





## Schools closed in Ramban amid heavy rainfall

of heavy rainfall and overflowing of nallahs or mudslides at several locations. Orders to be issued separately." Meanwhile, due to heavy rains in the region, the Salal power station opened dam gates to release the water. The Jammu-Srinagar national highway was blocked for traffic movement on Wednesday due to landslides from hilltops at several places. The Jammu and Kashmir traffic police tweeted, "Jammu-Srinagar NHW blocked due to shooting stones/ landslides at several places, also Mughal road blocked due to landslide at Poshana and SSG road blocked at Chini nalla due to landslide." Following heavy rainfall on Tuesday, the Jammu-Srinagar highway was blocked due to the continuous shooting of stones at Panthyal. In an advisory, the traffic police said, "Due to heavy rainfall on the whole NH-44 and shooting stones at Panthyal and other locations approx. 3000 vehicles both HMTVs and LMTVs are stranded on the NHW. Tomorrow on 22-06-2022, no fresh vehicle shall be allowed from either side i.e from Jammu towards Srinagar and vice-versa. If weather permitted only stranded vehicles will be allowed to move to their destinations subject to traffic-worthy road conditions." For vehicular movement on SSG Road, the traffic police said, "Subject to fair weather and good road condition, vehicular movement on Srinagar-Sonamarg-Gimari road shall be allowed from both side--Srinagar towards Kargil and vice-versa. LMTVs will be released from Minamarg and Sonamarg from 5 a.m. up to 5 p.m. and HMTVs will be released from Minamarg towards Srinagar at 7 a.m. up to 11.30 a.m. and from Sonamarg towards Kargil at 1 p.m. up to 6 p.m. No vehicle shall be allowed between 6 p.m. and 5 a.m." "The Jammu and Kashmir traffic police advised people not to travel on the highway without confirming the status of the road from traffic checking units. Mughal road was closed due to a landslide at Poshana. "Commuters are advised not to travel on Mughal road without confirming the status of road from TCU Jammu/Srinagar," the advisory added.

## Lt Governor Inaugurates First-Ever National Rowing Championship in J&K

UT of J&K. This National Rowing Championship will provide a unique opportunity for young sportspersons from all over the country to display sporting excellence and share the camaraderie and sportsmanship," observed the Lt Governor.

Under the guidance of Hon'ble Prime Minister Shri Narendra Modi, India's golden sporting era has truly begun. Hon'ble PM has fuelled the athlete's individual aspirations with the hopes and dreams of 130 crore countrymen, the Lt Governor said.

Initiative like Target Olympic Podium Scheme (TOPS) and Khelo India has given wings to the young generation. It has given the perfect opportunity to the players to target Olympic medals, the Lt Governor said.

Lauding the leadership of Hon'ble Prime Minister for establishing a vibrant sports culture across the country, the Lt Governor said that in last two years, UT Government has paid special attention on developing sports infrastructure and providing sports facilities to youngsters in rural areas. Our aim is to harness the talent, nurture it and provide the best training and exposure, he further added.

The Lt Governor observed that Sports institutions were established in blocks, districts and divisions to channelize the unlimited energy and potential of our youngsters.

'Earlier, one lakh players used to get the opportunity to play in a year. Last year the number increased to 17 lakh and this year 35 lakh players are expected to participate in different disciplines of sports across the UT. In order to ensure equal opportunity, 50% participation of girls is being ensured in the talent development program. We are treating the entire process as a movement to groom the future generation,' he further added.

The Lt Governor said the Nehru Park's Water Sports Center, inaugurated last year, is equipped with world class infrastructure for kayaking, canoeing and rowing. He urged sportspersons to take advantage of the world class infrastructure with a focus on medals in the international arena.

'Every day around 400 children including girls are being imparted specialized training through this Water Sports Center. In the last three years, our players have won 100 medals in national level competitions in kayaking and canoeing and many players have also represented the country in international tournaments', the Lt Governor added.

A water sports center like Srinagar is also being built in Basohli in Jammu division, which will be equipped with state-of-the-art infrastructure and facilities.

No one else will decide your success or failure. You are the master of your own fate. Move forward and be the leader of tomorrow, Lt Governor told the participants.

Ms Rajlaxmi Singh, President Rowing Federation of India while speaking on the occasion extended gratitude to Lt Governor for his support in organising the National Rowing Championships-2022 in J&K. She said that the region has immense talent pool in the field of sports with many sports persons are making their mark at the international level. Dal Lake has the potential to host international level water sports events, she added.

Motivating the participants, Ms Singh said that Rowing rewards patience, humility and hunger to succeed and asked them to give their best during the championship.

Sh S.A. Watali, Organizing Secretary, delivered the welcome address.

On the occasion, Oath was also administered to the participants to abide by the spirit of the game.

The teams will compete in different categories in the course specially made for the championship in Dal Lake.

Sh Dilbag Singh, DGP; Sh. SJM Gillani, ADGP Armed; Sh Alok Kumar, Principal Secretary Youth Services and Sports; Sh Pandurang K Pole, Divisional Commissioner Kashmir; Sh Vijay Kumar, IGP Kashmir; Sh MV Sriram Secretary General RFI; Ms. Nuzhat Gul, Secretary, J&K Sports Council; Arjuna & Dronacharya Awardees, Olympians, coaches, participants from across the country, technical officials, Officers of RFI besides others were present on the occasion

.ACB Files Chargesheet Against R&B Official, Others for 'Causing Loss To State Exchequer'

various furniture/furnishing items for MLA Hostel Kup-

wara, without obtaining Administrative Approval from the competent authorities and without advertising the same in print/ electronic media beside this the tendering process was also fabricated by preparing fake & forged quotations of purported participating Quotationers to show the fake competition in order to favour the accused supplier MS Wani Furnishing House represented by Latief Ahmad Ganie", reads the statement.

"Investigations conducted further revealed that all the other participants fraudulently shown to have participated in the tendering process had denied that they ever participated in the tendering process and the documents prepared by the officials are fake/forged to facilitate the issuance of supply order in favour of the supplier. It was also found that the said accused Executive Engineer by abusing his official position under a well knit conspiracy with other officials & the accused supplier Latief Ahmad Ganie arbitrarily fixed the rate of Furnishing / furniture items without conducting any market survey and fixed the contract for supply of said item in favour of the accused blue eyed supplier. Vide supply order No. 80/AG of 09/2009 on highly exorbitant rates without obtaining Administrative Approval and also affected purchases in favour of the supplier at exorbitant rates", it reads.

"The investigation conducted by ACB has proved that the accused officials in their capacity as public servants have abused their official positions by entering into conspiracy with the supplier and under a well knit conspiracy have resorted to manipulation/forgery of tendering records and purchased the furniture items on huge exorbitant rates thereby illegally /fraudulently giving undue pecuniary benefits to accused supplier and causing loss to state exchequer."

The chargesheet, as per the statement was presented against Mohammad Shafi Bhat, the then Executive Engineer, Mohammad Sultan Sheikh, the then Executive Engineer, Abdul Gani Bhat, the then Head Draftsman, Noor Mohammad Ganai, the then camp clerk of R&B Division Kupwara and Abdul Latief Ganai (Supplier) S/o Abdul Hamid R/o Kalaroos Kupwara accused beneficiary for commission of offences under various sections of IPC/PC Act svt 2006 before Hon'ble Anti Corruption Court Baramulla and the ext date of hearing has been fixed on 09-08-2022.

## CS chairs 7th UT-Level Bankers' Committee meeting

be to help improve employment generation at an aggregate level, but not simply help one individual. This would presuppose seamless coordination between government departments and banks and improved quality of sponsorship, appraisal and units established," Dr Mehta observed. Earlier in his welcome address MD & CEO J&K Bank (Convenor J&K UTLBC) Baldev Prakash assured J&K Government that banks operating in J&K will extend all possible support for implementing the programmes and schemes aimed at entrepreneurial development, employment generation and poverty alleviation in Union Territory of Jammu & Kashmir.

The Chief Secretary exhorted upon banks operating in the UT to ensure all school going children in the UT have a bank account.

While appreciating banks for 100% coverage of the un-banked villages by opening of banking touch points under National Strategy for Financial Inclusion Programme, he urged upon the banks to cover remaining 3 villages under roadmap of opening banking outlets in villages having population over 5000, by the end of June 2022.

He directed IT department, J&K Government to come up with a portal having information about all employment generation schemes and make it convenient for unemployed youth and budding entrepreneurs to make an informed choice regarding the facility he/she can avail.

He called upon the banks to show empathy towards the unemployed youth by guiding them towards the path of prosperity and self-sufficiency through various credit dispensation schemes tailored to their entrepreneurial aspirations and unique circumstances.

"With large-scale development and investment that UT is going to witness in coming years due to roll out of new industrial policy, we are expecting economy to double in next five years. In achieving this goalbanks have a huge role to play," he said

Financial literacy in real terms is bringing more people under the ambit of banking. "Banks should work in tandem with education department to make sure all school going children have bank account which is real measure of success of financial literacy and financial Inclusion."

He impressed upon the need for robust mobile banking system in the UT while reiterating the need for scaling up the figures under Priority Sector lending and showing empathy for the last man in economic pyramid of the society.

Despite pressing need, he said, there has not been significant uptick in Priority Sector Lending. "We have been emphasizing on more coverage under Priority Sector Lending but things aren't improving on the ground. Ticket size and numbers need to go up so that sustainable employment generating units are set up," he said.

"A suitable IT enabled system must be put in place for bringing about real change through government sponsored schemes and the sponsoring agencies and banks should exercise due diligence viz a-viz quality of sponsorship, appraisals and sustainability of units. The three things should converge to showcase transparency in the process. A portal with details of all credit schemes, sponsoring departments & Banks should come up soon which will help all concerned to keep a track on the entire journey of applications under Government Sponsored Schemes. It will make job of aspiring entrepreneurs to avail the facilities that much easier and rejections on flimsy grounds will come down."

He urged for increasing the credit off take under Mission Youth and said , "I am of the belief that Mission Youth Schemes are the most attractive schemes in the entire country and large number of youth need to be covered under the scheme."

He also directed Banks to leverage the big potential in High Density Apple and other fruit plantation by devising the tailor made scheme which should be enterprise driven rather than government driven. While expressing dismay over low CD ratio of Jammu district, he urged upon the lending institutions to increase their credit dispensation so as to achieve CD ratio of at least 60 % across all the districts in the UT.

Earlier General Manager J&K Bank, Syed Rais Maqbool while making presentation on the financial achieve-

ments of various banks in different sectors during the Financial year 2021-22 informed that banks in J&K have achieved 82% of the Target under Annual Credit Plan by disbursing credit of Rs.36,758.34 Crore to 12,53,654 beneficiaries. Agriculture and MSME sectors have performed well in the priority sector lending.

It was informed that against the Annual Target to cover 42, 658 beneficiaries during FY 2021-22 banks have sanctioned loans to the tune of Rs.1840.15 Crore to 53, 299 beneficiaries under six major employment generation schemes.

He informed that Rs.138.49 Crore have been disbursed to 2,081 beneficiaries under MUMKIN & Tejaswani schemes of Mission Youth upto June 10, 2022.

It was further informed that 35,634 KCCs (crop) and 32,552 KCC (AH) have been issued during financial year 2021-22 and near saturation has been achieved under the programme.

Against the quarterly target of holding 651 financial literacy camps, 807 financial literacy camps have been organized ending March 2022

He further said that the aggregate CD ratio in J&K has increased from 53.77% as on 31.03.2021 to 57.04% as on 31.03.2022.

Saying that the social security is at the heart of the welfare effort of the government, the Chief Secretary directed for increasing social awareness among the people with regard to the benefits of PMSBY, PMJJBY, PMJDY and APY schemes.

Dr. Mehta informed that J&K's performance under PM Svanidhi is amongst the best in the country and directed the banks to expedite disbursal of 2nd instalment under PM svanidhi to the eligible beneficiaries.

The Chief Secretary impressed upon the Banks to take advantage of the digitization of the land records which was a long pending demand of the lending institutions as an enabler for extending hassle free credit in UT of J&K.

## 40 Fresh Covid-19 Cases, 1 Death Reported In J&K

vision and three from Kashmir Valley. So far 449621 people have recovered, leaving the active case tally at 209— 131 in Jammu and 78 in Kashmir.

The officials said there was no new confirmed case of mucormycosis (black fungus) reported today. So far 51 black fungus cases have been confirmed in J&K, the officials said. They also informed that 5507 doses of covid-19 vaccine were administered during the time in J&K.

## Bureaucratic rule no substitute to popularly elected govt: NC

The Former Minister questioned the rational behind the scheme, envisaging recruitment for four years on contractual basis with compulsory retirement for three fourths of the recruits without gratuity or pension benefits. He said the youth have genuine apprehensions about their careers being jeopardized by such measures which raise questions and doubts in their minds.

He described such moves as desperate acts of diverting attention as the BJP government has failed in generating employment and providing 'two crores' of jobs every year promised in successive elections since 2014. He said that the best recourse available to the government is to roll-back the Agnipath Scheme in the larger interest of the nation and the youth.

He said that the condition of hospitals is deplorably unhygienic, replete with filth and dirt. Unfortunately the hospitals generally lack adequate facilities for the patients, who even do not get free medicines.

He added that there is acute paucity of infrastructure and shortage of teaching faculty in Govt Colleges and Schools. In this behalf no one cares even when the study of students has already hit hard due to Covid 19 pandemic in last two years. He urged the LG Administration to pay close attention in the Health and Education sector to improve infrastructure, health care as well as academic growth of students.

Addressing gathering here today, Chander Mohan Sharma reiterated the party's demand for restoration of full statehood to Jammu & Kashmir before the announcement of assembly elections. "J&K has suffered a lot since the abrogation of state status as in the absence of popular govt people are feeling suffocated due to their continuous neglect on all fronts," he added.

Now, they want to get rid of bureaucratic rule and waiting for the popularly elected government," he further said. He maintained that bureaucratic rule is no substitute for the popularly elected government.

Addressing people, Dr. Vikas Sharma Coordinator Jammu District Urban and Zonal Secretary, said that eversince BJP took over the reign into its hand, besides general public, majority of youth have totally been broken and gone into a state of desperation due to anti youth policies of the present government. He urged young generation to strengthen the hands of National Conference enabling it to redouble its efforts to get the status of Jammu and Kashmir statehood restored.

BD Dalhotra also addressing the gathering, said NC has a legacy of serving the poor and weaker sections of the society which was started by Sher-e-Kashmir Sheikh Mohammad Abdullah. He said NC has many achievements in its kitty and urged upon the party cadres to narrate them to the young generation so that they may come to know what NC has did for them in the past.

Dozens of youth today joined the National Conference under the leadership of Dr Vikas Sharma and in the presence of Zonal President and District President.

The others who spoke on the occasion include Dr. Vikas Sharma, R.K Chanayal, S.Nirmal Singh, Adv Aslam Choudhary, S.Surjit Singh Sasan and TR Mandi.

Other prominent present on the occasion include Sandesh Shan, Som raj taroch, Satpaul Shabotra, Surjeet Kumar, Bahadur lal, Adv Ravi, Dr Sushil, Baldev Raj and others

## Senior IAS officer in JK says 'cyber criminal' using his details to defraud colleagues, friends

It has advised people not to reply to messages received from unknown WhatsApp number and not to transfer money or purchase online gift vouchers. It also asked people not to share banking details and, install any remote access app and click on any suspicious link.

Cyber criminals have recently used a photo of the

Chandigarh Police chief to seek "Amazon gift cards" from his friends.

According to sources, some other senior officials in the Jammu and Kashmir administration have also been targeted by the cyber criminals in a bid to extract money by hacking into bank accounts.

## Snow, rains cause flash floods in J&K

have lashed Jammu and Kashmir over the past 24 hours causing flash floods that have washed away culverts and roads across the union territory.

Parts of the Valley also received snowfall including at the Baltal Base Camp near Amarnath cave, Kausarnag in Kulgam, Gurez in Bandipora district causing hardship to people living in these regions.

In view of the inclement weather and continuous rain that may cause floods, the district administrations in have established helplines for any kind of emergency arising.

Schools in various Kashmir districts have been shut from primary to higher classes for the day.

Srinagar and its adjoining areas received heavy rain in the past 24 hours since Tuesday inundating many low lying areas and roads causing trouble to commuters.

It was also the coldest day on Tuesday here in the month of June in the past 48-years, an independent Kashmir weather observatory said.

Meteorological department has forecast light to moderate rain to continue till Wednesday forenoon. From Thursday onward there is no major rainfall forecast for the next one week.Srinagar received 57.8mm of rainfall in 24 hours till 8.30 am Wednesday, Qazigund (75.2), Pahlgam (46), Kukurag (45.2), Kupwara (34.8) and Gulmarg (69.6).

There was snowfall at the Baltal base camp for Amarnath, besides Kausarnag, Gurez Valley and Pir Panjal range on Wednesday causing steep dip in mercury.

Continuous moderate to heavy rains since past few days caused landslide, flash floods at many places in the hills. A road stretch at Heffbride in Achan Pulwama washed away in flash flood. A foot bridge connecting Alyalpora to Nagbal in Shopian district of south Kashmir was also washed away.

In Kashmir, district authorities advised people not to venture close to water bodies. They have also been advised against going for any kind of work near 'nallas' or drains along the slopes.

## Section of Jammu-Srinagar NH washed away after heavy rains trigger flash floods

highway in Ramban and Udhampur districts, they said. The highway was closed for traffic due to shooting stones at Panthiyal on Tuesday. Work is on to clear the highway, the officials said.

The situation at Battery Cheshma on the highway is bad as a lot of mud is to be cleared to ensure that heavy vehicles trapped in it are cleared, they said.

The road connecting Khari to Mahoo and Khari to Nachlana blocked due to mudslide and shooting stones and part of the road sank at Hirnihaal, they said, adding the people are again advised not to venture out. According to some reports, over 1,000 vehicles are stranded at various places along the highway.

As highway continues to be closed for traffic, stranded passengers were provided with food and medical facilities, they said. It is still raining in Ramsoo-Ramban sector as of now, the officials said.

The Mughal Road is blocked due to landslides at Poshana while the SSG road is blocked at Chini nallah and efforts are on to clear them, they said.

However, heavy rains are hindering the cleaning operation, the officials said. (Agencies)

## Afghanistan earthquake kills at least 1,000 people: official

Footage from Paktika Province showed people being carried into helicopters to be airlifted from the area. Others were treated on the ground. One resident could be seen receiving IV fluids while sitting in a plastic chair outside the rubble of his home and still more were sprawled on gurneys. Other images showed residents picking through clay bricks and other rubble from destroyed stone houses.

Afghan emergency official Sharafuddin Muslim gave the death toll in a news conference on June 22. Earlier, the director-general of state-run Bakhtar news agency, Abdul Wahid Rayan, wrote on Twitter that 90 houses have been destroyed in Paktika and dozens of people are believed trapped under the rubble.

Bilal Karimi, a deputy spokesman for the Taliban Government, gave no specific death toll but wrote on Twitter that hundreds of people were killed and injured in the earthquake, which shook four districts in Paktika.

"We urge all aid agencies to send teams to the area immediately to prevent further catastrophe," he wrote.

In just one district of the neighbouring Khost Province, the earthquake killed at least 25 people and injured over 95 others, local officials said.

In Kabul, Prime Minister Mohammad Hassan Akhund convened an emergency meeting at the presidential palace to coordinate the relief effort for victims in Paktika and Khost.

The "response is on its way", the U.N. Resident Coordinator in Afghanistan, Ramiz Alakbarov, wrote on Twitter.

Some remote areas of Pakistan saw reports of damage to homes near the Afghan border, but it wasn't immediately clear if that was due to rain or the earthquake, said Taimoor Khan, a disaster management spokesperson in the area.

Pakistan's Prime Minister Shahbaz Sharif in a statement offered his condolences over the earthquake, saying his nation will provide help to the Afghan people.

The European seismological agency, EMSC, said the earthquake's tremors were felt over 500 kilometres (310 miles) by 119 million people across Afghanistan, Pakistan and India.

Mountainous Afghanistan and the larger region of South Asia along the Hindu Kush mountains has long been vulnerable to devastating earthquakes.

In 2015, a major earthquake that struck the country's northeast killed over 200 people in Afghanistan and neighbouring northern Pakistan. A 6.1-magnitude earthquake in 2002 killed about 1,000 people in northern Afghanistan. And in 1998, another earthquake of the same strength and subsequent tremors in Afghanistan's remote northeast killed at least 4,500 people.



## Union Govt felicitates State Surveillance Unit Jammu for commendable job during Covid 19 Pandemic

JAMMU RISING  
JAMMU, JUNE 22

Union Ministry of Health and Family Welfare, organized IDSP National Review Meeting on 21st -22nd June at New Delhi. Rajesh Bhushan, Union Secretary Health and Family Welfare chaired the meeting where all State Surveillance Units of the country were reviewed. The performance of State Surveillance Unit Jammu was highly appreciated for its contribution in Covid - 19 pandemic management and Integrated Health Information Platform (IHIP) implementation. IHIP portal is a newly launched portal by the Union Government for recording 33 diseases of public health concern. This portal provides real time data of the IDSP, where change in trends of the diseases raises an alert for Early Warning Signals.



Department of Health in Jammu Division has achieved remarkable improvement and DG Family Welfare/ Director Health Services Jammu Dr. Saleem ur Rehman congratulated the Staff of State as well as District Surveillance Units, Chief Medical Officers,

District Health Officers, Block Medical Officers, all medicos working in the field, Paramedical Staff, FMPHWs and ASHA workers, with special mention of previous State Surveillance Officers Dr. ADS Manhas and Dr. Deepak Kapoor for their contribu-

tion in Covid-19 management.

The meeting was attended by Dr Harjeet Rai State Surveillance Officer Jammu/Epidemiologist along with Shalini Sudan, State Data Manager and Anushika State Finance Consultant IDSP.

## DC Udhampur conducts public outreach cum grievances redress camp at GHSS Rang

JAMMU RISING  
JAMMU, JUNE 22

To take the governance to the people's doorstep and to redress their grievances, Deputy Commissioner, Udhampur Krittika Jyotsna today conducted public outreach cum grievances redressal camp here at Government Higher Secondary School Rang of Block Parlidhar under the aegis of Weekly Block Diwas programme.

BDC Chairman, Parlidhar, Neelam Devi; DDC Councillor Ramnagar-1 Mool Raj; ADDC, Anu Behl; SDM, Ramnagar, Gopal Singh, Sarpanches, Panches and a large number of people from adjoining Panchayats of the Block attended the outreach camp and projected several issues and demands. They



demand maintenance of roads, meeting shortage of staff in RDD, Education and Health institutions, Providing additional accommodation in schools, appointment of BDO at Parlidhar, augmentation of drinking water supply, measures to curb Monkey menace in the area, Opening of Anganwadi centre, Construction of cremation Ghat shed, Blacktopping of the roads etc.

After listening to the issues and demands of the PRIs and general public of the area, the DC directed concerned officers to mitigate the sufferings of the people on priority basis.

Stating that the objective of holding such public grievance redressal camps was to get a close and direct insight into the problems being faced by the people of rural pockets for their early redressal, the DC also

made the people aware about various Government schemes. The DC directed the officers of different departments to organize awareness camps in their respective areas and to inform the general public about the government schemes so that they can avail maximum benefits. The DC also said the administration was keen to provide better infrastructure in rural areas.

## Coordination/ Orientation conference held at Ganderbal

JAMMU RISING  
JAMMU, JUNE 22

The National Disaster Management Authority (NDMA) in collaboration with J&K SEOC and SDMA today conducted Coordination cum Orientation conference ahead of Shri Amarnath Ji Yatra-2022 (SAJY) via Baltal axis at Conference Hall of Mini Secretariat, here.

The meeting was presided over by the Deputy Commissioner (DC) Ganderbal, Shyambir; Additional Deputy Commissioner Ganderbal, Farooq Ahmad Baba and Maj Gen. Dr. A.K Naik.

At the outset, a detailed presentation was given by Nodal officer SDMA regarding Disaster Management Plan and preparedness for SAJY-2022. He gave a brief overview on the vulnerability to Hazards including cloud bursts, heavy rain, landslides, earthquake, stampede, fire accidents besides response system, evacuation, shelters and common alert protocol.

Presentation was also given by a representative of IMD on forecast of weather updates as local climatic conditions change frequently and hourly.

Other departments including R&B, Jal Shakti, I&FC, Health, KPDCL, NDRF and other stakeholders also gave presentations regarding their preparedness for SAJY-2022 and con-



tingency plan to tackle any eventuality during the yatra.

During the meeting, thorough discussion was held regarding the preparedness of all stakeholders involved in the management of yatra and their efforts to improve preparedness and response mechanisms for various disasters.

While addressing the participants, the DC highlighted the role and responsibilities of the concerned stakeholders and stressed upon all to further improve preparedness and response mechanisms for various disasters during yatra. Dr. V K Naik highlighted the challenges during Yatra and how to manage major incidents. He stressed for well planning, better

coordination and better response among various participating agencies and urged upon all the officers to identify gaps, prepare objective tasks, challenges, resources, problem areas and remedial measures to be taken in case of any disaster.

The officers/officials were sensitized how to plan for efficient and effective disaster preparedness besides how to focus to manage emergencies and how to handle the situation during exigencies.

Among others the meeting was attended by Camp Directors, ASP Ganderbal, Feroz Yehya, CEO SDA, SDM Kangan and CMO besides other officers from civil, police, SDRF, NDRF and security agencies.

and monitor the situation closely.

District Administration has also established a Control Room at District Headquarter Kulgam for the general public to meet any eventuality during the rainy session with contact number 7006562910 - 01931-260380/260500 at DC Office.

## Around 4.5 lakh persons get treatment under Ayushman Bharat-PMJAY SEHAT scheme

JAMMU RISING

JAMMU, JUNE 22

Jammu and Kashmir Government has treated more than 4.5 lakh people across the UT for various ailments under the Ayushman Bharat- PMJAY SEHAT scheme and paid Rs 307 crore to the empanelled health institutions under the scheme.

Under this scheme, J&K Government has empanelled around 250 hospitals including private run health institutes to provide free treatment to the beneficiaries under the scheme.

As per the statistics, 68.18 percent (69.85 lakh) of the beneficiaries have been registered under the scheme; making 76.59 percent of the total families eligible for benefits under the SEHAT

scheme.

An official said that of the 69.85 lakh registered beneficiaries, 37.7 lakh people have been issued golden cards in Kashmir and 32.09 lakh in Jammu.

Government has employed all its resources at district level to register all population under the scheme for maximum benefit to the people who have struggled all the years to get treatment which was unaffordable to majority of them.

The Government has directed for 100 percent coverage of the scheme this year. Mass awareness campaigns have been launched by the administration through various mediums including TV, radio and print, as well as social me-

dia to aware maximum people about this scheme and improve overall health scenario of the UT.

State Health Agency Jammu and Kashmir(SHA-J&K) has initiated a door-to-door campaign to achieve the 100 percent target under the scheme. The administration has established facilities at various places to issue golden cards. Various departments have drawn a strategy to reach out to drivers, vendors, orphanages, and mandis and register them under the scheme. A special walk-in drive was also organised for shikara owners and their families.

The Government of India has selected the Sher-e-Kashmir Institute

of Medical Sciences (SKIMS), Soura as a starting point for the Ayushman Bharat Digital Mission Project (ABDM) in J&K, the rollout of which was approved by the Union Cabinet chaired by Prime Minister, Narendra Modi. Pertinently, Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) SEHAT scheme was launched in the year 2020 with an aim to extend health insurance coverage to all residents of Jammu and Kashmir UT.

It provides free of cost insurance cover to all the residents of the UT of J&K and also provides financial cover up to Rs.5 Lakh per family on a floater basis to all residents of the UT of J&K.

## DC Kathua inspects progress of ongoing works in Mahanpur; Inspects Government offices

JAMMU RISING

JAMMU, JUNE 22

Deputy Commissioner, Kathua Rahul Pandey today conducted inspection of different Government Offices in Mahanpur of Sub-Division Basohli.

The Deputy Commissioner was accompanied by ADC Basohli Tilak Raj Thapa; CPO Uttam Singh; Tehsildar Basohli, Tehsildar Mahanpur and other district & sectoral officers.

He inspected the recently completed Block office building, Higher Secondary School Mahanpur where work of digitization of Jamabandis was in progress. The Deputy Commissioner asked the revenue staff to ensure due care and



diligence in digitisation of land records and also directed the patwaris to adopt a people friendly approach so as to make public service delivery easy and accessi-

ble.

He also inspected ongoing construction work of Tehsil Office Complex Mahanpur being executed by JKPC.

The DC directed the staff to remain available to the public and solve their problems and grievances. He further asked to ensure the quality disposal of public grievances. While interacting with the revenue staff, the DC laid stress on clearing the pending mutation works within stipulated time besides directing them to organize regular camps in Patwar halqas to facilitate the public.

Later, the DC visited Niyali and inspected the ongoing Construction work of 108 Mtr. Span Double lane Motorable Bridge over nallah Behani, its approach road and upcoming Sports field near Govt. Higher Secondary School Mara Patti.

## DDC Budgam chairs 79th DLRC/ DCC meeting

JAMMU RISING

JAMMU, JUNE 22

The Chairman DLRC and District Development Commissioner (DDC) Budgam, Shahbaz Ahmed Mirza today chaired 79th District Level Review Committee/ District Consultative Committee (DLRC/DCC) meeting at Conference Hall, here.

Stressing on timely sanctioning of sponsored cases, the Chairman instructed that line departments shall take on board all concerned banks while accepting and sponsoring the cases for swift approval.

The chairman while observing the performances of the previous quarter emphasized that more push is required on the priority lending sector particularly for the key sectors of agriculture, horticulture, handicrafts, handloom and education. He also instructed all line departments to review and revisit rejected cases, so that these are re-sponsored if found viable. He emphasized that under performing banks shall take effective measures in enhancing the lending capital.



The chairman directed all concerned to ensure achieving cent percent financial inclusion, besides arranging mega awareness camps on financial literacy.

Lead District Manager Budgam, Farhat Manzoor presented the highlights of the performance of all the Banks of the District for Quarter ending March 2022. She informed the meeting that the district has recorded a CD ratio of 101.41 percent for Quarter ending March 2022 terming it a commendable performance. Pertinent to mention that the benchmark of CD Ratio as per the RBI guidelines is 60 percent.

Similarly, the Deposits have recorded a positive

growth of Rs 164.17 crores, from Rs.3533.96 cr (March 2021) to Rs.3698.13 cr (March 2022), while as the Advance figure have risen from Rs.3230.09 cr (March 2021) to Rs.3750.35 cr (March 2022) thus recording 4.65 percent and 16.13 percent growth respectively. She informed that they have disbursed Rs.1754.98 crores for quarter ending March 2022, out of which Rs.1126.97crores have been disbursed in priority sector against the annual target of Rs 1494.72 crores and Rs.628.00 crores in Non priority sector against the target of Rs.378.53 crores.

The meeting was further informed that all the

bank/branches and line departments that district Budgam have achieved 75.40 percent targets under priority sector for FY 2021-22 which is highest amongst all the districts of Kashmir Division. Moreover J & J&K Bank has achieved 143 percent of the said targets for the FY 2021-22 which is worthy of appreciation. Among others, ADDC Budgam, Dr Akramullah Tak; General Manager DIC, Mohammad Ashraf; Chief Planning Officer Budgam, Rafiq Ahmad; Assistant Manager RBI, DDM Nabard Cluster Head J&K Bank and heads of all the line departments and Block Development Officers were present on the occasion.

## DC Shopian visits various far flung areas of Keller

JAMMU RISING

JAMMU, JUNE 22

The Deputy Commissioner (DC), Shopian, Sachin Kumar Vaishya today undertook tour of various far-flung areas of Keller Tehsil of the district including Chowan, Batafojan and Zampathri to take stock of situation in view of incessant and heavy rainfall in the district and to assess ground situation in person.

During the visit, DC inspected road erosion at Batafojan and directed Tehsildar Keller to put men and machinery on job for completing the road erosion work at Batafojan Chowan

road damaged due to recent heavy rainfall to facilitate the people of the area.

He then visited Gorsli Nallah Zampathri and directed the Tehsildar Keller and other concerned executing agencies for construction of protection bund along Gorsli Nallah Zampathri, endangering the Gujar Basti Zampathri and shifting of Government Primary School Zampathri to a safer place.

The DC undertook a surprise inspection of various other roads and assessed traffic scenario along with availability of basic amenities of power and water availability and directed con-

cerned to keep vigil over the situation especially landslides over hilly terrain of the district and be prepared for mitigating any adverse impacts of weather situation.

Enroute, DC interacted with the people of Zampathri, Chowan and Batafojan who projected their demands and issues of public importance which include scarcity of potable drinking water, road connectivity and other developmental issues.

DC listened to their demands and issues patiently and assured redressal of their grievances within the shortest possible time for the well-being of the people of the area.

## DC Kulgam visits various areas; takes stock of situation arisen due to heavy rains

JAMMU RISING  
JAMMU, JUNE 22

In order to take first hand appraisal of the situation arisen due to heavy rains in the district, the Deputy Commissioner (DC) Kulgam, Dr.Bilal Mohi-Ud-Din Bhat today toured various areas of

Qaimoh, Brazloo, Chamgund, Ashthal, Pranhall and other areas in the district and took detailed stock of situation in these areas.

Meanwhile all the District and Sectoral officers were directed by the DC to remain stationed at their respective headquarters



## Secy ARI & Trainings review progress on development of online Mutual Medical Migration Portal



JAMMU RISING  
JAMMU, JUNE 22

Department of Administrative Reforms, Inspections and Trainings has taken a special initiative to bring relief for students who apply for mutual migration at different medical colleges located within the UT of Jammu & Kashmir by adopting online technology for the said purpose.

In this regard, a meeting was chaired by Secretary ARI & Trainings, Amit Sharma to review the progress on this initiative which was attended by Prin-

cipals of all Medical Colleges including Director SKIMS, Additional Secretary ARI Trainings and other officers.

During the meeting a presentation-cum-demo was made by NIC J&K team regarding the development of portal. The NIC team informed that the portal for filling online applications for mutual medical migrations is at the final stage of launch (beta testing).

During the meeting, lot of important issues were finalised wherein couple of important decisions were

taken to make the mutual migration of MBBS students completely online and user/mobile friendly.

Speaking during the meeting, the Secretary mentioned that the students clearing 1st Prof will seek NOCs from respective Medical Colleges and Universities online only without any human interface and the same shall happen in a time-bound manner. He added that after receiving the NOCs, the student will further apply on the portal for migration which shall be finally scrutinised by the

Committee of Administrative Department as per the criteria devised for the said purpose before the final decision can be conveyed online to the applicant Medicos.

Meanwhile, in an another meeting, the Secretary, ARI & Trainings reviewed status of major ongoing legal cases in the department.

The meeting was attended by Additional Secretary, General Managers of the Government Presses, Deputy Legal Remembrance of Law Department, ALO, Under Secretary and other officers of ARI & Trainings Department.

During the meeting it was decided to contest few important pending cases and remain proactive in addressing multiple issues pertaining to ongoing litigations.

The Secretary directed that there should be no delay in disposing off legal matters and any delay in same shall become personal responsibility of the defaulting officers.

## DDC Rajouri reviews implementation of home stay scheme



**JAMMU RISING**  
**JAMMU, JUNE 22**

District Development Commissioner Rajouri, Vikas Kundal chaired a meeting of the concerned officers to review the implementation of home-stay scheme under tourist village network initiative of Mission Youth in the district.

During the meeting, the AD Tourism, Ambika Bali said that 7 villages of Qila Darhal, Kandi, DKG,

Shadra Sharif, Panjnara, Plungher and Lah have been taken up under the scheme in the district.

The DDC said that the home-stay trend was gaining both ground and momentum across the globe and was making huge strides as a source of economic up-liftment and empowerment for the people.

DDC also asked the concerned officers to make sincere efforts to remove hindrances faced by the youth

in availing benefits under the scheme by coordinating and guiding them wherever required and extending personal intervention for their proper hand-holding.

Officers who attended the meeting included CPO, Mohammad Khurshid; ACP, Abdul Rashid Kohli; CAO, Sohan Singh; CHO, Madan Lal; AD Tourism, Ambika Bali; AD Planning, Mohd Rafi and other concerned officers.

OFFICE OF THE EXECUTIVE ENGINEER, REW POONCH,

TERM NOTICE INVITING TENDER

e-NIT No 103 of REW POONCH 2022-23, Dated 16-06-2022.

For & on behalf of the Lt. Governor of Jammu & Kashmir Union Territory, the Executive Engineer REW Division Poonch, as his representative invites tenders by e-tendering mode from approved and eligible contractors registered with J&K Union Territory Govt/CPWD/MES for the following work under:

S. No	Name of Work	Name of Division	Estimated Cost (Rs in lacs)	Cost of document (in Rs)	Earnest Money (in Rs)	Time Allowed for completion	Time and date of opening of tender	Class of Contractor*	Position of Funds
1	2	3	4	5	6	7	8	9	10
Work of Block Surankote									
1	Cleaning and Preservation of Drain at moh, Bagh Wali Naka Panchayat Surankote Upper Block Surankote under 14 FC for the year 2022-23	REW, Division Poonch	1.20	600	1200	20 Days	(1000 Hrs) on or after 04-07-2022 in the office of Executive Engineer REW Division Poonch	DEE	Available
2	Cleaning and Preservation of Drain at moh, Katarian nr. Masjid Panchayat Surankote Upper Block Surankote under 14 FC for the year 2022-23		1.20	600	1200	20 Days		DEE	
3	Cleaning and Preservation of Drain at moh, Shakian Panchayat Surankote Upper Block Surankote under 14 FC for the year 2022-23		0.70	600	1400	20 Days		DEE	
4	Cleaning and Preservation of Drain at Ward no 05 Panchayat Surankote Upper Block Surankote under 14 FC for the year 2022-23		0.70	600	1400	20 Days		DEE	
5	Maintenance and upgradation of burial Ground Ward no 03 Panchayat Surankote Upper Block Surankote under 14 FC for the year 2022-23		1.40	600	2800	20 Days		DEE	
6	Cleaning and Preservation of Drain at Nara Pani Panchayat Surankote Upper Block Surankote under 14 FC for the year 2022-23		0.70	600	1400	20 Days		DEE	
7	Maintenance and upgradation of burial Ground at moh Mirzian Panchayat Surankote Lower Block Surankote under 14 FC for the year 2022-23		1.70	600	1400	20 Days		DEE	
8	Maintenance and upgradation of Irrigation canal Sangla Lower Panchayat Sangla Lower Block Surankote under 14 FC for the year 2022-23		1.50	600	3000	20 Days		DEE	
9	Maintenance and upgradation of Graveyard Ward no 06 Panchayat Sangla Lower Block Surankote under 14 FC for the year 2022-23		1.60	600	3200	20 Days		DEE	
10	Maintenance and upgradation of Graveyard Ward no 04 Panchayat Sangla Lower Block Surankote under 14 FC for the year 2022-23		1.30	600	2600	20 Days		DEE	

NOTE: \*\*The Contractors registered with DDC, Poonch in reference to GOVT. Order No: 238-F of 2021, Dated 07-09-2021 can participate upto an amount of Rs 3.00 Lacs, in local Panchayat works.

Special Condition

1 After opening of the tender if the rates quoted by the lowest bidder are found to be high & value of work is more than the advertised cost, he/she is advised to negotiate his/her quoted rates with the department / offer his/her consent within five days after opening of the tenders, failing which the work shall be put to fresh tender.

2 In Pursuant to Finance Department of J&K Government order No. 238-F of 2021 Dated:- 07-09-2021 issued vide endorsement No. FD-Code/327/2021-22 Dated:- 07-09-2021. The Participation Rules shall be as under.

3 a) The participation in the tendering process of works up to an amount of Rs. 3.00 Lakhs is restricted to resident of concerned Panchayat only in 1<sup>st</sup> Call, the residence proof certificate & adjoining area certificate from Concerned BDO under his/her seal & signature with name mentioned & dispatch no. & date.

4 3. The lowest bidder shall have to provide the CDR within week's time for the issuance of allotment failing which he/she will be recommended for black listing.

5 4. The Uploaded Bank Receipt should have mention of e-NIT No. & date with S. No. and name of work on the front side. With tender documents cost/fee to be deposited in the Bank Branch directly with no other means of transaction accepted. The Original fee receipt & Bid Security documents are to be submitted in original in case of successful bidder. The bank slip enclosed should bear the date to that issued after issuance of the tender document

6 5. No tender document can be accepted displaying firm/company name without proprietor name against which the tender documents can be submitted.

7 6. After opening of Financial Bid, within 3 days, if the successful Bidder doesn't approach with the CDR, the 2<sup>nd</sup> Lowest bidder, shall be approached for the negotiation and allotment of work at rates quoted by L1.

8 7. The already defaulted contractors are not allowed to Participate in tendering process, for above work at Serial No. 3.

9 8. Subletting of allotted work is not allowed and will attract strict legal action, even cancellation of contract with imposition of costs and penalty etc, if any successful bidder is found involved in same at any stage.

## Women College Gandhinagar holds series of events to mark Int'l Yoga Day- 2022

JAMMU RISING  
JAMMU, JUNE 22

The NSS units of Padma Shri Padma Sachdev Government PG College for Women Gandhinagar commemorated the 8th International Yoga Day-2022 by organizing a series of events from June 19, 2022 to June 21, 2022 under the guidance of the College Principal Prof. Minu Mahajan and supervision of Prof. Mala Bhasin and Dr. Monika Hans.

A total of 98 volunteers participated in the various events. The celebration started with event-Poster making on June 19. Around 32 volunteers participated and showcased their creativity. Another event-Favourite Yoga Asana was organised on June 20, 2022 wherein 36 volunteers participated with great zeal. The three



day Programme concluded on June 21, 2022 in the College hostel with a Live Yoga session on the theme Yoga for Humanity. Komal Gupta, Yoga Instructor taught different Yoga asanas to 48 NSS volunteers and 171 NCC cadets

beneficial for Health, Harmony and Tranquility.

The motive of the three day Programme was to make students aware about the benefits of yoga and encourage them to make Yoga - an Integral part of their life.

Principal of the College, Prof. Minu Mahajan, applauded the volunteers for their participation and motivated them to be a part of such activities. She also appreciated the efforts of NSS PO's for organising the Programme.

## Block Diwas: Public Outreach Programme held at Mahanpur

JAMMU RISING  
JAMMU, JUNE 22

The Block Diwas proceedings were held today at PWD Guest House, Mahanpur, where District Development Council Kathua Chairperson, Mahan Singh and Deputy Commissioner Rahul Pandey listened to the grievances of the people.

The programme witnessed overwhelming response of the public from all walks of life. They highlighted their issues ranging from provisions of Basic Amenities like Drinking Water, Health, Education, road connectivity besides issues of shortage of staff in Schools and Health institutions and several specific issues.

The DDC Chairperson, in his address, laid emphasis on the equal role of PRIs, Administration and common people to achieve tangible results. He also called for collective efforts and coordination in devising the plans by taking all stakeholders on board to achieve the developmental aspirations of people.

The DC gave a patient hearing to the demands of the people and passed on the spot instructions to the concerned departments for time bound resolution of all the issues.

The DC said that Block Diwas initiative was aimed at reaching out to the people and listening to their grievances and redressing them in an efficient and coordinated manner. He stressed upon the officers to prioritise the grievances and redress



them in a time bound manner.

The DC also stressed on the need to make the field staff well versed with the rules and procedures. He also said that those blocks which are remotely located and not covered under the Block Diwas Schedule will also be covered in coming times.

The DC also stressed upon the PRI representatives and Officers of concerned departments to work in tandem to achieve desired development targets within a set timeline. He said that for better implementation of Jal Jeevan Mission, there was a need to work with Positive approach and proper planning by involving all

stakeholders.

The officers were asked to conduct a detailed audit of the staff and work out modalities for its rationalization to meet the shortage in different departments.

Meanwhile, the Department of Social Welfare and ICDS had set up stalls at the venue of Public Outreach Camp to inform the public about their schemes and programmes. A stall was also installed by the Department of Health to register beneficiaries under Ayushman Bharat Health Insurance Scheme.

Similarly, Block Diwas proceedings were also held at Billawar Sub division.

NOTE: No PRI member shall be allowed to take part in Tendering process

1	Date of Issue of Tender Notice	16-06-2022.
2	Period of downloading of bidding documents	From 16-06-2022 to 02-07-2022, 1855 Hrs
3	Bid submission Start Date	16-06-2022 from 1855 Hrs onwards
4	Bid Submission End Date	02-07-2022 up to 1855 Hrs
5	Date & time of opening of Technical Bids (Online) (in case of holiday, the bid shall be opened on next day)	04-07-2022 on or after 1000 Hrs in the Office of the Executive Engineer REW, Poonch
6	Date & time of opening of Financial Bids (Online) (Of only successful technical bidders)	To be notified after technical bid evaluation is completed

1. Bids must be accompanied with cost of Tender document in shape of bank receipt indicating the e-NIT No. & Name of work on the front side duly crediting to J&K Bank Account No. 0019040510000020 (J&K Bank Main Branch Poonch IFSC Code:- JAKA0BORDER) favouring Executive Engineer REW, Poonch uploading a original copy of receipt (Coloured copy). The date on the bank receipt must be after e-NIT publish date. Earnest money/Bid security in shape of CDR/FDR/BG pledged to Executive Engineer REW, Poonch The Bank Guarantee should be valid for 45 days beyond bid validity. The original instruments in respect of cost of documents, EMD and relevant documents of L1 be submitted to the Executive Engineer REW, Poonch at the time of allotment.

2. Bidders can resubmit/withdraw the bids as specified.

3. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids.

4. The earnest money shall be forfeited, If:-

5 a) Any bidder/tenderer withdraws his bid/tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.

6 b) Failure of Successful bidder to furnish the required performance security within specified time period issue of letter on intent.

7 c) In case contractor fails to execute the agreement within 28 days after fixation of contract.

DIP/J-3641/22 Dt: 22-06-2022

No :- XEN/REW/P/2090-97

Dated:-16-06-2022

Executive Engineer  
Rural Engineering Wing  
Poonch



# Ahead of Amarnath Ji Yatra: Traffic police city Jammu launches drive against wrongly parked vehicles

**JAMMU RISING**  
**JAMMU, JUNE 22**

Ahead of Amarnath ji Yatra, Traffic police city Jammu launches special drive to free the roads from wrongly parked vehicles in north city Jammu under directions from Sh Vivek Gupta IPS, DIG traffic Jammu range and Dr Koshal Sharma JKPS, SSP traffic police city Jammu.

The team comprised of Ms Farah Nishat DySP traffic city north along with DTI Bus stand Inspr Charanjeet Singh, DTI Residency road Inspr Rakesh Kumar, SO Ghandarv Chand and other traffic police officials.

Wrong parking Notice challans/ stickers were pasted on wrongly parked vehicles causing obstruction to free flow of traffic at Residency road, Indira chowk, BC road, JP chowk etc.

Moreover, members of business community and people residing were requested to park their vehicles at specified parking slots and don't cause obstruction to free flow of traffic on busy roads, which can results inconvenience to tourists/pilgrims and people living in the adjoining areas.

Today along with challaning, public was also made aware about the consequences of wrong parking ahead of annually Amarnath ji yatra.



Shopkeepers and people living in nearby localities were happy about this drive & thanked traffic Police and administration for carrying such drives.

# NSS unit of GDC Kilhotran organized awareness campaign on CYBER JAGROOKTA



**JAMMU RISING**  
**JAMMU, JUNE 22**

The IQAC of Government Degree College Kilhotran in collaboration with its NSS unit organized an awareness campaign on CYBER JAGROOKTA under the aegis of Azadi ka Amrit Mahotsav. The whole event was graced under the overall supervision and patronage of the college Principal Dr Javid Iqbal Zargar. The main invitee cum keynote speaker on the occasion was Sub Divisional Police Officer Gandoh, Sh S K Matoo, who in his detailed presentation demonstrated the various aspects of Online environment through PPT emphasizing mainly on various cyber crimes being done and how to cope up with this rising menace. He also advised the stu-

dents to remain alert while performing online transactions and highlighted the importance of online security in today's world owing to the various threats posed by hackers and vested interests in the virtual space. He cautioned the students to be very careful while using social media and urged them to make others aware of the online threats and safety measures. He stressed that as a citizen we must cooperate with the police to check all kinds of crime and to keep an eye on the antisocial elements. The resource person Sh S K Matoo in his detailed lecture informed that the cyber Jagrookta campaign is observed to spread awareness and to sensitize the public about the various crimes committed through different social media

platforms like facebook, whatsapp, instagram etc. In his detailed and knowledgeable lecture, he instructed the students about the ways and means of safeguarding themselves from concerns like cyber bullying, harassment, fake identity, and account hacking and other cyber crimes. He urged the participants to be careful and alert while using digital banking and other online plat forms to avoid falling into the trap of online fraud. An interactive question and answer session was also held between the resource person and the students in which numerous queries were cleared by the experts of the police department. The Principal Dr. Javid Iqbal in his address lauded the various initiatives of the Government regarding the cyber crime and welcomed the Police team led by SDPO Gandoh Sh S K Matoo who was also presented with a souvenir as a mark of welcome and respect. Dr Tanveer HUSSAIN, HOD cum Coordinator History and IQAC also emphasized about the judicious and proper use of electronic gadgets and motivated the students to channelize their time and energy in a positive and useful way. The Whole event was organized by the literary committee of the college under the convinirship of Prof Deepak Raj, HOD English.

# Shiv Sena seeks improvement in Amarnath, Machail Yatra routes

**JAMMU RISING**  
**JAMMU, JUNE 22**

Shiv Sena Jammu and Kashmir unit raised serious concern over dismal condition of Amarnath and Machail Yatra routes due to which pilgrims coming from various parts of the country as well as from abroad facing immense hardships. The Party also sought intervention of Lieutenant Governor Manoj Sinha to fix the aforesaid routes immediately.

Addressing press conference at Party's state office today, Manish Sahni, President J&K Shiv Sena said that only one week is left for the commencement of the Holy Amarnath Yatra, with the Jammu and Kashmir National Highway passing through Ramban district not fully ready and has been closed due to landslides occurring in place which is a matter of concern.

Sahni said that the administration should have completely repaired and secured the yatra routes including Amarnath and Machail Yatras. J&K National Highway near Ramban is still closed due to landslide due to light rain for the last one day, while the work of blacktopping of roads near Ramban and Chenani is also incomplete.

He mentioned that the Machail



Chandi Mata Yatra, which is located in Kishtwar district of Jammu region, in the village Machail of sub-division Paddar, is about 32 km road from Gulabgarh to Machail, is the biggest example of administrative apathy. He said that every year lakhs of pilgrims perform Machail Mata Yatra but the road contraction work which was started under PMGSY about a decade back has not been completed till date.

The Shiv Sena demanded that the Machail Yatra route, including the Jammu and Kashmir National High-

way, be immediately rectified and arrangements should be made for speedy resumption of traffic and safety of passengers in case of landslides on the highway.

Manish Sahni urged the Lt Governor to take serious note of closure of national highway and dismal condition of both of the Yatra routes so that pilgrims coming from various parts of the country will not face any inconvenience during their visit to J&K.

Among those who were present include Vikas Bakshi, Rakesh Gupta.

# GDC Women Kathua Organized its First Alumni Meet



**JAMMU RISING**  
**JAMMU, JUNE 22**

The Internal Quality Assurance Cell (IQAC) of Govt. Degree College for Women Kathua organized the 1st Alumni Meet on 21st June, 2022 as a step to strengthen the bond between Alumni and the college fraternity. The process of Alumni Meet had already started with the formal registration of alumni students. Dr Sangita Nagari, Esteemed Principal of the college was the chief guest of the occasion. The program was inaugurated by lighting

of lamp by the chief guest and faculty members. It was followed by welcome speech by Dr Sangita Nagari, Principal of the college. In her speech, she highlighted the achievements of the college and role of Alumni in development of the Institution. She motivated the students to work hard to achieve their goals and provide their feedback for the development of the college. She reiterated that the Alumni are the backbone of the Institution and this interaction shall help to pave the way for various develop-

mental programmes. The Alumni shared their experiences and interesting moments of campus life as well as their valuable feedback for augmentation of quality culture in teaching-learning process in the college.

Further, on this occasion, the Alumni also elected their representatives and formed an Alumni Association of the College. Ms Mona Andotra was elected as the President, Ms Skilva Mahotra as Vice-President, Ms Megha Sharma as Convener of the Association. Ms Megha, was elected as Gen-

eral Secretary, Prof Anu Devi as Advisor and Ms Alka Kundal as Treasurer of the Association. The proceedings of the program were conducted by Dr. Arun Dev Singh under the supervision of Prof Ashwani Khajuria and Prof Ravinder Kour IQAC Coordinator, who also presented vote of thanks. Prof Pankaj Nandan, Dr. Naresh Sharma, Prof Shivani Sharma, Prof. Som Raj, Prof Barun Kumar Bhatti, Prof. Vaishno Devi and Mr Roshan Lal Sharma (PTI) were also present in the Meet.

# Skin Problems that Arise During Monsoons

The pleasant days of magical. monsoon are here again to provide respite from the brunt of the hot and sweaty summer. The buzz of monsoon has grown louder with barren land springs to life with lush green fields and rolling green hills across the country.

Who doesn't like the rains? Lush green landscapes, romantic drives, and cosy evenings with loved ones. Can't get better than this, right? Monsoon showers have arrived to give us respite from the sweltering summer heat and hope the rain Gods bless us with a good rainy season this year.

The onset of the monsoon drizzles provides refuge from the scorching summer heat. The cool raindrops make your skin dull and cause Skin Allergies, Hyper pigmentation, Facial Folliculitis, Dull, frizzy hair due to dirt, pollution, wetness and excessive humidity. The sudden downpour take a toll on skin and hair due to bacterial and fungal infection. Your skin needs extra care in rainy season as humidity level escalates triggering excessive oil secretion in the body leading to itching which may further facilitate skin and hair related issues.

Your skin is more susceptible to infections during monsoon due to excessive sweating, dehydration, photo-toxic effects of the sun and, of course, seasonal humidity. Prickly heat is one of the most common skin issues during this season.

If you suddenly notice skin allergies and skin infections on your face due to heat, humidity and rain then don't worry. Well, a few simple tricks to keep your skin glowing and your hair managed this monsoon.

In case of a skin infection, use an anti-fungal powder to avoid any further infection. Always keep your skin dry. Don't wear wet clothes. Also, wet shoes should be changed instantly. These small precautions go a long way in having a healthy and infection-free skin.

Beauty is not just a question of how you look, but how you feel, and at no time is this more relevant than during the monsoons. The rainy season isn't such a great time for looking or feeling good. Both the skin and hair suffer due to high humidity. Sweat and oil deposits make the skin and hair really dull. So, I always adjust my skin and hair care routine according to the season.

A flower based skin tonic is ideal. I just can't do without a rose-based skin tonic during hot and humid weather. I keep a small bowl of rose skin tonic in the fridge,

with cotton wool pads soaking in it. This way it is chilled and ready for use. One can do this with rose water too, a powerful natural skin toner. I wipe the skin with it several times a day. Rose is a natural coolant and most refreshing. The chilled toner also closes and refines the pores.

I also use cotton wool pads soaked in the skin tonic as eye pads. It is most relaxing and removes fatigue. Splashing the eyes with cold water also provides great relief. Sometimes, eye fatigue leads to puffiness. For this, I first wash the eyes with cold water and then with lukewarm water and repeat this alternate cold and warm water washing a few times. Sometimes, I soak tea bags in water and then apply them over the eyelids as eye pads. Tea helps to relieve puffiness.

For a monsoon face mask, mix 3 teaspoons oats with egg white and one teaspoon each of honey and curd. If you don't want to use egg white, add rose water or orange juice. Apply it on the face and wash it off after half an hour. Use it twice a week. Almond meal, or dry and powdered lemon and orange peels can also be added to the face pack.

Or, you can go for a fruit mask. They are most refreshing during hot and humid weather. You can also add cucumber pulp to the fruit mask, as it has an astringent effect and closes the pores. Ripe papaya pulp can be mixed with grated apple, water melon, pineapple and so on. Papaya and cucumber also help to remove tan. Mango can be most nourishing for dry skin. Apply the mask on the face and wash it off with plain water after half an hour.

In case of a skin infection, use an anti-fungal powder to avoid any further infection. Always keep your skin dry. Don't wear wet clothes. Wet shoes and if you are drenched in rains then wet clothes/ wet shoes should be changed instantly.

I wash my hair more often during the monsoons. Tea and lemon juice make a wonderful hair rinse, adding shine to the hair. Just boil used tea leaves again, in enough water. Cool, strain, add the juice of a lemon. Use it as a last rinse after shampoo. The juice of a lemon and half a cup of rose water can also be added to a mug of water to make a fragrant last rinse.

You can prevent your hair from becoming dull and Frizzy by applying a mixture of Apple cider vinegar and water. Mix a tablespoon of Apple cider vinegar mixed with half a cup of water, it will calm your tresses. Use a gentle shampoo to

wash your hair and avoid using chemicals on the hair. We witness more hair fall during monsoons than the rest of the season mainly due to bacterial and fungal infection. The best way to avoid Facial Folliculitis is to avoid perspiration and to keep hair dry as much as possible. This can be achieved by taking regular and more frequent baths.

We should be careful while using public toilets because there remains the possibility of the presence of infectious agents. Consume at least 10-12 glass of water as you can and also apply plenty moisturizers to keep skin hydrated. A skin moisturizer is a must irrespective of your skin type.

Sometimes, I apply the white of several eggs before my shampoo, leaving it on for half an hour. This not only gives body to the hair, but is also a wonderful cleanser.

Soaking the feet in warm or cold water can be most relaxing and also reviving. I add a tablespoon of coarse salt and half a cup of lemon juice to about one-fourth bucket warm water. Sometimes, I add a few drops of tea tree oil to the water. It keeps the feet free from skin problems. I soak my feet in this for half an hour. A cooling foot bath is also a great reviver during hot and humid weather. Add rose water, lemon juice and a splash of eau de cologne in cold water and soak feet in it to Cool, clean and adds fragrance.

Maintain regular proper hygiene and keep skin fold area dry by using anti-fungal powder to absorb the sweat.

Avoid sharing of clothes or towels. Wearing tight synthetic clothes will not allow the skin to breathe or the sweat to evaporate and hence it is advised to Wear open footwear like chappals of breathable material, cotton socks and light loose cotton/khadi clothes.

Nails become discoloured, brittle and dull due fungal infections during monsoon season. Trims your nails regularly during the rainy season as long nails attract muck, thereby leading to fungal infection.

During the monsoons, the body loses fluids through sweat. I take lots of "nimbu paani" and fresh fruit juices. I also turn to home remedies for small ailments. For sore throat and cough, I find ginger tea most soothing. I add some tender tulsi leaves to it, while it is boiling. Water boiled with just tulsi leaves can also be taken as drink in case of sore throat.



# EDITORIAL

## Progressing J&K

With the GI tag, Kashmiri Saffron gains more prominence in domestic, export markets

To give a boost to saffron production in Kashmir, J&K Government has launched new initiatives including the introduction of GI Tagging.

GI sign is used on products that have a specific geographical origin and possess qualities or a reputation that are due to that origin.

Saffron growers are hopeful that they will now get a better price for their produce after the introduction of GI tag to the saffron grown here. Kashmiri Saffron is grown at an altitude of 1,600 m to 1,800 m above mean sea level, which adds to its uniqueness and differentiates it from other saffron varieties available across the world.

Saffron is cultivated and harvested in the Karewas (highlands) of Jammu and Kashmir and has been assigned Geographical Indication (GI) tag by the Geographical Indications Registry. The spice is grown in Pulwama, Budgam, Kishtwar and Srinagar regions of Jammu & Kashmir.

Iran is the largest producer of saffron in the world and India is a close competitor. However, with the GI tag of Kashmir saffron, India becomes the only Saffron producing Country for which GI has been assigned which will result in more prominence in the export market thereby boosting exports as well as help the farmers to get best remunerative price for economic sustainability.

The GI Certification would also cease the prevalent adulteration of Saffron and will put an end to the marketing of Saffron cultivated in other countries under the garb of being produced in Kashmir which otherwise was defeating the economic interests of the farmers associated with this crop.

Highlighting the importance of preserving the unique identity of Kashmiri Saffron, an official of Agriculture Department said that Kashmir is having a distinction of producing one of the best saffron in the world, therefore it is our individual/collective and moral responsibility to preserve this golden spice not only for a large number of families directly associated with the cultivation of saffron but for our generations to come.

Saffron, despite its price, is in high demand for its antioxidant properties. It carries a hefty price tag also because the process of converting crocus flowers into the thread-like spice is painstaking and labour-intensive as it takes around 160,000 flowers to yield a kilogram of saffron.

Kashmiri saffron is of superior quality because of the higher concentration of crocin, a carotenoid pigment that gives saffron its colour and medicinal value. Its crocin content is 8.72% compared to the Iranian variant's 6.82%, giving it a darker colour and enhanced medicinal value.

Kashmiri Saffron is renowned globally as a spice. It rejuvenates health and is used in cosmetics and for medicinal purposes. It has been associated with traditional Kashmiri cuisine and represents the rich cultural heritage of the region. The unique characteristics of Kashmir saffron are its longer and thicker stigmas, natural deep-red colour, high aroma, bitter flavour, chemical-free processing, and high quantity of crocin (colouring strength), safranal (flavour) and picrocrocin (bitterness).

Remarkably, a new saffron park has been started just for the sole purpose of processing and promoting the sale of saffron from Kashmir Valley. The samples brought by growers are tested here. The lab is recognised across the world. There are 8 parameters that are tested, which are internationally recognized. The 8 parameters include moisture, extraneous matter and foreign matter, and total ash and three main characteristics. They are graded and then e-auctioned. The farmers get the flowers and then the stigma separation and vacuum drying is done at the Dusoo Park.

Traditionally the farmers used to dry the saffron under shade at home but due to that, the saffron used to lose the main components. Now all the parameters are saved to get the best grade, an official of the Saffron Park said.

With the GI tag, saffron growers and traders are getting more benefits like legal protection to the products as well as prevention of unauthorized use of GI tag products by others.

# World Music Day: Can a bird sing when her garden is burning?

Rana Siddiqui Zaman

I started writing on music and related subjects in the early 90's while still a collegiate, and it was because of the ample exposure to music from across the world through radios, television, music cassettes and plethora of print material on the subject; even though internet and social media had not touched our lives

Very early in my journalism I had stopped covering subjects like politics and crime for the love of arts; visual and performing, literature, poetry and human interest stories in these realms, and of course music. And I had a plethora of opportunities to explore new tales to be shared with my readers.

By the time I joined a leading national daily in Delhi in the early 2000's, our team in the supplement had so much to attend to, and write on, one music concert here, one there, one theatre performance there, one dance & music festival in one auditorium and an art show now and a little later a book launch or an ad-free radio launches like Worldspace there.

To add to it was cinema and its whole culture of launching its music, bringing music directors and lyricists for interactions. Our days used to be loaded with shows and performances we had to (and loved to) attend and write about. And yet not a day would we feel tired, such was the power of the soft arts. This continues till date, with one huge difference; the lack of the celebration of diversity in our country of which, I feel, music is the greatest loser.

There are two ways any two type of people or cultures react when facing

each other. One is that of collaborating, rejoicing and respecting which helps in increasing love, peace and bonhomie. The other is when you despise, disrespect and dishonour each other. This has time and again created chasm, chaos and ultimately annihilation.

My heart aches today because I am not seeing an urge by the ruling dispensation to initiate collaborations within and from outside India, on music as well as other cultural exchanges to promote a shared co-existence, celebrating our cultural diversity, like it used to be barely half-a-dozen summers back.

Bereft of celebrating a composite culture, we are left to discuss, even on World Music Day; who was lynched, how many trains were torched, whose house was bulldozed, how many remaining? Protests on the roads for employment, farm laws and citizenship, burning offices, pelting stones, Maulanas and Sants on the TV, activists in jails forced food, education, literature and culture including music out of our lives.

I believe, Indian music has all the reasons to be accepted and enjoyed by all. But it gained global recognition and acceptance thanks to Pt Ravi Shankar's fan following amongst the Beatles—the music band that had the world merry go round on its tunes. Ustad Zakir Hussain lived and stayed more than half his life in USA and made tabla a house-hold musical instrument and Pt Jasraj, Ustad Bismillah Khan and Bade Ghulam Ali gained their audience and helped popularise Indian music globally.

Apart from the maestros above, it

was Mehdi Hasan, Jagjit Singh and Nusrat Fateh Ali Khan who took the various Indian musical traditions to their zenith, and the Indian film music and its various music artists did make a mark but most went rather unsung till a genius called AR Rahman with a universal approach to his music compositions gave the world a Jai Ho (Slumdog Millionaire) and Vande Matram to chant along with him.

Collaborations in form of Rajasthani Kawas, Teejan Bais, Jahan-e-Khusrau were deeply rooted in Indian ethos and pure musical ragas but conceived with an intent to reach out to international platforms. All these either were a government initiative or private partnerships (in resonance with governmental acts) devoid of any religious, language or caste-based interests. The list of what music has done to India's global reach is exhaustive.

As I look for covering similar stories today, I find less of an inclusive affair than the soft power which had helped India become one of the favoured international tourist destinations, thus booming its cultural diplomacy and swelling its foreign currency too.

While our country is burning with an apparent desire to dig its prehistoric past to discover and understand its cultural roots, is it wilfully ignoring its current and future generations—just to piece together its legacy? It is like praying for maghfirat (salvation) of your forefathers while forgetting to take care of your parents and children - your current and future generations!

Here it is imperative to look at France, Austria, Spain – they are the

most visited international destinations. They promote their soft power—through their art galleries, food, theatre and music spaces. Even Italy, China and Japan are promoting their soft power through favourable cultural policies/ cultural diplomacy. My India was no far behind either. We had our ICCR (Indian Council of Cultural Relations), platforms like Routes to Roots, international mushairas like Jashn-e-Bahar and Shankar-Shaad where poets from across border were main attractions. While the current regime is still grappling with a steady and strong economic or foreign policy, it seems they have just lost their way on the cultural policy front, or maybe have forgotten about it?

We were witness to new experiments in music with the global partners, fusions of folk and international music bands, classical performances paired with international music vocalists, private and public collaborations and much more, irrespective of religion, caste, creed or colour. While today, collaborations of this nature are almost impossible. No international cultural collaboration is possible without music being an integral part of it.

My heart bleeds today because I can see, hear and feel that gaps have become wider with no healing remedies to look forward to. For instance, yesterday was also the World Yoga Day and the way it is being promoted, obviously by sidelining the importance of music, I feel, is abnormal. I received multiple messages celebrating Word Yoga Day from people who are working for government projects directly or indirectly, forgetting mu-

sic is a way to meditation too. It is like restricting/projecting Gandhiji and his spectacles - to just a cleanliness drive or swacchta - while ignoring his efforts to bring cultural, political and religious together for healing. Remember Gandhi ji's bhajan (devotional song) Vaishnav Vajan is al about "par dukhkhe upkar kare koi mun abhimaan na jaane re" (the world as a family should heal each other without any ego). Now even Europeans are singing it and making videos, few have recently gone viral on the net. This beauty of music now has been plastered with a forceful remembrance of this day as just an International Yoga day.

True music, by the way, is nothing but meditation. If it were not so, the likes of Hazrat Ameer Khusrau, Kabeer and Rumi wouldn't have been universal icons of brotherhood through music, philosophy and magical words of God's praise and the call for humanity, spirituality and philanthropy above everything. Their sufi kalaams reign even today's world music arena not because of one thought, one religion, one colour but a call for love, peace and togetherness. If we sing pacans only to lord Rama, who will listen to lord Krishna, or lord Shiva, Meera or Kabeer or Ras Khan, a Muslim poet who wrote exotically ornamental devotional chhands for lord Krishna and Radha. The moment we stop celebrating such a diversity, it would breed hatred, jealousies, comparisons, complexes and above all violence for the sake of one-upmanship (and for some vested interests).

# Central govt's bid to tackle menace of increasing cyber crimes have come a cropper

MY Siddiqui

States/Union Territories (UTs) have set up 169 cyber police stations across the country to combat ever rising cyber crimes in the country as per a latest report titled 'Data on Police Organizations for 2020' released by the Bureau of Police Research and Development (BPR&D).

The Union Ministry of Home Affairs (MHA) provides overarching logistic support to enable them to function effectively. In the scheme of the Constitution of India, law and order are state subjects. So, the responsibility to maintain law and order, including setting up of cyber police stations, rests primarily with the states and UTs who set up need-based cyber police stations.

There are five types of cyber crimes: phishing, cyber extortion, data breach, identity theft and harass-

ment.

Cyber crimes witnessed a steady spike since 2018. India reported 2,08,456 cyber crimes in 2018, 3,94,499 cases in 2019, 11,58,208 cases in 2020, 14,02,809 in 2021 and in the first two months of 2022 ending February 2022, 2,12,485 such cases, according to official data available.

According to the National Crime Records Bureau (NCRB), India recorded 136 cyber crimes everyday in 2020. In 2018, per day cyber crimes reported were 12,347.

In 2020, most common cyber crimes reported to the U.S. Internet Crime Complaint Center was phishing and similar fraud with 241,342 complaints. In addition, 43,330 cases of online identity theft were reported to the IC3 that year.

According to the NCRB, the state

of Uttar Pradesh had the highest density of reported cyber crimes and Jamtara in the state of Jharkhand is a top hotspot of cyber crimes. It is also known cyber crime capital of India.

The Union Government, on its part, has taken various steps for strengthening infrastructure for combating cyber crimes that includes online financial frauds in the country. The central mechanism provides integrated well-coordinated system to the states/UTs to deal with cyber crimes all over the country. Central government has taken measures for spreading awareness about cyber crimes. These include issuance of alerts, advisories, capacity building, training of law enforcement personnel, prosecutors, judicial officers, improving cyber forensic facilities etc.

Besides, Government of India has established Cyber Crime Coordina-

tion Centre (14C) to provide a framework and ecosystem for law enforcing agencies to deal with cyber crimes in a comprehensive and co-ordinated way.

Home Ministry has launched the National Cyber Crime Reporting Portal (www.cybercrime.gov.in) to enable the public to report all types of cyber crimes with special focus on cyber crimes against women and children. Cyber crimes reported on this portal are routed automatically to the respective states/UTs law enforcement agencies for further handling of the case as authorized by law.

In addition, the Citizen Financial Cyber Frauds Reporting and Management System module has been launched for immediate reporting of financial frauds and to stop siphoning off fund by the fraudsters. For

this, a toll free Helpline Number '1930' has been operationalized to get assistance in lodging complaints/report about online frauds.

Despite such a wide scale infrastructure to fight cyber crimes having been built over the years in view of fast changing Internet-based Information Technology and the servers of all Internet Service Providers (ISPs) located abroad, tackling growing cyber crimes is a stupendous and challenging task, posing a major hurdle in solving cyber crimes.

Cyber crimes are borderless and fighting them outright is difficult, but it must be done. Even Government of India's efforts pressuring ISPs to relocate their servers in India have come a cropper, thus hampering solutions of many cyber crimes.

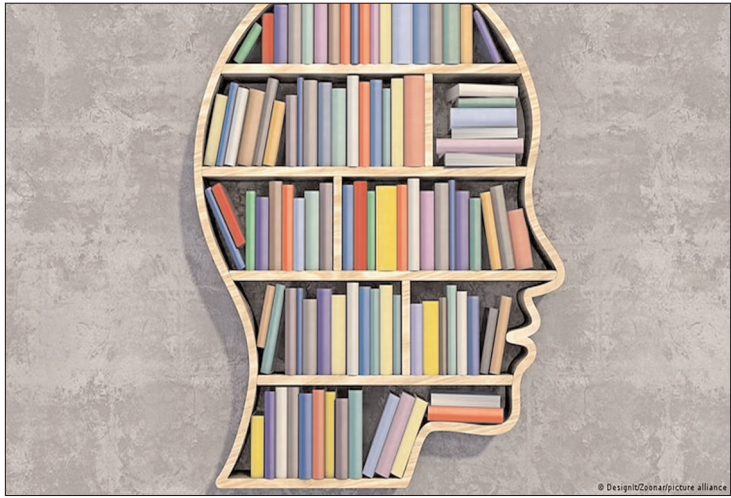
# RSS-BJP bid to distort history inflicts immense damage on character and identity of India

Arun Srivastava

Decrying modern Indian history and accusing eminent historians of distorting historical facts has turned into an obsession for BJP leaders and cadres. Every individual in the party, right from the lower level to the top leaders, is busy finding fault with history and dictating an infantile discourse about its content and politico-religious contour.

Ever since Narendra Modi came to occupy the office of the Prime Minister, the new breed of Sangh Parivar historians, who have very poor knowledge of history, have sprung up on the academic horizon of India and started dictating how to 'correct' history. The crescendo has reached a peak. The BJP's cadre and leaders are raring to show their intellectual acumen by rectifying the leftist distortions.

Their acquiring academic expertise primarily owes to the



guidebook on history made available to them by the RSS leaders. Obviously, it provides an insight into the educational pursuit of the RSS leadership. So far as RSS leaders are concerned, history should be judged from a religious perspective. There is no place for realism. Most of their discourses are based on hearsay.

They condemn Muslim rulers as invaders. This perception has been created by the RSS for the consumption of the common

Hindus. They feel that anything said against the Muslims would be easily acceptable to the Hindus.

Though RSS chief Mohan Bhagwat is not tired of playing gimmicks, like claiming that Hindus and Muslims have the same DNA, the fact remains that they do not subscribe to such thoughts.

It is a historical fact many Muslim kings had their own kingdoms or ruled over the parts

of India even before Mughals descended on India. Yet another fact which cannot be ignored is that most of the Mughal kings assimilated with the prevailing Indian culture and became an integral part of the country.

Barring a few, no one looted the country and returned back to the places from where they had come. Moreover, it is not as if Hindu kings did not rule the country.

Unfortunately, the RSS and the new 'historians' reject or discard these bare facts.

Recently, while speaking at a seminar in Banaras Hindu University, Union Home Minister Amit Shah spoke about the need to "rewrite history" from an "Indian point of view" and went on to ask: "Who is stopping us from amending history".

The question which arises is that how could he come to the conclusion that history which is being taught does not represent the "Indian point of view"?

Facts are fact and it depends

on individual historians how he analyses and interprets a particular incident based on the available basic materials. A historian does not survive in the world of fantasy. Saffron historians may contest the old findings, but they cannot distort the facts.

Amit Shah's comments will simply encourage the new 'historians' to play down the correct and right information and facts. Glorification of India's ancient past by right wing writers is based on the texts of epics and religious books. They simply narrate the incident and don't analyse them from proper perspective.

The RSS and for that matter leaders like Amit Shah must realise that distorting history without analysing it in the backdrop of social science would prove to be disastrous for the country. Maybe the RSS and BJP would benefit electorally by arousing the Hindutva fervour, but it would inflict immense damage to the character and identity of India.



# Did AIFF hire astrologer for Indian football team's good luck?

**NEW DELHI, JUNE 22**

Did astrology play a role in national Indian football team's recent success at the AFC Asian Cup Qualifiers?

Well, it seems the All India Football Federation (AIFF) did make an effort to have the stars aligned.

It has come to light that AIFF splurged Rs 16 lakh on an astrology agency which it had hired to "motivate" the national team side, which confirmed its berth in the 24-team AFC Asian Cup Final.

The Sunil Chhetri-led side topped the group to qualify.

"A motivator was appointed for the National team ahead of the Asian Cup. Later on, it came to light that the company which was engaged, was an astrological firm," a team insider told PTL.

"Plainly-speaking, an astrologer was appointed to motivate the team. Huge payment to the tune of Rs 16 lakh was made," the source claimed.

The astrological firm apparently took three sessions with the Blue Tigers but a Kolkata-based player said: "At least I've not heard of this as I joined the team late."

Sunando Dhar, who is the acting AIFF general secretary, was not available for comments.

Former India goalkeeper Tanumoy Bose ridiculed the idea and hit out at the AIFF for becoming a laughing stock.

"At a time when the AIFF repeatedly



failed to conduct proper youth leagues, and many prestigious tournaments were forced to shut down, incidents like this will further tarnish the image of Indian football," Bose told PTL.

He further said it was just a "smoke screen" since the AIFF officials are quite capable of using the money to sponsor their upcoming foreign trips.

"The CoA (which is running the show in AIFF after the suspension of president Praful Patel) must go deep into this appalling incident and find out who all are responsible behind it. There are many scams waiting to see the light of the day," he added.

The Supreme Court had last month appointed a three-member Committee of

Administrators (CoA) to manage the affairs of AIFF, ending Praful Patel's long rein at the helm.

Black magic is not new to Indian football. One Delhi-based club once had roped in a Meerut-based 'Baba' for a key league match and after their triumph, the team credited its success to him.

The Sunil Chhetri-led side recorded its best-ever Asian Cup campaign as the talismanic forward led from the front with four goals from three matches to take the national team to the Finals.

India began their campaign with a 2-0 win over Cambodia and then they secured last-gasp 2-1 victory over Afghanistan before beating Hong Kong 4-0 to qualify as group toppers.

# Zaheer Abbas admitted in London hospital ICU

**NEW DELHI, JUNE 22**

Pakistani batting great Zaheer Abbas has been admitted to the intensive care unit (ICU) of a private hospital here.

According to Geo News, Abbas, 74, was moved to the ICU three days after getting admitted at Saint Mary's Hospital in Paddington, where he was put on oxygen support.

One of the most elegant batters of his time, Abbas had contracted COVID-19 while travelling from Dubai to London. He had complained of pain and was diagnosed with pneumonia after arriving in the British capital.

"He is currently on dialysis and the doctors have advised him to refrain from meeting people," Geo News quoted sources as saying.

Abbas, who made his international debut in 1969 against New Zealand, was one of the finest batters of his generation. He amassed 5062 runs in 72 Tests, and scored 2572 runs in 62 ODIs.

In first-class cricket, he accumulated 34,843 runs in 459 matches, which included 108 centuries and

158 fifties.

After retirement, he also served as an ICC match referee in one Test and three ODIs.

He was also inducted into the ICC Hall of Fame in 2020 alongside Jacques Kallis and Lisa Sthalekar.



Wishes have been pouring in for the legendary cricketer on social media.

The likes of Mohammad Hafeez, Alan Wilkins, and many of his ardent fans have expressed their concerns and wished him a speedy recovery.

# ATP to trial off-court coaching including at US Open

**NEW DELHI, JUNE 22**

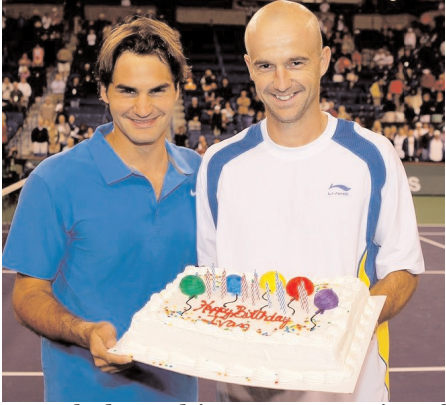
The ATP will trial off-court coaching in the second half of the year, with players set to receive instructions in qualifying and main draw matches in tournaments including the US Open and the ATP Finals, the governing body of men's tennis said on Tuesday.

The trial will permit an individual to coach a player both verbally and non-verbally from a designated seat provided that it does not interrupt play or hinder an opponent.

It commences from the week of July 11 and run through to the season-ending ATP Finals in Turin in November, in a move that the body says will enhance fan experience at tournaments.

"Various coaching rules have been trialled across the sport in recent years, including on-court coaching and coaching via headsets," the ATP said in a statement.

"Today's announcement brings alignment for the second half of the season across the ATP Tour, US Open and the WTA Tour, where an off-court coaching trial is already in place."



Verbal coaching must consist of only a few words and will be allowed only when the player is at the same end of the court as his coach while non-verbal coaching -- through hand signals -- will be permitted at any time.

"Coaches may not speak to their player when the player leaves the court for any reason," the ATP added.

The ATP said that penalties and fines would apply for abuse or misuse of the coaching conditions and that the trial will be assessed at the end of the 2022 season for potential inclusion in future.

# Bayern Munich sign Mane from Liverpool until 2025

**NEW DELHI, JUNE 22**

Bayern Munich on Wednesday completed the much-anticipated signing of Senegal forward Sadio Mane from Liverpool on a three-year contact, the German champions said.

Bayern, who won a record-extending 10th straight league title last season, have reportedly agreed on a transfer worth about 40 million euros (\$42.10 million), including add-ons, for the 30-year-old, who had a year left on his Liverpool contract.

"Sadio Mane is a global star," Bayern president Herbert Hainer said.

"He underscores the attractiveness of Bayern and the entire Bundesliga."

The 30-year-old leaves Anfield after 269 appearances, having scored 120 goals in all competitions, a stellar return that helped the club to the Champions League title in 2018-19 and the Premier League crown a season later.

The forward became Bayern's third signing of the close season, following the arrivals of Ajax Amsterdam duo Ryan Gravenberch and Noussair Mazrouai.

"I am very happy to finally be at Bayern Munich," Sane said.

"We had a lot of talks and I felt the interest of this big club from the start."

"This is why I had no doubt. This is the right time for this challenge. I want to achieve a lot of things with this club, also internationally."



Bayern are desperate for his versatile attacking spark, with wingers Serge Gnabry and Leroy Sane having lacked consistency in the past season.

The Bavarians still won the German league for a 10th straight time but failed to get past the quarter-final stage in the Champions League. They had also failed to progress in the competition in 2021, a year after lifting the trophy.

The Bundesliga is also keen on fresh big names, especially since the departure of Borussia Dortmund's Erling Haaland to join Manchester City and top striker Robert Lewandowski's doubtful future at Bayern.

Mane was among Liverpool's stand-out performers last season, netting 23 times as Juergen Klopp's side secured the domestic cup double and narrowly missed out on the league title to Manchester City.

Mane won six trophies in all following his switch from Southampton in June 2016, forming a potent attacking trio with Mohamed Salah and Roberto Firmino.

Klopp last month hailed Mane, his first major signing after taking over, as "world class" and likened him to a "machine" but the player, eager for a new challenge, declined a new contract.

# Delhi High Court orders AFI to consider Tejaswin Shankar for CWG

**NEW DELHI, JUNE 22**

The Delhi High Court on Wednesday directed the Selection Committee to consider on merits the case of athlete Tejaswin Shankar, a high jumper who has been excluded from participating in the 2022 Birmingham Commonwealth Games.

The high court said Shankar's non-participation in the interstate championship shall not be the sole criteria for rejecting him and observed that he is a 'medal prospect' and there should not be an ego issue.

Justice Jasmeet Singh issued notice and sought a response of the Athletics Federation of India (AFI), Ministry of Youth Affairs and Sports, and the Selection Committee of the AFI for the senior category on the petition.

The plea sought to direct the AFI not to disqualify Shankar from participating at the CWG 2022 based on non-attendance at the Interstate Senior Athletics Championships, and be allowed to participate based on having met the qualifying standard at the National Collegiate Athletic Association (NCAA) championships.

"These are record holders and you don't let them go... He (Shankar) is a



medal prospect. Let it not be an ego problem," the court said.

The court was informed by advocate Parth Goswami, representing AFI and Selection Committee, that the final list of athletes has already been prepared and submitted to Indian Olympics Association (IOA).

He further said that the Selection Committee is scheduled to meet today.

To this, the court directed that "the Selection Committee shall consider the case of Shankar on merits of his jumps and his non-participation in the interstate championship shall not be the sole criteria for rejecting

his candidature".

Senior advocate Gopal Sankaranarayanan and advocate Malak Bhatt, representing Shankar, submitted that he has been excluded despite being the national high jump record holder (2.29m) and being the only Indian to have met the AFI qualification standard of 2.27m with a jump of 2.27m as recently as June 10, 2022, while winning a gold medal at the NCAA Track and Field Outdoor Championship 2022 in Eugene, Oregon in the USA.

The plea said that Shankar is also part of the Target Olympic Podium Scheme (TOPS) for the last two

years which is a flagship Olympic development scheme under the Ministry of Sports and has been receiving a scholarship for the same.

It said that the petitioner has not been considered by the AFI for failing to take permission to be exempted from attending the 2022 interstate championships which cannot be a disqualifying criterion.

The counsel said Shankar had sought exemption from interstate championships as they clashed with the NCAA championship and had informed the chief national coach through WhatsApp messages.

"The petitioner is at present, indisputably, the best Indian high jumper in the world, and on the basis of current form is undoubtedly a medal contender at the CWG 2022. In fact, only two high jumpers (both non-Indian) who will prospectively be competing at the CWG 2022 have a better jump than him this year," the counsel submitted.

The plea said it is in the interest of the nation that Shankar be allowed to participate in the CWG 2022, based on his merit, as established from his jumping record, both recent and otherwise.

# Kohli infected with COVID after returning from Maldives vacay

**NEW DELHI, JUNE 22**

India's preparations ahead of the one-off Test against England in Birmingham, starting July 1, have taken a massive hit as some of the players have contracted COVID-19.

Former Indian skipper Virat Kohli was rested by the BCCI for India's five-match T20I series against South Africa, and given the break, he went on a vacation to the Maldives with his wife Anushka Sharma and daughter Vamika.

However, as per the latest reports, Kohli had returned COVID positive after the conclusion of his vacation.

The Delhi-born batsman is said to have recovered from the infection now, as he recently jetted off to the UK for India's rescheduled fifth Test match against England.

According to a report in the Times of India, a source close to the developments confirmed that the former Indian skipper had tested positive for COVID-19, after returning from Maldives, but he's recovered from the infection.





# 29 Chinese military aircraft enter Taiwan's air defence identification zone

**NEW DELHI, JUNE 22**

Taiwan scrambled jets as 29 Chinese military aircraft flew into the southwestern part of Taiwan's air defence identification zone (ADIZ) on Tuesday. According to the Ministry of National Defence, this is the third-highest single-day total this year.

China has been flying warplanes into Taiwan's air defence zone in increasing numbers in recent months. And this has been a cause for an uptick in tensions between Beijing and Taipei. Tuesday's incursion mark's the largest air defence zone violation by China since May. China claims that Taiwan is its own territory.

This time, according to Taiwan's defence ministry, China sent 17 fighters and six H-6



bombers, as well as electronic warfare, early warning, anti-submarine, and an aerial refuelling aircraft, Reuters reported.

The aircraft flew close to an area to the northeast of the Taiwan-controlled Pratas Islands. Taiwan says China's repeated nearby military activities are designed to wear out Taiwanese forces by making them repeatedly scramble, and also to test Taiwanese responses, calling it "grey zone" warfare.

Taiwan's missile systems were deployed to monitor them. It also sent combat aircraft to warn the Chinese aircraft.

# Murmu sweeps temple floor ahead of her journey to Delhi

**NEW DELHI, JUNE 22**

NDA presidential candidate Droupadi Murmu swept the floor of a Shiva temple in her locality here in this nondescript tribal-dominated town in Odisha's Mayurbhanj district at the crack of dawn on Wednesday ahead of her journey to Delhi.

It is a task she has done daily since she returned to her home town in August 2021 after her retirement as the governor of Jharkhand. Wednesday was no exception.

Hundreds of local residents saw the NDA presidential candidate with a broom in her hand and clad in an ivory coloured handloom saree with a red border sweeping the temple floor in the early hours between 3 and 4 am.

Like other days she offered her prayers at the temple after a bath and whispered into the ears of Nandi, the bull 'vahana' of Lord Shiva, a common practice, as hundreds of local residents looked on and the temple was cordoned by CRPF commandos provided to her after the Centre accorded her Z plus security cover.

The commandos took over the security of 64-year-old Murmu early on Wednesday morning, a senior officer told PTI.

When Murmu came out of the temple, she was surprised to find a large crowd despite the early morn-

ing hour. Two members of Iswariya Prajapati Brahmakumari organization also greeted her.

We have come here to greet Madam over her success and consider it as a blessing of the almighty on her, the members said.

After the temple rituals, she returned to her residence and met people and leaders of different political parties, including the ruling BJD in Odisha. However, opposition Congress leaders were not seen as the party is yet to take a decision on supporting the NDA candidate in the July presidential election.

Later when Murmu left for the 285 km journey to Bhubaneswar by road people of the town stood on both sides of it to have a glimpse of the woman vying for the topmost position in the country. Women and children offered her flowers, men and youths brought their hands together in 'namaste' or waved at her.

There was an air of festivity as some people were seen dancing to tribal music as they consider her candidature as a major victory for the tribal population since Independence. Huge welcome gates were put up in the town.

Murmu will fly to Delhi from Bhubaneswar. A programme will be held in the capital city to felicitate her when she reaches there this evening, a person accompanying her said.

# Saudi crown prince visits Turkey as countries normalise ties

**NEW DELHI, JUNE 22**

Saudi Crown Prince Mohammed bin Salman is scheduled to arrive in Ankara on Wednesday, making his first visit to Turkey as the two regional heavyweights press ahead with efforts to repair ties following the slaying of Saudi columnist Jamal Khashoggi in Istanbul.

The crown prince will meet President Recep Tayyip Erdogan on the last leg of a Middle East tour that also took him to Egypt and Jordan. His visit comes before U.S. President Joe Biden's trip to the region next month.

Erdogan said talks with the prince, who is commonly referred to by his initials MBS, would focus on advancing Turkish-Saudi relations to a much higher degree. Erdogan visited Saudi Arabia in April, paying his first visit to the kingdom since 2017, a year before the gruesome killing of Khashoggi by Saudi agents in the kingdom's consulate in Istanbul.

Turkey's efforts to improve ties with Saudi Arabia comes as Turkey faces its worst economic crisis in two decades and is trying to draw investments from wealthy Gulf Arab states. Turkey has also taken steps to improve relations with the United Arab Emirates, Egypt and Israel.

Talks with the UAE's Sheikh Mohammed bin Zayed Al Nahyan late last year led to investment deals worth \$10 billion after years of regional rivalry.



Saudi Arabia for its part, has been trying to broaden its alliances at a time when relations between Riyadh and Washington are strained. The crown prince also seeks to put an end to the scandal over Khashoggi's killing that damaged his reputation.

Turkey had opened a trial in absentia against 26 Saudis suspected in Khashoggi's killing, but the court earlier this year ruled to halt the proceedings and transfer the case to Saudi Arabia, paving the way for the countries' rapprochement.

The killing of Khashoggi had sparked global outrage and put pressure on the prince, who was said to have approved

the operation to kill or capture Khashoggi, according to a U.S. intelligence assessment. The prince has denied any knowledge of the operation that was carried out by agents who worked directly for him.

While never naming Prince Mohammed, Erdogan said the operation that killed Khashoggi was ordered by the highest levels of the Saudi government.

Khashoggi had entered the consulate in October 2018 by appointment to obtain papers to allow him to wed his Turkish fiancée, who waited for him outside. He never emerged and his body was never found.

# Sonia Gandhi seeks more time for appearing before ED citing Covid recovery

**NEW DELHI, JUNE 22**

Congress president Sonia Gandhi, who was hospitalised for over a week for Covid-19 complications, on Wednesday, wrote to the Enforcement Directorate seeking postponement of her appearance in the National Herald case by a few weeks till she recovers completely.

The 75-year-old Congress leader, who was discharged from hospital on June 20, had been summoned by the agency for questioning on June 23 in the money laundering case related to the newspaper.

Her son and former Congress chief Rahul Gandhi has already been quizzed by the probe agency for over five days.

Sonia Gandhi had earlier been scheduled to appear before the Enforcement Directorate (ED) on June 8 but had sought more time from the probe agency in view of her Covid-19 infection. The agency had then issued a fresh summons.

"Since she has been strictly advised rest at home following her hospitalisation on account of COVID and lung infection, Congress President Smt. Sonia Gandhi has written to ED today seeking the postponement of her appearance there by a few weeks till she has recovered completely," Congress general secretary Jairam Ramesh said on Twitter.

Rajasthan Chief Minister Ashok Gehlot



earlier said Gandhi should not appear before the ED as she has just returned after many days of hospitalisation.

"Sonia Gandhi has just come back from the hospital after many days, I don't think she should go there now," Gehlot told reporters when asked about her appearance before the ED.

He said she would cooperate with the ED but will not be able to go there.

Gehlot again asserted the case against the Gandhis has nothing in it as it has been reopened by the ED seven years after it was closed by the same agency.

He said since there is no money involved in the AJL case, the question of money laundering does not arise, an ar-

gument repeated by party leaders since the ED summoned the Gandhis.

"They have created a case of money laundering where there is no exchange of money involved," the veteran Congress leader said.

Gehlot said never has such questioning of opposition leaders like Rahul Gandhi taken place when they were subjected to long hours of questioning.

The chief minister said he is seeking time from the directors of the ED, the CBI and the chairman of the CBDT "to convey the feelings of people towards them and how their credibility is going down in the eyes of the public".

He alleged that they were acting under

# Assam CM Himanta's wife files Rs 100 crore defamation suit against Manish Sisodia

**NEW DELHI, JUNE 22**

Riniki Bhuyan Sarma, wife of Assam Chief Minister Himanta Biswa Sarma, filed a Rs 100 crore defamation suit against Delhi Deputy Chief Minister Manish Sisodia, who had alleged malpractice in giving contracts for PPE at above market rates.

Bhuyan Sarma filed the suit at the court of Civil Judge No 1 of Kamrup Metropolitan district on Tuesday and it is likely to come up for hearing on Wednesday, her counsel Padmadhar Nayak said.

Another advocate, Kishor Kumar Dutta, told PTI that Sisodia, while addressing a press meet on June 4 in New Delhi, had made "some allegations that damaged the reputation and position" of Riniki Bhuyan Sarma.

"Sisodia unnecessarily dragged the name of Chief Minister Himanta Biswa Sarma also into the controversy. That is why we have claimed that damage," he added.

Sisodia, referring to media reports had told newsmen that while the Assam government procured personal protective equipment kits for Rs 600 each from other companies, Sarma gave urgent supply or-

ders to the firms of his wife and son's business partners for Rs 990 apiece.

The opposition Congress, CPI, CPI(M), CPI(ML)-Liberation, RCPI, TMC, Rajior Dal, Assam Jatiya Parishad and Anchalik Gana Morcha have demanded a CBI probe into the alleged corruption.

On June 1 digital media organisations - New Delhi-based The Wire and Guwahati-based The Crosscurrent had, in a joint investigative report, claimed that the Assam government had placed four Covid-19 related emergency medical supply orders, most likely without following proper process.

Citing a series of Right to Information replies, the medial portals claimed that all the four orders, placed between March 18 and March 23 of 2020, were bagged by three firms owned by Riniki Bhuyan Sarma and the family's business associate Ghanshyam Dhanuka.

In a tweet she had refuted any wrongdoing in the supply of PPE kits to National Health Mission and said she did not take a "single penny" for them.



# RBI extends implementation of new credit card rules by three months

**NEW DELHI**

The Reserve Bank of India (RBI) on Tuesday extended the deadline by three months for financial institutions to implement certain elements of its master directions issued on April 21.

In a notification issued on Tuesday, RBI said that considering various representations received from the industry stakeholders, it has decided to extend the timeline for implementation of certain provisions of the Master Direction to October 01, 2022.

The RBI has extended the deadline for implementation of three directions – card issuers seeking OTP-based consent from customers for activating credit card, ensuring there is no breach in credit limit without explicit consent from the cardholder and no capitalization of unpaid charges.

As per the new directions, card-issuers shall seek One Time Password (OTP) based consent from the cardholder for activating a credit card, if the same has not been activated by the customer for more than 30 days from the date of issuance. If no consent is received for activating the card, card issuers shall close the credit card account without any cost to the customer within seven working days from the date of seeking confirmation from the customer.

Card issuers shall also ensure that the



credit limit as sanctioned and advised to the cardholder is not breached at any point in time without seeking explicit consent from the cardholder. No capitalization of unpaid charges/levies/taxes for charging/compounding of interest, the new directions said.

Considering various complaints from consumers, the RBI in April issued directions to scheduled banks and non-banking financial companies regarding the issuance of new credit and debit cards and billing.

As per the directions, telemarketers engaged by card-issuers must contact customers only between 10 am and 7 pm. The direction said, “Card issuers shall ensure complete transparency in

the conversion of credit card transactions to Equated Monthly Instalments (EMIs) by clearly indicating the principal, interest and upfront discount provided by the merchant/card-issuer (to make it no cost), prior to the conversion. The same shall also be separately indicated in the credit card bill/statement. EMI conversion with interest component shall not be camouflaged as zero-interest/no-cost EMI.”

According to the new directions, a request for closure of cards must be honoured within seven working days subject to payment of all dues. Card issuers were also advised to initiate the process of closing a card if it has not been used for a year after intimating the customer in this regard.

# What makes Essar steel sector's comeback kid

**NEW DELHI, JUNE 21:** Apart from being the most successful cases under the IBC, Bhushan Steel and Essar Steel are among the best steel assets in the country.

They also ended up helping their lenders get back a significant chunk of the money while allowing Tata Steel to consolidate its position and giving the world’s two largest steel makers — ArcelorMittal and Nippon Steel — a strong foothold in India.

A significant contrast was the pace at which these two cases were resolved under the bankruptcy code.

In the annals of the Insolvency and Bankruptcy Code (IBC), Essar Steel may go down in history as the most noticeable resolution with the world’s largest steelmaker, ArcelorMittal, and the incumbent, Ruia family, locked in an intense battle spanning more than two years and ultimately resulting in full recovery of the principal amount for the financial creditors.

The \$5.7-billion acquisition that closed after an 865-day-long saga was the largest private sector transaction in India in 2019 and the second-largest steel transaction globally that year.

But the real cherry on top was the entry of two of the world’s leading steelmakers — ArcelorMittal and Nippon Steel — in India, setting an ambitious target of 300-million tonne (mt) steel capacity by 2030-31.

Making the acquisition happen wasn’t easy though.

With crude steel capacity of 9.6 mt, Essar Steel was one of the largest steel assets on the Reserve Bank of India’s first list of non-performing assets to be resolved under the nascent IBC and its resolution turned out to be a legal minefield for all stakeholders — bidders, lenders, et al.

Essar Steel was admitted for insolvency proceedings in August 2017.

Seven expressions of interest were submitted: Tata Steel, Vedanta, Steel Authority of India, Nippon Steel, NuMetal, and a fund.

But it ended up with two resolution plans — ArcelorMittal India and NuMetal — in the first round.

The process got complicated after the government amended IBC and inserted Section 29A, preventing defaulting promoters from submitting resolution plans without paying overdues.

“Documentary compliance to 29A was a challenge. It made the administrative load much higher,” recalls



Vivek Kamra, managing director (MD), Alvarez & Marsal.

Alvarez & Marsal was advisor to resolution professional Satish Gupta.

Close to 3,000 entities were scrutinised through the resolution process on account of global operations of ArcelorMittal, Numetal — and their partners Nippon Steel, Russia’s VTB Group — and Vedanta through the process.

Round One hit a roadblock when defaulting firms — Uttam Galva Steels and KSS Petron — with links to ArcelorMittal and Lakshmi Niwas Mittal popped up.

Although backed by VTB, Numetal stumbled on its links with the promoter family (25 per cent held by a trust having Ravi Ruia’s son Rewant as trustee).

That prompted the committee of creditors to disqualify both Arcelor and NuMetal’s bids, saying the promoters were tied to companies that were bank loan defaulters, and hence, ineligible.

A second round of bids followed, with more heavyweights tossing their hats into the ring.

JSW joined Numetal, while Vedanta entered the fray as a third bidder. Arcelor, was joined by Nippon, in its bid.

All through, the battle for Essar kept flitting in and out of courtrooms, hair-splitting different aspects of the Code, reaching up to the Supreme Court on more than one count.

“Resolution of Essar Steel took time primarily due to litigation.

“But it was one of the best assets and in the end, lenders recovered the entire principal amount,” says Pallav Mohapatra, MD and chief executive officer (CEO), Asset Reconstruction Com-

pany (India).

Mohapatra was closely involved in the process as deputy MD, State Bank of India.

Financial creditors realised close to 83 per cent of Rs 49,473 crore admitted claims in Essar Steel. Not just that, Arcelor had to pay dues on account of Uttam Galva and KSS Petron, amounting to Rs 7,469 crore to financial creditors of the companies to become eligible for the bidding of Essar Steel.

It’s been two and a half years since Arcelor and Nippon completed the acquisition of Essar Steel.

The 60:40 joint venture (JV) — in which Arcelor holds 60 per cent — posted record profits on the back of a strong steel cycle. In the January-March quarter of 2021-22, it was ArcelorMittal’s most profitable JV, with earnings before interest, tax, depreciation, and amortisation of \$470 million (Rs 3,568 crore; Rs 75.91 for \$1, based on exchange rate as on March 31, 2021).

With a firm foothold in India — that has been long in the making — the global steelmakers are charting aggressive growth plans.

“Since completing the acquisition, we have activated a targeted capital expenditure plan, underpinned by ArcelorMittal and Nippon Steel’s global steel industry expertise, operational strengths, commitment to safe, sustainable steelmaking, and industry-leading research and development,” says Dilip Oommen, CEO, AM/NS India.

In the works is the expansion of the flagship plant at Hazira, Gujarat, to 18 mt. In Odisha, a 12 mt plant at a cost of Rs 50,000 crore is also planned.

# Luxury market seen as growing in 2022 despite inflation, war

**NEW DELHI**

Neither inflation nor the war in Ukraine are threatening to take a bite out of the luxury fashion market, according to a study published Tuesday.

While much of the world is fretting over higher fuel and energy prices, the study by Bain & Company consultancy indicated that the global luxury market remains set for growth, largely due to the continued resiliency of the world’s wealthiest people.

The global luxury market grew by nearly one-third to 288 billion euros (\$198 billion) last year, rebounding from its worst recorded dip due to the 2020 pandemic lockdowns, according to the study commissioned by Italy’s Altagamma association of high-end producers.

Sales of personal luxury goods including apparel, accessories and footwear posted high double-digit



growth in the first quarter of this year, despite the first signs of economic uncertainty tied to the Russian invasion of Ukraine, Bain said.

In its most pessimistic outlook, assuming global inflationary pressure, Bain forecasts growth in the sales of high-end personal goods this year to grow by 5% to around 305 billion eu-

ros. But the consultancy also sees a case for up to 15% growth if the current trends continue, pushing the market to 330 billion euros next year.

The United States and Europe have boosted growth so far this year, while sales are expected to hit a hard stop in China due to COVID-19 restrictions in key cities.

# Iconic 'Contessa' to be relaunched; SG Corporate Mobility buys brand name

**NEW DELHI**

The Contessa, one India’s luxury cars of the 1980s will be relaunched in India. Hindustan Motors on Tuesday said it has agreed to sell its ‘Contessa’ brand to SG Corporate Mobility Pvt Ltd for an undisclosed sum.

CK Birla Group owned Hindustan Motors has executed a brand transfer agreement with SG Corporate Mobility Pvt Ltd on June 16, 2022 for the transfer of the Contessa brand, including the trademarks having application number and certain related rights of the brand, Hindustan Motors said in a regulatory filing. The transfer of the brand shall be effective upon fulfilment of the terms and conditions as prescribed in the agreement, it added.

Positioned above Hindustan Motors’ then popular model Ambassador, Contessa was a premium sedan sold in Indian market during the 1980s till early 2000s.

While it succeeded in creating a



mark for itself in the market, the entry of players like Maruti Suzuki, Hyundai, Ford and others in the Indian market posed a stiff challenge to the brand, which it could not withstand and led to its phasing out.

The competition from global players also hit Hindustan Motors badly, which

has shut its manufacturing unit at Uttarpara in West Bengal since 2014 and stopped production of the Ambassador car as well. The Ambassador brand was then acquired by French automaker PSA Groupe (now part of Stellantis) for Rs 80 crore in February 2017.

# Visa on time: Embassies work to meet spike in applications by Indians

**NEW DELHI, JUNE 21:** Visa delays have perturbed Indian visitors this summer. But a solution could be in sight soon, as embassies gear up to address the challenges caused by a spike in applications and staff shortages.

While the British High Commission has said it is working urgently to reduce the current visa processing time, the German Embassy has introduced extra shifts to process more visas.

However, appointments with the latter are fully booked till August-end due to high volumes.

Processing of standard UK visitor visas is taking an average of six weeks with increasing demand due to the end of travel restrictions.

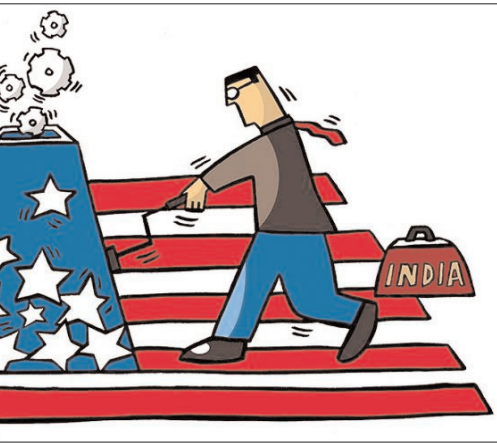
The UK is also prioritising Ukraine visa scheme applications in response to the humanitarian crisis caused by the Russian invasion.

“Indian students make up one of the UK’s largest groups of international students, and Indian professionals are the top nationality in the skilled visa category.

“This is why the UK has its largest network of visa application centres globally in India and we are continuing to process priority and super-priority visit visa service here — despite it being paused elsewhere.

“We are working urgently to reduce the current processing time as quickly as possible,” the British High Commission said in a statement.

It declined to share details about steps taken to reduce



the processing time.

The high commission also said it has advised students to apply as early as possible as usually there is a significant volume of such visa applications in July-August.

“We are working with the education sector and commercial partners to get this important message to students,” the high commission said.

“To date, several thousand Schengen visas have been processed by the German embassy and consulates in India.

“Many of them are trade fair visitors and exhibitors. This is followed by business people, family visitors and tourists.

“The German embassy introduced extra shifts to process more visas at the same time.

“Due to high demand, the waiting times are longer than normal,” the German embassy said.

It added that all appointments for Schengen visas are fully booked until the end of August and dates for September will be released

added that visas are not granted automatically to all.

According to a VFS Global spokesperson, there has been an unprecedented uptick in outbound travel demand from India this summer.

“As a result, we are experiencing high volumes of visa applications coupled with limited appointment availability and stretched processing timelines.

“On an average, VFS Global is receiving approximately 20,000 applications from India in a day, which is close to the volumes recorded during the pre-pandemic peak season,” he said.

On Friday, the Netherlands embassy in Delhi tweeted that due to heavy demand priority appointments can be facilitated for political, economic or humanitarian interests.

Other requests for earlier appointments will not be facilitated until further notice, it said. Last week, the Outbound Tour Operators Association of India flagged concerns faced by Indian tourists with embassies and consulates of various European countries in Delhi.

This includes a long wait for visa appointments and 4-5 weeks of further wait to get their passports back.

“The outbound agents are losing revenue and clients because of visa delays and we would humbly request the consulates to look into the problem on a priority basis and take immediate action,” said association president Riaz Munshi.



# The Umbrella Academy S3, Forensic, Money Heist: Korea, Sarkaru Vaari Paata: What's releasing on OTT platforms this week

This week is all about interesting releases on various streaming platforms. With fresh seasons of shows like The Umbrella Academy, and movies like Forensic dropping on OTT, the weekend looks packed with binge-worthy content. Here is a quick look at what's arriving on Netflix, Amazon Prime Video, Disney plus Hotstar, ZEE5:

Doctor Strange in the Multiverse of Madness : Disney plus Hotstar  
Release date: June 22

The Benedict Cumberbatch-starrer that released in theatres recently will now be available on streaming platforms. The film will be available in five languages—Hindi, Tamil, Telugu, Malayalam, Kannada and English. Directed by Sam Raimi, the movie is a sequel to 2016's Doctor Strange, which introduced Cumberbatch as Stephen Strange aka Doctor Strange in the Marvel Cinematic Universe (MCU). Doctor Strange in the Multiverse of Madness also stars Elizabeth Olsen, Chiwetel Ejiofor, Benedict Wong, Xochitl Gomez, Michael Stuhlbarg, and Rachel McAdams.

The Umbrella Academy Season 3: Netflix  
Release date: June 22

The Hargreeves siblings return for the third season of the superhero series The Umbrella Academy. An adaptation of a comic book series of the same name from Dark Horse Comics, the Emmy-nomi-



ated show revolves around a dysfunctional family of adopted sibling superheroes who reunite to solve the mystery of their father's death. From season 1, the siblings have been striving to prevent an apocalypse, while dealing with their own traumatic pasts and relationships.

Sarkaru Vaari Paata: Amazon Prime Video

Release date: June 23  
The Telugu action drama starring Mahesh Babu and Keerthy Suresh in lead roles had released in theatres in May. The plot revolves around a banker, essayed by Mahesh, who believes financial discipline is very important in life.

Forensic: ZEE5

Release date: June 24  
Another eagerly awaited crime thriller, Forensic features Radhika Apte and

Vikrant Massey in lead roles. With a serial killer on the loose, cops team up with a forensic expert to uncover the killer's identity. The film is the remake of 2020 Malayalam film Forensic which featured Tovino Thomas and Mamta Mohandas in lead roles. The movie also stars Prachi Desai, Vindu Dara Singh, and Rohit Roy in pivotal roles.

Money Heist: Korea – Joint Economic Area: Netflix

Release date: June 24  
After the superhit Spanish series, Netflix is back with a Korean spin-off of Money Heist. The plot remains similar to the original—thieves overtake the mint of unified Korea. The police might find a way to stop the gang, save the hostages and track the mastermind behind it all.

# It's expensive! Samantha Ruth Prabhu's casual airport look is insanely costly; check the price

Yashoda actress Samantha Ruth Prabhu is currently ruling the hearts of millions. With her beauty, grace and charm - she has her spell all over her fans. She has been a busy bee for a while with back-to-back projects but she has maintained to stay in style all the time. Samantha Ruth Prabhu is a style icon who indeed motivates many who want to be fashionistas. But in case you think following her style game would be easy, think twice. Well, though it can be easy, it will definitely not go so easy on your pockets. Recently, she made a stylish splash at the airport wearing some expensive clothes. Scroll on. Also Read - Kundali Bhagya: As Shakti Arora gets set to romance Shraddha Arya; here's a look at his best onscreen pairings from Radhika Madan to Drashti Dhami

Samantha Ruth Prabhu's expensive airport look

The actress was recently papped at the airport wearing striped blue pants, a tank top and a striped white jacket. Her clothes were from the brand JonathanSimkhai. The cost of her jacket is said to be worth Rs 60,780



while her track pants are worth Rs 28,515. Overall, her look was worth Rs 90,000. Well, well, well! Now, didn't

we say she pulled off a pretty expensive look at the airport? Check out her look below:

# JugJugg Jeeyo actress Kiara Advani has THIS to say over comparison with Deepika Padukone and Alia Bhatt

Kiara Advani is currently riding high on the success of Bhool Bhulaiyaa 2. The film that also stars Kartik Aaryan has done wonders at the box office. Now, she is gearing up for her next big release JugJugg Jeeyo. The film that also stars Varun Dhawan, Anil Kapoor and Neetu Kapoor is going to hit the theatres on June 24. Kiara is doing her best to promote the film. Given that Kiara has become one of the most popular faces of Bollywood, in a recent interview, she was asked about comparisons to Alia Bhatt and Deepika Padukone. Also Read - From planting rumours against Naga Chaitanya to being called 'second-hand item' - Times when Samantha Ruth Prabhu proved to be the QUEEN of badass comebacks



In an interview with Pinkvilla, Kiara Advani spoke about being compared to Alia and Deepika and stated that she is motivated by it. She stated that she considered the two divas to be amazing actors

and hence it is motivating for when for she gets compared to them. She was quoted saying, "It is amazing because they are amazing as actresses. I think I might be doing something right [ to be put in the same league] and it is highly motivating. It is more motivating because I do admire them. I love their work, and it pushes me to do better and take on solo projects. It is very motivating."

# Malayalam actor-producer Vijay Babu gets anticipatory bail in rape case

Actor-producer Vijay Babu gets anticipatory bail from the High Court in the case of sexually assaulting a debutant actress by giving her false job offers.

The court has directed him to not leave the state, not insult the complainant or her family and have a Rs 5 lakh bond, ready, as part of the bail.

The proceedings of the case were held in secrecy and Additional Director General Gracious Kuriakose appeared for the government in the case. A few days ago, High Court had rejected his plea to avert arrest over revealing the identity of the complainant.

It was on April 22 that the actress lodge a complaint against Babu with the police. She later detailed the abuse in a Facebook post as well. Babu fur-



ther said the woman visited a beauty clinic under his ownership and interacted with his wife after the date on which the actor claimed she was assaulted. She was apparently in constant

touch with him for movie opportunities. Babu, who had left the country a few days after the case was filed by the actress, got back to India only after 39 days.

# Civil jury finds Bill Cosby sexually abused teenager in 1975

Jurors at a civil trial found Tuesday that Bill Cosby sexually abused a 16-year-old girl at the Playboy Mansion in 1975.

The Los Angeles County jury delivered the verdict in favour of Judy Huth, who is now 64, and awarded her USD 500,000. Jurors found that Cosby intentionally caused harmful sexual contact with Huth, that he reasonably believed she was under 18, and that his conduct was driven by unnatural or abnormal sexual interest in a minor.

The jurors' decision is a major legal defeat for the 84-year-old entertainer once hailed as America's dad. It comes nearly a year after his Pennsylvania criminal conviction for sexual assault was thrown out and he was freed from prison. Huth's lawsuit was one of the last remaining legal claims against him after his insurer settled many others against his will.

Cosby did not attend the trial or testify in person, but short clips from 2015 video deposition were played for jurors, in which he denied any sexual contact with Huth. He continues to deny the allegation through his attorney and publicist.

Jurors had already reached conclusions on nearly every question on their verdict form, including whether Cosby abused Huth and whether she deserved damages, after two days of deliberations on Friday. But the jury foreperson could not serve further because of a personal commitment, and the panel had to start deliberating from scratch with an alternate juror on Monday.

Cosby's attorneys agreed that Cosby met Huth and her high school friend on a Southern California film set in April of 1975, then took them to the Playboy Mansion a few days later.

Huth's friend Donna Samuelson, a key witness, took photos at the mansion of Huth and Cosby, which loomed



large at the trial.

Huth testified that in a bedroom adjacent to a game room where the three had been hanging out, Cosby attempted to put his hand down her pants, then exposed himself and forced her to perform a sex act.

Huth filed her lawsuit in 2014, saying that her son turning 15 the age she initially remembered being when she went to the mansion and a wave of other women accusing Cosby of similar acts brought fresh trauma over what she had been through as a teenager.

Huth's attorney Nathan Goldberg told the jury of nine women and three men during closing arguments Wednesday that my client deserves to have Mr Cosby held accountable for what he did.

Each of you know in your heart that Mr Cosby sexually assaulted Miss Huth, Goldberg said. A majority of jurors apparently agreed, giving Huth a victory in a suit that took eight years and overcame many hurdles just to get to trial.

During their testimony, Cosby attorney Jennifer Bonjean consistently challenged Huth and Samuelson over errors in detail in their stories, and a

similarity in the accounts that the lawyer said represented coordination between the two women. This included the women saying in pre-trial depositions and police interviews that Samuelson had played Donkey Kong that day, a game not released until six years later. Bonjean made much of this, in what both sides came to call the Donkey Kong defense.

Goldberg asked jurors to look past the small errors in detail that he said were inevitable in stories that were 45 years old, and focus on the major issues behind the allegations. He pointed out to jurors that Samuelson said games like Donkey Kong when she first mentioned it in her deposition.

The Cosby lawyer began her closing arguments by saying, It's on like Donkey Kong, and finished by declaring, game over.

Huth's attorney reacted with outrage during his rebuttal. This is about justice! he shouted, pounding on the podium. We don't need game over! We need justice!

The Associated Press does not normally name people who say they have been sexually abused, unless they come forward publicly, as Huth has.

# Koffee With Karan 7: Samantha Ruth Prabhu to OPEN UP about her divorce with Naga Chaitanya on Karan Johar's show?

Samantha Ruth Prabhu is all set to make her smashing debut on the most popular talk show Koffee With Karan season 7. The actress is all set to speak her heart out and this time she will have no filter. Reportedly the Pushpa star will open up about her divorce from Naga Chaitanya and talk about what went wrong between the two. Samantha is right now working extremely hard to make her big name in Bollywood as well, and with The Family Man,2 she has already started to make her niche in the Hindi industry. Also Read - Dipika Kakar gives the best birthday gift to her husband Shoaib Ibrahim; its cost will leave you in a tizzy

Right now Samantha's divorce with Naga is the most talked about topic and many wonder what went wrong between the couple. The reason behind their separation is best known to them. But ever



since their divorce Samantha has been facing a lot of criticism for ending this relationship, as the netizens are blaming her. Well, we live in a world where every wrong is done by a woman, but Samantha is a badass and she doesn't take any sh\*t against her and gives it back in the classiest way possible every time. Also Read - Thalapathy 66: Vijay starer to be the superstar's first multiverse film; might follow Vikram's path? [Deets Inside]

Samantha lashes about the reports of her spreading Naga Chaitanya dating rumours with Sobhita Dhulipala Also Read - Naga Chaitanya is dating this Bollywood actress just after his separation with Samantha Ruth Prabhu ? – Deets Inside  
Recently there was s a strong buzz about Naga Chaitanya dating Sobhita Dhulipala after his separation with Samantha, the reports suggested that it was Sam who was spreading these rumours, She lashed out at the netizens and took to her Twitter and wrote, " "Rumours on girl - Must be true !! Rumours on boy - Planted by a girl !! Grow up guys .. Parties involved have moved on .. you should move on too !! Concentrate on your work ... on your families ..move on!!". Her fans are ailing her kick response and are calling her Thalaivii. Samantha and Naga Chaitanya announced their divorce on October 21, 2021, and left their fans shocked.



# Grey hair causes and treatment: Expert shares insights

From race to ethnicity to oxidative stress, here are a few causes of premature greying of hair, as pointed out by the expert. Know all about it here.

Greying hair can be a serious issue. When premature greying of hair starts to happen, it can lead to stress and anxiety in people. According to experts, the human body consists of hair follicles, which line the skin cells. These follicles consist of pigment cells known as melanin. These cells give the hair its colour. But over time, these hair follicles can lose pigment, resulting in white hair. Speaking to HT Lifestyle, Dr. Anup Dhir, senior consultant, Apollo Hospital and ex-president, Indian Association of Aesthetic Plastic Surgeons, said, “Any deficiencies of vitamin B-6, B-12, biotin, vitamin D, or vitamin E can lead to premature greying. A 2016 study reported in the International Journal of Trichology looked to factors related to premature greying in young Indians Trusted Source under 25 years of age. Serum ferritin, which stores iron in the body, vitamin B-12, and the good cholesterol HDL-C were all low in those with premature hair greying.”

He further noted down the causes of greying hair and the possible treatment options available. Take a look:

Causes:

- Genetics: Sometimes genetics play an important role in a person’s possibility



of greying hair and how it can affect them.

Race and ethnicity: Dr Anup Dhir said, “According to the same 2013 study, premature greying in white people can begin as early as 20 years old, whereas it can begin as early as 25 years old in Asians and 30 years in African-Americans.”

Oxidative stress: The doctor pointed out that beside genetics and race, oxidative stress can play a huge role in premature greying of hair.

Medical conditions: Some medical conditions like thyroid dysfunction and autoimmune diseases may increase a person’s risk for greying early.

Multivitamin supplements for hair growth help arrest thinning and damage

age

Treatment: Dietary changes: Premature greying can be reversed in some cases with the appropriate diagnosis and treatment. A well-balanced diet and regular hair care could also help. Antioxidant-rich foods including fresh fruits and vegetables, green tea, olive oil, fish, etc. Should be included in the diet. Curry leaves, bhringraj and amla can also help. The use of ridge gourd oil on a regular basis can help to prevent hair from going white.

Lifestyle changes: The doctor recommended that reducing or stopping smoking and consuming more anti-oxidants can help in reducing oxidative stress. This can further help in slowing or reducing greying hair.

# Feeling of detachment after trauma has worse impact on mental health: Study

The study, which was conducted under the direction of McLean Hospital researchers and the findings of the research were published in the journal 'American Journal of Psychiatry'.

The presence of dissociation, a profound sense of detachment from one's sense of self or surroundings may indicate a high risk of developing severe post-traumatic stress disorder, anxiety, physical pain, depression, and social impairment for people who have experienced trauma, according to findings from the largest prospective study of its kind.

The study, which was conducted under the direction of McLean Hospital researchers and the findings of the research were published in the journal 'American Journal of Psychiatry'.

"Dissociation may help someone cope in the aftermath of trauma by providing some psychological distance from the experience, but at a high cost--dissociation is often linked with more severe psychiatric symptoms," said lead author Lauren A. M. Lebois, PhD, director of the Dissociative Disorders and Trauma Research Program at McLean Hospital and an assistant professor in psychiatry at Harvard Medical School.



"Despite this, dissociative symptoms remain under-studied and under-diagnosed due to a relative lack of understanding in medical and clinical practice."

To provide insights, Lebois and her colleagues examined information from the Advancing Understanding of RecOvery after trauma (AURORA) Study. The data pertained to 1,464 adults treated at 22 different emergency departments across the United States who reported whether they experienced a severe type of dissociation called derealization. Also, 145 of the patients underwent brain imaging during an emotional task. Three months later, researchers collected follow-up reports of post-traumatic stress, depression, pain, anxiety symptoms, and functional impairment.

# Covid infection may increase risk of Parkinson's, mice study suggests

The SARS-CoV-2 virus may increase the likelihood of the brain degeneration found in Parkinson's disease, according to a study in mice.

The SARS-CoV-2 virus may increase the likelihood of the brain degeneration found in Parkinson's disease, according to a study in mice. COVID-19 patients commonly report symptoms such as brain fog, headaches, and insomnia, complications which are not new after a viral infection, the researchers said.

It took nearly a decade for patients to develop the neurological disease known as "post-encephalic parkinsonism" after the 1918 influenza pandemic, they said.

The study, published in the journal Movement Disorders, found that the SARS-CoV-2 virus could raise the brain's susceptibility to a toxin that causes the death of nerve cells seen in Parkinson's disease.

"Parkinson's is a rare disease that affects 2 per cent of the population above 55 years, so the increase in risk is not necessarily a cause for panic," said study first author Richard Smeyne, from Thomas Jefferson University, US.

"But understanding how coronavirus impacts the brain can help us prepare for the long-term consequences of this pandemic," Smeyne said.

The study expands on prior findings from the Smeyne lab indicating that viruses can increase the susceptibility

of brain cells or neurons to damage or death.

In that study, the researchers discovered that mice exposed to the H1N1 influenza strain that caused the 2009 flu pandemic were more vulnerable to MPTP.

MPTP is a toxin known to cause some of the characteristic symptoms of Parkinson's disease, most notably the loss of neurons that express the chemical dopamine and increased inflammation in the basal ganglia, a brain region that is crucial for movement.

The latest study employed mice that were genetically altered to express the human ACE-2 receptor, which the SARS-CoV-2 virus utilises to get access to the cells in our airways.

These mice were infected with SARS-CoV-2 and then allowed to recover, the researchers said.

The dosage used in this research corresponds to a mild COVID-19 infection in people, with around 80 per cent of infected mice surviving, they said.

Thirty-eight days after the surviving mice had recovered, one group was given a modest dosage of MPTP that would not ordinarily trigger neuron loss.

The control group was given saline. The animals were sacrificed and their brains were examined two weeks later.

The researchers found that COVID-19 infection alone had no impact on dopaminergic neurons in the basal ganglia.

# Male hormonal dysfunctions: 5 habits that can affect men's sexual performance

Sexual or fertility disorders are in no way connected to one's masculinity and we need to break the taboo around these issues and allow men to speak up and seek help in terms of their sexual and reproductive health. Here's how men can uplift their fertility by simply avoiding these habits

There are many biases that exist in our world, one of them being gender bias but it is crucial to understand that sexual or fertility disorders are in no way connected to one's masculinity and we need to break the taboo around these issues and allow men to speak up and seek help in terms of their sexual and reproductive health. Infertility affects about one in every 6-to 7 couples and is treatable only in a few cases but only up to a few extents.

In an interview with HT Lifestyle, Dr Sanjay Kalra, Endocrinologist and Expert panel at Kindly, shared a few tips to help men optimise their sexual and reproductive function. These include -

1. Resolve stress-related issues: Stress and anxiety contribute to sexual problems and men must address such issues to minimise the impact on their sperm quality as well as sexual desire.
2. Add antioxidants to your diet: Oxidative stress, caused due to factors like pollution, cigarette smoke, and a diet high in sugar and fat, can have a negative impact on sperm production and quality. Antioxidants can help address oxidative stress and free radicals, restoring semen health. Foods like leafy greens, berries, citrus fruits, olives, and tomatoes contain antioxidants that can help.
3. Support your diet with supplements: It is important to bridge nutritional gaps with supplements such as Coenzyme Q10 which has shown a significant increase in sperm motility, count and improvement in fertility rate. You can also add lemon to your diet, which keeps the male dysfunction and distress away,
4. Avoid smoking and excessive drink-



ing: Studies on smoking and semen quality found that smoking affects many aspects of sperm health, including decreased sperm counts, decreased sperm motility (the swimming ability of the sperm), and sperm shape. A study of people with alcohol use disorder found that only 12% of the men had completely normal sperm counts and health, compared to 37% of non-smokers and non-alcoholics.

5. An overall healthy lifestyle: A healthy diet, physical activity, stress management, and sleep pattern, help improve sexual desire and also sperm quality.

Adding to the list of tips on how men can uplift their fertility, Dr Saumya Tripathi (MD), Dermat Consultant, suggested simply avoiding these 5 ordinary habits in their lifestyle:

1. Watch your weight (obesity) - Carrying some extra kilos is always a risk for infertile males. Whether you are underweight or overweight, it might affect your testosterone levels in the future and can alter the structure of germ cells.
2. Reduce alcohol consumption - Alcohol directly affects men's fertility. It reduces libido, and lower down s testos-

terone levels which in return affects the quality of the sperm. So don't take it beyond your capacity.

3. Smoking - To all those who smoke, go and check your sperm count. A non-smoker will always have more sperm counts than a smoker. Smoking also causes erectile dysfunction and premature ejaculation in men.

4. Self medication/drug abuse - Using medicines without prescription or without consulting a doctor can be hazardous. There are certain drugs that have a negative impact on men or side effects like it might reduce the production of sperm.

5. Stress and lifestyle - Most men are facing issues like sedentary lifestyle, no exercise, work stress, junk food and lack of sleep when all of these unhealthy habits affect the general well-being of the patient, thereby affecting his sexual health and fertility.

Male reproductive health should not be viewed from a man-only prism. It should be viewed from a couple-centric lens, one must ensure not only male and female health but also good communication and interaction between both partners.

# Do optimists really live longer? Here's what the research says

Do you tend to see the glass as half full, rather than half empty? Are you always looking on the bright side of life? If so, you may be surprised to learn that this tendency could actually be good for your health.

A number of studies have shown that optimists enjoy higher levels of wellbeing, better sleep, lower stress and even better cardiovascular health and immune function. And now, a recent study has shown that being an optimist is linked to longer life.

To conduct their study, researchers tracked the lifespan of nearly

160,000 women aged between 50 to 79 for a period of 26 years. At the beginning of the study, the women completed a self-report measure of optimism. Women with the highest scores on the measure were categorised as optimists. Those with the lowest scores were considered pessimists.

Then, in 2019, the researchers followed up with the participants who were still living. They also looked at the lifespan of participants who had died. What they found was that those who had the highest levels of optimism were more likely to live longer. More importantly,

the optimists were also more likely than those who were pessimists to live into their nineties.

Researchers refer to this as exceptional longevity, considering the average lifespan for women is about 83 years in developed countries.

What makes these findings especially impressive is that the results remained even after accounting for other factors known to predict a long life including education level and economic status, ethnicity, and whether a person suffered from depression or other chronic health conditions.



# Union MoS, H&FW inaugurates additional 20 bedded facility at Civil Hospital Pahalgam

**JAMMU RISING**  
**JAMMU, JUNE 22**  
Union Minister of State (MoS) for Health and Family Welfare (H&FW), Dr. Bharati Pravin Pawar inaugurated additional 20 bedded facility at Civil Hospital Pahalgam.

The MoS also took a detailed stock of medical facilities put in place for holy Amarnath Yatra 2022 besides other arrangements in a meeting here.

Director Health Services Kashmir, Dr. Mushtaq Ahmad Rather; CMO Anantnag, Dr. Mohammad Yousuf Zagoo besides other senior officers of health and other allied departments were also present in the meeting.

While inaugurating the facility, the MoS said that the additional 20 bedded facility will help to decongest the nearby hospitals besides it will provide relief to the patients as well as yatis. She asked the officers to keep the required number of doctors available at the hospital besides other facilities and equipments should also be made available for the better health facilities for the public.

Meanwhile, the MoS also re-



viewed the Amarnath Yatra arrangements including the setting of base hospitals for the ensuing Amarnath Yatra 2022 scheduled from the end of this month. While reviewing the arrangements for smooth conduct of yatra, the MoS expressed satisfaction over the arrangements being made for the yatra and stressed that no stone should be left unturned for providing better facilities to holy yatis.

During the meeting, the MoS was informed by the Director that all the arrangements

are in place and up-gradation of facilities have been made this year besides the routine facilities which used to be available en route the yatra have been established.

The Director informed the MoS that this year two DRDO hospitals are being made operational for yatis so that they don't face any kind of problem besides good number of doctors and paramedics within and outside the UT will be put into service for the yatra.

It was also informed that 24/7 control room has been es-

tablished by the Directorate of Health Services Kashmir.

The director also informed the MoS that the DSHK has trained 300 doctors and para-medical staff at the Regional Institute of Health & Family Welfare (RIHFW), Dhoiwan under 'Training of Trainers' program in High Altitude.

It was also informed that the directorate will deploy good number of health care workers for Yatra duties in order to provide the best medical services to the devotees at make-shift hospitals.

# Div Com orders speedy restoration of services, roads affected due to incessant rains

**JAMMU RISING**  
**JAMMU, JUNE 22**  
Keeping in view the recent rainfall and increasing water level in rivers and tributaries, Divisional Commissioner Jammu, Ramesh Kumar on Wednesday chaired a meeting to review flood management measures and preparedness in the districts of the division.

The Div Com took stock of damages occurred in the districts due to recent rains and instructed DCs to initiate assessment of damages in their area of jurisdictions.

The Div Com instructed DCs to ensure expeditious restoration of the damaged roads, besides disrupted water and power supply etc. He further asked to keep close tab on availability essential commodities in the districts.

He also asked the DCs to activate 24x7 multi departmental control rooms/ Emergency Operation Centres (EOCs) and notify helpline numbers and publicise the same for information of the general public. He emphasized to ensure prompt response to distress calls.

While reviewing the situation of Ramban District, the Div Com directed the DC to



expedite restoration work of national highway 44 and provide safe shelter and food to the passengers stranded in the district. He further asked the DCs to ensure that migrant population was not affected and provide adequate assistance to them.

He also stressed on close

monitoring of water in rivers, canals, Nullahs so that timely measures were taken in case of any eventuality. Inquiring about the lightning incident in Dudu Basantgarh of Udhampur district, it was informed that the Divisional administration has sought the help of Air Force authorities for airlifting

the injured by Helicopter.

The meeting was attended by Additional Commissioner, Assistant Commissioner, Deputy Director Planning while all DCs of Jammu Division along with other concerned officers participated in the meeting through video conferencing.

# DC Samba holds Public Outreach Camp at far off Sumb block

**JAMMU RISING**  
**JAMMU, JUNE 22**  
As part of Weekly Block Diwas, Deputy Commissioner Samba Anuradha Gupta today convened a Public Outreach Camp here at panchayat Samlah of hilly block Sumb and listened to public grievances.

District Development Council Vice Chairman, Balwan Singh; Assistant Commissioner Revenue, Ravinder Kumar; Assistant Commissioner Development, Sidharath Dhiman, Tehsildar, BDO, DPO, besides Executive Engineers from PWD PDD and Jal Shakti (PHE) were also present.

The Deputy Commissioner asked the district officers to put in collective efforts to achieve 100% saturation of all government sponsored schemes in the area.

Responding to the public demands, she directed the officers to immediately formulate Panchayat Development



Plans by taking the PRI members and other stakeholders on board. "The plans should meet the developmental aspirations and demands of the locals for augmentation of roads, water and power supply and much needed rural infrastructure" said the DC samba.

The DC sought immediate action on replacement of damaged water pipelines, Block topping of Samba Goran Road, formulation of DPR for restoration of the abandoned

School Park and augmentation of power supply. The DC also sought a detailed report on the status of health infrastructure, functioning of Pani Samities, status of RDD and other development works.

The DC informed that 133 CrPc section has been slapped on the contractor for delaying the work on Samba-Sumb Road. She said the Black topping work of the road has been started and the long standing demand of the

area for proper road connectivity will be met soon.

Later, the DC also inspected the ongoing road work in Samlah Panchayat and directed revenue officials to complete the land acquisition process for its early completion. The DC also directed Chief Education Officer Samba and Executive Engineer PWD to prepare a DPR for development of the abandoned school Park to benefit the local youth.

# Advisor Bhatnagar visits Flood Control Room Ram Munshi Bagh, assesses flood situation across J&K

**JAMMU RISING**  
**JAMMU, JUNE 22**

In view of the increasing water levels in River Jehlum and its tributaries, Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar today paid a visit to Flood Control Room Ram Munshi Bagh here and assessed the flood situation across the Jammu and Kashmir.

During the visit, Advisor Bhatnagar also held a detailed meeting with the senior officers of Irrigation and Flood Control wing of Jal Shakti Department and evaluated the overall flood scenario across the UT.

Speaking during the meeting, the Advisor delved upon the officers that men and machinery should be geared up and deployed at all the vulnerable spots to avoid any exigency. He asked the officers that sand bags and other required material should be kept available near the Jehlum embankments so that any kind of breach is timely rectified.

Advisor Bhatnagar further stressed upon the officers that the proper coordination and synergy should be maintained with district administrations as well as



SDRF so that timely deployment of emergency response teams can be made to vulnerable areas. He asked the officers that the public should be informed timely about the flood levels in their respective areas and any kind of fake news or misinformation should be timely rectified with the help of Information department as well as Doordarshan and AIR. He also asked the officers to use the

social media in proper way with timely and accurate information related to flood water levels should be updated. During the meeting, the Advisor was informed that the water levels are increasing at Sangam and Ram Munshi Bagh areas due to down flow of Jehlum river and as of now severe flood across the Kashmir valley is not predicted however full alert is being maintained and close

monitoring is being done.

The Advisor was also informed that the weather has significantly improved from today morning and with the passage of time the water levels will start receding.

Later, Advisor Bhatnagar also checked the water gauge level at the Ram Munshi Bagh station and also held onspot inspection of embankments of Jehlum river.

# ADDC Kishtwar visits Buddhist heritage site at Nagseni

**JAMMU RISING**  
**JAMMU, JUNE 22**

Additional District Development Commissioner (ADDC) Kishtwar Sham Lal on Wednesday visited the Buddhist heritage site at Nagseni and Rural Haat at Paddar besides took first hand appraisal of the execution of work on Padyama to Bhagna and Bhagna to Dachla PMGSY roads.

During his visit, he directed XEN PMGSY to expedite the pace of work to complete the projects in a time bound manner.

"Complete the left out work of installation of parapets and signages on the roads for the safety of the Commuters" he asked the Executing Agencies.

Meanwhile, the ADDC also inspected the monuments at Sai Draman and Dimgi area of the block Nagseni which are famous for the stone artifacts with written inscription in Pali language and a place where the first Buddhist religious Conference was held.

He directed the RDD Authorities to ensure the protection work at the historical place to prevent any encroachment and



further damage.

Interacting with the locals, the ADDC assured that the district administration will take up the matter with Director Archives, Archeology and Museum J&K for the preservation and restoration of the rich her-

itage site.

He further said that these places have a great potential to attract historians, students and tourists and hence need to be preserved.

Later, the ADDC visited block Paddar and inspected the

Rural Haat. He directed the BDO Paddar to make it functional ahead of the ensuing Annual Shri Machail Mata Yatra so that the local craftsmen and artists could showcase and sell their crafts and local products during Yatra.

# Reasi admin hosts orientation workshop for women artisans of Bina Chabhari

**JAMMU RISING**

**JAMMU, JUNE 22**  
Pine Cone™, a brand by Folkloric (OPC) Private Limited, today conducted a workshop for the artisans of Bina Chabhari (Palm leaf craft) in collaboration with J&K, NRLM Reasi and office of the Assistant Director Handicrafts Reasi in presence of Deputy Commissioner, Babila Rakwal.

The objective of the workshop was to share knowledge with the artisans on design and innovation, skill up-gradation, market trends and overview of global market and scope of handicraft products on the online platforms/ marketplaces to enable them to enhance the scope and reach of their products and income and to take the crafts of J&K to a wider audience.

The women artisans partic-

ipated wholeheartedly and were acquainted with many other such natural fiber crafts successfully practiced in other rural areas of India.

Pine Cone™ is a craft based home decor bootstrapped startup by Nitika Gupta, who is working on reviving lesser known/ dying crafts of India by design intervention, value addition, value engineering and transforming these into contemporary home décor products with Scandinavian aesthetics and utilitarian elements. It celebrates the lesser known crafts of India, hand-made with love by the artisans in remote parts of rural India.

Born and brought up in Jammu, Nitika brings with her an experience of 12+ years in the corporate sector where she worked in different roles across industries right from product designer, to product

manager to brand manager.

Nitika is a lifestyle product design graduate from National Institute of Fashion Technology (NIFT) Gandhinagar, and an alumnus of Indian Institute of Management Calcutta (IIMC), working directly with traditional artisans of the crafts in rural India. She is also an empanelled designer with the Ministry of Textiles to undertake design projects and workshops in Indian crafts and conducted the workshop and training session voluntarily (free of charge).

Pine Cone™ engages with artisans of age-old crafts (90% of them are women), help them to upgrade their craft and skills to make the art more utilitarian and commercial and to transform the craft into beautiful home decor pieces that would decorate Indian homes and beyond. These products

are given a contemporary feel and Scandinavian- bohemian aesthetic flavor to appeal to minimalists and maximalists alike.

As per Nitika, Pine Cone showcases completely hand-made and handcrafted products in India and is working on various crafts from different parts of the country including Assam and Manipur, Himachal Pradesh and Jammu region. These artisans work with materials - Bamboo, Kauna (water reed) grass, Water Hyacinth, Cane and Salt Reed (Kusha) grass. The techniques are basketry, weaving, cane webbing, coiling, stitching and macrame. All products are handcrafted with age-old traditions and techniques but given a contemporary appeal by making them functional and aesthetic