

تحصیلدار پلوامہ طاہر ملک کی تبدیلی کو منسوخ کیا جائے

عوام دوست، ملنسار اور رشوت ستانی سے پاک شخصیت قرار عوامی حلقے



تحصیلدار طاہر ملک کو رشوت خوری سے پاک شخصیت قرار دیا ہے۔ پلوامہ کے عوام نے حکومت کے اعلیٰ و متعلقہ حکام سے امید ظاہر کی ہے کہ وہ طاہر ملک کی تبدیلی اڈر کو کالعدم کر کے انہیں واپس تحصیلدار پلوامہ تعینات رکھیں۔

پلوامہ/پشروانی // پچھلے تین برسوں سے تعینات تحصیلدار پلوامہ طاہر ملک کی اچانک تبدیلی سے پلوامہ کے لوگوں میں مایوسی پیدا ہو گئی ہے۔ اسلئے کہ بہت سارے کاروباری اداروں، طالب علموں کے قانونی لوازمات اور پیدا شدہ دیگر عوامی مسائل مذکورہ تحصیلدار کی وساطت سے کم وقت اور بغیر رشوت حل کئے گئے ہیں۔ مقامی لوگوں کے مطابق حکومت کے اعلیٰ و متعلقہ حکام کے ساتھ صلح انتظامیہ پلوامہ سے اپیل کی گئی ہے کہ تحصیلدار طاہر ملک کی پلوامہ سے تبدیلی کے اڈر کو منسوخ کیا جائے کیونکہ مقامی لوگ ملک صاحب کی بے باک کارکردگیوں اور انکی نیک اور قانونی صلاحیتوں سے مطمئن ہیں۔ آپ اسے بخوبی واقف ہے کہ پچھلے کچھ برسوں سے پلوامہ میں تعینات تحصیلدار وپیل شوپیان کا رہنے والا طاہر احمد ملک جو کہ کسی تعارف کے محتاج نہیں ہیں کیونکہ وہ ایک عوام دوست، ملنسار اور شریف النفس کے ساتھ ساتھ ہمیشہ رشوت ستانی کے خلاف رہے ہیں۔ انہوں نے پلوامہ میں بحیثیت تحصیلدار اپنے فرائض ایمانداری، بخوبی اور خوش اصولی سے انجام دیئے ہیں جسکی عوامی حلقوں نے سراہنا کی اور

Member, DDC Srinagar & Haj Committee of India calls on Lt Governor



SRINAGAR, MAY 12: Er. Aijaz Hussain, Member, District Development Council, Srinagar called on Lieutenant Governor Manoj Sinha at the Raj Bhavan here today.

Sh Aijaz Hussain, who has been recently nominated as a member of the Haj Committee of India, apprised the Lt Governor about the slew of activities, arrangements, and preparations by the HCI for the smooth conduct of Haj pilgrimage.

He also briefed the Lt Governor about various issues of public impor-

ance in his constituency, particularly streamlining of functioning of stone quarries for facilitating the general public.

While interacting with the DDC member, the Lt Governor congratulated him for being nominated as a member to the Haj Committee of India, and asked him to work with dedication and zeal for ensuring proper arrangements for Haj pilgrims of J&K UT.

The Lt Governor assured him of proper redressal of all the genuine issues he presented.

CSC services to be extended to citizens through FPS network

SRINAGAR, MAY 12: In a significant step towards improving public service effectiveness a MoU was signed between the Department of Food, Civil Supplies and Consumer Affairs (FCS&CA) and CSC e-Governance Services India Limited, to extend all types of CSC and PDS services to the citizens through the network of Fair Price Shops (FPS), here today. The MoU was signed by Additional Secretary, Department of FCS&CA, Jugal Kishore Anand, on behalf of the Department and Shahnawaz Rashid, on behalf of the CSC, e-Governance Services India Limited, in presence of Commissioner Secretary, Department of Food, Civil Supplies & Consumer Affairs, Zubair Ahmad. Government of India has identified few initiatives for leveraging e-PoS devices of FPSs to promote their financial viability. One such initiative is providing CSC services through FPSs. It is in this backdrop that the J&K Government entered into a MoU with CSC for leveraging e-PoS devices of FPSs to deliver their services. This step can be seen as a win-win situation for all the stakeholders, particularly FPS dealers and the beneficiaries, as the CSC services will be delivered to beneficiaries at the door step, even to the far off places. The FPS dealers in turn shall earn additional revenue in shape of service-charge against the services.

PUBLIC NOTICE

Woman missing



A woman has been reportedly missing from Harni area since 1.05.2022. She has been identified as Zeena bi wife of Mohd Shafiq a resident of Harni Tehasil Mendhar District Poonch. Anybody having clue about the missing lady can inform on Mobile Number 7051244325 or can also inform Police Station Gursai where a missing report stands registered.

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Gist of Fresh Short term e-NIT No: 01 of 2022-23 to e-NIT No: 32 of 2021-22 Dated: 09/03/2022

For and on behalf of Lt. Governor of UT of J&K Executive Engineer, Flood Mechanical Division Baramulla, invites tenders on item rate basis by e-tendering mode from the Registered Mechanical Firms / Workshop holders for :-

Dismantling of Upper Cabin / Boom Arm of Long Boom Excavator at Jetty Yard Khawjabagh Baramulla

The bidding process shall be completed online in single cover containing Tender Document fee, Earnest Money Deposit, prequalification and technical bid. Financial Bid in the prescribed BOQ.

S. No.	Particulars of the work	Cost of document/ tender fee (In Rs.)	Estimated Cost of work "Rs" in Lacs	Exemption Allowed	Earnest money (In Rs.)	Validity of Rates
1.	Dismantling of Upper Cabin / Boom Arm of Long Boom Excavator at Jetty Yard Khawjabagh Baramulla	100.00	0.89	Yes	1780.00	180 days from the date of opening of financial bid.

i	Publish Date	12/05/2022 at 14:00 hrs
ii	Document Download/sale start Date	12/05/2022 from 15:00hrs.
v	Bid submission start date	12/05/2022 from 15:00hrs.
vi	Bid submission/ Document Download/sale end date	18/05/2022 upto 16:00 hrs
vii	Date and time of Bid opening	19/05/2022 at 12:00 hrs

The bid uploaded on the website up to due date and time will be opened on scheduled date and time or any other date convenient to the tender opening authority in the office of the Executive Engineer, Flood Mechanical Division, Baramulla.

Estimated Cost
Position of funds
Technical Sanction

Rs 0.89 Lacs
ARD Approved
Accorded.

DIPK NO-1898/22
Dated:- 12/05/2022

Sd/-
Executive Engineer
Flood Mechanical Division
Baramulla

SCERT CONCLUDES NATIONAL CURRICULUM FRAMEWORK'S POSITION PAPER EXERCISE



SRINAGAR, MAY 12: Three more State Focus Groups (SFGs) held a consultative meeting to finalize the position papers prepared by the National Council of Education Research and Training (NCERT) at the State Council of Education Research and Training (SCERT) in Bemina here today.

The event marked an end to a series of hectic online and offline exercises wherein experts from various fields and faculties chosen by the NCERT put in their best efforts to finalise the position papers on some 25 themes/areas.

The NCF Committee has appointed chairpersons, member secretaries and members to prepare the position papers. Four NCFs have been laid out by the NEP 2020 on Early Childhood Care and Education (ECCE), School Education (SE), Teacher Education (TE) and Adult Education (AE) have been laid out by the NEP 2020.

The groups on "Guidance and Counselling", "Health Well-Being, Yoga, Sports & Fitness" and "Emerging Role of Community in Education" were respectively led by Prof. Showkat Ahmad Shah, Dean, School of Education & Behavioural Sciences, Dr Surjit Singh, Head, Physical Education, University of Kashmir and Dr Tasleema Jan, Head, School of Education & Behavioural Sciences. Dr Roma Wani, former Planning Commissioner, J&K State, Dr Asma Nabi, Assistant Professor, Department of Psychology, University of Kashmir, Mehmooh Ahmad Khan, Professor, School of Education & Behavioural Sciences, University of Kashmir, Dr. Syed Ishfaq Ahmad, Assistant Professor, Directorate of Distance Education, Dr Shabnum Qureshi, Assistant Professor, School of Education & Behavioural Sciences, University of Kashmir, Dr Shabir Ahmad, Assistant Professor, School of Education & Behavioural Sciences, University of Kashmir, Dr Humaira Yaqoob, IMPA, Dr Kulsooma, teacher, Dr Tahseena Bashir, teacher, Dr. Hilal Ahmad, Lecturer, Dr Showkat Hussain Bhat, Assistant Professor, Physical Education College, Gandarbal, Dr Nazir Ahmed Waza, Assistant Professor, Physical Education College, Gandarbal, Dr Hartaj Singh, Principal, Physical Education College, Gandarbal, Javed Ahmad Wani, District Nodal Officer, Child Protection and Counselling Cell, Kupwara and Danish Aziz, Education Specialist, UNICEF India, also participated in the meeting.

Shagufta Nazir and Ishfaq Anjum Samoon, senior academic officers at SCERT and Peerzada Bashir Ahmad, Coordinator Nishita on Dikhsha, are the member secretaries chosen by the NCERT for

the task.

All states and UTs have been asked to prepare their State Curriculum Frameworks (SCFs) passing through the process of District Level Consultations (DLC), mobile app survey and development of position papers by the State Focus Groups in 25 areas/themes identified as per the NEP, 2020.

SCERT has been nominated as a nodal agency to prepare the State Curriculum Framework (SCF) through a series of consultative meetings involving educationists, teacher educators, resource persons, representatives from Social Welfare Department, parents and neo-literates.

"In all 70 questions—40 for School Education, 10 each for ECCE, Adult Education and Teacher Education—were prepared by the NCERT," Academic Officer, G H Reshi, Nodal Officer, SCF, informed.

NCERT had dispatched a team last month to interact with diverse stakeholders at a consultative meet on the SCF.

"The inclusion of local flavour in the curriculum would help cast aside rigidity and exclusivity," Prof Anita Nuna, former head, Department of Curriculum Studies, NCERT, New Delhi, said. "The National Education Policy 2020 has been designed in a manner that it allows—through discussions and consultative meetings with the stakeholders—the inclusion of the local flavour, value systems, socio-economic backgrounds and the best practices of any state or UT before the National Curriculum Framework (NCF) is given a shape."

A bottom-up procedure, she said, had been adopted for the first time to frame the national curriculum based on several novel concepts such as competency-based education, experiential learning, flexibility, creative and critical NCERT had dispatched a team last month to interact with diverse stakeholders at a consultative meet on the SCF. "The inclusion of local flavour in the curriculum would help cast aside rigidity and exclusivity," Prof Anita Nuna, former head, Department of Curriculum Studies, NCERT, New Delhi, said. "The National Education Policy 2020 has been designed in a manner that it allows—through discussions and consultative meetings with the stakeholders—the inclusion of the local flavour, value systems, socio-economic backgrounds and the best practices of any state or UT before the National Curriculum Framework (NCF) is given a shape."

Dr Samoon reviews progress on skill training to women SHGs

SRINAGAR, MAY 11: Principal Secretary, Skill Development Department Dr Asghar Haasan Samoon today chaired a meeting to review the progress achieved under training of Self Help Groups (SHGs). While chairing the meeting, Dr Samoon emphasised that proper training and hand-holding of SHGs is need of the hour to upskill their income level.

He said that imparting training to women SHGs is a priority of the government and serious efforts need to be taken in this regard.

He directed the officers to start imparting of skill training to SHGs members through Polytechnic Colleges and ITIs of Jammu and Kashmir from May 19. Under the programme 60000 women SHGs will be



equipped with skills of all kind of advanced technologies in fashion designing, tailoring, cosmetology, fruit processing and other trades so that they don't face any

hindrance while running their business units.

Dr. Samoon further remarked that Skill Development is emerging as a necessity for the workforce of

the present day world as it needs multi-tasking people to deal with the day to day functioning. He said that imparting training to women SHGs is a priority of the

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SDM, Rajpura addresses Aryans Nursing students

Srinagar 12 May To focus on the true value of nurses to the people of the world, Aryans Institute of Nursing (AIN), Rajpura Near Chandigarh celebrated International Nurses Day on this year theme "Nurses: A Voice to Lead - Invest in Nursing and respect rights to secure global health". Mr. Himanshu Gupta (PCS), SDM, Rajpura was the Chief Guest of the occasion Mrs Rajinder Kaur, Principal, SGHS College of Nursing was the Guest of Honour. Dr. Anshu Kataria, Chairman, Aryans Group presided over the event.

Gupta while addressing nursing faculty & students highlighted on the importance of contributing to humanity and outstanding role played by nurses. He



expressed his deep sense of gratitude to the nurses who are on the front line to save mankind, especially during this Covid pandemic & stressed on encouraging the present generation to join Nursing. He also said that teachers play a major role in the future nursing education and to bring the best out of

the students. Aryans Nursing students including B. Sc. Nursing, GNM & ANM pledged their noble profession, under leadership of Mrs. Rajinder Kaur. She said that today nursing has evolved into a profession with wealth of skills and professional knowledge but the world.

DC Srinagar chairs meeting of Screening Committee for nomination of schools participating in SVP

SRINAGAR, MAY 12: A meeting of District Level Screening Committee for nominations of schools for participating in Swachh Vidyalaya Puraskar (SVP)-2022, was today held under the Chairmanship of the Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad at Meeting Hall of the DC Office Complex, here.

Speaking on the occasion, the DC said that the Swachh Vidyalaya Puraskar (SVP) has been instituted by the Union Ministry of Education to recognize, inspire and celebrate excellence in sanitation and hygiene practices in schools.

He said the purpose of SVP is to honour Schools that have undertaken significant steps towards fulfilling the mandate of the Swachh Vidyalaya Campaign and adhering to the standards of hygiene and cleanliness. The DC asked the CEO to conduct internal screening of the schools and make sure that all schools participating in Swachh Vidyalaya Puraskar have maintained facilities like Sanitation, Hand hygiene system, COVID-19 preparedness and response system.

Earlier, the Chief Education Officer, Manzoor Ahmad Kumar apprised the DC that from Srinagar District as many as 706 Schools are registered for Swachh



Vidyalaya Puraskar 2021-22 out of which 475 schools have applied so far. Among these 239 were assigned 3 stars, 285 were assigned 4 stars and 14 were assigned 5 stars by the Government of India. He was further informed that a team of 72 Evaluators was nominated to evaluate the parameters as well as a questionnaire provided by MHRD which has been directed to complete the evaluation process by or before 15-05-2022.

The meeting among others was attended by the Chief Planning Officer, Chief Education Officer, Executive

Engineer, PHE, Chief Medical Officer, senior Lecturers and other members of these Committee. He was further informed that a team of 72 Evaluators was nominated to evaluate the parameters as well as a questionnaire provided by MHRD which has been directed to complete the evaluation process by or before 15-05-2022.

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- Uttara Women's Medical College
- Addin Women's Medical College
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- Kumudini Women's Medical College
- International Medical College
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- Shahabuddin Medical College
- Kumudini Womens Medical College
- MH Samorita Medical College
- ZH Sikhder Womens Medical College
- Siraj Ul Islam Medical College
- Khwaja Yunis Ali Medical College
- Prime Medical College
- Enam Medical College
- Marks Medical College
- International Medical College
- City Medical College
- Tairunnisa Medical College
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The Poesy Note



Khursheed Ahmad Wani
Teacher Zone Mawer.

Written about a year ago "The Poesy Note". I am dedicating this poem to my dearest friend Shafi Rather.

*Sojourn on terrain,
A bounty early bright,
The soothing Zephyr,
A blessing of the woods.*

*The dwelling throngs,
Very little.
Peace and tranquility,
All around.*

*Hours of whoopee,
King of heartstrings,
On thy friendship,
I am proud.*

Diabetes almost doubles risk of death from Covid: Study

London: People with diabetes were almost twice as likely to die with Covid and almost three times as likely to be critically or severely ill compared to those without diabetes, finds a study. The study conducted by researchers from the University of Aberdeen, UK found patients with diabetes had a significantly higher risk of requiring an intensive care admission and supplementary oxygen or being admitted in a critical condition in comparison to patients without diabetes. However, good control of blood sugar in these patients can significantly reduce this risk. "We found that following a Covid-19 infection, the risk of death for patients with diabetes was significantly increased in comparison to patients without diabetes," said Stavroula Kastora from the varsity. "We also show that good glycaemic control may be a protective factor in view of Covid-19 related deaths," she added, in the paper published in the journal *Endocrinology, Diabetes and Metabolism*. The team reviewed findings from 158 studies that included more than 270,000 participants from all over the world to de-

termine how Covid affects people living with diabetes. The pooled results showed that people with diabetes were 1.87 times more likely to die with Covid, 1.59 times

patients without diabetes. AA Further, the researchers found that patients in China, Korea and the Middle East were at higher risk of death than

Diabetes is a serious medical condition where blood sugar levels are too high. In 2021, approximately 537 million adults between the 20-79 years were living with diabetes, according to the International Diabetes Federation. The total number of people living with diabetes is projected to rise to 643 million by 2030 and 783 million by 2045. While diabetes increased severity of Covid, a recent study published in the journal *Diabetologia*, also showed people who have had Covid-19 infection are at increased risk of developing Type 2 diabetes. "In light of the ongoing pandemic, strengthening outpatient diabetes clinics, ensuring consistent follow up of patients with diabetes and optimising their glycaemic control could significantly increase the chances of survival following a Covid infection," Kastora noted. "In light of the ongoing pandemic, strengthening outpatient diabetes clinics, ensuring consistent follow up of patients with diabetes and optimising their glycaemic control could significantly increase the chances of survival following a Covid infection," Kastora noted.



more likely to be admitted to ICU, 1.44 times more likely to require ventilation, and 2.88 times more likely to be classed as severe or critical, when compared to

those from EU countries or the US. They suggest this may be due to differences in healthcare systems and affordability of healthcare.

Early self-awareness of autism might lead to better life quality: Study

Washington: Individuals who learn they are autistic at a younger age can have a heightened quality of life and sense of well-being in adulthood. That's the finding of a new study, published in the journal *Autism*, which also found that those who learned of their autism as adults reported more positive emotions (especially relief) about autism when first learning they were autistic. Findings suggest that telling a child that they are autistic at a younger age empowers them by providing access to support and a foundation for self-understanding that helps them thrive later in life. For the first time, researchers directly investigated whether learning if one is autistic at a younger age is associated with better adult outcomes. Many autistic people - particularly females, ethnic/racial minorities and people with limited resources - are diagnosed years after the characteristics are first noticed. In many cases, autistic people do not receive their diagnosis until adulthood. The study was carried out by a team of autistic and non-autistic students and academic researchers. Seventy-eight autistic university students were surveyed, sharing how they found out they were autistic and how they felt about their diagnosis. Respondents also revealed how they felt about their lives and being autistic now. One of the co-authors, Dr Steven Kapp, Lecturer in Psychology at the University of Portsmouth, was diagnosed with and informed of his autism aged 13. He said: "Students who learned they were autistic when they were younger felt happier about their lives than people who were diagnosed at an older age. Our study shows that it is probably best to tell people they are autistic as soon as possible in a balanced, personal, and developmentally appropriate way. Learning one is autistic can be empowering because it helps people understand themselves and also helps them connect with other people like them." However, being given a diagnosis as an adult can often also be empowering. Dr Kapp said: "Learning about autism at an older age is associated with more positive emotions about a diagnosis - especially relief. This finding makes sense, although emotional reactions are often very complex and unique to each person - there has been a lot of emerging research showing that relief is a common response to an autism diagnosis in adulthood."

Want to stay young forever? Researchers develop method that reverses ageing in human skin cells by 30 years



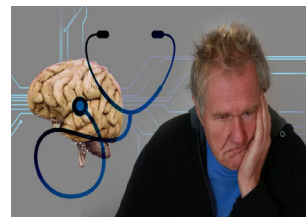
UK researchers have developed a method to 'time jump' human skin cells by 30 years, turning back the ageing clock for cells without losing their specialised function. The team from the Babraham Institute at University of

Cambridge has been able to partly restore the function of older cells, as well as rejuvenating the molecular measures of biological age. Though the findings, published in the journal *eLife*, are at an early stage of exploration, it could revolutionise regenerative medicine. The new method overcomes the problem of entirely erasing cell identity by halting reprogramming part of the way through the process. This allowed researchers to find the precise balance between reprogramming cells, making them biologically younger, while still being able to regain their specialised cell function. In 2007, Shinya Yamana was the first scientist to turn normal cells, which have a specific function, into stem cells which have the special

ability to develop into any cell type. The full process of stem cell reprogramming takes around 50 days using four key molecules called the Yamanaka factors. The new method, called 'maturation phase transient reprogramming', exposes cells to Yamanaka factors for just 13 days. At this point, age-related changes are removed and the cells have temporarily lost their identity. The partly reprogrammed cells were given time to grow under normal conditions, to observe whether their specific skin cell function returned. Genome analysis showed that cells had regained markers characteristic of skin cells (fibroblasts), and this was confirmed by observing collagen production in the reprogrammed cells.

Ignoring cholesterol, glucose levels at 35 may increase the risk of Alzheimer's disease: Study

Boston: A new research conducted by the Boston University of School and Medicine has revealed that lower high-density lipoprotein (HDL) and high triglyceride levels measured in the blood as early as age 35 are associated with a higher incidence of AD in the future. The story was published in the journal, 'Alzheimer's & Dementia'. "While our findings confirm other studies that linked cholesterol and glucose levels measured in blood with future risk of Alzheimer's disease, we have shown for the first time that these associations extend much earlier in life than previously thought," explained senior author Lindsay A. Farrer, PhD, chief of biomedical genetics at BUSM. The researchers believed that although high LDL has been consistently associated with AD risk in many previous studies, the link between HDL and AD was inconclusive, perhaps because most studies examining these relationships were conducted in persons who were 55 years and older at baseline. This study was conducted us-



first time that cardiovascular risk factors, including HDL which has not been consistently reported as a strong risk factor for AD, contribute to future risk of AD starting as early as age 35," said first and corresponding author Xiaoling Zhang, MD, PhD, assistant professor of medicine at BUSM. According to the researchers, careful management of these factors starting in early adulthood can lower one's risk of cardiovascular disease and diabetes, as well as Alzheimer's. Intervention targeting cholesterol and glucose management starting in early adulthood can help maximize cognitive health in later life," added Farrer. Farrer also pointed out, "the unique design and mission of the Framingham Heart Study, which is a multi-generation, community-based, prospective study of health that began in 1948, allowed us to link Alzheimer's to risk factors for heart disease and diabetes measured much earlier in life than possible in most other studies of cognitive decline and dementia."

Oral hygiene is of utmost importance and has been highlighted more so post-pandemic. Good oral hygiene not only keeps your smile intact but plays a significant role in avoiding more serious health issues like heart disease, diabetes mellitus, stroke, and respiratory problems. Good oral health also enhances your appearance besides giving you overall positive health and confidence. Lt Gen Dr Vimal Arora, Chief Clinical Officer, Clove Dental, emphasizes, "Oral health holds more importance than one might realize. Timely dental care also often takes a back seat until problems start to appear as most people tend to ignore the importance of maintaining oral hygiene." Sharing his views on the importance of oral health, Lt. Gen. Dr. Vimal Arora, Chief Clinical Officer of Clove Dental, said, "The COVID-19 pandemic has had a deep impact on overall health and wellbeing, disproportionately affecting oral health and access to care. We have partnered with brands

like Hero Moto Corp., Signa-ture Global, Maruti, Sapient, and LG to extend our Dental Care Programs far and wide benefitting million-plus customers." Dr Vimal Arora further added that ICICI & Reliance Care are insurance brands helping in dentistry insurance for their patients. Dr Vimal Arora stressed, "Oral hygiene should never be taken for granted and travelling can never be an excuse to neglect oral care. With corporate travel on

'Oral hygiene can stop infections such as periodontitis, gingivitis'



the rise post-Covid, Clove Dental has taken steps in the right direction to raise dental care awareness amongst people besides offering on-the-go dental services to the public at large. "Thorough oral hygiene can stop plenty of infections such as periodontitis and gingivitis which would eventually avoid further diseases from making their way into the body," he added. Keeping accessibility and affordability at the core of patient care.

any mental illness, substance dependence or suicidal thoughts in the preceding year; we were happy and/or satisfied with their life and reported high levels of social and psychological well-being, despite their exposure to such harrowing experiences in childhood. Although the prevalence of flourishing mental health was lower among those exposed to chronic PDV in comparison to those whose parents were not violent with each other (62.5 percent vs 76.1 percent), it was still much higher than the authors had expected. "We were encouraged to discover that so many adults overcame their exposure to this early adversity and are free of mental illness and thriving," said co-author Shalhevet Attar-Schwartz, Professor at Hebrew University's Paul Baerwald School of Social Work and Social Welfare. "Our analysis indicated that social support was an important factor. Among those who had experienced PDV, those who had more social support had much higher odds of being in excellent mental health."

Parental domestic violence in childhood linked to mental illness in adulthood: Study

According to a new study by the University of Toronto, adults exposed to chronic parental domestic violence have an elevated prevalence of depression, anxiety and substance abuse disorders, and lower levels of social support than their peers who do not experience childhood adversity. The findings of the study were published in the 'Journal of Family Violence'. The study found that one-fifth (22.5 percent) of adults who were exposed to chronic parental domestic violence during childhood developed a major depressive disorder at some point in their life. This was much higher than the 9.1 percent of those without a history of parental domestic violence. "Our findings underline the risk of long-term negative outcomes of chronic domestic violence for children, even when the children themselves are not abused," said author Esme Fuller-Thomson, Director of University of Toronto's Institute for Life Course and Aging at the University of Toronto and Professor at the Factor-Inwentash Faculty of Social Work (FIFSW).

"Social workers and health professionals must work vigilantly to prevent domestic violence and to support both survivors of this abuse and their children," added Fuller-Thomson. Parental domestic violence (PDV) often occurs in the context of other adversities, including childhood physical and sexual abuse, making it challenging to examine the mental health outcomes associated solely with parental domestic violence in the absence of childhood abuse. To address this problem, the authors excluded anyone in their study who had experienced childhood physical or sexual abuse. The study's nationally representative sample ultimately included 17,739 respondents from the Canadian Community Health Survey-Mental Health, of whom 326 reported having witnessed PDV more than 10 times before age 16, which was defined as 'chronic PDV'. One in six adults (15.2 percent) who had experienced chronic PDV reported that they later developed an anxiety disorder. Only 7.1 percent of those who had not been exposed to parental violence also reported experiencing an anxiety disorder at some



point in their life. "Many children who are exposed to their parent's domestic violence remain constantly vigilant and perpetually anxious, fearful that any conflict may escalate into assault. Therefore, it is not surprising that decades later, when they are adults, those with

a history of PDV have an elevated prevalence of anxiety disorders," said co-author Deirdre Ryan-Morissette, a recent Masters of Social Work graduate from the University of Toronto's FIFSW. More than one-quarter of adults (26.8 percent) who were exposed to

chronic PDV in childhood developed substance use disorders, compared to 19.2 percent of those without exposure to this early adversity. However, the findings were not all negative. More than three in five adult survivors of chronic PDV were in excellent mental health, free from

These wet hair mistakes might be damaging your hair



New Delhi: We all take so much pain to take care of our tresses, from using organic, sulphate free shampoos, to getting hair spas every fortnight to doing DIY hair masks to get shiny and flowy hair. But there is one big mistake that we always look over and don't realise which secretly might be damaging our hair. Most of the time we come out after washing our hair and start combing to detangle our hair. If you are one of those people then you are causing serious damage to your hair. Our hair follicles are the weakest when they are wet, combing them at this point will not only break them but lead to dry and dull hair.

A few wet hair mistakes: Combing wet hair - that's the first thing we do after dressing up, the hair is too weak and needs gentle care. Rather brush your hair before you hit the shower, if you feel that your hair gets tangled after wash, apply a serum or light hair oil and then brush it with a wide-tooth comb. This will make detangling easy. Also, don't wait for your hair to completely dry off and then comb your hair, that makes your hair dry and lose the lustre. Always start from the ends, and work your way up. Hold the section of the hair you are brushing/combing in your hand. Also, remember to use a leave-in conditioner. Vigorously towel drying - your hair follicles are the weakest when they are wet, they tend to

break even at the gentlest stroke, imagine how much damage we cause when we vigorously dry them using a towel. Rather simply dab your hair with a towel and try to squeeze out excess water do not tie your wet hair with the towel it can cause dandruff. Tying your wet hair - I understand keeping your hair open in summers can be really challenging especially when they are wet, the urge to tie them up in a ponytail or in a bun is irresistible but your tresses are so vulnerable when wet, your hair tie will be full of hair when you remove it and will form a dent in your hair. Avoid doing this at any cost, don't even tie them when they are semi-dry, wait for your hair to be completely dry and you are then free to style them however you wish to. Using heat tools on wet hair - when we are in a hurry, we just blast the blow dryer to dry our hair quickly but that's where we are causing damage to our hair. Wait for the water to drip out, put your dryer on medium heat, and then move on to a higher level to style your hair, just the way you like it. A simple step like this can go a long way. Also, the steam you see while ironing your hair should have major damage written all over it. Do not do this to your hair, this can burn your tresses and make your hair care journey really tough at times ir-revocable. Let your hair be completely dry.

'One Step' Portal Will Be Set Up For The Convenience: Health Minister

New Delhi: Seeking to give a thrust to medical tourism, Union Health Minister Mansukh Mandaviya on Thursday suggested establishing facilitation centres at Indian embassies across the world for people wanting to travel to India for treatment. Addressing a roundtable conference with senior IFS officers on Building Brand India, he also said that a 'One Step' portal will be set up for the convenience and to provide credible information for those from abroad who want to avail treatment in India. Mr Mandaviya noted that India, with its high-end healthcare ecosystem and world-class medical facilities, has become an attraction for the whole world, a Health Ministry statement said. "Today, people from different countries of the world are coming to India for treatment in large numbers. With an aim to further boost medical tourism, the Government of India has launched 'Heal in India' program under the leadership of the PM. Similarly, we have started the 'Heal by India' program. This will provide an opportunity for our medical workforce to travel all over the world and contribute towards a healthy global society," Mr Mandaviya said. "We are committed to making India a global medical value hub by further strengthening our traditional medicine industry and boosting 'Heal in India' and 'Heal by India' initiatives", he stated. Highlighting the need to take steps to further strengthen medical value tourism, Mr Mandaviya suggested establishing facilitation centres at Indian embassies across the world for those wanting to travel India for treatment. In addition, a system to get feedback or testimonials from people who are getting treated in India can be instituted. This will help us in making medical tourism, 'Brand India'. Stressing on forging agreements with other countries

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in the medical sector, the Union Health Minister noted that India has an agreement with Japan to provide skilled nurses. Such agreements have also been made with other countries for skilled medical manpower. He said these kinds of possibilities should be explored to promote medical value tourism, the statement said. "In the last few years, medical value travel has gained a lot of popularity and India is now one of the fastest growing medical tourism centres in Asia", he added. Highlighting the importance of the traditional system of medicines, the Union Minister noted, "India has established itself as the focal point of AYUSH. Recently, Prime Minister Narendra Modi has announced to launch 'AYUSH mark'. This will provide authenticity to AYUSH products in India and promote the traditional medicine industry". A Special Visa Category has been made for those coming to India from other countries for Ayurveda treatment. "The provision of medical visa and medical attendant visa has been made with 165 countries to get Ayurveda treatment," the minister said. Mr Mandaviya urged everyone to share suggestions to strengthen the medical tourism sector and make India a 'Global Medical Hub' in line with the spirit of 'Atithi Devo Bhava', the statement said. According to the Medical Tourism Index 2020-21 by the Medical Tourism Association, India is currently at the 10th position out of the top 46 countries, 12th in world's top 20 wellness tourism markets, fifth out of 10 wellness tourism markets in the Asia-Pacific region, the statement said. The treatment costs in India are 65 to 90 per cent less than the cost of treatment in America, it said. In India, there are 39 Joint Commission International and 657 National Accreditation Board for Hospitals accredited hospitals, which is equal to or better than Global Quality Standards and benchmarks.

Indian Army To Buy 12 More Weapon-Locating Radars For China Border



New Delhi: The Army is looking to acquire 12 made-in-India weapon locating radars, which would add significantly to its defences along the China front. The system, called the Swathi, enables soldiers to automatically detect the location from where enemy weapons like mortars, shells and rockets are being fired upto a distance of 50 kilometres. The system is capable of simultaneously detecting multiple projectiles which have been fired towards friendly positions. Knowing the location of enemy weapons such as artillery guns enables the Army to launch a counter-strike to take them out. The Swathi radars, which have been developed by the Defence Research and Development Organisation and built by Bharat Electronics Limited, will likely cost the ex-chequer Rs.1000 crores if the acquisition is cleared by a high-level Defence Ministry meeting. The Indian Army has been using weapon locating radars for its operations along the Line of Control in Jammu and Kashmir. The newly developed Swathi system was given for trials in the Army in 2018. The Defence Ministry has prioritised the acquisition of Indian-made weapons systems as part of the Atmanirbhar Bharat project in a bid to cut down on imports while developing a domestic eco-system for high-tech weapons manufacture.

Supreme Court Issues Notice To Uttarakhand On Bail For Hate Speech Accused

New Delhi: The Supreme Court on Thursday issued notice to the Uttarakhand government on a plea of Jitendra Narayan Singh Tyagi, formerly known as Wasim Rizvi, against the High Court order rejecting his bail in connection with the investigation into the hate speeches at the Haridwar Dharam Sansad held in December last year. A bench of Justices Ajay Rastogi and Vikram Nath sought the State's response on the bail plea of Jitendra Tyagi while observing that they are "spoiling the whole atmosphere". "Before they ask to sensitise others they have to sensitise themselves first. They are not sensitised. This is something which is spoiling the whole atmosphere," the bench said while referring to the controversial Haridwar Dharam Sansad event. Mr Tyagi, who was once the chief of UP Shia Waqf Board before accepting Hinduism, has challenged the March 8 order of the Uttarakhand High Court which denied him bail. "File the counter. We are not concerned about what happened, we have to take the totality of matter, punishment, period of custody, etc.," said the top court.



During the hearing today, the bench asked senior advocate Sidharth Luthra appearing for Mr Tyagi, "What is the Dharam Sansad by the way?". Mr Luthra responded saying, "I am an Arya Samaji, I don't know. I have seen videos, people in Bhagwa kaddas got together and gave speeches". To this, Justice Rastogi said, "Spoiling the atmosphere. Stay together peacefully, enjoy life." Hearing the case, the top court also said that the maximum punishment for the offence he is charged with is three years and he has been in jail since January. "For four months he has already been in custody. What further investigation do you want from him? It is already complete," the bench said. Mr Tyagi was arrested on January 13 in a case registered for offences under Section 153A (promoting enmity between different groups on grounds of religion, race, place of birth, residence) and 298 (uttering words with deliberate intent to wound religious feelings of any person) of the Indian Penal Code. The High Court had refused him bail observing that he had made derogatory remarks.

Girl "Humiliated" On Stage By Cleric, Says Kerala Governor, Questions 'Silence' Of Leadership

Thiruvananthapuram: A day after slamming a Muslim scholar who allegedly reprimanded organisers of an event in Malappuram for inviting a girl on stage to receive a reward, Kerala Governor Arif Mohammed Khan on Thursday said he was "disappointed" by the silence of the political, social, and economic leadership of the country on the issue. He also said he was sad at the silence of the leadership in Kerala. "I am so deeply disappointed that the whole political leadership is silent about it. And not just the political leadership, even the others are silent about it. I appeal to the national leadership of every party to come forward and protect the honour and dignity of our daughters," Mr Khan said while speaking to reporters here. "I believe I have said much more (than them)," he said of the silence of the leadership in the state. When a reporter pointed out that the person in question was a leader of Samastha which has around ten thousand madrasas in Kerala, Mr Khan responded that their numbers did not matter in a democracy or rule of law and it was not going to make him suppress his conscience. "They might be having a hundred thousand madrasas. But because of their strength, I am not going to keep my conscience suppressed. They might be very powerful, but they have no right to humiliate, to insult, and to offend the modesty of a young talented girl." "They might have any number, these numbers do not matter. You are in a democracy, in a rule of law. Be you ever so high, the law is above you. This is not merely a violation of the clear cut commands of the Qur'an. It is clear cut violations of the provisions of the fundamental rights guaranteed in the Constitution," Mr Khan said.

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Elections to 57 Rajya Sabha seats on June 10

New Delhi: Elections to 52 Rajya Sabha seats spread across 15 states will take place on June 10, an Election Commission official has said. These elections will be crucial in terms of the Presidential elections due in July. Seven seats of nominated MPs are also vacant. The maximum number of seats, 11, lies in Uttar Pradesh. It is followed by Maharashtra and Tamil Nadu -- six seats are up for election in each state. Elections will also be held on five seats from Bihar, four each from Karnataka, Rajasthan and Andhra Pradesh, three each from Madhya Pradesh and Odisha, two each from Punjab, Jharkhand, Haryana, Chhattisgarh and Telangana and one seat from Uttarakhand. Of the 57 seats, the BJP has 23 seats and eight are held by the Congress. The rest are divided between the BJP and other parties. After this phase, the strength of MK Stalin-led DMK and Arvind Kejriwal's Aam Aadmi Party are set to increase. The terms of several Union ministers -- including Finance Minister Nirmala Sitharaman, Commerce Minister Piyush Goyal and Minority Affairs Minister Mukhtar Abbas Naqvi -- are set to end and they will be up for re-election. The tenure of many Congress veterans, like P Chidambaram, Kapil Sibal, Jairam Ramesh and Ambika Soni are also set to end. Last month, the BJP managed to cross the 100 mark in the upper house of parliament following the biennial elections, becoming the first party to do so since 1990. The party won three more seats -- one each from Assam, Tripura and Nagaland -- ending up with 101 MPs in the Upper House. The Rajya Sabha has 245 members, the majority mark stands at 123.

Jharkhand Mining Secretary, Arrested In Money Laundering Case, Suspended From Work

Ranchi: Jharkhand mining secretary Pooja Singhal earlier arrested and remanded to the custody of the ED in a suspected money laundering case was suspended by the Jharkhand government on Thursday, an official said. The ED had produced her before a special Prevention of Money Laundering Act (PMLA) court of Prabhat Kumar Sharma after two consecutive days of questioning by the central probe agency on Tuesday and Wednesday. She was sent to Birsa Munda Central Jail, Hotwar, on Wednesday night after the ED took her on remand for five days. "The government has suspended Pooja Singhal with immediate effect under the provisions of All India Services (Discipline and Appeal Rules, 1969),

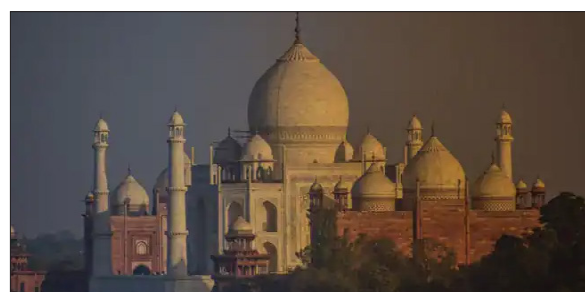
The number of districts in the state is increasing

Sourav dutta: At the inauguration of the renovated town hall, Chief Minister gave a certificate to the bureaucrats. State WBCS announces special allowances for officers. Mamata Banerjee praised the BDO and district governors from the stage. He especially praised the district governors of Purulia, Birbhum and East Midnapore. Mamata said, "The WBCS officers have done a very good job since the Ecovid period. Bureaucrats are the real face of the government. I keep an eye on who is working and how. The number of districts may increase from 23 to 46, "Mamata hinted at the annual general meeting of the WBCS officials' association. In Mamata's ' Now there are 23 districts in the state, then there may be 46. He needs more officers. Infrastructure is needed. We have the infrastructure, but we don't have enough officers," he said. Chief Minister Mamata Banerjee has said, There will be no more difference in the allowance of WBCS officers with IAS officers. The minimum special allowance for WBCS officers was earlier Rs 1,200. It is increasing to 3000 rupees. The Chief Minister has made special announcements for the officers who have reached the upper pay scale. They will be given a special allowance of Rs 10,000. In addition, WBCS officers will be examined every year.

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Taj Mahal's 22 Doors Stay Locked, 'Issue Should Be Left With Historians': Court

New Delhi: The Allahabad High Court today rejected the petition seeking an inquiry into the "history" of Taj Mahal. The court dismissed the petition which asked for opening of the doors of its 22 rooms to see "the truth, whatever it is." "The issues lie outside court and should be done by various methodology and should be left with the historians," the court said. The plea was filed by Rajneesh Singh, a BJP youth media in-charge, before the Lucknow Bench of Allahabad High Court that sought the directions to the Archaeological Survey of India to probe the 22 closed doors in the Taj Mahal to ascertain the presence of the idols of Hindu deities. The petitioner had said that false history about the Taj Mahal was being taught, and hence the doors should be opened to ascertain the truth. The court said that such debates are meant for the drawing room and not the court of law. The Mughal-era monument is protected by the Archaeological Survey of India. The Taj Mahal was built by the Mughal emperor Shah Jahan as the tomb of his wife Mumtaz. The construction of the marble monument began in 1632 and took 22 years to finally be completed in 1653. The architectural magnum opus was named a UNESCO World Heritage Site in 1982.



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West Bengal Chief Minister Mamata Banerjee inaugurates the renovated historical Town Hall, Kolkata. May 12, 2022. H.T Photo by SOURAV DUTTA.

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Every heatwave enhanced by climate change: experts

PARIS: All heatwaves today bear the unmistakable and measurable fingerprint of global warming, top experts on quantifying the impact of climate change on extreme weather said on Wednesday. Burning fossil fuels and destroying forests have released enough greenhouse gases into the atmosphere to also boost the frequency and intensity of many floods, droughts, wildfires and tropical storms, they detailed in a state-of-the-art report.

"There is no doubt that climate change is a huge game changer when it comes to extreme heat," Friederike Otto, a scientist at Imperial College London's Grantham Institute, said.

Extreme hot spells such as the heatwave that gripped South Asia in March and April are already the most deadly of extreme events, she added.

"Every heatwave in the world is now made stronger and more likely to happen because of human-caused climate change," Otto and co-author Ben Clarke of the University of Oxford said in the report, presented as a briefing paper for the news media.

Evidence of global warming's impact on extreme weather has been mounting for decades, but only recently has it been possible to answer the most obvious of questions: To what extent was a particular event caused by climate change? The most scientists could



say before is that an unusually severe hurricane, flood or heatwave was consistent with general predictions of how global warming would eventually influence weather.

News media, meanwhile, sometimes left climate change out of the picture altogether or, at the other extreme, mistakenly attributed a weather disaster entirely to rising temperatures.

With more data and better tools, however, Otto and other pioneers of a field

known as event attribution science have been able to calculate — sometimes in near real-time — how much more likely or intense a particular storm or hot spell has become due to global warming.

Otto and colleagues in the World Weather Attribution (WWA) consortium, for example, concluded that the heatwave that gripped western North America last June — sending temperatures in Canada to a record 49.6

C (121 F) — would have been "virtually impossible" without human-induced climate change.

A heatwave that scorched India and Pakistan last month is still under review, Otto said, but the larger picture is frighteningly clear.

"What we see right now in terms of extreme heat will be very normal, if not cool, in a 2-degree to 3-degree Celsius world," she said, referring to average global temperatures above preindustrial levels. The world has warmed nearly 1.2C so far.

That increase made record-setting rainfall and flooding last July in Germany and Belgium that left more than 200 dead up to nine times more likely, the WWA found. But global warming is not always to blame. A two-year drought in southern Madagascar leading to near famine conditions attributed by the UN to climate change was in fact a product of natural variability in the weather, experts reported.

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A Big Day For Sri Lanka After President Warns Of Anarchy



Colombo: Many Sri Lankans thronged buses in the main city Colombo on Thursday to return to their hometowns with leaders of political parties due to meet after the Prime Minister quit and went into hiding and President Gotabaya Rajapaksa warned of anarchy.

Hundreds of people thronged the main bus station in the commercial capital after authorities lifted an indefinite curfew at 7 am. The curfew will be reimposed at 2 pm.

The island nation, battling its worst economic crisis since independence, was gripped by violence earlier this week after supporters of former Prime Minister Mahinda Rajapaksa, the president's elder brother, attacked an anti-government protest camp in the commercial capital Colombo on Monday.

Days of violent reprisals against government figures aligned to the powerful Rajapaksa clan followed. In total, 9 people were killed and more than 300 injured during the clashes, police said.

Protesters sprayed graffiti over Mahinda Rajapaksa's home in a southern town and ransacked a museum dedicated to his father. They have vowed to keep up the protests until the president also quits. Mahinda Rajapaksa stepped down after the fighting erupted and is in hiding in a military base in the northeast of the country. His brother said on

Wednesday he will appoint a new prime minister and cabinet this week "to prevent the country from falling into anarchy as well as to maintain the affairs of the government that have been halted".

On Thursday, streets in the main city Colombo remained quiet, with some people venturing out to buy essential supplies. Later in the day, leaders of political parties were to meet the speaker of the country's parliament to discuss the current situation. President Rajapaksa has repeatedly called for a unity government to find a way out of the crisis, but opposition leaders say they will not serve until he resigns over his handling of the crisis.

Hit hard by the pandemic, rising oil prices and tax cuts by the populist Rajapaksa government, the island nation is experiencing its worst financial crisis since independence in 1948. Useable foreign reserves stand as low as \$50 million, inflation is rampant, and shortages of fuel have brought thousands onto the streets in more than a month of anti-government protests, that had remained predominantly peaceful until Monday. Sri Lanka's central bank governor said on Wednesday failing to find a solution to the crisis in the next one to two weeks would lead to power cuts of up to 10 to 12 hours per day, as well as his own resignation.

Pakistan, US hold security talks ahead of FM Bilawal's visit

WASHINGTON: Pakistan and the United States completed their security level talks in Washington on Wednesday, days before a scheduled meeting between their foreign policy chiefs is scheduled to be held in New York.

Inter-Services Intelligence Director-General (DG ISI) Lt-Gen Nadeem Anjum spent three days in Washington this week, meeting senior security officials, including US National Security Advisor Jake Sullivan and CIA Director William J. Burns.

Neither side disclosed the details of these meetings, but the talks are believed to have focused on bilateral security concerns and the situation in Afghanistan, as

the US believes that Pakistan can help stabilise the war-torn country.

The last security level talks between the two countries were held in July 2021, when then-National Security Advisor Moeed Yusuf met Mr Sullivan at White House. The Pakistani delegation had also included former ISI chief Lt-Gen Faiz Hameed.

Later, Mr Sullivan said in a tweet that their talks focused on "regional connectivity and security, and the urgent need for a reduction in violence in Afghanistan."

The current ISI chief's visit followed an unprecedented deterioration in Pakistan-US ties, triggered by former Prime Minister Imran Khan's claim that

Washington conspired with opposition leaders to topple his government.

At a news briefing on Tuesday, US State Department Spokesperson Ned Price rejected Mr. Khan's claims as speculations and lies, adding that the United States will not let "lies get in the way" of its bilateral ties with Pakistan, a relationship, he stressed, the US values.

"We are not going to let propaganda, misinformation, and disinformation — lies — get in the way of any bilateral relationship we have, including with the bilateral relationship we have with Pakistan, one we value," he said while responding to a question about Mr. Khan's claims.

US backs new South Korea leader on North

WASHINGTON: The United States on Wednesday voiced support for South Korea's new president's outreach to North Korea and reiterated that it was ready to talk to Pyongyang on rising tensions.

President Yoon Suk-yeol, a conservative expected to take a harder line on the North, in his inaugural address on Tuesday called on his neighbor's leaders to give up nuclear weapons in return for economic aid.

"We have a new partner — a new president — in South Korea that is determined, working with the United States, to be very clearly engaged in deterring and sending a strong message of partnership between Seoul and Washington," said Kurt Campbell, the top White House official on Asia.

"And on that basis, I think we're prepared for any kind of diplomacy or engagement with North Korea," he said at the US Institute of Peace. Campbell acknowledged that North Korea has not responded to outreach by President Joe Biden's administration for dialogue.

"Recently we've seen a number of steps — military steps — and tests that we view as provocative," Campbell said.



The United States said last week that it saw signs North Korea could be planning a nuclear test, its first since 2017.

Yoon's predecessor Moon Jae-in pursued a policy of engagement with Pyongyang, brokering summits between North Korean leader Kim Jong Un and then US president Donald Trump. But the talks produced no lasting agreement and North Korea has shown little interest in dialogue with lower-ranking US officials under Biden.

US Democrats throw down gauntlet with symbolic vote on abortion



WASHINGTON: Democrats in the US Senate were due to lead a vote on Wednesday to codify the right to abortion into federal law in a bid to pin down Republicans on the deeply divisive issue ahead of crucial midterm elections, even though they expect the measure to fail.

The move comes amid a political firestorm ignited by a leaked draft opinion that showed the Supreme Court's conservative majority prepared to overturn Roe v. Wade, a landmark 1973 ruling guaranteeing abortion access nationwide.

Chuck Schumer, the leader of the Senate's Democratic majority, told colleagues the vote would be "one of the most consequential" in decades, describing the draft opinion as "one of the worst court decisions ever."

"Before the day is over, every member of this body will make a choice: vote to protect the fundamental rights of women across the country, or stand with five conservative justices ready to destroy these rights in one fell swoop," he said.

The House-passed Women's Health Protection Act would create a federal statute assuring health care providers have the right to provide abortions and patients have the right to receive them.

But the 60 votes needed to advance the debate towards a final yes or no vote in the evenly-divided, 100-member Senate are not there.

Even if they were, the Democrats don't have the 51 votes required to pass the legislation since Democrat Joe Manchin is opposed to abortion rights, and told reporters in Congress Wednesday he would be voting no.

The only two Republican supporters of abortion rights — senators Susan Collins of Maine and Lisa Murkowski of Alaska — opposed a near-identical earlier version along with Manchin.

The move is seen as significant, however, with abortion rights set to be a hot button issue for November's midterm elections, when control of both the House and Senate will be at stake.

A new Politico/Morning Consult poll has 53 percent of voters saying Roe should not be overturned, up three percentage points since last week, while 58 percent said it was important to vote for a candidate who supports abortion access.

"Generally, the people who vote and turn out based on abortion policy are those who support more restrictions on abortion rights," said Shana Gadian, professor of political science at Syracuse University.

"By striking down Roe, this is likely to create a new constituency of pro-choice voters who are activated to turn out and donate in ways that they would not normally in a midterm election."

Senate Minority Leader Mitch McConnell has suggested a federal abortion ban is "possible" if Roe is overturned.

He later rowed back slightly, telling reporters that no abortion vote in the Senate had ever achieved the 60-vote threshold. But Democrats seized on the initial remark, arguing that highlighting their disagreement with Republicans could help them in the midterms, with the majority of Americans supporting abortion rights.

"If we are not successful, then we go to the ballot box," Senator Amy Klobuchar told ABC on Sunday.

"We march straight to the ballot box, and the women of this country and the men who stand with them will vote like they've never voted before." Meanwhile, activism around the issue is becoming increasingly acrimonious, with angry protesters in favor of abortion rights gathering at the homes of Supreme Court justices in Washington.

Israel says Iran tried to recruit agents via Facebook

JERUSALEM: Israel's internal security agency on Monday accused Iran of using a fake Facebook profile to try and get Israelis to collect information and harm people in their country.

Shin Bet's allegation comes days after Israel claimed that the Islamic republic of Iran had plotted to assassinate an Israeli diplomat in Turkey, as global powers seek to revive a nuclear deal with Tehran.

According to the Shin Bet, the profile of a young Jewish-Canadian woman called Sara Puppi with ties in Israel was fake and belonged to an Iranian agent using the social network to befriend primarily Israelis. After contact was made, Puppi would use the WhatsApp messaging app to try and persuade her new friends "to gather information on Israeli figures while gauging their willingness to harm them, using pressure and promising thousands of dollars," the Shin Bet said.

"Emotional and romantic manipulations were also used," the agency added in a statement. It said that Shin Bet agents had posed as "friends" of Puppi — whose account had more than 2,000 friends before disappearing on Monday — and received a Bitcoin payment from her.

"The Iranian operative behind the account used a business cover story to give various missions," the Shin Bet said. Puppi expressed a will to harm LGBT people as well as "business representatives and diplomats from Arab countries operating in Israel," it said.

Those behind the account also tried to damage Israel's ties with Russia by encouraging people to criticise Russian President Vladimir Putin over the Ukraine war, the Shin Bet said. The Shin Bet said they could link the account to Iran with intelligence they obtained.

Meanwhile, Israel claimed on the weekend it had "foiled" alleged bids by Iran "to assassinate a US general in Germany, a journalist in France and an Israeli diplomat in Turkey". The plots "were ordered, approved and funded by the senior leadership of the Iranian regime and were intended to be executed by the IRGC (Islamic Revolutionary Guard Corps)," said a statement from the prime minister's office.

Half Of Covid Survivors Show 1 Symptom Even 2 Years After: Lancet Journal

New Delhi: Two years after getting infected with COVID-19, half of people hospitalised with the infection have at least one symptom, a follow-up study by the medical journal The Lancet has said.

The Lancet Respiratory Medicine in a study said evidence shows that a considerable proportion of people who have recovered from COVID-19 have long-term effects on multiple organs and systems. "Regardless of initial disease severity, COVID-19 survivors had longitudinal improvements in physical and mental health, with most returning to their original work within 2 years; however, the burden of symptomatic sequelae remained fairly high," the Lancet said in the summary of its study.

"COVID-19 survivors had a remarkably lower health status than the general population at 2 years. The study findings indicate that there is an urgent need to explore the pathogenesis of long COVID and develop effective interventions to reduce the risk of long COVID," it said. It said long Covid could persistently last to 2 years after acute infection, indicating that ongoing longitudinal follow-up is urgently needed to better characterise the natural history of long Covid and to establish when Covid survivors will fully recover.

"Future studies should further explore the pathogenesis of long COVID and develop effective intervention strategies to reduce the risk of long COVID," the Lancet said.



The medical journal said given the huge number of individuals who have recovered from COVID-19 up to now, the sequelae after recovery from acute COVID-19 are undoubtedly a great health concern and might cause a big medical and socio-economic burden.

A UK had in late April said not even one in four people have completely recovered from Covid a full year after being hospitalised with the disease, warning that long Covid could become a common condition. "The

limited recovery from five months to one year after hospitalisation in our study across symptoms, mental health, exercise capacity, organ impairment and quality-of-life is striking," study co-leader Rachel Evans of the National Institute for Health

and Care Research had said. The most common long-Covid symptoms were fatigue, muscle pain, poor sleep, slowing down physically and breathlessness.

"Without effective treatments, long Covid could become a highly prevalent new long-term condition," said study co-lead Christopher Brightling of the University of Leicester.

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Sensex Crashes 1,158 Points Ahead Of Retail Inflation Data, Nifty Settles Below 15,850

New Delhi: Indian equity benchmarks dropped more than 2 per cent on Thursday, dragged by banking, financial and metal stocks. The domestic indices extended their fall for the fifth straight session today.



Investors remained worried ahead of April's retail inflation data, which is likely to stay at an 18-month high. A broader decline in global stocks following U.S. consumer price data also dented investor sentiment.

Mid- and small-cap shares finished on a weak note as Nifty Midcap 100 dived 2.33 per cent and small-cap slipped 1.87 per cent. All of the 15 sector gauges -- compiled by the National Stock Exchange -- settled in the red.

Wadura Camps of SKUAST-K celebrates International Day of Plant Health

DR.AB QAYOOM



Sopore, May, 12: HT-Research center of Sher-e-Kashmir University of Agricultural Science & Technology of Kashmir SKUAST-K held an event to commemorate International Day of Plant Health-2022 at the Faculty of Agriculture, Wadura.

Rupee Falls 15 Paise To Settle At 77.40 Against US Dollar

Mumbai: Snapping its two-day winning streak, the rupee slumped by 15 paise to end at 77.40 (provisional) against the US dollar on Thursday, following risk-off sentiments amid increasing concerns over inflation globally.

Retail Inflation Surges To 7.79% In April, Highest Since September 2014

New Delhi: India's retail inflation surged to 7.79 per cent in April, largely driven by rising fuel and food prices, government data showed on Thursday.



Food inflation, which accounts for nearly half the consumer price index (CPI) basket, reached a multi-month high in April and can remain elevated due to higher vegetable and cooking oil prices globally.

The elevated price outlook pushed RBI to hike its repo rate for the first time in four years, lifting it by 40 basis points (bps) to 4.40 per cent in an off-cycle meeting earlier this month.

Crypto Billionaires' Vast Fortunes Destroyed In Weeks Amid Sell-Off

It's been a long few weeks since the crypto crowd was partying in Miami. Coinbase Global Inc. founder Brian Armstrong had a personal fortune of \$13.7 billion as recently as November and about \$8 billion at the end of March.



The firm's shares have tumbled 84% since their first day of trading in April 2021, closing Wednesday at \$53.72 after the company warned that trading volume and monthly transacting users were expected to be lower in the second quarter than in the first.

mic stalecoin that's now at risk of a complete collapse amid a breakdown in the price of a crypto token in the same ecosystem, Luna. "I'm probably the only guy in the world that's got both a Bitcoin tattoo and a Luna tattoo," Novogratz said at the Bitcoin 2022 conference in Miami on April 6.

even steeper declines than Coinbase's. Tyler and Cameron Winklevoss, co-founders of rival crypto exchange Gemini, have each lost about \$2.2 billion -- or roughly 40% -- of their wealth this year.

"Can't Give Any Interim Relief": Supreme Court Refuses To Stay LIC IPO

New Delhi: In a big relief to Life Insurance Corporation of India (LIC), Supreme Court on Thursday refused to stay the ongoing initial public offering (IPO) of the country's top insurer.

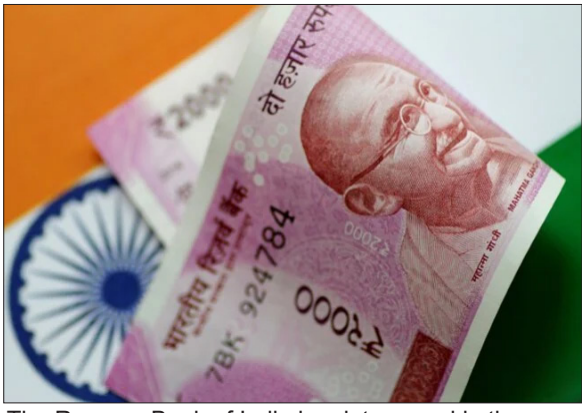


"We can't give any interim relief in this matter. There are more than 73 lakh applicants already subscribed to the IPO. This is a matter of investment and we can't give any relief in it," the top court stated.

LIC was the fifth-biggest global insurer in terms of insurance premium collection in 2020, as per the latest year for which statistics are available. Few grey market data showed that the LIC shares would list at ₹ 15 below their issue price.

challenging the constitutional validity of certain sections' provisions of the Finance Act, 2021 and LIC Act 1956, seeking a reply in four weeks. The decision was taken by a bench of Justices DY Chandrachud, Surya Kant and PS Narasimha.

RBI Will Continue To Intervene To Curtail Rupee's "Jerky Movements": Sources



The Reserve Bank of India has intervened in the open market to stem the rupee's losses in recent times and is likely to continue to do so, albeit the intervention will be to keep the currency range-bound.

Regarding currency depreciation worries for India, sources told NDTV that the RBI would participate in the market "to smoothen the impact" and "curtail jerky movements in the rupee."

While the rupee has gained to 77.25 per dollar from new all-time lows beyond 77.50 hit on Monday, it is still above the previous weak record levels of around 77 in March.

"Threat Of Stagflation Is Transitioning Into Baseline Scenario": Sources



The "threat of stagflation is transitioning into a baseline scenario," sources told NDTV and added that there are "no instruments globally against stagflation."

A day ahead of April retail inflation, sources told NDTV that the Reserve Bank of India's inflation forecast would likely be revised higher at the June Policy Review. Last week, after an emergency meeting, the RBI hiked its key interest rates to fight runaway inflation even as they acknowledged the economic output loss from the pandemic would take India many years to recover.

“Second Alia Bhatt”: Woman’s Video Creates Frenzy On Internet

‘Second Alia Bhatt’: Woman’s Video Creates Frenzy On Internet. Alia Bhatt’s doppelganger in the video posted on her Instagram handle. Internet is very efficient in finding potentially viral stuff. It is now showering praises on the performance of a woman who looks just like actor Alia Bhatt. The woman, who has a handle by the name of Celesti Bairagey on Instagram, recently posted a lip-syncing to a song from the film ‘Dil Toh Pagal Hai’. For the video, she recreated Alia Bhatt’s ‘Gangubai di’ look. Watch the low: Wearing a white saree with pink floral print, the woman danced on a remixed Tak Chup added jhum-and round with sunglasses - Alia Bhatt’s signature style statement in Gangubai. The actor’s fans were surprised by the woman’s uncanny resemblance to Alia Bhatt. “Aaiiiiiilllalll Alia,” an Instagram user commented. “2nd Alia Bhatt,” another commented. The video has received more than three lakh likes. The woman is quite famous as Alia Bhatt’s doppelganger. She belongs to Assam, and has been regularly posting videos on her Instagram handle. In November last year, her video from the streets of Rajasthan became quite famous on the internet. Alia Bhatt got married to actor Ranbir Kapoor on April 14 in an intimate ceremony attended by their family and friends. On the work front, she has several films in her kitty - Karan Johar’s directorial Rocky Aur Rani Ki Prem Kahani with Ranveer Singh and Ayan Mukerji’s Brahmastra with husband Ranbir Kapoor. Alia Bhatt is also set to make her Hollywood debut with Netflix’s Heart Of Stone co-starring Gal Gadot. She will also star in Darlings, which she is co-producing with Shah Rukh Khan.



Laal Singh Chaddha Song Main Ki Karaan?: Aamir Khan’s Recollection Of First Love

On the official Instagram handle of Aamir Khan Productions’ page, a poster from the song was shared. The caption on it read: “Thank you Sonu, Pritam, Amitabh for giving our film, Laal Singh Chaddha, a song like Main Ki Karaan? Click like if you feel the same, along with the

does extraordinary things in his life. However, his only purpose is to be with his childhood love Jenny (Robin Wright). The film is slated to hit the screens on August 11, this year. Aamir Khan was last seen in the 2018 film Thugs Of Hindostan. New Delhi: If Ka-

haani is the soul of Laal Singh Chaddha, then Main Ki Karaan? is the heart of it. The makers shared the second track from the film on Thursday, titled Main Ki Karaan? and it all about first love. The song, which has been released sans a video, begins with a voiceover by Aamir Khan, where he talks about not recalling the day he was born (obviously), or the first bite of his paratha, or his very first Diwali. But the one thing that he remembers vividly is his first love - the first time he heard the voice of the one he loves



dearly. The song is a recollection of Laal Singh Chaddha’s first love. The track has been beautifully sung by Sonu Nigam, accompanied by Romy, composed by Pritam and with lyrics by Amitabh Bhattacharya.

Doctor Strange 2: Charlize Theron unveils first look of ‘Clea’ from her Marvel Studios debut



Washington: After six days of the premiere of ‘Doctor Strange in Madness’s Multiverse,’ Charlize Theron unveiled her first official look as ‘Clea,’ with her character appearing in the film’s mid-credits scene of the Marvel Studios film.

As per Variety, Theron’s casting as Clea had been rumoured for the last few weeks but her recent post marks the first time the Oscar-winning actor has acknowledged that she’s playing the character. On her Instagram account, Theron shared two photos, showing off her looks as the MCU’s character ‘Clea.’ In one of the photos, she showed a glimpse of the fun makeup she wore in the movie. The second image shows her in a superhero costume alongside Benedict

Cumberbatch’s ‘Doctor Strange.’ Theron’s Marvel debut came as a big surprise during the film’s post-credits scene. Since it was evident that she was going to play the character of ‘Clea,’ comic book fans were thrilled to see how the character would develop in the coming ‘Doctor Strange’ movie. She previously teased her character’s entry into the Marvel Universe by sharing her photo from an award show, captioning the post ‘The cat is out of the bag,’ wearing a purple dress that matches her suit in the movie. Theron is next set to appear in the Netflix film ‘The School for Good and Evil,’ directed by Paul Feig and co-starring Kerry Washington, Michelle Yeoh, Ben Kingsley, Rachel Bloom and Laurence Fishburne.

John Abraham, Arjun Kapoor starrer ‘Ek Villain Returns’ to release on July 29



New Delhi: The release date of the much-awaited sequel of the 2014 hit film ‘Ek Villain’, ‘Ek Villain Returns’ has been changed. The upcoming thriller which was originally scheduled to be released on July 8 will now hit the theatres on July 29. Filmmaker Mohit Suri on Tuesday took to his Twitter handle and shared the update. He wrote, “#EkVillainReturns gets a new release date, 29th July 2022.” Mohit Suri had earlier said in a statement, “‘Ek Villain’ was my passion project and a labour of love. The kind of love that I still receive for ‘Ek Villain’ overwhelms me. I am sure with ‘Ek Villain Returns’, the love is only going to grow bigger. And while I cannot reveal much about the film, I can assure that it is going to be a thrilling rollercoaster ride.” Directed by Mohit Suri and jointly produced by T-Series and Balaji Telefilms, the movie stars John Abraham, Arjun Kapoor, Disha Patani and Tara Sutaria in lead roles. Mohit Suri has directed films such as ‘Half Girlfriend’, ‘Aashiqui 2’, ‘Murder 2’, ‘Zeher’ and ‘Kalyug’. ‘Ek Villain Returns’ is the first collaboration between John Abraham and the director. Arjun Kapoor previously worked with Mohit on ‘Half Girlfriend’. Disha Patani starred in Mohit’s last directorial film, ‘Malang’. The release date of the much-awaited sequel of the 2014 hit film ‘Ek Villain’, ‘Ek Villain Returns’ has been changed. The upcoming thriller which was originally scheduled to be released on July 8 will now hit the theatres on July 29. Filmmaker Mohit Suri on Tuesday took to his Twitter handle and shared the update. He wrote, “#EkVillainReturns gets a new release date, 29th July 2022.” Mohit Suri had earlier said in a statement, “‘Ek Villain’ was my passion project and a labour of love. The kind of love that I still receive for ‘Ek Villain’ overwhelms me. I am sure with ‘Ek Villain Returns’, the love is only going to grow bigger. And while I cannot reveal much about the film, I can assure that it is going to be a thrilling rollercoaster ride.” Directed by Mohit Suri and jointly produced by T-Series and Balaji Telefilms, the movie stars John Abraham, Arjun Kapoor, Disha Patani and Tara Sutaria in lead roles.

Sonal Chauhan Is Straight Out Of A Dream In A Summery Pastel Green Lehengaa

Sonal Chauhan knows how to make our hearts flutter with her outfits. Be it ethnic wear or Western numbers, she has a penchant for playing around with colours, fabrics and accessories to create one of a kind look. She dropped some pictures from her latest photoshoot where she could be seen acing a traditional number. Sonal looked beautiful in a stunning pastel green lehenga with elaborate floral designs in dark green and pink all over it. However, her stunning floral blouse with wide straps and a plunging neckline added a bold twist to her ethnic wear. She completed her monochrome look with a dupatta. For accessories, she took traditional dangler earrings and a bangle. Her minimal makeup included defined brows and pink lips. She pulled half of her hair backward. Sonal Chauhan is a pro at dishing out major ethnic goals for her fans. She dazzled in a lehenga that featured elaborate embroidery work in blue, pink green floral patterns on the base colour cream. Her ethnic wear also showcased embellishments that added a bling to the attire. Also, there’s a beautiful pink tassel attached to the lehenga on the side. She wore it with



an embellished sleeveless blouse and took a contrasting hued dupatta on her shoulders. Choker set and her straight hairstyle seemed on point. Sonal Chauhan’s ethnic wardrobe is replete with scintillating lehengas. She looked drop-dead gorgeous in a wine red lehenga. It is just perfect for the wedding season. The bridal pick showed intricate embroidery work in silver resham thread. For this one, she chose a midriff-baring wine-red blouse along with a dupatta with zari and silver mirror work. A heavy choker set and half her hair tied at the back gave a sense of completion.

Lock Up winner Munawar Faruqi compares show to real jail, says ‘no one knows the humiliation there’

Munawar Faruqi has crowned the winner of reality show ‘Lock Up’. He said that winning the show was super easy compared to spending time in a real jail. New Delhi: Munawar Faruqi has won the reality show ‘Lock Up’ and considering the fact that the comedian was arrested and spent time in a real lock-up, he says it was comparatively easier for him. Munawar, started his career as a stand-up comedian and YouTuber, and he became national news when he was arrested in Bhopal on January 2,



2021 for a comedy show that he didn’t even perform. Later on February 6, he was granted bail. Just after winning the show, and holding the trophy, Munawar had a quick chat with IANS. When asked which lock-up was tougher to deal with, the comedian told

IANS: “Well compared to the real lock-up, this was not even half per cent...no one knows the humiliation there. This was a game!” Fans got to know several insights about Munawar and some of the incidents also made every-one emotional. Recalling his childhood trauma and his mother’s suicide was one such memory. Asked his reason to come on the show, and he said, “Yes on social media I have huge followers who religiously followed my content and story. But with the platform of a reality show.

Actor Harsh Vardhan Kapoor Trolled For The ‘Sad Reality Of My Life’

New Delhi: Actor Harsh Vardhan Kapoor began trending after a bit from his recent interview with Mashable



India’s The Bombay Journey went viral. Harsh Vardhan, son of actor Anil Kapoor, during the interview, stated that he was trying to buy a pre-owned Lamborghini that cost ₹ 1 crore instead of purchasing a brand new one that would cost him about ₹ 3 crores. The actors comment about “the sad reality” of his life and his parents not paying for his purchases did not go down well with a section of the Internet. During the interview, the actor said, “I hate to break it to the audience, but the reality is that my parents have no interest in paying for my sh**. So, I wish you all were right and I was wrong. I would have had ten times more than what I have but I buy my own stuff. It’s the sad reality of my life. Otherwise, you don’t think I would have had five cars as opposed to just one. You don’t think I would have had 30 watches. It doesn’t work like that.” This tweet was with reference to the statement actor Ananya Panday made during Rajeev Masand’s talk show The Newcomers Roundtable 2019, where she said, “My dad (Chunky Panday) has never been in a Dharma film, he never went on Koffee With Karan. So, you know it isn’t as easy as everyone says it is. Everyone has their own journey.” To which Siddhant Chaturvedi replied: “I think everybody has their own struggle. Sabka struggle alag hota hai. Difference yahi hai ki jahaan humare sapne poore hote hain, wahan inka struggle shuru hota hai (Everybody has their own struggle. The difference is where our dreams come true, their struggle begins).” Harsh Vardhan Kapoor is the son of veteran actor Anil Kapoor and jewelry designer Sunita Kapoor. His sister Sonam is a Bollywood actor, while his other sibling Rhea Kapoor is a film producer and entrepreneur. Harsh Vardhan made his Bollywood debut with the film Mirzya and he is best known for starring in films like Bhavesh Joshi Superhero and AK vs AK. He was also a part of the Netflix anthology Ray, which was directed by Vasan Bala. The actor was last seen in Netflix’s Thar, co-starring dad Anil Kapoor and actor Fatima Sana Shaikh. Harsh Vardhan will next be seen in the untitled biopic on Abhinav Bindra.

‘Mera Number Kabhi Ayega Kya?’: Ranveer Singh On Wife Deepika Padukone Being On Cannes Jury

New Delhi: Deepika Padukone is on this year’s Cannes jury and her husband Ranveer Singh couldn’t be more excited. In an interview with Film Companion, Ranveer said, “I am so happy I had to break out into a dance. I was like waah yaar, people want you to be the person who decides which is the better film. That’s huge.” The actor jokingly added, “I mean I thought to myself yaar, mera kabhi number aayega kya. Mujhe kabhi bithayenge kya jury-vury pe? Aaj tak kisi ne bulaya nahi hai, kisi jury pe, ki aap decide karo kiska better hai performance (will it ever happen to me? Will they ever make me be part of a jury. No one has ever invited me, on any jury, that you decide whose performance was better).” Ranveer Singh added during the interview: “But Cannes I mean, like that’s huge. Baby is deciding from the best films in the world at the time- which is the better one. It’s so crazy. I was like wow, this is just too amazing. I am very proud of everything that she achieves. Every time, I am her designated cheerleader. Whether it’s Time magazine, or it’s Cannes.

Badhaai Do review: Stretched narrative makes for tedious viewing

Bold themes reflecting the changing reality of our society are slowly but surely making their way into Hindi films. While the honesty and intention are laudable, Harshvardhan Kulkarni’s ‘Badhai Do’ is forcefully stretched to make this point palatable to the audience. Also, somewhere down the line, the message loses its impact and earnestness. Shardul Thakur (Rajkumar Rao) and Sumi Singh (Bhumi Pednekar) come from middle-class families where societal norms are expected to be complied with. The two of them however are ‘different’.

They belong to the queer community, and discovering a common goal, enter into a marriage of convenience, wherein each one leads his or her life freely while keeping up pretences of being a happily married couple. The societal pressure of having a baby, and elders in the family trying hard to make it happen, make things spiral out of control, and a chance discovery of Sumi with her partner, Rimjhim (Chum Darang), causes the Pandora’s Box to be opened. How they explain to their families that they are born to be different and are not suffering from a ‘disease’ forms the crux of the film. Rajkumar Rao, as the policeman, fixated upon fitness and body-building, flaunting his six-pack abs and an enviable physique, every inch looks his part. But somewhere, in his bid to be different and not use stereotypical mannerisms, as he essays this character, he tries too hard and fails to impress. One does not empathise with him and one cannot feel his predicament. Bhumi Pednekar as Sumi, a Physical Education teacher, scores over Rao in her realistic portrayal and seems



to be more comfortable portraying her bold character. Yet, somewhere, neither of them is deeply convincing. The supporting cast of veteran actors deliver what is expected of them. The scene on the terrace where Shardul’s mother

(Sheeba Chaddha) embraces her sobbing son in acceptance is poignant. The plot is linear, with the narrative having a single-minded focus on delivering this message to its audience. The length of the film and the lacklustre chemistry

between the lead cast, however, dilute this impact. The setting of the film -- middle-class small-town families and societal expectations -- are a tad exaggerated, merely to drive home the point and heighten the contrast. The LGBTQ+ rally towards the end, to reiterate their liberation and acceptance of who they are, is one of the several un-called-for instances in the film, which merely adds to its length, not its gravitas. Also, the sensitivity of the issue and the societal reactions, particularly those of middle-class families, are made to look trite, and with the several forced attempts to highlight the struggles of this community, somewhere along the way, the seriousness of the message is lost. The music meshes well with the theme of the film. ‘Atak Gaya’ by Arijit Singh, in particular, encapsulates the essence of the film.

YSS Cup Cricket In Full-swing

Srinagar May 12: In the ongoing Inter district UT level cricket tournament being organized by the Department of YS&S at 4 different venues in here. Many matches of the tournament were played on Thursday as well. The Tournament is being played on league cum knockout basis. 19 teams from 19 districts of the UT are participating in the mega tournament. The Department of YSS has deputed about 200 officials for the successful conduct of the tournament and directions have been passed on to the field officials on duty to keep a close track of the performance of the players as the better ones would be groomed further with the help of advanced coaching by the Department of YS&S. Venue Kashmir University: The first scheduled match at this venue was played between Udhampur and Jammu. Udhampur after winning

the toss elected to bat first and kept target of 146 runs to their opponents. Sahil made fantastic 45 runs in 35 balls while as Ganesh could manage 34 runs in 26 balls. From district team Jammu, Kulbeer took 3 wickets in 3 balls. Aneel Singh and Vishal, each took 2 wickets. Trying very hard to chase the target, Jammu team was not lucky enough to touch the mark and collapsed on 141 runs. Sagar from this team made 47 runs in 28 balls while as Amandeep made 29 runs in 19 balls. Ganesh took 3 while as Davindar and Rahul, each took 2 wickets for their team. Ganesh was declared as man of the match. Udhampur won this interesting match by a small margin of 4 runs. In another match played by Kuthwa and Samba. Samba won the toss and elected to bat first. Samba scored 242 for 7 wickets. Sahil, Vikram and Ankush scored 37,



35 and 3 runs respectively. Katwa got all out on just 99. Rajat took 5 wickets and made 22 fast runs. He was declared man of the match. In another scheduled match played at Amar Singh College ground, shopian out played Budgam by 26 runs. Shopian after winning the toss chose to bat first and scored 145 for 3 wickets. Ruhaid Rasheed from

the team scored impressive 67 runs. At SP College ground, Rajouri locked horns with Gandarbal. Gandarbal won the toss and elected to bat first. Gandarbal while showing some excellent play on ground set a huge target of 189 for their opponents. Toufeeq Ahmad, the all rounder, batted very well and scored meaningful 53 for his team. He took 3 wickets as well. Sahil scored 51 while as Ashfaq's 36 runs also helped the team to score 188. Rajouri struggled to chase the target and were bowled out for just 132. It was Rashid Khan who stood very firm and scored 40 runs for his team Rajouri. In other scheduled match for the day Pulwama out shined poonch by a huge margin of 99 runs. Pulwama, after winning the toss decided to bat first and set 171 on score board. At Eidgah play field, Reasi won the Toss and Elected to bat. Reasi

scored magnificent 141 runs in allotted 20 overs on the loss of 9 wickets. Ganesh scored 34 runs in 24 balls. Ramban won the match in 18th over on the loss of 4 wickets. Amir was the highest scorer from the team. In another match held at Amar Singh College between Udhampur and Shopian, Udhampur scored 115 runs while as Shopian could only chase 100 runs against them. Udhampur won the match by 15 runs. At the same venue, Match between Samba and Rajouri was held. Samba scored 179 runs for 2 wickets, in which Sahil and Rajat was able to score 80 and 74 respectively. Rajouri scored only 122 and lost by 57 runs. Few other matches were in progress when this report was filed by the Media and Publicity Wing of the Department Of Youth Services & Sports J&K.

"Has Typhoid Or Something Like That": Rishabh Pant On Prithvi Shaw

Delhi Capitals skipper Rishabh Pant on Wednesday said his opener Prithvi Shaw could be suffering from typhoid. Speaking after the Capitals' eight-wicket win over Rajasthan Royals, which kept their IPL playoffs hopes alive, Pant said they missed Shaw at the top of the order. "We miss him but we can't control that. He has typhoid or something like that is what the doctor told me," Pant said at the post-match presentation ceremony. Shaw was on Sunday admitted to a hospital due to a high fever. He had himself shared an Instagram post from his hospital bed, saying he is hopeful of coming back soon. Srikanth Bharat, who was played in place of Shaw, failed to open his account. About the crucial victory, Pant, who had opted to field after winning the toss said, "It was close to a perfect game as I believe there is



always space for improvement. On these kind of wickets where there is little turn, you can go either way. "I am happy we bowled first. I thought 140-160 was a good score and said so at the toss. And we got there. Destiny is always on your hands, you can look to give 100 percent. The fielding could be better, but this was close to a perfect game." RR captain Sanju Samson said his team fell a few runs short of what would have been a challenging target.

"Can Only Pray For Him...": Pakistan Star Mohammad Rizwan Has This To Say On Virat Kohli's Struggles

Mohammad Rizwan has happy memories from the 2021 T20 World Cup. Not only did the Pakistan cricket team star score over 280 runs in six matches in the showpiece event, but he was also part of the side that beat Indian cricket team for the first time in a World Cup game. Pakistan started the tournament with a 10-win over India, as Rizwan scored an unbeaten 79*. After the game, then India captain Virat Kohli could be seen walking up to the 29-year-old Rizwan and congratulating him for his brilliant knock. That gesture left a mark on Rizwan, who is currently playing the County Championship for Sussex. India's Cheteshwar Pujara is one of his teammates. Rizwan has been following Kohli's recent performances too. "Virat Kohli is a champion player but the stage he is currently going through, we can only pray for him. Because he is a hard worker.




Every player goes through such phase. There are good times and then there are bad times. All good players who have scored centuries, have been out for zero. This is a cycle of life." Rizwan told Cricwick in an interview. "I am hopeful that with his hard work, he will be able to control things once again." Talking about Pakistan's win over India in the T20 World Cup he said: "I

have never seen such scenes in the dressing room. All the players were so happy. Our media manager told me that he had been getting congratulatory messages. Even Shaheen Afridi said that. I have never been part of such big matches. So, it was a new experience for me." Mohammad Rizwan has happy memories from the 2021 T20 World Cup. Not only did the Pakistan

cricket team star score over 280 runs in six matches in the showpiece event, but he was also part of the side that beat Indian cricket team for the first time in a World Cup game. Pakistan started the tournament with a 10-win over India, as Rizwan scored an unbeaten 79*. After the game, then India captain Virat Kohli could be seen walking up to the 29-year-old Rizwan and congratulating him for his brilliant knock. That gesture left a mark on Rizwan, who is currently playing the County Championship for Sussex. India's Cheteshwar Pujara is one of his teammates. Rizwan has been following Kohli's recent performances too. "Virat Kohli is a champion player but the stage he is currently going through, we can only pray for him. Because he is a hard worker. Every player goes through such phase. There are good times and then there are bad times.

SL name women's cricket squad for Pakistan tour

COLOMBO: The Sri Lanka Cricket (SLC) selection committee named a 15-member squad for the Pakistan tour, while also naming an additional five players on standby, the International Cricket Council (ICC) said on its website on Wednesday. The two sides will first play three T20Is, followed by as many ODIs between May 24 and June 5 in Karachi. The three ODIs will form a part of the ICC Women's Championship 2022-25 in which Pakistan finished fifth in the last cycle, ahead of New Zealand, West Indies and Sri Lanka. The visitors finished at the bottom and will be hoping to better their performances in the upcoming cycle. All the matches will be played at Karachi's Southend Club — Pakistan's first international series at the venue since they hosted West Indies for three T20 Internationals in December 2018. The two sides will first play three T20Is, followed by as many ODIs between May 24 and June 5 in Karachi. The three ODIs will form a part of the ICC Women's Championship 2022-25 in which Pakistan finished fifth in the last cycle, ahead of New Zealand, West Indies and Sri Lanka. The visitors finished at the bottom and will be hoping to better their performances in the upcoming cycle. All the matches will be played at Karachi's Southend Club — Pakistan's first international series at the venue since they hosted West Indies for three T20 Internationals in December 2018. Squad: Chamari Athapaththu (captain), Hasini Perera, Harshitha Samarawickrama, Imesha Dulani, Prasadani Weerakkody, Nilakshi de Silva, Kavisha Dilhari, Ama Kanchana, Achini Kulasuriya, Inoka Ranawera, Udeshika Prabodhani, Sugandika Kumari, Sachini Nisansala, Oshadhi Ranasinghe, Anushka Sanjeevani.



CANCER SOCIETY OF KASHMIR

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Website: www.cancersocietykashmir.org E-mail: cancersocietyofkashmir@gmail.com
Ref. No. CSK/83/2022-23/1334 Dated: - 06-May-2022

Subject :-

Notice inviting Tenders for ACC Blocks with Masonray work & other allied items.

For & on behalf of Chairman Cancer Society of Kashmir Tenders are invited from registered contractors for Supply & masonry work of Air ACC Blocks of reputed companies/brands along with other allied items in newly constructed building of Cancer Society Building at Lalnagar Chanapora Srinagar.

- The tenders shall be accompanied with CDR for an amount equal to 02% of the value of the work pledged to cancer society of Kashmir without which tenders shall not be accepted.
- The last date of tenders is fixed as 21-May-2022 upto 04:00Pm & after the fixed date & time no tender shall be accepted. The details of items (Approximately) is enclosed as Annexure "A" to this notice.
- Cement shall be provided by the society.

The guidelines prescribed by manufacturing companies of Air ACC Blocks shall have to be followed strictly in ACC Blocks masonry.

Note Below:-

The interested parties can contact office for copy of NIT along with enclosures on any working day during office hours.

Annexure "A"
Detailed Estimate of Quantities

Item No.	Description of Item	Unit	Quantity	Rate	Amount	Remarks
1	Air ACC Blocks in cement mortar. 1:6 mix					
A	8" thick (625x250x200)mm	cft	10600 cfts			
B	4" thick (625x250x100)mm including wire mesh & channel grout, beam & column	cft	160 cfts			
2	Reinforce including shuttering, bending & binding of steel including binding wire etc.	cft	280 cfts			
3	RCC Bond Beam/ Coving beam including shuttering, bending of steel including binding wire etc.	cft	150 cfts			

Sd/-
(SYED MANZOOR AHMAD)
Chairman Finance,
Cancer Society of Kashmir.



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