The Jazzbaat

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Omar Abdullah Vows Swift Relief for Shelling Victims, Tackles Public **Grievances** in Outreach Drive



Srinagar, May 23 (Mail): Jammu and Kashmir Chief Minister Omar Abdullah on Friday assured that the government is nearing completion of the damage assessment caused by recent cross-border shelling in Poonch and Rajouri districts and will soon

approach the Centre for a comprehensive relief package for affected families.

Speaking to reporters in Srinagar, the Chief Minister stated that final reports from two districts were still awaited, after which the state will formally seek financial as-

Contd on page 06

Op Sindoor Exposed Pakistan Sponsoring Terrorism In India: Amit Shah

New Delhi, May 23: The Operation Sindoor undertaken by the Indian armed forces in retaliation for the Pahalgam terror attack has "completely exposed" the fact that terrorism in India is sponsored by Pakistan, Union Home Minister Amit Shah said on Friday.

Shah also said that the operation showed the "firm" political will of Prime Minister Narendra Modi, the "precise" intelligence inputs from agencies, and the "lethal" capabilities of the armed forces. India hit as deep as '100-km' inside Pakistan after they dared to target a few Indian civilian and military setups



following Operation Sindoor (on May 7), when nine terrorist camps were decimated, he

Shah made the remarks while delivering the annual Rustamji Memorial Lecture organised by the Border Security Force (BSF) alongside its 22nd investiture ceremony.

Raised in 1965, the BSF guards the over 6,000-km-long Indian borders with Pakistan and Bangladesh. KFRustamji was

the founding chief of the BSF. "The terrorists undertook an extreme attack in Pahalgam as they selectively chose innocents, asked their religion and killed them brutally in front of their families, including women and children," Shah said, adding that this "sin" was committed by Pakistan-sponsored terrorists. "India's response under Operation Sindoor was different," he said.

Nine terror camps in Pakistan and Pakistan-occupied Kashmir (PoK) were "destroyed" within a few minutes, out of which two were the headquarters of terror outfits, Shah said.

■ Contd on | page 06

National Herald Scam Is Not Just Financial, It's the Symbol of Congress's **Moral Collapse** :Tarun Chugh



: BJP National General Secretary Tarun Chugh has made a scathing attack on the Congress party over fresh revelations in the National Herald case, calling it a "historic example of how a political party looted its own legacy."

Chugh said that the case is not just about financial

■ Contd on | page 06

Jaishankar accuses West of backing military regime, undermining democracy in Pakistan

'Large democratic Europe stood side by side with dictatorships' 'Recent India-Pak skirmishes retaliation to terror attack, not over Kashmir'

New Delhi, May 23 (KNO): Accusing the West of backing military regime-and undermining democracy in Pakistan for the past eight decades, External Affairs Minister S Jaishankar on Friday said that recent skirmishes between India and Pakistan were not over Kashmir but in retaliation to a terrorist attack.



In an interview to an international newspaper. Jaishankar, according to the news agency—Kashmir News Observer (KNO), took a dig at the West's backing of Pakistan over the past decades: "Our borders have been violated by Pakistan in Kashmir ever since our independence in 1947. And what have we seen in the eight decades since then?

■ Contd on | page 06

J&K administration amends Prison Manual -2022

Prohibits caste-based discrimination/segregation/classification in jails, correctional institutions; Defines criteria habitual offender

Srinagar, May 23 (KNO): In a significant move, the administration of Jammu & Kashmir has amended the Union Territory's Prison Manual-2022 to prohibit the castebased segregation in jails and defined criteria for declaring a person as "habitual offender". According to amendments carried out by LG-led administration in the Prison Manual, it shall be strictly ensured that there is no discrimination/classification/ segregation of prisoners based on the basis of their caste.



"It shall be strictly ensured that there is no discrimination of prisoners in allotment of any duty/

work in prisons on the basis of their caste," reads the amendments, as per news agency—Kash-

■ Contd on | page 06

Kashmir Boils Under Heatwave, Srinagar Youth Turn to Streams as Natural Escape

Srinagar, May 23 An intense heatwave has gripped Jammu and Kashmir, with mercury soaring to record-breaking levels and pushing residents, especially the youth, to seek relief in the icy streams of Harwan and Dachigam. Srinagar, the summer capital, sizzled at 33.2°C on Friday, 7.8 degrees above normal, intensifying public discomfort and sending crowds fleeing to natural retreats.



According to the Meteorological Department, all weather stations across the

Kashmir valley recorded temperatures significantly above seasonal norms.

Rahul Gandhi to visit J&K's **Poonch** tomorrow

To meet families of cross-border shelling victims

Srinagar, May 23 Leader of Opposition in Lok Sabha, Rahul Gandhi, is scheduled to undertake a day-long visit to Poonch tomorrow (May 24) to meet the families of those killed and injured in the recent shelling by Paki-

JKPCC chief while speaking to the news agency—Kashmir News Observer (KNO) said that the visit aims to express solidarity with the grief-strick-

■ Contd on | page 06

Land Record Digitisation; A Challenging Yet Crucial Task: CS Atal **Dulloo**



Srinagar, May 23: Chief Secretary, Atal Dulloo, chairing

a meeting held to assess the Digital India Land Records

Modernization Programme (DILRMP), urged the Revenue Department to tackle the massive digitisation task head-on and work towards completing it within the stipulated timeframe.

The meeting besides Financial Commissioner, Revenue (FCR) was attended by Com-■ Contd on | page 06

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JDF Opens New Office in Kulgam, Promises Grassroots Development

Kulgam, May 23, 2025 -The Jammu & Kashmir Justice Development Front (JDF) took a major step in expanding its presence in South Kashmir by inaugurating its new district office in Kulgam to-

The event saw an enthusiastic turnout, with senior party leaders including JDF Patron Ghulam Qadir Lone,



Party President Shameem Ahmad Thoker, and General Secretary Sayar Ahmad Reshi in attendance, alongside scores of party workers and supporters. Speaking to the gathering, President Shameem Ahmad Thoker reaffirmed the party's commitment to national unity and inclusive growth. He also hailed the success of Operation Sindoor, calling it a significant step towards lasting peace in the region.

Stakeholders Demand Reopening of 48 Tourist Spots in Kashmir

Srinagar, May 23, KNT: Over a stating, "Tourism stakeholders month after the deadly attack in have suffered irreparable losses. Pahalgam that left 25 tourists and a local resident dead, political leaders and tourism stakeholders in Kashmir are urging the government to reopen 48 tourist destinations that were shut down in the aftermath of the violence.

Calling the prolonged closure "a blow to the Valley's economic backbone," PDP spokesperson Zuhaib Mir said, "We can't talk about normalcy while tourist sites remain locked. Opening these areas even for locals would help restore a sense of confidence."

Congress leader Ghulam Ahmad Mir, who met Lieutenant Governor Manoj Sinha vesterday, also pressed for the early reopening of these sites. He emphasized the need for both revival and compensation,

Reopening the spots is urgent." The Kashmir Chamber of Commerce and Industry (KCCI), led by its president Javid Ahmed Tenga, also raised the matter with the LG during a recent meeting, underlining the pressing challenges faced by the tourism and trade

Meanwhile, tour operator Farooq Kuthoo argued that keeping destinations closed plays into the hands of the perpetrators. "We are getting tourist queries every day, but we can't take them anywhere beyond Gulmarg and Dal Lake. It feels like surrendering to fear," he said.

Travel Agents Society of Kashmir (TASK) General Secretary Waseem Gosani also echoed this concern.

"The sector has been crippled. Clear security protocols and guidelines at the sites can allow us to reopen without compromising safety," he said.

Since the April 22 attack in Pahalgam, tourist spots like Gurez, Bangus, Doodpathri, Yousmarg, and Tosamaidan have remained off-limits.

The Valley had been witnessing a tourism boom in recent years, with over 3 crore tourists visiting since 2021. New infrastructure and employment opportunities had boosted the local economy until the recent setback

Stakeholders warn that continued restrictions will reverse years of progress and appeal to the administration for a phased and safe reopening of all tourist destinations. [KNT]

Tiranga Rally Held at Madwan Hajin to Celebrate Operation Sindoor

Hajin 23 May 2025: In a show of patriotism and public support for national security forces, the BJP unit Bandipora organized a massive Tiranga Rally in Madwan village of Hajin town, North Kashmir, on Friday afternoon. The rally was held to celebrate the success of Operation Sindoor, an anti-terror operation that targeted terror camps in Pakistan-occupied Kashmir (PoK).

The rally was led by BJP National Executive Com-



mittee Member and Pra- armed forces and the bhari Bandipora, Arif Raja, alongside BJP Bandipora District President Mudasir Farooq Tiranga Rally is being Jan. Hundreds of participants marched with the national flag, raising slogans in support of the

unity of the nation. Speaking to reporters,

Arif Raja said, "This organized across the country to mark the success of Operation Sindoor carried out by

our bravehearts. The operation has delivered a strong message by targeting and destroying terrorist camps across the border."

The rally witnessed participation from local BJP workers, youth, and villagers, who expressed pride in the armed forces. The atmosphere remained peaceful and patriotic, with tricolour flags waving high and slogans echoing through the streets of Madwan, Prang and its adjoining areas.

"Prevent Heat Stress": Budgam **Administration Issues Heatwave Advisory, Activates Emergency Helpline**

Budgam, May 23: Amid forecast of persistent heatwave across Kashmir, the District Administration Budgam has issued a

public advisory urging people to adopt precautionary measures to prevent heat-re-

The advisory follows a weather bulletin by the Indian Meteorological Department (IMD), Srinagar Station, predicting high temperatures till May 29, 2025.

Precautionary Measures

cautioned against leaving chil-

dren and pets unattended in veparts of the day, it reads. to regularly check on elderly

People have been urged to wear lightweight, light-coloured, and loose-fitting clothing. Authorities

lated illnesses.

for the Public According

to the advisory a copy of which lies with news reads, residents are advised to stay indoors in cool environments as much as possible and hydrate frequent-

relatives and neighbours.



Residents are advised to avoid strenuous outdoor activities during peak heat hours. Those who must venture out have been told to wear hats and sunglasses and apply sunscreen.

The use of fans, coolers, or air conditioners has also been recommended, along with keeping curtains drawn during the hottest

hicles and encouraged residents Heads of educational institutions across Budgam have been in-

structed to prioritize the safety

of students during this heatwave. Students are considered more vulnerable to heat stress, and school authorities have been directed to implement necessary precautions within their cam-

For any assistance, the general public can reach out to the District Emergency Operation Centre (DEOC) Budgam at 01951-295530.

All Tehsildars of the district have been asked to circulate timely advisories in their respective areas, especially targeting schools and other public institutions. They are also expected to raise awareness among vulnerable populations and maintain close coordination with local police to prevent any untoward incident.

Relief measures for shelling affected people must be fast-tracked: LoP Sharma

BJP leaders visit Uri, express solidarity with border residents

Baramulla, May 23 (KNO): Bharatiya Janata Party (BJP) delegation led by J&K President Sat Sharma (CA) visited the shelling-affected areas of Uri in Baramulla district to assess the damage caused by unprovoked shelling from Pakistan and to stand in solidarity with the affected residents.

The delegation comprised Leader of Opposition in the J&K Assembly Sunil Sharma, BJP National Secretary and MLA Dr. Narinder Singh, J&K BJP General Secretary and MLA Dr. Devinder Kumar Manyal, MLA Adv. Ranbir Singh Pathania, District President Baramulla Ghulam Hussain Dar, Prabhari MM War and National Executive Member Mohammad Anwar Khan, reads a statement issued to the news agency—Kashmir News Observer (KNO). Speaking on the occasion, Sat Shar-

ma condemned the inappropriate aggression by Pakistan. "The attacks are a blatant act of military aggression against innocent civilians. The BJP stands united with the people of Uri,



and the party assures strong diplomat- tive delays in relief and rehabilitation ic and military responses to ensure their efforts. "There is an urgent need for safety," he said, while interacting with coordinated action from the adminislocal residents and media. Sunil Sharma disapproved administra-

tration. Our border residents must not be left to suffer in silence. Relief measures must be fast-tracked," he empha-

Dr. Narinder Singh reiterated BJP's 'Nation First' ideology and stated that the New India has both the capacity and the will to act decisively against any threat. He also assured the public that the BJP leadership is closely monitoring the situation.

Dr. Devinder Kumar Manyal highlighted the recent success of Operation Sindoor, noting it as a significant step in enhancing regional security. "Operation Sindoor has reaffirmed our forces' capabilities in neutralizing threats and maintaining peace. Our leadership remains committed to strengthening border security and ensuring that such incidents are met with firm response,"

Adv. RS Pathania assured locals of their continued support on the behalf of the BJP family and stressed that the BJP continues to be on the frontlines, not only in governance but also in service to the nation's citizens at times of need.

Senior BJP leadership also assured to take up their concerns and issues to the Union Government for comprehensive relief, rehabilitation, and enhanced border infrastructure—(KNO)

India needs to further ramp up investments in military hardware: Report

NewDelhi, May 23: In response to shifting global dynamics, India will need to significantly rampupinvestmentsinmilitary hardware, space technology, drones, air defence systems, aircraft carriers, smart grids and power infrastructure, a report showed on Friday.

"Operation Sindoor" has showcased a transformative application of advanced air warfare, missile systems, and drone technology, reinforcing the strategic importance of the "Make in India" initiative.

"As global powers seek to expand their footprint in Southeast Asia, geopolitical uncertainties are expected to intensify," according to the report by PL Capital.

Additionally, the suspension of the Indus Water Treaty is likely to unlock new opportunities across engineering, procurement, and construction (EPC), pumped storage projects (PSPs), and hydroelectric equipment, it added.

PL Capital believes geopolitical complexities are on the rise and are likely to intensify



in the near future. While the Middle East has long been a region of fragile stability, Southeast Asia now finds itself on the brink of disruption.

The growing involvement of global powers in India's neighbourhood is expected to heighten tensions across various fronts, potentially reshaping existing alliances, triggeringeconomic volatility, and increasing the risks of conflict, terrorism, and regional instability, the reportmentioned.

tion of "near-infrared light."

which is infrared light in

the 800-1600 nm range, just

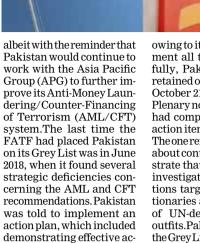
beyond what humans can

Recent developments surrounding "Operation Sindoor" mark a significant step in India's emergence as a global military power.

India to push for bringing Pakistan on FATF grey list: Govt sources

New Delhi, May 23: India will leave no effort to bring Pakistan onto the grey list, according to government sources. The Financial Action Task Force (FATF), the global money laundering and terrorist financing watchdog, has been informed about India's intentions. Government sources said that India will send a detailed dossier to the FATF, outlining evidence and concerns regarding the involvement of certain entities and individuals in terror financing and money laundering activities. The dossier will highlight India's findings and demand strict scrutiny and action by the FATF under international protocols.Sources said that India's intervention at the FATF will have a serious impact. Indian officials will participate in the upcoming meeting scheduled for June and raise this issue with the FATF.

The FATF Plenary had removed Pakistan from the Grey List in October 2022,



owing to its failure to implement all the action points fully, Pakistan was again retained on the Grey List on October 21, 2021. The FATF Plenary noted that Pakistan had completed 26 of the 27 action items in its 2018 plan. The one remaining issue was about continuing to demonstrate that terror financing investigations and prosecutions targeted senior functionaries and commanders of UN-designated terror outfits.Pakistan was put on the Grey List for the first time in 2008, then removed in 2009, and again it was brought under increased monitoring from 2012 to 2015. Greylisting by the FATF is said to limit a country's access to inter-

Infrared contact lenses allow people to see in the dark

The contact lens technol-

ogy uses nanoparticles that

absorb infrared light and

convert it into wavelengths

that are visible to mamma-

lian eyes (e.g., electromag-

netic radiation in the 400-700

nm range). The nanoparticles

specifically enable the detec-

New Delhi, May 23: Neuroscientists and materials scientists have created contact lenses that enable infrared vision in both humans and mice by converting infrared light into visible light. Unlike infrared night vision goggles, the contact lenses, described in the journal Cell, do not require a power source—and they enable the wearer to perceive multiple infrared wavelengths. Because they're transparent, users can see both infrared and visible light simultaneously, though infrared vision was enhanced when participants had their eyes closed.

"Our research opens up the potential for noninvasive wearable devices to give people super-vision." says senior author Tian Xue, a neuroscientist at the Univer-



sity of Science and Technology of China. "There are many potential applications right away for this material. For example, flickering infrared light could be used to transmit information in security, rescue, encryption or anti-counterfeiting settings.

already see. The team previously showed that these nanoparticles enable infrared vision in mice when injected into the retina. but they wanted to design a

less invasive option. To create the contact lenses, the team combined the nanoparticles with flexible, nontoxic polymers that are used in standard soft contact lenses. After showing that the contact lenses were nontoxic, they tested their function in both hu-

mans and mice. They found that contact lens-wearing mice displayed behaviors suggesting that they could see infrared wavelengths. For example, when the mice were given the choice of a dark box and an infraredilluminated box contactwearing mice chose the dark box whereas contact-less mice showed no preference.

The mice also showed physiological signals of infrared vision: the pupils of contact-wearing mice constricted in the presence of infrared light, and brain imaging revealed that infrared light caused their visual processing centers to light up.

In humans, the infrared contact lenses enabled participants to accurately detect flashing morse codelike signals and to perceive the direction of incoming infrared light.

"It's totally clear-cut: without the contact lenses, the subject cannot see anything, but when they put them on, they can clearly see the flickering of the infrared light," said Xue

Nasal spray gene therapy can better target the lungs and airway

tion against United Nations-

designated terror outfits,

individuals, and their asso-

ciates in terms of financial

sanctions, asset seizures,

investigation, prosecution,

and convictions. However,

New Delhi, May 23: For gene therapy to work well, therapeutic molecules need to be efficiently delivered to the correct locations in the body—a job commonly given to adeno-associated viruses (AAV).

To improve the AAV's ability to deliver therapeutics specifically to the lungs and airway, Mass General Brigham researchers developed and applied a new version, called AAV.CPP.16, that can be administered with a nasal spray.

In preclinical models, the innovative tool outperformed previous versions by more effectively targeting the airway and lungs and showing

promise for respiratory and lung gene therapy. Results are published in Cell Reports Medicine. "We noticed that AAV.

CPP.16, which we initially engineered to enter the central nervous system, also efficiently targeted lung cells," said senior author FengFeng Bei, PhD, of the Department of Neurosurgery at Brigham and Women's Hospital, a found ing member of the Mass General Brigham healthcare system. "This prompt ed us to further investigate AAV.CPP.16 for intranasal gene delivery to the respiratory airways.'

The researchers found AAV.CPP.16 outperformed previous versions (AAV6 and AAV9) in cell culture, mouse models, and nonhuman primate models. They then used the more efficient tool to deliver scar-preventing gene therapy for pulmonary fibrosis. using a mouse model of the

They also used the tool to delivery gene therapy for a viral infection, where the therapy prevented the replication of the SARS-CoV-2 virus in a mouse model of COVID-19.

respiratory disease.

"Although further research is needed, our findings suggest that intranasal AAV. CPP.16 has strong translational potential as a promising delivery tool for targeting the airway and lung," said

Experimental drug may benefit some patients with rare form of ALS

New Delhi, May 23: When Columbia neurologist and scientist Neil Shneider speaks to his ALS patients who volunteer for experimental therapies, he's unwaveringly honest. "Patients always ask me, 'What can I hope to get out of this?" Shneider says. "And I always say, in most clinical trials, our hope is that we can slow the disease or maybe even halt progression.'

So it was a big surprise when some of the patients treated with an experimental drug a therapy that emerged from

Shneider's research efforts showed improvements.

"When testing new drugs for ALS, we do not expect to see clinical improvement, Shneider says. "What we've seen in one patient is really unprecedented functional recovery. It's surprising and deeply motivating for us, the ALS research community, but also the community of ALS patients.

Remarkable success stories Data from 12 patients—all treated with the novel therapy for a rare form of ALS caused by a genetic mutation in a gene called FUS—were



presented in a case series published by Shneider online

in The Lancet Though these gene muta-

only 1-2% of ALS cases, they cause some of the most aggressive forms of ALS that begin in adolescents and young adults. In patients with these mutations toxic FUS proteins accumulate in the motor neurons that control the patient's muscles, eventually killing the neurons.

 $Two\, of\, the\, patients\, in\, the$ published case series showed a remarkable response to the experimental therapy, ulefnersen (previously known as jacifusen), developed by Shneider in

tions are responsible for collaboration with Ionis cated that symptoms would of disease, it's possible to not Pharmaceuticals.

> One young woman, who has received injections of the therapy since late 2020. recovered the ability to walk unaided and to breathe without the use of a ventilator, both previously lost to ALS. She has lived longer with this disease than any other known patient with this juvenile-onset form of FUS ALS.

The second patient, a man in his mid-30s, was asymptomatic when he began treatment, but tests of electrical activity in his muscles indi-

likely emerge soon. In three vears of continuous treatment with the experimental drug, the man has vet to develop any symptoms of FUS-ALS and the abnormal electrical activity in his muscles has improved

Overall, after six months of treatment, patients in the series experienced up to an 83% decrease in a protein called neurofilament light, a biomarker of nerve damage.

"These responses show that if we intervene early enough and go after the right target at the right time in the course

only slow disease progression but actually reverse some of the functional losses." Shneider says. "It's also a wonderful example of precision medicine and therapeutic development based on science and an understanding of the biology of disease.

Though most of the other symptomatic patients in the series did not survive their aggressive disease, Shneider says "several apparently benefited from the treatment. The progression of their disease slowed, and they lived a longer life as a consequence.

RSV confers greater risk of in-hospital cardiac events than flu

New Delhi, May23: The nationwide study, conducted before RSV vaccines were rolled out in Singapore, compared the risk of cardiovascular events (any cardiac, cerebrovascular, or thrombotic event) and intensive care unit (ICU) admission with or without a cardiovascular event among 32.960 adults hospitalized for an RSV, flu. or COVID-19 infection.

The comparison with flu took place from January 2017 to June 2024, and the comparison with COVID-19 occurred during Omicron XBB/JN.1 variant dominance (January 2023 to June 2024). The average patient age was 66.6 years, 51.7% were women, 6.5% had RSV, 43.7% had flu, and 49.8% had COVID-19. A total of 63.7% of patients had at least one underlying medical condition, 19.5% had preexisting cardiovascular disease, and 35.2% had

"Respiratory viral infec-

tions (RVIs) are associated with elevated cardiovascu lar risk; however, less is known about cardiac complications after hospitalization for respiratory syncytial virus (RSV) vs other vaccine-preventable RVIs (COVID-19 or influenza)," the investigators wrote.

A total of 1,037 patients (3.2%) required ICU admission. Of the 2,148 RSV patients, 10.9% experienced an acute cardiovascular event, 94.1% of which involved cardiac events (99 abnormal heart rhythm, 66 heart failure, and 61 ischemic heart disease episodes).

The most common type of abnormal heart rhythm was atrial fibrillation or flutter (60 of 99 patients; 60.6%). A history of cardiac disease was linked to a more than double likelihood of an acute cardiovascular event (adjusted odds ratio [aOR], 2.53) among RSV patients compared with those with flu or COVID-19.

The aOR for any acute cardiovascular event among RSV patients versus COV-ID-19 patients who had received at least three vaccine doses was 1.31, the aOR for abnormal heart rhythms was 1.52, and the aOR for heart failure was 1.75.

A higher probability of an abnormal heart rhythm (aOR, 1.59), heartfailure (aOR, 2.92). and other cardiac events (aOR, 2.40) was seen in RSV patients than in unboosted COVID-19 patients. Lower odds of cerebrovascular events, however, were noted in RSV patients than in vaccine-boosted COVID-19 patients (aOR, 0.28).

The occurrence of any cardiovascular event (aOR, 2.36), any cardiac event (aOR, 2.54), any major adverse cardiovascular or cerebrovascular event (aOR, 3.15), and any ischemic heart disease episode (aOR, 4.90) in an RSV hospitalization was tied to greater odds of severe RSV requiring ICU admission. Likewise, the occurrence of cardiovascular events in flu and COVID-19 patients was linked to a

Young officer's supreme sacrifice: Lt Shashank Tiwari lays down his

New Delhi, May 23: In an extraordinary display of courage, leadership, and comradeship, Lieutenant Shashank Tiwari of SIKKIM SCOUTS of Indian Army made the ultimate sacrifice while saving a fellow soldier during an operational task in North Sikkim on 22 May 2025. The 23-year-old officer, com-

missioned less than six months ago on 14 December 2024, was leading a Route Opening Patrol towards a TacticalOperatingBase(TOB) in Sikkim - a key post being prepared for future deployment. Around 11:00 AM, Agniveer Stephan Subba - a member of the patrol - lost footing while crossing a log bridge and was swept away by the powerful mountain

Demonstratingremarkable presence of mind, selfless leadership, and unwavering commitment to his team, Lieutenant Shashank Tiwari instinctively leapt into the treacherous waters to save the Agniveer, without a mo-



ment's hesitation. Another soldier Naik Pukar Katel also followed immediately in sup port. Together, they managed to rescue the drowning Agniveer. However, Lieutenant Tiwari was tragically swept away by the forceful current. Despite desperate efforts by his patrol, his body was recovered 800 metres downstream by 11:30 AM.

Lieutenant Shashank Tiwari's heroic action is a shining example of the Indian Army's core values- selfless service, integrity, leadership by example, and the unbreakable bond between officers and men, which transcends

rank and is nurtured in both war and peace.

At just 23 years of age, Lieutenant Tiwari embodied the finest traditions of the Indian Army - placing the life of a comrade above his own, leading from the front, and upholding the highest standards of military ethics and valour.

The officer is survived by his parents and a sister.

The Indian Army mourns the loss of a braveheart and a leader, who despite his tender age and brief service. leaves behind a legacy of courage and camaraderie that will inspire generations of

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Bullets and Beyond! India's Silent Victory Against the Shadow of Maoism



Nilanjan Dasgupta

n an extraordinary turning point in the internal security history of India, the recent operations by the country's security forces have exacted a heavy toll upon Maoist bastions, especially in the deep forests of Chhattisgarh and Telangana. With the latest operation in the Karreguttalu hills-a siege that resulted in the deaths of 27 so-called Maoists, including the elusive leader Nambala Keshavrao, alias Basavaraju-this remains to be one of the most significant blows being dealt to the insurgency in recent years. The security agencies reveal that more than 400 armed Naxals have been eliminated in the past sixteen months. Given the scale and precision of these operations, it is clear there has been a shift in strategy-one that now values intelligence-led, policy-oriented

actions and community interface more than the previously employed brute-force methodology. The data depict a landmark dip in areas under Maoist control and violence in formerly troubled states.

The Bharatiya Janata Party--in power at both the Centre and Chhattisgarh, which credits "strong political will" for these gains--has been tended to by experts and observers who are inclined to say that the gains are in reforms. Essentially, rehabilitation programs accepted former rebels back into society, rewarded civilian cooperation in intelligence networks, and nurtured a culture of engagement in communities; all this has yielded results. Former Maoists, now converted to informants and peacemakers, help dismantle the very networks they formerly worked for.

However, the battle is far from over. Analysts warn that without addressing the deep-rooted socio-economic inequalities that fuel such insurgencies, the victories may be short-lived. The need of the hour, say many, is a two-pronged approach — sustained security operations paired with inclusive development in neglected tribal regions.

As the dust settles over the Karreguttalu hills, India's Maoist problem seems weaker than ever—but its embers still smolder. Transforming the security gains into lasting peace will require more than firepower; it demands vision, reform, and empathy. The recent crackdown should be remembered not as a moment of triumph alone, but as a call to build a more just and equitable society where rebellion finds no root, and rehabilitation holds hope.

Whispers of War, Echoes of Peace! When the Dove Refuses to Die



Snigdha Chowdhury

ror attack on tourists in to violence. tween India and Pakistan, noted cating non-violence. Yet, he argues war. They don't want to die. ness, but as the most courageous moral necessity. act in times of crisis.

patriotism with aggression. Reflect- miris. The emotional manipulation chaos. ing on the national mood following of the public, according to Krishna, At a time when fury threatens to media and mainstream platforms. and hyper-nationalism.

Pahalgam and the resulting Calling himself a pacifist in a tweet, cision-making. Ordinary people escalation of hostilities be- Krishna faced backlash for advo- living on the borders do not want

"We celebrated fake news of destruc-Krishna's reflection doesn't dismiss @+91 98746 41344

tion, not caring who died, just that the need for justice, but separates someone did," he writes, condemn- it from revenge. "Justice must be n the wake of the recent ter- ing the collective desensitisation dispassionate," he writes, noting how unbridled hate clouds fair de-

public intellectual and Carnatic that the true moment for peace is Through his column, Krishna inmusician T.M. Krishna has stirred not when calm prevails, but when vites citizens to pause and ask: Are a powerful conversation, one that rage threatens to consume us. Peace, we willing to trade empathy for ancalls for peace, not as a sign of weak- he asserts, is not an escape, it is a ger? Can we listen instead of shouting? In doing so, he restores the He also highlights how the tragedy dignity of dissent and redefines In his latest opinion piece, Krishna was used as a justification to pro-courage, not as the roar of battle, challenges the narrative that equates mote Islamophobia and target Kash-but as the whisper of peace amidst

the attack, he criticises the rise of reflects deeper socio-political frac- override reason, Krishna's words vengeance-driven rhetoric on social tures fuelled by toxic masculinity are a plea to keep the dove of peace alive, against all odds.



NATIONAL HERALD

freedom struggle into a private asset for the Nehru-Gandhi family. "The recent ED report has marked ?142 crore as 'proceeds of crime.' The question is — who used this money and for what purpose?" Chugh asked.

He pointed out the strange transaction where a company owning thousands of crores worth of property was 'sold' for just ?90 crore, and shockingly, both the buyer and seller belonged to the same political ecosystem. "This is not corruption between two parties — this is corruption within the same party," he remarked.

Tarun Chugh also questioned the Congress's narrative of calling the National Herald a symbol of the freedom movement. "If it was truly a legacy project of the Congress, why didn't the lakhs of Congress workers come forward to save it? Why was it allowed to collapse only to be quietly taken over through dubious deals?" he said.

He said that today's Congress, driven by greed and dynastic control, has nothing in common with the party that once chanted "Ek chhavanni chandi ki, jai bolo Mahatma Gandhi ki." "This isn't just a financial scam. It's a deep reflection of how the Congress has fallen — ethically, morally, and ideologically," Chugh concluded.(KNS)

OP SINDOOR

minister added, "We thought it was enough that we hit the terrorists but Pakistan proved that it was sponsoring terrorism, as they took the Indian strikes as an attack on themselves and targeted civilian locations and military bases in India." But the Indian air defence displayed "marvellous strength" as Pakistan could not touch any of India's installations, Shah said.

"After this, we hit their air bases and gave a strong response by introducing them to our fire power and exposing their hollow air defence," he said.

"We did not hit (Pakistan's) civilian installations. Operation Sindoor and the incidents that followed completely exposed the fact that Pakistan is sponsoring terrorism in India because it was the Pakistan Army that replied after we hit their terror bases," Shah said.

The home minister said Operation Sindoor "exposed" this fact as top Pakistan Army officers were seen offering namaz and shouldering the coffins of the terrorists who were killed.

The operation was successful as it used the correct firepower and achieved its aims besides "showing the reality" to Pakistan, Shah said.

The home minister also said that global experts and the world were "praising" the bravery and firepower of the Indian armed forces.

The operation also brought to the fore the fact that the 'Aatmanir bharta' (self-reliance) achieved by India in defence production was successful,

he said. Lauding the BSF for carrying out its duties during the operation. Shah said the force "proved its mettle" by not allowing the Pakistani forces to

move even an inch. The home minister also paid condolences to the two BSF troopers who were killed during the operation along the International Border in Jam-

mu.

Shah recalled that India has been facing Pakistan-sponsored terrorism for many decades but a "befitting reply was not given" until the Modi government came to power (in 2014).

"We were defensive... Our police force and BSF did their best to protect the people but a befitting reply was not given. After 2014, when Prime minister Modi took charge, the biggest attack took place in Uri (2016) where our jawans were burnt alive. "We conducted a surgical strike (across the border) and hit the terrorists by entering their hideouts for the first time. We thought that terrorism will stop but it did not, and the Pulwama attack happened (in 2019)," Shah said.

The Modi government gave a "stronger" response than Uri as it demolished terror bases across the front, Shah said.

Lauding the BSF, Shah said, "The bravery shown by the BSF in the 1971 war that was imposed upon us, and the contributions made by the force (in the creation of Bangladesh) cannot be forgotten by India and neither should Bangladesh ever forget it." The BSF played a "significant" role in the creation of Bangladesh and set an "exemplary" standard of bravery by standing shoulder-to-shoulder with the armed forces in fighting against injustice, Shah recalled.

The home minister said the 2.75 lakh personnel-strong BSF was working in some of the most difficult conditions marred by geographical challenges along the two borders (with Pakistan and Bangladesh).

"I want tell you that the Modi government is standing behind you like a rock and the Ministry of Home Affairs will soon implement some technology solutions and models to strengthen border security in areas where it is not possible to erect fences," Shah said.

The home minister also awarded gallantry and other service medals to BSF personnel during the event, which was attained by Union Home Secretary Govind Mohan, Intelligence Bureau Director Tapan Kumar Deka, and BSF Director General Daljit Singh Chawdhary. (PTI)

OMAR ABDULLAH

Abdullah also expressed gratitude to opposition leaders for showing solidarity by visiting the affected areas. He specifically thanked the Trinamool Congress delegation for being the first to visit the victims and noted that Congress leader Rahul Gandhi is scheduled to visit Poonch on Saturday. "These visits are important. They reassure people that they are not forgotten," he

When asked about BJP's allegations linking National Conference resolutions to Pakistan's ISI, the Chief Minister dismissed them bluntly, saying, "Let them say what they want." He also declined to comment on the recent CBI chargesheet filed against former J\&K Governor Satyapal Malik and others in connection with alleged corruption in the 2,200 crore Kiru hydropower proj-

Earlier in the day, Abdullah chaired a high-level public outreach programme at the Chief Minister's Raabita Office in Srinagar, where he met with dozens of delegations representing a wide spectrum of public concerns. From infrastructure gaps in Athwajan and Pantha Chowk to student demands for better facilities at SPS Library in Lal Chowk, the Chief Minister assured swift re-

Among the notable delegations were retired veterinary staff seeking resolution of pension anomalies, employees of the J\&K Sports Council demanding pension benefits, and representatives from the JK Entrepreneurship Development Institute (JKEDI) pressing for career advancement opportunities. A delegation of visually impaired and differently-abled citizens, led by Showkat Ahmad Lone, highlighted pressing issues such as free public transportation, accessible infrastructure in education and government buildings, and the need for a single-window grievance redressal mechanism.

Tourism stakeholders, including hotelier Mushtag Burza, urged the government to support the revival of the struggling hospitality industry. Social workers called for strengthening of Special Cells for Women, and representatives from Kishtwar raised concerns over Wagf properties and other local developmental matters. Numerous other delegations, including former ministers, MLAs, and concerned citizens, brought forward issues ranging from old-age pensions to potable water supply and road infrastructure.

The Chief Minister nationally heard each delegation and issued several on-the-spot directives to senior officials for immediate action. He reiterated his administration's commitment to responsive and people-centric governance, stating, "We remain committed to listening, resolving issues, and building a government that acts swiftly and transparently."

Advisor to the Chief Minister Nasir Aslam Wani. along with other senior officials, was present during the day-long public hearing.

JAISHANKAR **ACCUSES**

democracy in Pakistan in so many ways - as much as the West," he added.

Talking about the recent clashes between India and Pakistan, Jaishankar said, "It wasn't a conflict between India and Pakistan over Kashmir. It was over a terrorist attack."

He was referring to the April 22 Pahalgam terror attack, which left 26 civilians, mostly tourists

Pertinently, Jaishankar on Thursday had said, "We have had to deal with difficult neighbours— China and Pakistan. We have faced continuous terrorism from across the border. The world is only now experiencing a reality we've long endured."

"India has always approached its regional challenges with a sense of realism. It has been a harsh and nasty world for us. Europeans were insulated for decades. But today, the global community is going through its own reality check," he had said—(KNO)

J&K **ADMINISTRATION**

of a sewer and septic tank inside a prison shall not be permitted," the amendments state. The government has also redefined the term "habitual offender" in its Prison Manual, 2022. According to the amendments, a habitual offender is someone who, within a continuous five-year

period, has been convicted and sentenced to imprisonment more than twice for crimes committed on different occasions and not part of the same transaction.

"Habitual offender means a person who during any continuous period of five years, has been convicted and sentenced to imprisonment on more than two occasions on account of any one or more of the offences committed on different occasions and not constituting parts of same transaction, such sentence not having been reversed in appeal or review," reads the amendments. However, any time spent in prison under sentence or detention does not count within the five-year period.

"Provided that in computing the period of five years referred to above, any period spent in jail, either under sentence of imprisonment or under detention shall not be taken into account," reads the amendments—(KNO)

RAHUL GANDHI

was focused exclusively on Poonch, which has borne the brunt of the shelling, resulting in the loss of around 15 innocent civilian lives and significant damage to homes and infrastructure.

"The primary purpose is to share the pain of those who have lost their loved ones and visit the damaged establishments. This is a visit of empathy and solidarity," Karra said.

Karra also flagged issues faced by border residents, including inadequate bunkers and insufficient medical facilities. "After a detailed tour of Poonch and Rajouri, I addressed a press conference in Jammu highlighting these issues. Many of the bunkers constructed in the previous administration lack structural integrity and are unfit for use, some without even a proper top cover," he said.

Earlier, Member of Parliament and senior Congress leader, Jairam Ramesh in a post on X, as per KNO, confirmed the visit of Rahul Gandhi to Poonch on May 24 to express solidarity with the bereaved families.

"The Leader of the Opposition in the Lok Sabha, Shri RahulGandhi, will visit Poonch tomorrow, i.e., 24 May, where he will meet the grieving families of those killed in recent Pakistani shelling," Jairam Ramesh posted on X.

Ramesh in the post added, "Earlier, on 25 April, he visited Srinagar, where he met people injured in the brutal terrorist attack in Pahalgam and other related parties. He also met the Lieutenant Governor and the Chief Minister."

Pertinently, nearly 20 innocent people were killed while several houses were also destroyed in the border areas due to the shelling by Pakistan after the successful conduct of 'Operation Sindoor', which was launched by the Indian armed forces to avenge the killing of 26 innocent civilians in Pahalgam terror attack on April 22, 2025—(KNO)

KASHMIR BOILS

Even Gulmarg, known for its alpine climate, recorded an unusually warm 24.0°C.

The Jammu region, though marginally cooler, remained hot. Jammu city registered a maximum of 38.2°C, while Banihal, Batote, Katra, and Bhaderwah recorded 29.2°C, 27.7°C, 35.2°C, and 31.4°C respectively. Director of the Meteorological Department, Dr Mukhtar Ahmad, has forecast generally hot and dry conditions across J\&K until the end of May, with isolated spells of light rain or thundershowers during the late afternoons. The MeT office has also issued advisories anticipating a further rise in temperatures—by 1-2°C in the Kashmir region until May 23 and by 2-3°C in the Jammu division till May 26. Afterward, a minor dip of 2-3°C is expected. Possibilities of thunder and gusty winds at isolated places have also been noted, particularly during the late hours of the day.

Amid the scorching conditions, local youth in Srinagar have found a natural antidote: the frigid mountain streams of Harwan and Dachigam. With temperatures hitting 34.4°C on Thursday—the third-highest May temperature in the past 133 years—these forested water bodies have become informal gathering spots for those looking to cool off. Scores of young people, armed with Bluetooth speakers, snacks, and towels, were seen taking dips in the icy waters, parking their bikes and cars under the tree canopy lining the Zabarwan foothills. "It has become unbearable in the city," said Sagib Lone, 22, as he emerged soaked from a stream near Dachigam. "There is no better place than this to beat the heat."

Independent weather forecaster Faizan Arif Keng confirmed Thursday's sweltering mark of 34.4°C in Srinagar had broken the previous May record of 34.3°C, set in 1971. "It's the third-highest-ever May temperature in 133 years," he said.

Harwan and Dachigam now witness a daily influx of youth groups using the scenic streams as a refuge. "It's the only escape we have," said Ubaid Mukhtar, a resident of downtown Srinagar. "This place feels cool and heavenly, and we can cool off naturally."

Meanwhile, the administration and healthcare professionals have advised the public to take precautions, stay indoors during peak heat hours, drink plenty of fluids, and avoid strenuous physical activities. Special alerts have also been issued for vulnerable populations, including children and the elderly, as temperatures continue to climb above safe limits.

With summer arriving in full force and no significant relief expected for another week, both nature and caution remain Kashmir's best bets to weather the swelter.

LAND RECORD

provided to them. He asked for ensuring the records are entered correctly without any error. He maintained that the primary objective of this programme is to provide efficient system to the citizens and once completed people should have no grievances about the accuracy of records.

FCR ACS, Shaleen Kabra, threw light on different accomplishments achieved, so far. He maintained that most of the prerequisite ground work had already been done to take up the remaining work of modernisation in a mission mode. He made out that at the end of the programme there would be real time updation of records besides paperless registrations would also be a reality across the districts of the UT.

Secretary Revenue, Kumar Rajeev Ranjan, while informing the meeting about the progress made, so far, revealed that NIC-JK developed software for digital entry, mutation and real-time updates of Jamabandis has been successfully custom-

He further gave out that the pilot projects in Khairi Dadyal (Nagrota Tehsil) and Chak Wahab Din (Suchetgarh Tehsil) have demonstrated proof-of-concept. To accelerate digitization, each district will deploy 100 Master Trainers with 43 already trained, he added.

It was also revealed that the key initiatives included integration with the National Generic Document Registration System (NGDRS), public access to real-time auto-updated Records of Rights (RoR) and infrastructure support from JaKEGA for training and hosting.

To ensure spatial accuracy, it was apprised that a high-resolution mapping is underway, with a Virtual Control Points Library being developed for geospatial referencing. Additionally, significant progress included BISAG-facilitated map returns, mother map finalisation, mobile app development for sub-parcel updates and integration with satellite imagery targeted to be accomplished within the next 12 months. Since 2019, property registration has transi-

tioned to a fully online model via NGDRS. The process now supports paperless deed creation using the "My Deed" editor, PAN verification, Digi Locker and citizen feedback via the RAS platform. All 86 Sub-Registrar Offices have been equipped with CCTV systems to ensure complete transparency. A Model Deed is under final vetting to enable end-to-end digital operations in near future.

While legacy document digitization is ongoing and being uploaded on the LRIS portal, physical infrastructure for 207 Modern Record Rooms (MRRs) awaits funding clearance. Once completed, these facilities will offer compact storage, operational efficiency and digital access systems in all the tehsil headquarters of the UT.

To streamline the citizen verification. Aadhaar linkage with land records is being executed thereby generating separate ULPINs for different land patches found under public and private use. It was further informed that the land parcels already supported with corresponding Aadhar numbers by virtue of integration with PM-KISAN data will be prioritised. The rest of the beneficiaries were said to be enrolled during Farmer Registry camps held across the villages later.

Moreover, it was given out that all the 881 Revenue Courts are now digitized and integrated into the JK Revenue Court Cases Monitoring System (JKRCCMS). The citizens can conveniently access the case details, interim orders and final decisions online at https://rccms.jk.gov.in. It was added that the final uploading of legacy cases is also underway.

Atal Dulloo highlighted the pivotal role of digital integration, accurate geo-referencing and citizen empowerment in land administration reforms. He emphasized continued inter-departmental coordination and institutional support to realize a transparent, accessible and efficient land governance system for the overall development across different sectors including social, agricultural and industrial sectors across the UT.

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Why we fall for fake health information - and how it spreads faster than facts

n today's digital world, people routinely turn to the internet for health or medical information. In addition to actively searching online, they often come across health-related information

often come across health-related information on social media or receive it through emails or messages from family or friends.

It can be tempting to share such messages with loved ones – often with the best of intentions.

As a global health communication scholar studying the effects of media on health and development, I explore artistic and creative ways to make health information more engaging and accessible, empowering people to make informed decisions.

decisions.
Although there is a fire hose of health-related content online, not all of it is factual. In fact, much of it is inaccurate or misleading, raising a serious health communication problem: Fake health information – whether shared unknowingly and innocently, or deliberately to mislead or cause harm – can be far more captivating than accurate information.

This makes it difficult for people to know which sources to trust and which content is worthy of

Fake health information can take many forms.

For example, it may be misleading content that distorts facts to frame an issue or individual in a certain context. Or it may be based on false connections, where headlines, visuals or captions don't align with the content. Despite this variation, such content often shares a few common characteristics that make it seem believable and more

shareable than facts.
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For one thing, fake health information often appears to be true because it mixes a grain of truth with misleading claims.

For example, early in the COVID-19 pandemic, false rumors suggested that drinking ethanol or bleach could protect people from the virus. While ethanol or bleach can indeed kill viruses on surfaces such as countertops, it is extremely dangerous when it comes into contact with skin or gets inside the body.

gets inside the body.

Stopping to check the facts helps stem the spread of misinformation. World Health Organization adaptation from Siouxsie Wiles and Toby Morris in The Spinoff, CC BY-SA

Another marker of fake health information is that it presents ideas that are simply too good to be true. There is something appealingly counterintuitive in certain types of fake health information that can make people feel they have access to valuable or exclusive knowledge that others may not know. For example, a claim such as "chocolate helps you For example, a claim such as "chocolate helps you



lose weight" can be especially appealing because it offers a sense of permission to indulge and taps into a simple, feel-good solution to a complex

into a simple, feel-good solution to a complex problem. Such information often spreads faster because it sounds both surprising and hopeful, validating what some people want to believe.

Sensationalism also drives the spread of fake health information. For instance, when critics falsely claimed that Anthony Fauci, the director of the National Institute of Allergy and Infectious Diseases and the chief medical adviser to the president at the time, was responsible for the COVID-19 pandemic, it generated a lot of public attention.

In a study on vaccine hesitancy published in 2020, my colleagues and I found that controversial headlines in news reports that go viral before national vaccination campaigns can discourage parents from getting their children vaccinated. These headlines seem to reveal sensational and secret information that can falsely boost the message's credibility.

The pull to share

message's credibility.

The pull to share

The internet has created fertile ground for spreading fake health information. Professional-looking websites and social media posts with misleading headlines can lure people into clicking or quickly sharing, which drives more and more readers to the falsehood. People tend to share information they believe is relevant to them or their social circles

In 2019, an article with the false headline "Ginger is 10,000x more effective at killing cancer than chemo was shared more than 800,000 times on Facebook. The article contained several factors that make people feel an urgency to react and share without checking the facts: compelling visuals, emotional stories, misleading graphs, quotes from experts with omitted context and outdated content that is recircu-

lated.

Visual cues like the logos of reputable organizations or photos of people wearing white medical coats add credibility to these posts. This kind of content is highly shareable, often reaching far more people than scientifically accurate studies that may lack eye-catching headlines or visuals, easy-to-understand words or dramatic storylines.

But sharing content without verifying it first has real-world consequences. For example, studies have found that COVID-19-related fake information reduces people's trust in the government and in health care systems, making people less likely to use or seek out health services.

Unfounded claims about vaccine side effects have led to reduced vaccination rates globally, fueling the return of dangerous diseases, including measles.

Check it out before you share.

Social media misinformation, such as false claims about cinnamon being a treatment for cancer, has caused hospitalizations and even deaths. The spread of health misinformation has reduced cooperation with important prevention and treatment recommen-

with important prevention and treatment recommen-

dations, prompting a growing need for medical professionals to receive proper training and develop skills to effectively debunk fake health information. How to combat the spread of fake health informa-

In today's era of information overload in which anyone can create and share content, being able to distinguish between credible and misleading health information before sharing is more important than ever. Researchers and public health organizations

have outlined several strategies to help people make better-informed decisions.

Whether health care consumers come across health information on social media, in an email or through a messaging app, here are three reliable ways to verify its accuracy and credibility before

Use a search engine to cross-check health claims. Never rely on a single source. Instead, enter the Never rely on a single source. Instead, enter the health claim into a reputable search engine like Google and see what trusted sources have to say. Prioritize information from established organizations like the World Health Organization, Centers for Disease Control and Prevention, United Nations Children's Fund or peer-reviewed journals like The Lancet or Journal of the American Medical Association. If multiple reputable sources agree, the information is more likely to be reliable. Reliable fact-checking websites such as FactCheck. org and Snopes can also help root out fake information.

Evaluate the source's credibility. A quick way to assess a website's trustworthiness is to check its "About Us" page. This section usually explains who is behind the content, their mission and their credentials. Also, search the name of the author. Do they have recognized expertise or affiliations with credible institutions? Reliable websites often have domains anding in gay or, add, indicating have domains ending in .gov or .edu, indicating government or educational institutions. Finally, check the publication date. Information on the internet keeps circulating for years and may not be the most accurate or relevant in the present

If you're still unsure, don't share. If you're still uncertain about the accuracy of a claim, it's better to keep it to yourself. Forwarding unverified information can unintentionally contribute to the spread of misinformation and potentially cause harm, especially when it comes to health.

Questioning dubious claims and sharing only verified information not only protects against

verified information not only protects against unsafe behaviors and panic, but it also helps curb the spread of fake health information. At a time when misinformation can spread faster than a virus, taking a moment to pause and fact-check can make a big difference.

Heatwave Essentials Manage the Heat with Simple Tips & Tricks



Stay Indoors and In shaded places.

Wear thin loose cotton,

comfortable and cool.

Eat seasonal fruits and

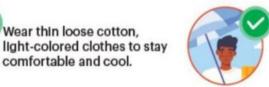
cucumber, orange, etc.

vegetables with high water

content such as watermelon.



f outdoor activities are necessary, schedule them during cooler times of the day, such as mornings and evenings.



Use an umbrella/hat/cap/ towel when outside.



salted drinks - lassi, lemon water, and Oral Rehydration Solution (ORS).

Drink frequently water and



Take frequent cool baths and adopt methods to lower room temperature, including using curtains, fans, etc.

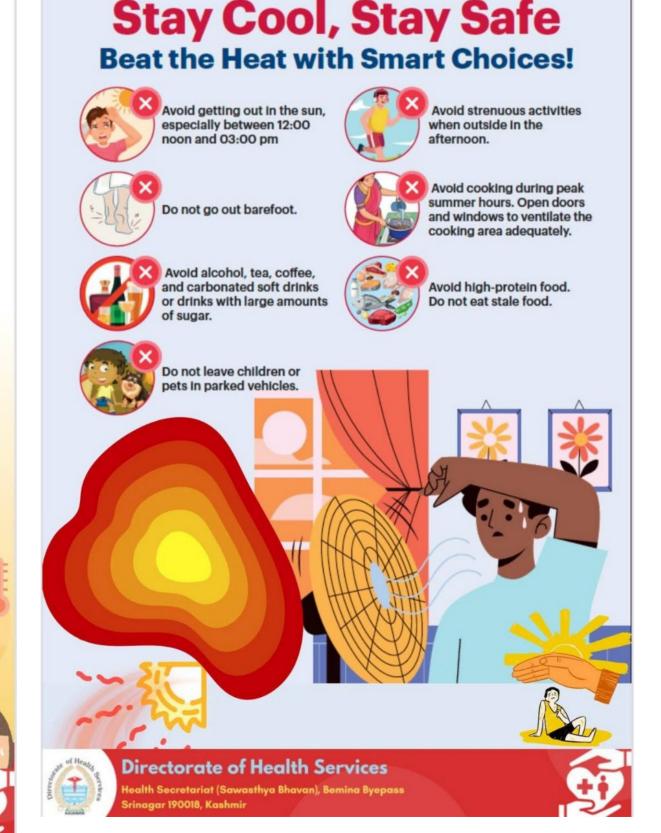


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gar 190018, Kashmi

Offer immediate medical assistance to needy by creating a cooler environment, applying cold water sponging, and cloth-wrapped ice packs.





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Mitchell Marsh Hails IPL as World's Best League After Stellar Knock Against Gujarat Titans



Pratiksha Ghosh

Ahmedabad, May 23 2025:Lucknow Super Giants' Mitchell Marsh has credited the Indian Premier League (IPL) as the "best competition in the world," highlighting its intense competitiveness where "any team can beat any other on any given day."

Speaking after his match-winning century against Gujarat Titans, Marsh underlined the unpredictable

strength. Despite Lucknow's 33-run win, the victory was not enough to push them into the playoffs, with spots already locked in by other franchises.

"It's disappointing to be out of the playoffs. We lost a few tight games, which cost us. But that's the beauty of this tournament — every team is strong. That's what makes the IPL the toughest and most exciting league in the world," said Marsh, who was named Player of the Match.

The Australian all-rounder smashed a blazing 117 off 64 balls, the first century by an overseas player in IPL 2025 as Lucknow posted a commanding 235/2. His innings, supported by a solid 56* from Nicholas Pooran, helped dismantle Gujarat's chase.

The Titans, despite a promising start, faltered after key wickets fell including those of Sai Sudharsan, captain Shubman Gill, and Jos Buttler.

Reflecting on his first IPL century, Marsh said, "It's been a long wait. I first played for the Deccan Chargers in 2010. It feels special to finally get a hundred. Opening the innings has given me a great chance to contribute, and my partnership with Aiden Markram has been really enjoyable both on and off the field."

He also praised Gujarat's bowling attack in the powerplay, admitting he was under pressure early on.

Marsh further added that "They bowled really well up front. I was 12 off 12 at one point, and that usually sets off alarm bells. But once we built partnerships, the innings opened up."

Lucknow's triumph shakes up the table, potentially paving the way for Royal Challengers Bengaluru, Punjab Kings, and Mumbai Indians to climb higher if they win their remaining league games.

Though the Super Giants' playoff hopes have ended, Marsh's heroic performance has added another highlight to this thrilling IPL season.

Sports Ministry Directs NSFs to Hold Elections a Month Before Term Ends

Pratiksha Ghosh

New Delhi, May 23 2025: In a move aimed at streamlining governance and avoiding legal disputes, the Ministry of Youth Affairs and Sports has directed all National Sports Federations (NSFs) to conduct their elections at least one month before the expiry of their current executive terms. The directive, issued through a Demi Official (DO) letter in March, seeks to prevent delays and legal challenges that have hampered smooth transitions in several federations.

The ministry's action comes in response to a growing number of court cases stemming from election-related disputes. A recent example involves the Boxing Federation of India (BFI), where elections were stayed by a High Court after a disagreement over the electoral roll. The Indian Olympic Association (IOA) had to step in and appoint an ad hoc body to manage the federation in the interim

"Yes, a direction has been given to the sports federations to advance their elections," said Sports Minister Mansukh Mandaviya in a statement to The Tribune. "We have seen that delays mostly lead to court cases and then the need for ad hoc bodies. These unnecessary issues can be avoided by holding elections ahead of time, in line with our sports code."

As per the 2011 Sports Code, NSFs are required to conduct timely elections for office bearers and inform the government well in advance about their General Body Meetings and other key decision-making sessions. The ministry's 2015 guidelines further reinforce that these elections must be held at least one month before the

current term expires.

The directive has already been issued to several federations, including the National Rifle Association of India (NRAI) and the Indian Weightlifting Federation (IWLF).

NRAI Secretary General K. Sultan Singh confirmed receipt of the ministry's letter, stating, "We have to agree to this direction as it is being done to ensure high standards of good governance. We are not the only ones; several federations have received this communication."

IWLF President Sahdev Yadav was unavailable for

The ministry has also instructed federations to notify it in advance of any meetings where elections or other critical decisions will be made, ensuring transparency and adherence to governance norms.

Mumbai Indians Stage Spectacular Comeback to Seal Playoff Berth



Pratiksha Ghosh

Mumbai, May 23 2025:After a dismal start to their IPL 2025 campaign, few would have predicted the remarkable turnaround that the Mumbai Indians have managed to script.

Struggling at the bottom of the table with four defeats in their first five matches, the team appeared to be heading towards another forgettable season—echoing the disappointment of 2024, where they ended last with just eight points from 14 games.

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Plagued by inconsistency at the top of the order and haunted by the ghosts of their previous season, Mumbai seemed in disarray. Head coach Mahela Jayawardene called for a sharper, more disciplined approach, warning the team to act swiftly if they hoped to keep their campaign alive.

The turning point came with the return of ace pacer Jasprit Bumrah in early April. His presence sparked a dramatic revival. Mumbai embarked on a six-match winning streak that propelled them back into playoff contention.

The playoff berth was sealed in style at Wankhede Stadium on Wednesday night, where Mumbai put in a dominant display against Delhi Capitals in a must-win encounter. In what DC captain Faf du Plessis described as a "David vs Goliath" clash, it was the 'Goliath' who prevailed.

Led by a composed and strategic Hardik Pandya, Mumbai outclassed Delhi, showing depth, discipline, and dynamism. Despite managing only 132 runs in 18 overs, the side finished strong with 48 runs in the final two overs, flipping the script of the match.

The team's resurgence has drawn applause from cricketing legends, including Sunil Gavaskar. Speaking at a Star Sports press event, Gavaskar credited Hardik for his calm leadership

and praised the renewed support from fans. "This year, the crowd is backing him. That makes a big difference. He looks much more assured, and it's showing in the team's performance," Gavaskar said.

This season has seen crucial contributions from key players. Whether it was Bumrah's precision, Boult's breakthroughs, Santner's control, or impactful knocks from Rohit Sharma, Suryakumar Yadav, and Tilak Varma—Mumbai had heroes whenever they needed them.

Now into the playoffs for the 11th time in 18 seasons, Mumbai Indians once again look like the formidable unit that knows how to navigate high-pressure games.

With momentum on their side and a history of excelling in knockout stages, Hardik's side could prove to be a major hurdle for teams like RCB, Punjab Kings, and Gujarat Titans.



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