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BRIEF

Earthquake of magnitude 3.5 hits Ladakh

TP CORRESPONDENT
 LEH, May 22: An earthquake of magnitude 3.5 on the Richter scale jolted Ladakh's Leh on Wednesday, according to the National Centre for Seismology (NCS). As per the NCS, the

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Rahul Gandhi to visit storm-hit Poonch on May 24

TP CORRESPONDENT
 JAMMU, May 22: Lok Sabha's Leader of Opposition, Rahul Gandhi, is likely to visit Poonch district in Jammu and Kashmir on Saturday (May 24), Congress party sources said on Thursday.

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CIK produces chargesheet against terrorist aide for facilitating SIM cards to active terrorists

TP CORRESPONDENT
 SRINAGAR, May 22: The Counter Intelligence Kashmir (CIK) on Thursday said to have produced a

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School timings changed in Kashmir amid soaring heatwave

UNI
 SRINAGAR, May 22: Amid the ongoing heatwave, the J&K government has announced a change in school timings for all government and recognized private schools in the region.

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No third-party intervention was involved in ending hostilities between India-Pak: Jaishankar

TP CORRESPONDENT
 NEW DELHI, May 22: Asserting that the ceasefire agreement was directly negotiated between India and Pakistan, External Affairs Minister Dr S Jaishankar on Thursday made it explicitly clear that there was no third-party intervention

Says ceasefire agreement directly negotiated between generals of both countries; Links Pak Army Chief's 'hardline and extremist' outlook to Pahalgam terror attack

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Not blood but hot sindoor runs in my veins: PM Modi

"Rahim Yar Khan airbase is in ICU": PM Modi takes dig at Pakistan

TP CORRESPONDENT
 BIKANER, May 22: Prime Minister Narendra Modi on Thursday highlighted the destruction that

happened to Pakistan's Rahim Yar Khan airbase due to India's strikes during Operation Sindoor and said

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Army jawan martyred in Kishtwar gunfight, operation on

UNI
 JAMMU, May 22: One army soldier was martyred in an ensuing gunfight in Chatroo area of Kishtwar district in Jammu and Kashmir. Jammu-based White Knight Corps in a post on X said, "During the ongoing operation, fierce gunfight is

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Heatwave sweeps J&K: Srinagar hits 133-year May record at 34.4°C

Kokernag records all-time highest temp since 1978; Jammu simmers at 40°C; Met warns of further heat till May 26

TP CORRESPONDENT
 SRINAGAR, May 22: The intense heatwave has gripped Jammu and Kashmir, with Srinagar surpassing the previous records on Thursday as the

station recorded the third highest-ever temperature in the month of May at 34.4 degrees Celsius.

An Independent Weather Forecaster, Faizan Arif Keng, shared that Srinagar recorded the season's highest day temperature today at 34.3 degrees Celsius.

He informed that the station has recorded the third-highest-ever day temperature in the month of May in 133 years.

The previous record was 34.3 degrees Celsius recorded on May 28, 1971, he said.

J&K is presently witnessing an intense heatwave, while the administration and doctors have issued advisories, appealing peo-

ple to take adequate precautions.

Meanwhile, as per the details, Qazigund recorded the third highest temperature in the month of May since 1956 at 33.5 degrees Celsius. However, in May 2024, the temperature of 34.0 degrees Celsius was recorded, which stands as the all-time record, Keng said.

According to Keng, Kokernag recorded the all-time highest day temperature in the month of May since 1978 at 33.3 degrees Celsius. The previous all-time highest temperature was recorded on 15 May 2001 at 32.6 degrees

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A month after Pahalgam attack, killers still at large

TP CORRESPONDENT
 JAMMU, May 22: A month after the deadly terror attack on tourists in Pahalgam, locals in the south Kashmir resort town stare at mounting livelihood losses, even as the perpetrators have managed to evade the massive crackdown launched by

security forces to track them down. While several top terrorists have been killed in various operations launched after the deadly April 22 attack at Baisaran meadows, the terrorists who carried out the massacre have eluded the security forces, officials said on Thursday. Terrorists descended on the pictur-

esque Baisaran meadows of Pahalgam on April 22 and shot dead 25 tourists and a local man who tried to save them.

Though the exact number of terrorists who carried out the attack is not known, sources have said there were between four and six terrorists.

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All party delegations brief UAE, Japan about Operation Sindoor and Pakistan-backed terror

TP CORRESPONDENT
 NEW DELHI, May 22: India on Thursday launched its global outreach against terrorism emanating from Pakistan as multi-party delegations reached Japan and United Arab Emirates to assert the right to self-defence following Operation Sindoor. The delegation to Japan is led by JD(U) MP Sanjay Jha while Shiv Sena MP Shrikant Shinde is leading the delegation to the United Arab Emirates (UAE).

The delegation led by Shinde met Ahmed Mir Khori, member of the UAE Federal National Council at Abu Dhabi and conveyed India's strong resolve to counter state-sponsored terrorism originating from Pakistan soil.

"We proudly shared India's decisive success with 'Operation Sindoor' and highlighted the ongoing terrorism threats emanating from Pakistan," Shinde said in a post in X. Besides Shinde, the delegation

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Not a single word on terrorism, Pak: LoP Sharma slams NC resolutions

TP CORRESPONDENT
 SRINAGAR, May 22: Leader of Opposition in the Jammu and Kashmir Legislative Assembly, Sunil Sharma, launched an attack on the Jammu and Kashmir National Conference (JKNC), accusing the party of ignoring the Pahalgam

terrorist attack and the sacrifices made by Indian security forces during Operation Sindoor.

Speaking in a 5-minute video statement, Sharma, said, "For the first time, not only India but the entire world has seen such a response to a terrorist incident. The courage shown by

our forces during Operation Vermilion is unmatched."

He added that it was surprising that the JKNC, in its Executive Committee meeting, passed seven resolutions but did not mention the army or the security forces even once.

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Kashmir's tourism in crisis: 90% bookings cancelled after Pahalgam terror attack

Houseboats lie empty, shikaras idle; stakeholders plead for revival ahead of peak season

TP CORRESPONDENT
 SRINAGAR, May 22: A month-long slump in tourism activities across Jammu and Kashmir has affected the people associated with the sector badly, with the stakeholders saying

it has now become difficult for them to even manage the daily expenses.

The tourism activities started declining soon after 26 innocent people, mostly tourists, were killed by the terrorists in Baisaran area of Pahalgam on April 22,

2025.

The houseboat owners, tour operators, Shikara owners and cab drivers are expecting revival of the tourism sector in Jammu and Kashmir. Gowhar Ahmad, a houseboat owner

●Cont. on Page 11

Man impersonating as pony operator nabbed on Shri Mata Vaishno Devi track

UNI
 JAMMU, May 22: In a significant development towards maintaining the sanctity and security of the Shri Mata Vaishno Devi pilgrimage, Police have apprehended one person on Thursday for impersonating a registered pony carrier and illegally operating on the track without proper authorization in Katra town

of Reasi district of Jammu and Kashmir.

Police said that during routine patrolling on the Shri Mata Vaishno Devi track under the jurisdiction of Police Post Banganga, the team, upon reaching near Bathing Ghat, stopped a person engaged in pony carrier activities for verification of credentials.

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Statehood legitimate aspiration of J&K people, must be fully restored: TMC

TP CORRESPONDENT
 SRINAGAR, May 22: The TMC on Thursday called for the restoration of statehood to Jammu and Kashmir, saying the local government should be fully empowered. A five-member delegation of the Trinamool Congress (TMC) called on Chief Minister Omar Abdullah at his residence on Wednesday,

immediately after their arrival in the city. "We believe that statehood is a legitimate aspiration of the people of Jammu and Kashmir. We firmly believe that statehood must be fully restored to Jammu and Kashmir," said TMC Rajya Sabha MP Sagarika Ghose, who is a part of the

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CM Omar asks JKSSB to fast-track recruitment process



TP CORRESPONDENT
 SRINAGAR, May 22: Chief Minister Omar Abdullah today chaired a high-level meeting to review the functioning of the Jammu & Kashmir Services Selection Board

(JKSSB), stressing the need to remove bottlenecks and ensuring time-bound and transparent recruitment process.

The meeting was attended by Advisor to the Chief Minister Nasir Aslam Wani, Chief Secretary Atal Dulloo,

Additional Chief Secretary to the Chief Minister Dheeraj Gupta, Principal Secretary Finance, Commissioner Secretary General Administration Department, Commissioner Secretary Cooperatives

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SC reserves interim orders on 3 issues in Waqf Act

TP CORRESPONDENT
 NEW DELHI, May 22: The Supreme Court on Thursday reserved its interim orders on three issues, including the power to denotify properties declared as waqf by courts, waqf-by-

user or waqf by deed after hearing a clutch of pleas challenging the validity of the Waqf (Amendment) Act, 2025.

Before reserving the interim orders, a bench comprising Chief Justice B R Gavai and Justice

Augustine George Masih heard senior advocates Kapil Sibal, Rajeev Dhavan and Abhishek Singhvi on behalf of those opposed to the amended waqf law and Solicitor General Tushar Mehta, representing the

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Mega Career Counselling Programme organised at GHSS Girls Samba



TP CORRESPONDENT

SAMBA, MAY 22: A Mega Career Counselling Programme was organised today here at Capt. Dhruv Singh Memorial Government Girls Model Higher Secondary School to felicitate students who excelled in Class 10th and 12th exams and guide them in choosing academic and career paths after passing Matric and Higher Secondary.

The programme was attended by Deputy Commissioner Samba Rajesh Sharma, who appreciated the efforts of students and motivated them to explore diverse career opportunities with clarity and confidence. During the programme, 9 meritorious students were felicitated with mementos by the Deputy Commissioner. Students enthusiastically participated in interactive counselling sessions and received guidance from subject experts

and officers. The event was attended by ADC Jagdish Singh; ALC Himani; Chief Education Officer Kewal Krishan; District officer JKEDI; the School Principal, Lecturers from the School Education Department, Faculty from Polytechnic College Samba and IIT Samba, along with around 200 students from nearby schools. The programme concluded with the distribution of refreshments among all participants.

FICCI FLO JKL signs MoU with J&K Bank to empower women through Financial Inclusion & Entrepreneurship

TP CORRESPONDENT

JAMMU, May 22: FICCI Ladies Organization (FLO) Jammu-Kashmir-Ladakh (JKL) Chapter, under the leadership of its Chairperson Aarti Chowdhary, today signed a significant Memorandum of Understanding (MoU) with Jammu and Kashmir Bank Ltd. to collaborate on initiatives aimed at advancing women empowerment, financial literacy, and entrepreneurship in the Union Territories of Jammu & Kashmir and Ladakh.

The MoU was formally signed in presence of Sunit Kumar, Divisional General Manager, J&K Bank, Jammu Division, by Chandrika Parihar, Cluster Head, Jammu Cluster-I and Aarti Chowdhary, Chairperson, FICCI-FLO, JKL Chapter. Among others



present on the occasion included Varinder Kour, Asstt General Manager and other senior officials of J&K bank and FLO JKL core team members including Ruchika Gupta Immediate Past Chair, Varuna Anand, National Initiative Head, Partnership & Collaboration, FICCI-FLO, Rupika Shahi Vice

Chairperson, Nandita Bajaj Secretary and Pooja Dewan Joint Secretary.

As leading financial player in the Union Territories, J&K Bank will spearhead efforts to provide seamless banking solutions, credit facilitation, and digital financial inclusion to women across urban, suburban, and rural areas. This

MoU reflects J&K Bank's commitment to reducing gender disparity in financial accessibility, empowering women entrepreneurs, and ensuring sustainable economic progress in the region. The MoU underscores a joint commitment to promote inclusive growth by empowering women through access to banking

services, credit facilities, and skill development opportunities. The strategic partnership between FICCI FLO JKL and J&K Bank will focus on the following key areas including Financial Inclusion Leadership – Enabling financial literacy camps and structured awareness programs to deepen banking penetration among women. Pioneering Credit Linkage – Facilitating exclusive access to financial products for women-led enterprises, including tailored credit solutions under Tejaswini, UMEED, Mudra, and NRLM schemes.

Digital Banking Excellence – Expanding adoption of J&K Bank mPay, RuPay Cards, and AePS, positioning the bank as a frontrunner in financial technology-driven inclusion.

Celebration of International Day for Biological Diversity at GDC Reasi

TP CORRESPONDENT

REASI, May 22: The Department of Environmental Science, in collaboration with the Departments of Sociology, Hindi, Urdu, Physical Education, and the NCC and NSS units, organized a field-based awareness lecture at Government Degree College (GDC) Reasi to commemorate the International Day for Biological Diversity.

On this occasion, Prof. Rahil Dutta, Head of the Department of Environmental Science, delivered an insightful field lecture on the theme "Biodiversity: Its Values, Importance, and Conservation." The session underscored the ecological, cultural, and socio-economic importance of biodiversity, while stressing the urgent need for its protection.

The lecture was aligned with this year's theme - "Harmony with Nature and Sustainable Development" - emphasizing biodiversity conservation as a corner-



stone of achieving the United Nations Sustainable Development Goals (SDGs). Prof. Dutta encouraged students to embrace eco-friendly practices and take active roles in preserving natural ecosystems.

The event was held under the esteemed patronage of the Principal, Dr. Udhay Bhanu. Faculty members present on the occasion included Prof. Pooja Dheman (HoD Hindi), Prof.

Irfan Ali (HoD Urdu), Rakesh Kumar Meenia (ANO NCC), Prof. Baldev Singh (PO NSS), and Prof. Anju Devi (HoD Sociology).

The collaborative program witnessed enthusiastic participation from students, NCC cadets, NSS volunteers, and faculty members, fostering interdisciplinary learning and reinforcing the message of coexisting in harmony with nature.

SOS Hermann Gmeiner School, Jammu Observes World Biodiversity Day with Inspiring Lecture

TP CORRESPONDENT

JAMMU, May 22: SOS Hermann Gmeiner School, Gole Gujral, Talab Tillo, Jammu, marked World Biodiversity Day with an engaging and thought-provoking session by Dr. Ashaq Hussain, Associate Professor of Chemistry, GGM Science College, Jammu. The event brought together students, faculty, and environmental enthusiasts to reflect on this year's global theme: "Harmony with Nature and Sustainable Development."

Dr. Ashaq Hussain, widely known for his academic expertise and active involvement in environmental awareness, delivered a compelling lecture highlighting the vital role biodiversity plays in maintaining ecological balance, combating climate change, and supporting human livelihoods. He shed light on critical threats such as habitat destruction, pollution, invasive species, and unsustainable practices, while emphasizing the urgency for immediate conservation efforts. Dr. Ashaq during his

lecture stressed that "Biodiversity is the living fabric of our planet. Every species, no matter how small, contributes to the ecological balance. We must all take responsibility to safeguard this diversity for current and future generations. Using local and global examples, he skillfully connected broader environmental concerns to practical, community-based actions.

The session included a lively interactive segment where students enthusiastically engaged with Dr. Hussain, asking questions about environmental challenges and sustainability. In response, he introduced the practical approach of AMG - Avoid, Minimize, and Generate, as a proactive alternative to the usual reactive expression "OMG - Oh My God."

Earlier, Dr. Hussain was warmly welcomed by Ms. Shakun Chaudhary, Principal of SOS Hermann Gmeiner School, HM Mr. Ashok Kumar Raina, Faculty members Ms. Nidhi Choudhary, Sangeeta Dhar and others in the School.

Ms. Shakun Chaudhary, Principal of the School, expressed her sincere appreciation to Dr. Hussain for his insightful and inspiring presentation. "His message has sparked awareness and commitment among our students to take meaningful action for the planet," she noted. The program concluded with motivating words from Mr. Ashok Kumar Raina, Head Master of the school, who praised the initiative and encouraged students to lead by example in promoting environmental responsibility.



DIC Ramban conducts awareness Camp at Panchayat Maitra-B

Promotes MSME Schemes under RAMP Programme

TP CORRESPONDENT

RAMBAN, MAY 22: In line with the directions of Deputy Commissioner Baseer-Ul-Haq Chaudhary, and under the guidance of the Director, Industries & Commerce, Jammu, the District Industries Centre (DIC) Ramban organized an awareness camp at Panchayat Maitra-B.

The objective was to spread awareness about the implementation of Strategic Investment Plans (SIP) for Jammu & Kashmir under the Raising and Accelerating MSME Performance (RAMP) Programme, along with other schemes being implemented by DIC Ramban.

The camp held under the supervision of GM DIC Ravinder Anand commenced with a welcome address by Project Manager, Kuldeep Singh. During the session, participants were encouraged to register their business units on the Udyam portal (www.udyamregistration.gov.in) to formalize MSMEs in the District.

The Project Manager also sensitized attendees about the procedure for applying under various schemes, explaining the benefits of enrollment with DIC. Educated unemployed youth were informed about the financial assistance and



subsidies available under the Prime Minister's Employment Generation Programme (PMEGP) for establishing ventures in both manufacturing and service sectors. Additionally, participants were made aware about the PM Vishwakarma scheme. The scheme generated interest among aspiring

youth, many of whom expressed willingness to step forward and avail benefits under PMEGP through DIC Ramban. The camp concluded with a vote of thanks from the Project Manager, who appreciated the public for their enthusiastic participation.

CRPF organises free medical camp in Shahgund



TP CORRESPONDENT

HAJIN, May 22: Under its civic action programme Free medical camp was organised by 45 battalion of CRPF at Shahgund area of Hajin village in north Kashmir's Bandipora district on Thursday.

The camp was inaugurated by commandant of 45th Battalion Apoorwa in presence of Sh Brijesh Kumar Yadav, Assistant commandant Vijay Singh of CRPF, and Principal Govt Higher secondary school Shahgund and other officers and local eminent personalities were present during the camp.

During the camp besides free medical checkup, consultation medicines were distributed by CRPF and civil doctors. Around one thousand patients has taken benefits of the said medical camp.

Commandant Apoorwa said that earlier 45 Bn CRPF assured the local public that CRPF has always been helping the Kashmiri people and putting all out efforts for peace, prosperity and development of the society. He added that they will continue to conduct such a civic programme for the benefit of the local public in future.

TP CORRESPONDENT

REASI, MAY 22: A meeting was convened today under the leadership of Deputy Commissioner Reasi, Ms. Nidhi Malik, IAS, to finalize compensation rates for land acquired under the Collector's Land Acquisition program in the district. During the meeting, ACR Reasi, Nitin Verma, presented two land acquisition cases for consideration. After detailed discussions and a thorough examination of all relevant aspects, the compensation rates for the concerned land acquisitions were finalized, ensuring transparency and fairness in the process.

In addition to land compensation, the Deputy Commissioner also

addressed various developmental issues. While discussing infrastructure concerns, she resolved the long-pending issue related to the Kanthi PWD road and instructed the SDM Katra to identify forest land where development activity has occurred.

Regarding the impacts of expressway construction, the DC issued firm instructions to the concerned authorities, directing them to ensure that the National Highways Authority of India (NHAI) takes immediate and appropriate action concerning residential structures that have developed cracks due to excavation and land-cutting activities. She emphasized that the safety and well-being of affected residents is para-

mount and that NHAI would be held accountable for any resulting damages. She also instructed SDMs to obtain reports from XENs on whether adequate road safety measures were implemented during construction.

Additionally, the DC directed that land for the Agriculture Mandi in Reasi be prioritized so that farmers can benefit from improved agricultural infrastructure. She also instructed the authorities to take strict action against those found burning waste, emphasizing that challans must be issued to violators.

The meeting was attended by ADC Rakesh Kumar, SDM Katra, SDM Dharmari, SDM Mahore, and other concerned officers.

Int'l Year of Cooperatives 2025 Theme based Quiz Competition organised at GGHS

TP CORRESPONDENT

KISHTWAR, MAY 22: As part of the series of activities being held to mark International Year of Cooperatives 2025, a quiz competition was today organized here at Government Girls Higher

Secondary School, under the Supervision of Deputy Registrar Cooperative Societies Mirza Mumtaz Iqbal.

The primary objective of the event was to educate and sensitize students about the principles, values, and importance of the

cooperative movement, particularly its role in promoting socio-economic development.

The program began with a welcome address and an insightful presentation by Assistant Registrar Cooperative Societies Amit Sharma, who provided a

detailed overview of the Cooperative Department and its functions.

The quiz competition featured five teams and covered a wide range of topics including Cooperatives, Indian History, Polity, and Geography.

The participants demonstrated remarkable awareness and understanding of the subjects, reflecting their academic diligence and interest.

To recognize and encourage the efforts of the students, all participants were felicitated with prizes

and certificates. The awards were distributed by the Principal Government Girls Higher Secondary School, Kishtwar, along with the Assistant Registrar Kishtwar and other dignitaries from the school and Cooperative Department.

Director Agriculture Jammu conducts 2 day extensive visit to Banihal-Ramban

TP CORRESPONDENT

JAMMU, MAY 22: Director Agriculture Jammu, S. Arvinder Singh Reen undertook a two-day extensive tour of District Ramban, focusing on the implementation and progress of various ongoing agricultural initiatives and schemes.

During the visit, the Director convened a detailed meeting at the Chief Agriculture Office, Ramban, where he assessed the status of several central and UT-sponsored schemes including HADP, JKICP, CSS, and NABARD. He also reviewed the progress of various flagship programmes under SHCS, PMFBY, KCC, PM Kisan and RKVY.

Chief Agriculture Officer Vinay Kumar Jandyal briefed the Director Agriculture about the status of works going on in the field. The meeting was attended



by Sub-Divisional Officer Ayaz Rishi, Sub-Divisional Officer Gool Naveen Kumar, ASCO Jamshed Ahmad, SMS-DL, other senior officers and field staff of District Ramban.

The Director inspected key agricultural infrastructure in the district, including the Mushroom Unit and Honey Processing Plant at DCTC and visited the

Integrated Farming System (IFS) Model established by progressive farmer Zubair Ahmad Sohail at Chenab Valley Farm, Village Chamalwas, Banihal. Commending the initiative, he urged farmers to embrace Integrated Farming for sustainable income generation.

Further, the Director inspected a Low-Cost Polyhouse of beneficiary

Abdul Rashid Khan in Panchayat Karwah, Zone Banihal, highlighting the importance of protected cultivation. At a well-attended farmers' gathering in Banihal, he elaborated on various components of HADP, encouraging farmers to utilize the Kisan SATHI Dashboard to apply for government schemes related to plantation, protected culti-

vation, water harvesting, drip irrigation, custom hiring centers, farm machinery, processing units, and nursery establishment.

On the second day, the Director visited the SM Farm Tethar, Banihal, to assess on-ground farm activities. While interacting with farmers and beekeepers, he issued instructions to field functionaries to provide immediate technical support to address the challenges faced by farmers. Emphasizing the potential of apiculture in the region, especially following the GI tagging of Sulai honey, Director Agriculture called for the establishment of a Centre of Excellence for Apiculture in Ramban.

Later, the Director inspected the Kisan Khidmat Ghar (KKG), Banihal, and interacted with Krishi Udyamis, reaffirming the Department's commitment to handholding entrepreneurs in agriculture.

LMD books 63 Dry Fruit Sellers for Regulatory Violations amid UT wide enforcement drive; 26 among for short weightment



TP CORRESPONDENT

JAMMU, MAY 22: In response to increasing consumer complaints and to ensure adherence to fair trade practices, the Legal Metrology Department (LMD), Jammu & Kashmir, launched a comprehensive enforcement drive on May 21, 2025, targeting traders and distributors of dry fruits across all districts of J&K. The crackdown focused on addressing issues of short weightment and the absence of mandatory declarations on product packaging.

Under the leadership and close supervision of Controller Legal Metrology Department J&K Anuradha Gupta, special enforcement teams were constituted to conduct surprise inspections across all districts of Jammu and Kashmir.

During the UT wide drive, a total of 244 traders were inspected, out of which 63

traders were booked for violations. These included supplying underweight packaged dry fruits and failing to display mandatory labeling information, including net weight, MRP, date of packaging, and manufacturer details, as required under Rule 6 of the Legal Metrology (Packaged Commodities) Rules, 2011.

"This drive underscores our commitment to ensuring that only those packages which are exact in terms of net quantity, and which strictly adhere to Legal Metrology guidelines, are made available to consumers. Such drives will continue in future as well," said Anuradha Gupta, Controller Legal Metrology Department J&K.

The Department has issued strict advisory to all dry fruit sellers, warning them against selling non-compliant packaged commodities. Violators will face

stringent legal action under the provisions of the Legal Metrology Act.

In addition, consumers have particularly been advised to carefully check the net weight and labeling on packaged goods before making a purchase as public awareness and vigilance play a crucial role. Being informed about one's rights and responsibilities as a consumer is essential for avoiding exploitation and ensuring fair trade.

Consumers are urged to report any discrepancies in packaged goods. Complaints can be lodged through the LMD toll-free helpline: 1800-180-7114 or via official social media handles.

The Department remains active on platforms such as Twitter, Facebook, and Instagram to promptly address public grievances and raise consumer awareness.

DC inspects academic activities after reopening of schools in Poonch

TP CORRESPONDENT

POONCH, MAY 22: As the educational institutions in the district reopened after several days of closure due to cross border shelling, the Deputy Commissioner Vikas Kundal visited various schools today to assess the situation and ensure that academic activities are resumed smoothly.

During the visit to Government Boys Higher Secondary School here, the Deputy Commissioner interacted with students and staff, reviewed school facilities, and checked the attendance of students and staff availability. He also visited the ICT lab and multiple classrooms, engaging directly with students to understand their experiences and boost their morale.

The DC appreciated Ahsan Ul Haq, a student of Class 10, for his remarkable achievement of winning a bronze medal in the 68th National School Games in the discipline of Boxing. He congratulated the student for bringing pride to the school and the district, and encouraged others to excel in both academics and co-



curricular activities. The Deputy Commissioner emphasized the importance of maintaining a supportive learning environment. He also assured that the district administration remains committed to addressing the needs of schools and ensur-

ing students have access to quality education.

The visit reflects the district administration's continued support for education and its commitment to ensuring a safe, encouraging, and positive learning environment for all students.

Two bovine smuggling attempts foiled, 7 bovines rescued, two accused arrested, vehicles seized

TP CORRESPONDENT

UDHAMPUR, May 22: Continuing its crackdown on bovine smuggling, Udhampur Police successfully foiled two separate smuggling attempts and rescued 07 bovines under the jurisdictions of PP Sudhmahadev and PP Roundmail.

A Bolero Pick-up (registration number JK14K-2371) driven by Mohd Waseem of Latti, was intercepted at Sudhmahadev Nakapoint. Upon inspection, 03 bovines were found tied in a cruel and inhumane manner, being transported without any legal permission. All bovines were res-

cued and the accused was arrested on the spot. A case has been registered at PS Chenani and further investigation is ongoing.

A Tata Yodha (registration number JK14K-3200) driven by Haroon Ahmed of Roun-Domail, was intercepted at the Roundmail naka point. During the search, 04 bovines were found being transported illegally without any valid permission.

An FIR No. 183/2025 U/S 223(a) BNS & 11 PCA Act has been registered at PS Udhampur. The accused has been arrested and the vehicle seized. Further investigation is underway in both cases.

Three FIRs under NDPS Act registered in 05 days, Rs. 5.5 Lakhs worth narcotics seized.



TP CORRESPONDENT

JAMMU, May 23: The Govt Railway Police (GRP) Jammu on 21.05.2025 has recovered and seized more than 5kg Ganja like substance at Railway Station Jammu from the possession of accused Rajeev Kumar S/o Ramayan Singh R/o Berwa District Muzaffarpur Bihar A/P Govindsar Kathua.

In another case GRP Jammu has recovered and seized pack of Ganja like substance on 16.05.2025 at Railway Station Bari Brahmana from the possession of accused Changori Kumar S/O Paco Singh R/O Koila Khagaria, Bihar.

Meanwhile on 16.05.2025 one more case under NDPS Act stands registered at Police Station Kathua in which Chitta (Heroin) like substance worth market price Rs.40,000/- has been recovered and seized at Railway Station Kathua from the possession of accused Roshan Lal S/o Subash Chander and Lekh Raj S/o Santokh Raj, both resident of Ward No. 4 near Govt Middle School Chak Sajjan Tehsil & District Kathua.

Accordingly, three cases under NDPS

Act stands registered at Police Station GRP Jammu, Kathua in 05 days in the jurisdiction of GRP Jammu

and investigations initiated. Moreover, eighteen cases under NDPS Act stands registered in the last one year.

Civil Defence training Camps organised at Rajouri, Thanamandi

TP CORRESPONDENT

RAJOURI, MAY 22: On the directions of Deputy Commissioner Abhishek Sharma, a series of Civil Defence training and awareness camps were organised today in different parts of the District Rajouri to enhance disaster preparedness among the public and Ex-Servicemen from border areas.

A dedicated training/awareness camp was held at the Zila Sainik Board under the supervision of Deputy Controller Civil Defence, Jabeen Lone. The camp witnessed active participation from Ex-Servicemen residing in various border regions, who were equipped with essential knowledge and practical skills in basic civil defence techniques. The programme aimed to empower them to act effectively in times of emergencies.

As part of the ongoing training drive, another awareness camp was organised at Municipality Hall Thanamandi. The camp focused on spreading awareness about disaster management, first response actions, and the importance of community preparedness. The week-long civil defence initiative has seen



enthusiastic participation from the general public and aims to build a culture of safety and resilience across the district.

The District Administration Rajouri,

under the leadership of DC remains committed to strengthening grassroots-level disaster response mechanisms through regular training and public engagement activities.

Two Drug Peddlers Apprehended with 364 Banned Tablets by Kandi Police

TP CORRESPONDENT

RAJOURI, May 22: In a major crackdown against drug trafficking, Police Station Kandi achieved a significant success by apprehending two drug peddlers and seizing a large quantity of banned pharmaceutical drugs during a naka checking operation conducted near the Indoor Stadium in Kotranka.

Acting on specific intelligence, a police team from Police Station Kandi, led by SHO Abrar Khan, laid a checkpoint and intercepted a motorcycle bearing registration number JK11D-1079. The naka operation was carried out under the overall supervision of SP Operations Budhal, Shri Wajahid Hussain, and DySP Operations Rajouri, Shri Shami Kumar. Upon interception, two individuals riding the motorcycle were apprehended and identified as Fareed Ahmed, son of Ali Mohammad, a resident of Jaglanoo, and Mukhtar Hussain, son of Maneer Hussain, a resident of Khadyoon Kandi.

During their personal search, the police recovered a total of 36 strips containing 364 banned tablets from their possession. This included 29 strips (290 tablets) of Tapentadol, 3 strips (34 tablets) of Tramadol, and 4 strips (40 tablets) of Pregabalin (marketed as Pregzara). The contraband was seized on the spot and both individuals were taken into custody.

In this connection, a formal case under FIR No. 53/2025 has been registered at Police Station Kandi under the relevant provisions of the Narcotic Drugs and Psychotropic Substances (NDPS) Act. Further investigation into the case is currently underway to ascertain the source and supply chain of the seized drugs. The Rajouri Police remains firm in its resolve to curb the menace of drug trafficking and substance abuse in the region. Authorities have urged the public to continue cooperating with law enforcement agencies and report any suspicious or unlawful activities to the nearest police station to help build a safer and drug-free society

Handicrafts- Handloom Department organizes Trainees' Orientation Program at village Bagana- Kishtwar

TP CORRESPONDENT

KISHTWAR, MAY 22: The Department of Handicrafts and Handloom Kishtwar organized a Trainee Orientation Program today at Bagana, a project-affected site of the Kawar Hydro Electric Power Project (HEPP).

At the outset, Assistant Director Handicrafts and Handloom Pardeep Shan

briefed the trainees about the establishment of a Cutting and Tailoring Training Center at Bagana under the Rehabilitation and Resettlement (R&R) plan.

To facilitate participation, the department provided doorstep delivery of application forms, eliminating the need for the women to visit the DC office. The department's efforts

aim to cover more trainees under the Skill Development Plan (R&R) of HEPP, empowering women and dependent family members through training in home-based livelihood and micro-entrepreneurial skills, enabling local income generation, developing new and innovative designs, expanding the product range, and enhancing market competitiveness.



Ramban Forest Division celebrates International Day of Biodiversity with plantation drives



TP CORRESPONDENT

RAMBAN, MAY 22: The Forest Division Ramban marked the International Day of Biodiversity 2025 by conducting a series of plantation drives aimed at strengthening the bond between people and the natural world. The events were held under the guidance of Deputy Commissioner Baseer-Ul-Haq Chaudhary,

and were led by Divisional Forest Officer (DFO) Ankit Sinha.

Major plantations were conducted at Nagarvatika Kunda and the Forest Range Office Complex Ramban, with the plantation of medicinal plants. The efforts highlighted the significance of conserving biodiversity through the protection and propagation of native medicinal flora.

Happy Birthday To

Many Many Happy Returns Of The Day



PRATYAKSH

EDITORIAL

COVID AGAIN, NO NEED TO PANIC

WITH cases of COVID-19 not even touching 300-mark across India in the month of May, the situation remains under control, and there is currently no need to panic. It is obvious that the concerned health authorities are actively monitoring the situation, and measures such as testing, contact tracing, and vaccination drives are in place to contain any potential spread. Reportedly, the country saw a slight rise in COVID-19 cases in May, but the figure did not even touch 300, so it is not a cause for concern. In May, India has so far reported 257 cases and one death with affected states including Kerala, Maharashtra, Tamil Nadu, Karnataka, Gujarat, and Delhi. As far as J&K is concerned there is no significant change reported so far but going by the seriousness of the disease, for it being merciless, it is quite obvious that people especially with comorbidities should take precautions as the infection is highly contagious and no one can predict its behaviour and spreading trends. It is known to one and all that after this disease wreaked havoc earlier, the healthcare sector is better prepared now. While it's important to stay vigilant and adhere to official guidelines, the current numbers do not warrant alarm. Public awareness and responsible behaviour remain vital to preventing escalation. As far as surge in this contagion is concerned, countries like Hong Kong, Singapore, China and Thailand have reported a considerable spike. All said and done, it is essential for people in J&K to remain cautious but without getting panicked as the healthcare sector has witnessed large-scale improvement after the earlier waves of COVID-19 and there is no need to worry. The vulnerable population however should take this information very seriously as the people with comorbidities cannot take any kind of risk. The thumb rule for those with existing health conditions is not to become complacent. Whether there is an alarming situation or not, taking precautions will go a long way in ensuring that J&K continues to stay safe and unaffected by any fresh wave of the COVID-19 contagion.

Trapped in the Echo Chamber of Outrage

By Carmel Maria Jose

IN today's digital age, managing emotional outbursts—especially in the wake of tragedy—has become increasingly difficult and unpredictable. It is a gush in sympathy that immediately turns into a whirlpool of abuse and insult when someone says something that contradicts the prevailing emotion or narrative.

This pattern where people are first put on a pedestal then brought down is something unfortunate. Tragedies always elicit a response—grief, anger, fear. But in the modern day, they do not remain intimate or contained. They exploded on social networking sites, on each post, shares and comments. People feel compelled to react immediately, often in the absence of correct or complete information.

The threat is that sympathy so easily becomes criticism, and a bereaved individual is open to attack for holding a perspective that is contrary to the prevailing emotional tide. The recent tragic death of Lieutenant Vinay Narwal, who was killed in the Pahalgalam terror attack, thrust his wife, Himanshi Narwal, into the public eye. Initially, the nation responded with overwhelming sympathy,



mourning with her and acknowledging her unimaginable loss. However, when Himanshi appealed to the public not to target Muslims or Kashmiris in the emotionally charged aftermath of the attack, she became the target of intense online hate. Her call for peace, rooted in humanity, was misinterpreted by many, and she was swiftly vilified.

In most cases, the media serves as a strong amplifier of those emotional waves. Rather than soothing the waters, quite a lot of the media only seek to add fuel to the fire with sensational headlines, polarizing views,

and clickbait controversies. Subtlety and nuance become casualties of sensationalism. Consequently, the public mind becomes less capable of seeing things on a balanced, empathetic plane.

This form of media activity helps to foster a culture of division. It legitimizes knee-jerk reactions and facilitates binary thinking—us and them, patriotic and unpatriotic, right and wrong—without room for nuance, compassion, or context. Those who push back against it, however gently or genuinely, risk being swept aside by it.

Social networking sites where information precedes

evidence has become a rich soil for emotional outpourings. Conformity, lack of responsibility, and identification with the view of the majority make it easy to disseminate hatred easily. People gang up against anyone they do not see eye to eye with and make them into a label or story and not a human being with a rich reality.

Perhaps one of the saddest repercussions of that culture is that individuals no longer feel safe speaking their truth. They stay quiet—though not because they do not care—since they do not wish to be judged, misrepresented, or physical-

ly attacked for their opinions. It is a common impression that unless one shares an opinion that is favorably expressed by the loudest voices on the internet, it is wiser to be subtle.

It is a problematic trend for a democratic society because it stifles other opinions. Healthy public debate is based on diversity of opinion and the freedom to put up differing views without fear of consequences. When people are either intimidated or pressured to follow along with the consensus, then the essence of free speech and autonomous mind is compromised.

This is a matter that needs introspection at an individual and systemic scale. We must be citizens who are able to control our emotions rather than respond impulsively to each breaking news headline or tweet. We need emotional intelligence, particularly on the internet, for that purpose. It helps us take a pause, analyse, double check, and respond with our brains and not emotions.

Media have to become more responsible with tone and for consequences of reporting.

We shouldn't be inciting hysteria but instead encouraging balance, context, and compassion. Social networking sites have to impose a greater disincentive on intolerance and abuse and foster civil discourse.

Outrage shouldn't be what gets favoured by algorithms but rather understanding.

Are we building a society where people feel safe to speak the truth, or are we creating a place where fear and the need to follow the crowd silence honest voices? If we keep on our current trajectory of action, not only are individuals suffering unjustly, but as a society, we lose our potential for honest, rich, and empathetic conversation. We need to reclaim that space.

Courtesy:CounterCurrents

By Bharat Dogra*

THE recent tragic deaths of approximately 23 individuals in the Amritsar district of Punjab, along with the critical condition of several others, have understandably sparked significant concern. However, this incident

The shadowy networks: How monopolies and fiscal dependence fuel India's alcohol tragedy

should be viewed as merely a devastating glimpse into a far broader and steadily worsening crisis: the multi-faceted tragedy of alcohol-related deaths, illnesses, and social upheaval across India.

According to WHO estimates from 2018, India already witnessed around 260,000 (2.6 lakh) alcohol-related deaths annually. This figure excluded certain categories of liquor-related fatalities, which can be substantial. Alarmingly, this number has likely increased considerably since then, paralleling the consistent rise in alcohol consumption. Even using a conservative, perhaps underestimated, figure of about 3.6 lakh deaths per year in India (compared to the global annual toll of 2.6 million), this translates to roughly 30,000 deaths each month, approximately 1,000 deaths daily, and a staggering 42 deaths every hour in India due to factors linked to alcohol consumption.

Therefore, while the issue of deaths caused by spurious liquor is undoubtedly grave, the overarching tragedy of escalating alcohol-related fatalities presents a far more extensive problem. Furthermore, alcohol contributes to significantly more domestic violence, various forms of violence, and familial and social breakdown than any other legal or illegal intoxicant. These wider dimensions of the alcohol problem are often overlooked, largely due to the powerful vested interests associated with the rapidly increasing consumption of alcohol. The latest available data from 2025 (IWSR—International Wine and Spirits Records) reveals that unlike several other major liquor-consuming nations that are reducing their intake due to health campaigns and other factors, India is among the countries experiencing a rapid surge in alcohol consumption. A primary reason for this trend is the erosion of healthy social traditions that once discouraged liquor consumption, replaced by a distorted notion of modern living that not only emphasizes rampant consumerism but also instant gratification, including substance abuse. Shockingly, some Punjabi



Moreover, when governments initiate "nasha mukti" or anti-intoxication campaigns, they predominantly focus on addiction to and the supply of illegal drugs, often neglecting alcohol, despite the fact that legally available liquor accounts for the highest number of deaths, instances of domestic violence, and social disruption. Paradoxically, these same governments that claim to be conducting "nasha mukti" initiatives continue to authorize the opening of more and more liquor vends in villages, a practice strongly opposed by women who often find themselves powerless, although they have, in some instances, come forward to protest these vends and have occasionally suc-

cessfully secured control over liquor manufacturing and distribution. These monopolies, solidified through opaque auctions and manipulated licensing processes, suppress competition and accountability. In many districts, the police function less as law enforcement and more as protectors of the liquor empire. Excise inspectors, often silenced by fear or complicity, remain ineffective. Even honest officials find themselves powerless within a system reinforced by money, muscle, and political influence."

Furthermore, this insightful review by a well-informed senior official notes, "The tragedy is compounded by distorted economic incentives. Punjab generates over Rs. 10,000 crore annually through liquor excise, making it the state's second-largest source of non-debt revenue. This fiscal dependence fosters a deliberate blindness. When both legal and illegal profits flow upwards through the same shadowy networks, the state becomes a silent accomplice in the slow poisoning of its people."

The writer is Honorary Convener, Campaign to Save Earth Now. His recent books include Man over Machine—Gandhian Path to Peace, Protecting Earth for Children, A Day in 2071, and Planet in Peril

'Derogatory' ministerial remarks against Forces: Retired officers, academics urge President to act

IN a strongly worded appeal addressed to the President of India, a group of senior retired defence officers, civil servants, academics and citizens have condemned recent statements made by Madhya Pradesh Deputy Chief Minister Jagdish Devda and Minister Vijay Shah, describing them as "derogatory and disrespectful" towards India's Defence Forces.



Sena" (Modi's Army), which had also attracted criticism but was met with silence from the government at the time.

Citing Article 53 of the Constitution, the petitioners reminded the President that the supreme command of the Defence Forces rests solely with her office and not with any elected leader or political party. They warned that such politicisation and disparagement of the Armed Forces could erode morale and weaken national security.

"We unequivocally condemn the statements made by the two Ministers," the petition states, expressing concern that the Defence Forces, bound by strict discipline, cannot respond publicly to such attacks on their dignity.

Among the signatories is Admiral Vishnu Bhagwat, PVSM, AVSM (Retd), former Chief of Naval Staff, who was joined by Lt Gen Vijay Oberoi, PVSM, AVSM, VSM (Retd), former Vice Chief of Army Staff, and Maj Gen S.G. Vombatkere, VSM (Retd), a well-known defence ana-

lyst. Rear Admiral Alan O'Leary (Retd), Col Alok Asthana (Retd), and Cmde Lokesh Batra (Retd), known for his work on RTI and transparency, also endorsed the letter. Several prominent civil servants and academics also signed the appeal. These include Ms. Meena Gupta, IAS (Retd), former Secretary, Ministry of Environment and Forests; Shri G. Balagopal, IAS (Retd); Prof. Jagdeep Chhokar, former Dean of IIM Ahmedabad; Dr. Vinod Vyasulu, a noted economist; Dr. Rati Rao, a retired scientist and women's rights activist; and Rosamma Thomas, a senior journalist.

The Madhya Pradesh High Court has already taken suo moto cognisance of Vijay Shah's statement and directed the registration of a case, indicating judicial concern over the minister's remarks.

The letter ends with a reaffirmation of solidarity with the Armed Forces and a respectful appeal to uphold their honour and constitutional sanctity.

Courtesy:CounterView.in

Adding fuel to the fire, Deputy CM Jagdish Devda, during a public event in Jabalpur, stated that "the entire country bows at the Prime Minister's feet" for the military's retaliatory action, which the petitioners argue falsely implies that the Armed Forces operate under the Prime Minister's personal command.

The letter draws parallels with a 2019 remark by Uttar Pradesh Chief Minister Yogi Adityanath, who referred to the Army as "Modiji ki

DBN Vidya Mandir, Mubarak Mandi, Jammu Honours Board Toppers in Felicitation Ceremony



TP CORRESPONDENT

JAMMU, MAY 22 : DBN Vidya Mandir, Mubarak Mandi, Jammu, held a memorable Felicitation Ceremony to honour the outstanding academic achievements of its students in the JKBOSE Board Examinations 2024-25. The event celebrated not only marks and ranks but also perseverance, discipline, and the spirit of excellence.

The ceremony began with the felicitation of the Chief Guest, Mr. Ajay Khajuria—a renowned educator, accomplished writer, cultural ambassador, and

proud alumnus of the school—who was presented with a token of appreciation by the school management.

Principal Mrs. Priya Singh shared the school's impressive board results: Class XII: 28 students appeared, 3 scored above 90%, 15 secured Distinction; Class X: 35 students appeared, 7 scored above 90%, 15 earned Distinction.

The six board toppers were then felicitated: Shambhavi (Humanities)-94.2%, Tejasvi Pandita (Medical)-94%, Rishit Aggarwal (Humanities)-94%, Danish Gupta

(Commerce) - 90%, Aarya Sharma (Class X) - 97.8%, Avni Nanda (Class X) - 97%, Naman Sharma (Class X) - 96.8%

Each topper was invited on stage with their parents to receive awards from the dignitaries.

In a special highlight, one of the toppers addressed the gathering, sharing her success journey and expressing heartfelt gratitude to her teachers, parents, and the school for their encouragement and guidance.

In his inspiring address, Mr. Ajay Khajuria congratulated the Principal, staff, parents, and students on the

school's resurgence. He fondly recalled his own days at DBN Mubarak Mandi and expressed pride in seeing the institution thrive once again. Referring to the mythical Phoenix, he described the school's revival as a powerful rise from the ashes—stronger and more determined.

He urged students to work in silence and let their success speak, to stay rooted in patriotism, and to become fluent in Hindi, English, and Dogri—skills vital for confident communication and cultural identity.

The event was graced by Trust Manager Rajendra Kakar, Co-Manager Darshan Lal Sharma, Assistant Manager Valvinder Singh, Headmistress Miss Sunna Syal, dedicated teachers, and proud parents.

The ceremony concluded with a warm vote of thanks and an invitation for high tea, leaving everyone inspired and proud of DBN's continued legacy of excellence.

GGM Science College Celebrates International Biodiversity Day on the Theme "Harmony with Nature and Sustainable Development"

TP CORRESPONDENT

JAMMU, MAY 22 : To commemorate International Biodiversity Day, the Department of Environmental Sciences, in collaboration with the National Service Scheme (NSS), organized a Biodiversity Awareness Programme at GGM Science College on the theme "Harmony with Nature and Sustainable Development."

The event was held under the esteemed patronage of Prof. (Dr.) Romesh Kumar Gupta, Principal of the college. As part of the celebration, NSS volunteers actively participated by capturing photographs of flowers, mountains, rivers, trees, and plants, showcasing the rich biodiversity around them. They also wrote meaningful captions showing their love and connection with nature. Some volunteers also engaged in watering plants, promoting the message of environmental responsibility and care.

The programme aimed to sensitize students to the importance of biodiversity conservation and the need to adopt sustainable practices for a better future.

648th Parkash Utsav of Guru Ravidass Celebrated with Religious Fervour at Kattal Batal

Guru Gurdeep Maharaj delivers religious sermons

TP CORRESPONDENT

NAGROTA, MAY 22 : The 648th Parkash Utsav of Sant Shiromani Guru Ravidass Ji Maharaj was celebrated with great religious enthusiasm and devotion at Kattal Batal, Nagrota. The grand religious congregation witnessed the participation of devotees from various parts of the region.

Shri Shri 108 Swami Gurdeep Giri Maharaj graced the occasion as the Chief Guest and delivered a spiritual discourse that left the gathering inspired. Vijay Lochan, Chairman of JKNC SC Cell, was the Guest of Honour.

The programme was meticulously organized under the leadership of Rattan Lal, President of Guru Ravidass Sabha, Kattal Batal. The premises of the Sabha were beautifully decorated, and devotional songs and bhajans filled the air, creating a spiritual ambience.

During the programme, Shri Shri 108 Swami Gurdeep Giri Maharaj hon-



oured Vijay Lochan for his selfless service towards the general public.

Addressing the gathering, Swami Gurdeep Giri Maharaj said that Guru Ravidass Ji's teachings of equality, love, and devotion are timeless and continue to guide humanity toward a just and compassionate society.

Gurdeep Giri Maharaj urged the followers to walk on the path of righteousness and service as laid down by the revered Guru Ji. "The message of Guru Ravidass Ji transcends caste and creed and is a beacon of light for all mankind," he said.

Speaking on the occasion, Vijay Lochan lauded the efforts of the Guru Ravidass Sabha in promoting social harmony and

spreading the teachings of the great saint. He reiterated that the present Chief Minister Omar Abdullah-led government is deeply committed to the welfare and upliftment of marginalized and weaker sections of society. He assured the gathering that every effort will be made to resolve the issues being faced by these communities, particularly in terms of education, employment, and social justice. The event concluded with a community langar, served to all devotees, signifying unity and brotherhood.

Among those who were present on this occasion included: Sham Lal, Rtd Master Baldev Raj, Panch Lal Chand, Kuldeep Raj, Dogra, Raman Thappa and others.

3 Day Orientation Programme under Academia-Industry Collaboration concludes at SKUAST-Jammu



TP CORRESPONDENT

JAMMU, MAY 22 : Sher-e Kashmir University of Agricultural Sciences and Technology of Jammu successfully concluded 3 Day

Orientation Programme of RAWE & AIA Interns at Main Campus, Chatha. The programme was conducted under Academia-Industry collaboration between SKUAST-Jammu and Bayer Crop Science, India. In his address, Prof. B.N. Tripathi, Vice-Chancellor said that industry academia collaborations provide students with valuable industry exposure, practical skills and professional networks, enhancing their employability and readiness for the workforce. He further said that such collaboration plays a vital role in enhancing the quality of research and education as practitioners benefit as research helps them to gain new perspectives, learn new technologies, develop critical competencies and

gain access to unique facilities. Besides, students develop higher level thinking, communication skills, self management and leadership skills. Prof. B.N. Tripathi also interacted with the participants, offering valuable insights, practical suggestions, and encouragement to the aspiring students. He congratulated students on their selection in Bayer Crop Science.

A total of 25 selected candidates attended the orientation programme. The participants were provided with comprehensive training on agri-input industry, sales, marketing, market development, breeding and production, entrepreneurship mindset in corporate careers, effective communication skills and customer relationship management and networking.

The training was jointly facilitated by Division of Agricultural Extension Education and Counselling and Placement Cell of the university while the guest

lectures were delivered by the officials from Bayer Crop Science.

A notable feature of the programme was interactive sessions that were organized daily which offered shared experiences, practical guidance of participants and developing entrepreneurial acumen among aspiring students.

After the orientation programme, RAWE & AIA interns shall join one month internship programme in Bayer Crop Science and prepare project report followed by evaluation of the project work.

The programme was attended by Dr. S.K Gupta, Director Research, Dr. Rajinder Peshin, Director Education, Dr. Anil Kumar, Registrar SKUAST-J and Dean, Faculty of Agriculture, Dr. Sanjay Guleria, Dean, Faculty of Basic Sciences and Incharge Counselling and Placement Cell, scientists, ministerial staff and students.

The programme concluded on a positive note, with participants expressing enthusiasm to work in corporate sector and contribute meaningfully to the economic growth of the country. Proceedings of the programme were conducted by Dr. P.S. Slathia and Dr. Poonam Parihar. Vote of thanks was extended by Dr. J.S. Manhas.

Working Industrial MSME units on verge of clouser in J&K due to least priority of concerned departments: FOI

TP CORRESPONDENT

JAMMU, MAY 22 : Industrialization in Private Sector is always a priority for any Country and at present Micro Small and Medium Enterprises (MSME) sector is the backbone of the Indian Economy and has created 11 crore jobs so as the Industrialization provides greater opportunities for Employment in Small Medium and Large Scale Industries.

While highlighting the issue Lalit Mahajan, Chairman Federation of Industries Jammu draw the kind attention of Manoj Sinha, Governor and Jenab Omar Abdullah, Chief Minister, J&K that to provide Employment Opportunities to local youths, a process has been started in 1960 with the establishment of Small Industrial Estates in Jammu Division and Kashmir Division and subsequently Industrial Estates has been established in Gangyal, Bari Brahmana, Samba, Kathua and Udhampur and also in Kashmir Division to provide the Land to Local as well as to Outside Investors to Invest in the Industrial Sector of Jammu and Kashmir to create Job Opportunities for the Local people with the grant of Fiscal Incentives for New Units and Existing Units under Substantial

Expansion by State/ Central Government from time to time Keeping in mind the locational Disadvantages, Landlocked State, additional cost of incoming Raw material and dispatch of finished goods to other parts of the country, limited marketing Avenues, surrounded by hostile Neighbours like Pakistan and China and other factors on the basis of which Micro, Small, Medium and Large Scale Industrial Units has been established and at present around 4 to 5 Lacs local people employed directly and indirectly in Industrial Sector which is equivalent to State Govt. Employees and the Industrial Units were running smoothly till July 2019 with the Price and Purchase Preference for Local MSME Units for the supply of Goods to State govt. Departments.

After the abrogation of Article 370 from 5th August 2019, and Jammu & Kashmir State has been bifurcated in to Union Territory by Govt. of India and the Industrial Sector of Jammu has welcomed the move with the hope that massive Industrial Investment will come to the Union Territory of Jammu & Kashmir for Economic growth and providing the Job Opportunities to Local Youths. It is pertinent to mention here that Govt. Of India notified an Industrial Package in 2021 by the

virtue of which Gross GST Reimbursement Incentive under the New Central Sector Scheme 2021 is applicable for the New Units but the said Incentive is not applicable to Existing Units as on 31-3-2021 on the Substantial Expansion/ Additional Items/change in the line of Activity whereas in all the previous Notifications issued by govt. of India in 2002,2012,2017 the Fiscal Incentives has been granted at par with the New Units who opt for the Substantial expansion with the Additional Items /Change in the Line of Activity but due to Denial of Gross GST on the Substantial Expansion to Existing Units, the viability of the old working units as on 31-03-2021 at stake due to stiff competition with New Units resulting in future the such units may opt for clouser due to uncertainty prevails in the mind which may be resulting into the mass scale retrenchment of Workers in near future. In respect of J&K State Govt. Turnover Incentive Notified in 2021 the pending Claims of Existing Working Units, grant of Budgetary Allocation is only 50 Crores subject to availability of funds against the submission of Claims amounting to Rs. approx. 210 Crores but the Claims of 2021-22 settled with the grant of only 15% of liability which is approx. Rs 30 Crores.

Ravinder Kaul visits University of North Texas campus at Denton

TP CORRESPONDENT

JAMMU, MAY 22 : Ravinder Kaul, well known Theatre Critic and a member of the International Association of Theatre Critics, visited the University of North Texas campus at Denton, one of USA's largest Universities, and held wide ranging discussions on the theme "Theatre in India - Past and Present with special reference to Jammu and Kashmir".

The visit was hosted by Prof. Sadaf Munshi from the Department of Linguistics, University of North Texas. The interaction was aimed at delving deep into the glorious traditions of theatre in India as also with the contemporary theatre currently being showcased in the length and breadth of this vast land.

While discussing contemporary theatre in the urban centers in India, with their own linguistic and cultural background, Kaul made a specific reference to the theatre traditions in Kashmir as well as in Jammu. The first mention of theatre traditions in Kashmir can be found in Nilamata Purana, believed to have been composed in 6th or 7th century A.D, he said. The mention of dramatic performances and those who earn their living through stage is so frequent in Nilamata Purana that one is compelled to believe

that theatre must have really taken roots in Kashmir long before this book is believed to have been written, he added.

Similarly, in Jammu, theatre has been practiced in the form of folk performances like Haran, Bhagtaan, Jagarna for many centuries in the rural areas. In Jammu city, Sanatan Dharam Natak Samaj, Dewan Mandir was the pioneer in staging plays. Late K. L. Sehgal, the renowned singer and actor, and Late Om Parkash of Hindi films also used to take part in the Ramllila at Dewan Mandir, along with Hakim Parshu Ram Nagar, he added.

In contemporary times Jammu and Kashmir has a thriving theatre culture with many theatre groups actively involved in staging plays with contemporary themes, he said. Prof. Sadaf Munshi highlighted the role of theatre and performing arts in the preservation and promotion of minority languages.

Earlier, Ravinder Kaul had a detailed discussion with Ramona Harper who is a retired Foreign Service Officer, a career diplomat, of the U.S. Department of State and an avid theatre and dance critic and a member of the American Theatre Critics Association.

While in the Foreign Service, her specialization was Public Diplomacy and Cultural Affairs.

Govt Polytechnic College Jammu conducts admission awareness Campaign in GGHS Aghore, GHS Raipur and GHS Kheri



TP CORRESPONDENT

JAMMU, MAY 22 : Government Polytechnic College Jammu conducted an admission awareness programme in the schools of Bhalwal Zone inviting eligible youth for 3 - year Diploma in Engineering/ Non - Engineering Programmes.

On the orders of the Principal Er. Talet Mahmood, a group of faculty consisting of Raj Shekhar (HoD Automobile), Mehmood Ahmed, Manjeet Singh, Vicky Sharma and Rakesh Kumar visited Government Girls High School Aghore, Government High School Raipur and Government High School Kheri (Zone Bhalwal) and informed the

students regarding courses/Scholarships offered in Government Polytechnic College Jammu.

The team further motivated the students for taking admission in the technical courses offered in Government Polytechnics to improve their skill and employability? Speaking on the occasion, Er. Vicky Sharma said, "Polytechnic education offers practical skills, hands-on training, and faster employability. "Our awareness campaign will help students and parents make informed decisions about technical careers. Interested students are encouraged to take admission in Government Polytechnic College Jammu," he invited the students.

JKDFA President Sandeep Singh Chib denounces unlawful and unauthorized reconstitution of Association

TP CORRESPONDENT

JAMMU, MAY 22 : Sandeep Singh Chib, the duly elected President of the Jammu and Kashmir Dairy Farmers Association (JKDFA) since December 11, 2023, has unequivocally condemned the unauthorized and unlawful reconstitution of the Association, conducted without his knowledge, consent, or adherence to any legally mandated procedure. In a formal statement, Mr. Chib expressed profound shock and disappointment over what he termed an "undemocratic and malicious" attempt to undermine the integrity of the Association. "I am deeply disturbed by the recent developments. Since assuming office, I have served with complete transparency, integrity, and in the best interest of our members. At no point has my leadership been questioned by any legitimate member. This illegitimate

attempt at reconstitution appears to be driven by individuals with no legal, ethical, or organizational standing in JKDFA," he stated. Mr. Chib emphasized that all official credentials of the Association—including the Aadhaar linked identification, GST registration, and the official registration certificate—are registered in his name and at his address, affirming his continued legal authority. He categorically rejected the legitimacy of any alternate leadership purportedly instated without due process or grounds.

"This is nothing short of an attempt to hijack the efforts, vision, and progress made under my leadership to strengthen JKDFA. Such irresponsible actions threaten to destabilize the Association and may cause serious harm to the interests of dairy farmers across Jammu and Kashmir," he added.

Detailing serious procedural irregularities, Mr. Chib noted that none of the district presidents from Kashmir, Ramban, Kathua, Udhampur, Reasi, Rajouri, or Jammu were consulted or present during the so-called reconstitution. Only a limited and selectively invited group from R.S. Pura and Navasheher reportedly attended, many of whom were misled by individuals lacking any official mandate or recognition. Mr. Chib also condemned the defamatory remarks and baseless allegations made against him by Mr. Delip Singh Chib. "The unwarranted and slanderous comments made against the office of the President are unacceptable. I am initiating legal proceedings, including a defamation lawsuit, against Mr. Delip Singh Chib to safeguard the dignity of this office and ensure that such actions do not go unchecked," he affirmed.

Civil Society Leads Grand Tiranga Rally in Jourian, Send Strong Message Against Terrorism

TP CORRESPONDENT

JAMMU, MAY 22 : A grand Tiranga Rally was organized in Mandal Jourian under the Akhnoor Assembly Constituency by the Civil Society and the Saints', aiming to promote unity and send a stern message against terrorism. The rally commenced from the Shaheedi Sthal (Martyrs' Memorial) and proceeded through the main market, eventually culminating back at the starting point. The event witnessed enthusiastic participation from a large number of local citizens, as well as several dignitaries, who all came together to express their patriotic fervor. The atmosphere resonated with powerful chants of "Bharat Mata Ki Jai" and "Indian Army Zindabad," creating a vibrant and nationalistic mood throughout the area.

During the rally, prominent figures including Mahant Keshav Das Shastri,



Brahmakumari Volunteer Sunita, BJP District President Kuldeep Sharma, and MLA Akhnoor Mohan Lal Bhagat addressed the gathering. They emphasized that India is now taking decisive steps against terrorism. They stated that the Government of India and its capable armed forces have made it clear—not just to Pakistan but to the entire world—that any act of terrorism will be met with a fitting response, even if it means striking deep inside enemy territory. Mandal President Neeraj Shastri, in his address, praised the valor and determination of India's Army, Navy, and Air

Force under the leadership of Prime Minister Narendra Modi. He asserted that any attempt to disrupt the peace and integrity of India will be met with severe consequences, and terrorists should realize the cost of even thinking about executing sinister plans on Indian soil.

Among the many dignitaries present on the occasion were Pandit Sham Shastri, former Vice-Chairman of Kissan Advisory Board Daljeet Singh, BJP National Executive Member of Kissan Morcha and Akhnoor District Co-incharge Manmohan Singh.



Can Ashwagandha Help Treat or Slow Hair Loss?

stances called withanolides, which may have Trusted Source antioxidant and anti-inflammatory effects.

The herb is also known as an adaptogen. This means that it can potentially increase Trusted Source the body's ability to fight environmental, biological, and physical stressors.

While ashwagandha might be promoted for a variety of uses, current research Trusted Source supports it as a possible alternative treatment for anxiety, stress, and poor sleep quality.

Additionally, a 2023 review noted the possible positive effects of ashwagandha in endocrine disorders like thyroid disease, which can also cause hair loss. However, the authors noted that excessive amounts of ashwagandha could cause side effects.

Ashwagandha for hair loss side effects and risks
Despite its wide use, ashwagandha does have some possible risks to consider when taken orally. These include Trusted Source:

antioxidants that might promote healthy hair growth anti-inflammatory effects to stop further hair loss

Aside from cortisol, a 2022 review Trusted Source said that hormones have a significant impact on hair growth as well as thickness. The authors suggested that imbalances in androgens, estrogen, and other hormones could negatively interfere with hair growth cycles.

Additionally, a 2023 review noted the possible positive effects of ashwagandha in endocrine disorders like thyroid disease, which can also cause hair loss. However, the authors noted that excessive amounts of ashwagandha could cause side effects.

Ashwagandha for hair loss side effects and risks
Despite its wide use, ashwagandha does have some possible risks to consider when taken orally. These include Trusted Source:

liver injury drowsiness nausea vomiting diarrhea

Who should avoid using ashwagandha for hair loss? Ashwagandha is not recommended Trusted Source if you:

are pregnant have liver disease have an autoimmune disorder will have surgery in the near future have thyroid disease have hormone-sensitive prostate cancer

Also, you shouldn't take ashwagandha if you take certain medications, due to possible interactions. These include Trusted Source:

thyroid medications immunosuppressants high blood pressure medications anti-seizure drugs diabetes medications sedatives
Speak with a doctor about

the medications you take to see whether trying ashwagandha is safe for you.

How to use ashwagandha for hair loss

Ashwagandha is primarily available in supplement form, such as tablets or powders. It's also available in topical products, such as liquid extracts. Depending on the product, these may be made Trusted Source from the shrub's leaf or root.

Speak with a medical professional before trying ashwagandha.

The exact dosage of oral ashwagandha may vary by product. While some people may take the supplement on a daily basis, it's important to follow your doctor's instructions for the exact dose and length of time you can safely take ashwagandha. A 2022 review and meta-analysis suggest ashwagandha may be helpful when taken for stress at 300 to 600 milligrams Trusted Source per day.

FDA Issues Warning on Hair-Loss Product Finasteride, Citing Side Effects



The Food and Drug Administration (FDA) issued a public warning about compounded topical versions of a popular hair loss drug sold through telehealth platforms.

In an alert issued on April 22 Trusted Source, the FDA reported 32 cases of adverse events between 2019 and 2024 involving consumers who purchased and used topical finasteride. Finasteride is used to treat hair loss and benign prostatic hyperplasia.

However, the agency has not approved any topical formulations of finasteride. Despite this, such products are commonly marketed by direct-to-consumer telehealth companies, including Hims & Hers and Ro.

These products are "potentially putting consumers at risk," the FDA cautioned in its statement.

According to the agency, users of compounded topical finasteride reported side effects similar to those associated with the oral form of the drug, including depression, fatigue, insomnia, and decreased libido.

"Some consumers expressed they became very depressed, suffering with pain and their lives were ruined because of these symptoms," the FDA noted in its warning.

In many cases, consumers said they were not properly informed about these risks, or were even assured by prescribers that topical use carried no risk of side effects. Unlike pharmaceutical companies, telehealth platforms are not held to the same regulatory standards and are not required to disclose potential side effects in their advertising.

Anthony Oro, MD, PhD, Eugene and Gloria Bauer Professor of Dermatology at Stanford Medicine, told Healthline that the reported side effects were consistent with expectations.

"There's no surprise about the adverse effects, because those are the same that have been seen with the oral medicine," Oro said. "The disconnect is that people may think because it's topical that it's safe and can be used widely at different concentrations without any problems."

Healthline contacted Hims & Hers and Ro to comment on the FDA warning but did not receive a response.

The FDA alert underscores broader concerns about compounded medications, which the agency does not review or approve. As telehealth services make these products more accessible, experts warn that patients may be unaware of the potential risks.

Risks of compounded finasteride for hair loss
The FDA warning is the latest high-profile incident involving compounded finasteride.

In March, the Wall Street Journal published an investigation detailing adverse effects reported by men who had purchased the drug through telehealth platforms.

Among those interviewed was U.S. Army Sgt. Mark Millich, 26, who said he experienced symptoms such as anxiety, dizziness, and slurred speech. He also reported severe sexual side effects, including reduced libido and genital shrinkage.

Oral finasteride has been FDA-approved for over three decades and is generally well tolerated. However, it is known to carry potential side effects, including:

- erectile dysfunction
- reduced sex drive
- ejaculation disorder
- depression
- dizziness

"Most of the side effects the FDA is seeing for topicals correspond to those that are known from the approved oral formulation. It's not that there's a new adverse side effect that are being reported," said Oro.

Some males also reported long-lasting sexual and psychological effects long after ceasing to take the drug, a condition referred to as post-finasteride syndrome (PFS) Trusted Source. Despite these reports, PFS is a hotly debated and controversial phenomenon within the medical community.

Additionally, the FDA notes that there may be additional risks to using a topical form of the drug, including:

- localized irritation
- erythema
- dryness
- stinging or burning

The FDA also warns that since topical finasteride is applied directly to the skin, it may inadvertently transfer to others through contact, an issue with potentially serious consequences.

The drug is contraindicated during pregnancy due to its potential to cause abnormalities in a developing male fetus.

Compounded drugs are not FDA-approved, and there is often little data to determine safety.

Some compounded formulations also combine finasteride with another popular hair loss treatment, minoxidil, due to their synergistic effects on hair growth Trusted Source. While both minoxidil and finasteride are individually FDA approved, the safety profile of a compounded drug containing both is unclear.

Inadequate warnings about topical finasteride side effects

While the reported symptoms from the FDA's warning align with known side effects of oral finasteride, the key concern is that consumers either were not informed of the risks or were led to believe they didn't apply to topical versions of finasteride. "A lot of people have a misconception that because it's topical it's not going to be absorbed systemically," said Oro. Such a misconception appears to be propagated by telehealth companies.

On Ro's website under side effects related to topical finasteride, the company states, "Because topical finasteride does not enter the bloodstream in the same way or quantity oral finasteride does, there's reason to assume that topical finasteride could come with a lower risk of systemic effects, including sexual side effects."

Hims describes the potential side effects of topical finasteride as "minimal", such as skin irritation and itching, typically localized to where the medicine is applied.

The company also cites a study supporting the claim that "topical finasteride also comes with a lower risk of sexual side effects than oral finasteride due to its localized use."

What to Know About Spironolactone for Hair Loss

Spironolactone (Aldactone) is a type of medication known as an aldosterone receptor antagonist. It's FDA-approved for the treatment of fluid retention caused by a variety of conditions, including liver disease and kidney disease. However, it's also used to treat other conditions, including:

- high blood pressure
- heart failure
- hyperaldosteronism

Some doctors may prescribe it for female pattern hair loss caused by androgenetic alopecia. This is a type of hair loss that's associated with the overproduction of "male" sex hormones. Doctors typically only prescribe it if other treatments do not work.

How does spironolactone help with hair loss?

Spironolactone slows down the production of androgens, or "male" sex hormones, including testosterone.

All people, regardless of sex, produce some amount of androgens. People with ovaries typically produce much less of them. Overproduction can lead to higher levels of:

- dihydrotestosterone (DHT) production
- heightened levels of 5 alpha-reductase
- androgen receptors on the scalp in areas affected by hair loss

This can cause female pattern baldness or androgenetic alopecia.

Spironolactone can help reduce the production of androgens, slow down the progression of hair loss, and encourage hair to regrow.

Keep in mind that it does not treat male pattern baldness. That type of androgenetic alopecia is caused by the actions of another hormone, dihydrotestosterone (DHT).

Spironolactone is usually only prescribed when other treatments, such as minoxidil, don't work.

Everything You Need to Know About Alopecia Areata

Alopecia areata is a common hair loss condition that develops when your immune system attacks your hair follicles.

It affects nearly 7 million people in the United States, according to the National Alopecia Areata Foundation (NAAF).

Alopecia areata may begin in childhood or adulthood and can affect people of any ethnicity, sex, or age. It manifests differently for each person. Keep reading to learn more about the types, causes, symptoms, and treatments for alopecia areata.

Symptoms
Symptoms of alopecia areata typically start between ages 25 and 36 years Trusted Source.

The main symptom of alopecia areata is hair loss that happens in patches of several centimeters or less. Alopecia areata most often Trusted Source affects your scalp. However, hair loss may also occur in other areas of your body, such as your:

- face
 - chest
 - back
 - arms
 - legs
- You may lose hair in

help with hair loss.

Learn more about the potential role of ashwagandha in hair loss treatment, including possible benefits and what current scientific research says about this remedy.

Is ashwagandha good for hair loss?

To date, there aren't many clinical studies that have supported ashwagandha as a direct treatment for hair loss. However, some of its components, as well as its positive effects on stress, could possibly help to indirectly prevent hair loss.

Ashwagandha is a type of evergreen shrub indigenous to Africa, India, and the Middle East. It contains a group of bioactive sub-

A 2023 review of research found that about 43% of people with female pattern hair loss noticed an improvement in their hair loss after taking spironolactone. Up to 66% noticed an improvement if spironolactone was combined with another therapy.

In addition, a 2017 pilot study Trusted Source noted significant benefits of a combination of spironolactone and minoxidil. This combination was associated with reduced shedding and increased hair growth.

It's important to note that spironolactone does not work for female hair loss that's only due to nonhormonal causes, such as:

- stress
- chemotherapy
- nutritional deficiencies

What dosage of spironolactone do doctors prescribe for hair loss?

For hair loss, a doctor typically prescribes a daily dose of 100 to 200 milligrams (mg). However, they might recommend starting with 25 mg a day and slowly increasing your dose to reduce your risk of side effects.

Spironolactone sometimes causes drowsiness, so it's best to take it at night. You can take it with or without food.

If you haven't gone through menopause, your doctor might also prescribe birth control pills to take with spironolactone. They might also prescribe minoxidil to take with spironolactone, regardless of your age.

The exact dosage and combination of medications that your doctor suggests can depend on how severe your hair loss is and whether you take other medications for hair loss or other conditions.

How long does spironolactone take to work for hair loss?

Spironolactone takes a while to start working for hair loss, so try not to be discouraged if you don't see improvement right away.

What Types of Blood Tests Are Available for Diagnosing Hair Loss?

Doctors use various blood tests for hair loss to identify the cause, including tests for hormone levels, thyroid function, and nutrient deficiencies like iron and vitamin D.

Diagnosing hair loss involves understanding its cause, which can vary from person to person. Doctors often start by asking about your health history and examining your scalp.

Sometimes, doctors order blood tests for hair loss to check for underlying problems like hormone imbalances or nutrient deficiencies that may affect hair growth.

This article covers the different types of blood tests used to diagnose hair loss.

What blood tests diagnose hair loss?

Doctors sometimes use blood tests to determine the underlying cause of hair loss. Common blood tests for hair loss include Trusted Source:

Complete blood count (CBC)
A complete blood count (CBC) test measures different components of your blood, including red and white blood cells, hemoglobin, and platelets.

This test helps diagnose conditions like anemia, which, when caused by iron deficiency, can lead to hair loss due to insufficient iron required for hair follicle growth and maintenance.

Vitamin level test for hair loss
Vitamin deficiencies, especially in vitamin D and B12, can lead to hair loss. A 2023 pilot study Trusted Source linked vitamin D deficiency to alopecia areata, a condition where the immune system destroys hair follicles, leading to hair loss.

Iron and ferritin studies
Iron helps produce hemoglobin, which carries oxygen to hair follicles to support healthy growth. Low iron levels can slow hair growth and lead to thinning.

Ferritin is a protein that stores iron in the body. Low ferritin levels suggest depleted iron reserves, which can weaken hair and

cause shedding.

Iron and ferritin studies can help doctors diagnose conditions like telogen effluvium, a hair loss condition that can result from iron deficiency.

Blood sugar (glucose) levels

Glucose tests help doctors detect blood sugar imbalances linked to diabetes. A 2019 study found a strong link between uncontrolled blood sugar levels in type 2 diabetes and severe central scalp hair loss, particularly in African American women.

Thyroid-stimulating hormone (TSH)

Research suggests that both hypothyroidism (underactive thyroid) and hyperthyroidism (overactive thyroid) can lead to hair thinning or loss.

A TSH test helps evaluate thyroid function and determines if thyroid problems contribute to hair loss.

Sex hormone tests for hair loss

Hormonal imbalances involving testosterone, estrogen, or dihydrotestosterone (DHT), are a common cause of hair loss, especially male pattern baldness (androgenic alopecia).

Tests for sex hormones help doctors diagnose male pattern baldness and hormone-related conditions like polycystic ovary syndrome (PCOS).

Antinuclear antibody test (ANA)

An antinuclear antibody (ANA) test helps identify Trusted Source autoimmune disorders like lupus, which can damage the scalp and lead to scarring hair loss.

ANA testing helps doctors identify certain types of hair loss, especially if an autoimmune condition might be causing it.

Inflammatory markers

Chronic inflammation can interfere with the hair growth cycle, leading to conditions like telogen effluvium and alopecia areata.

Tests like erythrocyte sedimentation rate (ESR) and C-reactive protein (CRP) levels detect inflammation in the body.

Health Benefits of Ashwagandha, Based on Research

Ashwagandha is one of the most important herbs in Ayurveda, which is a traditional form of alternative medicine based on Indian principles of natural healing.

People have used Trusted Source ashwagandha for thousands of years to relieve stress, increase energy levels, and improve concentration.

"Ashwagandha" is Sanskrit for "smell of the horse," which refers to Trusted Source both the herb's scent and its potential ability to increase strength.

Its botanical name is Withania somnifera, and it's also known by several other names, including "Indian ginseng" and "winter cherry." The ashwagandha plant is a small shrub with yellow flowers that's native to India and Southeast Asia. People use extracts or powder from the plant's root or leaves to treat Trusted Source a variety of conditions, including anxiety and fertility issues.

Here are 8 potential benefits of ashwagandha, based on research.

May help reduce stress and anxiety

Ashwagandha is perhaps best known for its ability to reduce stress. It's classified

as an adaptogen, a substance that helps the body cope with stress.

Ashwagandha may help Trusted Source control mediators of stress, including heat shock proteins (Hsp70), cortisol, and stress-activated c-Jun N-terminal protein kinase (JNK-1).

It also reduces the activity of the hypothalamic-pituitary-adrenal (HPA) axis, a system in your body that regulates the stress response.

Research Trusted Source suggests Ashwagandha supplements may help relieve stress and anxiety.

In a small study Trusted Source with 58 participants, those who took 250 or 600 mg of ashwagandha extract for 8 weeks had significantly reduced perceived stress and levels of the stress hormone cortisol compared with those who took a placebo. Those who took the ashwagandha supplements also saw improvements in sleep quality compared with the placebo group.

Another study Trusted Source in 60 people found that those who took 240 mg of ashwagandha extract per day for 60 days had significant reductions in anxiety



compared with those who received a placebo treatment.

Thus, early research suggests ashwagandha may be a helpful supplement for stress and anxiety.

However, a 2021 review Trusted Source of studies concluded that there's not enough evidence to form a consensus on the most appropriate dosage and form of ashwagandha for treating stress-related neuropsychiatric disorders such as anxiety.

May benefit athletic performance
Research has shown that ashwagandha may have beneficial effects on athletic performance and may be a worthwhile supplement for athletes.

One analysis of research Trusted Source included 12 studies in peo-

ple who took ashwagandha doses between 120 mg and 1,250 mg per day. The results suggest the herb may enhance physical performance, including strength and oxygen use during exercise.

Another analysis Trusted Source that looked at five studies found that taking ashwagandha significantly enhanced maximum oxygen consumption (VO2 max) in healthy adults and athletes.

VO2 max is the maximum amount of oxygen a person can use during intense activity. It's a measurement of heart and lung fitness. Having optimal VO2 max is important for athletes and nonathletes alike. Low VO2 max is associated with increased mortality risk, while higher VO2 max is associated with a lower risk Trusted Source of heart disease.



32 Real-Time Water Monitoring Stations To Be Set-Up For Yamuna Clean-Up

NEW DELHI: In line with its commitment to clean the Yamuna river, the BJP-led Delhi government will install 32 real-time water quality monitoring stations to monitor the river water and the drains flowing into it.

A senior official said ten stations will be set up on the Yamuna River and 22 on major drains.

Some of the Yamuna river sites where Monitoring Stations will be set up include Palla, ISBT Bridge, ITO Bridge, Nizamuddin Bridge, Okhla Barrage, etc.

The major drains that will be included are Najafgarh, Metcalfe House, Khyber Pass, Sweeper Colony, along with some border drains that include Singhu Border (DD6, Sonapat), Bahadurgarh, Shahdara, Sahibabad and Bantaha.

These Monitoring Stations will monitor the river along with drains flowing into it and



ANI

record the date of the cleaning procedure.

All the monitoring stations are expected to be operational by the end of this year.

The tender process has already been initiated. These stations will monitor water quality in real time and transmit the data directly to the Delhi Pollution Control Committee (DPCC) server.

These stations will monitor key pollutants, for instance, BOD (Biological Oxygen

Demand), COD (Chemical Oxygen Demand), TSS (Total Suspended Solids), along with Levels of Nitrogen, Phosphorus, and Ammonia.

The Yamuna cleaning project is already underway, where the treatment of sewage has begun. Delhi LG VK Saxena, Chief Minister Rekha Gupta, and Minister Parvish Verma are monitoring the procedure. The trio has regularly inspected major drains that also fall into the river.

Yamuna cleaning has been a significant issue in the state, where the previous government promised to clean it but failed to do so. The BJP government, led by Chief Minister Rekha Gupta, has also promised and plans to clean it within its first tenure.

In the Delhi budget 2025-26, Delhi CM Gupta allocated 500 crore specifically for Yamuna cleaning, where funding will be designated for the construction of 40 decentralised sewage treatment plants (STPs).

The aim is to treat the water before it enters the river, thereby addressing pollution at its source. A 1500 crore budget has also been allocated to rejuvenate Yamuna and improve the state's sewage infrastructure.

2,600 Km Tech Trail: Exam Cheaters In Arunachal Get Answers From Haryana

Over 50 students from Haryana have been arrested in Arunachal Pradesh in a mass exam cheating racket. The students, taking a recruitment exam conducted by CBSE for non-teaching posts at the Navodaya Vidyalaya Samiti, used electronic devices linked to Jind, Haryana. While the students have been arrested, the police are searching for a mastermind or people who orchestrated the operation from 2,600 km away in Haryana. On May 18, CBSE conducted recruitment exams for non-teaching posts, including Junior Secretariat Assistant (JSA) and Lab Attendant (LA), with exam centers located at VKV Chimpu and Kingcup Public School in Itanagar. During the Lab Attendant exam in the evening, Arunachal Pradesh Police were called to the Kingcup



Public School to investigate a student due to his suspicious behaviour. The student had a small electronic device and a tiny earpiece. 23 candidates were apprehended from the exam centre. Another suspect was caught at the Vivekananda Kendra Vidyalaya. Subsequent investigations led to the arrest of the rest of the accused. "The exam was halted for a brief period. Upon deep investigation, we found that students who appeared in the other

exam in the morning also had such devices. They were intercepted," Superintendent of Police (Capital) Rohit Rajbir Singh said, addressing a press conference.

More students were arrested from hotels and nearby areas, the Police said. "53 candidates have been arrested for attempting to use advanced electronic devices, including GSM-enabled gadgets and micro earpieces, to cheat during the exams.

Mamata Banerjee Pays Tribute To Raja Ram Mohan Roy On His Birth Anniversary

KOLKATA: West Bengal Chief Minister Mamata Banerjee on Thursday paid tributes to social reformer Raja Ram Mohan Roy on his birth anniversary and described him as a pioneer figure of Indian modernity.

She said Mr Roy is remembered by people at every step of their lives.

"I pay my humble tributes today, on his birthday, to Raja Ram Mohan Mr Roy, the pioneer figure of Indian modernity and the great social reformer," Ms Banerjee posted on X.

"Ram Mohan was the first major figure of the Indian Renaissance and a visionary for enlightened and nationalist India. We remember him at every step of our life even today," she added.

Born in 1772, Mr Roy was a prominent Indian social reformer, scholar, and religious leader, often referred to as the 'Father of Indian Renaissance'.

He played a pivotal role in shaping modern India by advocating for social, religious, and educational reforms.

Mr Roy was known for his efforts in abolishing Sati and promoting widow remarriage. He died in 1833.

Why India Will Be Watching the Developments in Myanmar's Rakhine State

NEW DELHI: Bangladesh's Jamaat-e-Islami party has proposed the creation of an independent Rohingya state in the Rohingya-majority region during a meeting with representatives of the Chinese Communist Party (CCP) in Dhaka. The Chinese delegation was led by Peng Jiubin, Director-General of the Southeast and South Asian Affairs Bureau under the International Department of the CPC Central Committee. This development comes amid a surge of Rohingya refugees into Bangladesh, as Ethnic Armed Organisations (EAOs), particularly the Arakan Army, a Rakhine Buddhist militant group, seize control of areas along Myanmar's international borders.

"China can play the biggest role here because China has a great relationship with Burma," said Jamaat leader Syed Abdullah Muhammad Taher. This carries significant geopolitical implications for India, which will be watching these developments very closely. "In the address I delivered to journalists after our meeting with the visiting Chinese Communist Party on April 27, I raised the need to make arrangements for the dignified and safe return of the Rohingyas who had come to Bangladesh.

Delhi-NCR Storm Fury Kills 6, Close Shave For 200 Fliers On IndiGo Plane



NEW DELHI: At least two people, including a person with disabilities, were killed and 11 others injured after a sandstorm and heavy rain hit the national capital Delhi last night. Two people died in separate incidents in Ghaziabad. Rain-related incidents also claimed two lives in Greater Noida.

A Srinagar-bound flight with more than 200 fliers was caught in the turbulence, but the pilot managed to land safely even though the aircraft was damaged. Homes and vehicles suffered heavy damage as trees and poles were uprooted.

Around 7.50 pm, an electricity pole collapsed near the

Lodhi Road flyover near Nizamuddin. The pole fell on a man with disabilities passing by on a tricycle. He was rushed to a hospital, but was declared dead. The identity of the man is yet to be confirmed.

In a separate incident, a 22-year-old man in northeast Delhi's Gokulpuri died after a tree fell on him. Azhar was critically injured when he was taken to hospital. He was declared dead.

In Mukherjee Nagar, a portion of the grill of an old over-bridge fell off, injuring at least six people. A 55-year-old was injured after a balcony collapsed in Kashmiri Gate area.

Four people, including a woman, were injured in Mangolpuri after a balcony collapsed.

Over 200 passengers aboard an IndiGo flight to Srinagar was caught in the sudden storm. A viral video shows passengers screaming and crying inside the plane as it shakes due to the turbulence. The flight managed to land safely in Srinagar.

"IndiGo flight 6E 2142 operating from Delhi to Srinagar encountered sudden hailstorm en route. The flight and cabin crew followed established protocol and the aircraft landed safely in Srinagar," the airline said in a statement. "The airport team attended to the customers after arrival of aircraft prioritizing their wellbeing and comfort. The aircraft will be released post necessary inspection and maintenance."

While the airline did not specify any damage, a viral image showed that the aircraft's nose was broken.

"Crossing All Limits": Supreme Court Raps Enforcement Directorate Over Tamil Nadu Raids

NEW DELHI: The Supreme Court on Thursday rebuked the Enforcement Directorate for "crossing all limits" and violating the concept of federal governance, referring to raids - in March and last week - of state-run liquor shops in Tamil Nadu. The raids were over allegations of corruption in the grant of shop licences.

An irked court directed the federal agency to stand down for now. A bench led by Chief Justice BR Gavai told the ED, "You may register cases against individuals... but corporations? Your ED is passing all limits! Issue notice, returnable after vacation."

"Meanwhile, stay granted of further proceedings..." the Chief Justice said. The court's direction has been welcomed by the ruling DMK; ex-Rajya Sabha MP RS Bharathi told news agency PTI the order



was a 'blow to the BJP's efforts to malign the state government'.

The Supreme Court had been approached by the DMK-run state government and a state-run marketing corporation granted a monopoly over wholesale and retail liquor trade in the state. They sought to challenge an April 23 order by the Madras High Court green-lighting ED action in this matter.

However, the ED's knuckles were rapped after senior advocate Kapil Sibal told the court the agency

had seized and cloned multiple mobile phones during raids on March 14 and May 16.

Back in March the agency claimed it found "multiple irregularities" in the operations of TAS-MAC, i.e., the Tamil Nadu State Marketing Corporation Limited. The ED also said it found "unaccounted" cash worth Rs 1,000 crore.

Specifically, it said it had found "incriminating" data related to corporate postings, and transport and bar licence tenders, as well as

indent orders 'favouring' a few distilleries.

There was also "evidence", the ED said of fraudulent pricing, i.e., surcharges of Rs 10 to Rs 30 per bottle sold by TAS-MAC outlets imposed with the "involvement" of TAS-MAC officials.

The raids were repeated last week.

Ten premises were searched under the Prevention of Money Laundering Act, or PMLA, and the ED claimed to have found 'manipulated data' indicating cheating during award of tenders.

After this Tamil Nadu Excise Minister S Muthusamy launched a counterattack, accusing the ED of harassing state government officials. He accused the agency of a 'political vendetta' and said searches of TASMALC's offices, in Chennai and elsewhere, had 'ulterior political motives'.

DMK's Kanimozhi-Led Delegation To Present "India's Truth On Terrorism"

NEW DELHI: The All-Party delegation bound for Russia, Slovenia, Greece, Latvia and Spain arrived at the New Delhi airport to begin their visit. The delegation is led by DMK MP Kanimozhi Karunanidhi and is part of the multi-country delegation visiting key partner countries as an outreach initiative aimed at fostering international solidarity against terrorism after Operation Sindoor.

Speaking to ANI ahead of her departure, Kanimozhi, said the primary objective of the visit is to communicate India's unified stand on terrorism and counter misinformation being spread globally.

"Our objective is to take the message of India to different countries, to explain what has happened here, and to make the world understand the truth. We have to resolve this problem, and the world has to stand together against terrorism," she said.

Highlighting the need to present India's stance clearly, Kanimozhi added, "We lost 26 lives to terrorism, and we want to talk about what happened and what is happening in this country because of terrorism. We want to put a stop to that. There are vested interests trying to create different stories, so the truth has to be told." Kanimozhi under-

scored the bipartisan nature of the initiative, saying, "The most important thing is that all of us stand together when it comes to the security and sovereignty of this country. I think there is no difference of opinion on that."

"We want to tell the world about Pakistan's false propaganda. India fights only for its own security, and we have never intended to cause injustice to the people of any country. We are confident that the world community will come together with us. AAP's stand is clear: we stand with the government in this matter," Dr Mittal said.

RJD MP Prem Chand Gupta, also part of the all-party delegation said, "The agenda is clear: We have to expose Pakistan's false propaganda."

Chennai Girl Hospitalised After Glass Found In Sealed Drink, Mother Hits Out

CHENNAI: A young Chennai girl was hospitalised after she mistook a piece of glass for an ice cube in a sealed boba drink bottle. The incident took place on April 27 when the woman's mother purchased the boba tea from the Frozen Bottle outlet in Thoraipakkam.

The girl's mother, Jahnavi Sanghavi, an International History Educator, posted the harrowing experience on LinkedIn. She said, "On 27th April, I purchased a boba drink from Frozen Bottle - Thoraipakkam, Chennai. Though the bottle was sealed, it contained glass shards."

She said her daughter, mistaking a shard for ice, put it in her mouth but quickly realised it was glass and spat it out. After that, she was immediately

taken to the hospital for a medical examination.

In a detailed post, Ms Sanghavi mentioned that the next day her daughter began vomiting and had to be hospitalised again. She said, "I contacted Frozen Bottle, and Mr Vipul Chaudhary (Marketing Lead) assured me that the company would take responsibility and compensate for the hospitalisation costs. I promptly submitted all required medical documents." It's been over 20 days now and they haven't received any response from the team, she said. "My calls and emails have been ignored," she wrote. She further stated that when she highlighted how serious this issue was, the company responded by saying, "We manufacture

more than 2.5 crore bottles a month - one case will not affect our brand." Ms Sanghavi called out the brand's response as careless and irresponsible, especially when it involved people's health and safety. She added that she filed a complaint with the consumer court.

"This post is not just about my family-it is a wake-up call for all consumers and a plea for stricter quality control, corporate accountability, and ethical customer service in the food and beverage industry," she mentioned. The post went viral, with many supporting her in the comments section. One person commented, "Frozen Bottle, it's a shame that you are not being responsible in this case!"

"Nothing To Worry": Yogi Adityanath Assures Covid Preparedness

LUCKNOW: Uttar Pradesh Chief Minister Yogi Adityanath has directed health officials to remain alert about the spread of Covid-19 in the state but also said there was nothing to worry as far as Uttar Pradesh was concerned.

During a review meeting with the health department on the Covid-19 situation, the Chief Minister said, "There is nothing to worry about given the present situation in Uttar Pradesh, but being alert is significant." "The Indian government has not issued any guidelines on Covid-19 so far. But in view of the surge of cases of the JN.1 variant in Thailand, Singapore and Hong Kong, we need to remain alert. All teams at medical colleges and hospitals should remain alert," the Chief Minister told officials in the meeting.

He added that personnel at hospitals should be kept alert to deal with emer-



gency cases.

He told officials to focus on the prevention of dengue, malaria and kala-azar or black fever. "Ten-bed ICU, ventilator units, oxygen plants and other facilities made operational during previous Covid surges should be kept functional. The state's health facility is capable of dealing with any situation," the Chief Minister said. Highlighting the infrastructure developed during previous waves of the pandemic, the Chief Minister directed that the 10-bed ICUs, ventilators, and

oxygen plants established in district hospitals must always remain operational. He emphasised the importance of regular testing and timely maintenance of these critical facilities.

He also called for the continued training and effective deployment of health workers, recognising their commendable contributions during the pandemic. Chief Minister Adityanath also instructed relevant departments to begin preparations to prevent seasonal communicable diseases such as dengue, malaria, and kala-azar. He directed the Health Department, Medical Education Department, and local administration to work closely to ensure proactive measures are in place. Concluding the review, Chief Minister Yogi Adityanath reiterated that the Uttar Pradesh government is fully prepared and committed to addressing all potential health challenges, including Covid-19.

'Spy' YouTuber Jyoti Malhotra's Police Custody Extended By 4 Days

HISAR: A court here on Thursday extended the police remand of content creator and social media influencer Jyoti Malhotra by four days, a police spokesperson said. The 33-year-old YouTuber -- arrested on suspicion of espionage -- was produced before the court at the end of her five-day police remand. Malhotra was among the 12 people arrested from Punjab, Haryana and Uttar Pradesh over the past two weeks on suspicion of espionage, with investigators suspecting the presence of a Pakistan-linked spy network operating in north India.

The Hisar native ran a YouTube channel "Travel with JO". She was arrested at the New Aggarsain Extension last week and booked under provisions of the Official Secrets Act and

the Bharatiya Nyaya Sanhita. Hisar police said on Wednesday that no evidence had emerged to indicate Malhotra had access to any military- or defence-related information. But she was definitely in contact with some people, knowing that they were Pakistani intelligence operatives, they had said. Police sources had said she was in touch with Ehsanur-Rahim alias Danish, a staffer at the Pakistani High Commission, since November 2023.

India expelled Danish on May 13 for allegedly indulging in espionage.

The police have sent Malhotra's three mobile phones and a laptop for forensic examination. Malhotra's four bank accounts are also being analysed.

Why Managing Thyroid Matters When You Have Diabetes

In India, about 1 in 10 adults have a thyroid disorder, and around 1 in 11 adults live with diabetes. But what many people don't know is how often these two conditions are connected. In fact, approximately 1 in 4 people with Type 2 diabetes also have hypothyroidism, a condition where the thyroid gland is underactive. This overlap is not coincidental as both conditions affect how the body uses energy.

Dr Rohita Shetty, Medical Affairs Head, Abbott India said, "People living with diabetes are usually aware of their blood sugar levels and know how to manage the fluctuations. But many symptoms of thyroid disorders might go unnoticed, even though they can impact blood sugar levels. Thyroid health and blood sugar levels are more linked than you might think. That's why it's important to get regular thyroid check-ups. With the right care, thyroid disorders can be managed effectively, allowing people to live healthy and active lives."

Dr. Jaspreet Singh, Endocrinologist, Ujala Hospital, Jammu, "Thyroid conditions are often neglected, with a large percentage of the population living with undetected issues and, as a result, not seeking the necessary care. Many people with diabetes may have thyroid problems without noticeable symptoms, which can range from fatigue, memory lapses, sleeping difficulties and excessive weight gain to constipation, dry skin, cold intolerance, muscle cramps, and puffy eyelids. An underactive thyroid can also result in fluctuations in energy levels.

Canada In Talks With US To Join 'Golden Dome' Missile Defence System: Mark Carney



TORONTO: Canadian Prime Minister Mark Carney said Wednesday his government is talking to the US about joining President Donald Trump's future Golden Dome missile defense program.

The multilayered, \$175 billion system would for the first time put US weapons in space. Mr Trump said the previous day he expected the system to be fully operational by the end of his term in 2029.

"Is it a good idea for Canada? Yes, it is a good to have protections in place for Canadians," Mr Carney said.

Mr Carney confirmed he's had talks with President Trump about it and said there are discussions with senior officials. Mr Trump said the

Canadian government had contacted his administration indicating it wants to join the program and that he will work with Ottawa to ensure it contributes its "fair share."

Golden Dome is envisioned to include ground- and space-based capabilities to detect and stop missiles at all four major stages of a potential attack: detecting and destroying them before a launch, intercepting them in their earliest stage of flight, stopping them midcourse in the air, or halting them in the final minutes as they descend toward a target.

"It's something that we are looking at and something that has been discussed at a high level," Mr Carney said. "But not I'm not sure one negotiates on this. These are

military decisions that have been taken in that context, and we will evaluate it accordingly."

Mr Carney warned that Canada faces potential missile threats in the "not-too-distant future" that could come from space.

"Is Canada going to be doing this alone or with the United States? Because with a Golden Dome, there will be discussions that could have an impact on Canada, but Canada wouldn't be a part of them," Mr Carney said.

The Pentagon has warned for years that the newest missiles developed by China and Russia are so advanced that updated countermeasures are necessary.

Golden Dome's added satellites and interceptors - where the bulk of the program's cost is - would be focused on stopping those advanced missiles early on or in the middle of their flight.

Canada and the US are partners in the North American Aerospace Defense Command, the combined organization that provides shared defense of airspace over the two nations.

Ex-CEO Of Ocean Theme Parks Defends Record After Dolphin Deaths

Another dolphin has died in an aquatic park operated by The Dolphin Company, the fifth in the last year as an executive and lenders fight for control of the bankrupt company.

Independent managers in the US were unable to get help investigating the cause of the death from company veterinarians in Mexico, where Chief Executive Officer Eduardo Albor maintains control of the headquarters and some of the parks. Operations in Europe, the US and the Caribbean are under the control of lender-appointed managers. The dolphin, named Robin, died at one of the attractions in Italy last month, said Robert Wagstaff, chief restructuring officer for the lender-controlled side of the business. Wagstaff was hired by a newly installed independent director in March.

Wagstaff and Albor testified in federal court in Wilmington, Delaware on Wednesday as part of a fight over the company's Mexican operations. Under questioning by his lawyer, Albor insisted that his top priority was protecting about 300 dolphins and other animals that are the main attractions

at the parks and also serve as collateral for the lenders.

"Other than people safety, animal health care comes first," Albor said. "We don't look at this as strictly business. This is a mission that we have."

Wagstaff testified that after he was appointed by lenders, he discovered serious financial problems that threatened operations at some of the US parks. At one point a park was closed for 10 days because worker compensation insurance benefits had not been paid, he said.

The lenders have been trying to remove Albor since last year when the company defaulted on about \$100 million in debt. Albor has used court cases in Mexico to try to block lenders from taking over the company and to remove their representatives from the headquarters in Cancun.

Last month, Albor, with help from state police officers, took back control of the headquarters building, which the executive owns. After putting the corporation into bankruptcy in the US, lenders had temporarily changed the locks on the building, including on Albor's personal office.

"Terror Will Not Break Us": World Reacts To Israel Embassy Staff Killings

WAS: Two Israeli embassy staff were shot dead late Wednesday outside the Capital Jewish Museum in Washington, DC, by a gunman who shouted "free Palestine." The two victims, a man and a woman, were leaving an event at the Museum when the suspect approached a group of four people and opened fire, authorities said.

Israeli Ambassador to the US, Yechiel Leiter, informed that the two people killed were a young couple about to be engaged, saying the man had purchased a ring this week with the intent to propose next week in Jerusalem.

Spokesperson at the Israeli embassy in Washington, Tal Naim Cohen, said Israel has "full faith in law enforcement authorities on both the local and federal levels to apprehend the shooter and protect Israel's representatives and Jewish communities throughout the United States." Top US and Israeli leadership, including President Donald Trump, expressed shock and outrage over the killings. Condemning the attack,



Trump said, "These horrible D.C. killings, based obviously on antisemitism, must end, NOW!"

"Hatred and Radicalism have no place in the USA. Condolences to the families of the victims. So sad that such things as this can happen! God Bless You ALL," he posted on his Truth Social platform. US Secretary of State Marco Rubio, meanwhile, said authorities would "track down those responsible" for the fatal shooting of two Israeli embassy staffers. "This was a brazen act of cowardly, antisemitic violence. Make no mistake: we will track down those responsible and bring them to justice," he posted on X.

US Attorney General Pam Bondi said she was at the scene with former judge

Jeanine Pirro, who serves as the US attorney in Washington and whose office would prosecute the case. Israeli President Isaac Herzog said he was "devastated" by the scenes in Washington.

"This is a despicable act of hatred, of antisemitism, which has claimed the lives of two young employees of the Israeli embassy. Our hearts are with the loved ones of those murdered and our immediate prayers are with the injured. I send my full support to the Ambassador and all the embassy staff," he said.

He added, "We stand with the Jewish community in DC and across the US. America and Israel will stand united in defence of our people and our shared values."

On Camera, Chilling Moment Woman Admitted To Killing Her Baby 30 Years Ago

A New York woman calmly confessed to burning and strangling her baby boy in an Albany park about 30 years ago. A video, from the time of her interrogation in September 2024, shows the startling moment Keri Mazucca, 52, confessed to killing her newborn son in 1997. She placed his body in a burnt cloth in a flowerbed close to the Moses statue in Albany, New York.

A Freedom of Information Law request led to the release of the police interview. Mazucca was charged with manslaughter in April 2025. The woman was interrogated last year over the death of "Baby Moses" after DNA testing on the baby's remains led investigators to her, News10 reported.

Mazucca provided a sample for the technology, which was reportedly used to apprehend Joseph James DeAngelo, the Golden State Killer, and Rex Heuermann, the alleged Gilgo Beach serial killer, The New York Post reported.

According to the footage provided by the Albany County District Attorney's Office, Mazucca confessed with apparent casual indifference after being shown a graphic image of the newborn's burned remains.

She denied setting Baby Moses on fire, saying the infant had died in the bathtub during childbirth and that she had given the body to a "random person" at the park after placing it in a bag.

Mazucca calmly told the officer, "I did it," before trying to defend her horrible action when she was in her mid-twenties. "I got pregnant. I gave birth to the baby. The baby died after I gave birth in my bathtub. I was not sure of how to get rid of it," she told the cops, still not showing any remorse. Detectives told Mazucca that her story did not add up and that an autopsy revealed Baby Moses had not died of natural causes. "I was unsure about what to do," Mazucca calmly acknowledged, before adding, "I set the baby on fire. It was dead."

"Every Baby In Gaza Is An Enemy": Ex-Israeli Lawmaker's Shocking Remarks

Every child, every baby in Gaza is an enemy, far-right Israeli politician Moshe Feiglin declared on Wednesday.

"The enemy is not Hamas, nor is it the military wing of Hamas," Feiglin, a former member of the Israeli parliament (Knesset), told Israeli TV Channel 14.

"Every child in Gaza is the enemy. We need to occupy Gaza and settle it, and not a single Gazan child will be left there. There is no other victory," he added.

Feiglin's comments came after Yair Golan, a retired IDF deputy chief of staff and head of the newly formed political party The Democrats, accused Israel of "killing babies as a hobby."

In a press conference, Golan lashed out at the Benjamin Netanyahu gov-



ernment's actions in Gaza. "Israel is on the way to becoming a pariah state, like South Africa was, if we don't return to acting like a sane country," he said.

"A sane country does not fight against civilians, does not kill babies as a hobby, and does not engage in mass population displacement," Golan added. He accused the current leadership of being "full of vengeful types with no morals and no ability to

run a country in a time of crisis. This endangers our existence."

Israeli forces have stepped up their assault on the Gaza Strip, with Netanyahu vowing on Monday to "take control" of the entire territory to defeat Hamas and secure the release of the remaining hostages. Over the past four days, more than 600 Palestinians have been killed in the strikes, according to Dr Marwan Al-Hams, head of Gaza's field hospitals. The Palestinian Health Ministry claims that around 53,000 people have been killed in Gaza since Israel began its onslaught in the aftermath of the October 7 attack. Many more are injured or maimed.

The rising civilian toll has triggered growing international criticism of Israel's military actions.

world, and our soldiers are fighting in a war for our existence."

Prime Minister Benjamin Netanyahu hit back at Golan, calling his remarks "wild incitement" and a "blood libel."

"I vehemently condemn the wild incitement from Yair Golan against our heroic soldiers and against the State of Israel," Netanyahu said in a statement. "The IDF is the most moral army in the

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Israeli Embassy Victims Were A Young Couple About To Get Engaged Soon



WASHINGTON: The two staff members of the Israeli Embassy in Washington DC - a man and a woman - who were shot dead on Wednesday evening were a couple and were going to get engaged soon, Israel's Ambassador to the US, Yechiel Leiter, said. According to the envoy, the man had bought a ring earlier to propose to his girlfriend next week.

"The young man purchased a ring this week with the intention of proposing to his girlfriend next week

in Jerusalem. They were a beautiful couple," Mr Leiter said.

The two victims were shot dead near the Jewish Museum in Washington DC, just steps from the FBI's Washington Field Office - in what the Israeli officials described as a "depraved act of anti-semitic terrorism."

Authorities have arrested the suspected gunman, a 30-year-old man from Chicago identified as Elias Rodriguez.

they handcuffed him, the suspect shouted "free, free Palestine".

"We believe the shooting was committed by a single suspect who is now in custody. Prior to the shooting, the suspect was observed pacing back and forth outside of the museum. He approached a group of four people, produced a handgun and opened fire. After the shooting, the suspect then entered the museum and was detained by event security," Washington Police Chief Pamela Smith said.

When authorities reached the incident spot, a man and a woman (both Israeli Embassy staff) were found unconscious and not breathing. Despite life-saving efforts from first responders, both were pronounced dead, Ms Smith said.

Donald Trump reacts US President Donald Trump condemned the attack, calling it "antisemitic".

"Criminal Act": North Korea Reports 'Serious' Accident During Warship Launch

SEOUL: A serious accident occurred on Wednesday during the launch of a new North Korean warship while Kim Jong Un was attending the event, with the isolated state's leader calling it a "criminal act" that could not be tolerated, state media KCNA reported.

Mr Kim, who witnessed the failed launch of the 5,000-ton destroyer, excoriated the accident as caused by "carelessness" that tarnished the country's dignity, and ordered the ship to be restored before a key ruling party meeting in June, KCNA said on Thursday.

The report did not mention whether there were any casualties.

KCNA said the incident at the northeastern port of Chongjin was caused by a loss of balance while the vessel was being launched and it said sections of the bottom of the warship were



crushed, but it did not give more details of damage sustained.

"Kim Jong Un made stern assessment saying that it was a serious accident and criminal act caused by absolute carelessness, irresponsibility and unscientific empiricism which is out of the bounds of possibility and could not be tolerated," KCNA reported.

Kim said the accident "brought the dignity and self-respect of our state to a collapse", adding an immediate restoration of the destroyer was "not merely a practical issue but a political issue directly related to

the authority of the state." South Korea's military said the stricken warship was lying sideways in the water after the failed launch.

The intelligence authorities of South Korea and the United States had been monitoring the activities in advance, Seoul's Joint Chiefs of Staff spokesperson Lee Sung-jun told a briefing.

The rare public disclosure of an accident follows a report of the launch of another destroyer of a similar size in April, also attended by Kim, at the west coast shipyard of Nampho.

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India To Host Event At UN To Mark International Tea Day

UNITED NATIONS: The aromas and flavors of popular Indian teas permeated the halls of the United Nations headquarters as India hosted a special event to commemorate International Tea Day to highlight the beverage's contribution in empowering communities and fostering inclusive economic growth.

The Permanent Mission of India to the UN hosted the high-level event Wednesday on the theme "Tea for Livelihoods, Tea for SDGs" to mark the International Tea

Day, a celebration of the world's most consumed drink, after water.

The event concluded with a special curated tea tasting experience where guests enjoyed a variety of Indian teas, including the famous Darjeeling tea, Masala chai, Assam and Nilgiri teas.

India's Permanent Representative to the UN Ambassador Parvathaneni Harish, Director of the FAO UN Liaison Office in New York Angelica Jacome, and representatives of Kenya, Sri

Lanka, and China, the other major tea-producing countries, spoke on the occasion and highlighted the challenges faced by the tea growers, especially the small tea farmers. "The story of tea in India is not merely one of trade and taste but also one of transformation. What began in the early 19th century from the misty hills of Assam to the slopes of Darjeeling and Nilgiris, India's tea industry has grown to become a cornerstone of rural employment, women's empower-

ment and export-led development," Harish said at the houseful event attended by UN envoys, senior UN personnel and community members. The UN General Assembly had in 2019 proclaimed May 21 as International Tea Day following a proposal moved by India at the Food and Agriculture Organisation's (FAO) Intergovernmental Group (IGG) on Tea in October 2015.

The UNGA resolution recognised the long history

and the cultural and economic significance of tea around the world, as well as the significant role it plays in rural development, poverty reduction and food security in developing countries.

India is one of the largest producers and consumers of tea globally and the sector directly employs over 1.5 million workers, the majority of whom are women. It supports over 10 million livelihoods, including small landholder farmers and those engaged in allied industries.

BJP pays rich tributes to Shri Bhagwat Swarup Ji, performs Hawan on his 100th birth anniversary

TP CORRESPONDENT

JAMMU, May 22: On the occasion of 100th birth anniversary of Shri Bhagwat Swarup ji, who served selflessly for more than six decades in various positions, especially as Organization Secretary in Praja Parishad, Bharatiya Jana Sangh and BJP, Bharatiya Janata Party, Jammu & Kashmir paid rich tributes to him at the party Headquarters, Trikuta Nagar, Jammu.

A Hawan was also performed on the occasion, praying to the Almighty for the Moksha to the great soul and for the peace and prosperity in the region.

Sat Sharma, President, J&K BJP, Ashok Koul, General Secretary (organization), Jugal Kishore Sharma, MP (Lok Sabha), Dr. Nirmal Singh, and Kavinder Gupta, former Deputy Chief Ministers, Sham Lal Sharma, Vice-President and MLA, Dr. Devinder Kumar Manyal, General Secretary and MLA, Ch. Vikram Randhawa, and Mohan Lal, MLAs, Priya Sethi, former Minister, Adv. Chander Mohan Sharma, senior leader and other senior leaders paid tributes to the great soul on the occasion.

Goutam Mengi, Shiv Kumar Gupta, Ashok Braru, Naresh Kattal, Govind Sareen, were among the prominent social personalities to attend the tribute programme.

The event was coordinated and managed by Prof. Kulbhushan



Mohtra, State Incharge, Department of Nanaji Deshmukh Library, BJP. He narrated inspirational anecdotes from Shri Bhagwat Swarup ji's life, highlighting his tireless commitment to organizational development and nationalist causes.

Sat Sharma, while paying tributes to Bhagwat Swarup ji, said that today, the BJP is observing the 100th birth anniversary of a legendary hero who lived for others and not for himself. He dedicated his whole life to the welfare of the party. Coming from Punjab, served as the organizational secretary of Praja Parishad, Bharatiya Janata Party, and Pracharak, he consistently served the nation and the society with utmost passion. We all must learn selfless service from his life. The life of Swarup ji will serve as a

beacon to all, he said.

Ashok Koul shared the life history and the important instances from the life of Bhagwat Swarup ji. He shared the close association of Bhagwat ji with Pt. Prem Nath Dogra and the contributions of Bhagwat ji in all the major agitations including 'Ek Pradhan, Ek Nishan, Ek Samvidhan' in the Jammu region, which resulted into the abolition of Permit System. Bhagwat ji devoted his life for the service of the society and Nation with the sole purpose of uniting people to strengthen the Nationalist forces, he added.

Dr. Nirmal Singh termed Bhagwat ji as an ideal 'Swayam Sewak'. Bhagwat ji served at various posts which he served with pure dedication. He lived his life as a mission

for the welfare of the nation, society and the acquaintances.

Kavinder Gupta shared old memories and said that Bhagwat ji served his all responsibilities with pure dedication earning his name in history. Bhagwat ji served exemplarily in the troubled and difficult times.

Chander Mohan Sharma said that Bhagwat ji dedicatedly worked for the society during his entire life. He said that Bhagwat ji had secured a niche in others' hearts with his love and care for every individual.

Shiv Kumar Gupta and Ashok Braru threw light on the excellent relation of Bhagwat ji with all the acquaintances. They also highlighted the emphasis of Bhagwat ji on keeping closer relations within the functionaries of organization.

The programme concluded with the distribution of Prasad among the attendees. Baldev Singh Billawaria, Venu Khanna, Ayodhya Gupta, Parbat Singh Jamwal, Tilak Raj Gupta, Dr. Pardeep Mahotra, Sanjita Dogra, Purnima Sharma, Shailja Gupta, Rashpaul Verma, Prem Gupta, Vinay Gupta, Nand Kishore, Rekha Mahajan, Adv. Rajesh Gupta, Parduman Singh, Ved Sharma, Chandji Bhat, Surinder Sharma, Ajay Gupta, S. Varinderjit Singh, Jaideep Sharma, Adv. Ankur Sharma, Surinder Bhagat, Parmod Kapahi, Devyani Rana, Sucha Singh, Sumit Sharma and others were also present in the tributes programme.

Integrated Command & Control Centre operational at Vaishno Devi Shrine



TP CORRESPONDENT

KATRA, May 22: As per the directives of the Hon'ble Chairman (Lt. Governor, JK-UT), the Shri Mata Vaishno Devi Shrine Board has operationalised the Integrated Command and Control Centre (ICCC) at Spiritual Growth Centre, Katra to enhance pilgrim safety and security. This state-of-the-art facility utilizing a network of 700 CCTV cameras equipped with advanced features like gesture, face recognition and PTZ, enabling real-time monitoring for efficient decision-making and swift response mechanism in the Shrine area.

A joint inspection of the ICCC was conducted today by Anshul Garg, Chief Executive Officer, Shri Mata Vaishno Devi Shrine Board and Sarah Rizvi, DIG Udhampur-Reasi Range alongwith Addl. Chief Executive Officer, SMVDSB; SSP, Reasi; Commandant, CRPF; Jt. Chief Executive Officer, SMVDSB; SP, Katra; Tehsildar, SMVDSB and officers from Army, intelligence agencies, local administration and Shrine Board. The inspection was followed by a comprehensive security review meeting to discuss and strengthen various security measures brought out in the joint security review conducted last year.

Notably, the ICCC will

enhance pilgrim safety and security by leveraging advanced technologies like surveillance systems, data analytics and communication networks. A joint team from the Shrine Board and security agencies is now conducting real-time monitoring of key areas including ingress points, movement of pilgrims and service providers and critical infrastructure on the track, ensuring a seamless and safe experience for prompt emergency response and improved situational awareness.

The security review meeting stressed for action on diverse fronts and crucial decisions were taken for hassle free pilgrimage including the issuance of fresh UHF cards to pithoo and ponywallas and installation of readers to prevent impersonation and ensure their legitimate presence on the track.

The meeting also involved an in-depth discussion on identified threats with a focus on devising effective countermeasures to mitigate potential risks. Furthermore, measures were discussed to plug unauthorized ingress points in the Shrine area, thereby strengthening the overall security apparatus for a safer environment for pilgrims. The concerned quarters were directed to undertake the numbering of private shops along the track, facilitating easy identifica-

tion and reference for security agencies. Emphasis was laid on early activation of the integrated hotline system to enable seamless communication amongst the stakeholders for swift response to emergencies and further strengthening the security infrastructure.

The meeting also explored deployment of additional security personnel, area domination and the use of drones and other advanced technologies to monitor the Shrine and surrounding areas. The CEO reiterated the importance of effectively utilizing advanced security equipments crucial for maintaining robust security measures provided to security agencies. These equipments include X-Ray Baggage Scanners, Door Frame Metal Detectors, Hand-Held Metal Detectors and Under Vehicle Search Mirrors / Scanners recently procured and installed by the Board in the Shrine area.

The meeting took a stern view of the begging menace in Katra, deeming it a nuisance to pilgrims and a potential security threat. Directions were given to concerned quarters to strictly curb the practice with a focus on rescuing and rehabilitating minors by sending them to shelter homes, thereby ensuring a safer and more dignified environment for pilgrims visiting from across India and abroad.

Dr. Narinder Singh inspects development works, inaugurates 'Shiva Eye Care Centre' in Jammu



TP CORRESPONDENT

JAMMU, May 22: Reaffirming the commitment of the Bharatiya Janata Party (BJP) towards public welfare and infrastructural development, Dr. Narinder Singh, BJP National Secretary and Member of Legislative Assembly (MLA) from R.S. Pura - Jammu South Assembly constituency, conducted a comprehensive inspection of ongoing development works worth ₹1.2 crore in the Green Avenue locality of Ward No. 58.

The visit was aimed at ensuring quality control, timely execution, and transparency in public works, as part of the government's broader objective to strengthen grassroots development. During the inspection, Dr. Singh interacted with local residents and stakeholders to gather first-

hand feedback about the progress of various civic projects and addressed their concerns related to amenities and services.

He was accompanied by a team of senior BJP leaders including District President Naresh Singh Jasrotia, senior leader Vinay Gupta, Mandal President Sohan Kattal, and former Councillors Paramjit Singh and Tirath Kaur, along with other prominent local functionaries. The delegation reviewed various ongoing construction and maintenance works such as road upgradation, drainage systems, a bridge linking Ward 56 with 58, and community infrastructure aimed at improving the living standards in the area.

Speaking on the occasion, Dr. Singh emphasized the importance of regular monitoring of developmental projects to ensure they meet

the required standards and are completed within the stipulated timeframes. He reiterated the BJP government's dedication to improving civic amenities and delivering on promises made to the people.

Later in the day, Dr. Narinder Singh inaugurated the 'Shiva Eye Care Centre' located in Sector D of Sainik Colony. The modern facility is equipped to offer advanced eye treatment and diagnostic services at affordable rates, catering to the needs of a wide cross-section of society.

The inauguration ceremony witnessed the presence of BJP District President Naresh Singh Jasrotia, Mandal President Ajay Partap Singh, former Councillor Narinder Bunt, party leader Ravi Bakshi, and several other respected figures from the community.

Dr. Singh extended his heartfelt congratulations to Dr. Jha, the owner of the Centre, on the launch of this much-needed health facility.

Addressing the gathering, Dr. Singh praised the initiative and urged the management to maintain high standards of professionalism and patient care. He expressed confidence that the eye care Centre would serve not only the residents of Sainik Colony but also patients from surrounding areas, thereby strengthening the local healthcare infrastructure.

GDC Mahanpur celebrates 'International Biological Diversity Day'



TP CORRESPONDENT

MAHANPUR, May 22: Department of Environmental Sciences at GDC Mahanpur in collaboration with Eco Club and Seminar / Webinar Committee of the College celebrated 'International Biological Diversity Day' on the theme "Harmony with nature and sustainable Development" on Thursday.

It was organized by Dr. Nishu (HOD Department of EVS) and Dr. Mohinder Nath sharma Convener of the Eco Club and Nisha Bhagat, Convener of Seminar Committee /Webinar Committee under the supervision and able guidance of Dr. Sangeeta Sudan, Principal of the College.

The chief guest of today's event Principal, Dr. Sangeeta Sudan delivered an inspiring address, highlighting the urgent need to protect Earth's rich biological diversity.

As a part of the event Dr. Raj Kumar Rampal, eminent expert speaker (Former Dean Life sciences and Former Head of the Environmental Science

Department, University of Jammu delivered an insightful lecture on Harmony with nature and sustainable development.

In his intellectual presentation, he emphasized the critical importance of the Biodiversity conservation and sustainable development. His comprehensive analysis of Biodiversity conservation strategies and their alignment with sustainable development goals has significantly enhanced student's understanding of critical subject.

The event featured expert talks and interactive sessions on conservation efforts. Souvenirs were presented to the chief guest and expert speakers as a token of gratitude.

More than 50 students were participated in this event. The celebration was concluded with vote of thanks delivered by Dr. Nishu (HOD, Environmental Sciences). The faculty members present on the occasion were Dr. Sapna Devi, Dr. Hilal Ahmed Bhat, Dr. Anju Bala, Prof. Namita Trogia, Dr. Suhail Dar, Prof. Nirmal and Sunny.

National Parshuram Parishad Appointed Jeevanad Sharma President of J&K

TP CORRESPONDENT

JAMMU May 22 : National Parshuram Parishad is a national organization appointed Jeevanad Sharma the young and dynamic person as president of Jammu and Kashmir wing. The organisation is established to spread the divine works of Lord Parshuram to every corner of society. Founded by Pandit Sunil Barala, its primary objectives include 1 2: *Promoting Lord Parshuram's Teachings*: Spreading awareness about the birthplace, workplace, and knowledge hub of Lord Parshuram, and guiding

society according to his principles.

Empowering Brahmin Community: Raising voice for the Brahmin community's interests and resolving their problems.

Social Harmony: Eliminating social disparities, animosity, and caste-based hatred, and promoting social cohesion.

Cultural Preservation: Publishing books on Lord Parshuram and related scriptures, and encouraging the study of ancient texts in every household.

Nationwide Outreach: Establishing Parshuram temples, universities, and

organizing events to unite the community.

The organization has two subsidiary bodies:

Parshuram Shakti Vahini: Aims to empower women through conferences and initiatives.

Parshuram Swabhimana Sena: Focuses on organizing youth and combating terrorism.

Under Pandit Sunil Barala's leadership, the National Parshuram Parishad has been actively involved in various initiatives, including the organization of large-scale events like the Mahakumbh festival 2 3.



JKNPP (Bhim) expels party leaders from basic membership

TP CORRESPONDENT

JAMMU, May 22: J&K National Panthers Party (Bhim) expelled Hakikat Singh Jamwal, Farooq Ahmed Dar, Abdul Rashid Ganie and Mushtaq Ahmed from the basic membership of the party for their involvement in anti party activities. In a decision taken by the party under the Chairmanship of the Party President Vilakshan Singh, besides expelling the said leaders, the entire bodies of the Kashmir Province were dissolved with immediate effect.



'Publish Non-Gazetted Merit List, appointment of outstanding sportspersons under SO 12, SO 412'

TP CORRESPONDENT

JAMMU, May 22: The prevailing bureaucratic inefficiency within the Youth Services and Sports Department of Jammu & Kashmir is causing severe hardship to hundreds of outstanding sportspersons, particularly those from border and conflict-hit regions. These individuals, many of whom are displaced and battling basic livelihood challenges, continue to wait helplessly for their rightful appointments. Despite the recruitment rules for non-gazetted posts having been finalized and published in the official gazette on 4th October 2024, the merit list remains unpublished—a delay that appears to be driven by internal red tape and vested interests.

There are 225 such sportspersons who have represented Jammu & Kashmir and the nation with distinction. Their dedication and achievements remain unrewarded due to administrative apathy. While these sportspersons have completed all necessary formalities and are fully eligible under SO 12 read with SO



412, they are being forced to wait indefinitely. The delay is allegedly linked to ongoing discussions around 10 gazetted posts, whose recruitment rules are yet to be finalized. This is both illogical and unjust, as the non-gazetted appointments form a separate process that should proceed independently.

The files concerning gazetted posts are reportedly moving from desk to desk within the Civil Secretariat, causing obstruction without any justifiable reason. It is unacceptable that the careers and lives of deserving non-gazetted sportspersons are being held hostage

by procedural bottlenecks unrelated to their appointments. This bureaucratic entanglement, colloquially referred to as "babu shahi," has created a tragic impasse for hundreds who have already suffered displacement, instability, and years of waiting.

This delay transcends mere administration—it is an inhumane oversight. Many of these sportspersons come from marginalized and war-affected communities and have given their all for the pride and honor of the country. What they receive in return is silence, neglect, and indefinite delay. It is vital that

the Youth Services and Sports Department separates the non-gazetted recruitment process from the gazetted one, as their linkage is unwarranted and detrimental.

We therefore issue this urgent appeal to the Lieutenant Governor, the Chief Minister of Jammu & Kashmir, and the Youth Services and Sports Minister to take immediate action. We demand that the non-gazetted merit list be published without any further delay, that the appointments proceed independently of the gazetted-level recruitment, and that accountability be established for the undue and prolonged delay. Furthermore, it is imperative that the suffering and vulnerability of sportspersons from conflict areas be acknowledged and addressed with urgency.

Justice delayed is justice denied. In this case, 225 lives and careers are at stake due to administrative lethargy. These athletes have upheld the honor of the Union Territory and the nation—it is now time for the government to respond with fairness, dignity, and decisive action.

Department of Botany at North Campus Organizes Seminar on Biodiversity Medicinal Plants Take Center Stage

TP CORRESPONDENT

DELINA BARAMULLA, May 22: In a move to spotlight the intersection of biodiversity and sustainable development, the Department of Botany at the University of Kashmir's North Campus in Delina, Baramulla, hosted a day-long seminar on Thursday to mark the International Day for Biological Diversity. Centered on the theme "Harmony with Nature and Sustainable Development," the event drew over 100 participants from across Baramulla and beyond.

Presided over by Dr. Sheikh Ghulam Mohammad, Director of the North Campus and the event's Chief Guest, the seminar brought together a constellation of scientific voices and policy experts, highlighting the role of medicinal plants in both preserving ecological heritage and fostering local entrepreneurship.

"This day is not just a celebration," Dr. Ghulam Mohammad said in his inaugural address, "but a call to action - to value, protect, and sustainably harness the biodiversity that sustains us all."

Joining him on the dais were Dr. Raja Amjad Ali Khan, District Ayush



Officer for Kupwara and Baramulla; Dr. Wahid ul Hassan, Technical Officer at the J&K Medicinal Plants Board; and a panel of invited speakers that included Dr. Shakir P. Sultan from the CSIR-IIM in Srinagar and Dr. Azra Anjum, CEO of Emiliu Private Limited.

The seminar aimed to raise awareness of the Sustainable Development Goals (SDGs), particularly those tied to environmental stewardship and indigenous knowledge systems. Participants engaged in sessions exploring the commercial and therapeutic potential of medicinal plants, with special emphasis on local species. "Medicinal plants form a vital yet often overlooked part of our heritage," said one speaker, echoing the day's central message. "They are not only reservoirs of health but also engines for sustainable livelihoods."

A unique feature of the event was a guided "Nature Walk" for students, led by Dr. Aijaz Hassan Ganie, which introduced participants to the local biodiversity of the region in an immersive setting. As the world confronts accelerating biodiversity loss, events like these serve as crucial platforms to align local efforts with global frameworks. The seminar emphasized the urgency of achieving the Kunming-Montreal Global Biodiversity Framework (KMGBF) targets and reinvigorating conservation strategies at the grassroots. As the day concluded, the atmosphere was charged with renewed purpose - a reminder that the preservation of nature is not just an environmental imperative, but a moral and communal one.

Randhawa starts blacktopping work from Raja Mandleek to Bawe Chowk

TP CORRESPONDENT

JAMMU, May 22: In a significant push towards improving road infrastructure in the Bahu constituency, blacktopping work from Raja Mandleek Chowk to Bawe Chowk was officially started today by Hon'ble MLA Bahu, Ch. Vikram Randhawa. The project, sanctioned at an estimated cost of ₹1.40 crore, is expected to provide a smoother commute and enhance the overall connectivity for residents of the area.

The inauguration witnessed the presence of several key local leaders and community representatives including Mandal President Surjeet Singh Sonu, Ex-Corporator Sharda Devi, Sunny Sangotra, Ajay Sharma, Rakesh Kumar, Sajjan Gupta, Karuna Chhetri, Sumit Kumar, Dalbir Singh, Yashpal Chouhan, Daljeet Singh, and other active residents from the locality.

The project is being executed under the supervision of the Public Works Department (PWD) with



AEE Bikram Bilouria and JE Kamaljeet present on-site to oversee the technical aspects and ensure quality standards are met.

MLA Ch. Vikram Randhawa, while addressing the gathering, said, "This project reflects our commitment to providing world-class infrastructure to the people of Bahu constituency. We are determined to ensure that such development initiatives are carried out in a time-bound and transparent manner. Better roads mean better opportunities for the public -

in terms of safety, economic activity, and overall quality of life."

Local residents expressed gratitude for the long-pending demand being addressed and praised the proactive efforts of the administration and leadership in taking up developmental works on the ground.

The blacktopping work is expected to be completed within the scheduled timeline, ensuring minimum disruption to commuters while significantly improving the road condition.

Fire guts shoe shop near Jhula Bridge, loss estimated in Lakhs



IMRAN KHAN

RAJOURI, May 22 : A massive fire broke out at a shoe and slipper shop near Jhula Bridge late Wednesday night, causing extensive damage and an estimated loss of over Rs 10

lakh. The shop, owned by Ravi Kumar Sharma and operating from a rented space, was reportedly closed for the day when the incident occurred. According to sources, flames were first noticed around 2 AM by locals, who promptly alerted Sharma and the fire department.

By the time Sharma reached the spot, the fire had already engulfed the shop's inventory. Fire brigade personnel arrived shortly thereafter and managed to bring the blaze under control, preventing it from spreading to adjacent shops and averting a potential disaster.

"All the goods in the shop were reduced to ashes," said Sharma. "I've suffered a loss of over Rs 10 lakh."

Police have registered a case and launched an investigation. As of now, the cause of the fire remains unknown.

Inter-Zonal District Level U/17 Boys Cricket Competition Commences at Ghari Ground, Jaurian



TP CORRESPONDENT

JOURIAN, May 22: The Inter-Zonal District Level U/17 Boys Cricket Competition commenced with great enthusiasm at Ghari Cricket Ground, Jaurian, and will continue until 24-05-2025. This prominent sporting event features league matches among teams from four zones of the Chenab Valley: Zone Akhnoor, Zone Khour, Zone Jaurian, and Zone Chowki Choura.

The event is being jointly organized by the four zones (cluster) under the direction of the District Youth Services & Sports Officer (DYSSO), Jammu, reflecting strong collaboration and teamwork among the zones.

The inaugural ceremony was graced by Sh. Sukhdev Raj Sharma, DYSSO Jammu, who attended as the Chief Guest. The program began with the National Anthem, followed by a pledge ceremony, in which all officials and participants

reaffirmed their commitment to unity, discipline, and sportsmanship.

In his address, Sh. Sukhdev Raj Sharma lauded the efforts of the Zonal Physical Education Officers (ZPEOs) from the four zones and the deputed officials for the smooth and well-planned execution of the event. He emphasized the importance of providing all necessary facilities for participants, especially in light of the hot and humid climate, to ensure the competition is both successful and beneficial for the young athletes.

All deputed staff from the participating zones were present and actively contributed to the efficient conduct of the matches.

Match Results - Day 1:
 ● Match 1: Zone Khour vs Zone Jaurian
 ● Toss: Zone Khour won and elected to field
 ● Result: Zone Jaurian won by 30 runs

● Match 2: Zone Chowki Choura vs Zone

Executive Team of KSS honours Nari Shaktiveers of BSF jawans at forward post in Jammu

TP CORRESPONDENT

JAMMU, May 22: Fulfilling social and nationalistic duties towards our armed forces by encouraging their morale at the spot of their working, the Executive Body team of one of the apex bodies of Kashmiri Pandit community, Kashmir Sahayak Samiti, Trikuta Nagar (KSS) today along with prominent civil society members of Jammu visited forward border area post under R S Pora Sector of Jammu province for organising an impressive function of thanks giving and honoring BSF jawans for successfully conducting the Operation Sindoor and guarding our borders during recent hostilities forced by our enemies. While conducting the proceedings, Dr. Daleep Pandita, General Secretary of KSS applauded the invaluable role of Armed forces and paid rich tributes to the martyrs who laid down their lives for the safety of our nation during Operation Sindoor. His words of praise forcefully underlined the importance of such operations and appreciated the dedication of armed forces in

guarding our vast and difficult borders particularly in Jammu and Kashmir.

Officers were honoured with Mata Ki Chunre by B. N. Sadhu and Pankaj Bhan from KSS, Jawans were garlanded with flowers by R. N. Kakroo and T. P. Singh from Senior Citizens Welfare, J&K and sweets were distributed among all the ranks by Ashwani Jotra and Sanjay Gupta from Sahyog India under thundering applause by the participants.

In this patriotic function Nari Shaktiveers of BSF were also felicitated separately. Commanding Officer of local unit of BSF on behalf of the entire unit reciprocated this goodwill gesture of KSS and thanked senior citizens in his over whelmed speech.

The function culminated with patriotic songs as a symbol of victory celebrations followed by light refreshment.

The prominent civil society members who attended this function included Nimi Bhat Pandita from Mahak Foundation, Balwinder Singh RTI Activist and many other civilians of repute.

KC Public School organizes Investiture Ceremony 2025

TP CORRESPONDENT

JAMMU, May 22: The Investiture ceremony of KC Public School (Senior Wing) was held today morning in the general hall of KC Sports Club.

It was a ceremonial occasion when elected represen-

tatives of the School Students' Council for the academic year 2025-26 were given their badges and insignias of authority. Being the only school in J&K to enjoy the privilege of global membership of the Round Square, KCPS gives tangible shape to the Round

Square ideals of Democracy and Leadership by conducting elections and conferring leadership roles on its students in the day-to-day running of the school. Dr. Vikas Sharma, JKAS, Deputy Director (Estates, Jammu), Govt of J&K, graced the occasion as the Chief Guest

UNION TERRITORY OF JAMMU & KASHMIR
 OFFICE THE EXECUTIVE ENGINEER PWD (R&B) DIVISION SATWARI
SHORT NOTICE INVITING TENDER
 Shorte-NIT No.15of2025-26 Dated 21-05-2025

For and on behalf of the **Lieutenant Governor, Union Territory of Jammu and Kashmir** - tenders are invited on **percentage basis** from approved and eligible Contractors registered with Union Territory of J&K, CPWD, Railways, MES and other State/Central Governments for each of the following works:-

S. No	Name of Work	Advertised Cost (in lakhs)	Cost of documents (in Rupees)	Earnest Money (in Rupees)	Time allowed for completion	Time and date of opening of tender	Class of Contract
1	Providing and laying of wire Crates at Gadigarh near bridge RD 0-275	3.97	600/-	(2% of the Adverted Cost)	30 Days	06/06/2025	A,B,C,D
2	Maintenance of Road from Jeevan Nagar to Muralian and Allied links by way of WMM and Premix Carpet in Stretches and patches by Manual Means	4.96	600/-	(2% of the Adverted Cost)	30 Days	06/06/2025	A,B,C,D
3	Maintenance of road from Belicharana to Raipur Satwari road and Allied Links by way of WMM and Premix Carpet in Stretches and Patches by Manual means	4.88	600/-	(2% of the Adverted Cost)	30 Days	06/06/2025	A,B,C,D
4	Maintenance of road from Karan Bagh to SKUAST road and Allied Links by way of WMM and Premix Carpet in Stretches and patches by Manual means	4.95	600/-	(2% of the Adverted Cost)	30 Days	06/06/2025	A,B,C,D

Position of AAA :-Accorded
Position of TS :-Accorded
Major head of account :-Non Plan 2025-26

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website <http://jktenders.gov.in> as per below schedule:

1	Date of Issue of Tender Notice	21/05/2025 at 1800 Hrs.
2	Period of downloading of bidding documents	21/05/2025 at 1800 Hrs.
3	Date, Time and place of pre-bid meeting	23/05/2025 at 1300 Hrs. in the Office of Executive Engineer PWD (R&B) Division Satwari
4	Bid Submission Start Date	21/05/2025 at 1800 Hrs.
5	Bid Submission End Date	05/06/2025 upto 1300 Hrs.
6	Date & time of opening of Technical Bids (Online)	06/06/2025 on or after 13.00 Hrs in the Office of Executive Engineer PWD (R&B) Division Satwari
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

No.-XEN/SAT/PWD/Tender/2025-26/170-74
 Dated:-21/05/2025

sd
 Executive Engineer
 PWD(R&B) Division
 Satwari

DIP/J-1378/25

Earthquake of magnitude..

tremors occurred at 11:46 pm at a depth of 10 km. "EQ of M: 3.5, On: 21/05/2025 23:46:59 IST, Lat: 34.54 N, Long: 78.38 E, Depth: 10 Km, Location: Leh, Ladakh", NCS said in their 'X' post. No immediate reports of casualties and damages have been received as of now. Further details are awaited.

Rahul Gandhi to visit storm-hit..

The region was recently hit by heavy winds and storms, causing major damage to schools and other buildings. The visit comes as the people of Poonch struggle with the aftermath of the storm that hit the area on May 21. Several structures, including government schools, were damaged. The district has also been affected by recent cross-border shelling from Pakistan.

CIK produces chargesheet against..

charge-sheet against a terrorist associate (Airtel Franchise) for issuing 'SIM Card Connection' to active terrorists. "Police Station CIK produced charge sheet against one Mudasir Ahmad Sheikh S/O Bashir Ahmad Sheikh R/O Hanand Chawalgam Kulgam vendor of Airtel company, before the Hon'ble Court of Chief Judicial Magistrate Kulgam in case FIR No. 18/2020 U/S 420, 468, 471 IPC of Police Station CIK Srinagar for issuing 'SIM Card Connection' against a non existing person which was actually used by a terrorist," a spokesman said in a statement issued to the news agency-Kashmir News Observer (KNO). Police Station CIK had received an information through reliable sources that the procurement of SIM card connections from various Telecom Service Providers by terrorists / members of proscribed organizations / Over Ground Workers (OGWs), is made in a pre-planned criminal conspiracy, with the active connivance of their sympathizers and, in several instances, with the complicity of 'Franchise/Point of Sale (POS)' through fraudulent and dishonest means, the statement reads.

Accordingly, police said that on 09.10.2020, a case under FIR number 18/2020 U/S 13 Unlawful Activities (Prevention) Act, read with section 420, 468, 471 and 120-B of the Indian Penal Code was registered at Police Station CIK Srinagar for a thorough probe.

"During the course of investigation, it has revealed that the accused was a vendor of 'Airtel Telecom Service', running his shop under the name and style of "MICRO WORLD" at Kulgam. It was established that the accused had manipulated and forged a genuine electoral Identity Card and used the same to issue a SIM card against a non-existent person. The accused as a vendor had also mentioned fictitious and deficient particulars/details in the Customer Application Form (CAF) with an objective to issue the SIM card against a non-existent person and pass on the SIM card to a terrorist for his use," the statement reads.

The investigation has established that the subscriber of the SIM card shown in the Customer Application Form was not found existing on ground and the SIM card had actually been issued to a terrorist, it added.

"An appeal is made to the general public especially youth of Kashmir valley to adhere to the advisories in this regard and take every precaution to ensure that their documents are not misused for obtaining SIM cards fraudulently. People are also advised not to share their SIM card with anyone, howsoever, close the person may be," the statement added

School timings changed in Kashmir..

The new timings will come into effect from Monday. According to an official order issued by the Directorate of School Education Kashmir (DSEK), schools located within the Srinagar Municipal limits will now operate from 8:30 AM to 2:30 PM, while schools outside the municipal limits of Srinagar district and other areas of the Kashmir province will follow revised timings of 9:00 AM to 3:00 PM.

The order emphasized that the new schedule is binding for all educational institutions and warned that any deviation will be viewed seriously.

The move comes as Kashmir is experiencing unusually high temperatures for this time of the year.

India Meteorological Department's (IMD) Srinagar centre on Thursday said that Kashmir is likely to witness generally hot and dry weather from May 22 to 26, with a brief spell of light rain possible at isolated places during the late afternoon.

The IMD said that from May 27 to 31, hot and dry conditions are expected to continue, accompanied by scattered to widespread thundershowers.

A weather advisory has warned of a rise in maximum temperatures by 1?2°C across parts of Kashmir till May 23, increasing the chances of a heatwave at isolated locations. A slight dip of 2?3°C is expected thereafter.

No third-party intervention...

involved in ending hostilities between the two countries earlier this month.

The External Affairs Minister in an interview to a Dutch news channel, said, "The cessation of firing and the ceasefire agreement was directly negotiated between India and Pakistan. We made it very clear to the international community not only United States that if Pakistan wants to stop firing, their general should call our general and tell us. That's how it happened their DGMO called his counterpart here and an understanding was arrived at."

He said that not only the United States, many countries were asking India to end firing "but our stand was very clear that Pakistan should come forward and ask for it," he added.

The Minister pointed a direct finger at Pakistan Army Chief General Asim Munir for what he called his "hardline and extremist" outlook, linking it to the April 22 Pahalgam terror attack, which left 26 civilians, mostly tourists dead.

"This was not just a terror attack. This was an attempt to strike at the heart of Kashmir's economy and harmony. Religion was deliberately used to create division and fear," Jaishankar said, underscoring that the Pakistan Army leadership is driven by an "extreme religious outlook," which, according to him, directly influences actions on the ground.

The victims were targeted in front of their family members after ascertaining their faith. "It was a barbaric assault aimed at crippling Kashmir's flourishing tourism sector and create a communal discord," he added.

Responding to a question whether India and Pakistan could forge a new friendship, particularly in light of China's growing influence and desire for regional stability, Jaishankar said, "You don't choose between security and economic prosperity. Today, many in the world are realizing that you must be prepared for both," he remarked.

He also offered a broader strategic perspective, reflecting on the historical conditioning of Western powers who had become used to a relatively peaceful post-WWII world. "We have had to deal with difficult neighbours-China and Pakistan.

We have faced continuous terrorism from across the border. The world is only now experiencing a reality we've long endured," he said, adding, "India has always approached its regional challenges with a sense of realism. It has been a harsh and nasty world for us. Europeans were insulated for decades. But today, the global community is going through its own reality check."

SC reserves interim orders on 3 issues

Centre, for about three consecutive days. The Centre strongly defended the Act, saying waqf by its very nature is a secular concept and can't be stayed given the presumption of constitutionality in its favour.

Sibal, leading the petitioners, described the law as a "complete departure from historical legal and constitutional principles" and a means to "capture waqf through a non-judicial process".

"This is a case about the systematic capture of waqf properties. The government cannot dictate what issues can be raised," Sibal said.

The petitioners at the present stage sought interim orders on three key issues.

One of the issues related to the power to denotify properties declared as waqf by courts, waqf-by-user or waqf by deed.

The second issue was over the composition of state waqf boards and the Central Waqf Council, where they contend only Muslims should operate except ex-officio members whereas the last one is over the provision stipulating a waqf property won't be treated as a waqf when the collector conducts an inquiry to ascertain if the property is government land.

On April 25, the Union ministry of minority affairs filed a preliminary 1,332-page affidavit defending the amended Waqf Act of 2025 and opposed any "blanket stay" by the court on a "law having presumption of constitutionality passed by Parliament".

The Centre notified the Waqf (Amendment) Act, 2025 last month after it got President Droupadi Murmu's assent on April 5.

The bill was cleared by Lok Sabha with the support of 288 members while 232 MPs were against it. The Rajya Sabha saw 128 members voting in its favour and 95 against it.

J&K integral part of India, not open..

credibly and irrevocably ends its support for terrorism. "Water and blood cannot flow together. Trade and terror cannot go together," said Jaishwal.

On the issue of terrorism, the MEA spokesperson said, "India remains open to dialogue, but only on specific points such as the extradition of known terrorists. We are open to discussing the handing over of noted terrorists whose list was given to Pakistan some years ago."

He also dismissed claims that the United States played a mediating role in the recent cessation of hostilities after 'Operation Sindoor', a military response to the April 22 terror attack in Pahalgam. "There was no third-party mediation, including the US. No country has any role in bilateral issues with Pakistan," the MEA spokesperson added

All party delegations brief UAE..

comprises Manan Kumar Mishra (BJP), Sasmit Patra (BJD), E T Mohammed Basheer (IUML), S S Ahluwalia (BJP), Atul Garg (BJP), Bansuri Swaraj (BJP), former diplomat Sujan R Chinoy, and India's ambassador to the UAE Sunjay Sudhir. "We are taking a firm stand for global security and respect for international peace," Shinde said.

The Indian embassy in the UAE said that the UAE was the first country to receive the multi-party delegation in the context of Operation Sindoor, this underlining the deep bonds of friendship between the two nations. The delegation led by Jha to Japan includes BJP MPs Aparajita Sarangi, Brijlal Pradhan Barua and Hemang Joshi, Congress leader and former external affairs minister Salman Khurshid, TMC MP Abhishek Banerjee, CPI(M)'s John Brittas, and former ambassador Mohan Kumar.

"All-Party Parliamentary Delegation led by Hon'ble MP Shri Sanjay Kumar Jha arrives in Tokyo, welcomed by Ambassador @AmbSibiGeorge. India's unwavering stand against cross-border terrorism, as seen in Op. Sindoor, will be highlighted in all engagements," said a post on X by India's Embassy in Japan. India is sending seven multi-party delegations to 33 global capitals to reach out to the international community on Pakistan's designs and India's response to terror.

Tensions between India and Pakistan escalated after the Pahalgam attack, which claimed 26 lives. India carried out precision strikes on terror infrastructure in Pakistan and Pakistan-occupied Kashmir in the early hours of May 7, following which Pakistan attempted to attack Indian military bases on May 8, 9 and 10. The Indian side responded strongly to the Pakistani actions. The on ground hostilities ended with an understanding on stopping the military actions following talks between the directors general of military operations of both sides on May 10.

Not a single word on terrorism...

"There is no appreciation, no recognition of the bravery of our forces. The sacrifice they made for Jammu and Kashmir, for the unity and integrity of India, has not been acknowledged by the National Conference," Sharma said.

He questioned why the resolutions did not include any reference to terrorism or Pakistan. "Pakistan-sponsored terrorists killed 26 innocent people. Yet there is no mention of Pakistan, no mention of terrorism. What kind of sympathy is this?" he asked.

Sharma said the JKNC was more focused on demanding the restoration of Article 370 and statehood instead of standing with the nation during a time of crisis. "They are talking about special status. What special status? There is no such thing in the Indian Constitution. The Supreme Court never mentioned 'special status' in its verdict either," he said.

According to him, bringing up Article 370 again is an insult to the Constitution and the Supreme Court's decision. "370 is history. It has been buried. It's not coming back," he said.

Sharma also criticized the timing of JKNC's political demands. "Is this the right time to talk about statehood? You (JKNC) should be visiting the border areas, Arnia, Hiranagar, Akhnoor and other areas. You should be meeting people in Rajouri, Poonch, Tangdhar. If you cannot provide relief, at least ask the Indian government for help," he said.

He claimed that the JKNC, which has ruled J&K for three generations, never cared about the people. "You are concerned about protocol, not people. You want statehood, you want status. But you are silent on the suffering of the people, silent on terrorism, silent on Pakistan," Sharma said.

He said matters of foreign affairs and national security belong to the Prime Minister and the External Affairs Minister, not to a state-level party. "A constitutional state like Jammu and Kashmir should not be interfering in foreign policy. The central government has a clear and firm policy," he said

Kashmir's tourism in crisis..

from Dal Lake Srinagar, said that since the attack in Pahalgam, their bookings have been severely affected.

"The Dal Lake is deserted, as the usual bustle of tourists is surely missed. Our houseboats are almost empty, with about 90 per cent of our bookings cancelled; there are no new bookings even for ordinary days," he said.

Ahmad added, "We are hopeful that the middle of June and the month of July will bring better days and bookings will resume. We are facing huge losses.

He said that during this time of year, their houseboats used to be fully occupied, but this year, they are nearly empty. Currently, there are only about five per cent of tourists in the

valley, Ahmad added.

Zahid Ahmad, a tour and travel operator, said the Pahalgam attack has cast a long shadow over the operations. "Clients who were supposed to visit Kashmir have cancelled their bookings, and there are no fresh bookings at this time," he said, adding that restoring confidence among tourists will take time and coordinated efforts.

Ghulam Mohammad, a Shikara owner, said each day he waits for tourists. "But nobody comes," he lamented. "The lake is quiet, and so is my livelihood. We yearn for the days when laughter and joy filled these waters."

Mohammad said earlier they didn't even have time for lunch. Now, we sit idle, longing for the days when we had people to ferry in our shikaras, he said.

Zubair Ahmad, a cab driver, said that earlier, they used to get at least two trips to Pahalgam or Gulmarg every two days. "But since the attack, there's hardly any work. Tourists are scared, and most days, we sit idle. It's becoming difficult to even manage our daily expenses," he said.

He added, "We have loans and EMIs hanging over our heads, and now we are worried about how to pay them. For the past month, we have been in depression, waiting for tourists while our vehicles remain parked at the stands."

The hoteliers said the tourism activities have been badly affected. "We have hardly been attending guests since the Pahalgam attack. We expect an improvement in the situation and revival of tourism activities at the shortest possible time so that the stakeholders could heave a sigh of relief," a hotelier said

Statehood legitimate aspiration..

delegation. The TMC leader said her party believed in the principle of federalism.

"The federal principle is ingrained in our Constitution and, therefore, to empower an elected government is an article of faith for us, a legitimate aspiration of the people," she said. "We are fully in support of the elected government of Jammu and Kashmir and we believe that the elected government of Jammu and Kashmir must be the empowered agency to look after the welfare and wellbeing of the people of Kashmir," she added. Ghose said the TMC delegation spent 90 minutes with Abdullah. "We had a very good meeting. He told us in detail what the problems are of the people in border villages -- Poonch, Rajouri and Uri. More people died in the cross-border shelling from Pakistan than in Pahalgam (terror attack)," she said.

Every life matters and it is extremely important that the problems of the people in the border villages are addressed on an urgent basis, she added. "The chief minister assured us that his government was doing everything possible to give medical help, rebuild schools and colleges, and provide compensation. We also believe that the government of Abdullah must be fully empowered," Ghose said. The TMC delegation left for Poonch on Thursday to meet the people affected by Pakistani shelling.

CM Omar asks JKSSB to fast-track..

Department, Secretary Law, Chairperson JKSSB and other senior officers.

Chairperson JKSSB Indu Kanwal Chib presented a comprehensive report on recruitment activities undertaken since 2019, including department-wise details of posts that have been advertised, are under examination, and are in the final stages of selection.

She highlighted the progress made as well as pending challenges across departments.

It was informed that several posts remain unadvertised due to delay in submitting of indent by departments and in some cases requiring revision of recruitment rules to reflect current job requirements.

The Board has proposed that all future recruitment examinations shall be conducted under CCTV surveillance to ensure fairness and transparency.

The meeting also reviewed the status of Class IV recruitment, where delays were flagged as a major concern.

The Chief Minister directed the Board to expedite the selection process and address all procedural bottlenecks.

He also called for improving the facilities in Service Selection Board and strengthening the Board's legal and administrative frameworks.

Emphasizing the government's commitment to transparent governance, the Chief Minister said that Government would do everything possible to ensure fair and transparent recruitment process and to improve efficiency across all departments to enhance public trust, institutional efficiency and to fill up vacant posts which would also result in giving jobs to the qualified youth of J&K.

Man impersonating as pony operator..

Upon inquiry, the individual identified himself as Parveen Kumar of Targah, Jammu, and presented a pony card bearing registration number 200417.

However, upon checking the pony card, it was found that the photograph on the card did not match the person carrying it, said police adding that the individual was then asked to produce a valid ID proof and upon presenting his Aadhaar card, his true identity was revealed as Kuldeep Raj of Katyal, Tehsil Chowki Choura, District Jammu.

"The individual was found to be impersonating another person using a forged and unauthorized pony card and was operating without any legitimate permission to ply on the Shri Mata Vaishno Devi track," said police, adding that his actions amount to serious offences under the law.

A case under relevant sections has been registered at Police Station Katra, and further investigation is underway.

The whole operation was led by SHO P S Katra, Inspector Khyatimaan Khajuria, under the supervision of SDPO Katra Dr Bhisim Dubey and SP Katra Vipran Chandran.

Army jawan martyred in Kishtwar..

continuing. One of our Bravehearts sustained grievous injuries in the exchange of fire and has succumbed despite the best medical efforts."

Operation is in progress; it has been further posted.

Official sources earlier said that a gunfight broke out between terrorists, believed to be 3 to 4 in number, and a joint team of police and army in the Singhpora area of Chatroo.

Contact was established with terrorists during a joint operation with J&K Police at Chhatru, in Kishtwar, in the morning, they said.

They added that additional troops have been inducted, and operations are ongoing to neutralize the terrorists.

Heatwave sweeps J&K: Srinagar hits..

Celsius. Moreover, Pahalgam recorded a maximum temperature of 27.8 degrees Celsius while Kupwara and Gulmarg recorded 31.6 and 25.4 degrees Celsius, respectively.

Jammu region also witnessed a rise in the temperature. The data reveals that, except Batote, the mercury in different stations of the winter capital settled above 30 degrees Celsius.

Notably, Director Meteorological Department (MeT), Dr Mukhtar Ahmad has predicted an isolated heat wave in J&K, saying that generally hot & dry weather is expected with the possibility of a brief spell of light rain at isolated places mainly towards late afternoon till May 26.

Ahmad said that from May 27 to 31, the weather would

remain generally hot & dry with the possibility of a brief spell of light rain and thundershower at scattered places.

The MeT in its advisory said that a rise in maximum temperature by 1-2 degrees Celsius is expected with the possibility of a heatwave at scattered places of Kashmir division till May 23 and fall by 2 to 3 degrees Celsius thereafter.

A rise in maximum temperature is expected by 2-3 degrees Celsius, with the possibility of a heatwave over Jammu division till May 26. "Possibility of thunder, gusty winds at isolated places towards late afternoon can't be ruled out," according to the advisory

BRO starts blacktopping of Bhadarwah- Basohli Pathankot National Highway



TP CORRESPONDENT

BHADARWAH, May 22: In its efforts to boost tourism by improving road network to the high altitude destinations, BRO (Border Roads Organisation) on Wednesday started blacktopping of Bhadarwah- Basohli Pathankot National Highway from Village Punaja

Located at a height of 11000 feet above sea level, Guldanda is a famous tourist destination and everyday hundreds of visitors drop in the vast grasslands surrounded by thick pine trees with gushing stream flowing through the meadows there. The interstate Bhadarwah Bani Basoli Pathankot road passes through this mundanely beautiful spot of Additional District Bhadarwah. Apart from this spot, Chattargala Pass and popular tourist spot Sarthal valley are also connected by this road. Notably, due to heavy snowfall and other types of geographically triggered barriers, the road gets blocked and becomes less traffic worthy for at least six months.

To make the journey more comfortable and safe, BRO has started blacktopping of the road.

"Gul Danda is the major tourist destination of summers like Padri Dhar is in winters. Whoever visits Bhadarwah prefers to go to Jai first, although the road to the high-altitude grassland was in good condition except some patches but still to make the journey more enjoyable for the visitors, BRO has started blacktopping of the road," said OC Griff 118 RCC Gaurav Tiwari adding: "This will surely give a major boost to the tourism industry and in coming days it can emerge as an important parameter of Bhadarwah-Basohli Pathankot National Highway tourist circuit."

Acting swiftly, the 118 RCC of Border Roads Organization (BRO) has commenced blacktopping on Bhadarwah-Pathankot National Highway (NH) making this vital NH functional for vehicular traffic.

In a communication issued in this regard, the BRO stated that blacktopping operation was aimed to facilitate the seamless movement of vehicular traffic along this vital link connecting J&K with Punjab.

Govar Tiwari, OC 118 RCC/BRO said: "This proactive measure by BRO exemplifies its tireless efforts in maintaining crucial road infrastructure, especially during the summer season."

According to BRO, with the clearance of this stretch of NH, medical and other facilities have become easily available to a large population living along side this National Highway.

"The whole exercise was carried out under the guidance and supervision of Commander 35 BRTF Udhampur, S.K Singh," Tiwari maintained.

Expressing gratitude to BRO, Mohit Kotwal, a resident of Puneja Bhaderwah said: "The action of BRO has demonstrated its unwavering dedication by promptly blacktopping on Bhadarwah Pathankot NH giving a sigh of relief to the people."

"All the credit goes to OC Griff 118 RCC Gaurav Tiwari, OIC T.K.Bag and Junior Engineer (JE). Their tireless efforts brought relief to the people of Bhadarwah," explained Kotwal.

YSS Kathua holds Inter-Zone District Level Competitions

TP CORRESPONDENT

KATHUA, May 22: The Department of Youth Services and Sports (YSS), Kathua, successfully organized inter-zone district-level competitions in cricket and football for under-17 boys at two different venues-Government HSS Chandwan and Sports Stadium Hiranagar.

This morning, District Youth Services and Sports Officer (DYSSO) Kathua, Sunil Singh Sambyal, along with Activity Incharge Dharminder Singh, visited the Sports Stadium in Hiranagar and interacted with the young athletes, boosting their morale and encouraging sportsmanship.

The cricket final featured a competitive clash between Zone Kathua and Zone Bhadru. Winning the toss, Kathua elected to bat first and posted a commanding total of 140 runs for 9 wickets in the allotted 15 overs. Jaskaran emerged as the star performer, scoring 46 runs off 23 balls, including one six and six fours. He also shone with the ball, taking 5 wickets in 3 overs while conceding only 18 runs. In response, the Bhadru team was bowled out for 84 runs, giving Kathua a resounding 56-run victory.

Meanwhile, on the football field at Government HSS Chandwan, the final match was contested between Hiranagar and Marheen. The Hiranagar team delivered a dominant performance, winning the game 4-0 and securing the football championship title.

At the conclusion of the events, DYSSO Kathua Sunil Singh Sambyal awarded trophies to the cricket winners and runners-up in the presence of Venue Incharge and ZPEO Hiranagar Yog Raj Sharma, whose close supervision ensured smooth conduct of the matches. Officials from the YSS department were also present during the prize distribution.

Simultaneously, at the football venue, Principal of HSS Chandwan, Om Prakash Sharma, felicitated the winning and runner-up teams, applauding their effort and sportsmanship.

The competitions not only highlighted the sporting talent in the region but also emphasized the importance of organized youth sports events in fostering discipline, teamwork, and physical fitness among students.

DC Jammu reviews Social Welfare initiatives, emphasises outreach and timely assistance

TP CORRESPONDENT

JAMMU, MAY 22: "No eligible beneficiary should remain unaware of their entitlements. We must reach every household and ensure welfare schemes translate into ground reality," said Deputy Commissioner Jammu, Sachin Kumar Vaishya, while chairing a review meeting of the Social Welfare Department.

The meeting reviewed schemes including Pradhan Mantri Matru Vandana Yojana (PMMVY), Ladli Beti Scheme and Sukanya Samridhi Yojana. The DC stressed timely application processing and awareness campaigns for better outreach. The status of pension for widows, elderly and differently-abled persons was reviewed thoroughly. On the State Marriage Assistance Scheme, the DC directed timely application processing and enhanced public awareness.

The DC further assessed the functioning of the District Hub for Empowerment of Women (DHEW) and the impact of its interventions on the ground. Sub Divisional Magistrates were directed to monitor Anganwadi centres, ensure inclusion of all

eligible beneficiaries, facilitate registration under the Ladli Beti Scheme and engage with the public to raise awareness about available schemes.

The DC emphasised outreach to those unaware of their entitlements. He stressed strict legal action in cases of violence against women, ensuring empathy and dignity is maintained.

Priority was laid on health check-ups, tests and awareness drives, particularly in remote areas lacking medical access. Identification and support of talented female athletes and performers was highlighted, with directions to link them to relevant government schemes for growth and recognition.

Schemes such as the National Foundation for Communal Harmony (NFCH) and the Central Scheme for Assistance to Civilian Victims of Terrorist, Communal and Naxal Violence were discussed for their support to affected families.

The meeting was attended by PO ICDS Pankaj Anand, CPO Uttam Singh, District Coordinator Mission Shakti Shagun Manchanda, TSWOs and others.

Relief Commissioner (M) reviews civic amenities, renovation works at Mini Jagti Township, Nagrota

TP CORRESPONDENT

JAMMU, MAY 22: Relief and Rehabilitation Commissioner (M), J&K, Dr. Arvind Karwani today reviewed the status of essential services and inspected the ongoing development works in the migrant camps at Mini Jagti Township and Nagrota.

The Deputy Commissioner (Relief), Assistant Commissioner (Relief), Camp Commandants of Relief Organization and senior officers from Jal Shakti, PWD(R&B), JKPDCL, Jammu Municipal Corporation and other line departments were also present.

Dr. Karwani emphasised upon the importance of adhering to the directions issued by the General Administration Department in January this year, wherein responsibilities of Transit Migrant Camps at Jammu and Kashmir have been assigned to various Government Departments viz. Public Works (R&B) Department, Jal Shakti Department, Power Development Department, Housing & Urban Development Department, Department of Youth Services & Sports, Department of Floriculture, Urban Environmental Engineering Department (UEED), Jammu & Kashmir Energy Development Agency (JAKEDA) and Department of Rural Development and Panchayati Raj.

It has further been ordered that the concerned departments shall nominate an offi-

cer, not below the rank of Executive Engineer for liaising/coordinating the execution/maintenance of works/projects pertaining to their department with the Relief Organization(M), J&K.

The Jammu Municipal Corporation was asked to examine the demand for additional requirement of manpower to further improve day to day sanitation facility viz. collection, transportation and disposal of garbage and refuse in the migrant camps.

The Jal Shakti Department was asked to explore the installation of Bore Wells at Jagti to augment the water supply at Jagti Mini Township. The PW(R&B) Department was asked to expedite the completion of ongoing repair and renovation works and expedite submission of detailed project report of the comprehensive repair/renovation works of all migrant camps at Jammu, regarding which estimation stands already completed, so that required projection of funds is made timely to take up these works during the current financial year. The Executive Engineer Power Development Corporation was asked to explore deployment of additional linemen at migrant camp Jagti.

Dr. Karwani inspected the construction work of the Community Hall being constructed at Jagti at an estimated cost of 6.5 Cr and impressed upon the engineers to ensure that the work is completed within the stipulated timeline.

CS seeks fortnightly updates about completion of JK highways

TP CORRESPONDENT

SRINAGAR, MAY 22: Chief Secretary, Atal Dulloo, today held a detailed meeting with NHAI, NHIDCL, Beacon and Project SAMPARK and sought reports from the executing agencies to furnish fortnightly reports about both the physical and financial progress registered in each project.

The meeting was attended by ACS, Forests; Principal Secretary, Finance and APD; Divisional Commissioner, Kashmir/Jammu; Secretary, R&B; Deputy Commissioners; Chief Engineers of PWD, representatives from NHAI, BRO, NHIDCL and other concerned officers.

The meeting took stock of progress made, so far, in completion of different National Highway projects across the length and breadth of the UT.

During the meeting, the Chief Secretary maintained that these projects are being monitored at highest level for effective implementation. He asked for furnishing the weekly reports to the PWD and biweekly to his office for regular monitoring of these vital projects

for completion on time.

He enjoined upon these agencies to ensure that those responsible for delays should also be pointed out in these reports as the lackadaisical approach on anybody's part would be viewed seriously and action initiated against the non-performers. Dulloo asked for working in double shifts wherever necessary and assured of all possible assistance on part of the district and divisional administration. The Chief Secretary directed the Department of Mining to ensure that short term permits for mining of material to complete these highways are used exclusively for this purpose. He asked for marking all the vehicles carrying such material with RFID tags so that their monitoring becomes easy and efficient to curb its illegal use.

Principal Secretary, Finance, Shailendra Kumar, while speaking in the meeting, impressed upon the Deputy Commissioners to assist the agencies in identification of blocks for regular supply of the mining material required for completion of these vital road projects.

He asked these agencies to deploy more men and

machinery in these sites and add as many working hours as possible to meet the set deadlines. He made out that only regular monitoring of the projects would fructify into their completion on time. Some of the reviewed projects of NHAI included different phases of Delhi-Amritsar-Katra Expressway, work on the tunnel being constructed on Ring Road Jammu, Ramban-Banihal section of NH-44, Marog-Digdol and Digdol-Khuni MakeNallah tunnels, Makarkot-Sher bibi viaduct and different phases of Ring

Road Srinagar. The road projects of NHIDCL included completion of Zojila Tunnel, Jammu-Akhnoor Road, Chenani-Sudhmahadev Road, Goha-Khellani, Khehlani-Khanabal Highway and Singhpora-Vailoo tunnel.

The projects executed by BRO under project Beacon and Sampark which came up for discussion included Srinagar-Baramulla-Uri Highway, Rafiabadd-Kupwara-Tangdhar Highway, Surankot-Narbal Highway, Khanabal-Baltal

Highway, Akhnour-Poonch Highway, Shopian-Surankot, Rajouri-Thanamandi-Surankot, Budhal-Mahore-Gul Road along with others.

The assessed R&B projects included construction of Flyover Sanat Nagar, Srinagar-Budgam-Pulwama-Shopian-Kulgam-Qazigund (NH-44) road, construction of by-passes for three main towns of Pulwama, Kulgam and Shopian besides other road safety and strengthening works currently going on in different parts of the UT.

Div Com Jammu reviews arrangements for Mela Kheer Bhawani 2025

TP CORRESPONDENT

JAMMU, MAY 22: Divisional Commissioner Jammu Ramesh Kumar, today chaired a meeting to review the arrangements for smooth conduct of annual Mela Kheer Bhawani Mela flagged off from Jammu.

The meeting was attended by Deputy Commissioners of Jammu, Ramban, Udhampur, Commissioner JMC, Relief and Rehab Commissioner(M) J&K, SSP Jammu, SSP Security, SSP Traffic, HODs and senior officials of JKSRTC, Tourism, Health, NHAI, Joint Director Information, community leaders and other concerned.

During the meeting, the Divisional Commissioner held threadbare discussion on different arrangements to be ensured by concerned departments. The JKRTC was directed for arranging buses and coordinating the Journey.

The Deputy Commissioner Jammu was directed to deploy a Magistrate to oversee the arrangements here, while Tourism department was asked to install tents for the devotees.

The Divisional Commissioner further directed for deploying Fire

tender at the Venue and Ambulance and health staff for the journey. Jammu Municipal Corporation was

asked to provide water tankers and Mobile toilets, while ensuring sanitation at the venue.

Northern Army Commander meets Ladakh LG, discusses security situation



TP CORRESPONDENT

LEH, May 22: Northern Army Commander, Lieutenant General Pratik Sharma, met Ladakh Lieutenant Governor Brig B D Mishra (Retd.) in Leh on Thursday and discussed the security situation of the Union Territory. Lieutenant General Sharma assumed the appointment of the General Officer Commanding-in-Chief

(GOC-in-C) of the Northern Command on May 1.

"The GOC-in-C, Northern Command, Lt General Pratik Sharma, along with GOC 14 Corps Lt General Hitesh Bhalla and other officials from the Northern Command, paid a courtesy call on the Lieutenant Governor of Ladakh, Brig (Dr) B D Mishra (Retd)," the office of the LG of Ladakh said on X.

DC reviews functioning of Kisan Khidmat Ghars in Doda

Calls for strengthening agricultural services at grassroots level

TP CORRESPONDENT

DODA, MAY 22: To enhance grassroots agricultural services, the District Development Commissioner (DDC) Harvinder Singh today convened a comprehensive review meeting to assess the functioning of Kisan Khidmat Ghars (KKGs) in the district. The meeting, held in the Conference Hall of the DC Office Complex, focused on evaluating service delivery, inter-departmental coordination, and infrastructure development of KKGs.

The session was attended by key officials including the Project Officer ICDS, who also serves as GM District Industries Centre Doda S. Parmjeet Singh, Chief Agriculture Officer (Nodal Officer KKGs) Amjad Hussain Malik, Chief Animal Husbandry Officer, Chief Horticulture Officer, District Sericulture Officer, District Sheep Husbandry Officer, Assistant Directors of Fisheries and Floriculture, District Lead Bank Manager, AD Planning, NABARD Manager, Incharge KKGs from all blocks, and Krishi Udyami representatives. During the meeting, the DC emphasized the need to strengthen service delivery in remote areas, ensure timely dissemination of agricultural schemes, facilitate access to KCC loans, crop insurance and agricultural subsidies.

Dr Jitendra inaugurates 'Sagar Bhavan' at Goa, refers to geopolitics of oceans

TP CORRESPONDENT

GOA, May 22: Union Minister of State (Independent Charge) for Science and Technology, Earth Sciences and Minister of State for PMO, Department of Atomic Energy, Department of Space, Personnel, Public Grievances and Pensions, Dr. Jitendra Singh today inaugurated "Sagar Bhavan" and "Polar Bhavan", two first-of-its-kind facilities in India and among the very few in the world at Goa's "National Centre of Polar and Ocean Research" (NCPOR).

At a time when nations across the world are deliberating over the nuances of the ocean geopolitics or geopolitics of oceans, the Minister expressed confidence that in the times to come, the institute will facilitate India's increased role in geopolitics and even enable India to play a global role in ocean geopolitics. In addition, the new facilities will also enable the institute to gain supremacy in the study of weather patterns as also to address the climate concerns, he said.

The newly inaugurated facility marks a significant step in India's growing focus on polar and ocean studies. The Minister's visit coincided with the Silver Jubilee of NCPOR.

Dr Jitendra Singh also unveiled a documentary



highlighting NCPOR's 25-year journey and took a virtual walkthrough of the upcoming museum, which is expected to offer immersive, science-based public engagement experiences. He also launched the "Science On Sphere (SOS)" initiative, a 3D visualization platform for displaying earth systems and climate-related data.

Polar Bhavan, now the largest building at the NCPOR campus, spans 11,378 square metres and was constructed at a cost of 755 crore. It includes laboratories for polar and ocean research, 55 rooms for scientific personnel, a conference room, seminar hall, library, and canteen. It houses the newly inaugurated SOS facility and will eventually serve as the home of India's first Polar and Ocean Museum. Sagar Bhavan, covering 1,772 square metres, was built at a cost of

213 crore. It includes two -30°C ice core laboratories and +4°C storage units for archiving sediment and biological samples. The building also features 29 rooms, including a metal-free Class 1000 clean room for trace metal and isotope studies.

Dr. Jitendra Singh, clad in warm Antarctica clothing also visited the Minus 20 degree Centigrade lab section. The Minister noted that the addition of these facilities positions NCPOR among a select group of institutions with integrated polar and ocean research capabilities.

He highlighted that the institute's scientific efforts are not only regionally relevant but globally significant, given the transboundary nature of polar phenomena. Citing expert assessments, the Minister said that nearly 70% of the world's freshwa-

ter is held in polar ice. If significant melting were to occur, it could lead to a sharp rise in sea levels, affecting low-lying coastal regions. With India's coastline now estimated at over 1,000 kilometres, such changes pose environmental and socio-economic challenges that demand sustained scientific monitoring and response.

He further acknowledged NCPOR's role in maintaining India's research presence in critical zones, including Antarctica (with stations Maitri and Bharati), the Arctic (Himadri), and the Himalayas (Himansh). The institute also leads India's Deep Ocean Mission, a key initiative under the country's Blue Economy roadmap.

Linking ocean science to national development goals, Dr. Jitendra Singh pointed to the increasing relevance of ocean geopolitics in global

affairs. He said institutions like NCPOR will be central to India's scientific and strategic engagement, particularly in view of the government's vision of "Viksit Bharat by 2047." He recalled that the Prime Minister has, in two consecutive Independence Day speeches from the Red Fort, emphasised the importance of the Blue Economy and Deep Ocean Mission.

Dr. Jitendra Singh referred to India's Arctic Policy (2022) and the Indian Antarctic Act (2022) as guiding frameworks that enable science-led, environmentally responsible engagement in polar regions. He noted that the Indian Antarctic Act provides the legal foundation for India's activities in the continent, aligning with international commitments and standards.

India's polar research has extended its geographic and temporal reach in recent years, with missions now venturing into the Canadian Arctic, Greenland, and Central Arctic Ocean across seasons.

The Minister concluded by underlining the need for strategic, science-driven participation in global climate and ocean initiatives. He said the new infrastructure at NCPOR is expected to support India's continued contributions in this field and facilitate deeper international collaboration.

AIIMS Vijaypur takes major step towards public safety with functioning of Poison Information and Management Centre

TP CORRESPONDENT

JAMMU, May 22: The Poison Information and Management Centre (PIMC) at AIIMS Vijaypur, Jammu, operational since July 2024, has emerged as a crucial lifeline for both the public and healthcare providers in the fight against poisoning incidents.

It plays a vital role in offering timely toxicological support, expert medical advice and poison surveillance, especially in rural and semi-urban areas where the risk of exposure to agricultural chemicals, animal bites, and household toxins is significantly higher. For any poisoning-related emergency or consultation, the public can reach the PIMC 24x7 helpline at 9103967500.

Since its inception, the Centre has responded to over 33 poisoning emergencies, including cases involving pesticide ingestion, accidental chemical exposure, snakebites and rare toxic substances.

In each case, the prompt guidance provided by PIMC has contributed to effective treatment and, in many instances, has helped save lives.

Operating 24/7, the Centre is staffed with trained toxicologists and clinical pharmacologists who provide real-time treatment recommendations to doctors across the region. In addition to clinical support, PIMC

actively works to educate the public about poison prevention strategies, first-response actions and awareness on handling toxic substances safely.

Beyond emergency assistance, PIMC also supports data collection and toxicovigilance to help public health authorities track trends and develop preventive strategies.

The Centre is committed to strengthening the healthcare system by empowering medical professionals and ensuring that communities are better prepared to deal with toxic exposures.

Prof. (Dr.) Shakti Kumar Gupta, Executive Director & CEO of AIIMS Jammu, has emphasized that the establishment of the PIMC reflects the institute's unwavering commitment to safeguarding public health. He stated that such dedicated centres are essential for building a responsive and resilient healthcare system capable of addressing modern-day toxicological challenges.

AIIMS Vijaypur urged the public and healthcare workers to report any poisoning incident without delay. Timely reporting and expert intervention can make a life-saving difference. The institution remains steadfast in its mission to protect lives through knowledge, preparedness, and swift medical response. For more information, visit: <https://www.aiimsjammu.edu.in>



LG releases "Rubaroo" by former MLC: Late Ramesh Arora: Lieutenant Governor Manoj Sinha Thursday released a collection of Hindi poetry "Rubaroo" penned by Late Ramesh Arora. The Lieutenant Governor paid homage to former MLC and senior BJP Leader Shri Ramesh Arora and recalled his contribution to the literary world.