

TIME AND US

DAILY

SRINAGAR, KASHMIR

WEDNESDAY

- SEPTEMBER, 27, 2017
- 05 MUHARRAM 1439 AH
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WEATHER TEMPERATURE		SUNSET WEDNESDAY: 06:23 PM	
STATION	MAX TEMPERATURE	MIN TEMPERATURE	SUNRISE THURSDAY: 06:24 AM
	ACT	ACT	
SRINAGAR	28.7	11.7	LOCAL FORECAST OF SRINAGAR Partly Cloudy Sky. Maximum & Minimum temperatures will be around 29°C & 11°C respectively.
JAMMU	31.8	22.6	
LEH	24.2	10.3	
KARGIL	26.0	6.4	

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NAEEM AKHTAR PROPOSES MASSIVE REFORMS IN MED

RAHUL GANDHI INVOKES SARDAR PATEL, SLAMS MODI'S GUJARAT MODEL

AIRTEL DEPLOYS INDIA'S FIRST 5G CAPABLE TECHNOLOGY, WILL ALSO HELP 4G USERS

NO MISBAH, YOUNIS AS PAKISTAN LOOK TO NEW TEST ERA

NC committed to supporting business fraternity: Omar

KCCI Executive Body calls on NC Working President

Srinagar, Sep 26: The newly elected Executive Body of the Kashmir Chamber for Commerce and Industry (KCCI) called on National Conference Working President Mr. Omar Abdullah at NC Head Office, 'Nawa-e-Subha' in Srinagar on Tuesday and highlighted various systemic issues and challenges confronting the Valley's business and traders' community.

The KCCI Executive Body highlighted the challenges brought about by the implementation of the Goods and Services Tax (GST) in the State and also briefed the NC Working President about the general economic slowdown that had severely impacted the business community. The KCCI delegation also highlighted the unprecedented slowdown and recession in the Tourism Sector which is the backbone of the State's Economy and said the State's Economy was suffering due to the lack of a well-defined industrial and power-sector policy while underperforming or sick Public Sector Units (PSUs) had become



white elephants incurring enormous negative costs on the State exchequer and consequently burdening the State's Economy.

The KCCI Executive Body also discussed various sector specific challenges especially in the manufactur-

ing, handicrafts, handlooms, retail and tourism sectors and said there was an urgent and pressing need for initiatives which would come to the rescue of entrepreneurs, artisans and businesses that are operating in adverse economic circumstances since 2014 due to successive unproductive years.

Speaking on the occasion, Omar Abdullah congratulated the newly elected august body of the Chamber and exuded hope in their mission to serve the interests of the business community. Mr. Omar Abdullah highlighted the deep and historic association between the Kashmir Chamber of Commerce and Industry (KCCI) and National Conference starting

See Omar...Pg 02

Infiltrator killed in Uri sector

152 militants killed so far in Kashmir this year

Srinagar, Sep 26: A militant was killed on Tuesday as Army foiled an alleged infiltration bid along the Line of Control (LoC) in Uri sector of North Kashmir's Baramulla district.

"An infiltration bid has been eliminated in general area Zorawar of Uri sector. One militant was killed," an Army official said. He said a weapon was recovered from the

site of the encounter. Pertinently, on Sunday, Army claimed that it killed four infiltrators in Uri Baramulla.

In the first nine months of the year 2017, 152 militants, mostly top ranked have been killed in Kashmir Valley. In 2015, the figure

See Killed...Pg 02

It's official; Dal Lake is shrinking but not drastically: VC LAWDA

'Organised groups, some politicians encourage encroachers'

Srinagar, Sep 26: The famous Dal Lake has been shrinking but not drastically and can be saved from further deterioration if Kashmiris collectively act responsibly to restore pristine glory of the water body, said Vice Chairman LAWDA Dr. Abdul Hafiz Shah.

Shah said the present area of the lake, as per the latest survey by remote sensing technology has been recorded as 25.5 sq kms. "Out of which 12 km is water area and

See DAL...Pg 02

UNIVERSITY STUDENTS' PROTEST AGAINST SUMMONING OF SCHOLAR BY NIA

Srinagar, Sep 26: The summoning of Varsity Scholar sparked a massive anti-NIA, anti-India protest at Kashmir University on Tuesday.

Aala Fazili, the Kashmir University scholar was summoned by the India's premier investigation agency NIA

See University...Pg 02

SOCIALLY CONNECTED PEOPLE LIVE LONGER: DAK

Srinagar, Sep 26: Doctors Association Kashmir (DAK) Tuesday said that people who have strong social relationships with family, friends and community live longer.

President DAK Dr Nisar ul Hassan in a statement said that regular face-to-face interactions with others could extend your lifespan by years.

"If you are connected to your neighbors, have strong family ties and are involved in your community, you could add up to ten years to your life," he said. "Researchers at Brigham Young University, United States have analyzed data from 148 studies and found a clear connection between social ties and lifespan."

Dr Hassan said people with stronger relationships had 50% increased likelihood of survival than those with

See DAK...Pg 02

Substantial tax reduction on Handicrafts, Walnut to benefit JK traders: Dr Drabu

'GST Council granted 3 key concessions to protect local industry'

Srinagar, Sep 26: JK Government's proposal to slash taxes for protecting small traders of the State prevailed in the recent Goods and Service Tax (GST) Council meet with the forum agreeing to substantial reduction of tax on handicrafts and walnut.

Conceding the demand of the traders involved in the Handicrafts sector of the State, J&K Government pleaded with the GST Council in its 21st meeting at Hyderabad re-

cently to consider bringing down the tax rate on Handicrafts from 12% to 5%.

The Finance Minister, Dr Haseeb Drabu said the GST Council as well as the J&K Government accordingly issued a notification on September 15, announcing that the small dealers and workers who move handicraft goods from one state to another were exempted from registration under IGST Act.

"In case of other states,



the threshold of handicraft turnover has been kept at Rs

10 lakh annually while in case of J&K, it has been put at Rs 20 lakh. The decision will benefit small handicraft traders who earn their livelihood by selling Paper Machie items, Carpets, Shawls and Willow Wicker items in other states," Dr Drabu said.

The Finance Minister said these traders don't have to register as casual traders, as per the GST law, which is the case with traders from other,

See Drabu...Pg 02

IS CM SCARED OF ISSUING COMPENSATION TO FAROOQ DAR? ASKS NC

Srinagar, Sep 26: National Conference on Tuesday lashed out at Chief Minister Ms. Mehbooba Mufti for coming under pressure of her alliance partner and desisting from following up on the recommendation of the State Human Rights Commission (SHRC) in issuing compensation to Farooq Ahmed Dar of Beerwah who was used as a human-shield by the Army on the day of election to the Srinagar-Budgam Parliament Segment.

In a statement to CNS, National Conference State Spokesperson Junaid Azim Mattu said the Chief Minister had succumbed to the pressure of her alliance partner

See NC...Pg 02

Unabated Braid Chopping Incidents:

Protest and shutdown in Kulgam

Tarigami asks people to be vigilant

Kulgam, Sep 26: The unabated braid-chopping incidents sparked a spontaneous shutdown in South Kashmir's Kulgam district while a large number of people hit to roads and staged a massive protest against such incidents and army's alleged help to the culprits involved in the acts.

Eyewitnesses told news agency CNS that all the shops and business establishments remained shut while the impact of shutdown was also felt in adjoining villages of the district headquarters.

Youth took to streets in Malwan village of the district today where two alleged braid cutters were nabbed by the residents last night before they allegedly took shelter inside an army camp.

The protesters said that three persons were nabbed by the residents after they made an attempt to cut the braid of a woman in Malwan village last night.

"We nabbed two of them but the third one managed to flee. He alerted the army personnel at Devsar camp who arrived in the village. They fired some shots in the air and whisked away two of the

See Tarigami...Pg 02



Braid Chopping: ACR APPOINTED AS INQUIRY OFFICER TO PROBE MALWAN INCIDENT

'Misunderstanding led to Malwan incident: Police

Kulgam, Sep 26: District Magistrate Kulgam Talat Parvez Tuesday constituted a special team to inquire into the Malwan braid chopping incident where people alleged that Army resorted to aerial firing to give safe passage to a culprit involved in the act.

Assistant Commissioner Revenue, Shahnawaz Hussain has been appointed as Inquiry Officer and has been asked to submit his report within a week's time.

The directions from the District Magistrate came after his visit to Malwan village where people had hit to roads to protest against Army. The locals alleged that on Monday

See ACR...Pg 02

LEGISLATOR BARRED FROM PARTICIPATING IN ROUND TABLE DISCUSSION ON KASHMIR

Deported back to Srinagar from Banihal

Srinagar, Sep 26: MLA Langate and AIP Supremo Engineer Rasheed was yet again deported today back to Srinagar from Banihal on his way to Jammu, where he had to attend a round table conference to discuss the way forward in resolving Kashmir issue.

"At 2 am today, a heavy contingent of police stopped Er Rasheed at Banihal humiliated him and he was forcibly sent back to Srinagar, without caring for his security."

Terming the police action immoral, illegal and unwanted Er Rasheed in a statement condemned the government and said that there is a huge gap between what

See Kashmir...Pg 02

Assurances given to me were fulfilled, only partly: Imran Ansari

'PDP likely to reshuffle portfolios of few ministers'

Srinagar, Sep 26: Amid reports of reshuffle in the ministries of PDP and BJP, the PDP Shia leader and minister for Youth Services and Sports, Imran Raza Ansari said that he does not feel 'marginalised' from the party even though the chief minister has "partly" fulfilled the "assurances" given to him.

Ansari said that he had resigned not because of a 'low-key' portfolio but over the issues of development and upliftment of the community he belongs.

"I did not resign on grounds of not giving me a 'fair portfolio'. I don't endorse the view propagated by the media that I had resigned



over a low-key portfolio. I resigned over the issues ranging from development of the state and up-liftment of the people I belong to.

See Ansari...Pg 02

Rana lambasts BJP for rhetoric to exploit Hindu sentiment

KISHTWAR SEPTEMBER

26- National Conference Provincial President Mr Devender Singh Rana on Tuesday lambasted BJP for building empty rhetoric by exploiting Hindu sentiments with sinister designs of galvanising support for petty political gains.

"For decades the political mantra of the BJP has been "Hindu Jago" (Awake Hindus) and today we too want Hindus to get awakened but in a different connotation to differ-



entiate between exploiters and benefactors", Mr Rana said while addressing workers here this afternoon.

"In fact the time has come

for all Indians, irrespective of caste, creed and religion to get awakened to defeat the forces, who are using religion

See Rana...Pg 02

FIRE ENGULFS FORESTS IN KUPWARA AREAS

'Department in slumber, locals angry with FPF'

Srinagar, Sep 26: From the last three days fire has engulfed forests in different compartments in Kupwara district, with the forest department in deep slumber and the forests protection force (FPF) sitting unawares in their offices.

According to the KNS correspondent Fayaz Hamid, six forest compartments in Hachimarg (10), Hangikoot (46, 47, 48) and Rajwar (35, 36)- are burning from the last three days and the forest department officials are taking no action to douse and control the fire. The areas fall in the forests range of Kehmil and Langate area.

Locals said that the forest protection force personnel

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OMAR

with Sher-e-Kashmir Sheikh Muhammad Abdullah and having been strengthened ever since.

"As a representative body of the business and traders' community, it is your right, responsibility and duty to represent and highlight the issues and grievances of the business community in the Valley while striving for effective and sustainable solutions. Government should be open to your inputs and suggestions and incorporate them in policy decisions as you are the primary economic stakeholders in the State's journey towards progress and growth. The business community has faced successive challenges in the past few years due to the 2014 floods, then the demonetisation issue and that was eventually compounded by the implementation of GST in the State and the unrest of 2016. I salute the heroic valour and diligence of the business community in showing courage and resilience in the face of such adversity and especially since the required relief wasn't provided", the NC Working President said.

The NC Working President said the State Government had gotten into a habit of giving false assurances that it could not and cannot implement. "It was this Government that criticized the 44,000 crore flood relief package that the previous NC-led Government had proposed to the Central Government that consisted of specific relief measures including comprehensive debt relief and compensation. After criticizing that proposal, this State Government failed to get even a rudimentary flood relief package approved by the Central Government as a result of which the State in general and the business community in particular suffered enormous losses. More recently, assurances were given to the business community and artisans that the paralyzing affects of the implementation of GST in the State would be negated by alleged 'budgetary provisions' and 'reimbursements'. One wonders where these 'budgetary provisions' and 'reimbursements' are and even if they can possibly exist in the first place? The fact of the matter is that the disastrous decision of implementing the Central GST in the State has disempowered the State Government and its Legislature in matters of taxation and all such matters are now under the exclusive domain and purview of the Central GST Council. The State Government should desist from giving assurances that it cannot follow up on. Any attempt to mislead the people would further compound the issue of economic slowdown and stagnation in the State", Omar Abdullah added.

"The State Government should now at least try to make the best out of a bad situation of their own making and do something to give relief and reprieve to the business community by taking up these issues in the Central GST Council. Our artisans and workers in the handicrafts sector are facing unimaginable hardships and it is the duty of the State Government to ensure this injustice ends without any further delay", the NC Working President said.

The National Conference Working President assured the KCCI Executive Body that National Conference would continue to highlight all issues of the business community and seek their redressal. On this occasion the NC Working President also announced that the Party would nominate a Senior Party Committee to specifically engage with the KCCI and the business community on a regular basis and especially before the start of the Budget Session so that the party can raise pertinent issues and seek specific policy interventions as per the actual requirements of the business community.

KILLED

was 102 while in 2016, the number of militants killed were 144.

In the current year, so far 286 persons including 152 militants, 67 civilians and 68 security personnel have been killed across Jammu and Kashmir. Last year in 2016, 372 casualties were reported in Valley while the figure in 2015 was 197.

DAL

rest are floating gardens and other wetlands," he said.

However, First Settlement Commissioner of Kashmir Sir Walter Lawrence, in his settlement record, had recorded total area of the lake as 9,9846 Sq miles (25.86 Sq. Kms) comprising water surface is 7, 0346 Sq miles 18.21 Sq. Kms and 2.96 Sq miles (7.65 Sq. Kms) as Land Mass, fixed cultivation, habitation dams etc.

Admitted that the LAWDA officials and their enforcement squads have to face numerous challenges to take on the encroachers, Shah said some organised groups, vested interests and some politicians are patronizing the encroachments for different reasons.

"We visualize the things, but there are organised groups, politicians with vested interests, who sabotage our efforts," he told KNS in an exclusive conversation.

The VC LAWDA said they are going to expand their encroachment squads, but they can't achieve the desired success unless as a society Kashmiris show responsibility and own this lake as their property.

He said the LAWDA can't keep 24x7 vigil as most of the illegal construction does occur in the dead of the night, but the LAWDA has been successful stopping the illegal structures. "Even we are not allowing repairing of structures," he said.

He said the concerned police station as per the High Court directions is responsible to check the carriage of construction material into the area. "If that stops, the illegal constructions won't take place," he said.

Famous social activist and poet Zareef Ahmed Zareef said before 1947, when J&K was a princely state, this Dal Lake was preserved by Maharaja like a diamond; its water was crystal and it was so pure. "But when the so called people's government took over, all the political workers and agents usurped the land where they could grab. The political corruption started. The Awami raj brought political corruption and Dal Lake is dying because of this political corruption," he told KNS.

Zareef said since the inception of LAWDA, which was supposed to restore the lost glory of Dal, the LAWDA became a goldmine for all from a lower level officer to the minister. "Everyone got his or her due share from this gold mine. Now the area has become a vote bank for political parties so in such a situation how would one expect to preserve this lake," he said.

About the illegal constructions that still take place in the

inner parts of Dal, Zareef said, "Our society is an ill society. We can't save and preserve Dal Lake until and unless we become responsible citizens," he said.

He alleged that the police officers take Rs 5000 from truckers and allow the truckloads with construction material around the Dal Lake, where the illegal structures are raised.

UNIVERSITY

on Friday along with trade leader, Muhammad Yasin Khan, in the alleged funding case.

Eyewitnesses told news agency CNS that students from different departments of Kashmir University assembled at Varsity premises and held a march raising slogans against NIA and India.

The protesting students who held a march amid slogans demanded the immediate release of Aala Fazili. Witnesses said that the students protest culminated outside Vice Chancellors Secretariat. They submitted a memorandum before the University Vice Chancellor, urging him to impress upon NIA not to harass Varsity students and ensure the immediate release of Aala Fazili.

DAK

weaker social relationships. "That is on par with ceasing smoking and nearly twice beneficial as physical activity in terms of decreasing your odds of dying early," he added.

"The higher rates of centenarians in Sardinia, an Italian island was found to be related to their strong social connect," Dr Hassan quoted another research finding.

He said social contact releases whole cascade of neurotransmitters that protects you in the present and well into the future.

"In-person interaction releases oxytocin which increases your level of trust and lowers cortisol that buffers your stress," he said.

He further said people who are social have lower blood pressure, lower cholesterol levels and better glucose metabolism.

"Social interactions can help you pull in healthy habits and behavior. People around you can bring sense of purpose and meaning in your life that translates to taking better care of yourself," Dr Hassan said.

"While social integration increases longevity, more and more people are living alone and loneliness is becoming increasingly common, he said adding studies have shown that people with fewer social relationships die early."

"Physicians and healthcare providers should emphasize the significance of social relationships on health as much as advocating for eating right and exercising," he opined.

DRABU

special-category States, provided the aggregate value of their supplies doesn't cross Rs 20 lakh in a financial year.

In another major announcement, the GST Council also brought down the rate of tax on Walnuts, which was originally kept at 12% to 5%. "J&K had requested the Council to bring it into five percent category and the Council agreed," Dr Drabu said. The notification in this regard was issued on September 22.

The Council has also brought down the tax rate on Paper Machie and Willow Wicker from 12% to 5% on September 22. "All these decisions, which revolve around the 'ease of doing business', will immensely benefit the small traders in the State. With these, our major concerns regarding the Handicrafts sector and Walnut industry have been resolved," the Finance Minister said.

NC

and the Central Government on this case and had hence brought disrepute to the stature and integrity of the Chief Minister's office. "Now the report submitted by the SDM has also vindicated Farooq Ahmed Dar and made it abundantly clear that Dar was an innocent civilian who had cast his vote on the particular day before he was abducted and used as a human-shield. Earlier, the SHRC had also vindicated Dar and recommended that the State Government should compensate him for the gross injustice meted out to him", the NC Spokesperson said.

"While the State Government has still not issued the recommended compensation, there has been no headway in the FIR lodged against Major Gogoi for using Dar as a human shield. It was a violation of propriety and legality that Major Gogoi was projected as a hero for a crime he should have faced legal action for. Commendations were issued to Major Gogoi while he was an accused in the FIR. The Chief Minister has repeatedly succumbed to political pressure from the Central Government and the BJP and her inability to dispense justice to Dar and others like him is yet another painful example of her disempowerment and complete surrender", the NC Spokesperson added.

The NC Spokesperson said the Chief Minister, who also heads the Home Department should either fulfill her constitutional responsibilities without any fear of political abandonment by her alliance partner or publicly apologize for reducing the Chief Minister's position to the status of a figurehead who is unable to implement the writ, rule and regulation of law in the State. "If the State Government cannot proceed with legal action against Major Gogoi despite the SDM Report and the SHRC recommendations and findings, then the Chief Minister should step down and stop misleading the people of the State", the NC Spokesperson further said.

"Similarly, there has been no headway in the heart-rending cases of cold-blooded murders of the innocent Lecturer at Khrew, Pampore and that of the ATM Guard at Chattabal. While the State Government had announced an SIT to probe these cases, no action has been taken and the families still await answers and justice for these barbaric murders. It seems the Chief Minister is terrified at the very thought of delivering justice to these grieving families and fears being reprimanded by her alliance partners", the NC Spokesperson added.

The NC Spokesperson demanded immediate follow-up legal action against Major Gogoi in light of the SDM Report that proves that Farooq Ahmed Dar was innocent and that his constitutional, human and legal rights were violated and said the State Government was duty-bound to also initiate legal action against those responsible for the killings in Khrew and Chattabal.

TARIGAMI

culprits," said a protester.

Pertinently, 19 cases of braid chopping have been reported in the district in less than a month.

Police on Monday constituted a Special Investigation Team (SIT) to probe the braid chopping incidents.

Chief Minister Mehbooba Mufti has already directed Jammu Kashmir Police Chief to constitute a police team and resolve the mystery.

Meanwhile, two fresh incidents of braid chopping were reported from Galwanpora Manzgam in Kulgam and Nagam Kokarnag area of South Kashmir's Anantnag district.

The victims including a 10 year old girl and a married woman have been identified as Taliba Jan daughter of Muhammad Ayoub Ganai and Josy Jan wife of Muhammad Shafi Dar.

Meanwhile, MLA Kulgam Muhammad Yousuf Tarigami while expressing deep concern over the rising incidents of mysterious braid chopping condemned these incidents and urged administration to gear up for the challenge as mere assurances won't help.

He said, "These incidents have created panic among the people at a time when harvesting season is in full swing. This can also affect the ongoing fruit exports to different parts of the country. Administration must gear up itself to book these anti-social elements. Mere assurances won't help as these incidents are repeated with greater frequency. People in these areas are terrified and administration must take tangible steps to restore the confidence of the people."

"Community leaders, village elders and others must remain vigilant to expose these elements. People from all walks of life need to share the responsibility in identifying these anti-social elements," he added.

ACR

night, three culprits tried to cut the hair of two women at Malwan village. "The watchful villagers chased them away and caught hold one of them. To our shock, Army personnel from nearby camp emerged in the village and resorted to heavy aerial firing. They thrashed people took along the culprit with them. This incident amply made it clear that Army is involved into braid chopping incidents in Kashmir," the angry protesters informed District Magistrate Kulgam.

Pertinently, the rampant braid chopping incidents in Kulgam district have created fear psychosis among locals. The locals have started night patrolling to avoid such incidents in future.

Meanwhile police issued a press release in this regard and claimed that misunderstanding led to Malwan Incident.

The police handout reads: "Yesterday evening at about 8pm when 9 RR cordoned off few houses in village Malwan, miscreants started spreading rumour that army has rescued hair cutter from one house."

"Today it has been clarified from house owners that they didn't catch any hair cutter; neither army rescued anyone from their home. Rumour mongers taking advantage of situation are trying to create fear psychosis amongst people. These anti-social elements will be dealt with sternly under legal provisions.

We appeal reasonable and respected people to come forward and cooperate with police to ensure curbing these elements and creating peaceful society."

KASHMIR

Government has been claiming at the center and what is being done on the ground.

He said, "While New Delhi offers unconditional dialogue to all the stake holders on one side, but on the other side leaves no stone unturned by destroying the self-respect of people of the state and doesn't even allow people of Jammu to sit together across the table with their Kashmiri counterparts so that they can understand each other's view point and also try to evolve a consensus as how to find an everlasting resolution to the long pending dispute, which has made this place worst than hell, one way or the other. It is strange that if government doesn't allow even people to talk to each other, what it could offer that may match the sentiments and sacrifices of people of state. It seems that certain elements from New Delhi to Srinagar are keen bent to create a wedge between the two regions by trying to polarize the situation and also by encouraging a complete regional and communal divide."

He reiterated that such dirty and logic less immoral moves will never ever force any patriotic Kashmiri from stopping telling the truth and reminded that seeking right to Self Determination is the fundamental right of people of the state, for which they cannot be suppressed by using state machinery against them. Er Rasheed said that if authorities had made up their mind not to allow the journey, they should have detained me at Srinagar, rather putting my life to grave security threat during the darkness of midnight.

ANSARI

It was a personal reason and I conveyed it to the honorable Chief Minister. Secondly, Baigh sahib did tell me to rejoin the rank but the assurances were given to me by Honorable chief minister herself. The assurances given to me were fulfilled, only partly," Ansari told The Kashmir Magazine in an interview.

The minister said that he has been taken on board by the chief minister Mehbooba Mufti over crucial developments of the state.

"Things are getting better. Assurances given to me by honorable CM have been taken due care, partly although. I am being invited over the crucial 'developments' going on in the state," he said in reply to a question.

Ansari had resigned in February this year from the ministry reportedly over his "low-key portfolio".

The PDP is likely to reshuffle portfolios of few ministers from its quota of council of ministers and the decision will be taken soon.

Reliable sources told KNS that portfolio of few ministers will be changed.

"The portfolio of a cabinet minister will be changed, while another cabinet minister will be given some important portfolios," the source said.

In February, Ansari and Basharat Bukhari, had resigned after Chief Minister Mehbooba Mufti expanded her council of ministers and had changed portfolios of various ministers.

Bukhari, who held portfolios of Revenue and Relief and Rehabilitation, was assigned the charge of the Horticulture department, while Ansari holds the portfolios of Information Technology, Technical Education and Youth Services & Sports.

RANA

for political ends, forsaking the welfare of the people and the nation", he added

Mr Rana said the people must ponder as to what they have lost and gained ever since the BJP partnered PDP in state government. The party with difference has ended up with indifference towards the common man, he maintained.

The Provincial President said the BJP was not doing any good to the state or the nation by polarizing diverse society, which has largely remained secular and inclusive despite communal onslaughts. He said consciousness is fast growing among people about the hidden BJP agenda, which is why they were distancing themselves from myopic politics of divide and rule. In Jammu, once a core constituency of the BJP, this realization is dawning rather fast, he added.

In this context, Mr Rana referred to the recent outburst and backlash of a section of society against senior BJP stalwarts in Jammu, saying instead of reading the writing on the wall, the Deputy Chief Minister chose to blame the National Conference for the volatile public resentment. By doing so, the BJP cannot explain its fast dwindling graph in the region, he said, adding, "If National Conference is so strong in the supposedly BJP bastion of Jammu, then the party has a reason to get jittery, panicky and should sit down to introspect, as to why those who were their supporters are turning their backs towards them".

The Provincial President said the sequence of events in recent past expose vulnerability of the BJP on its home turf due to its abject neglect of people, misgovernance, failure in keeping promises, backing out from the rhetoric slogans, playing reactionary politics and above all pushing the Jammu region to backwards. He posed several straight questions by asking the BJP leadership as to what had happened to promises of getting hydel projects back despite being signatory to PDP's Agenda of Alliance, generating jobs for unemployed youth, depositing Rs 15 lakhs to each bank account, creating safe logistics for the border dwellers and ensuing overall development of the state. He regretted that most of the projects, initiated during the tenure of Mr Omar Abdullah as Chief Minister, have either been abandoned or put on hold by the present dispensation. He referred to the power projects like Ruple, Keeru, Kwar, Kalnai and Sawlakote in particular and said these had potential to change the economic scenario of the Chenab Valley region. He said prices are soaring up unprecedentedly and people have been forced to run helter skelter for even basics of life. "This is the BJP version of Ache Din", he added.

"On the contrary, the BJP has been a main contributor to discrimination with Jammu and depriving the people of their legitimate rights", the Provincial President said, adding that hollow sloganeering has failed in even keeping their support base intact. He said discontentment among people is growing, as developmental process and administrative machinery has come to grinding halt due to lack of political direction. While Kashmir is burning, the Jammu is at cross roads of its history. He said the state has been pushed to crisis like situation in the past over three years.

Mr Rana cautioned the BJP against playing with fire by whipping up communal passions, saying the pain in the 'crown of this great country' due to wrong policies will fester into a wound that can take into its grip the entire body physique of the nation.

Speaking on the occasion, former minister and National Conference MLC Mr Sajjad Ahmed Kichloo stressed the need for strengthening the bonds of amity and brotherhood as per the legacy of Sher-e-Kashmir Sheikh Mohammed Abdullah.

Mr Kichloo cautioned against divisive politics being penetrated into the socio-political fabric of the pluralistic state and hoped that politically sagacious people will isolate such elements by maintaining time tested unity, amity and tranquility.

Prominent among those present on the occasion included former minister Mr Abdul Gani Malik and Mr Khalid Najeeb Suharwardhy, former legislators Qazi Jalal-ud-Din and Dr Chaman Lal besides District President Kishtwar Mr Tanveer Kichloo and District President Ramban Mr Sajjad Shaheen.

FIRE

have failed to monitor their areas of duty and failed to take pre-emptive action in preventing the fire.

Confirming the fire has engulfed the forest range in Langate area, DFO Muhammad Ayoub claimed that the fire has been controlled in his range.

DFO Kehmil, D P Singh was not available as his phone was switched off.

SHAM CHOUDHARY CALLS ON NITIN GADKARI

NEW DELHI, SEPTEMBER 26: Minister for PHE, Irrigation & Flood Control, Sham Lal Choudhary today called on Union Minister for Road Transport & Highways, Shipping & Water Resources, River Development & Ganga Rejuvenation, Nitin Gadkari and apprised him with the status of ongoing Irrigation and Flood Control Projects being executed in the State.

He apprised him of the requirements of funds under 419 Minor and 04 Major and Medium Irrigation Schemes in all the three regions of the state. He also apprised him that the balance funds amounting to Rs 886.42 crore under Minor Irrigation and Rs. 114.39 crore under Major and Medium Irrigation Schemes were required to complete the projects.

Under Flood Management Program, Minister also apprised the status of execution of work and requirement of balance funds.

Dy. Chief Minister, Dr. Nirmal Singh, Member Parliament, Jugal Kishore Sharma, MLA, Ravinder Raina were also present on the occasion who also discussed various developmental issues with the Union Minister.

Indian Navy commissions Water Jet Fast Attack Craft at Mumbai

New Delhi, September 26: INS Tarasa, a Water Jet Fast Attack Craft was commissioned into the Indian Navy by Vice Admiral Girish Luthra, Flag Officer Commanding-in-Chief, Western Naval Command at the Naval Dockyard, Mumbai today. At an impressive commissioning ceremony, Vice Admiral Luthra expressed confidence that the new INS Tarasa will discharge her duties with élan and resolve, and bring laurels to the Western Naval Command and the Nation.

Complimenting the designers, builders, engineers, overseers, and the officers and the men whose efforts have fructified in the commissioning of the ship, he said that the

ship is of proven design, has good endurance, low draught, high speed and manoeuvrability, thus making her most suited for her primary role of extended coastal and offshore surveillance and patrol. He reserved special praise for the ship's crew and the Warship Overseeing Team, Kolkata for ensuring that the ship has been commissioned with all Weapon and Sensor trials completed. The passage of the ship during her maiden voyage from Kolkata to Mumbai, in rough weather, bears testimony to the seaworthiness of the ship.

INS Tarasa is the fourth and last of the follow-on Water Jet FAC's built by the Garden Reach Shipbuilders and Engineers (GRSE), Kolkata. The

first two ships of the class i.e. IN ships Tarmugli and Tihayu were commissioned in 2016 and are based at Visakhapatnam; while the third ship INS Tillanchang was commissioned earlier this year at Karwar on 09 March 2017. These ships are an upgrade of the Car Nicobar class Fast Attack Crafts with the Indian Navy, which were also indigenously designed and built by GRSE, Kolkata.

INS Tarasa is 50 m long and powered by three waterjets which give it speeds of over 35 knots (65 kmph). The ship is armed with a 30 mm main gun indigenously built, and a number of light, medium and heavy machine guns to undertake coastal defence operations. The ship is an

ideal platform for missions like coastal and off-shore surveillance, EEZ Patrol, law enforcement as well as non-military missions such as Search and Rescue, Humanitarian Assistance and Disaster Relief. The commissioning Commanding Officer of the ship is Lieutenant Commander Praveen Kumar.

This is the second ship of the Indian Navy to be named INS Tarasa. The first INS Tarasa was in service of the Navy from 1999 to 2014. She was gifted to Seychelles Coast Guard as a symbol of India's partnership with friendly maritime nation in IOR. The new INS Tarasa will be based at Mumbai under the operational control of Western Naval Command.

HUA Minister Shri Hardeep Singh Puri assures J & K of support in urban sector

New Delhi, September 26: Minister of Housing & Urban Affairs Shri Hardeep Singh Puri today assured the Government and the people of Jammu & Kashmir of priority consideration and all possible assistance in all matters of urban development. This assurance was given when the Deputy Chief Minister of the State Dr. Nirmal Singh met Shri Puri here today and discussed various projects relating to J & K. They discussed progress and implementation of urban sector projects in the State.

Dr. Nirmal Singh has sought help in River Front Development along a 4.50 km stretch of Tawi River along the lines of Sabarmati River Front Development, completion of Sewerage Project of Greater Jammu sanctioned under JNNURM earlier, inclusion of Katra and Udhampur under Atal Mission for Rejuvenation and Urban Transformation (AMRUT) for basic infrastructure development

etc. The Deputy Chief Minister informed Shri Puri that the Sewerage Project of Srinagar, sanctioned under JNNURM is progressing with additional central assistance released by this Government.

Shri Puri directed the concerned officials in the Ministry to have the River Front Development proposal under the Smart City Plan of Jammu. After further consultations with the State Government on mobilization of resources for the sewerage project in Jammu including its financing under the ongoing urban missions, NBCC will be directed to resume the project works, Shri Puri assured. On the inclusion of two more cities under AMRUT, he said 500 cities have been included in this mission based on certain criteria and will have the possibility in this regard considered, he informed Dr. Singh.

Col. Rajyavardhan Rathore inaugurates National workshop on "Sports for All" in New Delhi

New Delhi, September 26: A national workshop on "Sports for All" was organized here today with the participation of about 80 representatives from Indian Olympic Association, Department of Sports, Sports Authority of India, National Observers, National Sports Federations of high priority and priority disciplines, SGFI and AIUs, Sports Secretaries of the States and the Union Territories, Sports promotion Boards and Sports promotion NGOs.

As the Sports development plays a significant role towards individual development, community development, economic development and national development. One of the key objectives of the workshop was to bring about convergence among all the stakeholders and create a shared vision in order to harness the multiple benefits that sports offer.

Inaugurating the workshop, the Minister of State (I/C) for Youth Affairs and Sports Col. Rajyavardhan

Rathore said that a massive overhaul of the entire sporting system is underway with the Khelo India initiative of the government as per the vision of the Prime Minister Shri Narendra Modi. He said the Khelo India scheme is not limited to development of stadiums; it will also work for the development of athletes and the nation. Khelo India is about broad-based sports, providing opportunities for playing, creating competition, picking up talent and also awareness of physical fitness and good health.

The minister said, there is a need to create multiple levels of competition. Unfortunately, when we ask which domestic national competitions it takes some time for people to give an answer. School Games Federation of India (SGFI) has been conducting games at school-level for ages, but nobody knows about it. He said, we are going to launch a new programme, 'Khelo India School Games' in December

2017. It will be the best tournament at school-level. It will become a platform for best talent to emerge. He said, the best talent will come to play in Khelo India School Games. Out of these, we would select 1,000 athletes and support them with resources equivalent to Rs 5 lakh per year for eight years. And every year, we will keep adding 1,000 athletes. This will help in creating amazing bench strength in this country across multiple sports.

Secondly to spot the talent, the government has recently launched the National Sports talent search portal on which anyone from anywhere in the country can send us a video of athletes for evaluation of their performance and further training by experts to make them better athletes for domestic and international competitions.

The minister said not only athletes government is also focusing on creating a bank of coaches with constant up gradation of their coaching

skills on a regular basis. Col. Rathore said his ministry is creating an IT-based structure where every athlete, from the moment he makes a mark, is tracked. There will be a central database, which can be accessed by anyone who is conducting a competition. The aim is that athletes can focus on their sport without any artificially created hurdles. He said all the coaches, managers and institutions taking care of these athletes need to be reporting to the ministry with their progress on a daily basis.

The Minister said all the stakeholders in sports have to bring professionalism, responsibility and accountability for promotion of sports in the country and the government will have zero tolerance towards mis-governance in sports bodies in different disciplines. On its part the government will hire high performance managers who can deliver the desired results in a professional manner.

Naeem Akhtar proposes massive reforms in MED

Snow clearance machines to be ready by Oct 15

SRINAGAR, SEPTEMBER 26: Calling for revamping the Mechanical Engineering Department (MED) on modern lines, Minister for Public Works, Naeem Akhtar today said that the Department besides completing prestigious projects will also act as a booster for young entrepreneurs in the State who sometimes lack the facility of having major construction machinery.

The Minister was speaking during a meeting to review the functioning of MED in Jammu and Srinagar. He directed the officials to remove the anomaly in rates on which construction and road building machines are given by MED on hire to private contractors and other Government Departments. He called for abolishing the traditional practice of providing machines to contractors on higher rates than the market rates. "It will help a lot of young contractors who sometimes are unable to bid for projects because of lack of costly machines with them.



They can now take on rent the machines from MED at competitive prices," he said.

While calling for expedited efforts to complete all projects within the stipulated time, the Minister said that the MED with its huge skilled manpower, machinery and expertise has the potential to accomplish works worth many times over. The Minister was informed that work is apace on the completion of works under National Saffron Mission. Of the 98 borewells, 09 have been completed, 50 trenches have been completed and entire project will be completed by the end of March 2018.

Similarly in Jammu, the Department is completing a cold store of 10 tonne capacity

and other projects. The meeting was also informed that MED Jammu is providing specialized road building equipment to on rent to BRO.

The Minister also reviewed the procurement of snow clearance machinery for Kashmir division. The Minister was informed that all the machinery will be ready by 15th of October and Department is ready to meet any eventualities for the coming winter. The Minister directed the officials to send one snow clearance machine to Kargil. He also directed the officials to make sure recruitment for any shortage of staff is done on fast track basis, so that there is no shortage of drivers and technical staff for the operation of these machines.

PIB Srinagar to organize Rural Media Workshop at Leh

Srinagar, September 26: Press Information Bureau (PIB) Srinagar is going to organize a one day Rural Media Workshop for working journalists at Conference Hall of DC Office Leh on September 27, 2017.

Around 60 working journalists are expected to attend the one-day workshop, titled "Vartalap", which has been organised by PIB with active support from district administration Leh.

The workshop will be the eighth of its kind in the valley. The workshop aims to act as an interface between the government and journalists working in far-flung areas. It also acts as a platform to highlight the benefits of Centrally Sponsored Schemes for rural people and the role played by the local media for awareness among the masses.

The eighth edition of "Vartalap" will see all districts of Kashmir and Ladakh divisions covered under PIBs Media Outreach Strategy. Similar workshops have earlier been organised by PIB in various districts of the valley.

India Joins Race in 5G Ecosystem, Constitutes High Level Forum on 5G India 2020

New Delhi, September 26: India is at the cusp of a next generation of wireless technology 5G. 5G has been conceived as a foundation for expanding the potential of the Networked Society. A digital transformation brought about through the power of connectivity is taking place in almost every industry. The landscape is expanding to include massive scale of "smart things" to be interconnected. Therefore, the manner in which future networks will cope with massively varied demands and a business landscape will be significantly different from today.

The economic benefits from the 5G technology are also quite immense. As per the OECD (Organization for Economic Co-operation and Development) Committee on Digital Economic Policy, it has been stated that 5G technologies rollout will help in, a) Increasing GDP b) Creating Employment c) Digitizing the economy.

For India, 5G provides an opportunity for industry to reach out to global markets, and consumers to gain with the economies of scale. Worldwide countries have launched similar Forums and thus, India has joined the race in 5G technologies. We are open for collaboration with them.

Government has constituted High Level 5G India 2020 Forum with three Secretaries of key Ministries/Departments Telecom, Meity and DST, and also comprising of renowned experts like Dr. A. Paulraj, Professor Emeritus, Stanford University, USA, Mr Gururaj Deshpande - Chairman of Sycamore Networks, Sandstone, USA, Indian industry led by CEOs of ICT industry, Telecom Standard Development Organisation of India (TSDSI), Professors from IIT Madras, IIT Mumbai, IIT Delhi, IIT Hyderabad, IISc Bengaluru, IT industry and stakeholders from industry associations.

The Term of Reference of the High Level Forum for 5G India 2020 shall be: - a) Vision Mission and Goals for the 5G India 2020, and b) Evaluate, approve roadmaps &

action plans for 5G India 2020. The primary goals of the forum are to achieve:

- Early deployment of 5G in India
- A globally competitive product development and manufacturing ecosystem targeting 50% of India market and 10% of global market over next 5 to 7 years.

The forum will complement the ecosystem by focused actions in the following areas:

- Research Ecosystem - for IPR development, standards development and proof of concepts through research projects, PPP projects, testbeds and pilot roll-outs.
- Regulatory Framework - including spectrum assignments and a start-up friendly regulatory environment to enable leap-frog and embracing of innovative technologies.
- Inclusive Business environment - with special focus on investment incentives favourable to start-ups and innovators and enablement of Venture capitalists.

Forum will constitute a number of Steering Committees in different domains.

A vibrant eco-system of research built around 5G that encompasses Industry, Government and Academia will further strengthen the MAKE (& DESIGN) in INDIA initiatives to enable:

- Design and manufacture of 5G technologies, products and solutions in India;
- 5G start-ups that enable this design and manufacturing capabilities;
- Generation of IPR backing the above designs;
- India based companies should have some essential IPR in the 5G standard;
- Manufacture of 5G chipsets, this may require massive investments;
- Appropriate testbeds and technology platforms to enable and help Indian technical ecosystem to have an edge in 5G;
- Accelerated deployment of next generation ubiquitous ultra-high broadband infrastructure with 100% coverage of 10 Gbps across urban India and 1 Gbps across Rural India.

Valedictory Session of Assistant Secretaries: IAS Officers of 2015 batch make presentations to PM

New Delhi, September 26: As part of their Valedictory Session as Assistant Secretaries, IAS officers of the 2015 batch today made presentations before the Prime Minister, Shri Narendra Modi.

8 selected presentations on various themes of governance were made by the officers, on themes such as rapid response for accident victims, tracking individual carbon footprints, financial inclusion, improving rural incomes, data driven rural prosper-

ity, heritage tourism, railway safety, and central armed police forces.

Speaking on the occasion, the Prime Minister said that it was indeed significant that the junior-most and senior-most officers are spending such a lot of time communicating with each other. The Prime Minister said that the young officers must imbibe all the positives from these interactions. The Prime Minister asked young officers to focus on subjects such as GST implementation and boosting digital

transactions, especially via the BHIM App.

He urged all officers to speed up the adoption of Government e-Marketplace (GeM) in their respective departments. He said this would eliminate middlemen, and result in savings for the government.

Giving examples of ODF targets and rural electrification, the Prime Minister urged the officers to work towards 100 per cent achievement of targets. He urged the officers to

work towards creating the India of the dreams of freedom fighters, by 2022. He said that officers who have risen from humble backgrounds, should meet young students, and motivate them. Communication leads to compassion, the Prime Minister added.

He said that the key aim of officers today is the welfare of the nation and its citizens. He urged the officers work with team spirit, and make teams wherever they go.

Governor and Social Welfare Minister review problems relating to Specially Aabled Persons

SRINAGAR, SEPTEMBER 26:

Consequent to discussions on several earlier occasions with NGOs and Social Activists who are operating in the Disability arena, Governor N.N. Vohra, Shri Sajad Gani Lone, Minister for Social Welfare, ARI & Trainings and Science & Technology and Shri B.B. Vyas, Chief Secretary, held an extensive meeting at the Raj Bhavan hereto to discuss important outstanding issues and demands relating to Specially Aabled Persons in the State.

The meeting was attended by Shri Sajad Ahmad Khan, Commissioner, Social Welfare Department; Shri Mohammad Iqbal Lone, Commissioner for Persons with Disabilities; Ms Shamima Noor, Principal, Deaf and Dumb School; Shri Javed Ahmad Tak, Chairman, Humanity Welfare Organization Helpline, Anantnag; Shri Abdul Rashid Bhat, President, J&K Handicapped Association; and Shri Aranjmand Makhdoomi, Founder President, Chotay Taray Foundation, Srinagar.



During the meeting detailed discussions were held regarding issues relating to the entire range of problems being faced by Persons with Disabilities (PwDs). After discussions it was decided: (i) Commissioner Social Welfare Department shall immediately move the School Education Department for allotment of a suitable school building (vacated due to the recent mergers/clustering of several government schools) for establishing Schools for PwDs at Jammu and Srinagar with adequate hostel and all other required facilities; (ii) an Ambulance shall be provided by Social Welfare Department; (iii) to start with,

offices at the regional level, with adequate facilities for PwDs, shall be set up; the need for establishing offices at District level shall be considered later on the basis of experience gained; (iv) Minister for Social Welfare agreed that Legislation on the lines of Central Disability Act, 2016 shall be finalised to issue as an Ordinance on urgent basis; (v) taking a serious note of the difficulties being faced by PwDs for lack of ramps in Government buildings, it was decided that Public Works Department shall issue immediate instructions to all concerned departments to ensure that clearance for construction of any new Govern-

ment building shall not be issued unless the building design has provision for ramps etc for disabled persons; (vi) Chief Secretary informed that the Social Welfare Department (SWD) has received funds amounting to Rs 42.74 lakh for making 147 already identified buildings disability friendly; (vii) DPRs for modification of 67 more buildings have been approved while 7 buildings have already been made PwDs friendly; (viii) Governor observed that this important project should be implemented in a time bound manner and Minister SWD agreed to monitor progress; (viii) Chief Secretary assured that in the next State Level Bankers'

Meeting one/two representatives of PwDs shall also be invited to discuss the possibility of making all Bank ATMs disability friendly; (ix) Minister SWD agreed that the School Education Department shall be moved to make all out efforts to ensure that all infrastructure in Government schools is PwDs friendly; (x) Minister SWD accepted Governor's suggestion that he would have an urgent meeting with Education Minister to see that teaching/learning materials, including Special Education and Sign Language Interpreters for PwDs are provided in all Government schools; (xi) Minister SWD directed Commissioner SWD to take urgent action for a Brail Press being established, to begin with it could be part of the Government Printing Press, Kashmir, and Ranbir Government Press, Jammu; (xii) Chief Secretary assured that regarding provision of Scribes/Amanuensis to students with severe disabilities during various Board.

DAILY **Time and Us** **Editorial**
 SRINAGAR J&K

Worrying downgrade

The elusive and charismatic snow leopard has lost its endangered status in the Red List of the International Union for Conservation of Nature, causing genuine worry among wildlife biologists, who believe this sends out the wrong signal to those working to protect it. If the argument for a downgrade to vulnerable status from endangered is that conservation actions have reduced the threat to the cat, there is an equally persuasive response on how little scientists know about its population health, given its remote habitat in the alpine zones of the Himalayas and trans-Himalayas. As a major range country, India has worked to protect these animals, and even launched a programme on the lines of Project Tiger for its conservation, covering 128,757 sq. km of habitat in Jammu and Kashmir, Himachal Pradesh, Uttarakhand, Sikkim and Arunachal Pradesh. There is also an upcoming international collaborative effort, the Global Snow Leopard and Ecosystem Protection Program, involving the countries that make up the range of this graceful animal. It is vital that this momentum should not be lost merely on account of the technicality that the estimated numbers have crossed the threshold for an 'endangered' classification, which is 2,500. If anything, studies on its vulnerability have to be intensified, and the task of monitoring its entire habitat of high mountains speeded up.

It would be a disservice to conservation if governments shift their focus away from the big challenges to the snow leopard's future: trafficking in live animals in Central Asia, and hostility from communities because of its attacks on livestock. India handled the problem of the cat preying on goats, sheep, donkeys and other animals by roping in communities in conservation, and compensating them for any losses. An insurance programme in which residents of a part of Spiti Valley in Himachal Pradesh participated also worked well. New research indicates that even when wild prey is available, the attacks on livestock by snow leopards have cumulatively been on the rise. The response to this finding must be to insulate the owners from losses and encourage them to move away from traditional pastoral grazing. A more fundamental worry is over the likely loss of habitat owing to changing climate patterns. Fortunately, research models indicate that there are considerable stretches of steppes in High Asia that could withstand climate-related changes in the greater Himalayan region, creating refuge lands for snow leopards. Today, the factors that pose a threat to the species remain unchanged, and the IUCN down-listing, which changes the classification since 1986, should not be misread by policymakers. If conservation has protected the cat, it must be strengthened by enlarging protected areas in all the range countries, and keeping out incompatible activities such as mining and human interference.

When does a tweet hurt?

► **A.S. Panneerselvan**

The first lesson one learns in a newsroom is that a journalist is as good as her most recent report, and past excellence does not guarantee immunity from any present shortcoming. In the age of social media, there is a need to expand on this lesson. While journalistic excellence may be ephemeral, posts on social media are immortal. I am forced to look into the relationship between social media and writing in general, and social media and journalism in particular, because of four recent developments.

FOUR STORIES

In the first, a tweet by ESPN's Jemele Hill — "Donald Trump is a white supremacist who has largely surrounded himself w/ other white supremacists" — kicked up a controversy in the U.S. ESPN issued a statement distancing itself from the tweet, but that further polarised popular opinion. While supporters of the U.S. President felt that the reaction of the media house was weak, those opposed to the President felt that ESPN had caved to pressure from the political establishment.

At a literary event in New York, novelist Zadie Smith explained the fickle nature of opinions on social media, and the bane of instant evaluation. "I want to have my feeling, even if it's wrong, even if it's inappropriate — express it to myself in the privacy of my heart and my mind," she said. "I don't want to be bullied out of it."

Closer home, the digital publication Quint terminated the services of its contributing writer, Suprateek Chatterjee, following a tweet by him that was undoubtedly offensive to Prime Minister Narendra Modi. It also decided to take down all his contributions from its site.

In the fourth incident, a tweet by senior journalist Rajdeep Sardesai exposed fellow television anchor, Arnab Goswami. Mr. Goswami, in a public event, came up with a story of his brush with a murderous gang near the Chief Minister's residence during the 2002 Gujarat riots. The person who encountered that experience was not Mr. Goswami, but Mr. Sardesai. Mr. Goswami's fiction would have gone unnoticed if the video of his speech had not been uploaded on a social networking site. The attempts to take it down have been futile. The cache has given it a new lease of life. These four issues are about social media, but they are not similar. ESPN disassociated itself from the tweet, but did not initiate punitive action, whereas Quint sacked the contributor and has taken down all his work. Zadie Smith's speech was about the nature of social media. For her, abstaining is the solution to all the problems posed by networking sites. Mr. Goswami is an exception. His articulation was not an opinion but a straightforward lie.



by journalists; I am worried about the im-

IN THE FIRST, A TWEET BY ESPN'S JEMELE HILL — "DONALD TRUMP IS A WHITE SUPREMACIST WHO HAS LARGELY SURROUNDED HIMSELF W/ OTHER WHITE SUPREMACISTS" — KICKED UP A CONTROVERSY IN THE U.S. ESPN ISSUED A STATEMENT DISTANCING ITSELF FROM THE TWEET, BUT THAT FURTHER POLARISED POPULAR OPINION. WHILE SUPPORTERS OF THE U.S. PRESIDENT FELT THAT THE REACTION OF THE MEDIA HOUSE WAS WEAK, THOSE OPPOSED TO THE PRESIDENT FELT THAT ESPN HAD CAVED TO PRESSURE FROM THE POLITICAL ESTABLISHMENT.

IMPACT ON JOURNALISM

My concern is not about the reaction of news organisations to social media posts

of impulsive reactions by journalists on social media on journalism. Taking down contributions by writers for their social media opinions, however unacceptable these

posts may be, is not an option. It is also true that the cyberspace never forgets. Past social media behaviour always catches up with journalists in an awkward manner and has the potential to cast shadows on the news organisation that she works for.

There is a need for Indian editors and journalists to reflect on this issue and come up with a viable code. In 2011, the Ethics and Values Committee of the American Society of News Editors (ASNE) took a considered view of the relationship between journalists and their social media posts. It argued that draconian rules may discourage creativity and innovation, but cautioned that allowing an uncontrolled free-for-all would open the floodgates to problems, and leave news organisations responsible for irresponsible employees.

The ASNE's committee came up with 10 broad guidelines and following them may protect journalists from potential grief. It does not make any ethical distinction between traditional media and online content. It assumes that everything one writes online will become public. It draws attention to that elusive entity called readers' perception. It urges reporters to break news on their own institutional websites and not on Twitter. And it also contains one editor's pithy admonishment: "Don't be stupid."

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WHY WE NEED BULLET TRAINS

► **R. Srinivasan**

So far, the proposed Ahmedabad-Mumbai bullet train project is just a piece of stone that has been laid by Prime Ministers Narendra Modi and Shinzo Abe, but it has already been written off as a white elephant by most analysts and commentators. They are probably right. The project, of course, is alarmingly expensive. And a 0.1% interest on the loan from Japan, despite what the Prime Minister says, is not "practically free of cost"; in fact, it may well be above real interest rates in Japan if you factor in rupee depreciation. Both the fares and the number of passengers have to be unrealistically high if the project is to even come close to breaking even. In fact, with 12 stations on the route, to reach out and touch as many potential voters as possible, it might not even be able to maintain bullet train-levels of average speeds, given the number of starts and stops.

A leap into the unknown But I am all for bullet trains. Not because I have an economic model which makes the high-speed train project suddenly viable — frankly, it is difficult to counter the logic of the above-mentioned experts — but because there is a dimension to an ambitiously audacious project like this which is being totally missed in the heat and dust kicked up by the whole bullet train debate. It is the transformative impact that such mega projects can have on the entire ecosystem.

Every mega project that we have seen — from China's Great Wall to the Angkor Wat, from the Taj Mahal to the U.S. Interstate Highway System — has represented a leap into the unknown when it first started. Almost every case has faced the same criticism that the bullet train project is facing now — that it was too unrealistic, too expensive, too fanciful, or just plain megalomaniacal.

But these projects also represent the crowning glories of human achievement.



A Taj Mahal is not just one man's dream; the secret of its enduring appeal is that it is a representation in physical reality of man's capacity to dream. They also created technologies, processes, and execution capabilities which not only had not existed till then, but had not even been thought of. And in the process, they ended up shaping the world around them forever.

Some of the largest mega projects under way around the world are epitomes of this ability of humans to surpass the possible. Take the International Space Station. It has so far cost nearly \$200 billion, but is also our world's first and only permanent outpost outside it — in space, the jumping-off point for mankind's eventual spread to the planets and stars beyond. It is also a magnificent example of international collaboration, and a technology generator of mammoth proportions, sparking innovations which are now part of everyday technology.

Vision and will You need vision to think up mega projects, and indomitable will to drive them through. Dubai's sheikhs have it. They are pumping in north of \$82 billion to build the Al Maktoum International Airport, which, when completed next year, will be the world's largest by a comfortable margin. Could one have imagined that this tiny desert emirate would become a global air travel hub? No. But

will it help bring in technologies and services, create tens of thousands of jobs, and probably make Dubai a serious player in the airport-building business (they have already achieved this in seaports)? Yes.

China's party leaders have this ability and will as well. The South-North Water Transfer Project is the world's largest hydro-engineering project, involving, among other things, two mega 1,000-km canals. It costs thrice as much as the mammoth Three Gorges Dam project did, but will solve the water problems of 50% of China's population in one stroke.

An ability to dream big We had it too, at one time. In fact, one mega project from the past was, ironically, temporarily linked with the bullet train. The Narmada Dam, 56 years after it was started, was dedicated to the nation around the same time the bullet train was announced. Forget all the (again, mostly valid) criticism of the project,

the abandonment of dam oustees, and so on, and just look at the project in isolation. Half a century ago, this country had no problems visualising impossible dreams — damming mighty rivers, building steel plants in the middle of jungles, and so on. We lost that capacity to dream big somewhere along the way, as well as the capacity to execute. Bhakra Nangal got built, but Narmada took half a century. Bhilai and Rourkela got built, but a satisfactory version of the Arjun Main Battle Tank is yet to be inducted, despite having been sanctioned in 1974.

That is why we need more bullet trains. It is not just the one project. Just the technology, engineering and quality levels it brings will alone transform the future of our early industrial age railway system. One showcase team will fire the aspirations of a billion people, just like one Delhi Metro made every city in India try to build one. If we don't dream big, we will never achieve big.

Will not send troops to Afghanistan: Nirmala Sitharaman

NEW DELHI: India will continue its development and medical assistance to Afghanistan but will not send troops, Defence Minister Nirmala Sitharaman said on Tuesday. "There shall not be any boots on the ground from India," Ms. Sitharaman said in response to questions at a joint press conference with her U.S. counterpart, James Mattis. There has been much speculation about India deploying troops in Afghanistan after U.S. President Donald Trump called for greater Indian involvement in the war-torn country. After delegation level discussions between the two Ministers, India and the U.S. also resolved to eradicate safe havens for terrorists across the globe. "There can be no tolerance of terrorist safe havens. As global leaders, India and the U.S. resolve to work together to eradicate this scourge," Mr. Mattis said in a statement. With increasing Chinese presence in the



region, both sides put great emphasis in expanding their expanding maritime cooperation. Mr. Mattis landed in India on Monday for his maiden three-day visit, the first by a Cabinet member of the Trump administration. India has already extended a \$3-billion aid to Afghanistan and also provides training to its military and other assistance.

Rahul Gandhi invokes Sardar Patel, slams Modi's Gujarat model

JAMNAGAR: Congress vice president Rahul Gandhi invoked Sardar Vallabhbhai Patel, India's first home minister hailing from Gujarat, to woo people of the state which is bound for polls later this year. Addressing a Patidar-dominated crowd donning skull caps with slogan written 'Jai Sardar, Jai Patidar' at Tankara and Dhrol, Rahul said Gujarat had given Sardar Patel and it would have to play an important role in taking the country forward. "You (patidars) gave Sardar Patelji... Gujarat gave Sardar Patelji. Gujarat will have to take lead in taking nation to new heights," he said. Calling Prime Minister Narendra Modi-promoted "Gujarat model of development" a failure, Rahul called for the return of the old Amul model, which he said catered to all sections of the society. "Modiji's Gujarat model has failed. We need old Gujarat model of Amul, which aims for development of all,"



he said. Amul is a brand owned by Gujarat Co-operative Milk Marketing Federation which is jointly owned by 3.6 million milk producers in the state. It was set up in 1946 in response to the exploitation of milk producers by the only existing dairy Polson

Dairy, and spurred White Revolution, making it the world's largest producer of milk and milk products. Amid chants of Jai Sardar, Jai Patidar, Gandhi recalled the deaths of 14 Patidar youths in clashes with police in 2015 while demanding res-

ervation, and said, "When the youth asked for their right, BJP treated you with bullets... this is not the Congress way... Congress believes in taking everyone along." Gandhi also raised the issue of unemployment and farmers' plight in the farm-rich belt of the state, which is dominated by Patidars who have been demanding reservation in government jobs and education under the other backward classes (OBC) category. As Gandhi tried to woo Patidars, the BJP-led state government under chief minister Vijay Rupani on Tuesday called groups involved with the Patidar agitation for talks. Hardik Patel, the face of the agitation, said he would participate in talks with the government. Rahul is on a three-day poll campaign Navsarjan tour of Gujarat and is scheduled to visit Khodaldham, the pilgrimage place for influential Leuva Patidars.

PM Narendra Modi wishes Manmohan Singh on his birthday

NEW DELHI: Prime Minister Narendra Modi on Tuesday wished his predecessor Manmohan Singh on his birthday praying for his long life. "Warm birthday wishes to our former Prime Minister Manmohan Singh. May he lead

a long life filled with good health," Modi said in a tweet. Singh, who turned 85 on Tuesday, was the Prime Minister between 2004 and 2014 during the United Progressive Alliance (UPA) regime. His political career began



in 1991 when he was appointed as the country's finance minister under late Prime Minister PV Narasimha Rao. It was the same year during which he helped usher in "liberalisation and privatisation" to the Indian economy.

SC refuses more time for medical admissions

NEW DELHI: The Supreme Court has refused to extend the deadline for filling up vacant seats in medical super-speciality, post-graduate and MBBS courses. A Bench led by Chief Justice of India Dipak Misra refused to extend the September 14 time limit, especially in the case of super-speciality courses. In a four-page order on September 22, the Bench referred to the apprehensions raised in the various pleas that many seats remained vacant and there was a need to extend the date for admissions. But the court dismissed the pleas, saying the concern voiced in them "travels from rational sphere to emotional sphere." It acknowledged the Medical Council of India's (MCI) stand that discipline was essential in academic admission matters and any extension would result in chaos. Ineligible students would benefit from such confusion, leaving the worthy ones in dire straits. "We are of the convinced opinion that an extension at this juncture would not be appropriate. A sense of concern is one thing, but sustenance of discipline and order is another aspect. Weighing both the concepts in a balanced manner, we unhesitatingly come to the conclusion that the prayers made in the interlocutory applications do not deserve any acceptance and, accordingly, they stand rejected." Centre backed move The court's refusal came despite the Centre favouring an extension. But MCI, through advocate Gaurav Sharma, vehemently opposed the government's position. "Once this court has extended the time limit till September 14, 2017, and the candidates did not avail the facilities. It will be an anathema to the concept of law to grant extension at the behest of the institutions or the students," Mr. Sharma said. Among the applications was one by 23 doctors from various parts of the country seeking an extended round of counselling for the candidates who had qualified in the NEET-SS examination to fill up vacant seats available in government and private medical colleges. NEET-SS is an eligibility-cum-ranking examination prescribed as the single entrance examination to various DM/M.Ch. courses under the Indian Medical Council (Amendment) Act, 2016. The petitioners, led by Chennai-based doctor T.T. Senthilnathan, had contended that over 25% of the seats in super speciality DM/ M.Ch. Courses remained unfilled even after two rounds of counselling.

ED attaches assets of Karti Chidambaram



NEW DELHI: The Enforcement Directorate has provisionally attached assets worth 1.16 crore of former Union Finance Minister P. Chidambaram's son Karti and a company as part of the money-laundering probe into the Aircel-Maxis deal case.

Responding to the action, Mr. Chidambaram on Monday said the allegations contained in the press note released by the agency were a "crazy mixture of falsehoods and conjectures." The press note, he said, was intended to intimidate him and silence his voice. "I will not be intimidated. As and when the attachment order is served, suitable action will be taken in accordance with law." "It [the press note] cleverly skirts the issue of jurisdiction of the ED when the only charge sheet filed in the case [Aircel-Maxis] has been quashed by the special judge," he said in a statement.

Maxis case: CBI summons Karti Chidambaram The ED said it had not issued any press note and the details of the attachment were tweeted through its Twitter handle. It said Mr. Karti was not part of the charge sheet that was quashed by the special judge and the CBI's and the ED's FIRs in the Aircel-Maxis deal case were still valid. As for the FIPB clearance for Maxis investments in Aircel, the former Finance Minister said FIPB officials, examined by the CBI, affirmed that the FIPB, consisting of the Secretaries to the Government of India, had correctly approved and recommended the case and placed the minutes before the then Finance Minister (the competent authority) for approval. "Approval was granted in the normal course," Mr. Chidambaram said. The attached assets includes 26 lakh in the form of fixed deposits of Advantage Strategic Consulting Private Limited. The rest belongs to Mr. Karti in savings account and fixed deposits. The agency has alleged that the attachment has been made as it has grounds to believe that the assets under scrutiny are being disposed of.

Sexual consent key factor in defining sexual assault: HC

NEW DELHI: 'Myriad circumstances' influence consent, observes Bench in a 'yes' or 'no' from a woman to a sexual act really a 'yes' or 'no'? The Delhi High Court asks. The High Court discusses the various "models" of sexual consent in the modern world. The debate is part of an 82-page judgment which acquits film-maker Mahmood Farooqui in a rape case on the benefit of doubt that he might have misread the 'no' of the woman as a 'yes'. In normal parlance, consent would mean voluntary agreement of a woman to engage in sexual activity without being abused or exploited by coercion or threats, Justice Ashutosh Kumar, who authored the verdict, observed. The consent can be revoked at any moment. "Thus, sexual consent would be the key factor in defining sexual assault as any sexual activity without consent would be rape," the



judgment explained. "Affirmative model" On the "various models of sexual consent," the judge starts with the "traditional and the most accepted" one, which is the "affirmative model" where a "yes is yes and no is no." But the judgment goes on to tackle a situation where a woman's affirmative consent or positive denial is not asserted, but conveyed in an "underlying/dormant" fashion, leading to confusion. The court then notes that

there are "differences between how men and women initiate and reciprocate sexual consent." "The normal construct is that man is the initiator of sexual interaction. He performs the active part whereas a woman is, by and large, non-verbal. Thus, gender relations influence sexual consent," Justice Kumar noted. But this may not be true in the case of modern society where gender equality is the "buzzword," Justice Kumar adds.

Honeypreet's bail plea: Delhi High court reserves order, asks her to surrender

NEW DELHI: The Delhi High Court on Tuesday reserved its order on the anticipatory bail plea of Honeypreet Insan, who is wanted by the Haryana Police in connection with incidents of violence following conviction of the Dera Sacha Sauda chief, saying the "easiest way out" for her would be to surrender. Justice Sangita Dhingra Sehgal, after hearing arguments on behalf of Honeypreet

and the police of Delhi and Haryana, said she would pass an order on it. The order is likely to be pronounced later today. "The easiest way out for you would be to surrender," the court observed. Honeypreet has been on the run since the conviction of Ram Rahim in two rape cases. She is facing a case of sedition for allegedly inciting violence in Haryana after the Dera chief's conviction. Transit

anticipatory bail plea is meant to seek protection against arrest during transit. In this case, Honeypreet is seeking bail for her transit from Delhi to Haryana to join investigation in the sedition case. During the hearing, the Haryana Police opposed the filing of her plea in the Delhi High Court, saying it was "a ploy to do 'forum shopping'." Delhi Police also alleged that Honeypreet should have

approached the Punjab and Haryana High Court, rather moving the high court here. The police of Delhi and Haryana opposed her plea for anticipatory bail for three weeks on the ground that the court of competent jurisdiction would be in Haryana. The lawyer for Honeypreet contended that her life was in danger in Haryana and that is why she has moved Delhi high court seeking pro-

tection from arrest till she moves a court in the neighbouring state. The lawyers said that she will join the probe if she is protected. Priyanka Taneja alias Honeypreet, the adopted daughter of the jailed Dera chief, tops the list of 43 persons "wanted" by the Haryana Police in connection with incidents of violence that had followed Ram Rahim's conviction in the rape cases.

2008 Malegaon blast case: Bombay HC grants bail to retired Major Ramesh Upadhyay

MUMBAI: The Bombay High Court granted bail on Tuesday to retired Major Ramesh Upadhyay, an accused in the 2008 Malegaon blast case. Accepting Upadhyay's plea on the ground of parity — since the other prime accused in the case have been granted bail by the high court and the apex court — a bench of Justices Ranjit More and Sadhna Jadhav granted him bail against a personal bond of Rs 1 lakh. While the National Investigating Agency's (NIA) counsel Sandesh Patil opposed the bail plea, the HC said its hands were tied in view of the apex court's directions on parity. The court also asked if Upadhyay's role in the blasts was larger than that of prime accused Shrikant Purohit.



Upadhyay's counsel, however, denied the same and said, "The apex court had recently granted bail to Purohit and that the trial court in Mumbai had also let out two other accused persons in the case,

Sudhakar Chaturvedi and Sudhakar Dhar Dwivedi. Thus, Upadhyay too must be granted bail." The NIA, in its charge sheet, had cited transcripts of phone conversations between Upadhyay and Purohit as prime evidence against the former. The Supreme Court had last month granted bail to Purohit in the 2008 Malegaon blast case. Seven people were killed in a bomb blast on September 29, 2008 at Malegaon, a communally-sensitive textile town in Nashik district of north Maharashtra. A special MCOCA court had earlier ruled that the ATS had wrongly applied this law against Sadhvi Pragma Thakur, Purohit and nine others.

Man beaten to death for attempting to rape schoolteacher in Assam

GUWAHATI: A 35-year-old man was lynched to death by a mob in Sonitpur district of Assam after he allegedly tried to rape a teacher, police said on Tuesday, in the latest sexual assault on women teachers at government schools that have raised questions about their safety. According to the police, the incident took place Monday morning at Rakshasmari Bhelaguri village in Sonitpur district, nearly 135km north from the state capital Dispur. "The 26-year-old teacher, a resident of Morigaon district who was recently appointed to the area, was walking to her school located nearly 2km away from her rented accommodation when the attack took place," additional superintendent of police Sonitpur Numol Mahata told the Hindustan Times. Rajen Kura allegedly dragged the teacher to nearby bushes and was trying to rape her by tearing off her clothes when her cries for help alerted villagers. "Nearly 50 people gathered at the spot and

started beating the accused with sticks and kicked him. By the time a police team reached the spot, Kura was badly injured," he said. The accused was taken to a nearby hospital from where he was referred to another at Dhekiajuli where he succumbed to injuries on Monday evening. The police have registered a case and are conducting investigations. No one has been arrested yet. Monday's incident is the latest sexual assault on women teachers at government schools, who are posted away from their homes, and have raised questions about their safety. Earlier this month, three other teachers complained of misbehaviour and sexual harassment by their colleagues and residents of the places where they were posted. In May, a 58-year-old teacher in Nagaon district was raped and killed by unidentified persons while she was returning from her school. The police arrested two people in connection with the case.

Does your migraine bother you a lot? Check for jawbone disorders that could worsen the pain

Do you suffer from chronic migraine? You are thrice as likely to suffer from severe jawbone disorder, according to a study. The findings showed that temporomandibular disorder (TMD) -- affecting the jaw joint -- does not directly cause migraine. However, the TMD may worsen one's migraine attacks in terms of both severity and frequency, the researchers said. "Migraine is a neurological disease with multifactorial causes,

whereas TMD like cervicalgia -- neck pain -- and other musculoskeletal disorders is a series of factors that intensify the sensitivity of migraine sufferers. Having TMD may worsen one's migraine attacks in terms of both severity and frequency," said lead author Lidiane Florencio, researcher at the University of Sao Paulo in Brazil. "Our study shows that patients with chronic migraine, meaning attacks occurring on more

than 15 days per month, are three times as likely to report more severe symptoms of TMD than patients with episodic migraine," she added.

Previous studies have indicated that migraine is somehow associated with pain in the chewing muscles. The temporomandibular joint acts like a sliding hinge connecting the jawbone to the skull, therefore, the disorder's symptoms include difficulty in



chewing and joint tension. Central sensitisation may explain the association between the frequency of migraine attacks and the severity of TMD, Florencio said.

"The repetition of migraine attacks may increase sensitivity to pain," she said. For the study, published in the Journal of Manipulative and Physiological Therapeutics, the team assessed women in their early to mid-30s who had either chronic migraine

or episodic migraine or with no history of migraine.

Signs and symptoms of TMD were observed in 54 per cent of the control participants without migraine, 80% of participants with episodic migraine and 100 per cent of those with chronic migraine. While the people who suffer from migraine are predisposed to have TMD, those with TMD will not necessarily have migraine, the researchers said.

Looking to add some fun to your fitness routine? Try these 6 exercises to get fit

Exercising should be a fun activity that you look forward to. But traditional indoor workouts might get monotonous with time. Incorporate engaging and unconventional fitness activities and get fit while having fun, say experts.

Manmeet Manchanda, fitness trainer, Anytime Fitness gym, and Rachit Dua, advanced online personal trainer with Team_Aminder, suggest how:

Trampoline fitness: You can burn 160 calories in half an hour of jumping on your mini-trampoline.

Pole fitness: Pole fitness is an extension of pole dancing that uses the pole to its maximum potential as a versatile piece of fitness equipment. It works the whole body, improving



muscle tone, flexibility, coordination, posture as well as upper body and core strength.

Aerial yoga: Anti-gravity yoga or aerial yoga combines the traditional yoga poses, pilates and dance with

the use of a hammock. Boot camp workout: A fitness boot camp is a type of group physical training programme conducted by gyms and personal trainers. These programmes are designed to build strength and fitness through a variety of intense group intervals over one-hour period of time.

Battle ropes: This helps to build more muscle. The key to their effectiveness is that they work each arm independently, eliminating strength imbalances as they sculpt your muscle. **Aqua workout:** Aqua aerobics is the performance of aerobic exercise in fairly shallow water such as in a swimming pool. Done mostly vertically and without swimming typically in waist deep or deeper water, it is a type of resistance training.

This is what causes bone loss in elderly



Researchers have identified a mechanism that leads to bone loss in older adults, an advance that may help develop therapeutics to treat the age-associated bone loss condition. Osteoporosis -- the thinning of bone and the loss of bone density that increases the risk of fractures -- is a major health problem in older people.

Often the condition is accompanied by an increase in fat cells in the bone marrow.

The study led by Yi-Ping Li, Professor at the University of Alabama at Birmingham, found a protein called Cbf-beta which plays a critical role in maintaining the bone-producing cells.

Furthermore, the examination of aged mice showed dramatically reduced levels of Cbf-beta in bone marrow cells as compared

to younger mice.

The findings showed when this mechanism malfunctions, progenitor cells stop creating bone-producing cells and instead create fat cells. Thus, maintaining this Cbf-beta may be essential to prevent human age-associated osteoporosis that is due to elevated creation of fat cells, Li said.

The results were published in the journal Proceedings of the National Academy of Sciences. Knowledge of this mechanism can provide targets in the search for novel bone-loss therapeutics to treat human osteoporosis with minimal side effects, the researchers noted.

Suffering from brittle bones? Heres what causes bone loss in elderly

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Navratri 2017: Heres how you can keep a fast and maintain a low calorie diet too

For most of us, nine-day long Navratri fasting is only a religious practice but if we look at it closely, there is a scientific reason behind it. During Navratri, we witness a change in weather and the changing climate lowers our body's immunity, this is why we fast - to keep our diet healthy and to protect our body against infections. But there are some rules that we must follow to have a healthy fasting.

Here are a few tips by Deepti G Dua, Dietician at Mutation Diet Clinic, Gurugram, for smart eating during Navratri: Eat small meals: It is important to eat small meals at

regular intervals. It will keep your metabolism intact. Also, try to have heavy-meals in the first half of the day for easy digestion. - Avoid sabudana: Try to avoid sabudana or other fried foods, and include more of yoghurt, smoothies, lassi and fruits, in your diet. This will not only keep you full but maintain the optimum fluids in the body. Avoid oily food: Instead of kuttu poori or pakodas, have boiled aloo chaat, air fried paneer tikki, makhana kheer, or mixed fruit curd. Say yes to samak/rajgira: Samak chawal is a common fasting food. It is gluten free by nature and is ground separate from



all other grain products. So try idli and dosa from samak chawal atta or samak chawal pulao. You can also use singed flour or rajgira flour instead of using kuttu flour. - Adequate

liquid intake: Keep sipping on water, coconut water, lemonade, chaach, as much as you can. It works as a great detox. Include roasted makhana or nuts: Instead of having nam-

keen, that is loaded with calories, try having a handful of roasted makhana as they are low in cholesterol. Eat more fruits: Fruits are high in vitamins, minerals and fiber, and low in calories. So, snack on fruits like papaya, guava and banana everyday and take a slice of pineapple at night if you feel constipated. Include Sendhanamak in your diet: You should use 'sendhanamak' in your diet during fasting as it is great for digestion. Sendhanamak also helps to reduce swelling and water retention in the body and helps in maintaining your blood pressure level.

Purple potatoes may slash colon cancer risk: Study

A diet containing plenty of purple potatoes and other colourful fruits and vegetables may lower the risk of colon cancer and inflammatory bowel diseases, researchers, including those of Indian origin, claim.

Colourful plants, including the purple potato, contain bioactive compounds, such as anthocyanins and phenolic acids, that have been linked to cancer prevention.

Understanding how these compounds work on a molecular level could be an initial step towards finding treatments for cancer, researchers said.

"What we are learning is that food is a double-edged sword? It may promote disease, but it may also help prevent chronic diseases, like colon cancer," said Jairam K P Vanamala, associate professor at Pennsylvania State University in the US. In the study, pigs that were served a high calorie diet supplemented with purple-fleshed potatoes had less colonic mucosal interleukin-6 (IL-6) compared to a control group.

IL-6 is a protein that is important in inflammation, and elevated IL-6 levels are correlated with proteins, such as Ki-67, that are linked to the spread and growth of cancer cells, said Vanamala.

The findings, published in the Journal of Nutritional Biochemistry, show that eating whole foods that contain macronutrients - substances that humans need in large amounts, such as proteins? as well as micro- and phyto-nutrients, such as vitamins, carotenoids and flavonoids, may be effective in altering the IL-6 pathway.

Vanamala said these findings reinforce recent research that suggests cultures with plant-based diets tend to have lower colon cancer rates than cultures with meat-based diets. Colon cancer is a leading killer in many Western countries, which tend to include more meat and less fruits and vegetables, he added.

While the researchers used purple potatoes in this study, Vanamala said other colourful fruits and vegetables could prompt similar effects. "White potatoes may have helpful compounds, but the purple potatoes have much greater concentrations of these anti-inflammatory, antioxidant compounds," said Vanamala.

Depression more severe in those who are sexually harassed by co-workers

Workplace sexual harassment is a rising concern around the world. Many women have recently come out in the open with their experiences, a move which has encouraged many others to do the same, thus compelling strict action against the culprits.

While sexual harassment - irrespective of time, place or gender - is considered a huge crime, not much is spoken about how it affects the mental health of the person who is at the receiving end.

A study has now found, that people who are sexually harassed by their work colleagues are at a risk of developing more severe symptoms of depression than those who experience harassment by clients or customers.

Researchers from National Research Center for Work



Environment (NRCWE) in Denmark found that compared to employees not exposed to sexual harassment, those harassed by clients or customers scored 2.05 points higher on the Major Depression Inventory (MDI).

MDI is a self-report mood questionnaire that generates a diagnosis of depression together with an estimate of symptom severity. Scores on the MDI range from 20 for minor depression to 30 or more for major depression.

Employees harassed by a colleague, supervisor or subordinate scored 2.45 points higher compared to employees who had experienced sexual harassment by clients or customers,

according to the study published in the journal BMC Public Health. Researchers noted that women were more likely to be exposed than men, with 169 out of 4,116 women reporting sexual harassment by clients or customers compared to 11 out of 3,487 men, and 48 women reporting sexual harassment by colleagues compared to 31 men.

Participants employed in care work were more often exposed to sexual harassment by clients or customers - 152 out of 2,191 (6.9 percent) - than participants employed in other occupational groups such as education, service or industrial work, researchers said.

"Our findings suggest that sexual harassment from clients or customers has adverse consequences and should not be normalised or ignored," said Ida Elisabeth Huitfeldt Madsen from NRCWE.

"In this study we found that sexual harassment from clients or customers, which is more prevalent than harassment from other employees, is associated with an increased level of depressive symptoms," Madsen said.

This is important as some workplaces, for example in person-related work like care work or social work, may have an attitude that dealing with sexual harassment by clients or customers is 'part of the job', researchers said.

Saubhagya: This is how Modi govt's many 'power for all' schemes have fared

MUMBAI: Earlier, you had GARV, GARV-II, IPDS, DDUGJY, UDAY and UJALA. And now, SAUBHAGYA has joined the long list of schemes promising 'power for all'. Right since the government under Narendra Modi took charge at the Centre in May 2014, energy access has been the clarion call.

In the first Union Budget that the Modi government presented in 2014, rural and urban electrification had seen a major thrust, along with a name change and allocation boost. Strict targets were part of these two schemes - Integrated Power Development Scheme (IPDS) and Deen Dayal Upadhyaya Grameen Jyoti Yojana (DDUGJY).

Of the un-electrified 18,000 villages, 14,483 are mentioned as electrified on the GARV dashboard, which captures real-time data for rural electrification. However, while the speed of progress in powering villages is laudable, household electrification data remain dismal. Of the 170 million households, 40 million remain to be fully electrified, show government data. Also, 24x7 power is still a far cry even for the electrified households.

So far, no clause in the rural electrification programme promises 24-hour power supply. Even SAUBHAGYA doesn't promise to monitor the quantum or quality of

power supply, despite the government claiming that India is a power-surplus country.

In this year's budget, the allocations to IPDS and DDUGJY were the highest ever. Under IPDS, grant is given to states after they submit their proposal for urban power reforms. According to its website, the total grant from the Government of India to the scheme stands at Rs 16,019 crore. Of this, the total released grant is only Rs 3,728 crore - that when, at 60 per cent, budgetary support to IPDS is the highest for any Centre-sponsored programme.

The government said in a statement: "The total outlay for the SAUBHAGYA project is Rs 16,320 crore, while the Gross Budgetary Support (GBS) is Rs 12,320 crore. The outlay for rural households is Rs 14,025 crore, while GBS is Rs 10,587.50 crore. For urban households, the outlay is Rs 2,295 crore, while GBS is Rs 1,732.50 crore. The Government of India will largely provide funds for the scheme to all states/UTs."

In the Union Budget 2017-18, IPDS was allocated Rs 5,821 crore and DDUGJY received a budgetary allocation of Rs 4,814 crore.

Basically, the new scheme would provide more central funds, mostly for subsidy. Subsidising electricity may not be wrong, especially for those who cannot pay. But it should



not be forgotten that it is the years of subsidised electricity and fund-pumping by the Centre that has crippled the country's power distribution sector.

Battling debt and beleaguered operations, power distribution companies (discoms) across India are still trying to resurrect themselves through the reform programme UDAY. These states were expected to get on the operational reform path after a debt restructuring by this year. Given a slow progress in loss reduction and operational turnaround, central funds could lead these discoms back to the same vicious circle of subsidy and loss.

The government statement on this scheme also says: "Un-electrified households not covered under the Socio Economic and Caste Census (SECC), 2011, would also be provided electricity connections under the scheme on a payment of Rs 500, which shall be recovered by discoms in 10 instalments through electricity bill." Un-electrified villages across the country have for years been getting power supply in this way - through illegal mediums. Rural Electrification Corporation (REC), the nodal body for this scheme, has since its inception battled illegal

connections, and it continues to do so. The idea to electrify every nook and corner of India has always grabbed headlines and pools of money. What has failed to come by is the illumination of those nooks and corners. Pumping money in inefficient discoms and providing subsidy might solve the immediate problem of fund crunch.

The government statement said: "For easy and accelerated implementation of the scheme, modern technology shall be used for household survey by using mobile app. Beneficiaries shall be identified and registered on the spot. Gram panchayat/public institutions in the rural areas might be authorised to collect application forms along with complete documentation, distribute bills and collect revenue, in consultation with the Panchayat Raj Institutions and Urban Local Bodies."

Under DDUGJY, REC and the power ministry had appointed Gram Vidyut Abhiyantas (GVAs) in un-electrified villages to take stock. Still, one or the other 'declared electrified' village is discovered to be without electricity. In urban areas, too, there are only isolated stories of success.

What will be the fate of the SAUBHAGYA scheme? It remains to be seen. But the wait for an answer might not be long - the deadline of 31 December 2018 is not far.

Airtel deploys India's first 5G capable technology, will also help 4G users

NEW DELHI: Bharti Airtel on Tuesday announced the deployment of India's first state-of-the-art Massive Multiple-Input Multiple-Output (MIMO) technology which is a key enabler for 5G networks. Airtel is starting with the first round of deployment in Bangalore & Kolkata and will expand to other parts of the country soon. Deployed as part of Airtel's ongoing network transformation program, Project Leap, the MIMO technology will expand existing network capacity by five to seven times using the existing spectrum, thereby improving spectral efficiency, says the company. Airtel has also claimed that customers will be able to experience two to three times superfast speeds on the existing 4G network. The data speeds will also be seamless and enable multiple users and multiple devices to work simultaneously without facing any congestion or experience issues especially at hotspot locations.

Massive MIMO is a key enabler and foundation for technology revolutions to come. It is a pre-5G technology that will make the network future ready for meeting the data demand coming from digital revolution and data explosion in India. Customers can enjoy these faster data speeds on their existing 4G mobile devices without any upgrades or plan change. Massive MIMO deployment uses green technology and thus helps reduce carbon footprint. "India is fast striding towards exponential and unprecedented data growth. Our latest deployment of Massive MIMO, will help us serve this demand and would also give an impetus to build a future ready network. The deployment gives us a strategic advantage to provide faster speeds and enhanced user experience for our customers, thereby translating into improved spectrum efficiency," said Abhay Sarganekar, director, Networks, Bharti Airtel.

Massive MIMO creates 3D beams both on horizontal and vertical planes towards users located within its coverage footprint. This helps in improving coverage and reducing interference across users in different beams, thereby improving signal quality (SINR) by 2-3dB. Serving multiple users by re-using same set of resource blocks (MU-MIMO) with improved signal quality helps in improving user experience, cell capacity and spectrum efficiency. Airtel recently also announced a strategic partnership with Korean telecommunications service provider SK Telecom to leverage its expertise to build the most advanced telecom network in India.

Under this partnership, Airtel and SKT will also collaborate on an on-going basis towards jointly building and enabling an ecosystem for the introduction of evolved technology standards of 5G, Network Functions Virtualisation (NFV), Software-defined Networking (SDN) and Internet of Things (IoT) in the Indian context.

Global Trade Rebound Boosts Growth in Asia and the Pacific-ADB

NEW DELHI: India's GDP growth is downgraded to 7% in FY2017, a 0.4 percentage point drop from the April forecast

Growth remains strong across most of developing Asia as a result of the broad-based recovery in global trade, robust expansion in major industrial economies, and improved prospects for the People's Republic of China (PRC). This will combine to push growth in developing Asia for 2017 and 2018 above previous projections, says a new Asian Development Bank (ADB) report. In an update under Asian Development Outlook (ADO) 2017, ADB forecasts gross domestic product (GDP) growth of 5.9% in 2017 and 5.8% in 2018 for developing Asia. Growth prospects for developing Asia are looking up, bolstered by a revival in world trade and strong momentum in the PRC, said ADB Chief Economist Yasuyuki Sawada. Countries in developing Asia should take advantage of favorable short-term economic prospects to implement productivity-enhancing reforms, invest in badly needed infrastructure, and maintain sound macroeconomic management to help increase their long-term growth potential. Growth across developing Asia is buoyed by a revival in trade.

The dollar value of the region's exports surged by 11% in the first 5 months of 2017 over the same period in the previous year, and the value of its imports rose by 17%. The pickup follows two consecutive years of contracting export values caused by falling commodity prices and subdued external demand for manufactures. Excluding the PRC, the eight largest regional developing economies saw real manufacturing exports rebound. Industrial economies' growth will reach 2% in 2017 and 2018, up by 0.1 percentage points from the April 2017 forecast. Consumers are keeping the world's largest economy on track, as the United States' expansion enters its ninth year. Growth in Japan surprised on the upside, spurred by a combination of improving consumer confidence and business sentiment. Expansive fiscal and monetary policies, easing political uncertainty, and robust market confidence are driving the recovery in the euro area, the report said. Expansionary fiscal policy and unanticipated external demand helped the PRC exceed expectations in the first half of 2017. Output will increase 6.7% in 2017, an increase of 0.2 percentage points over the previous forecast.

Tata Motors to continue production of Nano for some more time

HYDERABAD: Tata Motors BSE 0.66% has said it would continue the production of Nano cars for some more time as the vehicle has an "emotional connect" with the Tata Group.

"Nano plays an important role in our PV (passenger vehicle) strategy because it is our only product in the entry hatchback segment, which is a very important segment from a first time buyer point of view," a Tata Motors spokesperson told in an email reply.

"We regularly review our product strategy and will certainly give an update in the months to come. Till that time, we continue to produce Nano catering to customer demand in key markets," the spokesperson said.

There have been discussions lately with regard to the future of Tata Nano, which was the brainchild of chairman emeritus Tata Sons, Ratan Tata.

"There have been a lot of discussions around the future of Nano and the emotional connect with the vehicle, leading to several conclusions. No decision has been taken on Nano yet as this cannot be done in isolation. Decisions regarding any product will be taken in context of the entire Passenger Vehicle Strategy," the official said.

Meanwhile, Mayank Pareek president passenger vehicle business unit, Tata Motors, said that by the end of next year, the company's aim is to be among the top 3 PV players in the domestic market.

Rupee weakens for fourth session against US dollar, hits 6-month low

MUMBAI: The rupee on Tuesday weakened for fourth consecutive sessions to hit fresh six-month low against the US dollar as foreign investors continued to liquidate its holding in local equity markets on weak cues of both domestic as well as global fronts. The rupee closed at 65.45 a dollar - a level last seen on 23 March, down 0.39% from its Monday's close of 65.12. The home currency opened at 65.22 a dollar and touched a low of 65.45. Foreign investors are selling continuously in the domestic markets on worries of overshooting fiscal deficit, US-North Korea standoff and the decision by the US Federal Reserve to shrink its balance sheet starting next month. Since August, foreign institutional investors (FIIs) sold nearly \$2.50 billion in local equity markets.

The 10-year bond yield closed at 6.669%, compared to its previous close of 6.619%. Bond yields and prices move in opposite directions. The benchmark SENSEX index fell 0.08% or 26.87 points to 31,599.76. So far this year, it has



risen over 19.89%. So far this year, the rupee has gained 4.3%, while FIIs have bought \$6.39 billion and \$20.51 billion in equity and debt, respectively. Asian currencies were trading lower. South Korean won was down 0.36%, Indonesian rupiah 0.2%, Philippines peso 0.17%,

Malaysian ringgit 0.15%, Thai baht 0.15%, Taiwan dollar 0.08%. However, Japanese yen was up 0.1%, Singapore dollar 0.05%. The dollar index, which measures the US currency's strength against major currencies, was trading at 92.574, down 0.08% from its previous close of 92.648.

Closing Bell: Market ends session on a volatile note; Nifty above 9850

MUMBAI: Volatility gripped D-Street on Tuesday as benchmark indices ended the session in the red after staging a sharp intraday recovery. The Sensex closed down 26.87 points at 31,599.76, while the Nifty was down 1 point at 9871.5. About 1,524 shares advanced, 997 shares declined, and 166 shares were unchanged.

ONGC, Tata Steel and Vedanta were the top gainers on both indices, while HUL, Dr Reddy's, Bharti Infratel and BPCL lost the most. The Indian rupee on Tuesday hit a 6-month low of 65.44 against the US dollar as foreign investors continued pulling out of Indian debt and equities on unfavourable cues from both India and abroad.

At 15:03 IST, the rupee was trading at 65.32 to the dollar, 0.3 percent weaker than its previous close. With this, the rupee has now fallen 1.6 percent in the last 5 sessions.

Local equity markets opened weak for the sixth straight session on Tuesday and continued to weaken for most of the session. However, they recouped their losses and were trading flat at 15:03 IST. Century Plyboards share price rallied nearly 4 percent intraday on hopes of strong earnings growth over FY17-19.

While maintaining a buy call with a target price of Rs 330 per share, IIFL expects the company to record strong 2018/15 percent revenue / EBITDA / profit CAGR over FY17-19.

Increase in capacities, entry in MDF (Medium-density fiberboard) segment and revival in housing offstage will drive earnings growth, the research house

feels. It expects the company to generate strong free cash flow over next 2-3 years. Net debt-to-equity is also expected to reduce to 0.5x in FY19 from 0.8x in FY17, IIFL said. India's capital markets regulator is likely to allow mutual funds to trade in commodity derivatives and a decision is expected within six months, a senior official said.

Such a move would help deepen the market and provide hedging opportunities to large companies that trade overseas due to limited liquidity at local exchanges. Portfolio management services and foreign trading houses that export or import from India could also be allowed to participate in commodity futures, said S.K. Mohanty, an executive director with the Securities and Exchange Board of India. GST impact depends on fast moving consumer goods (FMCG) companies' exposure to rural areas. Saw negative impact in rural and wholesale business due to GST issues, Harsh Mariwala, Chairman of Marico said in an interview to CNBC-TV18.

He hopes this impact to be transitional. Saw GST impact on wholesale channel in the range of 2.5-5 percent, said Mariwala. Prior to GST launch, in the month of June, there was a negative impact. In this quarter, post GST implementation, we have seen volume growth compared to the same period last year. Bigger players have seen volumes bounce back to some extent except in the rural and wholesale trade, he further mentioned. Equity benchmarks turned volatile after showing recovery from

day's low but the broader markets extended gains in afternoon trade.

The volatility is expected to continue after easing of North Korea tensions for the time being, and ahead of expiry of September derivative contracts on Thursday, experts said.

The 30-share BSE Sensex was down 9.61 points at 31,617.02 and the 50-share NSE Nifty gained 0.10 points at 9,872.70.

The BSE Midcap index was up 0.6 percent and Smallcap rallied 1 percent as about two shares advanced for every share falling on the exchange. These indices had fallen 4.2 percent and 5.5 percent from the closing levels of September 19, respectively. HUL, Dr Reddy's Labs, Asian Paints, M&M, Bharti Airtel, BPCL and Bharti Infratel were down 1-3 percent while ONGC, Axis Bank, Tata Steel, Lupin, ICICI Bank, Vedanta and Indiabulls Housing gained 1.5-4 percent.

Avenue Supermarts, Dewan Housing, Vedanta, BPCL and HDFC Bank were most active shares on the National Stock Exchange. Gold rallied by Rs 80 to Rs 30,780 per ten gram at the bullion market today on fresh buying by local jewellers to meet festive season demand even as the metal weakened overseas.

Silver also recaptured the Rs 41,000-mark by surging Rs 520 to Rs 41,270 per kg on increased offtake by industrial units and coin makers.

Traders said fresh buying by local jewellers to meet festive season demand at domestic spot market mainly led to the recovery in gold prices but a weak trend overseas capped the rise.

SBI lowers minimum account balance to Rs 3,000: A 5-point guide on how it works

NEW DELHI: The State Bank of India on Monday lowered the minimum average monthly balance (MAB) requirement in a savings account to Rs 3,000 from Rs 5,000 and also revised downwards penalties for non-adherence.

The revised MAB requirement and charges will become applicable from October, the bank said in a statement.

In April, the bank had re-introduced MAB and charges for non-maintenance of balance after a gap of five years. In metropolitan areas the minimum balance requirement was Rs 5,000. For urban and semi-urban branches, it was fixed at Rs 3,000 and Rs 2,000, respectively, and for rural branches it was Rs 1,000.

Here is a five-point guide for customers to understand what the country's largest lender reducing minimum average monthly balance requirements means for them:

The public sector lender also decided to exempt pensioners, beneficiaries of social benefits from government and minors from the requirement of minimum balance in savings account. SBI has also revised downwards the penalty for non-maintenance of MAB. "For non-maintenance of MAB, the charges have also been revised downwards ranging from 20-50 per cent across all population groups and categories," the bank said. Now, the charges at semi-urban and rural centres range from Rs 20 to Rs 40 and at urban and metro centres from Rs 30 to Rs 50, the bank said.

Saubhagya scheme: All you need to know Earlier, in the metros, the bank was charging Rs 100 plus GST if the balance fell below 75 per cent of the MAB of Rs 5,000. If the shortfall was 50 per cent or less, the penalty charge was Rs 50 plus GST.

Any shortfall in maintaining minimum average balance in rural areas was attracting a penalty in the range of Rs 20 to Rs 50 plus GST. SBI reiterated that basic savings bank deposit and PM's Jan-Dhan accounts are not required to maintain the minimum balance. SBI has 42 crore savings bank accounts of which 13 crore belong to this category.

Kohli urges team to be ruthless after India top ODI rankings

NEW DELHI: Captain Virat Kohli has called on his players to be 'ruthless' after the crushing one-day series win over Australia took India top of the world one-day rankings to add to their number one Test status. A five-wicket win in the third game of the five-match series on Sunday gave India an unassailable 3-0 lead over Steve Smith's Australia.

It also stretched India's winning streak to a record 12 matches across all formats.

Kohli's side have been on a roll for the past year since regaining the number one Test spot with a 3-0 home whitewash of New Zealand.

The in-form captain has led from the front with 1,137 runs in 21 50-over matches this year, ahead South Africa's Faf du Plessis as the highest one-day scorer in 2017. Kohli praised his team after the latest win against the once mighty Australians, who have been outplayed in India. Smith's team also lost a Test series 2-1 in India this year.

"Credit to the whole squad for the series win, but the journey stops only after the final game," said Kohli, the top ODI and T20 batsman in the International Cricket Council (ICC) ratings.

"We may give opportunities for people from now, but all 15 guys know that we got to be ruthless once we step onto the field," Kohli added.

The series has seen new Indian stars emerge, with all-rounder Hardik Pandya and left-arm wrist spinner Kuldeep Yadav making an instant impact.

While Pandya's crucial 78 led the team's run chase in Indore, Yadav impressed with his maiden hat-trick in the second international.

However legendary spinner Bishan Singh Bedi believes India have not been tested by opposition teams, barring the Champions Trophy final in June against Pakistan which they lost by 180 runs.

India won 10 of their 13 Tests on home soil in the 2016-17 season and then went on to rout hosts Sri Lanka over nine games in all three formats.

"Realistically speaking Indians are not even fielding their best XI and beating the opposition

Hands down, whether it is Sri Lanka or Australia," Bedi said.

"We are loving the ratings, but if we are a little more pragmatic then you will realise that the Indian team in the last year or so haven't been stretched by the opposition.

"Just that one game in the Champions Trophy final against Pakistan, other than that we have not seen them in a tight situation.

"We will get to know the character of the team when they come out of a tight situation," Bedi added. Left-arm spinner Axar Patel returns to the Indian squad in place of Ravindra Jadeja for the final two ODIs that will be played in Bangalore and Nagpur on Thursday and Sunday.

Patel, who sprained his ankle at the start of the series, will join Chahal and Yadav as the third spinner in the 15-man squad.



NO MISBAH, YOUNIS AS PAKISTAN LOOK TO NEW TEST ERA

LAHORE: Pakistan will step into a new Test era without retired batting greats Younis Khan and Misbah-ul-Haq when they take on Sri Lanka in the first Test in Abu Dhabi from Thursday. Playing without Younis and Misbah is unaccustomed territory for Pakistan, who haven't had a Test featuring neither of the talismanic, prolific pair in seven years.

It comes as they prepare to welcome the return of full international cricket to their home country next month, when Sri Lanka visit for a Twenty20 game in Lahore.

See: Younis Khan, the man in a glass cage

Together, Younis and Misbah have appeared in 193 Tests, accumulating 15,331 runs, 44 centuries and 15 century stands between them, briefly lifting the team to the top of

the Test rankings in August last year. They have dominated the batting at Pakistan's venues in United Arab Emirates (UAE), where they have been forced to play home games since a deadly terrorist attack on the Sri Lankan team bus in Lahore in 2009.

The pair made Pakistan so invincible that they have not lost any of the nine series they have played in UAE, with new captain Sarfraz Ahmed admitting it will be tough to replace them.

"Obviously, it's not easy to fill the void they left as they were the backbone of our batting," said Ahmed.

"Their contributions were immense but now we have to move on."

Younis is not only Pakistan's highest Test runs scorer, with 10,099, but the slips fielding specialist also holds the national record of 139

catches in 118 Tests.

Misbah's calm influence as a batsman, as well as skipper, will also be tough to replace.

Sri Lanka fightback

Fast-rising batsman Babar Azam at four and Haris Sohail, who is yet to play a Test, will attempt to fill the void, while Azhar Ali and Asad Shafiq will also be expected to play a leading role. Ali was in doubt for the first Test after suffering a knee injury but he has since responded well to treatment, while Yasir Shah will lead the spin attack in a squad with five fast bowlers.

Shah, who took 24 wickets in Pakistan's 2-1 series win in Sri Lanka two years ago, will be assisted by uncapped spinners Mohammad Asghar and Bilal Asif.

Sri Lanka, who lost 3-0 at home

to India last month, will be looking to right the ship after a torrid run of results which has had the media and fans on their back.

But they will be without their key all-rounder and former captain Angelo Mathews, who has been ruled out of the first Test with a calf strain.

Skipper Dinesh Chandimal believes his team will have to be at their best to beat Pakistan, despite the lack of their two long-serving players. "Pakistan will definitely miss Misbah and Younis but we will not underestimate the youngsters they have and (we) have to be at our best to beat them," he said.

Sri Lanka will be buoyed by the return of their pace spearheads Nuwan Pradeep and Suranga Lakmal, who suffered injuries last month.

But their main hope of winning

the two-match series looks likely to hinge on veteran left-arm spinner Rangana Herath, who has 90 wickets in 19 Tests against Pakistan.

SQUADS

Pakistan: Sarfraz Ahmed (capt), Azhar Ali, Shan Masood, Sami Aslam, Babar Azam, Asad Shafiq, Haris Sohail, Usman Salahuddin, Yasir Shah, Mohammad Asghar, Bilal Asif, Mir Hamza, Mohammad Amir, Hasan Ali, Mohammad Abbas, Wahab Riaz

Sri Lanka: Dinesh Chandimal (capt), Lahiru Thirimanne (vice-capt), Dimuth Karunaratne, Kaushal Silva, Kusal Mendis, Sadeera Samarawickrama, Roshan Silva, Niroshan Dickwella, Rangana Herath, Lakshan Sandakan, Dilruwan Perera, Suranga Lakmal, Nuwan Pradeep, Vishwa Fernando, Lahiru Gamage

Jose Mourinho rues absence of Marouane Fellaini ahead of CSKA Moscow clash

MOSCOW: Jose Mourinho says he hopes Marouane Fellaini is not missed by Manchester United after the Belgian midfielder was ruled out of Wednesday's UEFA Champions League clash with CSKA Moscow through injury. Marouane Fellaini did not travel for the Group A game in Moscow after being caught on the back of his ankle by Shane Long during United's 1-0 win at Southampton on Saturday.

United are also without midfielders Paul Pogba and Michael Carrick and Mourinho suggested Craig Pawson, who refereed the match at Southampton, would have sent Long off had he had a better view of the incident.

"For me Craig Pawson is one of the big refereeing talents in England," Mourinho told reporters at CSKA's VEB Arena on Tuesday.

"He had an amazing game in my opinion. He was so calm, so much in control. He had a great performance. After, I watched it on television -- no camera for Craig -- and he made that decision, so decision made. "Fellaini was lucky. It could be a much worse situation, but in a moment where we don't have Pogba



and Carrick, Marouane becomes even more important than he always is. "Not to be here tomorrow is a difficult situation for us. But I expect Fellaini not to be out for a long time. "After Crystal Palace there is the international break and Belgium was the first team to qualify (for the World Cup), so (they are) not even under pressure for a special big match. So hopefully he will be back for us. "With Pogba, Fellaini and Carrick all missing, Nemanja Matic and Ander Herrera are Mourinho's only fit senior central midfielders. United top Group A on goal difference from CSKA after beating Basel 3-0 in their opening game.

Manchester City vs Shakhtar Donetsk: Pep Guardiola warns against complacency

MANCHESTER: Manchester City manager Pep Guardiola on Monday warned his on-fire team they must guard against complacency or risk seeing a great start to the season disintegrate once again.

Manchester City are top of the Premier League after winning five and drawing the other of their opening six matches, while also enjoying victories over Feyenoord in the Champions League and West Brom in the League Cup.

However, Pep Guardiola, whose side take on Shakhtar Donetsk at the Etihad Stadium on Tuesday, is wary after seeing City end up without a trophy last season despite winning their opening 10 matches in all competitions.

The club endured a similar disappointment the season before that, under Manuel Pellegrini, when they



won their first five Premier League matches and yet ended the campaign in fourth. City have been in outstanding form of late, scoring 16 goals in their past three league matches, with 5-0 victories over Liverpool and Crystal Palace coming either side of a 6-0 win at Watford.

In addition, Guardiola's side also made an excellent start in the Champions League, with a convincing 4-0

victory at Feyenoord in their opening group match. The manager, though, says that it is far too early to get carried away. "It is better to be in the position we are, but it's just September," he told reporters in Manchester at his pre-match press conference. "There is a long time to go, and a lot of games still to play.

"The players know it is September. In the last few years Manchester City

have always started well and after that were not able to achieve the results. We go game by game and focus on all competitions."

The City boss said the atmosphere within the squad was good because the team had started the season so strongly. "When we win, then things always seem easy. We are looking at things, observing them and saying that is good, because we are winning. "All we have to do is keep going. That is the secret. We are professionals and all the players are here to win games."

Mendy fitness test Benjamin Mendy faces a late fitness test on a knee injury as Guardiola considers his defensive options for the Shakhtar match in Group F.

The left-back limped off during Saturday's 5-0 destruction of Palace, which made Guardiola's team the outright Premier League leaders.



Andrew Tye to replace Pat Cummins for India-Australia T20I series

MUMBAI: Australia on Tuesday announced Andrew Tye as the replacement for Pat Cummins for the upcoming three-match T20I series in India early next month. Cummins has been rested from the T20I series which follows a five-match ODI

affair which Australia have already lost.

Cummins has been rested from the T20I series owing to the fact that Australia will need him ready, likely as the third fast bowler in their line-up after Mitchell Starc and Josh Hazlewood for the upcoming Ashes 2017-18. The two premier pacers are currently recovering from their respective injuries.

According to cricket.com.au, Tye will be joining the likes of Nathan Coulter-Nile, Kane Richardson and Jason Behrendorff in India to complete the fast bowling unit.

Earlier this year, playing for the Gujarat Lions in the 10th edition of the Indian Premier League (IPL), Tye had picked up a hat-trick against Rising

Pune Supergiant (RPS). In his spell of 5 for 17, Tye had become the first bowler ever to have taken a hat-trick on IPL debut. However, he had to wait for a long time to play his first match, precisely 34 matches with various teams such as Chennai Super Kings (CSK). But he had later on pulled out of IPL 2017 due to a shoulder injury, and also from the English T20 competition for Gloucestershire. The first match of the T20I series between India and Australia will be played in Ranchi, the hometown of MS Dhoni, at the Jharkhand State Cricket Association Stadium (JSCA) on October 7. The second game will be on October 10 at Guwahati, whereas the third and the final match of Australia's tour of India 2017 will be in Hyderabad.