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The permanence of Nathan Lyon: a special century beckons at Lord's

Annual Bani Chinj Mela kickstarts with great Pomp & Show

LG Attends 'Pedal for Peace' Award Ceremony at Srinagar

# Country proud of youth for transforming J&K into land of enterprise, innovation; LG Sinha

HT News Network

**SRINAGAR, JUN 25:** Lieutenant Governor Shri Manoj Sinah today attended the Award Ceremony of 'Pedal for Peace' Cycle Race -2023 organized by Jammu Kashmir Police.

The Lt Governor felicitated the winners and congratulated them for showcasing great enthusiasm, commitment and passion. This year, 2557 Cyclists in 8 categories participated in 'Pedal for Peace'.

"Enthusiasm and commitment of young generation to move forward with one goal and one resolve is the biggest asset of J&K administration. The entire country is proud of our youth for channelizing their energy



and transforming the J&K UT into land of Enterprise, Innovation and Invention," the Lt Governor said.

"Pedal for Peace is a symbol of peace, progress and prosperity and all the efforts are being made to ensure that our youth can improve the sporting talents they have, provided with opportunities to excel and their unique qualities are celebrated," he added.

At the award ceremony, the Lt Governor highlighted the key endeavours of the UT Administration to promote sports culture in the J&K UT.

Sport as a universal language brings together all sections of society and unites people. It is the most TURN ON.....PAGE 02

tion of all sections of society in the 62-day long festivity,

TURN ON.....PAGE 02

preparations and arrangements for Shri Amarnath Ji Yatra.

**Discusses preparations and** 

**■** HT News Network

SRINAGAR, JUN 25: Lieutenant Governor Shri Manoj Sinha today interacted with the prominent members of PRIs, Civil Society orga-

nizations, Trade, Business and Spiritual Leaders and discussed the

The Lt Governor urged the prominent citizens for active participa-

arrangements for Shri

**Amarnath Ji Yatra** 

## **NEWS BRIEF**

### **SP Traffic Rural Kashmir Holds Meeting to Ensure Smooth Amarnath Yatra Traffic**

**SRINAGAR, JUN 25:** SSP Traffic Rural Kashmir convened a meeting with officers responsible for traffic regulation during the upcoming Shri Amarnath Ji Yatra. The meeting was attended by SP Ifroz Ah, Traffic Yatra officer, as well as zonal and sector officers deployed for both the Pahalgam and Baltal yatra routes.

During the meeting, the SSP briefed the officers about their crucial roles and responsibilities during the event. Emphasizing the need for dedication, the SSP urged them to ensure a

### **Terrorism flourished** in J&K during Gandhis, Muftis and Abdullahs' tenure: Tarun Chugh

SRINAGAR, JUN 25: Launching a scathing attack on former Jammu and Kashmir chief ministers Omar Abdullah and Mehbooba Mufti, BJP national general secretary Tarun Chugh on Sunday said that during their tenures terrorism flourished in Jammu and Kashmir, while under PM Modi tourism saw bloom in the Union Territory.

Talking to Kashmir News Service  $(KNS) Tarun\, Chugh\, said\, that\, the\, three$ families including Gandhis, Muftis and Abdullah plundered Jammu and Kashmir and that terrorism was at it peak during their tenures.

His comments came in the TURN ON.....PAGE 02

### **Kashmir's Florence** Nightingale champions self care, mental wellbeing for nurses

SRINAGAR, JUN 25: Firdousa Jan, who was recently bestowed the Florence Nightingale award by President Droupadi Murmu, believes that to become good caregivers, nurses need to take care of their own mental and physical well-being.

"Who will nurse the nurses? For a patient, there is a nurse, but there is no nurse for the nurses. So a nurse has to take care of her own mental and physical health before she is able to give care to the patients. They have to manage their stress and have to be physically fit to face all the challenges," Jan told PTI in an exclusive interview.

TURN ON.....PAGE 02

# Urs Shah-e-Hamdan celebrated in Kashmir

HT News Network

SRINAGAR, JUN 25: The annual Urs of Hazrat Mir Syed Ali Hamdanil popularly known as Shah-e-Hamdan, was celebrated with religious fervour and gaiety in Kashmir valley on Sunday.

The main function of the Urs was held at Khan-e-Kah-e-Moula Shrine in downtown Srinagar where hundreds of people, including men and



women from various parts of the Kashmir valley, participated in night-long prayers.

A large number of people from all walks of life thronged the shrine on the banks of river Jhelum at Khan-e-Kahe-Moula in Srinagar to attend the "Dhur" namaz or midday prayers amid hot and humid weather conditions.

Special prayers were held

for the peace and TURN ON.....PAGE 02

### **Govt Announces Summer Vacation Upto Primary Level** From June 26

**■** HT News Network

SRINAGAR, JUN 25: The authorities here on Sunday preponed summer vacation for pre primary and primary classes of all government and private educational institutions of

# Rajnath Singh to address security conclave in Jammu today

**JAMMU, JUN 25:** President, Jammu and Kashmir Bharatiya Janata Party on Sunday said that Union Defense Minister Rajnath Singh to address security conclave here tomorrow.

Raina here told reporters that the defense minister will address the security conclave in which around 1,500



# Rains bring slight respite, more showers predicted in J&K: MeT

HT News Network

**SRINAGAR, JUN 25:** Overnight light rains at a few places brought a slight respite from the scorching heat in Kashmir valley on Sunday as the temperature came down a bit.

The Meteorological department predicted generally cloudy with intermittent light to moderate thundershower at many places particularly during late afternoon or evening and early morning hours till June 25 to 28.

It said few places over Jammu Division may receive heavy rainfall with intense showers for a brief period.

There is a possibility of moderate to severe thunder or lightning with strong surface winds at few places during the above period, while light rain or thundershower at few places will occur from June 29 and 30, the MeT office said. It has also issued advisory of significant increase

in water discharges in Rivers, local Nallahs, flood channels due to melting glaciers, snow and rain during June 25-28 which may generate flash flood, mudslide and landslides at places.

Chances of torrential rains at few middle and higher reaches of Jammu Division during June 25 & 26 June, it said.

TURN ON.....PAGE 02

# **China Helping Pakistan Army Build Defence Infrastructure Along LoC: Officials**

**■** HT News Network

**NEW DELHI, JUN 25:** China has been helping the Pakistan Army build its defence infrastructure besides providing Unmanned Aerial and Combat Aerial Vehicles, setting up communication towers and laying underground cables along the Line of Control, officials said.

This, according to the officials, is part of efforts to further shore up China's position as an allweather friend of Pakistan while ensuring TURN ON.....PAGE 02



# **Drones Being Used For Security** Surveillance Ahead Of Amarnath Yatra

HT News Network

**JAMMU, JUN 25:** Central Reserve Police Force has placed cutting-edge drones with high-resolution cameras including Remote Controlled Improvised Explosive Device (RCIED) Jammers along the Jammu-Srinagar National Highway (NH-44) and its adjacent link roads to keep 24/7 surveillance on the smooth conduct of the Amarnath Yatra 2023.

"A Hi-Tech system has been put in place

by the CRPF notably the Udhampur-based 137th Battalion, to ensure the safe and orderly progress of the Amarnath Yatra in the Jammu and Kashmir Union Territory," they said.

These cutting-edge drones equipped with high-resolution cameras are vigilantly monitoring the National Highway and its accompanying routes," the statement said.

The CRPF's unflinching dedication TURN ON.....PAGE 02

Preserving Kashmiri Culture & Artistry:

# Vitasta Cultural Festival's third and final edition wraps up, celebrating India's diverse cultural expressions

Closing ceremony sees presence of Governors of Punjab and Tamil Nadu

■ HT News Network

**SRINAGAR, JUN 25:** The third and final edition of the esteemed 'Vitasta Cultural Festival' concluded successfully, on Sunday, in the Valley, celebrating culture and various art forms unique to the region of Jammu and Kashmir, and bringing together diverse cul-

tural expressions from various regions of the country.

The grand event concluded on Sunday evening, with a series of cultural programmes, including singing, dancing, and various forms of folk art, which took place at the Sher-i-Kashmir International Conference Centre (SKICC), located on the banks of Dal Lake



The Governors of Punjab and Tamil Nadu, Shri Banwarilal Puro-

hit and R. N. Ravi were present as chief guests at the closing ceremony. On Sunday, the concluding event showcased a remarkable variety of captivating cultural

programmes, featuring one TURN ON.....PAGE 02

**HT - NEWS** 

# **CONTINUE FROM FRONT PAGE......**

#### Country proud.....

13TH HEADLINES

powerful tool for holistic development and helps in achieving broader goals, the Lt Governor observed.

There is a rising aspiration among the youth to transform India into a developed nation. Today, our youth, especially our daughters, are scripting new history in every sector. Their determination, dedication and hard-work are ensuring inclusive development of Jammu Kashmir, the Lt Governor said.

He lauded the Jammu Kashmir Police for inspiring youth and providing them opportunity to realize their aspirations through its

unique initiative like Civic Action programme. The Lt Governor called upon all the sections of the society to come together to fight drug

It is necessary to foil nefarious efforts of the neighboring country and build a drug-free Jammu Kashmir, he said.

Sh Rajeev Rai Bhatnagar, Advisor to Lt Governor; Sh R K Goyal, ACS, Home Department; Sh Dilbag Singh, DGP; Sh SJM Gillani, ADGP J&K Armed Police, senior officers of Police and Civil Administration; members of J&K Cycling Association, prominent sports personalities attended the felicitation ceremo-

#### Discusses.....

starting from 1st July.

"We all have one purpose, one idea, our conscience is one, we are devoted to one message of peace, brotherhood, progress and prosperity of J&K," the Lt Governor said.

Society has always welcomed the devotees of Baba Amarnath Ji with open arms and has ensured their needs are taken care of. This is a beautiful example of peaceful and harmonious co-existence, he added.

"These are our ancient values, our Sanskar and I have seen its expression in collective efforts of the society in the last three years to take J&K UT to new heights of success. We are ready to welcome pilgrims and hope they will go back to their respective states as brand ambassadors of J&K," the Lt Governor said.

The Lt Governor highlighted the significant role of members of civil society groups, elected representatives, spiritual leaders and all the stakeholders in bringing the people together on the path of peace, progress and prosperity.

"संगच्छध्वं संवदध्वं सं वो मनांस जानताम्, देवा भागं यथा पूर्वे अञ्जानाना उपासते. Let us all walk together, let our thoughts and resolve be one, and work together for the progress of the society with one mind and with the spirit of

oneness," he said. Shri Amarnath Ji Yatra provides social, economic and spiritual opportunity to the people. Under the intellectual leadership of prominent citizens of society, people get a chance to discuss new ideas and reforms, the Lt Governor added.

Every citizen of J&K UT is a stakeholder of Shri Amarnath Ji Yatra. All the suggestions and inputs are welcomed to make the pilgrimage more memorable for the devotees, he further

The meeting also discussed arrangements for the upcoming Eid-ul-Adha festival and celebration of Prakash Parv of Sri Guru Hargobind Sahib Ji. The Lt Governor informed the prominent citizens that a district-wise review was conducted recently to monitor preparations and ensure all the arrangements for Eid festival.

Sh Junaid Azim Mattu, Mayor SMC; Dr Darakhshan Andrabi, Chairperson, J&K Waqf Board; DDC Chairpersons, civil society members, representatives of various organizations, religious heads, community leaders shared their valuable suggestions and assured support and cooperation to the administration in the peaceful and smooth conduct of Shri Amarnath li Yatra.

Responding to the demands and issues projected during the interaction, the Lt Governor assured that the appropriate steps will be taken to meet the developmental needs of the people.

Dr Arun Kumar Mehta, Chief Secretary; Sh RK Goyal, ACS Home; Dr Mandeep Kumar Bhandari, CEO, Shri Amarnathji Shrine Board; Administrative Secretaries, Divisional Commissioner Kashmir, senior officials of Police and Civil Administration were also present during the meeting.

## Urs Shah.....

prosperity of the Kashmir valley.

The shrine was illuminated and vendors had put up their stalls selling a variety of items on the occasion.

The authorities have made elaborate arrangements for the devotees and erected Shamiyanas for the visiting pilgrims for offering Namaz amid hot and humid weather

Mir Sayed Ali Hamadani was an Iranian scholar, poet and a Sufi Muslim saint. He was born in Hamadan in Iran and preached Islam in Central and south Asia. He first visited Kashmir valley with 700 followers to preach Islam in 774 Al Hijri. He died in Kashmir and was buried in Khatlan in Tajikistan in 1384 CE.

#### Rains bring.....

The erratic weather may cause temporary disruption of Srinagar-Jammu, Srinagar-Leh

national highway and other major hilly roads. All tourists and travellers have ben advised to be conscious and updated until June 28, the Met office said.

Srinagar recorded a low of 19.8 degree Celsius against 22.4 degree Celsius the previous night and it was 2.5 degree Celsius above normal for the summer capital of Jammu and Kashmir, Srinagar also received 1.2mm of rainfall during the past 24 hours till 0830hours today.

Qazigund on Srinagar-Jammu national highway had a low of 17.8 degree Celsius against 20.0 degree Celsius a day ago and it was 2.1 degree Celsius above normal for the gateway of Kashmir.

Tourist hot spot of Pahalgam in south Kashmir settled at 13.1 degree Celsius against 13.3 degree Celsius and it was 2.4 degree Celsius above normal for the valley of shep-

Kokernag had a low of 18.1 degree Celsius against 20.0 degree Celsius and it was 2.8 degree Celsius above normal for the picnic spot of south Kashmir while frontier Kashmir district of Kupwara experienced 19.2 degree Celsius against 19.6 degree Celsius the previous night and it was 3.8 degree Celsius above normal.

Gulmarg had a low of 4.6 degree Celsius against 14.4 degree Celsius the previous night and it was 6.8 degree below normal for the famous skiing resort of north Kashmir's Baramulla district, the MeT office said.

#### Govt Announces.....

Kashmir and ordered that the holidays shall now begin from June 26.

The decision by Directorate of School Education Kashmir comes a day after the government announced 10 days summer vacation for all government and private educational institutions in Kashmir upto class 12th from July 01 to July 10 of 2023.

"In continuation to this Office Order no. 159-DSEK of 2023, dated 24.06.2023, and considering the consistent rise in temperature, the summer vacations for pre-primary and primary classes of all government and recognized private schools shall commence from 26th June, 2023," the DSEK order read.

#### Rajnath Singh.....

special invitees, including defence experts and retired Army officers, think tanks, Advocates, Senior Media Journalist and Scholars will be attending.

Raina said that besides addressing the conclave at Gen Zorawar Singh auditorium on the campus of University of Jammu, Singh will also visit the BJP headquarters at Trikuta Nagar to chair a meeting of senior party leaders to review the prevailing political situation, Raina said.

"Around 1,500 special invitees are attending the security conclave on internal and external security, a non-political event being organized as part of the BJP's ongoing programme to highlight the nine-year achievements of Prime Minister Narendra Modi-led government,"

He said the defence minister will brief the gathering of prominent persons about the measures taken by the Modi-led government for strengthening its defence mechanism after coming to power in 2014.

Defence experts, retired decorated army officers, academicians, doctors and think tanks, besides youths, will be attending the conclave which will start at 10.30 am, Raina

He said that Singh will discuss the security and other important issues with the participants and also share the strong position of India in defence and other matters concerning the nation's security and safety of the citizens residing along the borders.

The BJP leader said all necessary arrangements have been finalised for the visit of the defence minister.

According to Raina, after addressing the conclave, the minister will chair a meeting of senior BIP leaders at the party headquarters at Trikuta Nagar to review the prevailing political situation and also discuss the organisational matters.

### China Helping.....

the safety of the growing Chinese enclaves on Pakistan-occupied Kashmir (PoK) set up on the pretext of securing the China-Pakistan Economic Corridor (CPEC) road and hydel projects built in the occupied territory.

The officials said that the recently developed SH-15, a 155 mm truck-mounted howitzer gun, has also been spotted at some places along the Line of Control (LoC) after it was displayed on Pakistan Day last year.

Known as a 'shoot and scoot' artillery weapon, Pakistan had signed a contract with Chinese firm North Industries Group Corporation Limited (Norinco) for the supply of 236 SH-15s and, according to London-based Janes Defence magazine, the first batch was delivered in January 2022.

Though the presence of senior PLA officials at forward posts, as was detected in 2014, was not found, some intercepts suggested that Chinese troops and engineers were setting up infrastructure along the LoC, including building underground bunkers, the officials

The Army has officially maintained silence on the issue but has been constantly updating

the intelligence agencies, sources said. The Chinese military's presence, according to experts, is due to Beijing's 46-billion-dollar CPEC under which Gwadar Port in Karachi will be linked to China's Xinjiang province through the Karakoram highway, an area under the illegal occupation of China.

The officials suggested that Chinese experts were digging some tunnels in the Leepa Valley located in PoK, preparatory to building an all-weather road that will serve as an alternative route to reach the Karakoram highway.

It may be mentioned here that a Chinese telecom company took over Pakistan's telecom company in 2007 and formed China Mobile Pakistan (CMPak), which is a 100 per cent owned subsidiary of China Mobile Communications Corporation.

In August last year, the Pakistan Telecommunication Authority (PTA), while renewing the mobile licence of CMPak (Zong) for PoK, gave permission for expanding Next Generation Mobile Services (NGMS) in the region.

India has strongly objected to the presence of the Chinese in Gilgit and Baltistan regions in the past, and officials said the Army was completely prepared to frustrate any moves from across the border.

India and Pakistan have been observing a ceasefire since February 25, 2021.

Srikanth Kondapalli, professor of Chinese studies at Jawaharlal Nehru University who has been part of a think-tank on Indian policy towards China, feels that arms transfers to Pakistan are part of a design to secure China's interests in the region.

He said that in line with its often-stated stand of being Pakistan's "all-weather" friend and to balance India by pursuing the overall regional dominance policy, Beijing has stepped up its arms transfers to Pakistan.

"China had initiated an Economic Corridor (CPEC) in 2014 in violation of sovereignty concerns of India in Pakistan-occupied

"In addition to road expansion of the Karakoram Highway, China has sent an estimated 36,000 'security guards' into PoK to protect its hydro-electricity projects and other infrastructure projects from terror attacks," he

Kondapali said that China had also been constructing "well-off society" villages in PoK.

"Modern warfare also requires 24/7 surveillance and China has been supplying 10 CH-4A drones, specifically designed for high-altitude missions over land and sea that can fire from up to 5,000 metres, in addition to 48 Wing Loong-II drones, used as a surveillance and aerial reconnaissance and precision strike platform, to Pakistan since 2018," he

#### **Drones Being.....**

to protecting pilgrims has prompted them to equip its vehicles stationed on NH-44 with cutting-edge equipment, including Remote Controlled Improvised Explosive Device (RCIED) Jammers.

The 137th Battalion is completely equipped to provide incident-free and flawless conduct during the forthcoming Holy Amarnath Yatra in 2023, according to CRPF sources.

"The CRPF is resolute in keeping a 24-hour watch on the Jammu-Srinagar National Highway using their highly developed surveillance equipment, leaving no space for

compromise in safety and security," it added. The 62 Yatra starting on July 1 will kick off from the ancient paths of Nunwan in Pahalgam and Baltal in Central Kashmir's Ganderbal

#### district. Vitasta Cultural.....

standout performance by Saurabh Jadu & Group. Their enchanting singing mesmerised the audience and left a profound impression. Adding to these mesmerising programmes, the audience was enthralled by a special presentation of Tigulbandi, which beautifully merged Kashmiri instruments like santoor, rabab, and guitar in a harmonious fusion. Moreover, the programme was graced by the captivating qawwali performance of Ustad Shafi Sopori, who is renowned for his exceptional musical prowess. Additionally, the Bollywood orchestra delivered a captivating rendition of songs filmed in the scenic locales of Kashmir, further enhancing the overall experience.

On this occasion, Shri Banwari Lal Purohit, Governor of Punjab and Chairman of the North Zone Cultural Centre, Patiala, expressed immense pride in being a part of the ongoing celebration of this festival. Highlighting the significance of this glorious occasion, where diverse cultures from across the country converge in the heavenly land of Kashmir, he said that the festival 'Vitasta' serves as a unifying thread, weaving diverse cultural blooms into a splendid garland. Mr. Purohit extended his heartfelt congratulations to the Ministry of Culture, Government of India, for organising this grand and folk culture-centric event. Additionally, he lauded the dedicated efforts of Furkan Khan, the diligent director of the North Zone Cultural Centre, for orchestrating this marvellous occasion.

Shiri Purohit said, "As the Chairman of the North Zone Cultural Centre, I take immense pride in the trust placed upon us to host this remarkable event. I would like to extend my heartfelt congratulations to the Director of the Centre, Furkan Khan, and his dedicated team for the resounding success of this event. I am grateful to the Government of India, particularly the Union Ministry of Culture and its

officials, for providing us with this valuable opportunity. Additionally, as the Chairman of the North Zone Cultural Centre, Patiala, I wholeheartedly express my gratitude to the Government of Jammu and Kashmir and the local administration for their unwavering cooperation in organising this grand cultural extravaganza."

During the event, Governor of Tamil Nadu, RN Ravi of, expressed his thoughts on the significance of Vitasta as a remarkable initiative towards the vision of 'Ek Bharat Shreshtha Bharat' (One India, Great India). He conveyed his immense delight at having attended the inaugural edition of this event when it was held in Tamil Nadu, and he expressed his joy at being present once again for its conclusion in the enchanting city of Srinagar.

He emphasised the profound spiritual significance of Kashmir, stating that it holds a prominent place as a centre of spirituality. He cited the transformative power of the region, exemplified by historical figures such as Milander, who, even as an invader, underwent a spiritual transformation and became known as Milind. Governor RN Ravi expressed his belief in the emergence of a new India, where the rich cultural heritage of the nation plays a pivotal role. He enthusiastically announced his commitment to invite artists from Jammu and Kashmir to participate in future cultural festivals held in Tamil Nadu, fostering cultural exchange and collaboration between the two regions.

The event commenced with a warm welcome extended to the esteemed guests, accompanied by the melodious strains of the Wunwan song, a traditional Kashmiri composition, Chief Guest, Mr. BL Purehit, Governor of Punjab, and Guest of Honour, Mr. RN Ravi, Governor of Tamil Nadu, were honoured with mementos by Uma Nanduri, Joint Secretary of the Ministry of Culture. Srinivasa Rao, Secretary of the Bharatiya Sahitya Akademi, presented both Governors with a book published by the Academy. During her welcome speech, Mrs. Uma Nanduri provided an overview of the exciting programmes lined up for the 'Vitasta' festival, enlightening the audience about its diverse offerings.

In addition to the distinguished guests, Chief Secretary, Arun Kumar Mehta, spoke passionately about the event, expressing admiration for the beauty of Kashmir and the essence of Kashmiriyatthe unique cultural ethos of the region. Siddharth Kak, the programme's knowledge partner, shared valuable historical insights pertaining to the significance of 'Vitasta', providing the audience with a deeper understanding of the festival's roots and importance. Their contributions added depth and context to the overall experience of the event.

During the event, several individuals were recognised and honoured for their significant contributions to the success of this grand occasion. Chief Secretary Arun Kumar Mehta, Tourism and Cultural Secretary Dr Abid Rashid Shah, SKICC Director Javed Bakshi, Knowledge Partner Siddharth Kak, Sahitya Akademi Secretary K. Srinivasa Rao, Jammu and Kashmir Art Secretary Bharat Singh Manhas, and Furkan Khan, Director of the North Zone Cultural Centre, were all presented with mementos by both Governors as a token of appreciation for their efforts. Their dedicated work played a vital role in ensuring the smooth execution of this remarkable cultural extravaganza.

Concluding the ceremony, Furkan Khan, the Director of the North Zone Cultural Centre, expressed his heartfelt gratitude to the chief guest, guest of honour, and all individuals who played a part in the successful organisation of 'Vitasta'. He extended his appreciation to everyone involved, recognising their valuable contributions and dedication to bringing this cultural event to comple-

It is worth mentioning that the festival was organised by the Union Ministry of Culture through the North Zone Cultural Centre, Patiala. The preceding two editions of this festival were successfully held in Chennai (Tamil Nadu) and Pune (Maharashtra).

This festival, named after the ancient Vedic name of the Jhelum River, aimed to bring to life Prime Minister Narendra Modi's vision of 'Ek Bharat Shreshtha Bharat' (One India, Great India) under the Azadi ka Amrit Mahotsav initiative.

Prior to the three-day grand event from June 23 to 25, a series of pre-event programmes from June 16 to 21 at approximately two dozen locations in Srinagar and the surrounding districts were organised with the aim of serving as a platform for artists representing diverse art forms of Kashmiri folk culture. It provided them with a valuable opportunity to display their skills while contributing to the preservation and promotion of the illustrious artistic heritage that

characterises Kashmiri folk culture. These vibrant presentations included various forms of folk art such as Dhambali, Kud dance, Jagran, Bach Nagma,

Rauf, Chakri, Geetru, Dogri, and more. Guest artists from different states also participated in these programmes and presented cultural performances representative of their respective regions.

Furthermore, a painting and calligraphy camp was organised in Srinagar through collaboration between the North Zone Cultural Centre, Patiala, and the Jammu and Kashmir Academy of Art, Culture, and Languages. These camps provided artists with a dedicated space to showcase the beauty of Kashmir through their artistic creations.

#### SP Traffic....

hassle-free movement of the Yatra convoy and maintain the smooth flow of routine traffic.

With the Shri Amarnath Ji Yatra being a significant religious pilgrimage, effective traffic management is crucial for the safety and convenience of the devotees. The officers were encouraged to work diligently and collaboratively to facilitate a seamless and secure journey for the pilgrims.

#### Terrorism.....

backdrop of statements made by Omar Abdullah and Mehbooba Mufti in a press conference after Opposition parties' meeting in Patna on June 23.

Attacking the three families, Chugh said that on one side they talk about democracy and on the other side they talk about China and Pakistan.

"During their tenure they had suppressed people of Jammu and Kashmir and hindered development. There was no peace and progress. There was only bloodshed, while under PM Modi Jammu and Kashmir has become centre of tourism activities. Since BJP's rule Jammu and Kashmir has only seen peace, development and progress," he said.

He also said that due to shrinking space for politicians in Jammu and Kashmir, they are now visiting Bihar to address press conferences. "This shows how people of Jammu and Kashmir have rejected them. They don't find any space here to talk about anything," he said.

Chugh said that it is because of pro-people policies of PM Modi that Jammu and Kashmir is seeing a new dawn of development and progress and tourism is flourishing here, while during three families's rule only terrorism flourished.

### Kashmir's.....

Jan was one of the 15 nurses selected across India for the Florence Nightingale Award this year. She was conferred the award on June 22 at the Rashtrapati Bhavan in New Delhi for her efforts in raising awareness about Covid-19 vaccination among the slum dwellers

The 45-year-old nurse works at a government hospital and is pursuing PhD in mental health nursing.

Apart from serving her tenure in postoperative, palliative and geriatric care, she counselled oncology patients after her work hours and has written 16 research papers and articles on nursing and issues related to the field.

Having lost her father when she was only three months old and her mother when she had just started the nursing job, Jan is full of compassion and goes beyond the call of duty while giving care to her patients.

When she went on a field visit with her niece during the Covid-19 pandemic who took up nursing following in her footsteps, Jan came across people living in "subhuman conditions" who needed medical help and guidance. This inspired her to volunteer for the Covid-19 inoculation drive launched by TCI Foundation.

Dr Madeeha, a former employee of the TCI Foundation, said Jan's recognition is a huge matter of pride for all the healthcare workers in the city. She hailed her for "brilliant work" in volunteering and her academic field.

"After finishing her daily duty, Jan used to join us to counsel the people who had myths regarding the Covid-19 vaccine, especially in areas with a very low literacy rate," Madeeha told PTI.

"Jan's experience and knowledge even motivated the young TCI volunteers to go that extra mile", the doctor added.

Sharing her feelings on receiving the award, Jan said, "I get satisfaction with the kind words and prayers that the patients and their relatives say for us. These things matter more than any worldly recognition or wealth. However, I would like to thank the Ministry of Health for having chosen me for the

award," she said. The Florence Nightingale Award recipient said her best reward was the immense joy her two children got on learning their mother was selected for the honour.

Sharing her thoughts on the future of nursing, Jan said, "The nursing profession is expanding rapidly. Today, a nurse does not merely give an injection or check a patient's vitals, but does it all, from first aid to handling advanced technology."





# Annual Bani Chinj Mela kickstarts with great Pomp & Show

# DDC Chairperson unveils 3 day event amidst ebullient participation of locals

#### **HT News Network**

KATHUA, IUNE 25: The 3-day annual Bani Chinj Mela kickstarted with cultural fervor at Bani which witnessed huge participation of locals.

The event was orgainsed by the Sub-Divisional Administration Bani in collaboration with **IKAACL** and Pahari Cultural Forum Bani.

District Development Council Chairperson Kathua, Col(Retd) Mahan Singh was the Chief

DDC member Bani, Reeta

Thakur and SDM Bani, Satish Sharma were also present.

The Mela was organised with the theme "Say No to Drugs, Yes

On the inaugural day, a colorful Music and Dance programme was organised under the overall guidance of Secretary JKAACL Bharat Singh.

While speaking on the occasion Chief Guest Mahan Singh said "I was awestruck to see the presentations by every artist and urged the Academy authorities to make this event an annual happening so that the Art and Culture of Bani can be



preserved".

Bani Chinj Mela is becoming a famous event where wrestlers

and Cultural troupes from dif-

bouring states turn up with great enthusiasm. He appreciated troupes of JKAACL for their scintillating cultural performances. He said such events help in preserving local Culture and artforms besides giving good opportunities to the artists to inspire young generations.

The programme started with the vibrant dogri dance "Thanda Pani Pinnde ne pahari Lok" by Natya roots Dance group Jammu. Followed the presentations of Subash Chander and party Kud dance, Yudishter Gupta and party dogri folk song.

The programme was con-

cluded with the awestruck performance of Dogri folk Geetru which is a traditional narrative song-dance form in which the lead singer also performs some dance steps and at times also uses the theatrical devices as well.

 $Ram\,Ditta\,and\,party\,through$ their singing advised the folks of Bani not to indulge in drug abuse and also aware the masses at large about the various other social evils existing in the society due to drug abuse.

Retd. ZEO Mele Ram conducted the proceedings of the

### 2- day Baba Jatroon annual mela commences at village **Dandota**

#### ■ HT News Network

UDHAMPUR, JUNE 25: The two day Baba Jatroon annual Mela Commenced today, here at Village Dandotra of District Udhampur.

DDC Councillor, Jasvir Singh along with Tehsildar Panchari inaugurated the mela.

While addressing the gathering, the DDC Councillor congratulated the people and said such melas are helpful in exchanging our cultural tradition and people from far flung areas meet their near ones in such melas. These melas are playing a pivotal role in maintaining brotherhood, peace and prosperity, he added.

Various sports activities were also organised by the students of various schools of the area. Besides local Artists including students of different Educational institutions presented scintillating cultural performances on the first day which was highly appreciated by one and all.

#### **BLIND MURDER CASE SOLVED** MISSING TURNED INTO **MURDER, ACCUSED ARRESTED REASI POLICE**

#### **■** HT News Network

REASI, In a bizarre incident son along with other accomplices killed his real father, disposed off the dead body and in order to escape from the clutches of Law, cooked a story of missing father. On dated 30-03-2023 a person namely Dalip Singh S/O Gopi Chand R/O Tote tehsil Bhomag Reasi appeared at Police Station Reasi and lodged a written complaint that his brother namely Paramjeet Singh S/O Gopi Chand R/O Tote went missing from Reasi on 27-03-2023. On this a missing report was lodged at Police Station Reasi and further investigation started by Reasi Police to trace the missing person. During the course of enquiry using human as well as technical support the police rounded up few suspects and it was found that the said person Paramjeet Singh is murdered by his real Son and some other accomplices. On this a Case FIR NO. 133/2023 U/S 302/368/342/109/34 IPC registered at PS Reasi and different teams of the police station formed to trace out the accused persons involved in the murder. After raiding at different location the Police teams from PS Reasi arrested the accused persons namely 1. Sushil Chander S/O Sansar Chand R/O Chorakote Teh- Bhomag Distt-Reasi 2.Vikas Thakur S/O Lt Paramjeet Singh R/O Tote Teh-Bhomag 3.Vipan kumar S/O Rattan Lal caste-Bhagat R/O Kotli Manotrian. During the investigation and interrogation of accused persons namely 1. Sushil Chander 2. Vikas Thakur S/O Lt Paramjeet Singh R/O Tote Teh-Bhomag 3.Vipan kumar S/O Rattan Lal caste-Bhagat R/O Kotli Manotrian disclosed.

# **Aryans to start Bachelor** of Physiotherapy Course from this Session

#### **■** HT News Network

Srinagar June 25thAryans Group of Colleges, Rajpura, Near Chandigarh is going to start a 4.5 years Bachelor of Physiotherapy (BPT) Course from 2023-24. The candidates who have passed 12th with Physics, Chemistry and Biology with minimum 50 percent marks would be eligible to apply for this Course. A helpline 98765-99888 for the candidates has also been launched for the students who want to make their career with this Course.

Dr. Anshu Kataria, Chairman Aryans Group while thanking MRS Punjab Technical University (MRS-PTU), Bathinda said that we are really grateful that MRSPTU

has chosen Aryans Campus for this Course. He said that out of 120 allotted seats, 10 seats would be given free of any tuition fee to those students who have secured 95 percent in 12th & are needy&deserving.Further he added that Scholarship will be given on Merit cum means basis. Also for SC/ST candidates the admission will be free of cost. Physiotherapy is a very promising, rewarding and a satisfactory profession as paramedical science has a larger role & responsibility in a hospital scenario. After clearing the licensing examination of a given country, it opens up wide opportunities for the physiotherapists in the health

# Dir Agriculture conducts Public outreach program in Tulail

Says successful implementation of HADP vital for agriculture sector

#### ■ HT News Network

TULAIL, JUNE 25: In a series of new initiatives taken by Agriculture Production & Farmer's Welfare Department Kashmir Director Agriculture Kashmir Chowdhary Mohammad Igbal along with his team of officers visited a number of remote villages of Tulail Sub Division Gurez for reaching out to poor farming community and to make them aware about the benefits of Holistic Agriculture Development Program (HADP) presently being implemented in the UT of JK.

While addressing the public gathering at various places in these areas, Director Agriculture said the successful and effective HADP in these far flung areas will lead to a developed and prosperous agriculture sector in future. The agro climatic diversity of these areas makes them special and therefore a unique approach would



be adopted to explore these conditions for crop production, he said and

Igbal said that the Department is committed for the welfare of farming community, he asked concerned officers to work with utmost commitment and dedication for the upliftment of

the farmers of these far flung areas. During his visit progressive farmers put forth their demands before the Director Agriculture Kashmir.

### Div Com inspects traffic, progress on National Highway maintenance in Ramban

industry. BPT Graduates

are also eligible for courses.

#### ■ HT News Network

RAMBAN, JUNE 25: Divisional Commissioner Jammu. Ramesh Kumar todav visited district Ramban to review the arrangements being put in place for Shri Amarnath Ji Yatra-2023 and to inspect progress on national highway four laning works.

Deputy Commissioner Ramban Mussarat Islam, SSP Mohita Sharma, SSP Traffic National Highway, Rohit Baksotra, ADC Harbans Sharma, PD NHAI Parshotam Kumar besides senior officers of SASB, JPDCL, Jal Shakti, PWD, NHAI and other concerned officers accompanied the Divisional Commissioner.

During the tour, the Div Com visited Yatri Niwas Chanderkote and inspected the arrangements being put in place for smooth conduct of Yatra. He also inspected Langer sites along National Highway besides inspected national highway works.

He directed NHAI and construction companies to maintain NH-44 and stationed adequate machinery at all vulnerable places to clear roads without any delay.



He instructed the executing agency and other stakeholders to ensure completion of works by implementing all plans and directions issued from time to time for the smooth conduct of holy yatra.

He also directed officers of NHAI to complete the maintenance work to provide safe passage to commuters. He stressed on expeditious maintenance of highway, Traffic regulation, follow lane enforcement, Surface maintenance.

The Div Com also chaired a meeting and emphasized upon the stakeholder departments to synergize efforts to make adequate arrangements well in advance for smooth conduct of the holy Yatra.

# DC inspects preparedness of Amarnath Ji Yatra Lodgement Centre at Chichi Mata Temple Samba

#### ■ HT News Network

SAMBAJUNE 25: Deputy Commissioner Samba, Abhishek Sharma alongwith SSP, Benam Tosh today visited Chichi Mata Temple and reviewed Amarnath Ji Yatra arrangements of Lodgement Centre for pil-

grims. The Deputy Commissioner emphasised the need to provide the best arrangements for the Yatris. He laid stress on adequate provision of sanitation, power supply, drinking water, security, lodging and other amenities for the yatris (pilgrims).

SSP informed that special



checkpoints, conduct round-the-clock patrols, CCTV cameras at langar sites and other vital locations shall be put in place. Deputy Commissioner Samba, Abhishek Sharma alongwith SSP, Benam Tosh today visited Chichi Mata Temple and reviewed Amarnath Ji Yatra arrangements of Lodgement Centre for pilgrims.The Deputy Commissioner emphasised the need to provide the best arrangements for the Yatris. He laid stress on adequate provision of sanitation, power supply, drinking water, security, lodging and other amenities for the yatris (pilgrims).SSP informed that special checkpoints.

# DC Kulgam inspects physical progress of several development projects

#### **■** Farooq Rather

KULGAM JUNE 25: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today visited Liroo area of the district where he took stock of the physical progress made on the construction of residential quarters here.It was informed that 06 residential quarters for Officers are under execution of JKPCC, with an estimated cost of about 14.47 crore rupees.It was intimated that out of 06 blocks, work on 05 blocks is complete while 45 percent of work stands com-



pleted on block 06.While taking stock of progress made on construction of 2 BHK residential accommodation for PRIs at Kulgam, concerned from R&B

informed that that 70 percent work has been completed in these quarters.

It was also shared that the project cost of these PRI residential quarters is 5.25

The DC directed the concerned executing agency to expedite the construction work so that these are immediately put to use.

Besides, DC also took stock of work on NH-444 near Liroo Kulgam. The DC was accompanied

by ADC Vigar Ahmed Giri, ACR Mir Imtiyaz-ul-Aziz and other officers and officials. The Deputy Commissioner(DC)Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today visited Liroo area of the district where he took stock of the physical progress made on the construction of residential quarters here.

# PM visit redefines India-US common goals: Nirmala Sitharaman

#### **■** HT News Network

New Delhi, June 25 (UNI) Union Finance Minister Nirmala Sitharaman on Sunday termed Prime Minister Narendra Modi's visit to the US as "historic" and said it redefined the strategic participation in various areas of common goals between the

two countries. "During this visit, many important agreements have been signed on the subject of defense production, technology and employment," Sitharaman said while addressing a press conference here at party head-



quarters in New Delhi. Speaking over the importance of the visit, the Finance Minister said, "The agreement between HAL

and GE for the joint produc-

tion of F414 aircraft engines was one of the major achievements of PM Modi's visit to the US"

"As a significant and meaningful milestone in

the growth of the semiconductor eco-system, Micron will set up its semiconductor and test plant in Gujarat entailing a total investment of \$2.75 billion" she added.

The Finance Minister said, "It is expected to create nearly 5,000 new direct jobs and around 15,000 indirect jobs over the next few years".

Talking about PM address to joint session of the US Congress, She said very few people have got the opportunity to address the Congress and the Prime Minister was invited by both the parties of America.

**EDITORIAL** 

CHEADLINES

# **How Long Shall** "Reservations Continue to Mar the Merit"

Reservations have been and continue to be debated. According to the majority Section of the population who do not possess any such reservations this catagorization should be done away with now.

Majority of the Students who face Competitive Examinations under Open Merit are of the openion that Time has come that these constitutional provisions need to be revisited majority beleives.

The Supreme Court in a landmark judgement had sought to know during the Maratha quota case hearing recently that for how many generations would reservations in jobs and education continue. SC also raised concerns over "resultant inequality" in case the overall 50 per cent limit was to be removed.

A five-judge Constitution bench headed by Justice Ashok Bhushan was vehemently told by senior advocate Mukul Rohatgi, appearing for Maharashtra, that the Mandal judgement on capping the quota needed a relook in changed circumstances.

He said the courts should leave it to states to fix reservation quotas in view of the changed circumstances and the Mandal judgement was premised on census of

Arguing in favour of the Maharashtra law granting quota to Marathas, Rohatgi referred to various aspects of the Mandal judgement, also known as Indra Sawhney case, and said the Centre's decision to grant 10 per cent quota to people from economically weaker section also breached the 50 per cent cap.

"If there is no 50 per cent or no limit, as you are suggesting, what is the concept of equality then. We will ultimately have to deal with it. What is your reflection on that... What about the resultant inequality. How many generations will you continue," observed the bench, which also comprised Justices L Nageswara Rao, S Abdul Nazeer, Hemant Gupta and S Ravindra Bhat.

Rohatgi said there were many reasons for the re-look of the Mandal judgment which was premised on the census of 1931 and moreover, the population has increased many fold and reached to 135 crore.

The bench said 70 years have passed since independence and the states have been carrying on so many beneficial schemes and "can we accept that no development has taken place, that no backward caste has moved

It also observed that the purpose of reviewing the Mandal judgement was that those who have come out from backwardness must be eliminated.

"Yes, we have moved forward. But it is not that backward classes have gone down from 50 to 20 per cent. We still have starvation deaths in this country... I am not trying to say that Indra Sawhney is completely wrong, throw it in the dustbin. I am raising issues that 30 years have gone by, the law has changed, the population has grown, backward persons may also have increased," Rohatgi said.

 $Hereferred \,to\,amendments\,made\,in\,the\,Constitution$ and said they are the indicators that the country has not reached "anywhere near the emancipation" it required for its backwards classes.

"The fact of the matter is Parliament should know what is going on in the country. If Parliament knows it is more than 50 per cent and has given 10 per cent to a class of economically backward section, no warrant from court should say it cannot go over 50 per cent," he argued.

When a number of states have reservations exceeding 50 per cent and in this situation, it cannot be said that this is not "a burning issue" and does not require a relook after 30 years, he said.

The arguments in the case remained inconclusive and would resume on Monday.

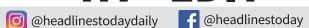
On Thursday, Attorney General K K Venugopal had told the apex court that the 102nd amendment to the Constitution does not deprive state legislatures to enact law determining the Socially and Educationally Backward Classes (SEBC) and conferring benefits on them.

The 102nd Constitution amendment Act of 2018 inserted Articles 338B, which deals with the structure, duties and powers of the National Commission for Backward Class (NCBC), and 342A dealing with power of the President to notify a particular caste as SEBC as also of Parliament to change the list.

On Wednesday, the top court was told that Marathas have been dominant "socially and politically" as almost 40 per cent of MPs and MLAs of Maharashtra are from this community and the entire hypothesis that they have been left behind, faced historical injustice is completely flawed.

The top court has been hearing a clutch of cases challenging the Bombay High Court verdict which upheld the grant of quota to Marathas in admissions and government jobs in the state.

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# Changing dynamics: When the city is the new village



In the beginning, there was the village. And then came the city. And then there was the village again. All over again. Life is cyclical. I am in the midst of an ongoing study comprising a sample size of 84,630 people who live in Indian villages. This is a study that has been going on for the last nine years. I study the same set of villages and, more or less the same set of villagers, and watch. The idea is to study the changing or the unchanging patterns (for that matter) of the Indian villager, village life, society and inclinations-political, economic, religious and social. The output is monthly, rich and loaded with

For the purpose of this article, I pick just one facet of an Indian village: its geography. How is a village laid out? Who lives where? And do people move from one segment of the pre-defined village to another? What allows for this transition? And what doesn't? How did all this happen and fall into place?

Even as I answer some of these questions through my ongoing study in Indian villages, I must say that I have conducted parallel research across villages in Indonesia, Nepal, Bangladesh, South Africa and China. I have compared data sets, both qualitative and quantitative. Voila! Not very strangely, the world is flat. What I find in terms of the geographical layout of a village, I find common not only in India, but across all countries mentioned as test cases—with smaller sample sizes of investigation of course. Take it with a pinch of salt for sure (but not a shovel), as my sample size covers a miniscule 5,640 villages out of 6,43,920 villages that dot the landscape of India.

Back to the original point then. How is a village laid out? Typically and traditionally, caste is a very important part of the fabric of an Indian village. It all, therefore, begins with caste. And gone are the days of single-caste villages in India.

Today, every village is a mixed village, with

the Brahmana, Kshatriya, Vaishya and Shudra segments of caste-based society living together in harmony. Those from the sub-castes thrive in the very same ecosystem as well. When you add religion to this mix, there is a way of further segmenting who lives where. Ghettoisation is still not a trend you can pinpoint in the village. Thankfully.

There is a method to the segmentation of the dwelling areas of various groups. Either by design or conscious happenstance, different castes tend to live in different segments of the Indian village. Houses are laid out literally in concentric circles that radiate from the center of the village. And the center of the village is where the village well is. The traditional village well, that large peepal tree under which the panchayat used to sit (and still sits in many cases), and the primary temple of the village—are all magnet landmarks defining the epicentre of the village.

Not very strangely, the village gets divided into the Brahmana, Kshatriya, Vaishya and Shudra parts rather seamlessly. Typically, to the naked eye, all this is not visible at all, and neither is it an oft-spoken-about topic. The village is, however, divided. And not as united and mixed as one would imagine it to be. At least in terms of caste, and most certainly in terms of the attendant wealth and power that each of these castes boasts of.

The ones who live closest to the traditional assets of the village like the village well, the temple and the primary (and in some cases sacred) tree of the village are those who are seen to be opinion leaders in the village ecosystem. In many cases, these are the temple priests, the teachers, and those who follow similar vocations. Many of them are not as rich as those who live in surrounding areas today, but geography defines clout and power. Clout and power of opinion for sure that flow from one generation to the next.

Those who then live in the periphery of this core are those who belong to the Kshatriya and Vaishya segments and, in the outermost periphery of the village, live those who belong to the Shudra segment. The more you are distanced from the primary village assets, the lower the social status. Ouch. This hurts. This pinches. This pains. Even to write.

None of this has been made to happen in recent years. The Indian village has been there for far too long. Been there for far too long to care for social niceties or political correctness. Let me allow the point to rest. And simmer in our psyches.

Now let me fly into the big city of today. Is there such a similar geographic division of the big city? What about in Delhi, Gurugram, Noida, Chennai, Hyderabad, Kolkata or Bengaluru? Thankfully no. Not yet.

But wait. I wish to make a point. A politically incorrect point even. Big cities are creating their own geographic segmentation of society. Let me pick Bengaluru. The city has two parts to it. An old part of the city and a newer one. Typically, one would say that the older areas are in the heart of the city and the newer parts are in the periphery. While Chamrajpete and Chickpete are the older parts, the new parts are Bellandur and IT hubs like Whitefield. But that would be an overt simplification, wouldn't it?

Look closely though. Feel the pulse of what is changing. There is a covert segmentation of the city taking place on the basis of affordability and money power. Take the home rentals market in Bengaluru. The boom in prices is in some central localities, and equally in the areas close to the IT corridor. And when I use the term IT, I use it loosely to represent our traditional IT companies, ITES, Biotech, our startups, online enterprises of every kind, R&D establishments of global MNCs,

Affordability is today redefining the emergence of geographies which seek similar types of occupants. While traditional salaries from traditional professions are quite unable to bear the bite of new rental inflation, folks who work for the superleagues of new-age companies are able to grin and bear it all. The city in turn gets divided based on profession. Without sinking into another politically incorrect discussion, I would just ask us to sit up and smell the coffee. Sit up and watch the city as it changes. As it morphs.

In many ways, the big city is the new village. The village of yore, as it fell into place in the good or bad old days.

> Brand Guru and Founder, Harish Bijoor Consults Inc (harishbijoor@hotmail.com)

# **NAIL TECHNICIAN - HOW** TO BECOME A NAIL TECHNICIAN





Nail Technicians (Manicurists) are skilled professionals who perform manicures and pedicures. It includes nail art, the application of artificial nails, nail repair and other specialised hand and foot treatments. A Nail Technician specialises in looking after a client's fingernails and toenails. They give advice on nail care and product selection. And they help improve the appearance of hands and feet by offering nail treatments; manicures, pedicures, nail extensions and nail art applications. Typically a nail technician performs the following functions

Nail Care Advice - Nail technicians should have the ability to recognise

Manicure - A manicure can be solely for the fingernails or a combined treatment for both hands and finger-

Pedicure - A pedicure improves the condition and appearance of your feet and toenails.

Nail Extension/Overlays - Nail technicians often apply for false nail extensions either over the whole natural nail or to the tip. The most common are gel nails or acrylics.

Nail Art - Nail art is becoming an increasingly popular requirement and nails can be polished in two colours. Nail Technician Eligibility

They should be at least a 10+2 class pass along with a Certificate Course in Nail Treatments, including Nail Art and Nail Technology.

Nail Technician Required Skills Nail Technicians should possess good concentration skills as Clients want to chat about their problems, the weather etc. they should be able to listen, converse and maintain their concentration on the task at hand.

They should be creative; it is important especially when painting designs on clients' nails. It is also important to have good colour sense.



ly, caring and a good listener.

They should have steady hand art by applying for polish, nail art designs and applications and extensions.

How to become a Nail Technician? To become a Nail Technician, one has to follow the given steps:

Step 1 After passing their high school education they can go for their 10+2 class or other option with them are some of the Certificate courses for the very profession. These courses are being offered by the institutes both on a regular or distance basis. Their duration depends on the rules and regulations of various institutions from place to place.

Diploma/Certificate Courses: Certificate Course in Advanced Beautician

Certificate Course in Ayurved Beauty Care

Diploma in Beautician Diploma in Beauty Cosmetology

At some of the places, they are

required to have a Bachelor's Degree course for having jobs in reputed Beauty Parlours, Saloons and the like. They can have this degree course in the same manner as other courses.

Institutes offering Courses for Nail Technician

Maha Beauty Parlour Training Institute, Thane

Yashwantrao Chavan Maharashtra Open University, Nasik

Idhaya College for Women, Thanjavur Ginni Devi Modi Girls (P.G.) College, Modinagar

Nail Technician Job Description

There are various responsibilities of the nail technician, some of them are: **Provide Manicures and Pedicures** Maintain Sanitary workstations **Build Customer Relationships** 

Nail Technician Career Prospects Nail Technicians can work in nail salons, within department stores, hair salons, day spas, beauty salons and on cruise liners. Increasingly, there are opportunities for nail technicians to

Having experience, after that they can start their own business; open their

magazine shoots.

work on fashion shows and fashion

own salon, rent space in a salon, or run a mobile business visiting different salons or visiting clients in their homes.

Nail Technicians have opportunities to work with photographers, fashion designers or TV companies, preparing nails for photo shoots or fashion shows.

And if they have further higher studies, they can move into teaching in colleges, doing training for nail product manufacturers, or assessing students on nail courses.

Nail Technician Salary

The working hours for Nail Technicians vary and as such so do earnings. However, a Nail Technician can expect to earn the start, on average ranging from Rs. 15,000 to Rs. 20,000 per month. More senior and experienced Nail Technicians can expect to earn anything up to Rs. 30,000 per month. A lot of Nail Technicians often choose to open their own businesses, catering to a variety of different beauty specialities in one place and it can change earning expectations.

Vijay GarG Retired **Principal Educational Columnist Malout Punjab** 

# India committed to improving ties with Egypt: PM Modi

#### **HT News Network**

New Delhi/Cairo, June 25 (UNI) Prime Minister Narendra Modi said that India is committed to improving bilateral ties with Egypt, and added that 2023 has already been a remarkable year for the two countries.

**PUBLICATION**HEADLINES

ΓODAY

The PM said this during a meeting with his Egyptian counterpart Mostafa Madbouly on Saturday, where they held a roundtable meeting in Cairo.

PM Modi said in statements following the meeting that he listened attentively to the positive opinions of his Egyptian counterpart on ways to enhance their bilateral relations and took detailed notes on the proposals, according to local reports.

"This is a remarkable year for our shared relations. At the beginning of this year, President Abdel-Fattah El-Sisi visited India as a chief guest in the Republic Day celebration, where we signed an agreement to elevate our bilateral relations to a strategic partnership," PM Modi said.

He also said that he is honoured to invite President El-Sisi to India again to attend the G20 meetings, which are scheduled to take place in New Delhi in September.

PM Modi said that Egypt and India were swiftly moving towards achieving the \$12 billion target in bilateral trade within the next five years. He added that in the past six months alone, Indian companies have invest-



ed around \$170 million in Egypt.

This is PM Modi's first-ever visit to Egypt, following an invitation from El-Sisi.According to Indian Ambassador Ajit Gupte, this is the first visit of an Indian Prime Minister to Cairo since 1997."Some of you have recently visited India, and here I would like to say that regular visits between the two sides will actively enhance bilateral relations" PM Modi told the attendees at the meeting.

PM Modi was meeting the 'India Unit' in the Egyptian Cabinet, which was set up earlier this year following the State Visit of President El-Sisi to India. The India Unit is headed by Prime Minister Mustafa Madbouly, and comprises a number of Ministers and senior officials.

PM Modi added that the visit of the

Chairman of the Suez Canal Economic Zone to India last week was successful and will encourage other Indian companies to come to invest in Egypt.

He also emphasized that the increasing cooperation between the two sides in the field of renewable energy reflects a joint commitment to environmental protection.

He pointed out that many Indian companies are investing in green hydrogen and electric vehicles.

PM Modi said he would like to visit the New Administrative Capital on his next trip to Egypt.

From his side, Egyptian PM Madbouly affirmed the determination of both governments to strengthen strategic partnership between the two

# JP Nadda, BJP MPs to receive PM Modi on return from US, Egypt State visits

#### **HT News Network**

New Delhi, June 25: BJP national president JP Nadda, party MPs and its Delhi chief Virendra Sachdeva would receive Prime Minister Narendra Modi on his return to the national capital after concluding his hugely successful and substantive maiden State visits to the US and Egypt.

Earlier, on Sunday, Egyptian President Abdel Fattah El-Sisi conferred PM Modi with Egypt's highest state honour — the 'Order of the Nile' — in

It was the 13th state honour of its kind to have been conferred on PM Modi.

Over the last 9 years, PM Modi has received many international awards including Companion of the Order of Logohu, Companion of the Order of Fiji, and Ebakl Award by the Republic of Palau, among others.

Meanwhile, PM Modi, and Egyptian President El-Sisi on Sunday signed an agreement to elevate the bilateral relationship to a "Strategic Partner-

Both the leaders discussed ways to further deepen the partnership between the two nations, including in trade, investment, defence, security, renewable energy, cultural and people-to-people ties.

The two sides also signed an agreement to elevate the bilateral partner-

ship to a "strategic partnership." In addition, three Memorandum of Understanding (MoU) in the fields of



agriculture, archaeology and antiquities, and competition law were also signed between India and Egypt.PM Modi also visited the Al-Hakim Mosque in Cairo.

Taking to Twitter, PM Modi said, "Honored to visit the historic Al-Hakim Mosque in Cairo. It's a profound testament to Egypt's rich heritage and culture." Earlier, Egyptian President Abdel Fattah El-Sisi conferred PM Modi with Egypt's highest state honour - the 'Order of the Nile' - in Cairo BJP national president JP Nadda, party MPs and its Delhi chief Virendra Sachdeva would receive Prime Minister Narendra Modi on his return to the national capital after concluding his hugely successful and substantive maiden State visits to the US and Egypt.Earlier, on Sunday, Egyptian President Abdel Fattah El-Sisi conferred PM Modi with Egypt's highest state honour — the 'Order of the Nile'

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Meanwhile, PM Modi, and Egyptian President El-Sisi on Sunday signed an agreement to elevate the bilateral relationship to a "Strategic Partnership". Both the leaders discussed ways to further deepen the partnership between the two nations, including in trade, investment, defence, security, renewable energy, cultural.

# **CM Biren Singh briefs Shah about Manipur** situation

#### ■ HT News Network

New Delhi, June 25 (UNI) Manipur Chief Minister N Biren Singh met Union Home Minister Amit Shah here on Sunday, a day after the latter convened a all-party meeting over the current crisis in the Northeastern state. During his meeting with Shah at his residence, the CM apprised about the present situation in Manipur, sources said. Meanwhile, the Manipur CM in a tweet wrote, "Called on Union Home Minister Amit Shah Ji in New Delhi today and briefed about the evolving situation on the ground in Manipur." Singh said under Shah's clos supervision, the State and Central government have been able to control the violence to a great extent in the past week."It may be noted that there has been no report of casualties due to the violence since June 13," he said.

The CM said Shah has assured that the Central government will take all possible steps to bring normalcy in Manipur."Further, Amit Shah Ji advised us to strengthen our work towards achieving everlasting peace and also sought the cooperation of every stakeholders in Manipur to ensure that peace prevails in the state," he said.Manipur Assembly Speaker T Satyabrata Singh was

## Well-known industrialist **Santosh Shinde commits** suicide with wife & son

#### ■ HT News Network

Kolhapur, June 24 (UNI) In a shocking incident, a well-known young industrialist committed suicide with his wife and son by poisoning and slitting his throat in his bedroom. The incident came to light on Saturday morning at Gadhinglaj tehsil town of this district.

According to Gadhinglaj police, a young industrialist identified as Santosh Shinde, owner of 'Arjun industry group' in Gadhinglaj, production of edible oil and Becker's production and also a modern Jim, which expanded in border areas between Maharashtra-Karnataka states. Police said a case of rape has been registered against Santosh and he has also been jailed, and since then he has been under stress, even though he was trying to recover after coming out of jail on bail.

### Yogi inspects development works in Mathura

#### ■ HT News Network

Mathura (UP), June 25 (UNI) Uttar Pradesh Chief Minister Yogi Adityanath inspected the ongoing development works in Vrindavan on the second day of his visit to Mathura district on Sunday. The CM conducted a local inspection of the sewer project in Vrindavan and directed the officials to complete the work in a qualitative manner at the earliest. After the local inspection, he went to the Tourism Facilitation Center in Vrindavan to interact with the saints and sages. During their interaction, he enquired about their well-being, discussed the ongoing projects in Mathura and had refreshments with the saints. It may be noted that Yogi constituted the UP Braj Teerth Vikas Parishad to accelerate the development of the region and currently a number of developmental projects are underway in Braj region. Prior to the inspection, the CM also planted saplings on University Guest House premises.

# Emergency a black chapter of history: Rajnath

#### ■ HT News Network

Agra (UP), June 25 (UNI) Defence Minister Rajnath Singh on Sunday attacked Congress and said that on this day in 1975 it murdered democracy by imposing emergency in the country and this black chapter of the history will be remembered

Addressing a public meeting as a part of Bharatiya Janata Party's (BJP) Maha Sampark Abhiyaan on the completion of 9 years of Prime Minister Narendra Modi's government at Kagarol under Fatehpur Sikri Lok Sabha constituency, Rajnath said, "Today it's June 25th and on this day the emergency was imposed and democracy was strangled in 1975. I also spent 16 months in jail."He said that Congress held a meeting in Patna to remove PM Narendra Modi and it claims that there is no democracy in the country, "If there is no democracy in the country then how did it form the government in Himachal, Rajasthan and Karnataka?." he said.

The Defence Minister said that PM Modi has raised the prestige of India at the international level. "The country has also been



empowered economically. The country, which was at the 11th position in terms of the economy in the year 2014, has now reached the fifth position," he said.

He said that today the borders of the country are secure. "When Pakistan did a cowardly act in Uri, we crossed the border and eliminated terrorism. Work is being done for the village, the poor, the farmers and they are getting free ration," he said.

Rajnath said that Chief Minister Yogi Adityanath has improved the law and order situation in Uttar Pradesh. "Law and order is most important for the development of any state," he said.

# Engineering goods exports to US, China continue downtrend in May

#### **HT News Network**

New Delhi, June 25 (UNI) Engineering goods exports to key markets such as the US and China continued a declining trend in May, engineering export promotion body EEPC India said on Sunday.

However, shipments to two of India's newest trade agreement partners, the UAE and Australia, increased during this period, EEPC India said that the decline in exports

to the US was primarily driven by a sharp drop in domestic demand, accompanied by fears of an impending recession. Engineering exports to the US in May

2023 stood at US\$ 1.44 billion, down 19.6% compared to US\$ 1.79 billion in May 2022.

Cumulatively, engineering exports to the US declined 22.3% year-on-year in April-May of FY24 compared to US\$ 2.84 billion in same period previous year.

Engineering exports to another key market. China, continued to witness a sharp decline during the month under review. Shipments to China dropped 10.5% yearon-vear to US\$ 193.1 million in May. Cumulatively, the decline was to the extent of 13% year-on-year in the April-May period of the current financial year.



On the other hand, engineering exports to the UAE and Australia increased in May 2023. While engineering exports to the UAE rose nearly 32% year-on-year to US\$ 567.1 million in May 2023, shipments to another new trade agreement partner Australia increased 17.4% during this period.On a cumulative basis, shipments to both UAE and Australia witnessed positive

Engineering exports to the European Union (EU) declined by 6.4% year-on-year to US\$ 1.91 billion in May 2023.

Region-wise, positive year-on-year growth was noted majorly in WANA, CIS, and Oceania. Regions witnessing a drop in exports during May 2023 include North America, ASEAN countries, EU countries, Sub-Saharan Africa, and South Asia.

# Southwest Monsoon reaches Delhi, advances to most parts of India

#### **HT News Network**

New Delhi, June 25 (UNI) The Southwest Monsoon arrived in Delhi on Sunday, triggering heavy rainfall accompanied by lightning in the national capital, India Meteorological Department(IMD) said on Sunday.

The IMD said the conditions are favourable for further advance of Southwest Monsoon into some more parts of Gujarat, Rajasthan, Haryana, Punjab and the remaining parts of Jammu and Kashmir during the next two days.

"The Southwest Monsoon will today (Sunday) cover the remaining parts of Maharashtra including Mumbai, Madhya Pradesh, Uttar Pradesh, Rajasthan, Haryana, Uttarakhand, Himachal Pradesh and

"It will also cover some parts of Gujarat, some more parts of Jammu and Kashmir and Ladakh, today (June 25)" as per IMD.

"Southwest monsoon is active now. Monsoon has



also arrived in Madhya Pradesh, Uttar Pradesh, Delhi and parts of Haryana, Gujarat, Rajasthan, Punjab and Jammu. It will move forward in the next 2 days and will cover other parts also" said Dr Mrityunjay Mohapatra, DG, IMD.

As the Monsoon arrived in Delhi, there was heavy deluge accompanied by lightning in several parts of the national capital Delhi and its adjoining areas in the early hours of Sunday.

"Five cm maximum rainfall was recorded in Delhi, rain will continue for the next 2 days" Mohapatra

The bulletin predicted more rainfall in the national capital and the adjoining regions of NCR.

"Isolated heavy to very heavy rainfall is likely over East Central and parts of

Northwest India including the national capital, during the next five days", it said.

"Maximum rainfall of 18 cm was recorded in Mumbai region and even today there may be heavy to very heavy rainfall. Monsoon is active in Central India" it said.

The weather agency said there will be no heatwave during the next five days in the country.

# **Shah enquires about Assam flood situation**

#### ■ HT News Network



New Delhi, June 25 (UNI) Home Minister Amit Shah on Sunday spoke to Assam Chief Minister Himanta Biswa Sarma and enquired about the state's flood situation.

Shah also assured Sarma of all possible assistance. "Due to heavy rain, the people in parts of Assam are braving a flood-like situation. I have spoken to CM Himanta Biswa Sarma Ji and assured all possible assistance," the HM said in a tweet.

Shah informed that the NDRF teams are already on the ground, conducting relief and rescue operations, and adequate forces are on standby.

"The Modi government stands firm as it has always been with the people of Assam in these difficult times," he added.

Meanwhile, the Assam CM expressed his gratitude to the HM for his proactive response and concern regarding the flood situation in Assam.

"We are grateful to PM Narendra Modi Ji for all the help to the state from Government of India," Sarma said. The Assam Government is on high alert and providing all assistance to the affected persons, he added.

**HT-SPORTS** 

# Rebel Russian mercenaries return to base under deal ending advance on Moscow

#### **HT News Network**

Heavily armed Russian mercenaries withdrew from the southern Russian city of Rostov overnight under a deal that defused an unprecedented challenge to the authority of President Vladimir Putin and halted their rapid advance on Moscow.

Fighters of the Wagner group returned to their bases in return for guarantees for their safety and the leader, Yevgeny Prigozhin, will move to Belarus, according to the agreement mediated by Belarusian President Alexander Lukashenko.

However, the aborted mutiny raises big questions about Putin's grip on a country he has ruled with an iron hand for more than two decades. Italy's foreign minister said it had shattered the "myth" of Russian

Prigozhin, 62, a former Putin ally whose forces have fought the bloodiest battles of the 16-month war in Ukraine, said his decision to advance on Moscow was intended to remove corrupt and incompetent Russian commanders he blames for botching the war.

He was seen leaving the district military headquarters in Rostov — hundreds of miles south of Moscow — late on Saturday in a sport utility vehicle. His whereabouts on



Sunday were not immediately clear.

Videos shared on social media from Rostov overnight purportedly showed the mercenaries withdrawing from the city in a convoy of armoured vehicles, tanks and coaches to the sound of cheers, chants of 'Wagner" and celebratory gunfire from local residents.

Reuters was able to verify the location of the video but not the date that it was

"Take care of yourselves," shouted one woman. The show of support for Wagner's short-lived insurrection will alarm the authorities in a country which has become increasingly intolerant of any public criti-

cism of Putin and his rule. Moscow was calm on Sunday, with the Red Square closed but otherwise little evidence of increased security in the streets. Monday has been declared a non-working day to allow time for things to settle.

The capital had told residents to stay indoors and deployed soldiers in preparation for the arrival of the mercenaries, who appeared to meet little pushback from the regular armed forces.

Chechen special forces who deployed to the Rostov region to resist the mercenaries' advance were also withdrawing back to where they had been fighting in Ukraine, commander Apty Alaudinov said in a video published on Telegram.

After capturing Rostov — the main rear logistical hub for Russia's invasion of Ukraine – the mercenaries had raced hundreds of miles north in what Prigozhin called a "march for justice", transporting tanks and armoured trucks and smashing through barricades set up to stop them, before the deal to withdraw was reached.

Prigozhin Belarus exile Under the deal, brokered late on Saturday, Kremlin spokesman Dmitry Peskov said a criminal case opened against Prigozhin for armed mutiny would be dropped, Prigozhin

would move to Belarus, and Wagner fighters who rallied to his cause would face no action, in recognition of their previous service to Russia.

Peskov said Lukashenko had offered to mediate, with Putin's approval, because he had known Prigozhin personally for around 20 years.

## Two killed, 14 security members wounded in clash in Philippines

#### ■ HT News Network

Manila, June 25 (UNI) A police officer was killed and 13 others, plus a government soldier, were wounded during a clash with armed men in the southern Philippines, Armed Forces of the Philippine Chief of Staff Andres Centino said on Sunday.

Centino said an armed man was also killed in the clash. The fighting broke out on Saturday morning when a team of policemen and soldiers went to a local politician's house in Maimbung town in Sulu province to serve arrest

and search warrants against the politician, Centino said. The warrants were in connection with charges of murder, frustrated murder, and illegal possession of firearms against the former town official allegedly linked with criminal groups in the area, he said.

The politician's armed men opened fire at the team, resulting in nearly five-hour fighting, the military chief added. The fighting stopped before noon after the politician and his armed men escaped.

Centino said a pursuit operation is underway to find the politician and his men

## 1,142 Afghan youths join national police: Officials

#### **HT News Network**

Kabul, June 25 (UNI) A total of 1,142 Afghan youths have joined the country's national police force after completing a two-month training course in northern Kunduz and Balkh provinces, officials said Sunday.

Spokesman for Kunduz police Jumadin Khaksar said that 507 cadets joined the national police force on Saturday to serve the nation.

Similarly, 635 Afghans graduated from the police training center in Kunduz's neighboring Balkh province on the same day and vowed to serve their war-torn country, the state-run Bakhtar news agency reported.

More than 2,000 Afghan youths have graduated from short-term two-month police training courses in the provinces of Kandahar, Khost, Wardak, Kunduz and Balkh over the past week.

The Afghan caretaker government has formed a 200,000-member police force to ensure law and order in the country, according to its Interior Ministry.

## 21 alleged criminals arrested in Afghan

#### **■** HT News Network

Kabul, June 25 (UNI) Afghan police have arrested 21 people on the charge of involvement in criminal activities in six out of Afghanistan's 34 provinces, a statement of the country's Ministry of Interior Affairs said Sunday.

The arrested people were involved in illegal activities such as murder, robbery, mobile snatching, forgery, theft, drug smuggling and creating law and order problems in the country, the statement said, adding that further investigation on the Saturday crackdown was underway.

In a similar crackdown, police arrested 80 alleged criminals in Kunduz, Balkh, Takhar, Herat, Samangan, Kabul and Kandahar provinces last week.

The Afghan caretaker government has vowed to crack down on criminal elements in Afghanistan to ensure law and order in the war-torn country.

## **Greece to hold** parliamentary elections on Sunday

### ■ HT News Network

Athens, June 25 (UNI) Greece is set to hold its second parliamentary elections in five weeks on Sunday.

Since no party won an absolute majority of 151 or more seats in the 300-seat parliament during the latest round on May 21, the newly elected parliament was dissolved and Greeks will cast a vote for the

second time. The conservative New Democracy party, led by former Prime Minister Kyriakos Mitsotakis, is expected to win, with polls giving it at least 146 seats.

The left-wing opposition party Syriza is expected to come second.

This time, the vote will be held under the proportional party list system, in which several candidates are elected based on their position on the electoral list proposed by their party.

The leading party is rewarded with up to 50 bonus

### **Reminiscing India's** peacemaking role in **Korean War**

### ■ HT News Network

Seoul, June 25 (UNI) On this day, 73 years ago, India had her first UN assignment after becoming its member. This is in reference to the proxy Korean War which began on June 25, 1950, and raged for three long years between US and Soviet Russia.

Though India did not send her combat forces during the Korean War, it made a huge diplomatic push in 1950 under Prime Minister Jawaharlal Nehru to prevent an escalation into another world war.

A couple of attempts by India to bring about a ceasefire ended in failure. However, its 1952 proposals for the exchange of prisoners enabled the July 1953 Armistice Agreement.India proposed a commission to resolve the issue of prisoners of war (PoWs) during talks between the UN and communist sides in 1952.

# Biden vows to fight Republicans' 'extreme' anti-abortion agenda

#### **HT News Network**

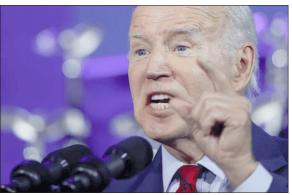
WASHINGTON: A year after US Supreme Court scrapped the constitutional right to abortion in the United States, President Joe Biden on Saturday vowed to fight against the "extreme and dangerous" effort by Republicans to curb access to the procedure nation-

The high court's decision to overturn the landmark Roe v. Wade decision passed the regulation of abortion back to individual states – some of which have since moved to drastically restrict the procedure.

"State bans are just the beginning," Biden said in a statement on the anniversary of the ruling. "Their agenda is extreme, dangerous, and out-of-step with the vast majority of Amer-

Some 20 states, mostly in the South and Midwest, have prohibited abortion outright or severely restricted access while others, mainly on the coasts, have moved to protect it.

The closure of abortion



clinics in about a dozen states has forced tens of thousands of women to travel elsewhere to terminate a pregnancy. Biden warned that Republicans were working to enact a nationwide abortion ban.

"Congressional Republicans want to ban abortion nationwide, but go beyond that, by taking FDAapproved medication for terminating a pregnancy, off the market, and make it harder to obtain contraception," the president said, referring to the Food and Drug Administration.

With a divided US Congress, there is little the president can do. Still, Biden said he would push for federal-level protections.

"My Administration will continue to protect access to reproductive health care and call on Congress to restore the protections of Roe v. Wade in federal law once and for all," he said.

Abortion rights proved a key issue for Democrats in the 2022 midterm elections, and are likely to be just as important in the 2024 presidential race. They've also become an animating feature in Republican campaigns. Abortion rights proved a key issue for Democrats in the 2022 midterm elections, and are likely to be just as important in the 2024 presidential race. They've also become an animating feature in Repub-

# Afghan supreme leader claims women 'saved from oppression' by Taliban

#### ■ HT News Network

Afghanistan's supreme leader claimed on Sunday that the country's women were being saved from "traditional oppressions" by the adoption of Islamic governance and their status as "free and dignified human beings" restored.

In a statement marking this week's Eidul Azha holiday, Hibatullah Akhundzada who rarely appears in public and rules by decree from the Taliban's birthplace in Kandahar – said steps had been taken to provide women with a "comfortable and prosperous life according to Islamic Sha-

The United Nations expressed "deep concern" last week that women were being deprived of their rights under Afghanistan's Taliban government and warned of systematic gender apartheid.

Since returning to power in August 2021, Taliban authorities have stopped girls and women from attending high school or university, banned them from parks, gyms, and public baths, and ordered them to cover up when leaving home.

They have also barred them from working for the UN or NGOs, while most female government employees have been dismissed from their jobs or are being paid to

However, Akhundzada said, "Necessary steps have been taken for the betterment of women as half of the society".

"All institutions have been obliged to help women in securing marriage, inheritance, and other rights," his statement read.



Akhundzada said a six-point decree issued in December 2021 guaranteed women their rights.

Among other things, the decree outlawed forced marriages and enshrined the right to inheritance and divorce.

"The negative aspects of the past 20-year occupation related to women's hijab and misguidance will end soon," Akhundzada

A report to the UN's Human Rights Council last week by Richard Bennett, the special rapporteur for Afghanistan, said the plight of women and girls in the country was among the worst in the world".

"Grave, systematic, and institutionalised discrimination against women and girls is at the heart of Taliban ideology and rule, which also gives rise to concerns that they may be responsible for gender apartheid,"

UN Deputy High Commissioner for Human Rights Nada Al-Nashif added: "Over the past 22 months, every aspect of women's and girls' lives has been restricted."

"They are discriminated against in every

# West Bank violence persists with Israeli, Palestinian attacks

#### **HT News Network**

JERUSALEM: Violence in the occupied West Bank persisted on Saturday with a Palestinian man killed by Israeli forces at a checkpoint and Israelis attacking Palestinian residents, officials on both sides said. The latest incidents add to a mounting toll which has cost four Israeli and 16 Palestinian lives across the territory since Monday.

At the Qalandia checkpoint north of Jerusalem, Israeli police said a "suspect opened fire at the security forces", who shot back early on Saturday."The death of the attacker was later determined at the scene," a police statement said.

The Al Aqsa Martyrs' Bri-



gade, a Palestinian group, in a statement said "our heroic fighters... were able to directly target occupation (Israeli) soldiers at Qalandia checkpoint."

The crossing serves as the main gateway used by Palestinians between annexed east Jerusalem and Ramallah, seat of the Palestinian Authority which has partial

administrative control in the West Bank. The official Palestinian news agency Wafa identified the person shot dead as Ishaq al-Ajluni, aged 17 or 18, from the Kufr Aqab neighbourhood just

north of the checkpoint. Later, the Israeli military reported "violent friction between Israeli citizens and Palestinian" residents in the

northern West Bank village of Umm Safa. "Rocks were hurled and

reports were received of Israeli citizens setting fire to Palestinian property," an army statement said, adding that a soldier was wounded and one Israeli was arrested.The alleged arson is the latest in a series of such incidents, following Palestinian gunmen killing four Israelis near a West Bank settlement on Tuesday.Ambulance attacked

The Palestinian health ministry said an ambulance "was stoned by (Israeli) settlers near the village of Umm Safa" on Saturday, wounding the driver.Israel has occupied the West Bank since the 1967 Six-Day War and, excluding annexed east Ierusalem.

## Freight train falls into river after bridge collapses in US: **Authorities**

### ■ HT News Network

Los Angeles, June 24 (UNI) A freight train fell into the Yellowstone River in the U.S. state of Montana after parts of a bridge collapsed on Saturday, authorities said on Sunday. According to the county's Disaster and Emergency Services, the incident occurred at approximately 6 M. (1200PM GMT) on the rail bridge that crosses the Yellowstone River in Montana's Stillwater County.

The bridge collapsed, and there are multiple rail cars in the Yellowstone River. We have not determined the cause of the derailment," said the department on its Facebook page. There were no reports of injuries after the

Officials initially said at least seven cars from the freight train, including three cars of hot asphalt and four cars of molten sulfur, tumbled into the river.

"Initial assessment indicates compromised rail cars contained molten sulfur and asphalt.

Both substances solidify rapidly when exposed to cooler temperatures," the department said in an update on Saturday afternoon."Two cars carrying sodium hydro sulfate are also included in the list.

Neither of these cars has entered the water, and initial air quality assessments have been performed and confirmed that there is no release event associated with those two cars," the department added.

# A Low Carb Meal Plan and Menu to Improve Your Health

People often use low carb diets to promote weight loss and stabilize blood sugar levels. Though guidelines can vary, low carb diets typically limit foods high in carbs or added sugar.

low carb diet restricts carbohydrates, such as those found in pasta, bread, and sugary foods. It's high in protein, fat, and veg-

There are many different types of low carb diets. Studies show that they can cause weight loss and improve your health.

This is a detailed meal plan for a low carb diet. It explains what to eat and what to limit. It also includes a sample low carb menu for 1 week.

#### Low carb eating — the basics

Low carb diets have been associated with several health benefits. People often use them to support weight loss and manage blood sugar levels.

There are several types of low carb diets, and they differ based on the amount of carb diet usually contains less than 26% of total daily calories from carbs. For those following a 2000-calorie diet, this equals fewer than 130 grams (g) of carbs per day

Generally, low carb diets limit foods high in carbs or added sugar, including sweets, starches, and refined grains.

However, the foods you're permitted on a low carb diet can vary depending on your daily carb allotment. Even higher carb foods like fruits, starchy vegetables, and whole grains can fit into some low carb diets in moderation.

#### Here are a few of the most popular low carb eating patterns:

- **Ketogenic (keto) diet:** This low carb, high fat eating pattern limits daily carb intake to less than 10% of total calories, or around 20–50 g of carbs. The keto diet also encourages using high fat ingredients like avocados, olive oil, full-fat dairy products, and coconut oil (1).
- Atkins diet: This low carb, high protein diet is typically divided into multiple phases, which vary in terms of your daily carb allowance. During the first phase of the Atkins diet, carb intake is limited to berries, strawberries, raspberries, blackber-20–40 g per day, depending on which plan ries you choose. Over the duration of the diet, your intake gradually increases but typi- sunflower seeds, chia seeds, pistachios cally doesn't exceed 100 g per day (2).
- **South Beach diet:** In addition to reducing carb intake, the South Beach diet encourages lean meats and heart-healthy cado oil, olive oil, coconut oil fats. During the initial phase, grains and fruits are also off-limits. You'll gradually moderate weight, limit your intake of add these foods back into the diet during higher calorie foods like cheese and nuts. **baked goods, other products that contain** and 1/2 cup (93 g) cooked quinoa. Total the second and third phases of the plan.
  - Paleo diet: Designed to mimic the



carbs permitted each day. A typical low eating patterns of our hunter-gatherer or keto diet, you may also want to include ancestors, the Paleo diet encourages foods like meats, fruits, and vegetables. The paleo diet isn't intended to be a low carb diet, but it's naturally low in carbs as it eliminates many carb-rich foods, including grains, apples, mango, and many others legumes, and dairy products.

**Dukan diet:** The Dukan diet is a restrictive, low carb diet that's high in pinto beans, chickpeas protein and low in fat. It encourages "pure protein" like lean meats. It's divided into yogurt four phases designed to help you reach your weight loss goals.

#### Foods to eat

A low carb diet should include a variety of minimally processed, low carb foods, including protein sources, non-starchy vegetables, and high fat dairy products.

Here are some of the foods to eat on a

- **Meat:** beef, lamb, pork, chicken
- Fish: salmon, trout, haddock, tuna Eggs: whole eggs, egg whites, egg
- Non-starchy vegetables: spinach,

broccoli, cauliflower, carrots, asparagus, tomatoes

- - Nuts and seeds: almonds, walnuts,
- Fats and oils: lard, avocados, avo-

If you are trying to reach or maintain a the following foods:

It's easy to overeat them. Unless you're following a very low carb

small amounts of the foods listed below: Starchy vegetables: potatoes, sweet potatoes, yams, peas, corn

- Higher carb fruits: bananas, pine-
- Whole grains: brown rice, oats, quinoa Legumes: lentils, black beans,
- **Higher carb dairy:** milk and full-fat

What's more, you can have the following in moderation, if you want:

dark chocolate with at least 70% cocoa dry wines with no added sugar or carbs Dark chocolate is high in antioxidants and may provide health benefits if you eat it in moderation. However, be aware that both dark chocolate and alcohol may hinder weight management if you eat or drink too

#### much (3). **Beverages**

In addition to what you're putting on your plate, it's also important to consider what you're drinking while following a low

- Because many beverages can be Lower carb fruits: oranges, blue- highin carbs and calories, consider choosing drinks free of added sugar whenever pos-
  - **Foods to limit**
- Foods high in added sugar and High fat dairy: cheese, butter, carbs should be only an occasional inclusion
  - allowance, you might need to limit or avoid
  - added sugar
    - Refined grains: white rice, white

pasta, tortillas, crackers

- Diet and low fat products: including dairy products, cereals, or crackers that are low in fat but contain added sugar
- Highly processed foods: convenience meals, fast food, cookies, chips, pretzels
- Sugar-sweetened beverages: soda, sweet tea, sports drinks, energy drinks
- Be sure to check the ingredients label of foods to find options that fit into

#### Sample low carb meal plan

This is a sample menu for 1 week on a low carb diet plan.

Before starting a low carb diet, you should work with a doctor or dietitian to determine a carbohydrate allowance that works for you, depending on your health goals and personal preferences.

You can alter the amount of carbs in any of the sample meals listed below by adjusting the portion sizes or including additional snacks as needed.

- **Breakfast:** 2 slices sprouted Ezekiel bread with 1/2 avocado, salt, and pepper. Total carbs: 36.5 g
- **Lunch**: 3 ounces (oz) (85 g) grilled chicken with 2 cups (340 g) zucchini noodles made with 1 clove of garlic, butter, and 1 oz (28 g) Parmesan. Total carbs: 17 g Dinner: bunless burger with a slice of Cheddar cheese, served with 1/2 cup (78 g) cooked broccoli, and 2 tablespoons (35.7 g) of salsa. Total carbs: 8.5 g,
- Breakfast: 7 oz (200 g) plain Greek yogurt with 1/4 cup (37 g) blueberries and 1 oz (28.35 g) almonds. Total carbs: 19.4 g **Lunch:** 3 oz (85 g) rib eye roast with 1/2 cup (120 g) mashed rutabaga and 1 cup (129 g) sautéed green beans. Total carbs: 13.5 g
- **Dinner:** 3 oz (85 g) baked salmon with 1/2 cup (90 g) cooked asparagus and 3/4 cup (85 g) cauliflower rice. Total carbs: 7.7 g (21Trusted Source, 22Trusted Source, 23Trusted Source).
- Breakfast: breakfast bowl with 2 large hard-boiled eggs, 1 tomato, and 1 cup cubed avocado. Total carbs: 19 g (5Trusted Source, 24Trusted Source, 25Trusted

**Lunch:** 2.5 cups (244 g) shrimp garden salad with shrimp, lettuce, eggs, tomato, and carrots, with 2 tablespoons **Depending on your daily carb** (tbsp), or 30 milliliters (mL), olive oil vinaigrette. Total carbs: 10.5 g

**Dinner:** 3 oz (85 g) grilled chicken **Sweet snacks: candy, ice cream,** with  $1/2 \operatorname{cup}(78 \, \mathrm{g})$  roasted Brussels sprouts

#### **FOOD**

# **Hidden Benefits Of Black Pepper (Kali** Mirch)



o you sprinkle black pepper powder on your omelette? Have you ever tried adding a pinch of black pepper to your dishes for that extra zing? If not, then start using this wonder spice in your diet. Apart from enriching the taste and flavour of the food, black pepper provides numerous health benefits. Here are top 10 hidden benefits of black pepper you ought to know.

Piperine present in black pepper stimulates the taste buds to signal the stomach to produce more hydrochloric acid. This acid is essential to digest proteins and other foods in the stomach, which if left undigested cause flatulence, indigestion, diarrhoea, constipation and acidity. The excess hydrochloric acid secreted helps in preventing these

#### Helps you lose weight

Black pepper is great in aiding the proper assimilation (extraction of all the nutrients) of food. Moreover, its outer layer which contains potentphytonutrientsstimulates the breakdown of fat cells. This is the reason, why this spice ranks high among the best weight loss aids.

#### Relieves gas

Known for its carminative properties black pepper is great to relieve discomfort caused due to flatulence and colicky pain. It inhibits serotonin receptors and also has the ability to break up and expelintestinal gas (carminative effect) which makes it a good antiemetic agent.

#### Can give you clear skin

Apart from a great way to help you sweat and release all the toxins from your skin, it acts a great exfoliant. Pepper when crushed and added to a face scrub, helps slough off dead skin, stimulates circulation and helps deliver more oxygen and nutrients to the skin. The antibacterial and anti-inflammatory properties help keep the skin safe from infections

#### 6 Beatsdandruff

Are you finding ways to deal with dandruff? Although there are numerous products available in the market, here s a reasonable and easily available home remedy to get rid of it black pepper powder. Because of its antibacterial and anti-inflammatory properties, this kitchen ingredient acts as a great natural aid to get rid of dandruff.

Clears up a stuffy nose and relieves cough Due to its antibacterial properties, black pepper is an effective natural remedy to cure cough and cold. Additionally, the warm and spicyflavour of this spice helps loosen phlegm and relieves a stuffy nose.

Is good for people with an or exia

Black pepper is known to improve digestion and stimulate the taste buds. Because of this property, it is well-known as a natural aid to help people  $dealing\,with\,an or exia (a\,condition\,where\,the\,person$ does not eat). Apart from this, it also helps you to regain your appetite.

# Nutrition alert: Cherries (138 grams) contain

herries are delicious fruits that Cherries contain antioxidants and com- matory properties and natural comoffer several health benefits. The tiny glossy red fruit, not just enhances the aesthetic and taste of your much loved cakes but is also loaded with nutrients. The sweet and tangy delights are good for your heart health, brain health and may also help you sleep better. Speaking with indianexpress.com, Sameena Ansari, Senior Dietitian and Nutritionist, CARE Hospitals, Hi-Tec City, Hyderabad shared, "Cherries can be a delicious and nutritious addition to a varied and balanced diet, offering potential benefits for exercise recovery, inflammation, heart health and more. Enjoy them in their fresh, frozen, or dried form, and consider incorporating them into your diet mind-

Nutritional profile of cherries Below is an overview of cherries nutritional profile (1 cup, pitted, about 138g) as

- shared by Ansari: - Calories: 87
- Carbohydrates: 22 grams - Fiber: 3 grams
- Protein: 1 gram
- Fat: 0 grams -Vitamin C: 16% of the

Daily Value (DV)

- Vitamin A: 3% of the DV
- Potassium: 9% of the DV

**Health Benefits of Cherries** 

Below are numerous health benefits of cherries as shared by Ansari:

1. Anti-inflammatory properties:



sumption of cherries or cherry extracts may help reduce gout attacks and joint pain in

individuals with arthritis. 2. Exercise recovery: Cherries, particularly tart cherries, have been studied for their potential to aid in exercise recovery. They may help reduce muscle soreness and speed up recovery due to their anti-inflamstudies suggest that tart cherry juice or concentrates can help reduce exerciseinduced muscle damage and soreness.

. Sleep improvement: Cherries are a natural source of melatonin, a hormone that regulates sleep. Consuming cherries or tart cherry juice may help improve sleep quality and duration.

calories and fat while being rich in hearthealthy nutrients like potassium and antioxidants. They may help reduce the risk of heart disease by improving cholesterol levels and reducing inflammation.

**5.Brain health:** The antioxidants in cherries may provide neuroprotective benefits and help prevent age-related cognitive decline.

#### Can diabetics consume cherries?

Cherries can be included in a diabetic diet in moderation. "They have a moderate glycemic index and can contribute to blood sugar levels," warned Ansari. She added that it is important for individuals with diabetes to monitor their carbohydrate intake and consider the overall balance of their meals when consuming cherries.

#### Things to keep in mind

Below are a few things that you need to keep in mind when consuming cherries as shared by Ansari:

- 1. Individual responses to cherries may vary, and it's important to listen to your body.
- 2. While cherries offer health benefits, they should be consumed as part of a balanced diet and not as a sole solution for any health condition.
- 3. If you have any specific health concerns or conditions, it's always best to consult with a healthcare professional for

**4. Hearthealth:** Cherries are low in personalised advice.



"Cherries can be a delicious and nutritious addition to a varied and balanced diet, offering potential benefits for

exercise recovery, inflammation, heart health, and more," Cherries can be included in a diabetic diet in moderation. "They have a moderate glycemic index and can contribute to blood sugar levels," warned Ansari. She added that it is important for individuals with diabetes to monitor their carbohydrate intake and consider the overall balance of their meals when



consuming cherries.



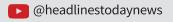


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# The permanence of Nathan Lyon: a special century beckons at Lord's

For all Nathan Lyon's batting heroics at Edgbaston - his drive through mid-off and flick over mid-on against Stuart Broad will go down in Australian Ashes folklore - he is unlikely to get the chance to raise his bat for a century. However, he can acknowledge such a landmark when the coin goes up at Lord's, because he will join the small group of players to appear in 100 consecutive Test matches.

Lyon will be the first specialist bowler and third Australian after Allan Border (153 Tests) and Mark Waugh (107) to play a hundred Tests without a break. Border didn't miss a game from his fourth Test onwards, while Waugh went on an unbroken run after being recalled for the 1993 Ashes. The others on the list are Alastair Cook (159), Sunil Gavaskar (106) and England's current coach Brendon McCullum (101) whose entire Test career was played without an absence.

"It'll be extremely special," Lyon said after throwing out the first pitch at the MLB London game. "One hundred consecutive Test matches for anyone is a pretty special feat. I hate talking about myself but that's one record I'm extremely proud of. Especially being a bowler and No. 11 batter that you're able to get that feat done and tick off 100 consecutive games, that's something that I'll be extremely proud of when it happens and more importantly when my career is done."

This will be Lyon's 122nd Test overall. With a fair wind, continued fitness and form he could challenge Ricky Ponting and Steve Waugh's Australia record of 168 appearances.

There is a symmetry to Lyon reaching the hundred mark at Lord's. It was in England during 2013 that the run began. With 76 wickets at 33.18 from 22 Tests, including nine in his previous outing in Delhi, he was left out in favour of Ashton Agar at Trent Bridge and Lord's (both matches which Australia lost) before earning a recall at Old Trafford. Since then he has forged a career where he sits behind only Shane Warne as Australia's greatest spinner. From when he returned in 2013, he is Test cricket's leading wicket-taker.

When Lyon debuted in 2011, Australia had cycled through spinners since the retirement of Warne after the 2006-07 Ashes. From that moment, until Lyon took a wicket with his first ball in Test cricket against Sri Lanka in Galle, Nathan Hauritz was the most successful spinner with 58 wickets at 36.22 in 16 Tests. Next came Marcus North with 14 at 42.21. The list includes such names as Cameron White, Beau Casson, Michael Beer and Bryce McGain. There was also some chap called Steven Smith.

There is hope that the transition from Lyon - whenever it comes, and he has no appetite  $to \, stop-will \, be \, smoother \, with \, the \, emergence$ of Todd Murphy but they will still be huge shoes to fill.

If things go well for Lyon at Lord's - and England will no doubt continue to offer him chances by their aggressive approach - he could also bring up his 500th Test wicket. The final: five wickets in the final innings in Lahore; probably sets him apart.'

THE EVER-PRESENTS  MOST CONSECUTIVE TEST MATCHES PLAYED FOR A TEAM			
		4	
	GANTAS AMATAS		
PLAYER	TEAM	MAT	SPAN
Alastair Cook	ENG	159	2006 - 2018
Allan Border	AUS	153	1979 - 1994
Mark Waugh	AUS	107	1993 - 2002
Sunil Gavaskar	IND	106	1975 - 1987
Brendon McCullum	NZ	101	2004 - 2016
Nathan Lyon	AUS	99*	2013 - present
WORLD TEST CHAMPI	DNSHIP (202	3-2025)	<del>εs−π</del> cricinfo

eight he claimed at Edgbaston leaves him five short of a milestone only seven players, including Warne and Glenn McGrath, have reached.

Attimes it has been questioned whether Lyon was a true matchwinner as a few opportunities to spin Australia to fourth-innings victories slipped away. But after a trying 2020-21 season where wickets dried up against India, he has entered a golden period. He was the fulcrum of Australia's attack in their World Test Championship success, taking 88 wickets in that cycle, and has begun the next one productively.

"In the last couple of years it just feels like he gets seven, eight wickets every Test. He's ratcheted up his wicket-taking ability and that's testament to the ability to bowl long, quality spells and rarely bad balls. Think that's the thing that most other spinners admire about him, the pressure never comes off."

Daniel Vettori on Nathan Lyon Lyon was central to Australia's three crucial subcontinental wins which got them into the

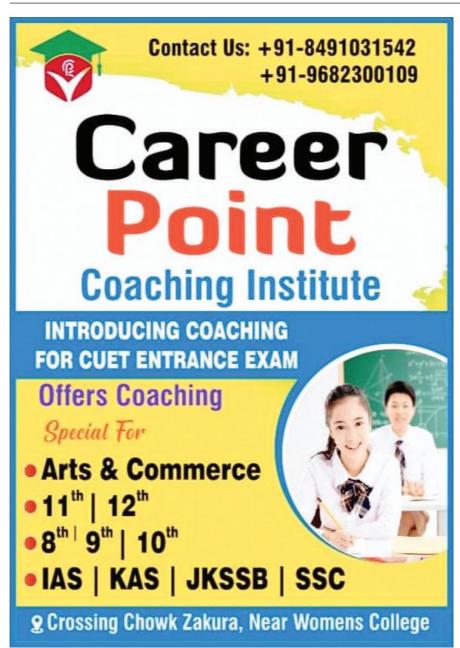
five wickets in the first innings in Galle; and 8 for 64 in Indore. He is currently averaging 24.35 in 2023 which is his best year to include more than three Tests since 2017. After Edgbaston, his average has ticked under 31 for the first time since 2012.

"You get an appreciation of the skill levels from afar, but to see it day-to-day, to see the amount he works on it and to understand just how good he is, don't think you think get that privilege unless you are in this setting," Daniel Vettori, Australia's assistant coach who took 362 wickets for New Zealand, told ESPNcricinfo.

"In the last couple of years it just feels like he gets seven, eight wickets every Test. He's ratcheted up his wicket-taking ability and that's testament to the ability to bowl long, quality spells and rarely bad balls. Think that's the thing that most other spinners admire about him, the pressure never comes off and it's through a very attacking style of bowling. To marry up that style with consistency, that











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