

JAMMU RISING

NEWS

P-3

NEWS

P-5

NEWS

P-12

NATIONAL

P-8

SPORT

P-7



DDC Chairman Doda reviews finalization of Annual Action Plan 2025-26



Chief Minister meets various delegations at Raabita Office



CS pushes for 100% digital health records under ABDM



KPC observes July 13 as "Batta Loot Day" with Peaceful Sit-in at Press Club Jammu



Before They Parted...Saina-Kashyap's Love Journeys

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Page 12

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BRIEF NEWS

Two IAS Officers Allotted Dep'ts In Ladakh, Another Transferred

The Union Territory administration in Ladakh has allotted departments to two IAS officers.

Consequently, another IAS officer was transferred to relieve an Administrative Secretary ranked IAS officer of the additional charge of the post

ACB Arrests Postal Employee In J&K's Bandipora For Accepting Bribe

A postal assistant posted at the Bandipora Post Office was arrested on Saturday after being caught red-handed while accepting a bribe of Rs.6,000 from a complainant, officials said.

According to a spokesperson of the Anti-Corruption Bureau (ACB), a team conducted a raid at the post office following a complaint. It apprehended the <

■Turn to page 2

SC To Hear On Aug 3 Pleas Seeking Transparency In NEET-PG Exam Evaluation Process

The Supreme Court on Monday fixed August 3 for hearing pleas raising concerns over the transparency of the NEET-PG examination process, particularly with regard to the release of answer keys and evaluation protocols.

A bench comprising justices K Vinod Chandran and NV Anjaria briefly heard

■Turn to page 2

BJP MLAs Protest In Jammu Over Urdu Mandate For Naib Tehsildar Posts, Demand Order Rollback

The BJP legislative party on Monday staged a protest outside the Civil Secretariat and Assembly here, demanding the revocation of a government order mandating Urdu as a compulsory language for the Naib Tehsildar recruitment examination in Jammu and Kashmir.

The BJP has been opposing the move across Jammu for over three weeks, holding protests and rallies across at the district level. The part has warned of launching a region-wide agitation if the order is not withdrawn.

The MLAs of the safeguard party arrived at the Civil Secretariat in the morning and staged a dharna, calling the order discriminatory and detrimental

■Turn to page 2

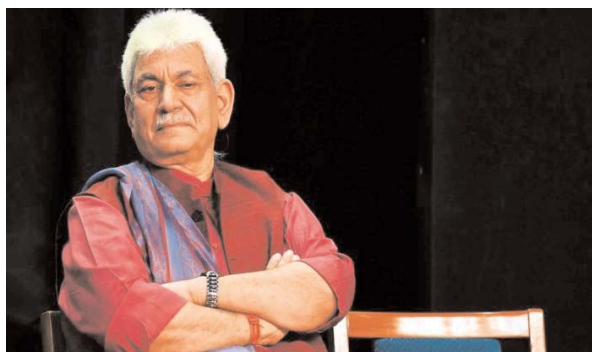
I Take Full Responsibility: LG Manoj Sinha Calls Pahalgam Attack A Security Failure

**JAMMU RISING
JAMMU, JULY 14**

Jammu and Kashmir Lieutenant Governor Manoj Sinha has acknowledged that the deadly attack in Pahalgam earlier this year was a grave security lapse, taking personal responsibility for the incident that killed several innocent civilians.

In an interview to The Times of India, Sinha described the attack as a Pakistan-sponsored act of terror intended to sow communal discord and derail the region's economic progress.

"I take full responsibility



ity for the incident, which was undoubtedly a security failure," Sinha said. He added that while the attack was a deliberate attempt to target India's unity, it should not be seen as evidence that terrorism is resurgent across

the Union Territory.

"The intention of the neighbour (Pakistan) was to create a communal divide and trigger a backlash against people of J&K living in other parts of the country, adding to the feeling of alienation,"

he said.

Pakistan's calculated strike on Kashmir's economy

According to Sinha, the timing and location of the assault were aimed at undermining Kashmir's booming tourism sector and overall economic revival.

"In the past five years, the J&K economy's size has doubled. Tourists have been flocking in high numbers. This was a hit by Pakistan at the economic well-being of Kashmir," he said, while also stressing that the

■Turn to page 2

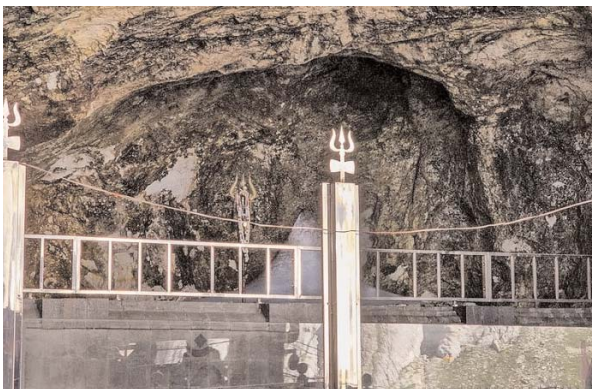
Another Batch Of Pilgrims Leaves For Amarnath Shrine

**JAMMU RISING
JAMMU, JULY 14**

A fresh batch of over 6,100 pilgrims left here on Monday for the twin base camps of the Amarnath shrine in south Kashmir Himalayas, officials said.

Over two lakh pilgrims have paid obeisance at the shrine since the start of the 38-day annual yatra, which commenced from the twin tracks of Pahalgam in Anantnag district and Baltal in Ganderbal district on July 3. The yatra will conclude on August 9.

Escorted by CRPF and police personnel, the 13th



batch of 6,143 pilgrims, including 4,691 men, 1,248 women and 17 children, left the Bhagwati Nagar base camp here in 235 vehicles between 3:30 am and 4:00 am, the officials said.

The first pilgrim convoy, carrying 2,215 pilgrims in 100 vehicles, left for the shorter but steeper 14-km Baltal route in Ganderbal district, followed by the second con

■Turn to page 2

Dr Jitendra inaugurates IIM Jammu hostel, director authorised Rs 200 cr tender approval

JAMMU RISING

JAMMU, JULY 14
Union Minister of State (Independent Charge) for Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy, and Space, Dr. Jitendra Singh today delivered a powerful and engaging address at IIM Jammu, during its Orientation Programme, urging students to seize the moment and contribute meaningfully to the vision of Viksit Bharat @2047.



Earlier, the Minister inaugurated a new hostel in the campus comprising four aesthetic blocks, together providing 688 single rooms occupancy. He also noted that only last week, the union cabinet had authorised the Direc

tor Rs 200 cr tender approval.

In his keynote, Dr. Jitendra Singh stated, "You are born at a time when India is at the cusp of historic change. Your birth in this era is not your achievement, but how

you use this opportunity will define your legacy." He described the youth as the true architects of Viksit Bharat, emphasizing their crucial role in shaping the India of 2047.

Dr. Jitendra Singh lauded the institute's focus on student welfare and infrastructure development, noting that such facilities not only enhance the residential experience but also contribute to a more productive academic environment. The

■Turn to page 2

Adventure tourism vital for boosting repeat visits to Kashmir: CM

**JAMMU RISING
JAMMU, JULY 14**

Chief Minister Omar Abdullah today said that in order to promote repeat tourism in Kashmir, it is essential to offer something new and refreshing each time—like adventure tourism.

He was speaking at the launch of the book "Valleys of Jammu and Kashmir – A Tribute to the Soul of Jammu and Kashmir" authored by Mehmood A. Shah, Managing Director, Kashmir Power Distribution Corporation Limited, at a local hotel here.

"If we aspire to promote repeat tourism, we



must recognize that tourists won't return solely for our Mughal gardens or the Tulip bloom, nor just for the gondola rides. They return when offered something new—something refreshing each time. Adventure tourism provides exactly that. No two experiences

are ever the same. The trail looks different in the morning than it does at sunset. Each trek offers a unique story," the Chief Minister said.

Calling for preservation and promotion of the region's historic trekking

■Turn to page 2

AAIB Initial Report On Plane Crash Found No Mechanical, Maintenance Issues With Boeing 787-8 Plane: AI CEO

NEW DELHI, JULY 14

Air India CEO and MD Campbell Wilson on Monday said AAIB's preliminary report on the Ahmedabad plane crash last month found no mechanical or maintenance issues with the aircraft or engines, and that all mandatory maintenance tasks had been completed.

Amid speculations in various quarters about the reasons for the fatal crash that killed 260 people on June 12, the Air India chief said the prelimi

nary report identified no cause nor made any recommendations and urged everyone to avoid drawing premature conclusions as the investigation is far from over.

The Aircraft Accident Investigation Bureau (AAIB) on Saturday released its preliminary report on the crash of Air India's Boeing 787-8 plane that killed 260 people, including 241 people onboard. The aircraft, which was operating the flight AI171 from Ahmedabad to London Gatwick,

crashed into a building soon after takeoff.

In a message to Air India staff, Wilson on Monday said the preliminary report found no mechanical or maintenance issues with the aircraft or engines, and that all mandatory maintenance tasks had been completed.

"There was no issue with the quality of fuel and no abnormality with the takeoff roll. The pilots had passed their manda

■Turn to page 2

CS for harnessing ONDC to promote e-commerce in J&K

**JAMMU RISING
JAMMU, JULY 14**

In a move to catalyze the growth of small businesses through digital integration, Chief Secretary, Atal Dulloo, today chaired a high-level meeting with the CEO of Open Network for Digital Commerce (ONDC) to explore opportunities for leveraging the ONDC platform to promote e-commerce in J&K.

The meeting was attended by Principal Secretary, Agriculture Production Department; Executive Director, J&K

Bank; Secretary, Labour & Employment; Secretary, Tribal Affairs; Secretary in Industries & Commerce; Director General, Budget; Director, Labour & Employment; State Informatics Officer, NIC; Representative from BISAG-N besides other senior officers.

During the deliberations, the Chief Secretary emphasized the immense potential of digital commerce in strengthening the local economy and creating new livelihood avenues. He underscored the importance of initiat

ing the digital push with simple, scalable models, and expanding gradually by addressing implementation challenges in a phased manner.

Dulloo emphasised on the fact that J&K must embrace the digital shift by harnessing the capabilities of ONDC to empower the small and nano entrepreneurs first to serve locally. He directed the Labour & Employment Department to begin with a hyper-local delivery system within a defined radius around

■Turn to page 2

Shubhanshu Shukla, Other Axiom-4 Astronauts Board Spacecraft For Return To Earth

NEW DELHI, JULY 14

Shubhanshu Shukla and three other astronauts of the Axiom-4 entered the Dragon Grace spacecraft on Monday and were suited up to begin their journey back to Earth after an 18-day stay at the International Space Station.

Shukla, the mission pilot, commander Peggy Whitson, and mission specialists Slawosz Uzanski-Wisniewski of



Poland and Tibor Kapu of Hungary entered the Dragon Grace spacecraft

and donned their space suits for the 22.5-hour journey to Earth.

The hatch of the Dragon Grace spacecraft that connected it to the International Space Station was closed at 2:37 PM IST and the crew members were performing final checks before undocking from the orbital laboratory at 4:35 PM IST.

The departure procedures were streamed live from the space station by

■Turn to page 2



I.Jammu and Kashmir real estate

Senior JKPS officer promoted to super time scale-I in JKPS

**JAMMU RISING
JAMMU, JULY 14**

The Jammu and Kashmir Government has promoted senior officer Kulbir Singh (JKPS-1999 batch) to the grade of Super Time Scale-I (Level 13A) of the Pay Matrix.

According to the Home Department's order, the promotion has been granted with immediate effect following the recommendation of the Selection Committee-

ACB Arrests Postal Employee In J&K’s Bandipora For Accepting Bribe

accused while he was accepting the bribe amount.

The accused has been identified as Mudasir Ahmad Najar, a resident of Rohama, Baramulla, currently working as a Postal Assistant in the Post Office Bandipora.

“The complainant had approached the ACB alleging that the official had demanded Rs. 6,500 for conducting physical verification of his business unit under the PMEGP scheme for subsidy disbursement. Acting on the complaint, the ACB laid a trap and caught the accused red-handed while accepting Rs.6,000 as part of the bribe,” the ACB said in a statement.

A case has been registered and further investigation is underway.

In a statement, ACB reiterated its commitment to act tough against corruption in public offices and urged people to report any such instances through the designated helpline and online complaint system.

SC To Hear On Aug 3 Pleas Seeking Transparency In NEET-PG Exam Evaluation Process

pleas on the issues.

One of the pleas, filed through lawyer Tanvi Dubey, challenges the opaque nature of the evaluation system and seeks multiple directions to the National Board of Examinations (NBE), the authority responsible for conducting NEET-PG.

The plea sought release of question papers and answer keys to candidates and disclosure of correct and incorrect questions as assessed.

It also sought a direction for revaluation or rechecking in cases of score discrepancies.

The plea also sought a direction to enable candidates to challenge disputed questions or answers and institution of transparent evaluation mechanisms for current and future NEET-PG examinations.

The plea alleged a lack of transparency and said it undermined the credibility of such a crucial examination and adversely impacted the rights of candidates. (AGENCIES)

I Take Full Responsibility: LG Manoj Sinha Calls Pahalgam Attack A Security Failure

widespread condemnation by ordinary Kashmiris was a “befitting reply to Pakistan and terror outfits.”

Asked whether the participation of local accomplices in the attack posed a fresh challenge for security forces, Sinha maintained that local recruitment of militants had fallen to record lows.

“There has been just one incident of local recruitment this year compared to 6–7 last year. There was a time when this figure used to be 150–200. But it is also a fact that Pakistan has facilitated the infiltration of a large number of terrorists in both Jammu region and Kashmir region,” he noted.

The Pahalgam attack dealt a temporary blow to tourism, with arrivals plunging in the immediate aftermath. “Tourist arrivals had almost stopped after the incident. We believed that the Amarnath Yatra would be the turning point,” Sinha said.

The LG confirmed that tourist destinations closed after the attack have gradually reopened. “Many have already opened. Others will be opened too in a phased manner, after finalising a robust security plan for each,” he said.

Operation Sindoor: A Deterrent for Pakistan
Reflecting on the broader security environment during the TOI interview, Sinha said the success of Operation Sindoor had drawn clear red lines for Pakistan.

“India has made it clear that any terror attack will be considered an act of war. The manner in which our forces carried out precise hits against terror facilities in Pakistan conveyed a stern message. But a country that has made terrorism its declared state policy is not to be trusted,” he cautioned during the conversation.

Despite the challenges, Sinha expressed confidence that the Union Home Ministry, Defence Ministry and intelligence agencies are fully prepared to counter any future threats.

AAIB Initial Report On Plane Crash Found No Mechanical, Maintenance Issues With Boeing 787-8 Plane: AI CEO

tory pre-flight breathalyser and there were no observations pertaining to their medical status,” he said.

Further, Wilson said out of an abundance of caution and under the oversight of regulator DGCA, every Boeing 787 aircraft operating in our fleet was checked within days of the accident and all were found fit for service.

“We continue to perform all necessary checks, as we will any new ones that authorities may suggest,” he added.

The airline, he said, will continue to co-operate with the investigators to ensure they have everything they need to conduct a thorough and comprehensive enquiry.

“The release of the preliminary report marked the point at which we, along with the world, began receiving additional details about what took place.

Unsurprisingly, it provided both greater clarity and opened additional questions,” Wilson said.

Over the past 30 days, he said there has been an ongoing cycle of theories, allegations, rumours and sensational headlines, many of which have later been disproven.

“Until a final report or cause is tabled, there will no doubt be new rounds of speculation and more sensational headlines... Let us not be diverted from what are our top priorities: standing by the bereaved and those injured, working together as a team, and delivering a safe and reliable air travel experience to our customers around the world,” Wilson said.

He also stressed that the airline must remain focused on its task and be true to the values of integrity, excellence, customer focus, innovation, and teamwork.

The AAIB report said the fuel supply to both engines of flight AI171 was cut off within a second of each other, causing confusion in the cockpit and the airplane plummeting back to the ground almost immediately after taking off.

The 15-page report also said that in the cockpit voice recording, one unidentified pilot asked the other why he had cut off the fuel, which the other denied.

On Sunday, the Indian Commercial Pilots’ Association (ICPA) said the crew of the AI171 flight that crashed last month acted in line with their training and responsibilities under challenging conditions, and the pilots should not be vilified based on conjecture. (Agencies)

Shubhanshu Shukla, Other Axiom-4 Astronauts Board Spacecraft For Return To Earth

NASA.

The descent of the Dragon spacecraft from the ISS is designed to be completely autonomous.

After undocking, Dragon will perform a series of engine burns to safely distance itself from the ISS and begin re-entry procedures.

Final preparations include detaching the capsule’s trunk and orienting the heat shield ahead of atmospheric entry, which will expose the spacecraft to temperatures nearing 1,600 degrees Celsius.

Parachutes will deploy in two stages — first stabilising chutes at about 5.7 km altitude, followed by the main parachutes at roughly two km.

Splashdown is expected off the coast of California approximately 22.5 hours after undocking, and the space capsule will be recovered by a specialised ship.

The splashdown is expected to take place off the coast of California at 3:01 pm IST on Tuesday.

The Axiom-4 mission began their space odyssey on June 25 when the Falcon-9 rocket carrying the Dragon space capsule blasted off from Florida towards the ISS. (Agencies)

Adventure tourism vital for boosting repeat visits to Kashmir: CM

routes, he said these trails, connecting Jammu with Kashmir and Kashmir with Ladakh—are not just physical pathways, but cultural corridors of heritage and sustainable tourism.

“It is imperative that we market our trekking routes not just as a tourism product, but as part of our ecological and cultural legacy. We must not confine ourselves to markets where advisories act as obstacles. There are many countries with no such restrictions, whose tourists would be eager to explore our terrain,” he said, calling for joint efforts with Ladakh to keep traditional routes alive and accessible.

Referring to the current situation, Omar Abdullah said it was unfortunate that the book is being released at a time when many of the trekking routes described in it remain inaccessible due to recent developments.

“Reading this book evokes both admiration and sadness. Admiration for the unmatched natural wealth we possess, and sadness because we are not able to experience or share it at present. It is my heartfelt hope, and indeed my effort, that these routes will soon be reopened for our youth, trekkers and visitors,” he said.

Reflecting on his personal regret at not having trekked these trails, Chief Minister Omar Abdullah praised the author’s dedication and passion. “Mr. Shah is truly fortunate to have explored these routes over the last 20–25 years. His experiences, beautifully documented in this volume, reflect deep commitment and love for the land.”

The Chief Minister emphasized the need for digitizing the book to ensure wider accessibility. “If we want this work to benefit those who are truly interested in trekking, we must digitize it—perhaps through an app. Let the coordinates, photographs, anecdotes, and waypoints become a digital guide for adventure lovers,” he suggested.

He added that while the book will adorn coffee tables, its real value lies in becoming a functional resource that inspires exploration and fosters sustainable tourism.

On the occasion, Advisor to the Chief Minister Nasir Aslam Wani, and the author Mehmood A. Shah also spoke. The event was moderated by noted endocrinologist Dr. Shariq Masoodi and was attended by prominent figures from the travel, trade, tourism and media

Dr Jitendra inaugurates IIM Jammu hostel, director authorised Rs 200 cr tender approval

Minister appreciated the aesthetic design and thoughtful layout of the hostel, emphasizing that world-class infrastructure is vital for nurturing tal-

ent and fostering innovation on campus.

Dr. Jitendra Singh highlighted that the Government’s youth-centric governance model has created a dynamic ecosystem fostering education, innovation, startups, and research. He cited the National Education Policy (NEP) 2020 as a game-changing reform that empowers students with interdisciplinary choices. “You are no longer prisoners of subjects chosen by your parents. Today, you can blend literature with science, or management with medicine. That is true empowerment,” he said.

The Minister noted that structural reforms, such as the relaxation of General Financial Rules (GFRs) and empowering Directors to approve Global Tenders up to ₹200 crore, have significantly improved the ease of conducting research and managing institutions. These measures, he added, reflect the government’s deep trust in academic leadership and the scientific community.

Touching upon India’s innovation journey, Dr. Jitendra Singh stated, “From just 350 startups a decade ago, India now has over 1.75 lakh startups—creating 17.56 lakh jobs, more than many government recruitment initiatives.” He urged students to shift their mindset from being job seekers to becoming job creators, leveraging the enormous support available through various startup schemes.

Having been associated with IIM Jammu since its inception, Dr. Jitendra Singh lauded its dynamic growth and rapid strides in institutional development. “Among the IIMs established in the last 11 years, IIM Jammu has emerged as a standout performer,” he remarked. He also inaugurated a newly constructed four-block hostel complex, featuring 688 single-bed rooms, and commended the institute’s modern infrastructure and student-centric facilities.

He advised the institute to initiate in-house B2B startup meets, leveraging its proximity to IIT, AIIMS, IIM, and the Institute of Mass Communication in Jammu. He said this rare cluster of premier institutions within a few kilometers offers an exceptional ecosystem for interdisciplinary learning and early industry-academic.

Dr. Jitendra Singh emphasized the democratization of aspiration, noting that students from remote and underrepresented regions are now excelling in top national institutions and services. “You will be the ones to celebrate India’s 100 years of independence in 2047. The responsibility of building Viksit Bharat lies with you. Take it not as a burden, but as a gift from destiny,” he said.

At the same time, he reminded students and faculty to use their newfound autonomy with responsibility, observing that “every freedom carries an inherent obligation. The purpose of relaxing controls is not for comfort, but for greater creativity and accountability.”

Among the prominent attendees were Prof. B.S. Sahay, Director, IIM Jammu; Dr. Shakti Gupta, Director, AIIMS Jammu; Prof. Manoj Singh Gaur, Director, IIT Jammu; Shri Amitava Chatterjee, MD and CEO, J&K Bank; Prof. Upadhyay, Dean (Academics); and Dr. Sarbjeet Singh, along with esteemed members of the faculty and student community.

Another Batch Of Pilgrims Leaves For Amarnath Shrine

voy of 3,928 pilgrims in 135 vehicles who are undertaking the yatra via the 48-km traditional Pahalgam route in Anantnag district, they said.

With this, a total of 89,101 pilgrims have departed from the Jammu base camp for the Valley since July 2, when Lieutenant Governor Manoj Sinha flagged off the first batch.

More than four lakh persons have registered online for the pilgrimage so far.

With the yatra entering its second fortnight, the rush of pilgrims from various parts of the country continues, with over 3,500 fresh pilgrims having arrived in Jammu for their onward journey to Amarnath.

BJP MLAs Protest In Jammu Over Urdu Mandate For Naib Tehsildar Posts, Demand Order Rollback

to the interests of Jammu’s youth.

Carrying placards highlighting injustice against Jammu’s youth, Dogras and other official languages of the union territory, the BJP leaders raised slogans against the government and National Conference leader Omar Abdullah, accusing the part of trying to create unrest in the region.

“We are staging a dharna against the decision to make Urdu mandatory for Naib Tehsildar examinations in Jammu and Kashmir, which is not acceptable to us,” BJP MLA and former minister Sham Lal Sharma said.

He said, “Kashmir-centric parties, particularly the National Conference, have been discriminating against this region for decades. This is a fresh example of it.” Taking a swipe at the National Conference governments for decades-long discrimination against Jammu and its people, he said “we thought their discriminatory approach had changed after 2019, but it continues even today.” Issuing such an order is a clear attempt to deny jobs to Jammu’s youth in the examination. It also discriminates against other official languages, he alleged.

“By making Urdu mandatory for such important posts in the government, the NC rulers have overruled previous provisions where knowing the language Urdu was not compulsory,” Sharma further said.

“We are holding protests to get it revoked. Youth are already on the streets protesting. The matter has been brought to the notice of the Lieutenant Governor as well and memorandums have been submitted through deputy commissioners, but nothing has been done so far,” he said.

Sharma said that 14 BJP MLAs had even met Chief Minister Omar Abdullah over the issue. “His approach was positive. Still, no action has been taken, and tomorrow is the last day to apply for the posts.” “They are trying to create unrest in Jammu and are forcing us to go on agitation. All 28 BJP MLAs have started it with today’s two-hour-long token dharna,” he added.

The former minister further said that the party will soon announce its next course of action.

“We are warning the government not to play with the sentiments of the people of Jammu, who are fed up with the discriminatory attitude of Kashmir-centric rulers,” he said.

Other BJP MLAs also warned of an agitation if the Urdu language requirement is not withdrawn for the examination advertised by the government.

“Making Urdu a compulsory subject in recruitment for Naib Tehsildars is a gross injustice to the youth of the Jammu region,” BJP MLA Yudhvir Sethi said, adding that such injustice will not be tolerated.

The MLAs strongly opposed the decision and said it was a “deliberate attempt” to marginalise the youth of the Jammu region.

“This is a calculated move to deprive Jammu’s youth of equal opportunities,” Sethi added.

The imposition of Urdu, he said, reflects the divisive and exclusionary policies once pursued by the Omar Abdullah-led government.

“We will not allow the repetition of such injustice,” he said and added that the move is a clear violation of equal status accorded to multiple official languages, including Dogri, Hindi, Kashmiri, Urdu, and English.

CS for harnessing ONDC to promote e-commerce in J&K

businesses.

He also called for onboarding service providers such as electricians, plumbers and other technicians on the digital platform, enabling the citizens to avail their services conveniently here.

The CEO, ONDC, shared success stories from other states, including that of Sri Vidhya Handlooms and Himira in Himachal Pradesh and their initiatives taken in Andhra Pradesh where ONDC played a transformative role in supporting the entrepreneurs to reach national markets in shorter time durations. He elaborated on ONDC’s potential to digitize local economy of J&K and link the same with the national digital market, thereby uplifting key economic drivers here.

Speaking on J&K’s roadmap, Director, Labour & Employment, Shahzad Alam, informed that the UT is looking to adopt a hyper-local delivery model within a 3–4 km radius through a seller app developed by BISAG-N. He added that various categories of service providers would soon be onboarded to offer their services through an integrated online hiring platform.

Moreover, he said that the Department is contemplating establishment of district and UT-level collection hubs to facilitate the sale and distribution of goods produced by J&K’s weavers, artisans, and other small-scale manufacturers, thereby ensuring better market access and fair value for their products.

Nine JKPS Officers Promoted To Superintendent Of Police Selection Grade-II

Tariq Ahmad Wani, Iftikhar Ahmed, and Zoheb Tanveer (all JKPS-2008) have been promoted notionally with effect from December 24, 2024, and regularly with immediate effect, while Rayaz Iqbal Tantray, Amit Verma, Iftikhar Talib, and Noor Ul Hassan (all JKPS-2008) have been promoted with immediate effect.

DDC Chairman Doda reviews finalization of Annual Action Plan 2025–26

JAMMU RISING
JAMMU, JULY 14

A meeting of the District Development Council (DDC) was held today in the Conference Hall of the DC Office Complex, under the chairmanship of DDC Chairman Dhananther Singh Kotwal, with the active participation of Deputy Commissioner, Harvinder Singh.

The meeting was convened to discuss and finalize the Annual Action Plan for the financial year 2025–26 with the focus on identification of developmental priorities, ensuring inclusive planning and addressing pressing local issues.

The meeting was also graced by the presence of MLA Doda East, Mehraj Malik, who actively participated in the discussions and shared valuable suggestions for the comprehensive development of the district.

A detailed PowerPoint presentation was delivered by Chief Planning Officer (CPO) Manesh Kumar Manhas, showcasing the ongoing works and proposed plans under various schemes, including DDC grants, Aspirational grants, ABDP and BDC grants. The presentation highlighted the proposed projects for the upcoming financial year, covering all 17 blocks and 237 panchayats of the district.

The meeting was attended by DDC councilors, besides key officers and officials, including District Programme Officer ICDS Akhtar Qazi, ACD Din Mohammad Afaqi, ACP Mushraf Haff, Superintendent Engineers of PWD (R&B), Hydraulic, JPCL and PMGSY, Chief Medical Officer, Chief Education Officer and heads of Agriculture, Horticulture and Animal Husbandry departments.

Representatives from Forest, PHE,



REW, Social Welfare, Regional Transport, Youth Services and Sports, JAKEDA, Block Development Officers, Municipal Committees and BDC chairpersons were also present.

During the deliberations, departmental heads and BDOs presented proposed plans, while councilors and MLA Mehraj Malik raised demands and suggestions seeking improvement of road connectivity, especially in remote and hilly areas; strengthening of water supply schemes and accelerating works under Jal Jeevan Mission (JJM). Measures were also sought for environmental protection, including large-scale tree plantation drives, upgradation of healthcare and power infrastructure; Promotion of livelihood opportunities and support to weaker sections of society; creation of adequate sports and youth engagement facilities and strengthening of Anganwadi centres through better monitoring and infrastructure.

Addressing the participants, DDC Chairman Dhananther Singh Kotwal directed the stakeholders to accelerate the works under JJM and to ensure that

finalized plans are inclusive, realistic, and aligned with the needs of the people. He underscored the importance of consulting all stakeholders, maintaining transparency and accountability and ensuring timely and quality execution of projects. He also emphasized proactive field visits, stronger inter-departmental coordination and equitable development across all panchayats.

Deputy Commissioner Harvinder Singh stressed on plans that reflect the aspirations of the people and close monitoring during the implementation. He also highlighted the importance of maintaining financial discipline and prioritizing projects with maximum public benefit.

In his concluding address, DDC Chairman Dhananther Singh Kotwal appreciated the contributions of officers, councilors and MLA Mehraj Malik, acknowledging their dedicated approach to public service. He assured that genuine demands raised during the meeting would be incorporated in the final plan. He called for stronger ground-level execution to translate the plan into tangible and impactful outcomes.

Chairperson DDC Poonch discusses implementation of Pradhan Mantri Jan Vikas Karyakram

JAMMU RISING
JAMMU, JULY 14

Chairperson District Development Council (DDC) Poonch Tazeem Akhter today chaired the District Level Committee meeting on the Pradhan Mantri Jan Vikas Karyakram (PMJKV) to review and approve the development proposals aimed at strengthening infrastructure in the District.

Member Legislative Assembly Haveli Ajaz Jan joined the meeting through virtual mode. The meeting was also attended by Additional District Development Commissioner (ADDC) Pankaj Magotra, along with other Committee members including Chief Medical Officer, Dr. Parvaiz Ahmed Khan; Chief Education Officer, Ifitikhar Ali Shah; Lead District Manager, Ravi Kumar; District Social Welfare Officer (DSWO), Khalid Ahmed Bandy and Assistant Director, Goods, Adil Shabir.

During the session, a total of 11 proposals—previously approved and recommended by the Block Level Committees—were placed before the District Level Committee. Each proposal was thoroughly discussed and



deliberated upon by the members.

MLA Ajaz Jan offered valuable suggestions and emphasized the need for preparation of Detailed Project Reports (DPRs) after thorough ground visits by the concerned departments.

Chairperson Tazeem Akhter underlined the importance of timely execution, maintaining transparency and ensuring active community participation

in all developmental initiatives under PMJKV. She stressed that collective efforts are key to realizing inclusive growth and addressing the developmental needs of minority-concentrated areas. The meeting concluded with a unanimous commitment to expedite the execution process for approved projects and to closely monitor progress for impactful outcomes.

Rajouri gears up for grand Independence Day celebrations

JAMMU RISING
JAMMU, JULY 14

Deputy Commissioner Rajouri Abhishek Sharma alongside Senior Superintendent of Police Gaurav Sikarwar today reviewed the arrangements for the celebration of Independence Day 2025 at a meeting held here in the Dak Bungalow.

The Deputy Commissioner laid emphasis on making elaborate and coordinated preparations for the smooth conduct of the national function. He directed for proper stage arrangements, systematic seating for invitees and the public, appropriate length and content of cultural programs, and timely installation of a reliable Public Address (PA) system.

The DC emphasized that contingents from across the district will participate in the ceremonial March Past to reflect inclusiveness and discipline. The DC also directed the concerned departments to ensure illumination of



prominent government buildings, bridges, and key installations in the district as a mark of celebration. He further suggested that stalls and displays highlighting the achievements and developmental milestones of the district be set up at the venue to showcase progress under various government schemes.

DC directed ADCs and SDMs to monitor and ensure celebration

in all Government institutions within their jurisdictions.

SSP Gaurav Sikarwar elaborated the security arrangements. He emphasized the need for meticulous planning to ensure foolproof security and smooth movement of participants and visitors. He stressed on enhancing surveillance and increasing deployment at vulnerable points to ensure peaceful conduct of the

celebrations. He also underscored the need for coordination among the security agencies to maintain law and order.

The Deputy Commissioner urged all departments to work in a coordinated manner and finalize all arrangements well before time to ensure a grand and smooth celebration of Independence Day 2025

The meeting was attended by Additional Deputy Commissioner Chander Prakash; ADC Kalakote Tanvir Ahmed; ADC Sunderbani Ramkesh Sharma; SDM Thanamandi Abid Husain; Commandant JKAP Nasir Khan; ACD Auqil Naveed; SE PWD Tilak Raj; Executive Engineer PWD Aftab Ahmed; CMO Dr. Manohar Lal; DySP Traffic, ARTO, Tehsildar, representatives from defence forces, representative of BRO, Ex En PMGSY, Executive Officers of Municipal Committees and other sectoral and district officers.

Organic Cluster Rahthal- Kishtwar achieves bumper production

JAMMU RISING
JAMMU, JULY 14

In a remarkable success story from the hilly terrains of Kishtwar district, the Organic Cluster Rahthal comprising 50 Farmers has achieved bumper production of Organic Hill Garlic.

The Organic Cluster harvested 15 quintals of Organic Hill Garlic from just 1 hectare of land this agricultural season.

This exceptional yield has resulted in an impressive income of ₹2 lakh, marking a significant milestone for the promotion of high-value crops in the region.

Showcasing their production, a group of farmers from the Cluster led by its President Gulab Nabi Wani today gifted packs of Organic Hill Garlic to Deputy Commissioner Pankaj Kumar Sharma and ADC Pawan Kotwal in presence of CAO Kushal Chandel and staff of Agriculture Department.

The farmers adopted improved agronomic practices, timely interventions and organic methods suited to the unique agro-climatic conditions of the area, which collectively contributed to this outstanding performance.

The Deputy Commissioner and Department of Agriculture applauded the



efforts of the farmer and encouraged others to take inspiration and adopt innovative and sustainable farming techniques.

Special appreciation was extended to CAO Kushal Chandel and field-level extension officers Rabia Kouser for their constant support and training efforts under the district's Agriculture development initiatives.

Hill Garlic, known for its medicinal properties, longer shelf life, and strong market demand has emerged as a lucrative crop for small and marginal farmers in high-altitude regions.

This success story is a testament to the potential of hill agriculture and how scientific guidance and proper management can significantly enhance productivity and profitability.

The achievement reaffirms the government's vision of doubling farmers' income and promoting climate-resilient crops in mountainous areas.

"The department will continue to facilitate capacity-building programs, input support and market linkage for the widespread adoption of Hill Garlic cultivation in the Chenab Valley", said the CAO.

Arrangements for Independence Day celebration discussed at Bhaderwah

JAMMU RISING
JAMMU, JULY 14

Additional Deputy Commissioner (ADC) Bhaderwah Sunil Kumar Buthyal today convened a meeting of officers and stakeholders here at Dak Bungalow to discuss the arrangements for the celebration of Independence Day-2025.

The meeting discussed the essential arrangements including security, first aid, sanitation, and deployment of Fire & Emergency Services, seating, power supply, drinking water availability and issuance of invitation cards. Directions were issued to the concerned departments to ensure foolproof arrangements well in advance.

The meeting decided that all government buildings and institutions in the area will be illuminated to mark the occasion in a grand manner.

The Full Dress Rehearsal of the Independence Day programme will be



held on August 13, 2025. The departments were instructed to ensure their participation and preparedness.

The meeting was attended by CEO BDA Joginder Singh Jasrotia, BMO

Dr. Versha Sharma, the heads of Boys and Girls Higher Secondary Schools, AE PHE, representatives from CRPF and Police Department and officers from several other departments.

DC Samba reviews beneficiary verification under PMAY-U 2.0

JAMMU RISING
JAMMU, JULY 14

Deputy Commissioner Samba Rajesh Sharma today reviewed the beneficiary verification under Pradhan Mantri Awas Yojana – Urban (PMAY-U) 2.0 here at a meeting of the District Level Committee (DLC).

The Committee reviewed applications received from Municipal Council Samba and the Municipal Committees of Vijaypur, Bari Brahmana, and Ramgarh. After thorough scrutiny and joint spot verification by the Revenue and Urban Local Body (ULB) staff, eligible cases under the Beneficiary-Led Construction (BLC) component were recommended for further processing through the Unified Web Portal.

DC Samba directed the concerned officers to facilitate the applicants of pending cases for their expeditious disposal. He emphasized the importance



of transparency and proper identification of genuine beneficiaries to ensure that timely assistance reaches deserving households under the scheme.

The meeting was attended by Additional District Development Commis-

sioner, Champa Devi Thakur; Assistant Commissioner Revenue; Senior Manager, Housing Board; District Social Welfare Officer; Chief Executive Officer, Municipal Council Samba and other concerned officers and officials.

Inter-School Zonal Level Competitions commence across Kishtwar under the aegis of DYSSO

JAMMU RISING
JAMMU, JULY 14

The Department of Youth Services & Sports Kishtwar today commenced the Inter-School Zonal Level Competitions for U/19 Boys and Girls across multiple zones of the district.

The grand initiative is being held under the overall guidance of the District Youth Services & Sports Officer Jaffer Haider Sheikh, who continues to promote youth engagement and holistic development through sports.

The competitions are being organized across different zones, each supervised by the respective Zonal



Physical Education Officers (ZPEOs) and supported by a team of committed sports staff.

Zone Drabshalla hosted events in Kabaddi, Volleyball, Kho-Kho and Tug of War for both U/19 Boys and Girls. The activities were conducted in a spirited atmosphere under the

supervision of the local ZPEO, witnessing enthusiastic participation from various schools.

Zone Kishtwar organized Chess and Badminton competitions for U/19 Boys and Girls efficiently by a dedicated team of DYSS led by the ZPEO. The event witnessed disciplined contests

and strong strategic performances.

The Zone Nagseni hosted contests in Chess, Table Tennis, and Badminton under the guidance of the local ZPEO, ensuring fair play and active involvement of students across institutions. This sports initiative aims to foster physical fitness, mental agility, teamwork and healthy competition among students, while identifying and nurturing talent at the grassroots level. The Department remains committed to providing youth with platforms that not only promote sportsmanship but also contribute to their overall character development.

DC inspects civic amenities, road condition in Kishtwar Township

NEW DELHI, JULY 14
Deputy Commissioner Pankaj Kumar Sharma on Monday conducted a comprehensive inspection of developmental works from Kuleed Chowk to Saffron Development Park Berwar here in the Kishtwar Township.

The inspection focused on progress of work on critical civic infrastructure and roads, including pothole repair and drain maintenance.

The DC issued clear directions to the GREF team to expedite pothole-filling operations and ensure timely desilting of drainage channels to prevent water logging and ensure smooth commuter movement, especially in light of upcoming Yatras, including Shree Machail Mata Ji Yatra 2025.

He also reviewed ongoing measures to curb encroachments along the route, emphasizing the importance of maintaining unhindered access to public infrastructure.



The DC directed the Tehsildar to serve notices and seal vehicle washing points creating nuisance by throwing water on the road. He asked stakeholder departments to safeguard public assets and uphold the convenience and safety of the general public.

The DC was accompanied by ACR Idress Lone and officers/officials

from PWD, Jal Shakti, Revenue, Municipality, RDD and GREF Team, besides other concerned staff.

The inspection aimed to ensure proper maintenance of civic infrastructure and roads to provide a safe and convenient experience to the public, particularly during the upcoming yatras.

Mega Awareness cum Public Outreach Camp held at Pachound-Udhampur

JAMMU RISING
JAMMU, JULY 14
As part of the ongoing Dharti Aaba Abhiyan-Gram Utkarsh Abhiyan, District Administration Udhampur organized a mega Awareness cum Public Outreach camp at village Pachound in Block Dudu-Basantgarh today.

The camp was held under the supervision of Sub-Divisional Magistrate Dr Manmeet Kumar.

During the program, scores of public grievances were redressed on-the-spot through prompt intervention by officials from the line departments.

Multiple government departments had set up informative stalls to disseminate knowledge about flagship schemes such as PM Awas Yojana, Ujjwala Yojana, MGNREGA, Social Welfare schemes and more. Eligible beneficiaries were also facilitated for on-the-spot enrollment for these schemes, ensuring that no deserving citizen is left behind.



The outreach camp witnessed enthusiastic participation from locals belonging to the tribal community.

DC pitches for intensive efforts to make Reasi District TB-Free

JAMMU RISING
JAMMU, JULY 14
Deputy Commissioner Reasi, Nidhi Malik, today chaired a high-level meeting to review the implementation and progress of the Intensified TB Mukht Bharat Abhiyan under the National TB Elimination Programme (NTEP).

The meeting focused on intensifying screening, providing better treatment, and enhancing inter-sectoral coordination to ensure the successful execution of the TB elimination drive.

District Tuberculosis Officer Dr. Anil Saloach gave a detailed overview of the current status of TB in the district.

The DC issued a string of directives stressing on extensive screening to identify potential patients. She instructed healthcare officials



to achieve the set screening targets at the earliest.

She emphasized the need to prioritize high-risk groups, particularly individuals in close contact with TB patients — including family members, friends, and colleagues—to ensure timely treatment and prevention of further transmission.

In a significant move under the Nikshay Mitra initia-

tive, DC Malik directed all doctors and healthcare officials to adopt at least one TB patient, providing them with nutritional basket kits and necessary amenities to support their recovery and overall well-being.

To enhance outreach and public engagement, the Deputy Commissioner instructed the Health Department to organize TB screen-

ing and awareness camps in collaboration with the Rural Development Department to ensure comprehensive community participation.

DC Malik also highlighted the urgent need for strengthening ongoing efforts, directing the Health Department to ensure the availability of diagnostic facilities in all health institutions across the district.

Reaffirming the administration's commitment to a TB Mukht Bharat, she encouraged collective action, robust monitoring and streamlined treatment delivery mechanism. She reiterated that Reasi is firmly aligned with the national mission to become TB-free by 2025.

The meeting was attended by CMO Dr. Ashraf Kohli, Deputy CMO, Medical Superintendent, BMOs and other concerned officers.

DLIC Kupwara approves 98 cases under Mission YUVA

JAMMU RISING
JAMMU, JULY 14
In a major step towards promoting youth entrepreneurship and self-employment in the district, District Level Implementation Committee (DLIC) Kupwara Monday met under the chairmanship of Deputy Commissioner (DC) Kupwara, Ayushi Sudan and approved 98 cases under the Mission YUVA (Yuva Udyamita Vikas Abhiyan) scheme.

The objective was to review and approve applications submitted by young aspiring entrepreneurs un-



der the Mission YUVA initiative, which aims to provide financial assistance and capacity-building support to youth for starting and sustaining their businesses.

Officers from the concerned departments presented a detailed review of

the applications. After careful scrutiny and discussions, the Committee approved 98 eligible cases for further financial support and guidance.

Speaking on the occasion, DC highlighted the importance of Mission YUVA in

empowering local youth and helping them build sustainable livelihoods. She emphasized the need for effective awareness campaigns and asked the District Employment & Counselling Centre Kupwara to reach out to more eligible youth and encourage their participation in the scheme.

The meeting was attended by ADDC Kupwara, Mufti Fareed ud Din; Assistant Director Employment, Arshid Qadir Bhat; officers from DIC, Social Welfare, JKEDI and other concerned officials.

Nasha Mukht JK Abhiyan: DC Budgam reviews progress of IEC campaign

JAMMU RISING
JAMMU, JULY 14
Deputy Commissioner (DC) Budgam, Dr.Bilal Mohi-ud-Din Bhat today chaired a review meeting to assess the progress of the ongoing Information, Education and Communication (IEC) campaign under Nasha Mukht Jammu & Kashmir Abhiyan, aimed at curbing the menace of drug abuse in the district.

DC reviewed the implementation and outreach of awareness activities conducted across educational institutions, panchayats, and Urban Local Bodies (ULBs).

While reviewing the progress, DC took detailed stock of the campaigns carried out by the nodal departments and raised concern over key issues such as inadequate display of IEC materials, irregular conduct of video

screenings, delayed or incomplete uploading of event details and participant data, and absenteeism of designated resource persons during the events.

He directed all concerned officers and event coordinators to ensure that all awareness programs are properly documented and promptly uploaded on the designated portal. He further emphasized the importance of enhancing community participation and improving the visibility and reach of awareness content to create a lasting impact.

Stressing a more targeted and impactful approach, DC called for structural IEC campaigns and regressive outreach activities at identified drug abuse hotspots in the district.

He said that intensive and structured campaigns at vulnerable locations will play a vital role in building

awareness, promoting rehabilitation, and discouraging substance abuse at the grassroots level.

Dr Bilal also urged departments to maintain inter-sectoral coordination and ensure the presence of trained resource persons during awareness drives to effectively engage the community, especially the youth.

The ongoing campaign under Nasha Mukht Bharat Abhiyan seeks to foster a drug-free environment through education, community involvement, and targeted intervention strategies across the district

The meeting was attended by Additional Deputy Commissioner, Chief Planning Officer, Chief Medical Officer, District Social Welfare Officer, Excise & Taxation Officer, DySP hqrs and other officers including event coordinators.

DLIC Kulgam approves 106 fresh cases under Mission YUVA

JAMMU RISING
JAMMU, JULY 14
In a significant push towards fostering self-reliance and entrepreneurial growth among the youth, District Level Implementation Committee (DLIC) Kulgam, under the chairmanship of Deputy Commissioner (DC) Kulgam, Athar Aamir Khan, today approved 106 new self-employment proposals under the ambitious Mission YUVA scheme.

The meeting held at the DC Office Complex, witnessed detailed deliberations over the proposals that had been scrutinized and recommended for approval by the Small Business Development Unit (SBDU) after due verification and feasibility assessment. The SBDU had conducted a rigorous appraisal of each application before presenting them to the DLIC.

The newly approved cases span over

a diverse array of sectors, including agriculture and allied activities, retail ventures, services, small-scale manufacturing and other skill-based enterprises. The variety of business ideas reflects the growing entrepreneurial spirit among the youth of the district and their willingness to explore innovative livelihood options.

While speaking on the occasion, DC lauded the collective efforts of the SBDU, BHDs and field functionaries in identifying, guiding, and mentoring aspiring youth entrepreneurs. He emphasized that Mission YUVA is not just a scheme, but a movement aimed at empowering the younger generation with tools for sustainable income generation and self-worth.

DC issued instructions to ensure timely disbursement of financial assistance, active mentoring post-approval, and continuous monitoring of the per-

formance and viability of the sanctioned units. He reiterated the importance of structured weekly review mechanisms, with BHD meetings on Tuesdays and Thursdays, SBDU sittings every Friday, and DLIC reviews every Saturday, to maintain momentum and transparency in the implementation process. GM DIC, DSWO, AD Employment, Lead Bank Manager, DDM NABARD, DNO JKEDI, CCO & EO DE&CC Kulgam attended the meeting and shared their insights regarding inter-departmental coordination and timely support to the approved beneficiaries. With the addition of these 106 cases, the cumulative outreach of Mission YUVA in Kulgam continues to expand, reaffirming the administration's steadfast commitment to create a vibrant entrepreneurial ecosystem and nurturing youth-driven economic development.

DC Kupwara reviews arrangements for Independence Day celebrations

JAMMU RISING
JAMMU, JULY 14
Deputy Commissioner (DC) Kupwara, Ayushi Sudan today chaired a meeting of district officers and various security agencies to review the preparedness for ensuing Independence Day-2025 celebrations.

The meeting was informed that the main function of the Independence Day shall be held at DPL- Zangli while similar functions will be held at sub-division and Tehsil levels also.

It was further informed that contingents of JKP, CRPF, Forest Protection Force, students of various government schools will participate in the march past parade.

Besides, various cultural programmes and Display of tableaux would also be part of national event celebrations.

Different departments viz, Education, PHE, R&B, Information, Health, Sports, Traffic, Motor Vehicles, Police, Floriculture, PDD, Municipality and Paramilitary Forces were directed to look after their respective assignments.

The decoration of the main venue, seating arrangements, uninterrupted power supply, drinking water/ tanker service, availability of ambulance, deployment of fire tenders, transportation facilities, refreshment, invitations, PAS system, cleanliness and sanitation measures were discussed threadbare in the meeting while as special emphasis was laid on march past parades, cul-



tural programmes, display of tableaux by different departments showcasing achievements.

DC directed concerned departments to send the nominations for awards by or before 10 days of the Independence Day.

She said that in the run up to the Independence Day function, all the important buildings and main offices will be illuminated.

Ayushi emphasized the importance of National event and directed the departments to make sure that every

arrangement is meticulously planned and executed.

She exhorted all departments to work in close coordination to ensure the seamless celebration of the Independence day functions.

SSP Kupwara, Gulam Jeelani; ADDC Kupwara, Mufti Fareed ud Din; ADC Handwara, Javid Naseem Masoodi; ACR, SDM Lolab, CMO, CEO, Officers from CRPF, Police, District Officers of different departments and other concerned attended the meeting.

DC Bandipora visits Ziyarat Sharief Hazrat Nanga Baji Sahib, Malangam

JAMMU RISING
JAMMU, JULY 14
Deputy Commissioner (DC) Bandipora, Manzoor Ahmad Qadri, on Monday visited the Ziyarat Sharief of Hazrat Nanga Baji Sahib in Malangam village to review the arrangements for the upcoming Annual Urs Mubarak, scheduled to commence on August 04.

During the visit, DC was accompanied by DDC Member Mewa Jan, ACR, Tehsildar Bandipora, and officers from KPDCIL, Jal Shakti, and other concerned departments.

On the occasion, DC interacted with the management committee, listened to their concerns, and issued on-the-spot directions to the concerned de-

partments for prompt redressal of genuine issues. He assured full support from the district administration for the smooth and hassle-free conduct of the Urs.

The management committee, among other things, requested uninterrupted power and water supply during the Urs days. In response, the DC directed KPDCIL to ensure maximum possible uninterrupted electricity during the event.

He also instructed the Jal Shakti Department to make the borewell functional at the earliest and to keep water tankers available as a backup. Additionally, he emphasized the need for adequate availability of firewood and

foodgrains.

BDO Aloosa was directed to ensure proper cleanliness and sanitation in the area, while the Health department was instructed to deploy medical teams and ensure availability of healthcare facilities throughout the Urs.

DC also directed the Police department and the Motor Vehicles department to coordinate efforts for ensuring smooth traffic movement during the event.

Qadri urged all departments and stakeholders to adopt a collaborative approach in making the necessary arrangements to ensure that the Annual Urs is conducted in a smooth, peaceful, and well-organized manner.

Chief Minister meets various delegations at Raabita Office

JAMMU RISING
JAMMU, JULY 14

Chief Minister Omar Abdullah today met several delegations at the Public Outreach Office, Raabita here, and held wide-ranging discussions on development, overall functioning of Institutions and public welfare issues.

Dr. Mohd. Jaffar Akhoun, Chief Executive Councillor from Kargil, led a deputation to apprise the Chief Minister of several challenges being faced by students and patients from Ladakh, particularly from Kargil, in different educational and healthcare institutions across Jammu and Kashmir. The deputation also raised various civic issues affecting the residents of Ladakh living in the J&K, seeking timely redressal and support.

Prof. Jawaid Iqbal, Vice Chancellor of Baba Ghulam Shah Badshah University (BGSBU), Rajouri, briefed the Chief Minister about the functioning of the university. The VC discussed several ongoing academic and administrative initiatives at the university and sought the Chief Minister's support for strengthening higher education in the region.

Sandeep Sharma, Zonal Head of ICICI Bank, also called on the Chief



Minister and discussed matters related to the bank's Corporate Social Responsibility (CSR) initiatives. He informed the Chief Minister about the rescue vehicle provided for Dachigam and initiatives aimed at employment generation and community welfare.

Brigadier Deepak Sajjan Har from NCC, Srinagar, met the Chief Minister to present a memento in connection with the NCC Everest Expedition-2025, highlighting the achievements and commitment of the NCC cadets to contribute to national pride and adventure sports activities.

Later, Sameer Baktoo, Chairman of the Travel Agents Association of India (TAAI), J&K Chapter, met the Chief Minister along with a visiting team from SKAL INTERNATIONAL. The team, currently on a visit from Mumbai, discussed the upcoming SKAL India Convention and proposed to make the event Kashmir-centric in the post-Yatra season, with an aim to promote the region's tourism potential globally.

The Chief Minister gave a patient hearing to all deputations and assured appropriate action and continued government support as may be necessary.

DC Srinagar, Commissioner SMC review progress of PMAY-Urban 2.0

JAMMU RISING
JAMMU, JULY 14

Deputy Commissioner (DC) Srinagar, Akshay Labroo and Commissioner Srinagar Municipal Corporation (SMC), Faz Lul Haseeb Monday held a joint meeting of Revenue and SMC Officers here at Meeting Hall of the DC Office to review the progress achieved in implementation of Pradhan Mantri Awas Yojana (PMAY-U 2.0) in the district.

The meeting was among others attended by Additional District Development Commissioner, Rifat Aftab Qureshi; Chief Planning Officer, Fayaz Ahmad Dar; Joint Commissioner SMC, Nuzhat Khurshid; Assistant Commissioner Revenue, Umar Gulzar, all Tehsildars, SMC Ward Officers, and Officers from J&K Housing Board.

At the outset, Deputy Commissioner & Commissioner SMC emphasized the need for maintaining transparency and accuracy in beneficiary selection under the scheme to ensure benefit reaches the deserving population. They instructed the Revenue and SMC Officers to ensure that no eligible beneficiary is left out and no ineligible



case is included in the final beneficiary list. The Revenue and SMC Officers were instructed to expedite the verification process at their respective levels swiftly in line with scheme guidelines to meet the scheme objectives of providing 'Housing for All.'

While reviewing the status of registrations on Unified Web Portal of PMAY-U 2.0, Deputy Commissioner & SMC Commissioner were apprised that several applications in thousands under the scheme have been so far received in the district.

DC Anantnag convenes preparatory meeting for Independence Day celebrations-2025

JAMMU RISING
JAMMU, JULY 14

Deputy Commissioner (DC) Anantnag, Dr. S. F. Hamid, convened the preparatory meeting to review the arrangements for the celebration of upcoming Independence Day-2025 with the concerned officers today, here.

Emphasising the historical importance of Independence Day, DC described it as a momentous occasion that should be celebrated with zeal and patriotic fervour. He underscored the need for seamless coordination among the concerned departments and exhorted them to make collective efforts for the successful conduct of the National event in its true spirit.

During the meeting, key aspects and arrangements including the schedule and timing of the event, preparation and consolidation of venue, stage/dice preparation and management, security arrangements, sanitation and cleanliness, seating arrangements, medical facilities, uninterrupted power and water supply, venue illumination and decoration, deployment of fire tenders, transportation, printing and distribution of invitation cards, installation of the public address system, prize distribution, etc were reviewed threadbare.

Dr. Hamid issued directions to all concerned officers to discharge their assigned tasks diligently and put in time so that a smooth and memorable celebration befitting the national event is held.

It was informed that the main function will be held at the Shaheed Himayun Muzamil, Government Degree College (Boys), Khanabal, where the National Flag will be hoisted by the chief guest, followed by a parade fea-



turing contingents of the J&K Police, other security forces, School Education and NCC.

In addition, colourful cultural programmes reflecting themes of patriotism, nationalism, and local folk traditions will be presented. Besides, it was decided that Jhankis from various departments showcasing their achievements and disseminating public awareness about the respective schemes will

take part in the main event.

Independence Day celebrations will also be held at the Sub-divisional, Tehsil and Block levels across the district.

The meeting was attended by ADC, Principal GMC and SHM, GDC (B) Anantnag, DPO ICDS, GM, DIC, ACR, ACD, CPO, CMO, CEO, officers from engineering departments and other concerned officers of the district.

DC inaugurates HP Fuel Station in Doda Township

JAMMU RISING
JAMMU, JULY 14

Deputy Commissioner (DC) Harvinder Singh today inaugurated the newly established S.S HP Fuel Station here within the municipal limits of Doda town.

The fuel station, set up by a private company under the Hindustan Petroleum Corporation Limited (HPCL)

banner, aims to cater to the growing fuel demands of the region. A large number of citizens and local stakeholders were present at the inaugural ceremony.

The fuel station is expected to greatly benefit the residents of Doda by improving access to quality fuel services and easing vehicular movement within the town and surrounding areas. It will

also contribute to local economic growth by creating employment opportunities and enhancing public convenience. The Deputy Commissioner appreciated the initiative taken by the private enterprise and emphasized the role of such public-private collaborations in enhancing civic amenities and strengthening infrastructure in the district.

73 college students complete internship at JKEDI



JAMMU RISING
JAMMU, JULY 14

A batch of 73 college students including 43 from Government SPMR College of Commerce Jammu and 30 from Government College for Women Gandhi Nagar successfully completed their summer internship at the Jammu and Kashmir Entrepreneurship Development Institute (JKEDI).

The students underwent a 10-day (60-hour) internship, which commenced on

June 2, 2025 at Bari Brahmana campus of the institute. As per National Education Policy (NEP) 2020 guidelines, the internship program was aimed at developing the entrepreneurial and research acumen among students.

The internship included hands-on activities and interactive sessions providing students a real-world experience of business and startups. Key highlights of the program included business simulation exercises, startup ecosystem orientation,

business idea generation workshops, research assignments, SWOT analysis sessions and market surveys. These activities helped the students to develop critical thinking, problem-solving abilities and practical insights into how businesses are planned, launched and sustained.

The program aimed to bridge the gap between classroom learning and real-world application, fostering a spirit of innovation and self-reliance among the youth of Jammu and Kashmir.

Inter-zonal Football & Volleyball fest commences at Baramulla

JAMMU RISING
JAMMU, JULY 14

Youth Services and Sports, Baramulla, kick-started the inter-zonal district level Football Tournament for Under-14 & Under-17 Boys and Volleyball Tournament for Under-17 Boys at the scenic Showkat Ali Stadium, Khawaja Bagh Baramulla with vibrant enthusiasm and competitive spirit.

The mega sports event was officially declared open by Additional Deputy Commissioner Baramulla, Altaf Hussain Musavi, who graced the occasion as the chief guest, and was joined by the Principal of Government Degree College (Boys), Baramulla.

In his motivational address, Principal lauded the department's efforts in nurturing grassroots talent and also conducted a live demonstration of




breathing exercises, offering participants a unique blend of sports and wellness motivation.

A total of 45 teams representing 18 zones from across the district are competing in this celebration of youth talent, unity, and sportsmanship. The young athletes will have the opportunity to showcase their skills, promote healthy competition, and represent their zones with pride.

The event is being held under the active supervision of District Youth Services & Sports Officer (DYSSO) Baramulla, whose team has ensured seamless coordination, fair play, and an energetic sports atmosphere.

This inter-zonal competition marks yet another milestone in the department's ongoing mission to provide a robust platform for budding sports stars of the district.



UNION TERRITORY OF JAMMU & KASHMIR
OFFICE THE EXECUTIVE ENGINEER PWD (R&B) DIVISION JAMMU EAST
Email: eastdivisionjammu@gmail.com

SHORT NOTICE INVITING TENDER
Short e-NIT No. 41 of 2025-2026 dated 12-07-2025 (2nd Call)
Consultancy service (Through e-procurement mode)

(TWO COVER SYSTEM)

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir, e-tenders are invited on Percentage Basis from the eligible Consultants registration with Council of Architecture (CoA) India for the below mentioned work :-

S.NO	Particular	Tender fee	Earnest Money
1	Consultancy service for Dismantling of existing un-safe structure of Warden residence and construction of new residence and installation of laundry plant for 250 persons at Govt. College for Women Parade, Jammu.	Rs. 600/- (Treasury Challan under MH 0059) (no exemption allowed)	Rs. 20,000/- (CDR / FDR pledged to Executive Engineer PWD (R&B) Div. Jammu East) (no exemption allowed)

The bidding document consisting of qualifying information, eligibility criteria, bill of Quantities set of terms and conditions of contract and other details can be viewed/ downloaded from the website www.jktenders.in as per the schedule given below

1	Date of Issue of Tender Notice	12-07-2025
2	Period of downloading of bidding documents	From 12-07-2025 to 18-07-2025 upto 1800 Hrs
3	Date, Time and place of pre-bid meeting	16-07-2025 at 1300 Hrs in the Office of Executive Engineer, PWD (R&B) Division Jammu East.
4	Bid submission Start Date	12-07-2025
5	Bid Submission End Date	18-07-2025 upto 1800 Hrs
6	Date & time of opening of Technical (Online)	19-07-2025 on or after 1200 Hrs in the Office of Executive Engineer, PWD (R&B) Division Jammu East
7	Date & time of opening of Financial Bids online	To be notified after technical bid evaluation

DIP No:DIP/J-3451/25

No :- 4200-05
Dated :- 12-07-2025

Sd/-
Executive Engineer
PWD (R&B) Division
Jammu East

EDITORIAL

Why war expert John Spencer thinks Operation Sindoor was a signal, not a destructive act

Chair of Urban Warfare Studies and US military veteran John Spencer, who was in India recently and interacted with top military leadership and defence tech entrepreneurs, claimed that Operation Sindoor was more of a signal to Islamabad than a destructive act, as India chose to use precision-guided munitions against select targets in Pakistan.

In a recent interview with the news agency ANI, Spencer observed that India was demonstrating that it has the will to do what is necessary if Pakistan wanted to continue to escalate the tensions.

The expert, who in a recent social media post pointed out that the operation demonstrated India's shift from a reactive posture to a proactive, precision-oriented doctrine, said there has been a change in India's strategic doctrine, which, according to him, will change the entire region.

He claimed that India achieved its strategic goals at low cost, and in doing so, has changed the security paradigm for the region.

Backing Deputy Chief of Army Staff Lt Gen. Rahul R Singh, who had said China used the India-Pakistan military conflict as a "live lab" to test its various weapon systems as Beijing is Pakistan's biggest weapons supplier, he said the conflict was indeed a testing ground for China to test its various defence equipment.

When asked about the recent visit of Pakistan Army Chief Field Marshal Asim Munir to the US, he said he does not think the US is going to supply any weapon systems to Pakistan any time soon, and they will have to look somewhere else. According to him, the current US administration is not going to support those who back terrorism.

The fragmentation in the global fight against terror

T.S. TIRUMURTI

The Pahalgam terror attack of April 22 has exposed, yet again, the fragmentation in the global fight against terror and Pakistan's resort to terrorism when it fears normalcy in Jammu and Kashmir. While a number of countries have condemned the Pahalgam attack, they have, at the same time, called upon India and Pakistan to exercise restraint. The United States Secretary of State, Marco Rubio, went to the extent of calling on both parties to "work towards ... a responsible resolution that maintains long term peace and regional stability in South Asia". U.S. Vice-President J.D. Vance "hoped" that India's response would not lead to a wider regional conflict. Russian Foreign Minister Sergey Lavrov has said that "settling disagreements" between New Delhi and Islamabad on a bilateral basis should be by political and diplomatic means. The European Union's High Representative for Foreign Affairs and Security Policy Kaja Kallas could not even get around to calling it a "terror attack".

The end of a collective fight Gone are the days of "zero tolerance" to terror. Gone are the days when the perpetrators of terror were called out and accountability demanded. Some have even asked India for "proof" of Pakistan's complicity, conveniently forgetting inter alia the Pulwama (2019) and 26/11 Mumbai (2008) terror attacks. In effect, they are calling on India, the victim, to be restrained and to not go after Pakistan, the perpetrator and backer.

India should not be surprised. To begin with, the appetite for a flare-up in Asia is low after the raging wars in Ukraine, Gaza and West Asia. Moreover, successful elections in Jammu and Kashmir and tourists flocking to Kashmir are red flags for Pakistan. To top it all, the global fight against terror is no more a collective fight. It is now left for each state to fend for itself. The consensus reached after the 9/11 terror attacks in the U.S. in 2001, to fight terror comprehensively, seems to have run its course. The world has gone back to the era of "my terrorist" and "your terrorist."

Europe is focused on "its" terrorists — right-wing extremism and terror. The U.S., under former President Joe Biden, focused on REMVE, or racially and ethnically motivated violent extremism. The Organisation of Islamic Cooperation (OIC) is keen only to use Islamophobia as an excuse to condone terror. Canada has told India that "your" terrorists are not "my" terrorists and that any terrorist threat against India from its soil is covered under its freedom of expression — in effect asking India to wait till a terror act is committed before approaching them. China has blocked proposals submitted by India in 2022 to "black-list", under the UN Security Council 1267 sanctions regime, terrorists operating against India from Pakistani soil. Now that Pakistan is in the UN Security Council (UNSC) for 2025-26 (as a non-permanent member), these will remain blocked for at least two more years.

The world is blindsided by the spread of terror in Asia and Africa. Terrorism in Africa has spread exponentially, from the Sahel to Mozambique. The Global Terrorism Index 2025 points out that the Sahel is now the epicentre of terrorism, accounting for over half of all terrorism deaths in the world. But the international community says they are "your" terrorists not "my" terrorists and is short-changing Africa.

A different yardstick for India

However, a different yardstick applies when it comes to India, which is the biggest victim of state-sponsored terror from Pakistan. First, it is about "regional stability" and not about fighting terror as Pakistan has successfully sold the "nuclear war" bogey to the world. Even as they egg Ukraine on in its war with "nuclear" Russia, the thought of two developing countries using nuclear arms scares the West enough to call on India to stop fighting cross-border terror. It is quickly forgotten that it was Prime Minister Narendra Modi who called on Russian President Vladimir Putin not to use nuclear arms in the Ukraine war for which he was thanked by the U.S. among other countries.

Further, it is now common knowledge that in Pahalgam,

the terrorists singled out the tourists based on religion and shot them. A Muslim pony ride operator was shot while trying to save the tourists. The terror attack, which The Resistance Front (a proxy of the Pakistan-based terror group Lashkar-e-Taiba) claimed that it had carried out — it retracted this statement later — was clearly done to raise tensions and create a communal divide in India.

While the whole world cries hoarse in condemning Islamophobia, anti-Semitism and Christianophobia, why does it become silent when calling out the recent attack for what it is, i.e., Hinduphobia? When even protests in American university campuses are being dubbed anti-Semitic or Islamophobic and portrayed in religious terms, rather than contextualising them in terms of the 52,000 Palestinians killed in Gaza or Israeli hostages still with Hamas, to maintain radio silence on Hinduphobic attacks is glaring, if not unexpected. Even U.S. presidential candidate Vivek Ramaswamy, was confronted with accusations of belonging to a "pagan, wicked" faith while on the campaign trail.

But there has been a refreshing departure — the statement by the U.S. Director of National Intelligence, Tulsi Gabbard, who characterised the Pahalgam attack in religious terms, as a "horrific Islamist terrorist attack" and recognised that the targets were Hindus. A silver lining is the extradition of Tahawwur Rana from the U.S. to India for the Mumbai attacks, even if big fish, David Headley, is still in the U.S.

Further, predictably, Pakistan used its presence in the UNSC to move for an emergency closed session on a "deteriorating regional environment and rising tension" posing "a serious risk of escalation". In 2019, a similar closed meeting took place, at China's behest, just after Article 370 was abrogated, but fizzled out. The meeting now was no different and no document was issued. It underlined once again that the P-5 (the five permanent UNSC member states), with the exception of China, is in no mood to play the "Kashmir" game, which it considers to be a bilateral

matter between India and Pakistan (even if parts of it have been ceded by Pakistan to China).

India's move to keep the Indus Waters Treaty in abeyance has also been targeted by Pakistan at the UNSC. India will no doubt keep the pressure on the UNSC to stop any outcome document, unlike how a similar issue was dealt with in 2021 between Ethiopia and Egypt on the Grand Ethiopian Renaissance Dam. Any one country in the UNSC can stop a statement.

The path ahead Consequently, if the world is so concerned about India not using kinetic options to fight terror from where it originates, should not India's "strategic" partners demand accountability from Pakistan rather than substituting harsh words for real action or calling on "both sides" to "defuse" tensions? To deter Pakistan, India's close Gulf partners, Saudi Arabia and the United Arab Emirates, which are themselves undertaking internal socio-religious reforms, need to step up. The international community must act to deter and sanction Pakistan, and not merely react episodically. If it refuses to act, India will act alone. Apart from the current slew of options, India will also have to think ahead

Having built a strong international framework to combat terror, including terror financing and misuse of emerging technology, the international community cannot step back on combating terror, especially state-sponsored terrorism. Three years after raising it for the first time in the UN General Assembly in 2022, India has yet another opportunity to take the lead in combating religiophobia against non-Abrahamic religions. This time its campaign should go beyond the UN, where select Indian Missions should take up the issue bilaterally with their host countries.

All this points to one thing. India should not only create geopolitical space for itself through its strategic autonomy and multi-alignment policy, but must also be prepared to use it when it matters. There is no doubt that such parleys are on.

Power and pitfalls of digital influence

GOPAL JAIN

As digital connectivity grows, India faces a complex battle against misinformation and de-influencing. While social media enables vital communication, it also amplifies unchecked content. De-influencing — where influencers discourage purchases — can promote mindful consumption, but often relies on sensationalism and clickbait for engagement.

Despite expert advice being essential, digital platforms often become the go-to place, enabling the rapid spread of misinformation. To counter this, strict regulations are needed.

Experts consulted for the World Economic Forum's 2024 Global Risks Report identify India as one of the nations most vulnerable to misinformation and disinformation. This is largely driven by the rise of AI-generated content and the influence of social media platforms. Despite the Ministry of Consumer Affairs' "Endorsement Know-hows" and ASCI/SEBI guidelines, misleading health advice and weight loss reels blur the line between organic and paid content. Influencers often use shock tactics, clickbait, and half-truths to go viral, rapidly fuelling misinformation.

Legal landscape While Article 19(1)(a) of the Constitution guarantees freedom of speech, it is subject to reasonable restrictions under Article 19(2), including defamation, public order, and morality. The Supreme Court has upheld that free speech does not protect spreading misinformation or harmful content. The Consumer Protection Act, 2019, bans misleading advertisements, holds influencers accountable for deceptive promotions. Digital



regulations under the IT Act (Sections 66 & 67), the Intermediary Guidelines, 2021, and defamation and e-commerce laws penalise harmful content and ensure accurate endorsements.

Though not legally binding, ASCI guidelines set ethical standards, with non-compliance leading to black-listing and public reprimands.

With stricter enforcement, influencers must prioritise transparency and credibility, making ethical content creation essential in the evolving digital landscape.

An influencer's intent is key when critiquing brands. Honest reviews aid consumers, but exaggerated negativity for clicks or sponsorships is a commercial tactic. Indian defamation laws protect against misleading content, highlighting the need for authenticity. While influencers operate across many fields, health-related content is held to a higher pedestal. There are norms in place, but something more critical is required in the health sector to ensure that advice is reliable and responsible.

Influencer content blurs the line between fact and manipulation with selective data, ambiguous language, and cherry-picked events. Misinterpreted studies and

emotional appeals create misleading narratives that prioritise engagement over accuracy.

We have all fallen for clickbait, especially when it promises to teach us "how to avoid cancer" or "how to make liver detox water." These trends highlight influencers' role in shaping narratives and public discourse. Viral content often outpaces fact-checked information, making critical thinking, source verification, and expert consultation crucial.

Evolving regulation Regulations for social media influencers are tightening, with a focus on accountability and responsible content. SEBI recently imposed strict rules on "finfluencers," restricting real-time stock data in educational content to prevent influencers from influencing financial decisions without proper expertise or authorization.

Legal scrutiny now extends to misleading advertisements. In Indian Medical Association vs Union of India, the Court held influencers accountable for false endorsements, and the Delhi High Court stressed claim verification, especially in health content. With non-experts gaining visibility on unregulated platforms, health advice must come

from qualified professionals. Strong ethical norms and legal oversight are crucial to curb misinformation.

In a landmark ruling, the Delhi High Court restrained an influencer from disparaging a brand, emphasising that freedom of speech under Article 19(1)(a) is not absolute. It upheld restrictions to prevent defamation and ruled that health content must be backed by qualified professionals with disclosed credentials.

While influencers gain trust, exploiting it for personal gain damages credibility. As trust erodes, influencers and brands risk losing their authenticity.

Moreover, establishing a registration system or database for influencers disseminating public health information is essential. Such a system would function as a continuous monitoring tool, ensuring transparent accountability for the content produced. This approach would help curb the unchecked spread of misinformation and empower consumers to make well-informed, objective assessments, especially given the significant safety and perception challenges associated with health-related content. Recognising the ethical dimensions inherent in public health communication, robust ethical practices must complement legal measures to safeguard public interests.

Brands must invest in consumer education, while regulators and platforms should enforce strict guidelines against misinformation. It is critical to enforce stringent guidelines to hold influencers accountable for their content and unchecked promotional activities, thereby safeguarding consumer interests.

Before They Parted...Saina-Kashyap's Love Journeys

NEW DELHI, JULY 14

Saina Nehwal and Parupalli Kashyap stunned India with news of their separation after a seven-year marriage.

Indian badminton's star couple looked inseparable as they spent more than two decades together since their first meeting way back in 2002. They enjoyed sharing their love story with their fans through their breathtaking global adventures shared on social media.

Saina, the first Indian to win a badminton medal at the Olympics, announced the separation on Instagram stating that the couple decided to choose 'peace, growth, and healing'.

'Life takes us in different directions sometimes. After much thought and consideration, Kashyap Parupalli and I have decided to part ways. We're choosing peace, growth, and



healing -- for ourselves and each other,' Saina said in her post.

Before they went on their separate paths, Saina and Kashyap were avid explorers, chasing sunrises and stories across the globe.

It was not long ago that the couple had gone on a trip to South Africa, visiting the Cango wildlife ranch in Oudtshoorn along with relishing the views of the stunning mountain landscapes of Cape Town.

The 'fiery addition' SRH fans have been waiting for...

NEW DELHI, JULY 14

Sunrisers Hyderabad on Monday appointed former India pacer Varun Aaron as their bowling coach for the 2026 Indian Premier League (IPL) season.

Aaron will take over from former New Zealand left-arm quick James Franklin.

"A fiery addition to our coaching staff! Welcome Varun Aaron as our new bowling coach," the SRH announced on their 'X' account.

Aaron had played nine Tests and as many ODIs for India between 2011 and 2015.

His last competitive match was a Vijay Hazare Trophy game for Jharkhand against Goa in Jaipur on January 5 this year.

However, Aaron brought curtains down on his playing career after Jharkhand failed to enter the knockout stages of the domestic 50-over compe-



tition.

The 35-year-old had burst onto the scene as a young tearaway capable of crossing the 150 kmph mark and it earned him immediate attention from the selectors.

In fact, the top brass at that time wanted to invest heavily on him and

the other blooming fast bowler -- Umesh Yadav.

While Umesh went on to play more than 50 Tests, Aaron soon slipped off of the radar courtesy frequent injuries.

Post-retirement, Aaron has moved on to become a TV pundit before his new role in the Hyderabad outfit.

Women's WC: Divya, Humpy cruise into last 16

NEW DELHI, JULY 14

Woman Grandmaster Divya Deshmukh and the country's first woman to become a GM, Koneru Humpy made it to the last-16 of the FIDE Women's World Cup in contrasting fashion in Batumi, Georgia, on Monday.

Divya, a point ahead, needed a draw which she got against Teodora Injac of Serbia, while Humpy had to work hard to oust Kulon Klaudia of Poland.

With two Indians sealing their spots in the last-16, the other three in the competition -- D Harika, Vantika Agrawal and R. Vaishali -- too can make the grade but it all depends on how they perform in the tiebreaker.

Grandmaster Harika played back-to-back draws with Tsolakidou Stavroula of Greece to keep herself in contention for the pre-quarterfinals, while Vantika's first-round victory celebrations over Kateryna Lagno of Russia were put on hold as the Indian lost the return game to make the scorecard level.

While Vantika, Harika and Vaishali have an uphill task in the first set of tie-break games, they can still make it to the round of 16.

With US\$ 6,91,250 at stake, the event promises a purse of US\$50,000 for the winner. In addition, the top-three will



qualify for the next Candidates tournament, which will decide the contender to Ju Wenjun, the reigning women's world champion.

Complete results after Round 2 games: Antoaneta Stefanova (Bul) lost to Lei Tingjie (Chn) 0-2; Zhu Jiner (Chn) beat Aleksandra Maltsveskaya (Pol) 2-0; Irina Bulmaga (Rou) lost to Tan Zhongyi (Chn) 0.5-2.5; Koneru Humpy (Ind) beat Kulon Klaudia (Pol) 1.5-0.5; Anna Muzychuk (Ukr) drew with Yixing Song (Chn) 1-1 goes to tie-break; Vantika Agrawal lost to Kateryna Lagno (Fid) 1-1 goes to tie-break; Nana Dzagnidze (Geo) lost to Valentina Gunina

(Fid) 1-1 goes to tie-break; Bella Khotenashvili (Geo) lost to Mariya Muzychuk (Ukr) 0-2; D. Harika (Ind) drew with Tsolakidou Stavroula (Gre); Carissa Yip (USA) drew with R Vaishali (Ind) 1-1 goes to tiebreak; Polina Shuvalova (Fid) lost to Lela Javakhashvili (Geo) 0.5-1.5; Teodora Injac (Srb) lost to Divya Deshmukh (Ind) 0.5-1.5; Kaliakhmet Elnaz (Kaz) lost to Umida Polonova (Uzb) 0.5-1.5-0.5; Meri Arabidze (Geo) drew with Alexandra Kosteniuk (Sui) 1-1 goes to tiebreak; Osmak Yuliiia (Ukr) beat Lu Miaoyi (Chn) 1.5-0.5; Kamalidenova Meruert (Kaz) beat Anna Shukhman (FID) 1.5-0.5.

Royalty, Tennis Champs, Superman At SW19

NEW DELHI, JULY 14

Stardust and tinsel sparkled in the stands at the Wimbledon men's singles final on Sunday, July 13, 2025.

With British and Spanish royalty watching, World No. 1 Jannik Sinner came back from a set down to win the his maiden Wimbledon crown.

The Italian beat defending champion Spain's Carlos Alcaraz 4-6, 6-4, 6-4 6-4 at the All England Lawn Tennis and Croquet Club, London.

Champions Sinner-Swiatek have a



ball!
When Sinner met Royal kids

In attendance in the royal box were former Wimbledon champions Stan Smith (1972), Chris Evert (1974), Stefan Edberg (1988/1990), Andre Agassi (1990), Lleyton Hewitt (2002), some of Hollywood's finest including Matthew McConaughey, Nicole Kidman and Keira Knightley.

A glimpse of the celebs who caught all the action on Centre Court...

'Indian Cricket Changed My Life'

NEW DELHI, JULY 14

Gary Kirsten served as head coach of the Indian cricket team from 2008 to 2011, a period widely regarded as one of the most successful in Indian cricket history.

Under his calm and player-focused leadership, India rose to the No. 1 position in Test rankings and won the World Cup in 2011 after 28 years.

"I've had a lot of privilege from leading the 2011 Indian team. Indian cricket has been really good to my life," Gary Kirsten tells Faisal Shariff in the first part of an exclusive multi-part interview.

, and welcome to a very special episode of Sports and Pastime. We have a very special guest today.

A man all of India loves and is thankful for helping us win the 2011 World Cup, a legendary batsman from South Africa, one of the finest coaches in the world.

Ladies and gentlemen, Gary Kirsten. Thank you, Gary. Thank you for your time.

Well, Gary, I have so much to ask you about coaching, about your experiences, but I'm going to first talk about that one, one win that has meant so much to the world of cricket, to Test cricket and to South Africa.

So firstly, congratulations on the great World Test Championship win for South Africa. What did it mean to you and what do you think it means for the South African people to be able to win that after so many close misses and having had such great players, great runs, but never being able to get the silverware?

Relief more than anything else, to be honest with you although we have won the Mace before. That was in 2000 and 2012, I think. But this was a final, it was kind of what would be a knockout, isn't it? In a World Cup event.

So from a South African cricket context, massive.

For me personally, more just a hundred Test match veteran to see us play such good Test match cricket in a one-off game against the best opposition that's out there.

That was particularly exciting for me to watch. I haven't watched much Test cricket to be honest. To be present at the game and watch ball by ball. I was blown away by Aiden Markham.

I watched every ball and it was most



enjoyable to see one of our players in such control of this game, and again some of the best bowlers in the world.

So it was great to be present and just to be part of what was a fantastic experience for South African cricket.

As someone who's worked with captains, a word on South Africa's captain Temba Bavuma who made all this happen, the way he rallied his troops together.

Bavuma is inspirational in many ways. You would know that we have had a very successful rugby team, the Springboks, and that's led by an inspirational black captain in Siya Kolisi.

There's always been a lot of talk around the Springboks rugby team, but just for a moment in time, and for once, a change of sports, and we could celebrate a black captain, which is massive again in the context of our country.

Rallying his troops together to bring success for everyone who loves the game of cricket. And the one thing I love about sports is that sports don't divide people.

It brings people together. So it doesn't matter from what part of the world you are from, if you're struggling in life or if things are going well for you, when we all come together in the name of sport.

We seem to join as one, and there's a common language that we all share and I think that's amazing about sports.

So it was wonderful to have our summer national sport in South Africa receiving a bit of heart and everyone rallying behind them, which was great to see.

Truly, it was great for Test cricket, and also the numbers look very good. The broadcasters are smiling all the way to the bank because a lot of people

watched it. The numbers are phenomenal on digital as well as on television, so that's great for Test cricket.

, having spoken about that, Gary, I want to talk to you about coaching and what a wonderful career you've had as a coach. A phenomenal career as an opening batsman for South Africa.

tell me about coaching. I find it very interesting that you are coaching coaches, preparing them to improve the games of cricketers around the world.

It's probably moving into a third phase of my working career. I was a player for 17 years professionally.

I've been on the road as a team coach

now for the last, I don't know, 20-odd years. I'm particularly passionate about coach education. I think a quality coach can make such a difference on a young person's career, and equally, a bad coach can have such a detrimental effect on a young player's career. So I love the idea of coaches becoming more skilled in their work. I love the fact that they would embrace learning and looking at ways of doing things that are appropriate to, you know the modern generation of people. When I was a youngster growing up, the only way I could learn was through sitting in change rooms and listening to ex-players and older players still playing the game, learning from them how to play.

But these days, a 15 year old can go to YouTube and download anything that he wants to download and learn as much about the technique of playing the cover drive. So it requires a different style of coaching.

I think in many ways, a different way of communicating with people. And that's why, coach education is so dear to me.

Lord's Test: Siraj fined for fiery send-off

NEW DELHI, JULY 14

India pacer Mohammed Siraj was on Monday penalised 15 per cent of his match fee and docked one demerit point following an aggressive reaction to the wicket of England opener Ben Duckett on Day 4 of the third Test at Lord's.

Siraj, who has taken four wickets in the Test, was found guilty of breaching Article 2.5 of the International Cricket Council's Code of Conduct for Players and Player Support Personnel, which relates to "using language, actions or gestures which disparage or which could provoke an aggressive reaction from a batter upon his/her dismissal during an International Match".

Siraj gave Duckett a fiery send-off and brushed shoulders with the opener after dismissing him for 12 in England's second innings on Sunday.

England were all out for 192 in 62.1 overs. India, who ended the day at 58/4 on day 4, are 135

"Mohammed Siraj has been fined 15 per cent of his match fee after a breach in the ICC Code of Conduct during India's Test match against England at Lord's," said ICC in a statement.



ment.
"After the dismissal, Siraj celebrated close to the batter in his follow-

through and made contact as Duckett began his walk back to the Lord's long room," the statement added.

Sinner rises above adversity to make Italian history

NEW DELHI, JULY 14

Jannik Sinner spoke of his pride at overcoming months of adversity on and off the court after claiming his first Wimbledon title by dethroning rival Carlos Alcaraz on Sunday.

The ice-cool 23-year-old beat the Spaniard 4-6, 6-4, 6-4, 6-4 to become Italy's first Wimbledon singles champion and claim his fourth Grand Slam

title.

Sinner's third major came at this year's Australian Open where he retained the title despite the dark cloud of a possible ban for a doping violation hanging over his head.

Tennis authorities found the world number one bore 'no fault or negligence' for a positive test for anabolic steroid clostebol -- Sinner saying it had

inadvertently entered his system via a massage from a team member -- but he accepted a three-month ban from World Anti-Doping Agency (WADA) in February.

His title on Sunday was his first since returning in May and came five weeks after losing an epic French Open final to Alcaraz in which he squandered three match points.

Owner & Editor Ashok Atri Ph: 0191-2464363 Mob. 9419192797,

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Shrine Board commences 3-Day Poojan at Katra ahead of Pran Pratishtha ceremony



JAMMU RISING
JAMMU, JULY 13

The Shri Mata Vaishno Devi Shrine Board has initiated a three-day poojan ritual from July 11-13, 2025, at the Spiritual Growth Centre, Katra, in the run-up to the Pran Pratishtha ceremony of the newly crafted Holy Idols of Maa Durga Ji. The idols, embodying strength and compassion will be imbued with divine energy through this sacred ritual before being installed at the newly constructed five temples by Shrine Board across the District Reasi.

Padma Shri Prof. Vishwamurti Shastri led a distinguished group of learned priests from the Shrine Board in conducting the sacred rituals with utmost devotion. Under his guidance, the ceremonies are being performed in strict adherence to age-old scriptures, ensuring the sanctity and authenticity of each ritual up to the Purna Ahuti.

During the Poojan rituals, Anshul Garg, Chief Executive Officer, Shri Mata Vaishno Devi Shrine Board stated that as per the Board's 75th Meeting directives under the chairmanship of

Shri Manoj Sinha, Hon'ble Lt. Governor JK-UT, five temples will be dedicated on July 13 across distinct villages of Reasi district namely Gorta Kalika Sathaan, Village-Harotkote; Pancheri Galli, Village-Dangakote; Tote Devsthan, Village-Tote; Village-Devigarh of Tehsil Bhomag and Village-Chasana.

The CEO added that committees comprising Shrine Board officials and local community members have been formed for the Pran Pratishtha ceremony and idol installation in each temple. The CEO emphasized that the enshrined idols will become a focal point of devotion in these villages, bringing divine blessings to future generations. He also underscored that the Shrine Board shall be entrusting management of these temples to the local community and for facilitation of effective management of temple activities shall be installing CCTV cameras at each of the newly constructed temples to ensure the sanctity of the premises.

Among those present on the occasion were Addl. Chief Executive Officer, Jt. Chief Executive Officer, Dy. Chief Executive Officer, Asstt. Chief Executive Officers and officials of the Shrine Board.

KPC observes July 13 as "Batta Loot Day" with Peaceful Sit-in at Press Club Jammu



JAMMU RISING
JAMMU, JULY 13

In a solemn and powerful show of remembrance and resilience, the All State Kashmiri Pandit Conference (ASKPC), under the leadership of its President Shri Moti Lal Malla, organized a peaceful sit-in dharna at the Press Club Jammu today to mark July 13 as "Batta Loot Day." The event aimed to commemorate one of the darkest days in the history of the Kashmiri Pandit community, recalling the horrific communal violence unleashed on them in 1931.

Describing the day as one etched in pain and collective memory, ASKPC leaders recalled how on July 13, 1931, innocent Kashmiri Pandits were subjected to a well-organized and brutal communal attack. Homes were looted, temples desecrated, houses set ablaze, and lives lost simply because of religious identity. This incident is considered one of the earliest

and most devastating communal assaults on the Pandit community and marked the beginning of a pattern of targeted violence that would continue for decades.

Speakers at the dharna drew attention to how this cycle of violence resurfaced with the 1986 Anantnag (Danow) riots, during which scores of Pandit homes and temples were burned, and later culminated in the mass exodus of 1990. The latter forced an entire community into exile under threats, killings, and systemic persecution, making it one of the largest instances of internal displacement in post-Independence India.

A large number of displaced Kashmiri Pandits, including men, women, and children, gathered at the Press Club carrying placards and raising slogans to express their collective grief and demand long-overdue justice. The sit-in was not only a tribute to those who suffered but also a call to the govern-

ment for recognition and restitution.

Among the key demands raised by the community were official recognition of July 13 as "Batta Loot Day" at both state and national levels, acknowledgment of the 1931, 1986, and 1990 events as acts of communal violence and ethnic cleansing, formulation of a comprehensive and dignified rehabilitation policy for the safe return of displaced Pandits to their homeland, and urgent government action to address the socio-economic challenges still faced by the community even after 35 years of exile.

A memorandum detailing these demands was submitted to the Hon'ble Lieutenant Governor of Jammu and Kashmir, urging immediate and sympathetic intervention to address the long-standing grievances of the Kashmiri Pandit community.

In his address, Shri Moti Lal Malla emphasized that the Kashmiri Pandits have always stood for peace, nationalism, and harmony. Despite their sacrifices and contributions, he said, their pain continues to be ignored. He appealed to the government and civil society to recognize the truth, deliver justice, and facilitate a respectful return of the community to their roots.

The protest concluded with a strong and unified resolve to continue the peaceful struggle for justice and dignity. As one participant aptly summarized, "We were uprooted, but not broken. We remember. We resist. And we will return."

Kavinder slams Omar for distorting history, calls Jallianwala Bagh victims true Freedom Martyrs

Says J&K paying the price for Nehru's historical blunders

JAMMU RISING
JAMMU, JULY 13

Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta today came down heavily on Chief Minister Omar Abdullah for his controversial remarks equating the July 13, 1931 incident in Kashmir with the Jallianwala Bagh massacre, calling it an outrageous comparison and a deliberate attempt to rewrite history for political gain.

Reacting sharply to Omar Abdullah's tweet, the BJP stalwart said, "Omar Abdullah's statement lacks wisdom and responsibility. To call those who rose against the then Maharaja's rule 'martyrs' and compare them with the brave Indians who lost their lives in the Jallianwala Bagh massacre-true martyrs of India's freedom struggle-is not just misleading, it is deeply disrespectful."

He added, "On one hand, people sacrificed their lives fighting British colonialism, and on the other, some chose the path of rebellion that sowed the seeds of separatism.

Glorifying them as national heroes is not only factually wrong but also dangerous."

Referring to Omar Abdullah's tweet that stated "13th July massacre is our Jallianwala Bagh...", the senior BJP leader said such rhetoric is aimed at reviving a divisive narrative based on communal identity. "It is unfortunate that the Chief Minister of a sensitive region is drawing communal lines in the name of history. The sacrifices that built this nation were made in the name of India, not religion. We must not confuse acts of rebellion against the state with the freedom movement."

Kavinder said the real tragedy is that the people of Jammu and Kashmir have suffered for decades because of the historical blunders made by Pandit Jawaharlal Nehru. "Had Nehru taken a firm stand in 1947, the situation in Jammu and Kashmir would have been different. It is the Modi government that is now correcting those grave errors and leading J&K towards a path of peace, progress, and integration."

Kavinder further said that the BJP stands firmly by its decision



to remove July 13 from the list of official holidays in Jammu and Kashmir, stating that national observances should unite, not divide. "There is no place in New India for the glorification of anti-national elements. Our heroes are those who fought for India's independence and unity-not those who fueled discord and unrest."

The former deputy Chief Minister asked Omar Abdullah to withdraw his remarks and refrain from pushing a narrative that can mislead the youth and disturb communal harmony. "We must rise above outdated politics and work together for a united, developed Jammu and Kashmir," he added.

My Life is Dedicated for the welfare of People: GM Saroori

JAMMU RISING
JAMMU, JULY 13

In a major political event, former minister Ghulam Mohammad Saroori returned to his hometown Inderwal in Kishtwar for the first time since rejoining the Congress party. A massive reception was held in Sinthan, where thousands of supporters gathered to welcome the veteran leader. His return is being seen as a turning point for the Congress in the Chenab Valley region, once a stronghold under leaders like Saroori, Abdul Majid Wani, Mohammad Sharief Naik, Vikar Rasool Wani and Ashok Kumar.

The Congress party organized a grand and emotionally charged public gathering at Sinthan to celebrate the return of senior leader and former minister Ghulam Mohammad Saroori. This marked his first visit to Inderwal, Kishtwar since rejoining the Congress, and thousands of enthusiastic supporters turned out to greet him with fervor and pride. In his passionate address, Saroori expressed deep gratitude to Congress President Mallikarjun Kharge, UPA Chairperson Sonia Gandhi, Lok Sabha, Rahul Gandhi, General Secretary AICC Organisation, K. C Venugopal, General Secretary AICC Incharge J&K, Dr Sayeed

Naseer Hussain, CLP Leader Ghulam Ahmad Mir, President J&K Congress, Tariq Hameed Karra and others for facilitating his return. He reaffirmed his loyalty to the Congress, calling it India's only truly secular party capable of tackling poverty, inequality, and other national challenges.

Reflecting on his political journey, Saroori reminded the public that he was elected MLA three times with overwhelming support and remained active in public service even during the past decade when he held no official position. "My life is dedicated for the welfare of the people," he said and added whether I am an MLA or not, I have always remained in public service. My doors are open to all."

He launched a scathing attack on the Bharatiya Janata Party (BJP), accusing it of dividing communities and eroding the distinct identity of Jammu and Kashmir. Saroori strongly condemned the abrogation of Article 370 and the revocation of J&K's statehood, reiterating the widespread demand for the restoration of full statehood.

Addressing local concerns, Saroori criticized the government for the long-pending construction of the vital Singhpora Tunnel and raised issues regarding unpaid dues under

schemes like Jal Jeevan Mission and MNREGA. He accused the current administration of neglecting the interests of ordinary citizens. Looking ahead, Saroori urged Congress workers to stay united and work diligently to regain the party's influence in the region. He set an ambitious goal of winning all three Assembly constituencies in Kishtwar in the upcoming elections and encouraged cadres to prepare for a grand reception for senior Congress leaders expected to visit Chenab Valley in the near future.

Prominent figures present at the grand reception included Irshad Ahmed Sheikh, Piyaaray Lal Shan, Firdous Ahmed Mingnoo, Anas Munshi, Ravi Kumar, Noor Hussain, Atta Mohammad, Asif Malik, Akhtar Hussain Butt, Tariq Malik, Sajad Ahmed, Ghulam Qadir Sheikh, Chowdhary Manzoor Bimal, Bashir Ahmed, Irshad Ahmed, along with thousands of Congress supporters from across the region.

The event not only marked Saroori's symbolic political comeback but also sparked fresh momentum for a revitalized Congress campaign in Jammu and Kashmir's Chenab belt.

IIM Jammu to hold a Five-Day Holistic Orientation Programme

JAMMU RISING
JAMMU, JULY 13

The Indian Institute of Management (IIM) Jammu is set to host a five-day Holistic Orientation Programme from 14th to 18th July 2025 at its picturesque Jagti Campus, marking the formal induction of the 6th Batch of Ph.D., 4th Batch of Ph.D. (Working Professionals), 10th Batch of MBA, 4th Batch of MBA (Healthcare), and 5th Batch of EMBA. This extensive orientation programme aims to orient students towards the institute's core values, academic culture, and commitment to excellence.

The inaugural day, 14th July 2025, will witness the gracious presence of Dr. Jitendra Singh Ji, Hon'ble Minister of State (Independent Charge) of the Ministry of Science and Technology; Minister of State (Independent Charge) of the Ministry of Earth Sciences; Minister of State in the Prime Minister's Office; Minister of State in the Ministry of Personnel, Public Grievances and Pensions; Minister of State in the Department of Atomic Energy; and Minister of State in the Department of Space, Government of India, as the Chief Guest. The orientation programme will commence with the inauguration of the newly constructed Hostel Complex by Dr. Jitendra Singh, Hon'ble Minister of State (Independent Charge) of the Ministry of Science and Technology; Minister of State (Independent Charge) of the Ministry of Earth Sciences; Minister of State in the Prime Minister's Office; Minister of State in the Ministry of Personnel, Public Grievances and Pensions; Minister of State in the Department of Atomic Energy; and Minister of State in the Department of Space, Government of India, on 14th July 2025.

The inaugural ceremony will be presided over by Dr. Milind Kamble, Chairman, Board of Governors, IIM Jammu in presence of Prof. B.S. Sahay, Director, IIM Jammu. Distinguished guests will include Prof. Manoj Singh Gaur, Director, IIT Jammu; Prof. (Dr.) Shakti Gupta, Director, AIIMS Jammu; Shri Amitava Chatterjee, MD & CEO, J&K Bank; and Shri Nalin Prabhat, IPS, Director General of Police, Jammu & Kashmir. The day will also feature sessions by Shri Piyush Jain, CMO & CDO, Agilus Diagnostics, and Shri Venkatadri R., Chief Revenue Officer, Tata Chemicals. A cultural evening by the Jammu & Kashmir Academy of Art, Culture and Languages (JKAACL) will add a traditional flavour to the proceedings.

Dr. Milind P. Kamble, Chairman, Board of Governors, IIM Jammu, remarked that the Holistic Orientation Programme lays the foundation for an enriching academic and personal journey at IIM Jammu. He emphasized that this initiative is more than a ceremonial welcome-it is a well-structured opportunity for students to immerse themselves in the Institute's ecosystem, interact

with diverse leaders, and begin forming lifelong professional networks. He wished the new students a purposeful and successful journey ahead.

Prof. B.S. Sahay, Director, IIM Jammu, highlighted that the five-day holistic orientation programme is thoughtfully curated to ease students into the culture, values, and academic rigor of the Institute. He noted that it offers an ideal platform for students to connect with peers, faculty, industry leaders, and administrators-providing clarity, direction, and inspiration as they begin their transformative journey. Welcoming the new batches to the world-class Jagti Campus, he expressed his confidence that the programme would spark curiosity, build confidence, and foster a sense of belonging among all incoming students.

Prof. Jabir Ali, Dean Faculty and Research, IIM Jammu, stated that the orientation programme is a stepping stone for students to engage deeply with the academic culture and research-driven environment at IIM Jammu, setting the tone for innovation and inquiry from day one.

Prof. Nitin Upadhyay, Dean Academics, IIM Jammu, emphasized that the programme is designed to help students navigate the academic framework with clarity and confidence, ensuring a smooth transition into a rigorous yet rewarding learning journey.

On Day 2, 15th July 2025, the programme will host Maj. Gen. Mukesh Bhanawala, General Officer Commanding, 26 Division, followed by an engaging session with renowned Indian Ad Guru Shri Prahlad Kakkar. The day will continue with insights from Shri Abhay Shrivastav, Sr. President - Operations, Mankind Pharma, and Shri Shivaraman Iyer, Global CFO, GeBBS Healthcare. A keynote session will be delivered by Dr. Anurag Batra, Chairman and Editor-in-Chief, BW Businessworld, and Founder, Exchange4Media Group. A special panel discussion titled 'Job Seeker to Job Creator: J&K Entrepreneurship Ecosystem' will feature local industrialists including Shri Rajesh Jain, Proprietor, Vardhman Alloys, Shri Annil Suri, Proprietor, Tawi Arc Electrodes Pvt.Ltd; Shri Anil Gupta, Director, Annaphar Laboratories; Shri Aagam Jain, Director, Natural Fresh Foods; and Shri Hasit Singh Sachdeva, Proprietor, R.P. Steels. The day will conclude with the vibrant theatre and dance event 'Rang Tarang' curated by the IPM batch under the direction of Padmashri Balwant Thakur.

Day 3, 16th July 2025, will spotlight the Institute's alumni achievements through a panel discussion featuring Ms. Manisha Srivastava, Associate Practice Director at Birlasoft, and Mr. Jeevan Arepally, Senior Product Manager, Nielsen. The other sessions will be led by Shri Dhoop Mittal, CFO, Hero Housing Finance; Shri Sailil Lal, CHRO, Maruti Suzuki India

Ltd.; and Shri Abhishek Gupta, CMO, Edelweiss Life Insurance. The day will end with a cultural performance presented by the IPM 4 batch under the guidance of Padmashri Balwant Thakur.

On Day 4, 17th July 2025, the institute will welcome Shri Anshul Garg, CEO, Shri Mata Vaishno Devi Shrine Board, for a unique session on the 'Temple Economy'. The day will also include talks by Shri Kaushik Konlade, Director - Talent Acquisition, Pattern; Shri Kamal Stephen, APAC Talent Acquisition Head, SAP; and Shri Sudarshan Bose, Associate Director, Willis Towers Watson.

The final day, 18th July 2025, will feature industry leaders including Shri Dev Kumar Tripathy, CFO, Philips Consumer Electronics; Shri P. A. AsitkantaKhuntia, General Manager - Talent Acquisition, Hindustan Petroleum; Shri Saurabh Deep Singla, CHRO, IndiaMart; and Ms. Deepali Jetley, CHRO, Marengo Asia Hospitals.

The valedictory ceremony will be graced by Shri Manoj Sinha, Hon'ble Lieutenant Governor of Jammu and Kashmir, as the Chief Guest. On this occasion, Shri Manoj Sinha will also inaugurate Tejas, the world-class Sports Complex at IIM Jammu. The event will be presided over by Dr. Milind Kamble, Chairman, Board of Governors, IIM Jammu, in the esteemed presence of Prof. B.S. Sahay, Director, IIM Jammu. Shri Atal Dulloo, Chief Secretary, Government of Jammu & Kashmir, will join as the Guest of Honor and Shri Sudhir Langer, CEO and MD, RPSG FMCG, will deliver the Keynote Address. The evening will conclude with a vibrant cultural performance by Natrang, led by Padmashri Balwant Thakur.

Each day of the programme will commence with Maximise Happiness and Mindfulness sessions conducted in the early morning hours by Yoga Guru Shri Sahil Mehra, under the aegis of Anandam - The Center of Happiness, IIM Jammu. These sessions are designed to help students stay centered, focused, and energized throughout the day. The programme also features a rich blend of workshops, academic sessions, outbound activities, panel discussions, and networking opportunities with distinguished professionals and thought leaders from diverse sectors.

The holistic five-day orientation program at IIM Jammu is thoughtfully designed to offer a comprehensive and enriching experience, equipping the incoming batch for a dynamic and intellectually stimulating academic journey. Reflecting IIM Jammu's unwavering commitment to academic excellence, industry integration, and value-based leadership development, the five-day orientation program lays a strong foundation for the personal and professional growth of its new cohorts.

Engines shut down due to fuel 'cutoff' within seconds leading to Jun 12 crash : Probe



NEW DELHI, JULY 14

A Preliminary report on the Air India flight AI171 crash in Ahmedabad on June 12 today revealed that fuel cutoff switches were moved from 'run' to 'cutoff' within a second of each other which led to the tragedy.

The crash led to i270 people loosing their lives.

The report reveals that within 90 seconds of take off, both engines of the aircraft shut down unexpectedly during the initial climb leading to a loss of thrust and rapid descent. After the switches of both engines flipped, the Boeing 787 Dreamliner immediately shut down mid-air seconds after take-off and began to lose thrust and sink down, the report by India's Aircraft Accident Investigation Bureau (AIB) said.

"The aircraft achieved the maximum recorded airspeed of 180 Knots IAS at about 08:08:42 UTC and immediately thereafter, Engine 1 and Engine 2 fuel cutoff switches transitioned from RUN to CUT-OFF position one after another with a time gap of 01 sec. The Engine N1 and N2 began to decrease from their take-off values as the fuel supply to the engines was cut off," the 15-page report said.

The pilots attempted to restart the engines by moving the fuel control switches back to the 'run' position. Engine 1 started to recover but Engine 2 was unable to arrest core speed

deceleration despite repeated attempts to reintroduce fuel and increase core speed acceleration.

The report also revealed that just seconds before the aircraft lost power and went down near Ahmedabad airport, one pilot asked the other why he had cut off fuel to the engines, the second pilot reportedly denied, saying, "did not do so."

"In the cockpit voice recording, one of the pilots is heard asking the other why he cut off. The other pilot responded that he did not do so," the report said. "The EAFR recording stopped at 08:09:11 UTC. At about 08:09:05 UTC, one of the pilots transmitted 'Mayday Mayday Mayday'. The Air Traffic Controller (ATC) enquired about the call sign but did not get any response and saw the aircraft crashing outside the airport boundary. Significantly the report rules out any doubt about the fitness of the pilots to operate the ill-fated flight. "The crew of flight AI171 arrived at the airport and underwent preflight Breath Analyzer test at 06:25 UTC and were found fit to operate the flight. The crew is seen arriving at the boarding gate in the CCTV recording at about 07:05 UTC (12:35 IST)."

It also rules out any shortage of fuel or bird activity in the adjoining areas.

"Fuel on board was 54,200 Kgs and as per the load and trim sheet of the flight, the Take-off Weight was 2,13,401 Kgs (Max. allowed - 2,18,183

Kgs). The take-off weight was within allowable limits for the given conditions."

"There was no 'Dangerous Goods' on the aircraft."

The report also ruled out any bird activity saying "No significant bird activity is observed in the vicinity of the flight path."

Boeing in its initial reaction to the catastrophe said they would "continue to support" the investigation and the customers. The aviation company said it would defer to the AIB probe to provide information about AI 171, id adherence with the United Nations International Civil Organization Protocol.'

'Our thoughts remain with the loved ones of the passengers Nd crew on board Air India Flight 171 as well as everyone affected on the ground in Ahmedabad. We continue to support the investigation and our customer. We will defer to the AAB to provide information about AI 171 in adherence with the United Nations International Protocol known as Annex 13,' it said in a statement.

Air India in a statement acknowledged that it had received the preliminary report by AAB and is working closely with stakeholders and would continue to fully cooperate with AAB and other authorities as their investigation progresses.

"We stand in solidarity with the families and those affected by the AI171 accident. We continue to mourn the loss and are fully committed to providing support during this difficult time. We acknowledge receipt of the preliminary report released by the Aircraft Accident Investigation Bureau (AAB) today, 12 July 2025. Air India is working closely with stakeholders, including regulators. We continue to fully cooperate with the AAB and other authorities as their investigation progresses."

Air India, however, did not comment on the findings of the report saying "Given the active nature of the investigation, we are unable to comment on specific details and refer all such enquiries to the AAB."

The Report said "Investigation is continuing

Former Pak PM's party launches 'Free Imran Khan movement' for his release from



LAHORE, JULY 14

The Pakistan Tehreek-e-Insaf has informally kick-started the 'Free Imran Khan movement' from Lahore demanding the release of the incarcerated former prime minister with police making several arrests to prevent party workers from joining the protest, the party said on Sunday.

This informal launch comes less than a month ahead of the Pakistan Tehreek-e-Insaf (PTI) party's earlier declared date of August 5.

Khyber Pakhtunkhwa Chief Minister and a prominent PTI leader Ali Amin Gandapur reached Lahore late on Saturday night along with the party leaders declaring the launch of the movement to free Khan, the patron-in-chief of the party.

The 72-year-old cricketer-turned-politician has been behind bars since August 2023 after he was booked in multiple cases.

The PTI is gearing up to launch a massive drive from August 5 across the country to press the Shehbaz Sharif government and military establishment to free Khan.

Gandapur and other main leaders of the party are camping in a farmhouse in Lahore's Raiwind area, adjacent to the Sharif family residence, in the city to give a final shape to their protest campaign.

Meanwhile, police reportedly arrested at least 20 PTI workers who gathered to welcome their leaders at different points in Lahore.

A PTI spokesperson said on Sunday that the Punjab police have detained its several workers. "The police have been raiding the party leaders and workers' residences in the Punjab province, especially Lahore, for the last couple of days to stop them from taking part in the protest activities," he said.

A Punjab police spokesperson denied the arrest of any of Khan's party workers.

However, a police source told Press Trust of India that at least 20 PTI workers have been picked up in Lahore and elsewhere.

Speaking to the party leaders in Lahore, Gandapur said, "Any protest campaign launched from Lahore earns success and this too will be successful across the country."

He asked the party leaders

and workers to take the protest campaign to its peak by August 5.

"The military establishment has been ruling Pakistan for decades and imposed multiple martial laws as part of different experiments, destroying the country. This time the military has imposed a new kind of martial law, which is not official, but wielding every kind of power and pressure.

"It has destroyed the country but the perpetrators are not even showing any remorse," Gandapur said and added though the PTI leaders and workers are facing thousands of FIRs, the party is all set to launch a massive protest campaign aimed at the release of Imran Khan, his wife and all other leaders.

PTI interim chairman Barrister Gohar Ali Khan said the Punjab government has been unleashing fascism on his party men and women for the past two years. "Hopefully better sense will prevail and the Maryam Nawaz government will act with sanity," he said, referring to the provincial government chief.

Meanwhile, Punjab province's Information Minister Azma Bokhari said Gandapur and his party are "champions of chaos."

She claimed Gandapur's own province was burning and he had come to Lahore to conquer Punjab. "Gandapur should better go back to KP and work for the welfare of the people of the province," she said.

Earlier on June 7, Rana Sanaullah, Special Assistant to the Prime Minister on Political Affairs, had said that Imran Khan's party was in no position to launch a protest movement in the country.

Sanaullah had urged the PTI to accept Prime Minister Shehbaz Sharif's offer of a meeting for negotiations and sit

CPP leader Sonia Gandhi calls meeting on July 15 to finalise Cong strategy for monsoon session

NEW DELHI, JUL 14

Congress parliamentary party leader Sonia Gandhi will chair a key meeting on Tuesday to finalise the party's strategy for the upcoming Monsoon session of Parliament which is expected to witness confrontations between the opposition and the government on a host of issues. Opposition parties are expected to raise strong concerns over the Election Commission's move to carry out a Special Intensive Revision of electoral rolls in Bihar.

Also, the Congress has been demanding a discussion on the Pahalgam attack, Operation Sindoor as well as the diplomatic outreach following that.

The Congress' parliamentary strategy group meeting is expected to be attended by Congress president Mallikarjun Kharge and Leader of the Opposition in the Lok Sabha Rahul Gandhi, among others. It will be chaired by Sonia Gandhi at her 10, Janpath residence, party sources said. The government has announced that the Monsoon session of Parliament will begin on July 21 and continue till August 21, a week longer than planned earlier,



signalling a heavy legislative agenda. Earlier, the session was to conclude on August 12, but now it has been extended by a week.

The longer duration of the session comes amid the government's plans to bring in key legislations, including one to facilitate the entry of the private sector in the atomic energy domain.

The government is planning to amend the Civil Liability for Nuclear Damage Act and the Atomic Energy Act to implement the announcement in the Union Budget to open up the nuclear sector for private play-

ers.

The opposition has been demanding a debate on Operation Sindoor — the strike on terror sites in Pakistan by the Indian armed forces in response to the terrorist attack in Pahalgam on April 22.

The opposition parties have also been demanding answers from the government on US President Donald Trump's claims of mediation in the India-Pakistan conflict to avert a nuclear war. The government has rejected Trump's claims with Prime Minister Narendra Modi telling him, during a phone call last month, that

NEW YORK, JULY 14

US Department of Homeland Security (DHS) Secretary Kristi Noem said she is engaged in ongoing discussions with five states to establish migrant detention facilities modeled after Florida's "Alligator Alcatraz".

At a press conference yesterday, Noem said that these five states are led by Republican governors, but did not disclose their names.

She also praised Florida Governor Ron DeSantis for his collaboration with the DHS in successfully launching the "Alligator Alcatraz" detention centre. The 39-square-mile (100 square km) facility was constructed in just eight days on the site of the Dade-Collier Training and Transition



Airport, located within the Florida Everglades. The first group of immigrant detainees was transferred there in early July.

This centre is part of the current US administration's inten-

sified efforts to crack down on illegal immigration.

While it has garnered praise from the administration and supporters of President Donald Trump, it has also sparked concerns among human rights

Australia PM Albanese kicks off China visit focused on trade



BEIJING, JULY 14

Australian Prime Minister Anthony Albanese kicked off a visit to China this weekend meant to shore up trade relations between the two countries.

Albanese met with Shanghai Party Secretary Chen Jining on Sunday, the first in a series of high-level exchanges that will include meetings with Chinese President Xi Jinping, Premier Li Qiang and Chairman Zhao Leji of the National People's Congress.

Albanese is leading "a very large business delegation" to China, which speaks to the importance of the economic relations between Australia and China, he told Chinese state

broadcaster CGTN upon his arrival in Shanghai Saturday.

During a weeklong trip, Albanese is set to meet business, tourism and sport representatives in Shanghai and Chengdu including a CEO roundtable Tuesday in Beijing, his office said.

It is Albanese's second visit to China since his center-left Labor Party government was first elected in 2022. The party was reelected in May with an increased majority.

Albanese has managed to persuade Beijing to remove a series of official and unofficial trade barriers introduced under the previous conservative government that cost Australian exporters more than 20 billion Australian dollars (\$13 billion)

a year.

Beijing severed communications with the previous administration over issues including Australia's calls for an independent inquiry into the origins of and responses to COVID-19. But Albanese wants to reduce Australia's economic dependence on China, a free trade partner.

"My government has worked very hard to diversify trade ... and to increase our relationships with other countries in the region, including India and Indonesia and the ASEAN countries," Albanese said before his visit, referring to the 10-member Association of Southeast Asian Nations.

"But the relationship with China is an important one, as is our relationships when it comes to exports with the north Asian economies of South Korea and Japan," he added.

Chinese state-run Xinhua News Agency, in an editorial Sunday, described China's relationship with Australia as "steadily improving" and undergoing "fresh momentum."

"There are no fundamental conflicts of interest between China and Australia," the editorial stated. "By managing differences through mutual respect and focusing on shared interests, the two sides can achieve common prosperity and benefit."

Freight Train Ferrying Oil Catches Fire In Tamil Nadu, Train Services Hit

CHENNAI, JUL 14

A moving goods train carrying diesel caught fire on Sunday at Tiruvallur in northern Tamil Nadu affecting train services in the arterial Chennai-Arakkonam route, the Southern Railway said.

No casualties were reported. Passengers were, however, stranded and state transport corporation operated special buses to cater to the needs of the travelling public.

According to the Southern Railway's official release, few intermediate wagons of the goods train, carrying diesel caught fire while exiting Tiruvallur railway station at around 5.30 hours and many other wagons (3rd from engine onwards) also derailed and 18 wagons were gutted.

The goods train was from Chennai Harbour to Walajah

Road Siding (Walajabad). The fire, coupled with huge columns of thick smoke rose up the sky and fire tenders were rushed to the spot.

State Minister (Minorities and Non Resident Tamils Welfare) S M Nasar, alongwith officials, made an inspection and in view of the blaze and smoke people living close to the location of fire accident were taken to shelters. State transport corporations operated over 170 special services as train services were hit.

The Railway said: "Upon noticing the fire in 3rd wagon, the loco pilot immediately applied the emergency brakes and Station Master, Tiruvallur, switched off the overhead (OHE) power supply as a precautionary safety measure." Further, the railway said: "However, by the time the train was brought to a halt, the fire spread upto

19th wagon. Consequently, the train operations in the important Chennai – Arakkonam section, linking Chennai with Bangalore, Kerala and Renugunta/Tirupati had to be suspended.

Twelve Mail/Express trains scheduled to commence from or terminating at Chennai Central were cancelled, and several other trains were either diverted or short-terminated." Top railway officials monitored the rescue and restoration operations in coordination with the district administration, NDRF and Fire and Rescue Services. "Residents in the vicinity were evacuated as precautionary measure, though there has been no injury to any person." As many as 30 unaffected wagons and the locomotive were safely detached and isolated from the accident site. Eighteen wagons were gutted and "four

Somy Ali opens up about the reality and future of Pakistan



Former actress Somy Ali emphasized that the future of

Pakistan hinges on empowering its girls through education, innovation, and compassion.

She highlighted the crucial role these elements play in shaping a brighter and more progressive nation. Somy, who was born in Karachi, shared that the youth of Pakistan are keen to learn. She stated, "Right now in villages and cities across Pakistan, millions of girls sit at home, told to wait for marriage instead of miracles. But here's what they're not told – They can learn math, AI, and coding from free sites like Khan Academy, Google AI, or Microsoft Learn—for free. They can study business, psychology, math and science through Coursera, Udemy, or other online sites. They can master music and film from YouTube channels or enroll in free music and art classes. They can explore fashion design, starting a business from their study room. All they need is a smartphone. And someone who tells them they matter."

Ali added, "We talk about remittances and laws. But the world now runs on digital talent and emotional intelligence. Let's make Pakistan a GCC—not just a "Global Capability Center," but a global compassionate catalyst for change for the better!"

"Imagine girls from Lahore, Rawalpindi, and Hyderabad becoming AI ana-

lysts, UX designers, and film editors, working remotely for companies in London, Dubai, and San Francisco. Artisans and survivors are launching AI art and fashion collectives with global buyers. Women building ethical AI platforms and creative incubators, generating revenue, while transforming their communities. This is not a dream. It's already happening in Bangladesh, Kenya, and Vietnam. Why not Pakistan?"

Somy Ali, who runs a US-based NGO called No More Tears as well as other organizations such as So-Me Designs and Somy Ali Productions, also mentioned that education, especially for girls, is the only solution to issues in Pakistan.

"I was born in Karachi, raised across borders, and shaped by storms. I've survived sexual abuse, domestic violence, and smear campaigns. I've stood face-to-face with trauma—mine and that of 50,000 others rescued through my nonprofit, No More Tears, where I've paid for survivors getting PhDs to cosmetology diplomas! But this is not a story about suffering. It's a manifesto of hope. I didn't have any formal education while in Bollywood, with a 9th grade education at the time, but after I left Bollywood, I forced myself to get degrees in psychotherapy, broadcast journalism, and film studies, said Somy Ali.

Sriti Jha shares a glimpse of the classic she's currently reading



Television star Sriti Jha has dived into the world of books with Virginia Woolf's iconic feminist classic titled "A Room of One's Own."

Sriti took to Instagram to share her quiet escape, offering a glimpse of the book she's currently immersed in.

The actress posted a series of pictures, which included a close-up of the book's cover, candid moments of her reading with a cup of tea, and a stirring excerpt from one of the chapters that speaks about the historical silencing of women writers.

The passage she shared reads: "Alas! a woman that attempts the pen, Such a presumptuous creature is esteemed, The fault can by no virtue be redeemed."

"They tell us we mistake our sex and way; Good breeding, fashion, dancing, dressing, play, Are the accomplishments we should desire; To write, or read, or think, or to inquire, Would cloud our beauty, and exhaust our time, And interrupt the conquests of our prime, Whilst the dull manage of a servile house is held by some our utmost art and use."

For the caption, she wrote an

excerpt from the book, which read: "When, however, one reads of a witch being ducked, of a woman possessed by devils, of a wise woman selling herbs, or even of a very remarkable man who had a mother, then I think we are on the track of a lost novelist, a suppressed poet, of some mute and inglorious Jane Austen, some Emily Bronte who dashed her brains out on the moor or mopped and mowed about the highways crazed with the torture that her gift had put her to."

"Indeed, I would venture to guess that Anon, who wrote so many poems without signing them, was often a woman. A Room of One's Own – Virginia Woolf."

Sriti earned recognition with her portrayal of Pragya Arora Mehra in Kumkum Bhagya. She made her acting debut in 2007 with the teen drama, Dhoom Machhao Dhoom, playing Malini Sharma.

The actress established herself as a leading actress with her portrayal of Sudha "Devika" Sharma Vashisht in Jyoti, Sandhya Savratkar Pradhan in Rakt Sambandh and Jhanvi in Dil Se Di Dua... Saubhagyavati Bhava?.

Shruti Haasan talks about overcoming pre-performance nervousness on stage



Actress Shruti Haasan opened up about the nerves she experiences before going on stage and how she has learned to overcome them over time.

Sharing her journey, the actress revealed that while pre-performance nervousness still lingers, it now serves as a source of motivation that drives her passion and dedication. When asked if she ever gets nervous before a performance, Shruti told IANS, "I used to get really nervous before performing. Like, super super nervous. Now of course, over time I'm much better, but I still get like excited, uneasy feeling in my stomach. But it's just that nerves before performing, which I think is great. It motivates me. But I love to dedicate time for practice."

"I think my band gets annoyed sometimes because I always ask for more rehearsals. I really love to rehearse with everybody and rehearse as much as I can when it comes to music. When it comes to acting, I don't like rehearsing like too much, but I have no problem over rehearsing when it comes to music."

The 'Ramaiya Vastavaiya' actress also shared insights into her musical journey, revealing that some of her favorite songs to perform live are her originals, "Wash Me Away" and "Bury Me." She expressed a deep emotional connection to these tracks and highlighted the challenge of singing them live, which adds to her enjoyment on stage.

When asked about her all-time favorite singer, Shruti said she doesn't have a single favorite. Instead, she admires a wide range of voices across genres — from Indian classical to rock and roll, appreciating both male and female artists.

Haasan mentioned, "I don't have one all-time favourite singer. I admire a variety of voices, a lot of Indian voices, classical voices, a lot of rock and roll voices, men and women. So no, I don't have a particular name."

Professionally, Shruti Haasan is set to star alongside superstar Rajinikanth in the much-anticipated film "Coolie," which is scheduled for a global release on August 14.

Ashutosh Rana expresses immense pride in lending his voice to 'Chakravarti Samrat Prithviraj Chauhan'

Veteran actor Ashutosh Rana has expressed immense pride in lending his voice to the historical epic 'Chakravarti Samrat Prithviraj Chauhan.'

Rana has been roped in to lend his distinctive voice to the character of Chand Bardai, the trusted friend of Prithviraj Chauhan. The actor will guide audiences through this epic saga, creating a deep emotional connection with both the characters and the period. Sharing his thoughts on being part of the show, Ashutosh Rana shared, "It is a matter of immense pride and joy for me to lend my voice as the narrator for this magnificent historical saga. As a child, I grew up listening to stories about Prithviraj Chauhan tales of his unmatched bravery, wisdom, and spirit."

He added, "Those stories left a deep impact on me, and to now be part of bringing that legend to life is truly special." As an actor, I've always believed that voice holds great power. Through this narration, I aim to bring depth, dignity, and intensity to the story. The emotions I carry rooted in strength, passion, and respect, resonate closely with the spirit of this show."

"Chakravarti Samrat Prithviraj Chauhan" is a historical drama that depicts the remarkable transformation of Prithviraj Chauhan, following his path from a young, innocent prince to a revered warrior king. The series delves into his formative years, spotlighting the challenges, victories, and pivotal events that forged his enduring legacy.

The show stars Anuja Sathe, Ronit Roy, Rumi Khan, and Padmini Kolhapure. The veteran actress is making her grand return to television after 11 years, stepping into the powerful role of Rajmata in the historical drama.

Expressing her excitement about returning to television, Padmini Kolhapure had earlier shared, "Stepping into the world of Chakravarti Samrat Prithviraj Chauhan is incredibly special for me, not just because of the powerful role I'm playing, but also because it marks my return to television after almost 11 years. My journey on television began with Sony Entertainment Television, and now, after all these years, I'm returning to the same channel with a role that is both challenging and fulfilling."

The show is set to premiere on 4 June on Sony Entertainment Television.

Raj & DK reminisces about their 'first hustle' '99' starring Kunal Kemmu, Soha Ali Khan

As their first feature film "99" completed 16 years in Hindi cinema, makers Raj & DK took a trip down memory lane and recalled the time "before streaming and hashtags" were a thing.

The filmmaker duo took to Instagram, where they shared pictures from the making of the crime comedy movie, which also stars Kunal Kemmu, Soha Ali Khan, Vinod Khanna, Boman Irani and Cyrus Broacha.

The duo wrote as the caption: "Throwback to the time before streaming, before 'content', before hashtags were a thing, and before we had beards. Our first Hindi feature. Our first hustle. Thanks to everyone who took this quirky ride with us! #99TheFilm #VinodKhanna #AmitMistry @kunalkemmu @boman_irani @sakpataudi @cyrus_broacha @maheshmanjrekar @anupammittal.me @mensit @rajasen @simonesinghs @pitobash @chintan.gandhi.376"

Scarlett Johansson says Oscars snubbed 'Avengers: Endgame'

Hollywood star Scarlett Johansson believes the Academy didn't give Avengers: Endgame the recognition it deserved, noting that while the blockbuster earned a nomination for Visual Effects, it was overlooked for a Best Picture nod.

"How did this film not get nominated for an Oscar?" Johansson told Vanity Fair in a new cover story promoting her forthcoming directorial debut "Eleanor the Great", which is set to premiere at Cannes.

She continued: "It was an impossible movie that should not have worked, that really works as a film — and also, it's one of the most successful films of all time."

Explaining that commercial success should not preclude awards recognition, reports deadline.com.

The discussion surrounding Marvel's place at the prestigious awards ceremony has long simmered, with "Avengers: Endgame" co-director Joe Russo recently chiming in on the matter.

The ever-expanding MCU has seen its fair share of Academy nods, largely in the Visual Effects category, including for Black Panther, which won three Oscars.

All three Iron Man films have been nominated, as have all the Avengers installments, Doctor Strange, Shang-Chi and the Legend of the Ten Rings and Spider-Man: No Way Home.

However, as with many tent poles, these films have largely avoided a nomination in the Best Picture category.

Johansson reaffirmed that she has left the MCU behind for good, despite former co-stars' foray back into the multiverse.

"It would be very hard for me to understand in what capacity [returning] would make sense for

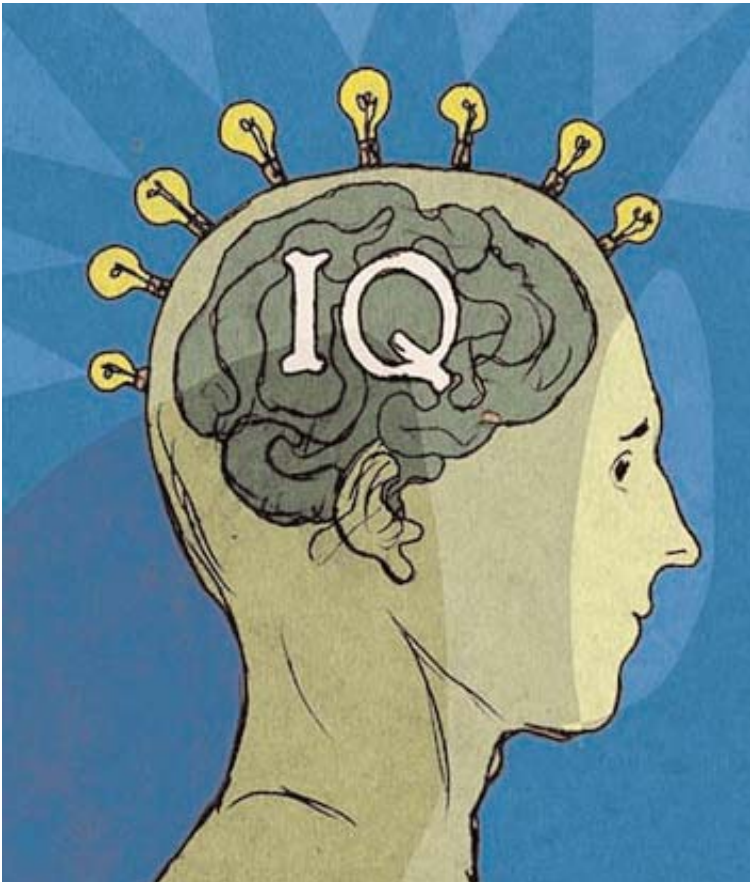


me, for the character that I play," she explained.

"I miss my buddies and really would love to be with them forever, but what works about the character is that her story is complete. I don't want to mess with that. For fans too — it's important for them."

Balanced diet boosts brain health and cognitive function

What is your sleep pattern?



Researchers from the University of Warwick have unveiled a profound link between dietary choices and brain health. The study, which involved the analysis of 181,990 participants from the UK Biobank, has shed new light on the impact of food preferences on both physical and mental wellbeing.

The research delved into a range of physical evaluations, including cognitive function, blood metabolic biomarkers, brain imaging, and genetics, to gain insights into the relationship between nutrition and overall wellbeing. The participants' food preferences were collected through an online questionnaire, and with the help of machine learning, the researchers categorized the data into 10

groups, such as alcohol, fruits, and meats. The findings, published in Nature, revealed that a healthy and balanced diet is associated with superior brain health, enhanced cognitive function, and improved mental wellbeing. Participants who adhered to a balanced diet exhibited higher amounts of grey matter in the brain, which is linked to intelligence, compared to those with a less varied diet. Moreover, the study emphasized the need for gradual dietary modifications, especially for individuals accustomed to highly palatable but nutritionally deficient foods. By gradually reducing sugar and fat intake over time, individuals may naturally gravitate towards healthier food choices. The researchers also highlighted the influence of genetic factors on the association between diet and brain health, emphasizing how a combination of genetic predispositions and lifestyle choices shapes overall wellbeing. Lead Author Professor Jianfeng Feng of the University of Warwick stressed the importance of establishing healthy food preferences early in life, stating, "Developing a healthy balanced diet from an early age is crucial for healthy growth. Both families and schools should offer a diverse range of nutritious meals and cultivate an environment that supports physical and mental health." Addressing the broader

implications of the research, Professor Feng emphasized the role of public policy in promoting accessible and affordable healthy eating options. He stated, "Since dietary choices can be influenced by socioeconomic status, it's crucial to ensure that this does not hinder individuals from adopting a healthy balanced dietary profile. Implementing affordable nutritious food policies is essential for governments to empower the general public to make informed and healthier dietary choices, thereby promoting overall public health." Co-Author Wei Cheng from Fudan University underscored the importance of promoting nutritional awareness and fostering healthier eating habits across diverse populations, urging for concerted efforts in this direction. Dr. Richard Pemberton, a Certified Lifestyle Physician and GP at Hexagon Health, who was not involved in the study, commented on the research, saying, "This exciting research further demonstrates that a poor diet detrimentally impacts not only our physical health but also our mental and brain health. This study supports the need for urgent government action to optimize health in our children, protecting future generations. We also hope this provides further evidence to motivate us all to make better lifestyle choices, to improve our health and reduce the risk of developing chronic disease."

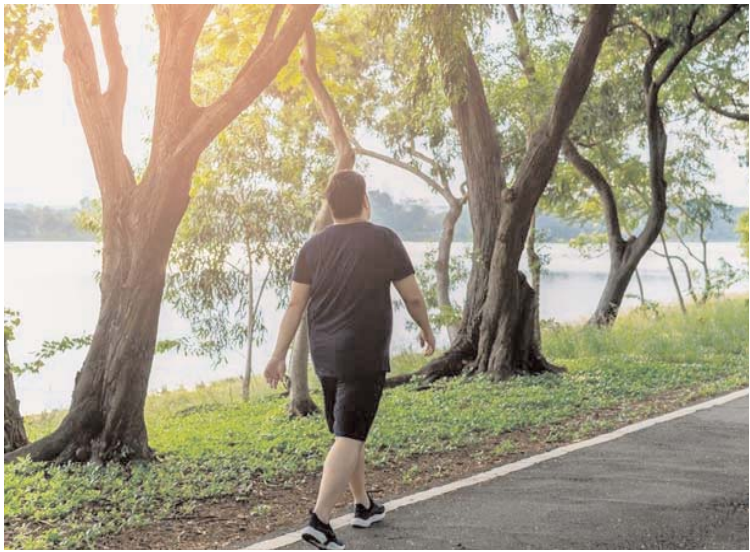


To better understand the impact of sleep habits on long-term health outcomes, US researchers identified four distinct sleep patterns by analysing the self-reported sleep habits of 3,683 middle-aged adults. Good sleepers: those who get optimal sleep on a regular basis; weekend catch-up sleepers: those who mostly sleep for short durations, but sleep longer on weekends and holidays; insomnia sleepers: those who have trouble falling asleep, short sleep duration and high daytime tiredness; and nappers: those who are mostly good sleepers, but take frequent daytime naps. More than half of the participants were insomnia sleepers or nappers and most of them maintained their sleep patterns over the course of the 10-year study period.

The participants also reported on the number and type of chronic conditions. Insomnia sleepers had 72 per cent to 188 per cent greater risk of chronic health issues, including cardiovascular disease, diabetes, depression and frailty. Nappers had an increased risk of diabetes, cancer and frailty. However, being a weekend catch-up sleeper was not associated with any chronic conditions. "There are sleep hygiene behaviours that people could do to improve their sleep, such as not using cell phones in bed, exercising regularly and avoiding caffeine in the late afternoon," said the study. "Better sleeping habits can make many significant differences, from improving social relationships and work performance to promoting long-term healthy behaviours."

Include 4 hrs of physical activity, 8 hrs sleep in routine for optimal health, suggests study

For optimal health, a person's ideal day should include more than four hours of physical activity involving exercise of light, moderate or vigorous intensity, and at least eight hours of sleep, new research has found. Light-intensity activity could range from doing chores to making dinner, whereas moderate and vigorous exercise involve more intentional movement such as a brisk walk or a gym workout, researchers said. The ideal daily routine should also include six hours of sitting and five hours of standing, they said. The international team, led by Swinburne University of Technology, Australia, analysed the behaviour of more than 2,000 people within a 24-hour day to determine the right mix of time spent sitting, sleeping, standing and being physically active for desirable health. "This breakdown encompasses a wide range of health



markers and converges on the 24 hours associated with overall optimal health," said Christian Brakenridge, from the Centre for Urban Transitions, Swinburne University of Technology. "For different health markers, from waist circumference

to fasting glucose, there would be different levels for each behaviour," added Brakenridge, also the lead author of the study published in the journal Diabetologia. For instance, switching time spent sitting with more time being physically active

or performing light-intensity movements was associated with more beneficial blood glucose levels in individuals having diabetes than those without the condition, the researchers found. The findings also acknowledged how a certain activity replacing another could impact an individual's whole day. "Sleeping may be detrimental to health if it replaces exercise time, but beneficial if it replaces sedentary behaviour," explained Brakenridge. However, even as exercising is more beneficial, time use has to be realistic and balanced, he said. "People may advocate for more time exercising, though it's not feasible to have 10 hours of exercise and zero hours of sedentary behaviour," the researcher said. While the findings applied for able adults, he acknowledged that everyone has different considerations and advised that physical activity should be fun.



Data from over 10,000 Australian women has unveiled a remarkable connection between regular exercise during middle-age and long-term physical health. What's truly astonishing is that this positive impact on health was observed even when the exercise routine was initiated as late as the mid-50s. The study, led by Binh Nguyen and his team from the University of Sydney, Australia, has brought to light the transformative effects of consistent adherence to physical activity guidelines throughout middle-age. Published on May 2 in the open-access journal PLOS Medicine, this research has the potential to revolutionize how women approach their health as they age. Unlike previous studies which were primarily based on cross-sectional studies and short-term randomized controlled trials, this new research stands out for its comprehensive longitudinal approach. Over a period of fifteen years, data was collected at three-year intervals from 11,336 participants in the Australian Longitudinal Study on Women's Health. These women, born between 1946 and 1951, were between 47 to 52 years

old at the onset of the study. The participants were categorized based on their adherence to the WHO physical activity guidelines, which recommend 150 minutes of activity per week. The study revealed that women who consistently met these guidelines, as well as those who began to meet them at the ages of 55, 60, or 65, experienced a significant three-point increase in their physical health composite score (PCS). This boost in physical health was observed even after controlling for socioeconomic factors and pre-existing health diagnoses, emphasizing the profound impact of physical activity on long-term well-being. The study's findings highlight a crucial public health message: regardless of when women start, maintaining or adopting an active lifestyle in mid-age can have profound health benefits in terms of physical functioning. The authors stress the importance of women increasing their activity levels to meet the guidelines by the age of 55, emphasizing the immense benefits of being active throughout mid-age.

What is vampire facial? The viral beauty trend that left 3 women infected with HIV



'Vampire facials' have been a topic of discussion recently, but unfortunately, it's not for the right reasons. There were reports of three women testing positive for HIV after getting the 'vampire facial' from an unlicensed medical spa in New Mexico. In the era of plastic surgeries, cosmetic procedures have become increasingly advanced and accessible, giving individuals an opportunity to alter their appearance in various ways. Almost any cosmetic condition can be handled with a variety of procedures, ranging from non-surgical treatments like botox and dermal fillers to surgical

operations like facelifts and breast augmentation. Choosing a skilled, experienced surgeon and going through extensive pre-operative testing are essential elements in guaranteeing a safe and successful procedure. "Vampire facial", a non-surgical treatment has gained popularity over time. It is a popular cosmetic procedure that utilises 'platelet-rich plasma' [PRP] to rejuvenate the skin. The public became curious and interested in 'vampire facial' when celebrities started promoting it. What's the process involved? The process begins with

drawing blood from the patient's arm. The blood drawn is then placed in a centrifuge machine, which spins at high speed to separate the components of the blood. This process isolates the PRP from other components. While the PRP is being prepared, the patient's face is prepared by cleansing it thoroughly. Then a microneedling device is used to create tiny, controlled injuries on the skin's surface. Microneedling stimulates the skin's natural healing process and enhances the absorption of PRP. Once the PRP is ready, it is applied topically to the skin

or injected into specific areas of the face, depending on the patient's needs and the practitioner's recommendation. After the procedure, one can experience some pain, bruising, and swelling. These usually disappear within a few days. What's the goal of the treatment? The theory behind the vampire facial is that the growth factors and proteins in PRP help promote skin renewal, improve overall texture and tone of skin, and stimulate the synthesis of collagen. The goal of treatment is to maximise the benefits of both PRP application and microneedling for skin renewal. However, it's very important to consult a qualified and experienced practitioner to ensure safety and effectiveness. According to the US Centers for Disease Control and Prevention, this is believed to be the first documented case of people contracting the virus through a cosmetic procedure with needles. In its morbidity and mortality report, released this week, the CDC said that an examination of the centre from 2018 to 2023 revealed that it appeared to have reused single-use disposable equipment. Just like any other cosmetic surgery, the success of 'vampire facials' may vary based on a number of factors, including skin type, general health, and age. To guarantee a safe and satisfying result, possible risks and side effects should also be discussed with the practitioner in advance.

Malaria linked with genetic changes associated with ageing: Study

Malaria infection is linked with genetic changes, known to be brought about by ageing, according to a new study. Researchers extracted genetic material from blood samples of more than 1,800 adults from the African countries of Tanzania, Botswana, Ethiopia, and Cameroon, where malaria is known to be endemic, or constantly present. According to the 2023 World Health Organisation (WHO) Malaria report, published in 'The Lancet Microbe' journal, around 70 per cent of the global burden of the mosquito-borne disease is concentrated in 11 countries, including India and 10 African countries. The team, including researchers from the University of Pennsylvania, US, analysed the DNA in white blood cells - crucial to immunity and fighting infections - and measured the lengths of telomeres present at the ends of chromosomes, which carry the genes. Telomeres protect the chromosome ends from sticking to each other or getting frayed. They are known to shorten with age and can also help predict an individual's risk of getting affected by ageing-related diseases and death.

"We highlight the contributions of genetic and environmental factors influencing telomere length in leukocytes (white blood cells), and we have uncovered a potential role of malaria in shortening of telomere length across sub-Saharan Africa," said Sarah Tishkoff of the University of Pennsylvania, a co-senior author on the study published in The American Journal of Human Genetics. The researchers found shorter telomere lengths in the white blood cells of adults indigenous to regions where malaria is highly endemic, compared to those in adults indigenous to regions with low malaria endemicity. Malarial infection is known to cause massive destruction of white blood cells. The authors said that this process, coupled with that making new cells to restore this loss, could be a possible mechanism through which the disease shortens the length of telomeres. They also found that the extent to which malaria was endemic to a region had a greater impact on telomere lengths, compared to environmental factors previously identified and known to impact telomere lengths.

CS pushes for 100% digital health records under ABDM

JAMMU RISING
JAMMU, JULY 14

Chief Secretary, Atal Dulloo, today chaired a meeting to review implementation of the Ayushman Bharat Digital Mission (ABDM) in Jammu and Kashmir with a focus on ensuring seamless integration of healthcare data and digital services across the UT.

The meeting was attended by Secretary, Health & Medical Education; Managing Director, ABDM; Principals of Government Medical Colleges; Director Coordination (Medical Colleges) and other senior officers of the Department.

Taking stock of the ongoing initiatives under ABDM, the Chief Secretary underscored the urgency of linking patient health records with ABHA (Ayushman Bharat Health Account) IDs, emphasizing that no stone should be left unturned to complete this vital digital transition without any further delay. He called for interlinking of Sehat, ABDM and HMIS portals, to create a unified digital ecosystem that empowers the patients, healthcare professionals and institutions to access and share data effortlessly through a single platform.

Dulloo stressed that continuous updating of patient health records must be ensured so that individuals need not carry paper records when visiting any hospital or doctor. He called for universal implementation of the Scan and Share facility across all health institutions. He directed the department to rationalize manpower, especially for data entry tasks critical to success of the HMIS module.

In a significant push towards improving accountability and data in-



tegrity, the Chief Secretary instructed the department to expedite the Health Professional Registry (HPR) and take strict measures against professionals delaying compliance. He also advised for seeking technical support from BISAG-N to professionally and swiftly conclude digitization targets under the ABDM framework.

During the meeting, Secretary H&ME, Dr. Shah, briefed about the steps already taken to accelerate digital transformation. He highlighted the Department's success in initiating the HPR, digitizing patient health records, integrating radio diagnostic reports with ABHA IDs and rolling out the Scan and Share facility in numerous health institutions.

He reaffirmed the Department's commitment towards ensuring full saturation of these initiatives within a defined timeline. He delineated the strategies that are going to accomplish the mission satisfactorily across all the healthcare facilities in J&K.

Adding to the deliberations, MD ABDM, Anant Dwivedi, outlined the mission's three core pillars including ABHA ID, Health Professional Registry (HPR) and the Health Facility Registry (HFR). He informed that J&K

has made notable strides in all these domains.

As per the latest figures, it was informed that 94.49 lakh ABHA IDs have been created, covering 69.7% of the target population. It was further revealed that 100% registration of all 3,607 public health facilities (HFR) has been completed besides 87% registration of public doctors (6,713 out of 7,730) and 100% registration of public nurses (5,149) has been achieved.

Moreover, 20.58 lakh digital health records have been linked with ABHA IDs, with 1.44 lakh new records added since May. Additionally, 104 out of 105 health facilities are now actively using the HMIS (JK-e Sahaj) portal. Notably, 71.16 lakh Scan and Share tokens have been generated so far, as was informed in this meeting.

These milestones reflect the UT's firm commitment towards harnessing technology for better healthcare delivery.

The Chief Secretary lauded the department for the progress and stressed on sustaining momentum to ensure full digital inclusion of all citizens in the futuristic health ecosystem in the days to come.

Union Joint Secretary reviews Baramulla district's progress under NITI Aayog's ADP

JAMMU RISING
JAMMU, JULY 14

Union Joint Secretary, Department of Agriculture and Farmers Welfare and Central Prabhari Officer for NITI Aayog's Aspirational Districts Programme, Ajeet Kumar Sahu, today chaired a meeting to review district's progress under various indicators of NITI Aayog's Aspirational District Programme (ADP).

The meeting was attended by the Deputy Commissioner (DC) Baramulla, Minga Sherpa, Joint Director Planning, Principal GMC, ACD, CMO and officers from various line departments.

The Union Joint Secretary was informed that the district has made remarkable progress in its Delta Ranking, issued by NITI Aayog and has improved significantly, moving from the 108th position to 35th out of 112 districts, achieving a composite score of 61.3.

Apprising the JS of key health indicators, the DC stated that the district has achieved 100% saturation in major areas, including nutrition support for pregnant women, full child immunization, institutional deliveries and major reduction in infant and maternal mortality rates, reduction in TB cases and effective implementation of Poshan Abhiyan in combating malnutrition.

Further, the Central Prabhari Officer was informed that the education sector has seen marked improvement with increased student enrolment, 18 Model



Academic Schools and Lab Schools in each of the educational zone, increase in Atal Tinkering Labs from 2 to 42, consistent pedagogical teacher trainings and sanitary facilities like incinerators and vending machines.

Meanwhile, the Union Joint Secretary took a comprehensive review of the district under Agriculture and Financial Inclusion, Skill Development and Infrastructure.

The Union Joint Secretary also conducted a comprehensive review of the progress on projects undertaken under the ADP, along with key centrally and state-sponsored schemes such as PMSBY, PMJBY, PM-JDY, PM-APY, PM-MUDRA and HADP.

Speaking during the meeting, Ajeet Kumar Sahu directed the Health Department officials to carry out comprehensive research to identify the root causes of TB in the district and take targeted measures to eliminate them.

Addressing the issue of low uptake of KCC loans by the farmers, the Cen-

tral Prabhari Officer directed the concerned department to constitute a team to thoroughly examine the reasons behind the poor response and suggest measures to improve participation in the scheme.

Meanwhile, the Union Joint Secretary instructed the concerned department to carry out thorough soil testing across agricultural lands in the district. He asked to ensure that farmers are clearly informed about the findings, particularly any nutrient deficiencies and provide them with tailored recommendations on the types of fertilizers and soil health measures needed to enhance the productivity and sustainability.

Earlier, Deputy Commissioner, Minga Sherpa presented a comprehensive overview of the district's performance under 5 key indicators of the ADP, including Health and Nutrition, Education, Agriculture and Water Resources, Financial Inclusion and Skill Development besides Infrastructure.

JMC Commissioner reviews cleanliness scenario to ensure comfortable stay of Pilgrims in Jammu city

JAMMU RISING
JAMMU, JULY 14

Commissioner Jammu Municipal Corporation (JMC) Dr. Devansh Yadav today took stock of cleanliness in different parts of Jammu city including the Municipal wards where lodgements centres have been established for Shri Amarnath Ji Yatra pilgrims.

The JMC Commissioner visited Bhagwati Nagar Yatri Niwas, Vikram Chowk, Jewel, Kacchi Chowni, Parade Area, Karan Nagar, Amphalla, Rehari and Narwal and other areas witnessing huge footfall of pilgrims.

Dr. Yadav took stock of the sanitation operations and interacted with the staff and officials deployed at these locations. He checked the condition of streets, public areas and waste management facilities. He also reviewed the attendance of sanitation workers across different wards and expressed displeasure over the absence of some staff members. He directed the Health Officer to take strict disciplinary action against the absentee employees to ensure that no lapses occur in maintaining cleanliness.



The Commissioner also examined the deployment of vehicles, waste collection points, and treatment facilities, and instructed the teams to remain vigilant and responsive, especially at sensitive and crowded spots. He emphasized that maintaining a clean, hygienic and welcoming environment for pilgrims and residents is the top priority for the Jammu Municipal Corporation.

The proactive approach by the JMC leadership is part of a larger mission to project Jammu as a clean, organized

and hospitable city in line with the spirit of the Clean Jammu, Green Jammu campaign and the expectations of thousands of pilgrims visiting the city each day.

He was accompanied by Joint Commissioner, Health & Sanitation, Abdul Star, Health Officer, Dr. Vinod Sharma, Chief Transport Officer Zone I, Talat Mahmood Khan, Chief Transport Officer Zone II, S. Dharamveer Singh and other officers from the Health and Sanitation wings accompanied the Commissioner during the tour.

Horticulture Department launches fruit plantation drive in Akhnoor Zone

JAMMU RISING
JAMMU, JULY 14

The Horticulture Department today kick-started monsoon Plantation Drive in Zone Akhnoor. The drive took off with the ceremonial planting of a fruit sapling by Chief Horticulture Officer Jammu Rakesh Kotwal at Village Gandharwan of block Akhnoor. The initiative marks a significant step toward sustainable horticultural development and aims to boost fruit cultivation in the region's rainfed and sub-tropical areas.

District level subject Matter Specialist Rakesh Bhagat, Horticulture Development Officer (HDO) Akhnoor Virender Kumar and HDO Khour Amit Saraf were also present. The event drew enthusiastic participation from local farmers and community members, reflecting a growing awareness and interest in horticulture-based livelihood opportunities.

After the plantation drive, Kotwal addressed the farmers, sensitizing them about various Central and UT Government Sponsored Schemes being implemented by the Horticulture Department. He highlighted flagship initiatives such as the Holistic Agriculture Development Programme (HADP) and the Mission for Inte-



grated Development of Horticulture (MIDH). These schemes, he explained, are specifically designed to provide financial assistance, technical know-how and market linkage support to orchardists and aspiring horticulturists.

Emphasizing the importance of adopting scientific and modern horticultural practices, Kotwal encouraged farmers in the rainfed and sub-tropical belts of Akhnoor to switch to improved cultivation techniques for fruit crops like guava, mango, citrus, and aonla—crops well-suited to local agro-climatic conditions. He called upon the farming community to ac-

tively participate in these developmental schemes to enhance productivity and profitability.

DLSMS Jammu, HDO Akhnoor and HDO Khour, also engaged with the farmers during the event, addressing their queries and providing guidance on best practices in orchard management, pest control strategies and soil health improvement measures.

The event concluded with a shared commitment from both the department and the local farming community to work collaboratively toward promoting horticulture as a sustainable and economically viable means of livelihood in the region.

Kishtwar admin rolls out action plan for effective implementation of NTCP

JAMMU RISING
JAMMU, JULY 14

Deputy Commissioner (DC) Pankaj Kumar Sharma today presided over a Workshop cum District Level Coordination Committee (DLCC) Review Meeting to assess the implementation of National Tobacco Control Program (NTCP) in the district.

At the outset, Chief Medical Officer Dr. Rajinder Kumar highlighted the anti-tobacco measures launched in the district. He also discussed key components of the NTCP, including the prohibition of smoking in public places, the ban on the sale of tobacco products within a 100-yard radius of educational institutions and the restriction on both direct and indirect advertising of tobacco products.

The meeting deliberated on the need for concerted efforts, incorporating a comprehensive set of activities such as conducting Information, Education, and Communication (IEC) campaigns

in schools and communities, declaring educational institutions as Tobacco-Free Educational Institutions (ToFEI), designating at least 40 villages as Tobacco-Free Villages by the next quarterly review and conducting aggressive enforcement drives to ensure compliance with tobacco control regulations.

The DC called for adopting all laid down procedures and guidelines in implementing the NTCP in the district. He directed the Chief Education Officer to ensure that all educational institutions register on the ToFEI application and update the required 10-point Tobacco-Free attributes.

He also called for random inspection by the police, civil administration, and officers designated under the Cigarettes and Other Tobacco Products Act (COTPA), 2003.

The Block Development Officers were asked to educate all stakeholders and strengthen community-based ef-

forts in combating tobacco use. It was also decided to designate a Nodal Officer in all offices and institutions to ensure the smooth implementation of anti-tobacco measures.

A power presentation was given by Divisional Coordinator NTCP Shiveta Raina, underling the enforcement benchmarks of the COTPA 2003, including 85% above score in declaration of Tobacco free Educational Institutions via ToFEI application.

The session also included detailed discussions on the provisions of the Cigarettes and Other Tobacco Products Act (COTPA), 2003, particularly sections 4, 5, 6 and 7, which focus on restrictions on smoking in public places, the sale and advertisement of tobacco products, and enforcement measures. The police and other designated authorities were directed to conduct enforcement drives at regular intervals to strengthen anti-tobacco measures across the district.



August and a Bhajan Sandhya will be organized on 4th August, attracting large numbers of devotees and creating a spiritually uplifting atmosphere.

Speaking on the occasion, the Deputy Commissioner extended greetings to the devotees and emphasized the importance of the Shrawan month in Hindu tradition. She lauded the efforts of the Shri Shiv Khori Shrine Board, the Department of Tourism and the district administration for making elaborate arrangements to ensure the smooth conduct of the Mahotsav and the safety and convenience of pilgrims.

The DC further highlighted the role

of the Mahotsav in promoting religious tourism and enriching the cultural heritage of the district. She emphasized that the district administration has made elaborate arrangements for clean drinking water and power supply, medical aid and fire safety to ensure the smooth conduct of the religious festival. A large number of devotees from different parts of Jammu and Kashmir and neighboring states participated in the event. ADC Rakesh Kumar, Tehsildar Pouni Sahil Randhawa, Manager (SSKSB) Tersam Lal Sharma, Executive Engineer PHE, AD Tourism and other officials were also present.