red flowers, in general, are believed to be sacred to Kali.

The 14th chapter of the

"Shiva Purana" contains a section on "Directions for the Worship of Shiva." Those who desire wealth should worship Shiva with flowers or petals from the "kamala" or lotus flower, chrysanthemum, or marigold. Worshipping Shiva with 100 flowers is said to enhance one's wealth and wipe away all sins. The Puranas also explain which flowers might displease the gods. Red flowers, such as plumeria, and those from the screw pine tree are not to be offered to the god Shiva. The Shiva Purana, in fact, explains why the "ketaki," or screw pine flower, should never be offered to Shiva in worship.

Once upon a time, as the story goes, gods Vishnu and Brahma were debating which of them was the superior deity when suddenly a shaft of blazing light appeared between them. They decided to investigate. Transforming himself into a boar, Vishnu tunneled down into the earth to search for the origin of the lingam of light. Riding on a goose, his divine vehicle, Brahma flew upward in an attempt to discover the extent of the light. After much digging, Vishnu indicated that he was unable to discover the light's place of origin. While flying upward, however, Brahma encountered a ketaki flower that had fallen from a branch nearby. Brahma convinced the flower to support a false claim suggesting that he

had reached the top of the shaft of light. Just at that moment, Shiva appeared from the light and cursed both Brahma and the ketaki flower for their dishonesty. Due to his arrogance and deception, Brahma would henceforth have few devotees.

For its part, despite being aromatic and pleasing to the eye, the ketaki flower is cursed by Shiva never to be offered to him in ritual worship. However, Shiva later amends the curse to allow for the ketaki to be used for worshipping him during the popular festival called the "Great Night of Shiva" or Mahashivratri. Due to the increase in demand, there is a surge in the price of ketaki flowers during this annual spring festival. In one of the most popular Hindu texts, however, the flower offered is less important to the deity than the attitude of the devotee making the offering. In the "Bhagavad Gita" or "Song of the Lord," the deity Krishna declares that he will accept any sincere devotional offering, regardless of the type of flower: "Whoever offers me a leaf, flower, fruit, or water with sincere devotion, I will accept them."

During the coming fall holiday season, devotees around the world will honour many deities, including the mother goddess, with flowers and other rituals. Prominent among the deities will be Sri Lakshmi, the goddess of wealth and good fortune. Lakshmi is depicted as seated on a lotus throne, while also holding a lotus in one hand. The lotus flower grows in muddy ponds or pools but blossoms above the water. The lotus in bloom symbolizes many of the qualities associated with Sri Lakshmi, such as purity, prosperity and spiritual enlightenment. When devotees around the world lovingly welcome the goddess into their homes on Diwali, the festival of light, they will be sure to offer Lakshmi her favourite flower – the lotus.

Cristiano Ronaldo's sister Elma destroys 'ball boy' Cassano on Instagram for saying CR7 doesn't know to play football

NEW DELHI

Former Real Madrid forward Antonio Cassano had the audacity to claim that Portugal captain Cristiano Ronaldo "does not know how to play football." The Italian, who had left Santiago Bernabeu a year before Ronaldo arrived from Manchester, made the bizarre claim while participating in the Viva El Futbol podcast. He named many of the five-time Ballon d'Or winner's contemporaries are better footballers than him as they did more than just score news.

In the episode aired briefly after the Al-Nassr forward reached the unique milestone of scoring 900 career goals, Cassano said, "Cristiano Ronaldo doesn't know how to play football. He could score 3000 goals, I don't give a f*ck. Higuain, Aguero, Benzema, Lewandowski, Ibrahimovic and Suarez knew how to link up with the team. They knew how to do a lot of things, unlike Ronaldo whose only objective has always been to score."

he had better things to do, CR7 obvi-



ously didn't respond to Cassano's vile personal remarks. However, his sister Elma Aveiro had other plans. She joined football fans worldwide in coming up with a response to Cassano.

The Portugese superstar's elder sibling used Instagram to launch a scathing attack. She jotted, "One wakes up to these things. I don't know this poor guy. It doesn't matter, but just one thing for him,

he doesn't know how to score 900 goals. Imagine if he did. They say he was a footballer. I think they're wrong, he was certainly a ball boy."

Cristiano Ronaldo, 39, has scored four goals so far for Al-Nassr in the Saudi Pro League this season. They stand third in the table and are scheduled to take on Qatari side Al-Rayyan SC in the AFC Champions League tomorrow.

Red card for Bruno Fernandes as Manchester United take on Tottenham Hotspur at Old Trafford

NEW DELHI

Taking on Tottenham Hotspur at Old Trafford on Sunday, Manchester United lost their captain Bruno Fernandes to a red card ahead of the first-half break. The Portuguese midfielder was sent off for a dangerous challenge on Tottenham counterpart James Maddison in the 41st minute of the game. The Red Devils were trailing 1-0 at the time of the incident which shocked the stadium. It was the first red card of his Manchester United career.

As a consequence of the red card, Erik Ten Hag was forced to bring on Mason Mount in place of Kobbie Mainoo to restore some balance to his team. To the further embarrassment of the homecrowd, the Englishman also received a booking before the half-time whistle blew, minutes after entering the field.

It was young Brennan Johnson who handed Tottenham, who started sans their talismanic captain Son Heung-min, the lead just three minutes after kick-off.

James Maddison got back on his feet and embraced the disappointed United



captain before the latter marched to the dugout, the live telecast showed. Fernandes accepted Maddison's sportsmanship but didn't withhold his disagreement with the decision even as the Spurs star showed that his foul struck him rather high on the heel region.

Match referee Chris Kavanagh gave Bruno the marching orders after he caught Maddison high on his leg while making a sliding tackle to reclaim the

ball. The United captain slipped in the effort to tackle the opponent and left Maddison reeling in pain on the floor. The VAR didn't come to Bruno's aid either as there was no attempt to play the ball.

At the first half break, Spurs enjoyed 64% ball possession and managed 12 shots against United's three. While the visitors shot four on target, United only managed one.

'In my 45-year-long career...' PT Usha's strong response to EC rebels

NEW DELHI

Accused of running the Indian Olympic Association in an "autocratic" manner, its president PT Usha on Sunday hit back at the revolting executive council members, saying they "seem more focused on self-serving power play and monetary gain" than working for the betterment of the country's sport.

In an official press release, Usha also alleged that "some of these EC members have very questionable track records, including allegations of gender bias and even cases of sexual harassment filed against them".

"In my 45-year-long career as a sportsperson representing India ... I have never encountered individuals so indifferent to the aspirations of our athletes and our nation's sporting future ... these individuals seem more focused on self-serving power play and monetary gain through their prolonged presence and control in sports administration," Usha said.

"Further, it is essential to bring to light that some of these EC members have very questionable track records, including allegations of gender bias and even cases of sexual harassment filed against them," said the track legend without specifying any particular case or giving specific names.

On Saturday, 12 members of the Indian Olympic Association (IOA) Executive Council shot off a letter to senior International Olympic Committee (IOC) official Jerome Poivey, accusing Usha of running the organization

in an "autocratic" manner and with a "my way or the highway" approach.

They had sent the letter to Poivey, the head of Institutional Relations and Governance at the IOC, after Usha rejected their demand of removing Raghuram Iyer from the IOA CEO's post during a stormy executive council meeting.

The revolting EC members wrote to Poivey that Iyer's appointment is yet to be ratified and they will re-advertise for the position of the IOA CEO, "aiming to appoint a suitable candidate within the next two months".

Senior vice president Ajay H Patel, vice presidents Rajlaxmi Deo and Gagan Narang, Treasurer Sahdev Yadav, Joint Secretaries Alaknanda Ashok and Kalyan Chaubey, other Executive Council members Amitabh Sharma, Bhupender Singh Bajwa, Rohit Rajpal, Dola Banerjee, Harpal Singh and Yogeshwar Dutt had signed the letter.

Terming the accusations made by the 12 EC members as "malicious and false", Usha said they "are only intended to malign my leadership and the efforts of those working diligently towards the betterment of Indian sports".

"One of the most egregious claims made by these EC members is questioning Mr. Raghuram Iyer's appointment as IOA Chief Executive Officer. It is important to clarify that his appointment, made in January 2024, was carried out in strict accordance with the IOA constitution," she said in Sun-

day's press release.

"This malicious letter from the 12 members of the IOA EC is part of a much broader attempt to hinder the progress of Indian sports and undermine the positive developments that we, as a collective, have worked hard to achieve. These actions not only tarnish the image of Indian sports."

Usha also levelled charges against Yadav and the Finance Committee members for "surreptitiously writing off large sums of money owed to the IOA".

"Recently, during the CAG audit, it has come to my attention that IOA Treasurer Mr. Sahdev Yadav, in connivance with the members of the IOA Finance Committee headed by Mr. Ajay Patel and comprising of Mrs. Rajlaxmi Singh Deo, Mr. BS Bajwa, Mr. Amitabh Sharma, Mr. Rohit Rajpal, Lt. Gen. Harpal Singh and Ms. Monal Choksi have surreptitiously written off large sums of monies owed to the IOA," she said. "Additionally, a case of using the IOA's PAN card by the Ad hoc committee in charge of Volleyball, headed by Mr. Rohit Rajpal and its member Ms. Alaknanda Ashok, is also being investigated since it was done without the necessary approvals."

"The former Acting CEO, Mr. Kalyan Chaubey bypassed IOA General Assembly to grant affiliation to the Taekwondo Federation of India, which is not recognised either by its World or Asian Federation, thereby causing imminent harm to our hard-working Taekwondo athletes."

Kerala Blasters change logo to Orange ahead of NUEFC ISL game, here's why

NEW DELHI

Five hours ahead of Sunday's North-East United FC vs Kerala Blasters FC ISL game, the Kochi-based side uploaded a temporary profile picture on Facebook. It showed the famous tusker of the club logo on an orange background. Traditionally, the Kerala Blasters logo is yellow and blue colours.

The picture received mixed reactions from the fans of the club on social media. Many pointed out that playing around the logo and badge of the club is not a good practice as it is part of the team's identity. Some other fans jokingly asked if the club was embracing a political stand as the saffron/orange shades are associated with Hindutva outfits.

But why did the Kerala Blasters social media team upload an orange icon on their pages? The photo was a means to mark the first away game of the team in the ongoing ISL season. After playing two consecutive games at the Kaloor Jawaharlal Nehru Stadium, KBFC travelled to Guwahati on Sunday to take on the recently-crowned Durand Cup champions NEUFC.

They entered the pitch donning their



third kit which is white and orange in colour. The second kit of the club is dominantly blue with thin yellow stripes. However, it was the third kit that was being used in the game against the Highlanders.

Many netizens were seen explaining this fact to others who were taken aback by the sudden colour change.

Kerala Blasters FC's third kit for the season is orange and white in colour |

Facebook

Blasters FC's third kit for the season is orange and white in colour | Facebook

Kerala Blasters squad for NEUFC game: Sachin, Naocha, Drincic, Pritam, Sandeep, Vibin, Coeff, Noah, Danish, Rahul, Jiménez

Subs: Nora, Hormipam, Saheef, Luna, Peprah, Bryce, Aimen, Yoihenba, Azhar

Harry Kane ankle injury news: Bayern Munich CF to start against Aston Villa in the Champions League?

NEW DELHI

Bayern Munich star Harry Kane's left ankle injury is not as serious as initially feared, the Bundesliga club said.

Examinations by the club's medical unit on Sunday determined a positive development, the Bavarian powerhouse said. Kane will continue to receive appropriate treatment.

The club did not say whether Kane will be fit for Bayern's visit to Aston Villa in the Champions League on Wednesday.

The 31-year-old forward limped off the field late in Bayern's 1-1 draw with Bayer Leverkusen in the Bundesliga on Saturday after getting a knock to the ankle in a tussle for the ball with Leverkusen's Amine Adli.

verkusen made things difficult for Bayern with a superb defensive performance to end Bayern's perfect start to the season but Kompany still saw positives from the game. "As a Bayern coach, you always want to win. But the performance was as we'd hoped.



The counter-pressing was positive, we won the second balls, we created so many chances," the Belgian coach said. "Normally in such a game, you don't create many chances, but we did. It was a top game but there are still many games to go. We just have to keep going."

Kane failed to have a shot at goal

against Leverkusen but has been instrumental in Bayern's attack again this season. He scored five goals and set up six more in the first four league games, while scoring four goals in the 9-2 win over Dinamo Zagreb in the club's opening Champions League game. He also scored in Bayern's opening German Cup match.

India's medal tally grows at shooting Jr World C'ship



NEW DELHI

Indian rifle and pistol shooters won two bronze medals in their respective 10m mixed team events at the ISSF Junior World Championship in Lima, Peru.

The bronze medals on day two of the competitions at the International Shooting Sport Federation event took India's count to five medals (two gold and three bronze).

The rifle shooters went first and Gautami Bhanot and Ajay Malik shot a

combined score of 628.9 after 30-shots each to finish third among 34 pairs.

The performance qualified them for the bronze medal match with fourth-placed Croatian pair of Anamarija Turk and Darko Tomasevic, which they won 17-9.

China won their first gold of the competition defeating France in the final.

The second Indian pair, Abhinav Shaw and Shambhavi Kshirsagar, finished sixth overall with a score of

628.1.

In the mixed pistol event, both the Indian pairs finished third and fourth respectively in the qualification to setup a bronze showdown between themselves. Lakshita and Parmod prevailed in the end, getting the better of Kanishka Dagar and Mukesh Nelavali 16-8.

Germany went on to win gold while Ukraine bagged the silver.

It was Lakshita's second medal of the competition, having won a gold in the air pistol team event on Saturday.

RPF forms special team, start patrolling after train engine hits stones on tracks in UP's Bairia



BALLIA (UP), SEP 30



A day after the engine of a train hit a stone placed on the railway track in the Bairia area here, the RPF has formed a special team to solve the case, and patrolling is being done on the rail route, while police has lodged an FIR, official said.

RPF Inspector VK Singh told PTI, "We believe that this has been done with the intention of derailing the train. The current conclusion of the team in this case is that some unknown person has placed the stone."

Based on the complaint filed by the rail staff police has lodged an FIR against unknown persons regarding the matter.

Railway Protection Force Commandant S Ramakrishnan on Sunday told PTI that it appears that some mischievous elements have placed stones on the railway track. A special team has been formed to solve this case. Along with this, patrolling is being done on the rail route. RPF and the local police are working together.

He added that this case will be solved soon.

Meanwhile, Circle Officer (Bairia) Mohammad Usman, after visiting the spot, told PTI that when they received information about the incident, the RPF assistant commandant along with police officials inspected the spot.

Usman said that in the initial investigation, it had come to light that the stones found on the spot appeared to be the stones of the railway track itself. These stones have not been brought from anywhere else.

When asked whether some of the boulders that were dropped to protect the Manjhi bridge from river erosion had been placed on the railway track by some mischievous elements or persons, Usman said that it is not possible to take the boulders placed on National Highway number 31 to the railway track. The railway track is at a height where it is not possible to take any vehicle.

Bairia police station in-charge Ramayan Singh said that a case has been registered against unknown persons under sections of the Railways Act and section 125 (endangering life or personal safety of others) and 285 (danger or obstruction in public way) of Bharatiya Nyaya Sanhita on the complaint of RPF Inspector VK Singh in Bairia police station late Sunday evening.

Police are investigating the matter.

RPF Inspector VK Singh told PTI that as per railway rules, after preliminary investigation by the team of officials, it has been concluded that "The stone kept on the railway track hit the

engine, which could have caused an accident. This has been done with the intention of derailing the train."

When asked whether this incident is a conspiracy or mischief, Singh said, "We believe that this has been done with the intention of derailing the train. The current conclusion of the team in this case is that some unknown person has placed the stone."

The engine of a train hit a stone placed on the railway track in the Bairia area here on Saturday, officials said, adding that no damage was caused.

The incident assumes significance as it was a fresh one amid several cases of gas cylinders, pillars etc being found on railway tracks in Uttar Pradesh.

Public Relations Officer of the North Eastern Railway Ashok Kumar on Saturday told PTI that a stone was found on the railway track between the Varanasi-Ballia-Chhapra rail section at 10.25 am.

Kumar had said that on seeing the stone placed on the track, the loco pilot applied emergency brakes.

Meanwhile, in another incident on Saturday, a 16-year-old boy has been apprehended for allegedly putting a fencing pillar on the Banda-Mahoba rail track, causing disruptions, police said. The driver of the passenger train had to apply emergency brakes to stop the train after he noticed a concrete pillar on the tracks, police said.

On September 22, two people were arrested in connection with the alleged derailment bid of the Naini Jan Shatabdi Express by placing a six-metre-long iron pole on track between the Bilaspur Road and Rudrapur City railway stations on September 18 in Rampur, police said.

On September 8, an attempt was made to derail the Kalindi Express, heading towards Bhiwani from Prayagraj, by placing an LPG cylinder on the tracks.

The train hit the cylinder before coming to a screeching halt.



Transgenders during 'pride walk' organised by the Aadishiv Transgender Foundation, in Lucknow.

Govt needs to promote labour-intensive industries to generate jobs: Raghuram Rajan



NEW DELHI, SEPT 30

With 7 per cent economic growth, India is not creating enough jobs as reflected by the number of applicants for vacant posts in some states, Reserve Bank's former governor Raghuram Rajan said and suggested the government needs to focus on promoting labour-intensive industries to generate employment.

Rajan further said some Indians, especially those at upper level, are comfortable and have high incomes, but consumption growth from the lower half of the country has still not recovered to pre-pandemic level.

"That is the unfortunate part...You would think with 7 per cent growth, we would be creating a lot of jobs. But if you look at our manufacturing growth, it is more capital intensive," he told PTI.

Rajan was asked whether the Indian economy, which is growing at 7 per cent, is creating enough jobs.

According to him, the industries that are more capital-intensive are growing faster, but labour-intensive industries are not growing.

"It is not going well at the lower level. I think the desperate need is for jobs. And you can see this, forget the official statistics.

"You can see it in the number of applications for government jobs, which are overwhelming," said Rajan, who is a professor of finance at US-based Chicago Booth.

He said that in the medium term, the Indian economy will grow at 6-7 per cent.

While welcoming the apprenticeship schemes announced by the finance minister in this year's Budget, Rajan said, "But

we have to monitor that very closely, see what works and expand what works much more."

Finance Minister Nirmala Sitharaman had announced in the Union Budget of FY25 that the government will launch three employment-linked schemes based on enrolment in Employees' Provident Fund Organization (EPFO).

Citing examples of Vietnam and Bangladesh, which are doing well in labour-intensive industries like textile and leather, he said, "We need to look at this (labour-intensive industry) very, very carefully, we cannot be left out."

Asked why the private sector is still lagging as far as capital expenditure is concerned, Rajan said it is a little bit of a mystery.

"When you look at capital utilisation (of the private sector), it is about 75 per cent...It seems as if demand has not kept up to the point where they feel they need to make all that kind of investment," he opined.

And more importantly, Rajan said, India has a short span of 15 years to reap benefits of demographic dividend and it should not lose this opportunity.

Responding to a question on benchmark interest rate cut by the US Federal Reserve, Rajan said, "The 50 basis points rate cut by Fed has given them (central banks) more room to proceed at a pace that they think appropriate."

According to him, if the Fed had not cut rates, there would be a sense that, oh, the Fed is keeping rates high, so 'we have no room to moderate our policies'.

"I think the Fed has created more room for others to perhaps reduce interest rates, and

so in that sense, people will be looking at their policies," he said.

To a question on Goods and Services Tax (GST) rates rationalisation, Rajan said after a policy has run for a fair amount of time, it is useful to ask, what has been the experience and 'do we need the policy change'.

"I would try and appoint an expert committee to go into it, to take the opinions, just like the Finance Commission does, take the opinions of the various stakeholders, including the states, and come up with something that meets the needs of the country," he said.

Currently, GST is a four-tier tax structure with slabs at 5, 12, 18, and 28 per cent. The new taxation regime came into effect in 2017.

Responding to a question about the ongoing debate on economically and socially better-off southern and western states 'subsidising' the northern and eastern states, Rajan said the Finance Commission has always been about the appropriate sort of allocation of taxes between the Centre and states.

"If India grows together, (then) in fact, it prevents this kind of conflict...There is the equity issue, which is that the states that are growing faster, have also in the process, typically grow wealthier. And that is what is happening in the case of western and in the southern states," he said.

Rajan pointed out that the western and southern states feel that they are penalised in two ways — one is, they have to hand over more of their revenues to help some of the states who are falling behind.

"Plus, on the political front, they may lose seats if there is a delimitation process (where seats in the Lok Sabha are to be allocated based on the results of the next Census), because, you know, the more populous states will get more seats," Rajan said.

Observing that there has to be some transfers from the richer states to the poorer states, he said, "We need to bridge this gap".

Rajan pointed out that poorer states are not going to sit in isolation, they are going to buy more goods from the richer states. "So there is some partial compensation for them (richer states)", he said, adding that delimitation can be done in a more sort of respectful of the concerns of different parts of the country.

Govt's NRI Cell Got Over 400 Complaints Of Domestic Violence, Dowry Demands In 2022: Report

NEW DELHI, SEPT 30

The government's NRI cell received over 400 complaints from women in 2022, with key issues ranging from domestic violence, confiscation of passports, desertion to dowry demands and child custody disputes.

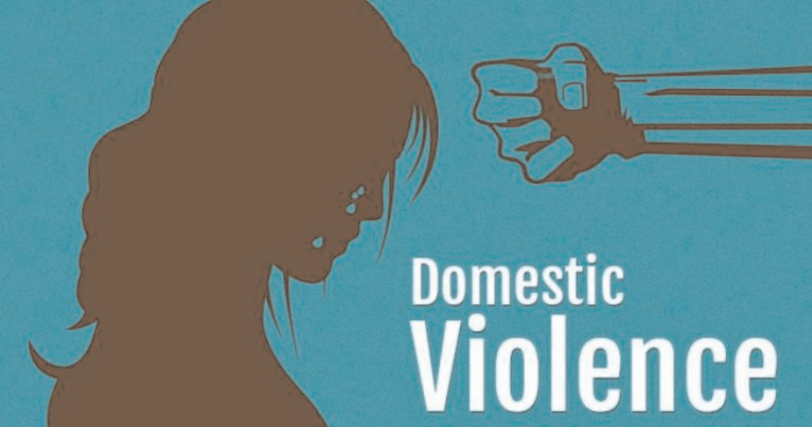
According to the latest annual report from the Ministry of Women and Child Development (WCD) accessed by PTI, 109 complaints were registered between January and March 2022, while 372 were received from April to December.

The report highlighted that the NRI cell, which handles cases related to NRI marriages from women both in India and abroad, saw several serious allegations, including confiscation of passports by in-laws, and women being unable to join their husbands abroad due to the husband's disappearance or unknown whereabouts.

"The complexity of NRI marriages often involves significant challenges, including legal and financial aid, child custody issues, and the location of missing spouses," the report stated, urging collaboration across government departments to resolve these cases.

The NRI cell receives a total of 481 complaints from women in 2022, the report said.

The National Commission for Women (NCW) coordinated with



the Ministries of WCD, External Affairs, and Home Affairs to resolve the issues. In 2022, the NCW issued nearly 3,500 letters to relevant authorities to expedite the resolution of matrimonial disputes involving NRIs.

Beyond bureaucratic efforts, the NCW provided psycho-social and legal counselling to complainants. The report revealed that around 45 walk-in complaints were handled during the year, in addition to regular telephonic counselling sessions. Hearings were held in approximately 20 cases to facilitate follow-ups with authorities or mediate reconciliation efforts between the parties involved.

To further support women who are facing violence or disputes in NRI marriages, the report outlined plans to establish One Stop Centres and dedicated helplines in Indian

Diplomatic Missions (IDMs) abroad, modelled on existing WCD schemes.

The Ministry of External Affairs identified 10 IDMs in nine countries, including the UAE, Bahrain, Qatar, Kuwait, Oman, Saudi Arabia, Singapore, and Canada, where such facilities were deemed necessary based on the number of Indian women residing there. However, the proposal to set up the facility in Australia was later dropped.

A senior official remarked that NRI matrimonial disputes often involve desertion, violence, and complex legal issues due to cross-border regulations. To address these challenges, the government formed an expert committee led by Justice Arvind Kumar Goel, former Chairperson of the NRI Commission of Punjab.

AAP moves SC against MCD standing committee's recent election

NEW DELHI, SEPT 30

The Aam Aadmi Party has approached the Supreme Court challenging the election held for a member of the Municipal Corporation of Delhi's standing committee.

The move came after Delhi Chief Minister Atishi accused the BJP of "murdering" democracy and claimed that the election held on September 27 was "illegal and unconstitutional".

The BJP won the last vacant seat of the MCD's 18-member standing committee unopposed as the councillors of the ruling AAP abstained from voting.

The saffron party recently moved the apex court seeking an urgent hearing on its plea to initiate contempt proceedings against Delhi Mayor Shelly Oberoi over the election to fill the vacancy in the MCD's standing committee.

At a press conference on Saturday, Atishi said the AAP would approach the Supreme Court against the election.

"The country runs by the Constitution and laws, not by hooliganism. So the BJP should stop murdering democracy," she had said, adding the standing committee member's election was held in violation of the

Delhi Municipal Corporation (DMC) Act, 1957.

According to rules, only the mayor can decide the date and place for the election of the MCD standing committee members and only the mayor can preside over a meeting of the MCD councillors for the election, the chief minister had said.

Reacting to Atishi's allegations, Delhi BJP president Virendra Sachdeva had said the chief minister's remarks were "completely driven by political self-interest" and aimed at spreading "confusion".

CHANDIGARH, SEP 30

AAP national convener Arvind Kejriwal lashed out at the BJP-led Centre on Sunday and claimed that he was put in jail so that the work initiated by him could be stopped and also to prove him dishonest.

The former Delhi chief minister was addressing a rally in Haryana's Rewari to garner support for Aam Aadmi Party (AAP) candidate Satish Yadav in the October 5 state Assembly polls.

Kejriwal was released from Delhi's Tihar Jail on September 13 after he was granted bail by the Supreme Court in a case lodged by the Central Bureau of Investigation (CBI)linked to the alleged excise policy scam in the national capital. He was in jail for about five months.

Addressing the rally, Kejriwal said his government in Delhi built "excellent" schools and hospitals and added that around one lakh elderly people were sent on pilgrimages for

free.

"(Prime Minister Narendra) Modiji felt that he (Kejriwal) is doing so much work. He won (elections) first in Delhi, then in Punjab and now, he will win in Haryana and Gujarat. Stop him, stop his work, prove him dishonest. And then they put me in jail," he said.

The AAP leader said good schools were built for poor children in Delhi. "Four lakh students shifted from private schools to government schools," he added.

"Vote for me and I will build the future of your children. I will make arrangements for your children's good education and set up good schools," he said.

Kejriwal said he gave employment to 12 lakh people in Delhi and more than 46,000 government jobs were given by the AAP government in Punjab.

Slamming the BJP-led Centre, he said, "Why did it put me in jail? My only fault was

that I was honestly serving the people of Delhi for 10 years, I provided 24-hour free electricity to the people of Delhi, built excellent hospitals and schools.

"There are only two states in the country -- Delhi and Punjab -- where free electricity is available for 24 hours," the AAP leader said.

"Even in Haryana, only Arvind Kejriwal can reduce the electricity bill amounts to zero. Modiji does not provide free electricity in Gujarat, Haryana and Madhya Pradesh. The BJP has governments in 22 states where electricity is expensive. They call me a thief. People should say who the thief is -- the one who makes electricity expensive or the one who makes electricity free," he said.

Kejriwal spoke about his party's guarantees in Haryana, including free electricity, setting up mohalla clinics, improving the condition of government schools and hospitals and Rs 1,000 per month for women.

Sri Lankan Ex Prez Chandrika allegedly building political alliance to oppose NPP



COLOMBO, SEPT 30

The former president of Sri Lanka, Chandrika Bandaranaike Kumaratunga (C.B.K.), is actively holding secret meetings with influential politicians in order to form a broad coalition that will oppose the National People's Party (NPP) in the general elections scheduled for November 2024, media reports said.

President Ranil Wickremesinghe, opposition leader Sajid Premadasa of the Samagi Jana Balawegaya (SJB), Tamil and Muslim political leaders, and representatives from several smaller, dormant political parties from the southern regions are reportedly among those with whom C.B.K., who served in office from 1994 to 2005, has been meeting.

The goal of these gatherings is reportedly to form a coalition against the NPP, which is becoming more and more powerful under the leadership of newly elected President Anura Kumara Dissanayake (AKD), LEN reported.

Chandrika has allegedly been visiting a particular high commission in Colombo multiple times in recent weeks. Sources close to the matter suggest that she has been seeking

political advice and support from this foreign entity, further fuelling speculation that a neighbouring country is backing her efforts to forge a coalition against the NPP.

C.B.K.'s meetings with a high-ranking diplomat from this country have been closely monitored, leading to questions about potential foreign interference in Sri Lanka's political process. These reports have alarmed various organisations and observers, concerned that her actions may destabilise the country ahead of the elections.

Though she is renowned for being one of Sri Lanka's most enduring heads of state, C.B.K.'s term was not without controversy. Critics have voiced issues over her leadership, citing her inability to implement sustainable development while in office and the violations of human rights that transpired during her tenure. Some critics contend that her present political activity stems from a wish to hold onto power, especially given the NPP's growing support among regular people.

Due to her advanced age and purported memory loss, C.B.K.'s involvement in the effort to form this coalition has also been called into doubt. Political observers have noted

that her comeback seems to be an attempt to buck the NPP's increasing popularity, which has been embraced by many Sri Lankans who are fed up with the established upper class that has controlled the nation's political scene for many years.

Others perceive C.B.K.'s proposed coalition as an effort to subvert popular will. The working class, which sees the NPP as a new alternative to the established power structures, has given the party a lot of momentum in recent years. Only a few months remain until the legislative elections, and the NPP is primed to upend the current political system.

Critics of C.B.K. are framing her participation in this alliance-building process as part of a plot to undermine the desire for change held by the majority. According to the story, she is maintaining the status quo by using her power to exert political pressure behind closed doors with the help of foreign interests.

Public outrage has grown as word of these covert gatherings has circulated, especially among NPP supporters. Numerous people have urged C.B.K. to give up on politics and let democracy run its course unhindered.

The people are being urged by activists to be on guard and to oppose what they perceive to be a deliberate attempt by the political class to hold onto power. It is anticipated that November 2024, when general elections are scheduled, would be a pivotal event for Sri Lanka.

The political environment is changing due to the NPP's rising momentum, and the people are becoming more resistant to attempts to stop this trend. It's unclear if C.B.K.'s efforts will be successful, but one thing is certain: Sri Lanka's political destiny is at stake.

The involvement of former President Chandrika Kumaratunga in this developing drama will be widely observed as the election approaches, and many will be watching to see if her purported alliance can resist the increasing wave of change.



An artist gives finishing touches to an idol of goddess Durga ahead of the Navratri festival, at Mayur Vihar in New Delhi.

China calls on all parties, ‘especially Israel’, to deescalate tensions after Nasrallah’s killing

BEIJING, SEPT 30

China on Sunday called on “parties concerned, especially Israel”, to immediately take actions to cool down tensions to prevent the conflict in West Asia from going out of control in the aftermath of the killing of Iran-backed Hezbollah leader Hassan Nasrallah in Israeli bombing.

“China is closely following the incident and is deeply concerned over the escalation of tensions in the region,” a Chinese Foreign Ministry statement said.

Separately, China also issued an advisory asking its citizens not to travel to Lebanon due to the intensification of the conflict.

“China opposes the infringement on Lebanon’s sovereignty and security, opposes and condemns any action against innocent civilians, and opposes any move that fuels antagonism and escalates regional tensions,” the Chinese Foreign Ministry statement said.

“China urges parties concerned, especially Israel, to immediately take actions to cool down the situation and prevent the conflict from escalating or even spiralling out of control,” it said, without directly referring to Nasrallah’s killing, regarded as a major setback to Iran, the main backer of the Hezbollah.



Reports from Tehran said Iran’s Supreme Leader Ayatollah Ali Khamenei, who said Nasrallah’s death “will not go unavenged”. Has been shifted to a secure location.

Khamenei also announced five days of public mourning after Nasrallah’s death.

In recent years, China has stepped in its diplomatic engagement in the Middle East to counter US influence. Last year, Beijing managed to bring about a landmark peace deal between Iran and Saudi Arabia.

After the intensification of the Gaza war, China hosted a meeting of 14 Palestinian factions, including Fatah and Hamas, in July to bring about unity among them.

China has also strongly condemned the assassination of Hamas leader Ismail Haniyeh in Tehran in July, warning that the killing could plunge the region into deeper chaos.

The Chinese embassy in Lebanon, meanwhile, issued an advisory warning its citizens about escalating violence along the Lebanon-Israel border.

“We advise all Chinese citizens to pay close attention to the developments and refrain from travelling to Lebanon at this time. Those currently in the country are urged to evacuate or move to relatively safe areas as soon as possible,” the Chinese embassy said in a statement released on Saturday.

It’s time we worked together: Vidhu Vinod Chopra on teaming up with Shah Rukh Khan



YAS ISLAND (ABU DHABI), SEPT 30



star also bagged the award for best performance in a leading role (male) for “Jawan”.

They came close to collaborating on two of the biggest Hindi films “Munna Bhai MBBS” and “3 Idiots”, and filmmaker Vidhu Vinod Chopra says it’s about time he and superstar Shah Rukh Khan worked together on a feature film.

Chopra was keen on casting Shah Rukh in the lead in two films, produced by his banner Vinod Chopra Films and directed by Rajkumar Hirani.

But things didn’t go as planned. Sanjay Dutt eventually fronted “Munna Bhai MBBS” and Aamir Khan headlined “3 Idiots”.

“Maybe today we’ll shake hands... And work together. Now, it’s (about) time we worked together,” Chopra told PTI on the green carpet of the IIFA Awards 2024 on Saturday night here.

Shah Rukh hosted the IIFA Awards 2024 alongside his “Dunki” co-star Vicky Kaushal and filmmaker-friend Karan Johar.

At the ceremony, the super-

“12th Fail”, based on Anurag Pathak’s bestselling novel, highlights the life story of Manoj Kumar Sharma who overcame extreme poverty to become an IPS officer and how his wife Shraddha played an instrumental role in his journey.

The film, starring Vikrant Massey and Medha Shankr, released on October 27, 2023.

Chopra said Massey was apt to play the lead role in “12th Fail”.

“I have a big problem because I could have asked a so-called individual star in this film. But the film would have looked fake. So, I had to look for an actor who could have this

range of emotions.

“He (Massey) was amazing. He lost 8 kg and ate crazy things. He is one of the finest actors I’ve worked with. I am not an easy guy to work with, he must have told you that I work very hard and I strive for excellence like a crazy man,” he added.

Kiev loses up to 1,965 soldiers in battles over past 24 hours

MOSCOW, SEPT 30

The Ukrainian armed forces have lost up to 1,965 soldiers over the past 24 hours in battles with Russian forces, the Russian Defence Ministry said on Sunday.

Kiev has lost up to 620 soldiers, one tank and one weapons depot in battles with Russia’s Tsentr (Center) group of forces, the ministry said in a statement, adding that Russia’s Yug (South) group of forces eliminated up to 610 Ukrainian servicepeople.

Russia’s Zapad (West) group of forces has eliminated up to 450 Ukrainian soldiers and three weapons depots, the ministry said, adding that Kiev has lost up to 135 soldiers in battles with Russia’s Vostok (East) group of forces.

Ukraine has also lost up to 70 soldiers in battles with Russia’s Sever (North) group of forces and up to 80 soldiers, one tank and three ammunition depots in battles with Russia’s Dnepr group of forces, the defense ministry said.

Seven labourers killed by separatist militants in Pakistan’s Balochistan



ISLAMABAD, SEPT 30

At least seven labourers from the Punjab province were killed by separatist militants in the restive Balochistan province of Pakistan, police said on Sunday.

The labourers from Multan were shot dead late on Saturday night when they were asleep in an under-construction house in the Khuda-e-Abadan area of Panjgur town, Balochistan Inspector General of Police

Moazzam Jah Ansari said.

Ansari said the labourers were in deep sleep when the armed terrorists entered the under-construction house and opened indiscriminate fire with automatic weapons.

The official said one of the labourers luckily escaped with an injury while another was not present at the time of the shooting.

The official said an investigation has been opened into the attack.

“This latest attack appears to be the work of the BLA as it has all their footprints on it,” another security official said.

Prime Minister Shehbaz Sharif, who immediately condemned the attack, sought a report from Balochistan Chief Minister Mir Sarfraz Bugti and reiterated the government’s resolve to take all possible measures to root out terrorism from the motherland.

President Asif Ali Zardari also condemned the attack.

On Saturday, a senior leader of the Balochistan National Party-Mengal (BNP-M) Agha Khalid Shah was shot dead and his cousin was injured by unidentified assailants in Quetta. This is not the first time banned separatist groups have targeted labourers or civilians from other provinces.

In May, the banned Balochistan Liberation Army claimed responsibility for killing seven barbers in Gwadar.

In April, militants shot dead in cold blood nine people travelling in a bus in Noshki on the main highway.

reported.

A further 18 drones were reported over Russia’s Rostov region, where falling debris sparked a wildfire, said Gov. Vasily Golubev.

He said that the fire did not pose a threat to populated areas, but that emergency services were fighting to extinguish the blaze, which had engulfed 20 hectares (49.4 acres) of forest.

Meanwhile, 13 civilians were injured in an overnight barrage on the southern Ukrainian city of Zaporizhzhia Sunday after Ukrainian military leaders warned that Moscow could be preparing for a new military offensive in the country’s south.

The city was targeted by Russian guide bombs in 10 separate attacks that damaged a high-rise building and several residential homes, regional governor Ivan Fedorov wrote on his official Telegram channel. More people could still be trapped beneath the rubble, he said.

Ukrainian President

Volodymyr Zelenskyy also said that the Zaporizhzhia attack had damaged the city’s transport links. “Today, Russia struck Zaporizhzhia with aerial bombs. Ordinary residential buildings were damaged and the entrance of one building was destroyed. The city’s infrastructure and railway were also damaged,” Zelenskyy said in a post on X, formerly Twitter.

“In total, 13 people were injured, and two were rescued from under the rubble. I thank all the emergency services for their rapid response and providing necessary assistance. The rubble clearing is still ongoing.”

The attacks come after the Ukrainian military warned Saturday that Russian forces may be preparing for offensive operations in the wider Zaporizhzhia region. Vladyslav Voloshyn, spokesperson for Ukraine’s southern military command, said that Russia was amassing personnel in this direction.

125 Ukrainian drones shot down in attack sparking fires across Russia, Moscow officials say

KYIV, SEPT 30

More than 100 Ukrainian drones were shot down over Russia Sunday, officials said, sparking a wildfire and setting an apartment block alight in one of the largest barrages seen over Russian skies since Moscow invaded Ukraine in February 2022.

Russia’s Ministry of Defence reported that it had shot down 125 drones overnight across seven regions. The southwestern region of Volgograd came under particularly heavy fire, with 67 Ukrainian drones reportedly downed by Russian air defences.

Seventeen drones were also seen over Russia’s Voronezh region, where falling debris damaged an apartment block and a private home, said local governor Aleksandr Gusev. Images on social media showed flames rising from the windows of the top floor of a high-rise building. No casualties were

‘Fashion for me is effortless, comfortable and keeping it real’, says Aishwarya Rai Bachchan



Eternal beauty Aishwarya on the global canvas when Rai Bachchan made a splash she was crowned as Miss

World in 1994 and till date she exudes royalty whenever she makes an appearance. For the superstar, keeping it real, comfortable and effortless reigns supreme when it comes to fashion.

Talking about how she would define her fashion, Aishwarya, who made the world stand still during her walk at the iconic Paris Fashion Week, exclusively told IANS, “Well... effortless, I would say that’s extremely important, I think, for it to be effortless, for it to be comfortable and keep real that’s what’s most important for me.”

For Aishwarya, who is not just a style icon but one of the most talented stars of Indian cinema, “fashion is art.”

Asked how time has played a role in her fashion sense, Aishwarya, who is the Global brand spokesperson for L’Oreal Paris, said, “I really look at it as art and I think it’s (an) art to be enjoyed and it can evoke all kinds of, you know, responses. And that’s what it should be... And it’s really all about designers. Most of the people that I have worked with are friends, you know.”

Tagged as “one of the most beautiful women in the world”, Aishwarya lets fashion be the opportunity for the “designers to enjoy their creativity” but being “comfort-

able” is utmost important for her.

“There is sometimes a strong sense of me in my fashion, which the world can see... And then there’s sometimes where it’s a complete flight of their creativity. And I obviously go with the flow.”

On airport looks, she said, “Something as simple as going to the airport...When originally people were like... It’s always been about the comfort and the practicality of the moment, the traffic, the kids, when the kid was small and at that point in time, people at the airport were going like it’s a runway. I mean, that’s something which I would never do.”

“And, you know, it was always about comfort and leisure. And I kind of, so that’s why obviously, that’s also the natural real moment. That’s the way I keep it, I keep it real,” said the mother of one.

The 50-year-old star has been associated with the beauty brand for more than two decades and described it as “warm, loving, wonderful and sync”.

She said that the motto of L’Oreal Paris, seems natural and real for her to be the voice sharing that sentiment because it was a natural fit for her.

She stressed that she appreciates the celebration of the empowerment of women

When Bipasha Basu gave up non-veg for her boyfriend



Actress Bipasha Basu, best known for praiseworthy performances in ‘Raaz’ and ‘Aakrosh’ once revealed that she once became a pure vegetarian for her boyfriend.

In a throwback video, Bipasha said, “So I came back from school and I told my mom, I have fallen in love and my mom was standing there, sitting on the bed and fainting and I told my mom, you won’t say anything, I want two salwar kurtas.”

The ‘Dhoom 2’ actress continued, “Because I wore shorts before that I said, give me two salwar kurtas because he is a Marwari and his family wants me to wear a salwar kurta and from today I am a vegetarian and before that, I was a hardcore non-vegetarian girl.”

Suddenly I said, from now on I will become a vegetarian and wear a salwar kurta and I will only marry him. So my poor mother had no choice. But she gave me a salwar kurta. So see, I am a very loving girl. So when I fall in love, I fall in love fully. But that didn’t last long because I came to Bombay after

that.” She concluded.

On the personal front, Bipasha Basu was in a relationship with actor Dino Morea from 1996 to 2002. During the filming of ‘Jism’ in 2002, Bipasha came back into a dating phase with her co-star John Abraham, and they maintained it from 2002 to 2011. Later, the ‘No-Entry’ fame actress dated actor Harman Baweja, but they broke up in 2014.

After a while, Bipasha Basu met her ‘Alon’ co-star actor Karan Singh Grover on the set and they fell in love. The couple tied the sacred knot on April 30, 2016 and on November 12, 2022 the duo became the parents of their adorable daughter, Devi Basu Singh Grover.

In 2015, Bipasha, actress Malaika Arora, and Hrithik Roshan’s ex-wife Sussanne Khan launched their shopping portal The Label Life’.

In 2020, she made her OTT debut with the crime thriller series ‘Dangerous’ opposite her husband Karan Singh Grover.

Sonakshi Sinha dazzles in style while searching for her husband



Iqbal and captioned them, “Laal hai mere dil ka haal” (with a heart emoji).

Bollywood actress Sonakshi Sinha took to her social media handle and shared a carousel of pictures from her latest photoshoot.

Taking to her Instagram account, Sonakshi dropped a set of pictures in her glamorous avatar as she searched for her better half Zaheer Iqbal.

She captioned the post, “On the prowl... looking for my husband” (with a laughing face emoji).

In the pictures, the ‘Heeramandi’ actress stunned in a black blazer adorned with golden embellishments, paired perfectly with matching flared trousers, exuding a chic, glamorous vibe. She completed the outfit with matching gloves, adding a bold touch.

Her makeup was equally striking, featuring nude lips, golden eye-shadow, and a contoured, highlighted face that radiated elegance. With her long tresses left open and flowing, she added a touch of drama. To top it off, she accessorized with statement earrings, rounding off the look with a flawless blend of sophistication and glamour.

Soon after her post surfaced online, fans took to her comments section and praised the actress.

A fan wrote, “For me, you are the biggest example that love can change a woman’s psychology and routine, and that a man can make a positive difference in her life”.

Another one wrote, “The most attractive and self-confident woman of the world, who fights for her love against all envies”.

Earlier, Sonakshi shared some pictures with her better half Zaheer

‘I had the utmost respect for this person’: Somy Ali on singer Sonu Nigam



Former actress Somy Ali, who is known best for her retro films like ‘Yaar Gaddar’ and ‘Andolan’ took to her social media account and shared a long video in which she alleged singer Sonu Nigam committed fraud with her.

Taking to her Instagram account, Sony penned a long caption and a long video message for her fans in which she spoke about getting duped while referring to Sonu Nigam.

She captioned the post, “This is what people are and how they take advantage of you. @sonunigamofficial Then he makes videos of others who treated him poorly. I am shell shocked is and would be an understatement. I had the utmost respect for this person. Judge a book by its cover People! At least this one! Because trust me I was duped and how is unimaginable.”

“I am still in disbelief. Oh by the way this man who played me is Sonu Nigam. Be wary. He likes to make videos poor him and how he was used and abused. These kind of people are sociopaths. I still love his songs though. Just didn’t expect him to stoop down to a sewage level,” she concluded.

In the video message she said, “So, a couple of years ago, I started a little talk show and I interviewed a couple of people and I won’t name the people, but one of the persons that was on that talk show spoke very intellectually and he shared a lot of wisdom and I was literally bewildered and in awe of everything that he was saying. And I genuinely believed that he was someone that he believed in what he was preaching.”

Somy continued, “Of course, later I came to know that when I tried to reach out to him for his benefit, for him to get some sort of project in London, he totally dismissed my texts or my WhatsApp messages

or whatever. So then I realised, I thought about it, kept thinking about it. I was like, he was very eager and keen to come on the show, didn’t charge us anything because we couldn’t afford to pay anyone to be on the talk show. It was a small talk show and we had just started off, we didn’t have any sponsors and later on, I realised that this gentleman, actually someone I highly, highly respect where it comes to their craft.”

“This gentleman came on the show with a purpose and the purpose was to get back at someone that I was affiliated with in Mumbai back when I was from 16 to 24. believe I came back to the US when I was 25. So I realised that the only reason that he came on the show was to prove to that gentleman that, look, I’m on your ex’s show and then once that chapter closed, when I tried to offer him an opportunity for him and it was a big opportunity, it was a BBC documentary or something to do with Discovery, he refused to communicate with me. And I tried three times and because I wasn’t getting anything out of it, I was giving him an opportunity and I tried to, I left voice notes in Hindi, in Urdu, in English, any language that I know, but this person kept ignoring me.”

“Then it occurred to me that why, why would you not respond to someone who is actually trying to get you a project, uh, with BBC, which is pretty huge. And I learned a valuable lesson that I had been had.”

“Now, I have been had is a slang in America for that. I have been duped and fooled. And, um, typically I don’t suffer fools, but, um, I, you know, no matter what age we are, either if we’re children or young adults, adolescents, uh, in our middle age, uh, or elderly people, it doesn’t matter because I think what we do is we, we assume that the person that we’re, we’re trusting and trying to help with our goodness is going to reciprocate in the same manner.”

“But this gentleman completely did the opposite and completely disappeared. And I was really taken aback by that, that why is this happening? Why, why do people do that? So here’s the thing. I want to, the reason I’m telling you this is that you’re going to meet a lot of people in life and I’m, I’m just, look, I don’t know any better than you do. Um, and you don’t know any better than I do. So you can be easily fooled and I can be easily fooled. I have been fooled many, many, many times, even at this age. So the point is that when someone does this to you, the best thing to do is cut them out of your life immediately.”

“Do not reciprocate, do not chase them, do not send them text messages, do not ask them, what did I do wrong? Uh, because you didn’t do anything wrong. It’s all on them. This is a reflection of their character, that how they’re behaving towards you and then that person all of a sudden is a chameleon,” Somy concluded.

When Saif Ali Khan was asked to choose between his supposed debut movie and then girlfriend

Bollywood actor Saif Ali Khan, who is set to make his Telugu debut with the upcoming film ‘Devara: Part 1’, once had to choose between his debut film and his then girlfriend.

An old video of the actor from the 1990s has resurfaced on social media, and it shows Saif in conversation with two interviewers, as he spoke about his “moral choice” in his debut film.

Elsewhere during the interview, the actor also pulled the legs of the interviewers as he appeared to be in a mood to have some fun.

He started off by talking about the subjective nature of struggle, and how it can play out differently for different people.

He said, “What does struggle mean? It means you sit in a rickshaw, and roam around the offices of the studios in search of work. My struggle was different. I was thrown out of my first film. The director of the film told me to choose between the film and my then girlfriend. That was a moral choice.”

However, the actor, who is currently married to Bollywood royalty Kareena Kapoor Khan, didn’t reveal the name of his then girlfriend.

He then asked the interviewers, “How do you say moral choice in Hindi?”

When one of the interviewers told him, “Dharamsankat,” Saif reiterated with a loud chuckle, “Yeah dharamsankat!”

He then engaged in a fun banter with the interviewers as during another question, the interviewer was interrupted by the producer of the show.

Saif picked on it, and pulled the legs of the interviewers, calling them “Robots, who pick stuff from air”.

And guess who one of the interviewers was.

It was Ikhlague Khan, who would later star in films like ‘Gully Boy’ as the father of Alia Bhatt’s character of Safeena, and as the father of Farhan Akhtar’s character in ‘Dil Dhadakane Do’.

Saif is known for his dark humour, and some dry humour.

Jr NTR feels shy about delivering romantic lines to Archana Puran Singh

The latest promo of ‘The Great Indian Kapil Show: Season 2’ has been unveiled in which Jr NTR was seen taking Punjabi lessons from Kapil Sharma as he hosts team ‘Devara: Part 1’.

The makers took to their Instagram account, posted the show’s new promo, and captioned it as, “Kaisi lagi @jrnr ki Punjabi? Watch the new episode of #TheGreatIndianKapilShow Season 2, this Funnyvaar, 8 pm, only on Netflix!”

The promo starts with Kapil giving lessons in Punjabi to Jr. NTR.

He said, “Kapil said, ‘I’ll teach you a Punjabi dialogue, will you say it? To which Jr NTR says ‘Of course’. The Punjabis will enjoy it.” Kapil continued, Yes, definitely. Say it looking at Ms. Archana. No. It’s a romantic dialogue. I told you that boys are scared of you.”

Later, Jr Ntr replied, “I can’t even call her Ms. Archana. I just know her as Ms. Breganza. You can call her Ms. Breganza. Ms. Breganza. Ms. Breganza. I see you all the time. I see you all the time. I see you.”

“Yes. I have dreams to scare you.” Kapil concluded.

Jr NTR’s ‘Devara: Part 1’ is all set for its grand theatrical release on September 27, 2024. The film features Jr NTR, Janhvi Kapoor, Saif Ali Khan, Shruti Marathe, Prakash Raj, Srikanth, Shine Thom Chacko, Narain and Murali Sharma. The film is helmed by ‘Acharya’ fame director Koratala Siva and bankrolled by Kosaraju Harikrishna and Nandamuri Kalyan Ram under the banner of Yuvasudha Arts and NTR Arts.

‘Devara Part: 1’ will be released in Telugu, Tamil, Hindi, Malayalam, and Kannada languages. Apart from this, Jr NTR will also feature in the Hrithik Roshan, Kiara Advani starrer- ‘War 2’ helmed by ‘Brahmastra- Part 1’ fame director Ayan Mukerji.

Cancer cases rising among Gen X, millenni-



Incidence of 17 types of cancer is rising among Generation X and millennials, finds a study from the American Cancer Society published in the journal The Lancet Public Health. Researchers used data from 23.6 million patients diagnosed with 34 types of cancer and from 7.3 million cancer deaths,

for adults aged 25–84 years between 2000 and 2019. To compare cancer rates across generations they broke the data down into five-year birth intervals from 1920 to 1990 and analysed cancer incidence and death among birth cohorts. Incidence of cancer increased with each successive birth

cohort since 1920 for 17 of 34 types of cancer. People born in 1990 have two to three times higher rates of pancreatic, kidney and small intestinal cancers in both men and women, and for liver cancer in women, than people born in 1955. Other cancers that have increased in younger generations after a decline in older birth cohorts include liver, breast, uterine, colorectal, gastric, gallbladder, ovarian, testicular cancer and anal and Kaposi sarcoma cancers in men. Correspondingly, cancer deaths also increased for younger generations for colorectal, liver (female only), uterine, gallbladder and testicular cancers. Researchers couldn't find a clear explanation for why the rates are rising. "The data highlights the critical need to identify and address underlying risk factors in Gen X and millennial populations to inform prevention strategies," the study said.

No health benefits to moderate drinking

Drinking a glass of wine daily may not be healthy after all.

A new Canadian study published in the Journal of Studies on Alcohol and Drugs debunks the long-held belief that moderate drinking can have health benefits. Many previous studies have linked moderate drinking with lower risks of heart disease and reduced mortality risk. But the current study suggests that those studies suffer from "design flaws".

Studies that showed a benefit mostly included older adults and did not factor in a person's lifetime drinking habits. So moderate drinkers were compared with abstainers that also included people who had quit or reduced drinking due to health problems. "That makes people who continue to drink look much healthier by comparison," the lead researcher said.

The researchers analysed 107 studies on alcohol consumption and all-cause mortality in 48,38,825 participants with 4,25,564 recorded deaths. When they looked at the data as a whole, light to moderate



drinkers (those who drank between one drink per week and two per day) had a 14 per cent lower risk of dying compared with abstainers.

But when they focused only on "higher quality" studies that included people who were younger than 55, on average, and did not consider former and occasional drinkers as abstainers, moderate drinking was not linked to a longer life.

Only "lower quality" studies that included older participants

and made no distinction between former drinkers and lifelong abstainers showed a link between moderate drinking and greater longevity.

Moderate drinking can increase the risk of certain cancers and alcohol is a leading cause of preventable death and disability. In January 2023, the World Health Organization said, "When it comes to alcohol consumption, there is no safe amount that does not affect health."

ARE FISH OIL SUPPLEMENTS GOOD FOR THE HEART?



A new study that assessed the benefits of fish oil supplements has yielded mixed results.

Regular use of fish oil supplements could increase the risk of first-time heart disease and stroke among those in good cardiovascular health. However, for those with heart problems the supplement may slow progression of the disease and lower the risk of death, according to a long-term study

published in BMJ Medicine.

A rich source of omega 3 fatty acids, fish oil is often recommended for good heart health. To find out the associations between fish oil supplements and new cases of atrial fibrillation; heart attack, stroke, and heart failure; and death from any cause in those with no known cardiovascular disease, the researchers used data from 4,15,737 participants aged 40–69, nearly 55 per cent of

them women.

About 32 per cent of them regularly used fish oil supplements.

The research team then tracked the health of participants for an average of nearly 12 years, watching to see how many died, developed heart problems or suffered a stroke. During an average follow up of nearly 12 years, 18,367 participants developed atrial fibrillation, 22,636 had a heart attack/stroke or developed heart failure, and 22,140 died, of whom 14,902 did not have any previous heart issues.

For healthy adults, regular use of fish oil supplements was associated with a 13 per cent increased risk of atrial fibrillation and a five per cent increased risk of stroke. The increased risk was six per cent higher in women and in non-smokers. But for those who already had heart issues, regular use of fish oil supplements was associated with a 15 per cent lower risk of progressing from atrial fibrillation to a heart attack, and a nine per cent lower risk of progressing from heart failure to death.

"Regular use of fish oil supplements might have different roles in the progression of cardiovascular disease," the study concluded.

C-section babies need two doses of measles vaccine

Babies born by c-section need two doses of the measles vaccine for optimal protection against the disease. A single dose of the vaccine is up to 2.6 times more likely to be completely ineffective in C-section babies, compared with those born vaginally.

Measles is a highly contagious disease spread by coughs and sneezes. It starts out with cold-like symptoms and a rash, and can lead to severe complications like blindness, seizures and death. Before the introduction of measles vaccine in 1963, major measles epidemics caused an estimated 2.6 million deaths each year. For the study published in Nature Microbiology, researchers used data from previous studies of 1,505 children in China whose



blood samples were taken every few weeks from birth to age 12. About 12 per cent of children born via C-section had no immune response to their first measles vaccination, compared to 5 per cent of children born vaginally. The findings emphasise the

importance of giving two doses of the vaccine for a long-lasting immune response. A possible reason is the development of the infant's gut microbiome. "With a C-section birth, children are not exposed to the mother's microbiome in the

same way as with a vaginal birth," the lead researcher explained. "We think this means they take longer to catch up in developing their gut microbiome, and with it, the ability of the immune system to be primed by vaccines against diseases including measles."

Only 83 per cent children had received one dose of measles vaccine by their first birthday in 2022, according to the WHO, and a lot of children don't get their second measles jab. "Vaccine hesitancy is really problematic, and measles is top of the list of diseases we are worried about because it's so infectious," said the study. At least 95 per cent of the children need to be fully vaccinated to keep measles under control.

How cell and gene therapies revolutionising cancer care in India

Our body is made up of cells, and whatever happens to it—good or bad—happens at a cellular level. Cancer, for example, occurs due to a small change in the cell that prompts it to proliferate abnormally. Also, cancer spreads in the body because the immune cells lose their ability to identify the danger cancer cells pose and stop them from growing. We treat cancer by surgically removing the cancer cells from the body or by giving drugs that kill the malignant cells.

The advancement in our capability to manipulate the body's immune cells to identify and eliminate cancer cells is remarkable, particularly at the cellular level. No wonder, cell and gene therapies, once considered futuristic medicine, are now a reality, offering hope to millions by redefining the battle against cancer.

Chimeric Antigen Receptor (CAR) T-cell therapy and gene editing tools, like CRISPR-Cas9, are two revolutionary innovations that allow us to personalize treatments based on the genetic profiles of both the patient and the cancer. In CAR T-cell therapy, we extract the patient's T-cells and add a marker to their surface to restore their ability to detect and eradicate malignant cells. And because these are the body's own cells, the treatment

has almost negligible side effects. Moreover, some of these immune cells remain in the memory and prevent cancer relapse. These are also called living drugs because once injected, these cells stay in the body and guard against the relapse of the cancer.

However, the current cost of these therapies is prohibitive. The high cost, along with the need for advanced medical infrastructure and specialised training for healthcare providers, has limited their availability. Yet, the government is making significant investments in biotech innovations through infrastructure development and by offering research grants. This support allows several Indian companies to focus on developing indigenous CAR T-cell therapies. These initiatives will greatly contribute to reducing the cost of these treatments, ensuring that Indian patients have access to them. Moreover, India's generic pharmaceutical sector is using its expertise to develop biosimilars and gene therapies, which will further contribute to the affordability of these cutting-edge treatments.

Cell and gene therapies have proven to be effective in treating various malignancies such as leukemia, lymphoma, and

myeloma. Numerous clinical trials are currently underway worldwide to assess their efficacy. In India, several hospitals and research centers have also initiated clinical trials to test these therapies against a wider range of cancers, tailoring them to the genetic profiles prevalent in the Indian population.

Furthermore, cutting-edge research in this field will ensure that India will soon have more than one CAR T cell products available for its population. Researchers in India are working on developing third and fourth-generation CARs that will be effective against multiple tumor-associated antigens.

Unlike first-generation CARs, which are mono-specific and target only one type of antigen, these CARs will be able to target two antigens and, hence, be more effective in preventing cancer relapse. Collaboration between the public and private sectors, as well as foreign alliances, has produced a favorable environment in the country for innovation. Besides, collaborations with global biotech and pharmaceutical giants are facilitating technology transfer and capacity building, enabling India to take a leap into the future of cancer care.

Some antidepressants cause more weight gain than others

People who take antidepressants are prone to weight gain. But do all antidepressants cause similar weight gain?

To find out, US researchers analysed the health records of 1,83,118 patients, aged 18 to 80, who were first-time users of antidepressants. The researchers tracked weight changes for 24 months after they started taking brand-name or generic versions of one of eight common antidepressants—sertraline, citalopram, escitalopram, fluoxetine, paroxetine, bupropion, duloxetine, or venlafaxine.

Bupropion users gained the least amount of weight. They were 15 per cent to 20 per cent less likely to gain a significant amount of weight compared with those taking the most common antidepressant, sertraline. Those taking escitalopram, paroxetine and duloxetine were most likely to experience weight gain.

Weight gain is a common side effect of antidepressants that causes people to stop taking their medication, leading to poor clinical outcomes. Bupropion had the highest adherence rate, at 41 per cent. "Patients and their clinicians could consider weight gain as one reason for choosing a medication that best fits their needs," the study suggested.

Treating gum disease can help prevent AFib recurrence



Patients who had their gum disease treated following treatment for atrial fibrillation (AFib), or irregular heartbeat, are significantly less likely to suffer AFib recurrence, according to Japanese research published in the Journal of the American Heart Association. AFib can increase the risk of stroke by five-fold. About 20 to 50 per cent of the global population suffer from gum disease. To examine the potential impact of gum disease treatment on AFib, the researchers compared 97 patients who had received radio-frequency catheter ablation to correct AFib and received treatment for gum disease within three months of correcting the irregular heart rhythm, with 191 ablation patients who did not receive treatment for gum disease. During an average follow-up period of between 8.5 months to 2 years after the procedure, 24 per cent of the patients had an AFib recurrence. Patients who had their

gum inflammation treated after catheter ablation were 61 per cent less likely to have a recurrence of AFib, compared with ablation patients who did not get the dental treatment. Patients who had an AFib recurrence had more severe gum disease than those who did not have recurrences.

"Proper management of gum disease appears to improve the prognosis of AFib, and many people around the world could benefit from it," said the lead study author.

According to the American Heart Association, oral health can be an indicator of overall health. Bacteria from inflamed gums can travel through the bloodstream to the rest of the body, including the heart and brain. Chronic gum inflammation may be associated with other health conditions, including coronary artery disease, stroke, and Type 2 diabetes.

At what ages do people feel most lonely?



According to a US study published in the journal Psychological Science, loneliness follows a U-shaped pattern in adulthood—people are loneliest during younger and older adulthood, and least lonely in middle age. This conclusion was based on a review of data from nine long-term studies including 1,28,118 adults of ages 13 to 103 years from over 20 countries. All the studies showed the U-shaped curve. Loneliness was more prevalent among women, and in people who were divorced or widowed, more isolated, less educated, had lower income, had more functional limitations, were smokers or had poorer cognitive, physical, or mental health. The researchers think mid-

dle-aged adults are the least lonely because they have more opportunities for social interactions, like being married, going to work, and making friends with the parents of their kids' friends. Young adulthood can be lonely because people are often "navigating several important life transitions (like education, careers, friend groups, relationship partners and families)". "What was striking was how consistent the uptick in loneliness is in older adulthood. We do have evidence that married people tend to be less lonely, so for older adults who are not married, finding ongoing points of meaningful social contact will likely help mitigate the risk of persistent loneliness," the study authors said.

24th NCORD meeting held in Doda to strengthen anti-drug measures

JAMMU RISING
JAMMU, SEPT 30
The 24th meeting under the Narco Coordination Centre (NCORD) mechanism was held today in the meeting hall of the Deputy Commissioner's Office Doda, under the chairmanship of District Magistrate Harvinder Singh. SSP Doda, Mohd Aslam, served as the convener of the meeting. The agenda focused on critical issues such as illicit crop cultivation, identification of drug abuse hotspots, and the declaration of 'Nasha Mukh Panchayats' across the district. Strict vigilance was emphasized on all identified drug abuse hotspots, with instructions to intensify efforts to curb drug-related activities in these areas. Furthermore, the District



Magistrate directed the officers to enforce stringent measures to prevent the cultivation of illicit crops within the district's jurisdiction, whether on wild or agricultural land. Officers were urged to raise awareness about the dangers of drug abuse, particularly among the youth, through community engagement and educational initiatives. The meeting was attended by ADC Doda, ACR Doda, SDMs, ACD/ACP, Tehsildars, and other concerned departments, with some officials participating through online mode, reflecting a comprehensive approach to tackling the drug menace in the district.

DEO Rajouri refutes rumours regarding security of strong room

JAMMU RISING
JAMMU, SEPT 30
A rumour circulating on social media last night, suggesting the removal of district police from the strong room premises, has been refuted by the District Election Officer (DEO) Rajouri. The DEO Rajouri promptly visited the site to personally verify the situation and ensure the security of the strong room. Upon inspection, it was confirmed that a robust three-tier security system is in place, strictly adhering to the guidelines set by the Election Commission of India (ECI). The innermost perimeter (third tier) is being guarded by the Central Armed Police Forces (CAPF), the second tier by Armed Police, and the outermost layer by District Police. DEO Rajouri also interacted with the candidates and their representatives



to clarify any concerns they had. Written communication, with proper acknowledgment, were sent to all candidates, informing them to depute their representatives for keeping a close watch on security arrangements of the strong rooms. Their representatives are closely monitoring the strong room's security. Several facilities have been provided for the convenience of the candidates' representatives, including rain-proof tents, drinking water, and toilet

lets. Additionally, CCTV cameras have been installed, allowing the representatives to monitor the entry points of the strong room. Control room contact numbers for both the DEO/Returning Officer (RO) and DEO/SSP have been shared with the candidates, ensuring they can reach out for assistance whenever necessary. A detailed logbook is maintained by the CAPF, documenting all entries, exits, and the security personnel's duty roster.

District Administration Kupwara refutes allegations of 'Cash distribution among voters'

JAMMU RISING
JAMMU, SEPT 30
In light of recent posts being circulated on social media by various quarters alleging unethical conduct/ use of money power in the Kupwara Assembly segment, the District Administration Kupwara today strongly refuted the allegations terming them unfounded. In an official statement issued here, the District Administration asserted that no credible evidence has been presented to substantiate these allegations as such the accusations are devoid of any merit. It is imperative that all claims are grounded on facts to maintain the integrity of the electoral process. Furthermore, the District Administration is committed to ensuring free and

fair elections as robust monitoring protocols and machinery are in place to oversee electoral activities and address any complaints that arise, ranging from the establishment of Static Surveillance teams (SST) Nakas across the arterial routes of District, Flying Squads, Video Viewing Teams, Video Surveillance Teams strategically spread across the District, apart from the robust intelligence gathering. The teams and enforcement agencies have so far, inter-alia, made a good quantum of seizures from cash, contraband drugs, freebies, liquor. Additionally, while acting upon various reports of MCC violations, this office has so far issued 31 show cause notices, along with attachment of seven employees.

DEO Udhampur suspends 2 Govt employees for dereliction of election related duty

JAMMU RISING
JAMMU, SEPT 30
The District Election Officer Udhampur, Saloni Rai, has taken swift disciplinary action by suspending two government employees for neglecting their assigned election duties for the upcoming Assembly Elections-2024. Kulbushan Koul, Head Assistant at the Zonal Education Office Dudu, who was appointed as a Presiding Officer for the General Elections, has been suspended for failing to attend mandatory election training sessions. Despite multiple telephonic communications and formal intimation through his department head, Kulbushan Koul neglected to report for duty, obstructing critical election procedures. His absence has been deemed a serious breach of service conduct rules, amounting to deliberate non-compliance. The suspension order, issued

by the DEO, underscores the importance of attending election training, which is a crucial responsibility for Presiding Officers. During his suspension, Koul will remain attached to the office of the Chief Education Officer, Udhampur. In another case, Jaswant Singh, a teacher at Government Primary School Kothi, Zone Chenani, and appointed Booth Level Officer for Polling Station 61-40 (Narsoo), was suspended for failing to perform his election-related duties. As a BLO, Jaswant Singh was responsible for managing a section of the Electoral Roll, ensuring its accuracy through door-to-door verification, and assisting voters on election day. However, Jaswant Singh not only failed to fulfill these responsibilities but also went on unauthorized medical leave without obtaining proper approval. His leave expired on September 29,

DC Kishtwar chairs District NCORD review meeting

JAMMU RISING
JAMMU, SEPT 30
In a concerted effort to combat drug abuse and trafficking, Deputy Commissioner Kishtwar, Rajesh Kumar Shavan today chaired a monthly review meeting of the National Committee on Drug Abuse and Rehabilitation (NCORD) in Kishtwar. During the meeting, the Deputy Commissioner highlighted the need for a zero-tolerance policy towards drug-related activities and called for a collaborative approach involving all sectors of the community. He impressed to adopt multipronged strategies to effectively combat this issue. SSP Kishtwar Abdul Qayoom provided updates on various legal interventions undertaken in the district, while the Deputy Commissioner



instructed the identification of minimum 10-15 volunteers, including women, from each panchayat to assist in monitoring and surveillance on drug trafficking at ground level. To strengthen the district's response, SDMs and Tehsildars were directed to conduct monthly reviews of the NCORD committees in their respective jurisdictions. The Deputy Commissioner emphasized the need for adequate testing kits for

drug detection, particularly in shadow zones, and called for their accessibility to health officials, police, and community workers. Additional measures discussed included the installation of CCTV cameras in medical stores to enhance surveillance of psychotropic drug sales and the strict enforcement of regulations prohibiting the sale of tobacco products within 100 meters of educational institutions. The excise

officer was tasked with intensifying efforts against illegal distillation and cultivation of weed crops. The meeting also reviewed the progress made since the 10th NCORD meeting, reinforcing the district's commitment to eradicating drug abuse. The DC also reviewed the functioning of the Addiction Treatment Facility in the District Hospital Kishtwar and stressed for the need of Psychiatrist in the ATF.

KNOW DENGUE FOR NO DENGUE

Dengue can be Prevented

DENGUE	SIGNS AND SYMPTOMS	PREVENTION
<ul style="list-style-type: none">Dengue is a viral disease.It is transmitted by the bite of Aedes mosquito.Dengue Fever is a severe, flu-like illness.Dengue Hemorrhagic Fever (DHF) & Dengue Shock Syndrome (DSS) are more severe forms of disease, which may even cause death if left untreated.	<ul style="list-style-type: none">High fever.Frontal headache.Pain behind the eyes which worsens with eye movement.Muscle and joint pains.Rashes on the body.Pain abdomen.Nausea and vomiting.Bleeding & low B.P in severe cases.	<ul style="list-style-type: none">Avoid water stagnation in & around the house.Empty water reservoirs regularly like storage utensils, air coolers, plant pots, drums, flower pots and bird baths etc.Keep water tanks and other water containers tightly covered with lids.Use mosquito repellents/ Anti mosquito creams.Do not wear clothes that expose arms and legs.Use mosquito nets while sleeping.Use netted screens for doors & windows to prevent entry of mosquitoes

ISSUED IN PUBLIC INTEREST BY

STATE MALARIOLOGIST/SPO NVBDCP, J&K,

DIRECTORATE OF HEALTH SERVICES, JAMMU

DIP No:DIP/J-5201/24 Dt: 30-09-2024