

TIME AND US

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TUESDAY

● OCTOBER, 10, 2017
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WEATHER TEMPERATURE		
STATION	MAX TEMPERATURE	MIN TEMPERATURE
	ACT	ACT
SRINAGAR	27.1	7.5
JAMMU	33.2	21.0
LEH	13.0	-
KARGIL	20.2	-

SUNSET TUESDAY: 06:05 PM
SUNRISE WEDNESDAY: 06:34 AM

LOCAL FORECAST OF SRINAGAR
 Partly Cloudy Clear Sky. Maximum & Minimum temperatures will be around 27°C & 07°C respectively.

RNI NO: JKENG/2015/62397 • PRICE RS.3/- (AIR SURCHARGE FOR DELHI, JAMMU & LADAKH 50/- PAISA)

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USMAN KHAWAJA OPENS UP ABOUT RACISM AND SPORTS IN AUSTRALIA

Mehbooba appeals for protecting children's innocence, education

Children's innocence gives us lot many lessons about simplicity of life: Noble Laureate Kailash Sathyarthy

Srinagar, Oct 9: Terming children as the treasure for future, Chief Minister, Mehbooba Mufti today appealed all sections of society to play their role in protecting their childhood which unfortunately gets disrupted due to uncertainties or political turmoils.

Addressing a function on raising awareness about child abuse here today, the Chief Minister said the issues of the children of Jammu & Kashmir are bigger than their counterparts elsewhere. She said children here unfortunately have become victims of violence and uncertainty, thus robbing them of their innocent childhood.

The function was organised by J&K State Commission for Women in collaboration with Kailash Sathyarthy Foundation.



Mehbooba Mufti appealed parents

and teachers equally to treat children with care, share their time with them and listen to their issues. She appreciated the organizers for holding the function which she said would raise the level of awareness among people regarding child abuse, which often gets unnoticed. She asked for raising voice against the crimes of child abuse by bringing them to fore.

Lauding the role and contribution of Kailash Sathyarthy, the Chief Minister hoped that his experiences would be beneficial to the children and Government of the State. She hoped that the Noble Laureate would help the children of the State in carrying on with their education without any disruption or difficulty.

Mehbooba Mufti hoped that more

Jaish operational chief killed in Rafiabad gunfight, says police

Baramulla, Oct 9: Police on Monday said that operational chief of Jaish-e-Muhammad militant outfit Khalid was killed in a gunfight with forces in Ladoora village of Rafiabad in north Kashmir's

Baramulla district. An official said that Khalid sustained bullet injury in his leg during a brief gunfight that ensued after forces cordoned off the area. "He couldn't flee because

of the injury and died due to blood loss after taking refuge in a school building," he said. Kashmir Police chief Muneer Khan said that Khalid was the operational

See **Jaish**...Pg 02

ARMY PAYS TRIBUTE TO SOLDIER KILLED IN SEARCH OPERATION

Budgam, Oct 9: A soldier from 53 Rashtriya Rifles was killed when militants reportedly fired upon a search party on Saturday night in Drang area of Central Kashmir's Budgam district.

Sources said that Army was conducting search operation in Drang village when militants reportedly fired upon a soldier. The soldier whom police identified as Subedar Rajkumar of 53 Rashtriya Rifles stationed at Drang was shifted to JVC hospital where doctors declared him brought dead.

The soldier according to doctors died due to blood loss. Another source said that Army man was killed due to accidental fire, however, Srinagar based Defense Spokesperson Colonel Rajesh Kalia said the soldier was killed

See **Army**...Pg 02

PILLION RIDER DIES IN ROAD ACCIDENT

Pulwama, Oct 9: A pillion rider and a motorcyclist was seriously injured when the motorcycle they were riding collided with a Cart in Awantipora area of south Kashmir's Pulwama district late last evening, police said on Monday.

Two persons Firdous Ahmad son of Ghulam Nabi resident of Beighpora Awantipora and Javid Ahmad Bhat son of Ghulam Ahmad resident of Banderpora Awantipora were seriously injured when their motorcycle they

See **Pillion**...Pg 02

Shutdown affects life in Kashmir



Srinagar, Oct 9: Normal life was disrupted in Kashmir Valley on Monday due to shutdown and restrictions against unabated inscrutable braid chopping incidents.

Authorities had imposed restrictions in parts of old Srinagar city to maintain law and order.

Reports said that shops and other business establishments remained closed in Srinagar and other districts of the Valley while public transport is off the roads.

Joint Resistance Leader-

ship (JRL) had called for a shutdown against the unabated braid-chopping incidents in the Valley, calling them as an attack on the "dignity of women".

Shutdown was also observed in other parts of Kashmir including Anantnag, Kulgam, Shopian, Pulwama, Budgam, Ganderbal, Kupwara, Bandipora and Baramulla.

Authorities had deployed large number of security personnel in restive areas to prevent protests against braid chopping incidents.

Scores of braid chopping incidents have been reported across Kashmir Valley triggering panic among populace. The victims have told their families and police that unknown persons cut their hair after knocking them unconscious with some spray.

The police have formed Special Investigation Teams to probe the incidents. However, so far the police and the authorities have been clueless.

The police have announced a reward of Rs six lakh

See **Shutdown**...Pg 02

7th Pay Commission will remove anomalies in JK: Dr Drabu

'Stipend of GMC doctors/ Registrars to be brought at par with SKIMS counterparts'

Srinagar, Oct 9: Outlining the system of addressing pay anomaly in various cadres of state employees, Minister for Finance and Labour & Employment, Dr Haseeb Drabu today said the new system will greatly simplify the system of administration.

"We will use the opportunity of 7th Pay Commission to do a major clean-up of the pay anomaly in the cadres of the state administration. Initially, the cadres will be rationalized followed by equalization and then equation through fixation of grades," Dr Drabu said.



The Finance Minister was speaking during a meeting of the Pay Anomaly Committee

See **Drabu**...Pg 02

CONSTRUCTION OF MINI-SECRETARIAT HISTORIC MEASURE FOR SRINAGAR'S FUTURE: PDP

Srinagar, Oct 9: The ruling Peoples' Democratic Party on Monday termed the Chief Minister's decision of constructing mini-secretariat as a historic measure for the future of state's summer capital- Srinagar. The party says such a measure would make governance more people friendly and services hassle free.

While addressing the party workers here, PDP's Srinagar district president and MLC Mohammad Khurshid Alam says the government has yet again proved that Srinagar's development is among its core agendas and that its development has been prioritised since the very inception of the coalition in Jammu and Kashmir.

Alam stated that the construction of the mini-secretariat in Srinagar would place all the public offices of

See **PDP**...Pg 02

PCI releases report on Media Scenario in JK

Justice Prasad chairs first ever Full Council meeting in Srinagar

Srinagar, Oct 9: The Press Council of India (PCI) today approved the report of the Sub-Committee on media and media scenario in Jammu and Kashmir at the full Council convened here today. The report was released at a Press Conference addressed by the PCI Chairman Justice C K Prasad at the Media Complex here this evening.

This is for the first time in recent history that the PCI held its full council meeting in Srinagar.

The meeting was chaired by PCI Chairman



Justice C K Prasad. The PCI Members

See **PCI**...Pg 02

'STREET DOG POPULATION OUT OF CONTROL IN SRINAGAR CITY'

SMC in deep slumber

Srinagar, Oct 9: Despite the efforts of government to control the street dog population in the city, the miseries of people faced due to these canines seem to be unending.

People believe here that street dog numbers continue to affect people in majority of the areas of Srinagar city and this will be the trend if the authorities continue to do nothing. "The control methods used are inadequate, as trapping is rarely a method that is considered and is totally undervalued and underutilized," one of the local residents of Srinagar city told this KNS correspondent.

People blame the authorities for not taking

See **Street**...Pg 02

Zulfkar seeks PCI intervention to counteract negative media campaign on JK

'Section of media highlighting a minor incident as a big issue'

Srinagar, Oct 09: Reiterating the need for highlighting the positives of Jammu and Kashmir, Minister for Information, Food, Civil Supplies and Consumer Affairs (FCS&CA) said the premeditated negative media campaign launched by some news channels is adversely affecting State's tourism industry and economy.

The Minister expressed these views during his inter-



action with a delegation of Press Council of India (PCI) led by its Chairman Justice C K Prasad presently in Kashmir for the annual meeting of the Council.

Deliberating on various media related issues, the Minister said the tourism is the backbone of JK's economy, and the State Government is taking various initiatives to revive the industry in a big way. However, the Minister said all the good work goes down the drain as a small incident in the State is blown out of proportion by a certain section of the media with some hidden agenda.

The Minister said J&K

See **Zulfkar**...Pg 02

TAKE CARE OF YOUR HEALTH, SAFETY; DGP TELLS JAWANS

DPO Awantipora, 7 blocks for accommodation, Kot, Stores inaugurated

Srinagar Oct 09: The Director General of Police Dr. S.P Vaid Monday advised Jawans and officers of Jammu and Kashmir police to take care of their health by putting on safety gears during their duties in and out side police stations, Battalions.

DGP was speaking at a Darbar of IRP 17th Bn at Kheribal Mattan. Anantnag He said that many of the policemen have been martyred when they were not wearing safety gears during duty.

He impressed upon the Jawans to take along with protection parties whenever they go anywhere in busy places. He reiterated that because of the good work done by Jawans

See **DGP**...Pg 02

DEPUTY CM LAUNCHES "BETI BACHAO BETI PADHAO" WEEK CELEBRATION

Terms media as effective instrument in success of government schemes

JAMMU, OCTOBER 09- Deputy Chief Minister Dr Nirmal Singh today launched "Beti Bachao Beti Padhao" week celebration being observed across the nation with theme "The Daughters of New India" at Government Post Graduate College for Women Gandhi Nagar.

"Aimed at to ensure that girls are born, nurtured and educated without any kind of discrimination, the scheme would immensely help the females become empowered and self dependent citizens of the country", the Deputy CM maintained.

The weeklong celebration with effect from Oct 9th to 14th, 2017 is being organized by the district Task Force BBBP in collaboration with Song and Drama Division, Ministry of Information and Broadcasting.

Minister of State for Education Priya Sethi, and Legislator Krishan Lal were also present on the occasion.

Speaking on the occasion, Dr Nirmal

Singh said that the objective of the scheme 'Beti Bachao, Beti Padhao' is to make people aware about the importance of girl child in the society besides bringing about an attitudinal change among the people girl child. In this regard, he emphasized the role of media as of utmost importance in proper and timely dissemination of information about such innovative schemes of the government among the people. "Media is effectively instrumental in transforming the conventional mindsets of people towards the changing needs and trends in the society as it has direct and strongest impact on our minds", asserted the Deputy CM.

The Deputy Chief Minister also stressed upon the parents to understand their role in ensuring that their girl child gets proper upbringing, education and all facilities for their overall development and emancipation. He exhorted upon them to take optimum benefit of schemes



envisaging empowerment of girls for a flourished and prosperous society.

Referring to initiatives of Prime Minister, Narendra Modi, for ensuring empowerment of women and girl child, Dr Singh said that the Beti Bachao Beti Padho scheme is being implemented in mission mode so that the girl child gets benefitted from this landmark programme.

Priya Sethi, while lauding the role of district administration, stressed that

launching Facebook page regarding online services of BBBP.

Meanwhile, Deputy Chief Minister also launched Grievances Portal Samadhan for online submission and processing of citizen services.

The dignitaries also felicitated females under the Beti Bachao Beti Padhao scheme for their exemplary performance in different fields including MoS Priya Sethi, Additional Commissioner Rehana Batul, Station Director Radio Kashmir Jammu Anjali Sharma, Director Floriculture Babila Rakwal, Director Tourism Smita Sethi, Director Horticulture Anuradha Gupta, Regional Director Land Records Rifat Kohli, ADC Jammu Kanta Rakwal, Principal GMC Sunanda Raina, Head, Paediatrics Department Dr Rekha Harish, Medical Superintendent Govt Hospital Sarwal Dr Renu Sharma, Nodal Officer BBBP scheme Jyoti Salathia, Health officer JMC Dr Anita Salgotra, Entrepreneur Monika Manohar, Crick-

eter Roopali Salathia, Chess player Aarushi Kotwal, Taekwondo champion Mukta, Singer Vidhi Jaswal, Artists Vrinda Gujral and Aarushi

A colorful programme based on the theme "Beti Bachao Beti Padhao" was also presented by the artists of Song and Drama Division and others. Earlier, the Deputy Chief Minister went around various stalls exhibited by different departments to create awareness about the state and centrally sponsored schemes.

On the occasion, Deputy Chief Minister along with other dignitaries and participants pledged to work for welfare and empowerment of the girl child.

Among others, Deputy Commissioner Jammu Kumar Rajeev Ranjan, Regional Head Song and Drama Division Baljit Singh, Mission Director ICDS G. A. Sofi besides staff members, students of college and other senior officers of concerned departments were present on the occasion.

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MEHBOOBA

such initiatives are taken for raising awareness level among children. She asked the Women's Commission chairperson to convene such awareness camps across the State as well.

In his passionate speech, Noble Laureate and child rights activist, Kailash Sathyarathi appealed for protecting the rights of the children, in particular their childhood and their education. He said an injury to a kid sends pain through the entire humanity. He said the innocence of the children gives us lot many lessons about the simplicity of life and appealed all sections of people to protect their innocence.

Chairman, Zee Media Ltd., Dr. Subhash Chandra also spoke on the occasion and pledged his support to the cause.

Earlier in her welcome address, Chairperson, State Commission for Women, Nayeema Ahmad Mehjoor gave an overview of the status of children in the State. She said despite a very favourable drop our rate among students technology interventions in children's lives have posed new challenges. For this, she said, the child protection mechanism needs to be strengthened.

The participants on the occasion took a pledge to work for preventing child abuse in the society.

Child rights activists, senior officers and students from several schools were present on the occasion.

Later, the Chief Minister flagged off the next leg of Bharat yatra by Kailash Sathyarathi Foundation. The yatra aimed at spreading awareness about child abuse, was started from Kanyakumari on September 11 and so far it has covered 11 thousand Kilometres and is expected to conclude at the national capital on October 16.

JAISH

chief of Jaish-e-Muhammad outfit.

"He was the brain behind recent Fidayeen attacks," said Khan.

ARMY

in cross-fire.

"A patrol party of a local army camp came under fire in Drang village. The fire was returned. However, one army man was killed in cross-fire," he said.

Meanwhile, Army paid tribute to the departed soldier.

In a solemn ceremony at BB Cantt, Lt Gen JS Sandhu, Chinara Corps Commander and all ranks, paid homage to the slain soldier on behalf of country. In a show of solidarity, representatives from other security agencies also joined in paying their last respects to the slain soldier.

The 47 year old slain soldier had joined Army in 1990 and hailed from Village Khanni in Himachal Pradesh. He is survived by his wife Toshi Devi and two sons.

The mortal remains of the slain soldier were flown for last rites to his native place, where he would be laid to rest with full military honours.

PILLION

were riding collided with a Cart near Padgampora Awantipora.

The injured were immediately taken to Sub District hospital Pampore in critical conditions where the Pillion rider Javid Ahmad succumbed to his injuries.

Police said that the condition of injured motorcyclist Firdous Ahmed is critical.

SHUTDOWN

for credible information leading to arrest of any person behind braid chopping incidents. So far, no arrests have been made.

At several places, vigilante mobs have thrashed innocents mistaking them for braid choppers.

Meanwhile, members of civil society Tral, held a protest against these incidents.

Members of Citizen Council Tral, led by its Chairman Farooq Trali and scores of activists joined the protest from Khankah-e-Faiz Panah Tral. The civil society members shouted slogans against the braid chopping incidents.

They were demanding authorities to nab the culprits behind these heinous crimes.

Meanwhile, Police said a five-year-old was critically injured after "miscreants" pelted stones on vehicles near Pahoo bridge in Pulwama district of south Kashmir.

"As has been reported that today in the morning some miscreants blocked Pulwama-Srinagar road at Pahoo bridge following the shutdown call by Joint Resistance Leadership," said a spokesman.

He said the "miscreants" pelted stones on the private as well as commercial vehicles plying on the road.

"A minor boy Sifti Hyder, son of Reyaz Ahmad Malik,

resident of Gangoo Pulwama, about 5-year old, travelling in a sumo vehicle, was seriously injured after he was hit by a stone, pelted by miscreants, on his head," said the spokesman.

The injured was shifted to District Hospital Pulwama for treatment where from he was referred to SMHS Hospital Srinagar in critical condition for further treatment.

"Subsequently a police party rushed to the spot and chased away the miscreants. Pulwama police has registered a case FIR number 344/2017 under section 307, 148, 149, 336, 427 RPC in this regard and investigation has been taken up."

Clashes and protests against braid chopping incidents were reported in different parts of Kashmir Valley. Reports said that police used tear-smoke shells to disperse protesters in Batamaloo area of Srinagar city. A large number of people mostly women had gathered in Batamaloo raising slogans against braid chopping incidents.

Witnesses said that agitating youth pelted stones on the government forces who responded with tear-smoke shelling.

DRABU

which was also attended by Chief Secretary B B Vyas, Principal Secretary, Finance, Navin Choudhary and Principal Secretary, Home, R K Goyal among other officers.

During the meeting, Dr Drabu was told that there are 108 grades in pay scale of employees of Jammu and Kashmir government as against 18 cadres in central government, which poses a significant challenge to the implementation of the 7th Pay Commission.

"Certain pay scales have emerged over the years which have no correspondence at central level. They will require a substantial application of mind during the process of rationalization and equalization," Dr Drabu said.

Meanwhile, the Finance Minister also approved the long-pending demand of young doctors who are hired on temporary basis as junior residents and registrars at Government Medical Colleges and Government Dental Colleges at Jammu and Srinagar.

Dr Drabu said the anomaly in stipend given to the doctors at Government Medical Colleges and Dental Colleges, and their counterparts who work at Sher-e-Kashmir Institute of Medical Science and affiliated hospitals will be removed.

"Our government is sensitive to the plight of professionals working in the medical profession and keeping in view the guidelines of Medical Council of India, their stipend will be brought at par with their counterparts in SKIMS," the Finance Minister said.

The meeting was also attended by Pawan Kotwal, Commissioner Secretary Health, Principal JVMC, Dr Riyaz Unto, Joint Director Codes, R S Bali and other officers of the Finance and Health and Medical Education.

ELECTIONS

government wants elections should be conducted in all three regions. This means the polls won't be held in Jammu and Ladakh regions separately," a senior official said.

The state election office can't take the decision on panchayat polls in Jammu and Kashmir unless gets a nod from the state government in absence of State Election Commission.

Elections to panchayats were last held in April-May 2011 during Omar Abdullah led National Conference-Congress regime after a gap of 37 years. The government postponed these polls for several times in the last two years.

Between 2011 and 2015, the government said that 10 Sarpanches were killed and three injured by gunmen in the valley while 20 resigned following threats from militant outfits.

The centre has also withheld funds around Rs 1,000 crore for the last seven years that was budgeted to the state after forming civic body, a senior official of the Housing and Urban Development said.

Official sources said the state government had requested the centre several times to release the Rs 1000 crore for urban local bodies of the state as an exceptional case that the situation was not conducive in the valley to hold polls for the past many years.

As the civic polls could not be held since 2011, the official said the state government had again requested to release these funds for developmental works. "The centre told the state government recently that these funds can't be released in view of non-holding of urban local bodies' polls in J&K," the official said. "The state will lose further funds if elected municipal bodies are not in place."

The centre has budgeted around Rs 1300 crore to the centre as per the 14th Finance Commission Awards from 2015-2020.

Official sources, said the ULBs were entitled for Rs 350 crores during 2016-2017. These funds were not provided to

the state in absence of elected municipalities.

PDP

the summer capital under one roof and people could heave a sigh of relief from moving from pillar to post in getting their issues addressed. The PDP leader says such a decision would go a long way in making governance more effective and pro-people. "The decision taken by the Chief Minister was the much awaited one by the people of Srinagar and other districts. It will ensure more effective governance on ground," Alam said.

He added that the opposition parties at present have been rattled by the scores of pro-people measures being taken by the present government and same has also unmasked the farce claims these parties had been making to hoodwink people. "Our report card will be visible to one and all. We don't believe in politics where only dreams are shown and reality turns contrary to claims. Our developmental agenda for Srinagar will be visible to the masses and making governance more and more people friendly has always been this government's top most priority," Alam said while addressing the workers.

He added that the hard work of the Chief Minister for Srinagar's overall development has begun yielding results and works are now being executed on double shifts to ensure no deadline is missed. "These are the traits of the great leader that the change becomes visible on ground and more and more relief is provided to the people."

PCI

who attended today's meeting include Mr S N Sinha, (President, Indian Journalists Union), Mr Prakash Dubey (Group Editor Dainik Bhaskar), Mr Prabhat Kumar, Mr Apoorbha Kumar, Mr Bipin Newar, Mr Rajiv Ranjan Nag, Mr K D Chandola, Dr Suman Gupta, Dr K Sreenivasrao, Mr C K Nayak, Mr Prajanand Chaudhri, Mr Sondeep Shankar, Mr K Amarnath and Mr Gurinder Singh.

Ms Vibha Bhargava, Secretary PCI, Ms Poonam Sibal, Deputy Secretary PCI and other PCI officials were also present at the meeting.

Pertinently, a 3-Member PCI Sub-Committee headed by Mr S N Sinha visited Kashmir, Jammu and Ladakh earlier this year to discuss the issues facing the media in the State.

Following the extensive visit of the PCI Sub-Committee to all the regions of the State and wide-ranging deliberations with the stakeholders, the full Council is now convening its annual meeting in Srinagar to dwell on detail on the issues confronting the media.

This will be the last full council meeting of the present Press Council before the new Council is constituted towards the end of this year.

The PCI Chairman lauded the extraordinary arrangements made by the Department of Information and Public Relations, Government of J&K and the personal efforts of the Director Information, Mr Muneer-ul-Islam in painstakingly facilitating the visits of the Sub-Committee to the various parts of the State and successfully organizing the full Council meeting today.

The PCI also appreciated the decision of J&K Government for forming a Media Advisory Committee (MAC) following the recommendations of the PCI Sub-Committee to look into the issues confronting the media in the State.

Meanwhile, several delegations of media owners, editors and working journalists called on the PCI delegation here this afternoon and apprised them of the issues confronting the media in the State. These included Kashmir Editors Guild, J&K Joint Forum of Newspaper Editors, Kashmir Working Journalists Association, TV Journalists Association Kashmir, J&K News Agencies Association, Video-Journalists Association, Photojournalists Association and others.

STREET

appropriate steps to reduce the increasing dog population. The cases reported with Socio and Preventive Medicine Department at the SMHS Hospital, the only tertiary care hospital in the Valley, has registered hundreds of dog bits during the recent years.

According to official data, there are about 48,000 dogs in the city, but unofficial estimates say the number is about 1,00,000.

To control the canine population in the city, the Srinagar Municipal Corporation (SMC) has taken the process of sterilization, but people said that it was a long process and there should be some short-term plan by the SMC to stop the cases of dog bites.

"Sterilization is a long time process. The government is not serious in solving this grave issue. Something needs to be done timely to check the menace," said Habib-ullah, a

resident of Srinagar.

Stray canines can be seen roaming on streets, chasing cars, pulling down bicycle riders and often attacking pedestrians and schoolchildren.

The situation is worse in the outskirts where the municipal corporation is not that active in checking the menace. The peripheral hospitals of Directorate of Health Services Kashmir receive thousands of cases of dog bites every year, Sources said.

According to experts, the reason behind the ferocity of the dogs is the high-protein offal they are fed regularly because of the dietary habits of residents of Kashmir, where mutton and chicken are a staple diet.

The inhabitants of Bemina area complained that even though hundreds of dogs' prowl in the area, the authorities had failed to check the menace. "For the past four years the SMC admits that the stray dog population has reached alarming proportions with over one lakh prowling in the City. Still, the corporation has failed to act," Said senior citizen Ajaz Ahmad of the area.

"We fear that the dog population if kept unchecked could trigger fear psychosis among people. The dog issue needs to be dealt with seriously or else by four years dogs may outnumber Srinagarites and they will victimize every one of us," he said. Despite repeated attempts the SMC officials couldn't be contacted.

ZULFKAR

is blessed with unparalleled natural beauty which not only mesmerizes domestic tourists, but it also attracts scenic lovers from worldwide to come and get enchanted. However, when a section of media instead of highlighting the scores of State's positives prefers to highlight a minor incident as a big issue it acts as deterrent for tourists who see it as a security concern.

Chowdhury Zulfkar Ali said the State in general and the Kashmir Valley in particular has time again presented the beautiful examples of communal harmony. He said there are number of examples when the locals came out in scores to help the tourists when they were in need of help. He said even last year, when a Yatra bus had an accident it was the local population who being nearby extended the first aid and the necessary support required before the professional help reached the spot.

The Minister said the State has a beauty of harbouring people from various faiths. He asked it would be hard to find an example across world. He said but that is what Kashmiris have and are doing and that is what "Kashmiriyat" is all about. Zulfkar Ali said unfortunately such instances are barely getting any time slot on those channels or newspapers who work overtime to present the State through negative lens.

The Minister urged PCI members to reach out to such sections of the national media and make them understand that their chase of getting highest TRPs by using unprofessional tactics may damage the nation.

He said it is high time that every section of the media starts acting responsibly so that the developmental works take priority over negativity.

Chief Secretary B B Vyas, Director of Information Muneer-ul-Islam, and other concerned were present during the interaction.

DGP

and officers of Jammu and Kashmir police, whole nation is praising the force. He directed the officers to chalk out fitness schedules such as PT, Yoga, drill etc for the Jawans so that they stay healthy. He also directed them to take care of their diet which should be balanced and nutritious.

DGP listened the grievances of Jawans, gave directions to PHQ officers accompanying him, to look into the grievances and redress on priority.

While referring to welfare schemes, DGP said that a number of schemes have already been implemented on ground after they were approved by Chief Minister. He said that more such welfare measures with regard to promotion of lower and upper subordinates are under consideration of the Government.

Earlier, the DGP inaugurated the building of District Police Office at Awantipora and seven blocks of accommodation at Kheribal, Mattan which will provide better living and work places to the Jawans and trades men of JKP. DGP was accompanied by MD Police Housing Corporation A.K. Choudhary, IGP Headquarter PHQ, Surinder Kumar Gupta, DIG South Kashmir Range, S.P Pani, AISGP PHQ, Mobassir Latifi, Sheikh Junaid Mehmood, Abdul Waheed Shah, SSP Anantnag, Altaf Ahmad Khan CO IR 17th BN Roop Raj Baghat and AIG communications Manoj Kumar Pandith.

Vice President to inaugurate tomorrow the third International Conference on Yoga

New Delhi, October 10: Vice President, Shri M. Venkaiah Naidu will inaugurate the two-day 'International Conference on Yoga for Wellness' tomorrow at Pravasi Bharatiya Kendra, Chanakyapuri, New Delhi. The Minister of State (Independent Charge) for AYUSH, Shri Shripad Yesso Naik will preside over the inaugural function.

The conference is being organized by Ministry of AYUSH as a part of commemorating the celebration of 21st June as International Day of Yoga declared by the United Nations. Secretary (AYUSH), Shri C.K. Mishra,

Special Secretary, Shri Vaidya Rajesh Kotecha and Yoga Gurus of International repute will also be present. About 500 delegates including 69 from 44 overseas countries are registered to attend the conference.

Yoga focused deliberations of the conference will be organized in six technical sessions followed by Panel Discussion among 16 interdisciplinary experts from prominent scientific institutions. The thematic areas of deliberations include Yoga research in non-communicable diseases and scope of Yoga in Integrated Medicine, Control

of Cancer, Depression, Gynecological disorders and Pain Management. 25 national and international experts will be the speakers and 11 highly reckoned resource persons of Yoga and Medical field as Chairpersons and Co-chairpersons of the technical sessions.

The conference will conclude with a Valedictory Function to wrap up the proceedings in the presence of Minister of Road Transport, Highways, Shipping, Water Resources, River Development and Ganga Rejuvenation, Shri Nitin Gadkari as Chief Guest.

This conference will provide a common platform for the AYUSH and Allopathy Practitioners, Researchers, Academicians, Policy Makers and students and enable them to capture and understand various dimensions of yoga for wellness.

Interest and enthusiasm for Yoga has increased tremendously all over the world during the last three years with the UN declaration of International Day of Yoga and its global celebrations. The International Conference has been organized with the technical and logistic support

of Central Council for Research in Yoga & Naturopathy and Moraji Desai National Institute of Yoga and it is an attempt to project the potential of Yoga in the management of certain health problems and for promotion of wellness and for sharing of scientific experiences.

This will be the third International Conference on Yoga organized by the Ministry of AYUSH. The last two International conferences on the themes of 'Yoga for Holistic Health' and 'Yoga for Body and Beyond' were organized in 2015 and 2016 respectively.

AOC expedition to trail's pass - 2017

New Delhi, October 10: 1. Mountaineering activities form an essential ingredient for developing self-reliance and confidence. Such activities inculcate qualities like confidence, camaraderie, mental robustness, physical fitness and the ability to take decisions in the face of adversities.

2. In continuation to the revered tradition of the Army Ordnance Corps, a 'Trekkling Expedition to Trail's Pass' was organized by AOC Centre, Secunderabad, under the aegis of Southern Command in September 2017. Trail's Pass (5400m) is a high altitude pass in Nandadevi National Park (Kumaon Region) which joins the Milam and Pindari Glaciers. It is considered to be one of the most venerated as well as challenging trekking expedition in the Indian Himalayas.

3. A team of two officers, one JCO and 12 OR, led by Maj Chirag Chatterjee was flagged off by the Commandant, AOC Centre at Secunderabad on 07 Aug 2017. After a brief period of training and acclimatization at Dharchula, the team started the arduous expedition on 05 Sep 17.

India Post Payments Bank will help in financial inclusion-Manoj Sinha

New Delhi, October 10: Minister for Communications Shri Manoj Sinha today said that Government is working on setting up 650 India Post Payments Bank and gearing up fast to provide its financial services through all of 1.55 lakh post offices to fulfil the Prime Minister's vision of financial inclusion. Speaking here on the occasion of World Post Day, he said that Indian Postal Department is undergoing major transformation with changing times, be it the inter-operability of ATMs, core banking or providing of Passport Seva and Aadhar enrolment. He said that so far 57 Post Offices are providing Passport Seva and in coming days 93 more will be added to the list.

Shri Sinha launched International Tracked Packet-

service designed specially to meet the cross border requirements of e-Commerce sector in Asia-Pacific Region. He said, at the beginning, the service will be available to 12 countries and gradually the whole world will be covered. This new service has many special features like affordable price, track & trace, volume discounts, pick up facility, compensation for loss or damage and, therefore, high value for money. He said, with the launch of this service, Department of Posts is set to start a new chapter of close collaboration between the post office and the business in India that want to reach to their customers abroad.

The Minister also launched e-IPO (Indian Postal Order) in the denominations of Rs. 10/-, Rs. 20/-, Rs. 50/- & Rs.

100/-, as a pilot project in Bihar, Delhi and Karnataka and said that in the next two months, the service will cover the entire country. e-IPO will be used for all purposes like fee payment for RTI/educational institutions/Court/online registration for Cable Operators etc. Customer can purchase e-IPO online from one's home or workplace, as per one's convenience. This launch is a part of Digital India Initiative as the payment will be made through Debit Card/ Credit Card / Net Banking. e-IPO can be purchased online at: <https://www.epostoffice.gov.in>, it can also be accessed through a link at Official website of India Post i.e. <http://www.indiapost.gov.in>

Shri Sinha also unveiled the revamped website of the

India Post which is made more user-friendly and informative to meet the need of customers in a better way. The citizens shall benefit by getting relevant information fast and in a user-friendly manner.

During the function, commemorative stationery in the Post Card, Inland Letter and Envelope Category, each featuring five postal heritage buildings viz. Patna G.P.O., Delhi G.P.O., Mumbai G.P.O., Shimla G.P.O. & Kolkata G.P.O. was also issued. For the first time, the stationery has been issued in multi-colour format.

Members of Parliament Ms. Meenakshi Lekhi, Dr. Udit Raj and Shri Ramesh Bidhuri graced the occasion as guest of honour. Secretary (Posts) Shri A. N. Nanda and Member (Planning) Ms. Meera Handa

were also present on the occasion.

India Post celebrates the National Postal Week every October from 9th to 15th October, starting with World Post Day which is celebrated each year on 9th October, the anniversary of the establishment of the Universal Postal Union (UPU) in 1874 in Berne. The purpose of World Post Day is to create awareness of the role of the postal sector in people's and businesses' everyday lives and its contribution to the social and economic development of countries. Moving a step ahead, Department of Posts celebrates National Postal Week undertaking programme/activities aimed at generating a broader awareness of its role and activities among the public and media on a national scale.

Union Home Minister to inaugurate First BIMSTEC Disaster Management Exercise tomorrow

New Delhi, October 10: The Union Home Minister Shri Rajnath Singh will inaugurate the four-day First 'BIMSTEC Disaster Management Exercise- 2017' (BIMSTEC DMEX-2017) here tomorrow. The Exercise will be conducted by the National Disaster Response Force (NDRF) as the lead agency from October 10-13, 2017 in Delhi and the National Capital Region (NCR). At the 17th BIMSTEC Senior Officials Meeting held in Kathmandu, Nepal on February 7, 2017, it was decided that India would organize the first annual Disaster Management Exercise for the region.

The BIMSTEC DMEX-2017 is being conducted in two phases in Delhi and NCR. The main exercise will comprise

of Table Top Exercise (TTX), Field Training Exercise (FTX) and After Action Review (AAR) which is scheduled for October 10-13, 2017. Earlier, the first phase comprising a Preparatory Meeting and field visit of site selected for FTX during the main exercise, was held in Delhi NCR on August 8-9, 2017. Delegates from all seven nations of the 'Bay of Bengal Initiative for Multi-Sectoral Technical and Economic Cooperation' (BIMSTEC) grouping, - namely Bangladesh, Bhutan, India, Myanmar, Nepal, Sri Lanka and Thailand, representatives from Embassies/High Commissions of BIMSTEC nations in Delhi, National Disaster Management Authority (NDMA), and Senior Officers from the Nodal Ministries will

participate in the event.

This Exercise will be a platform for sharing Best Practices on all aspects of Disaster Risk Reduction (DRR), strengthening regional response and coordination for Disaster Management among the BIMSTEC member countries. The main focus of the BIMSTEC DMEX-2017 will be on testing the region's preparedness and resilience towards effective activation of inter-Governmental interaction/dialogue/agreements for immediate deployment of regional resources for disaster response. It will help create synergy and synchronize efforts to institutionalize regional cooperation among the member countries. The exercise will help strengthen the effective utilization.

Hanjura conducts public durbar at Charari Sharief

'97 kms road macadamised in Chadoora-Charari Sharief constituencies during current fiscal'

BUDGAM, OCTOBER 9:-The Minister for Agriculture, Ghulam Nabi Lone Hanjura has said that nearly 97 kms of road length has been macadamised in Chadoora, Charari Sharief constituencies during the current year. He said same achievements are targeted in other developmental sectors presently going on in constituencies under various schemes.

The Minister said this while addressing a public durbar at Charari Sharief convened to have face to face interaction with the locals to ascertain about their grievances.

The Minister accompanied by DDC Budgam, Mohammed Haroon Malik appreciated the role of District Administration in achieving targets almost in all sectors. He hoped that remaining work will be completed by the end of December 2017. During the interaction many demands were put forth before the Minister particularly construction of Charari Sharief -Tilsara road, macadamization of Alamdar Road, beautification of the Shrine, fencing around Khankah and improvement of drainage system in Charari Sharief town.

The Minister said Government headed by Chief Minister (CM) Mehbooba Mufti is committed for their overall development of the State who is taking keen interest for the development of Charari Sharief town. The Minister said aim and objective of the Government is to give most attention towards overall development of all sections and area in the constituency. Hanjura said keeping in view the urgent need of Shopping Complex at Charari Sharief Rs two cr will be provided for its construction. Similarly, the Minister announced Rs 25 lacs will be provided for development of lift irrigation facility at Arzan, Garzan in order to facilitate more irrigation facilities to the connected areas. Speaking about the drainage facilities in the town the Minister assured that fast track measures will be initiated in improving the drainage system in the area as the issue has been put on priority.

Speaking about the beautification of Holy Shrine, the Minister said that concerned authorities have been directed to complete the necessary work before the commencement of annual urs.

"Celebration of World Post Day & National Postal Week"

Srinagar, October 09: On the occasion of "World Post Day" on 09-10-2017 and "National Postal Week" w.e.f 09-10-2017 India Post extends warm greeting to general public, all customers and esteemed organizations as a valued patron of India Post. It is our constant endeavor to improve our services and be responsive to the needs of the customers.

World Postal Day is celebrated each year on 9th October to mark the anniversary of the creation of Universal Postal Union (UPU) in 1874. National Postal Week is celebrated to bring awareness about the role of India Post in the everyday lives of people & businesses as well as its contribution to social and economic development of the country.

Hon'ble Prime Minister, in one of his recent addresses, recognized the role of post office in socio-economic development of the country. In his address, he mentioned that 'Postman' is the only Government representative, who touches the life of everyone. This is in fact a matter of pride for the Department.

Department of Posts has been serving the nook & corner of the country for more than 150 years by providing standard mail and parcel services, banking services through Post Office Savings Bank (POSB) and life Insurance facility through Postal Life Insurance (PLI) & (Rural PLI) etc. Department is well aware about the changing needs of the public and customers and has introduced services like Speed Post, Express Parcel/Business Parcel, Business Post, e-Post, Money remittance services, Cash on Delivery (COD) etc.



To highlight various services each day of the week has been dedicated to specific service as under:-

09-10-2017 (Monday)	World Post Day
10-10-2017 (Tuesday)	Banking Day
11-10-2017 (Wednesday)	PLI Day
12-10-2017 (Thursday)	Philately Day
13-10-2017 (Friday)	Business Development Day
14-10-2017 (Saturday)	Mail Day

India Post is in the process of inducting technology through an enterprise wide IT Project that will bring in electronic connectivity and capabilities across 1,54,882 Post offices for seamless delivery of all mail & financial services. The Department has already rolled out Core Banking Solution (CBS) - "Anywhere Any time banking" and ATMs and in due course all Post offices shall be CBS enabled.

In J&K Circle, a network of 1695 Post offices (9 Head Post offices, 253 Sub-offices and 1433 Branch Post offices) is catering to the needs of general public. The Department has 18,34,679 live Savings Bank accounts and 1,16,040 accounts under flagship scheme of Government of India "Sukanya Samridhi Scheme" for girl child. In J&K Circle 186 Post offices are functioning on CBS platform and 11 ATMs are cash live.

All the Post offices in J&K Circle are functioning on McCamish platform for Postal Life Insurance and Rural Posta Life Insurance.

The Public Grievance System has been made easily accessible and customer friendly by introducing Department of Posts Social Media Twitter handle, Facebook Account and Toll Free number 1924 in addition to PG Portal, Customer Care Centers etc.

Department of Posts takes this opportunity to thank all the customers and to renew its commitment to improve the services further.

Union Home Minister to inaugurate NIA Hqrs Office Complex

New Delhi, October 10: The Union Home Minister Shri Rajnath Singh will inaugurate the NIA Hqrs Office Complex here tomorrow. The Ministers of State for Home Affairs, Shri Hansraj Gangaram Ahir and Shri Kiren Rijju will also be present at the inauguration ceremony.

The foundation stone of the NIA Headquarters was laid by Shri Rajnath Singh on 10th September, 2015 and the work has been completed well in stipulated period of 24 months. The NIA, which began operations in Hotel Centaur, New Delhi and thereafter shifted its Headquarters at the 7th Floor, NDCC-II Building, Jai Singh Road, New Delhi on June, 2013. In addition to the Headquarters, the agency has expanded its geographical outreach through a network of branch offices located at Lucknow, Hyderabad, Kochi, Guwahati, Mumbai, Kolkata, Raipur & Jammu. Apart from these, the NIA is having its camp offices at Chandigarh, Srinagar, Chennai, Bangalore, Vishakhapatnam, Ahmedabad, Bharuch, Jagdalpur, Patna, Siliguri, Malda, Ranchi, Vijayawada and Imphal.

The National Investigation Agency is the Central Counter-Terrorism Investigation agency which came into the existence on 31st December, 2008 in pursuance to enactment of the NIA Act, 2008, on 31.12.2008, with a mandate to investigate serious offences related to terrorist activities affecting the sovereignty, security and integrity of the Country. The NIA started functioning on 19th January, 2009. The first case was assigned to NIA in June, 2009 and by the end of July, 2017, a total 166 cases have been assigned to the NIA for investigation. These cases cover the entire spectrum of terrorism related challenges relevant to India and have involved investigative efforts in 26 States and UTs.

VOK books 2 revenue officials

SRINAGAR, OCTOBER 09: Vigilance Organization Kashmir today produced charge sheet against two revenue officials in a mutation case.

The FIR was lodged against revenue officials including the then Patwari Halqa Kareewa Damodar Budgam and the then Additional Patwari Halqa Kareewa Damodar, Budgam under Jammu & Kashmir Prevention of Corruption Act Svt 2006 & Section 4-A & 4-F P.C (Amendment) Act, 2014 of P/S VOK.

The case was registered after a written complaint alleging therein that a resident of Handalbugh Kralpora Tehsil Chadoora sought copy of mutation seeking rectification of records from the concerned official.

The complainant approached the concerned Patwari several times for obtaining the requisite copy of mutation who in turn demanded Rs. 2500 as gratification.

CORRIGENDUM

As Per The Tender Notice From The Office Of Chief Education Officer Pulwama Published In This Paper On 7-10-2017 The Last Submission Date Of The Tender Was Not Printed Due To Technical Error, so Now The Last Date Of Submission Of Tender Is 16-10-2017 during office hours.

Homshalibugh delegation calls on Altaf Bukhari

SRINAGAR, OCTOBER 9: A delegation from Homshalibugh led by former MLA Abdul Gaffar Sofi today called on Minister for Education, Syed Mohammad Altaf Bukhari to request for upgradation of education sector in the area. The delegation apprised the Minister about the various education related problems faced by the students. The delegation put forward various demands including upgradation of education infra for the upliftment of education sector in Homshalibugh constituency of district Kulgam.

The delegation informed the Minister that the 32 closely located villages is devoid of having even a single higher secondary school. The Minister was suggested to upgrade High School located in the area into Higher Secondary as it can solve the problem to a great extent.



While informing the Minister about the shortage of headmasters in few schools in the constituency, the del-

egation also demanded for renovation of various schools which were damaged in 2014 floods. Besides, they also requested for developing of the play grounds for government schools including Government High School, Hanjir, Government Middle School, Wadipora and few other schools.

After giving the patient hearing, the Minister assured that all their genuine demands will be addressed at an early-

est. He gave an on spot direction to fulfill the vacant posts of headmasters in the area and promised that certain things will be proposed to cabinet and the decision will be taken accordingly.

Principal Secretary Higher Education Dr. Asghar Hasan Samoon, Secretary School Education Farooq Ahmad Shah, and Director School Education Kashmir GN Itoo were present on the occasion.

DAILY Editorial
Time and Us SRINAGAR J&K

THE RHYTHM OF LIFE

Time and clocks have held a special fascination for humankind down the ages. So, it is particularly revealing that two of the three Nobel Prizes for the sciences announced this year have been linked to time. While the Nobel Prize for Physics was awarded to a trio of physicists for their work in the detection of gravitational waves emanating from the recesses of the space-time continuum, the 2017 Nobel Prize in Physiology or Medicine was won by a triumvirate of chronobiologists for their work in discovering the mechanisms controlling the internal clocks that keep time in all living organisms, including humans. Jeffrey C. Hall, Michael Rosbash and Michael W. Young, three Americans born in the 1940s, made pioneering contributions in helping unravel the genetic coding and protein pathways that regulate the circadian rhythm — that rhythm which tells us when it is time to eat and sleep, or wake up even when we have no bedside alarm. Working with the humble fruit fly, the three scientists isolated a gene named period that studies had shown disrupted the fly's circadian clock. Dr. Hall and Dr. Rosbash then went on to discover that the protein PER, which acts as a functional communicator for this gene, accumulated at night and then diminished during the day. Independently, Dr. Young made a couple of seminal breakthroughs that helped complete the jigsaw puzzle — first by identifying a second gene timeless that through its TIM protein, working in conjunction with PER, helped engender the seesawing of cellular protein levels. He then spotted the third gene, doubletime, which through an encoded protein served as the regulator of the frequency of the oscillations.

In its nod to the trio's contributions, the Nobel Assembly at Sweden's Karolinska Institute referred to how their work had led to circadian biology developing into a "vast and highly dynamic research field, with implications for our health and well-being." It is this crucial human health angle that has spawned a mushrooming body of science centred on understanding the linkages between sleep and normal metabolic activity, and the potentially deleterious effect of sleep deprivation. From "jet lag", when people travel across different time zones challenging the internal biological clock, to the difficulties people engaged in shift-based jobs have in resetting their sleep-wake cycles, contemporary medical science acknowledges the hazards that lack of adequate sleep can pose. The ubiquitousness of the smartphone, tablet, computer and TV screens that may disrupt the circadian rhythm because of the light they emit is being studied extensively. The Nobel-winning researchers' contributions have also led to an improved understanding of the link between peak physical performance in sport and the time of the day. Ultimately, the prospect that the circadian rhythm may well hold the key to future breakthroughs in the modulation and treatment of various diseases is truly tantalising.

Does India need a bullet train?

► D. Raghunandan

The Mumbai-Ahmedabad bullet train is a vanity project which has little or no justification on the grounds of economic viability or public service. Even the vanity angle — looking to position India among the ranks of developed countries — is a huge overreach. Only a handful of high-income countries with specific demographics have high-speed rail (HSR), while many have failed in their efforts, others have abandoned it after studying it. The main problem is viability, given the huge costs involved.

Japan's pioneering Shinkansen, which connects Tokyo to Osaka, passes through the biggest industrial and commercial centres, caters to almost 50% of Japan's population, and carries more than 150 million passengers annually. South Korea's Seoul-Busan HSR caters to almost 70% of the population, yet struggles with viability. France's fabled Paris-Lyon HSR service has had to periodically receive substantial subsidies. Taiwan's \$14 billion HSR service between Taipei and Tainan virtually became bankrupt after losses of over \$1 billion. It realised only 50% of the projected ridership and required government bailout. Argentina gave up on HSR ambitions on cost grounds, deciding instead to upgrade its entire railway system to medium-speed infrastructure, an option India should seriously consider. Even the U.S. is tentatively initiating a San Francisco-Los Angeles corridor, and is still unsure about the densely populated industrial-commercial Philadelphia-Boston-New York-Washington DC corridor. Turkey's Ankara-Istanbul HSR line is the only example from a middle-income country, and the jury is still out on its viability.

China is, of course, an exception, as it is in most things. While reliable data are hard to come by about its 20,000 km of HSR, it is known that fares have been revised downwards many times to match passenger pockets, and that the railways has run up an internal debt of over \$300 billion. Is India ready for such an eventuality?

The Mumbai-Ahmedabad HSR costs around ₹1 lakh crore. Estimates in the project report by the Indian Institute of Management, Ahmedabad show that at least 1 lakh passengers at fares of ₹4,000-₹5,000 would be required daily for the project to break even. The tariff is too high — air fares between the two cities are around ₹2,500. Subsidies appear inevitable. Subsidies for agriculture, education and healthcare are taboo, but subsidies for the rich seem unproblematic.

Should India spend over ₹1 lakh crore for a 508-km HSR used by well-heeled passengers when over 90% of rail passengers in India travel by sleeper class or lower class for thousands of kilometres? Project supporters argue that one should not view these as either-or propositions. Unfortunately,



nately, one is only seeing expensive projects for the upper classes so far, such as the misleadingly named 'smart cities'. When will the Railways see investment for new tracks and upgrading services for 90% of the travelling public?

A myth being propagated is that this project will have knock-on effects on technology absorption by India through future HSR projects. Can anyone imagine India spending 15 times the present project cost for the pipe dream of 6,000 km of a "golden quadrilateral" of even less viable HSR tracks, as promised in the BJP's 2014 election manifesto? Another myth is that the Japanese funding at 0.1% interest with a 15-year moratorium is "almost free." Many business analysts have pointed out that the repayment amount will amount to ₹1.5 lakh crore over 20 years allowing for exchange rates and comparative inflation.

When Prime Minister Narendra Modi and Japanese Prime Minister Shinzo Abe laid the foundation stone for India's first-ever bullet train project, which costs \$19 billion, it was like seeing a distant dream take shape. The credit for crystallising the high-speed rail (HSR) project squarely goes to Prime Minister Modi and his government. Before the National Democratic Alliance government, the United Progressive Alliance-led government had also committed itself to the bullet train, as was evident in the Railway Budget speeches of 2009, 2010 and 2012. The 'Vision 2020' document presented by former Railway Minister Mamata Banerjee to Parliament also speaks of HSR. In 2012, the High Speed Rail Corporation was set up. In May 2013, during former Prime Minister Manmohan Singh's visit to Japan, it was decided that the two countries would co-finance a joint feasibility study for the Mumbai-Ahmedabad high-speed corridor.

It is unfortunate that despite being the third largest railway network in the world, in terms of kilometres of track and the number of passengers who travel, India does not have a single high-speed corridor. There are 15 countries worldwide in the exclusive high-speed rail fraternity.

There has been an ongoing debate on whether India should go for bullet trains or not. The basic argument stems from the spate of recent passenger train accidents which resulted in loss of lives. There is no denying that the present infrastructure of the Railways should be strengthened to avert accidents. The attitude of all those in the Railways, from a gangman to the Railway Minister, has to change to give highest priority to safety when it comes to investment, operation, maintenance of the rail network.

The present system of running trains on a congested network at the cost of maintenance and safety has to give way to safety consciousness in operations. 'Safety first' should be the mantra of the Indian Railways if accidents like Utkal Express and the Elphinstone Road station stampede are to be averted. The government had announced a plan to spend ₹8.5 lakh crore in infrastructure in 2014 and it should be possible to renovate or upgrade all safety infrastructures in a span of two years by prioritising this investment.

Comparing the investment in the bullet train project with investment in renovation and upgradation of conventional railways is odious. These investments are not comparable as these are not alternative choices at all. Both dimensions are necessary and we should take a cue from China which has developed a network of 22,000 km of HSR over the past 15 years. It plans to expand it to 30,000 km by 2020.

Comments such as "bullet trains like demonetisation will kill everything" are politically motivated rhetoric to score brownie points with the electorate. HSR is a growth multiplier as it leads to greater mobility. Unlike air travel, which is expensive and less energy-efficient, bullet trains will make the stations en route hubs for economic and industrial growth. HSR also means de-congestion of metropolitan cities as traffic will be diverted from road to rail. It is safer, faster, and economically viable with a 11.8% rate of return. It will increase investment in infrastructure, ignite the economy, and create jobs.

Let us realise the fact that HSR is a new dimension to transportation and it is a different and distinct business independent of conventional railways like the Metro Rail. Finances and management of HSR will have nothing to do with the conventional Indian Railways. Let's all get together and flex our muscles and display to the world our technological prowess in the field of bullet trains in the manner that we did in the space and satellites programme.

Mankind's fascination with speed is legendary. The growth of civilisation is linked intimately with growth in speed or mobility. The invention of the wheel, domestication of the horse, and harnessing of steam power for locomotion are all intricate links of the same chain. Railways emerged as the mainstay of the Industrial Revolution witnessed in the Western world in the 18th and 19th centuries.

The high-speed rail (HSR) owes its genesis to the competition railways faced from fast-moving automobiles and airplanes. Owning a HSR network has become a status symbol for nations. China leveraged this phenomena to the hilt by introducing high-speed trains on its network in the nineties, and can now boast of owning the world's largest HSR network.

It is but natural for India to aspire to join the exclusive club of nations having a HSR network. After all, it has the dream of becoming the third largest economy in 25 years. It already has a nuclear arsenal, a formidable missile programme, and has taken creditable strides in the field of space exploration.

So, why should it not have a modern HSR network as well?

But, as they say, the devil always lies in the details. The HSR is a highly capital-intensive project. And above all, India just doesn't have the technology for running trains at high speeds. Japan, France and China all took a decade or more to upgrade their rail systems to reach a speed of 250 kmph and beyond to qualify for wearing the tag of having a HSR network.

By adopting the Shinkansen technology owned by Japan and wrangling a sizeable loan through the Japan International Cooperation Agency, India has tried to kill two birds with one stone. It will have the technology and the finances at one go. A loan of about \$14 billion at 0.1% interest with a payout time of 50 years and a moratorium of 15 years is the best that India has ever got. However, let us examine how realistic the projection of cost and time for construction are, because that is the Achilles' heel of all mega-projects in our country.

In 2014-15, the cost of this project was envisaged at around ₹98,000 crore with 62% alignment on embankment pegging per km cost at ₹140 crore. It has now been decided to have the entire alignment on a viaduct design of construction. Such design adopted for construction of metro lines anywhere in India.

Tri-service integration or consolidation?

► Dinakar Peri

While India aspires to jointmanship among the three services, statements over the last few weeks point disturbingly to renewed inter-service rivalry to protect their turf. Last week, addressing the 14th Subroto Mukerjee seminar organised by the Centre for Air Power Studies and the Indian Air Force, Vice Chief of Air Staff, Air Marshal S.B. Deo, said jointmanship was also about optimal utilisation of resources. "Ours is a growing country, our budget is limited. We cannot afford duplicating capabilities," he said. "We cannot have an Air Force with the Army, an Air Force with the Navy and another Air Force."

His comments are significant against the backdrop of the government sanctioning six AH-64 Apache helicopters for the Army, something the service has been seeking for a while. At the same time the Navy is expanding its fighter strength though the carriers to operate them would accommodate less.

In turn, speaking at a seminar by the

Centre for Land Warfare Studies early last month, Army Chief General Bipin Rawat gave a peek into his idea of tri-service integration when he said that the "supremacy and primacy of the Army in a joint services environment" should be maintained. "The other services, the Navy and Air Force, will play a very major role in support of the Army which will be operating on the ground because no matter what happens, we may be dominating the seas or the air, but finally war will be to ensure territorial integrity of the nation," he said. "And therefore the supremacy and primacy of the Army in a joint services environment becomes that much more relevant and important."

The question is, will these developments unleash another round of inter-service turf war and further delay several important decisions on tri-service integration such as the Chief of Defence Staff (CDS), specialised commands for cyber, space and Special Forces? Also, are we moving towards tri-service integration or consolidation?



The comments also come shortly after the Union Cabinet had cleared 65 of 99 recommendations, all related to the Army, of the Lt General D.B. Shekatkar Committee for enhancing combat capability and rebalancing defence expenditure of the armed forces to increase the teeth-to-tail ratio (that is, ratio of combatants to soldiers in support roles). The remaining 34 recommendations pertaining to the tri-services, in addition to the Navy and Air Force, are to be

taken up soon. Among them is a proposal on the appointment of a single point military adviser to the Prime Minister on strategic issues. Despite the NDA government according high priority to the issue and Prime Minister Narendra Modi himself sitting through presentations, progress has been minimal. After much deliberation, the consensus has veered towards a Permanent Chairman Chiefs of Staff Committee (CoSC), a four star officer equivalent to the three service

chiefs, while ideally what the country needs is a full-fledged five star officer. The four star officer would serve no real purpose except adding to the already existing protocol nightmare and complicating the situation further.

The last time India fought a major battle was the Kargil conflict in 1999 in which the Navy played a silent role while the Army and Air Force collaborated to evict intruders from Indian soil. The lessons learnt then prompted the K. Subrahmanyam Committee to propose having a CDS for the first time. Those who advocate instituting a Permanent Chairman CoSC must understand that once that happens, then there would be four people opposing the CDS's creation compared to three now. Incrementalism doesn't always work; sometimes a giant leap is the need of the hour. But with the latest comments, it appears that the other services would oppose the proposal for a CDS tooth and nail.

India has traditionally been a land power and, yes, the primary threats are still on land, from the northern and

western borders. But the threat matrix has changed since 1947 and the Indian Ocean region is fast metamorphosing into a major arena of friction, with increasing forays by the Chinese Navy and building up of regional navies with help from China. Also, while the threat of war still exists in the subcontinent under the nuclear overhang, the room for large conventional manoeuvres is over. In a conflict situation, what would unfold are short and swift skirmishes which call for agility and swift action by the three services in unison.

With threat perceptions heightened in the neighbourhood and newer challenges rising in the region and beyond, it is unfortunate that the mighty 'armed forces', which are the drivers of the nationalistic discourse in the country, are engaged in squabbles. The recently released 'Joint military doctrine of the Indian armed forces 2017' made the right noise on "jointness" and "integration", but much work is needed on the ground to achieve even a fraction of what has been enunciated.

Modi meets global oil and gas CEOs, admits status of energy sector in India highly uneven

NEW DELHI: Prime Minister Narendra Modi said on Monday that the status of the energy sector in India was highly uneven and the scope for reform in many areas still exists.

At an interaction in New Delhi with oil and gas CEOs and experts from across the world, he welcomed the suggestion made for a comprehensive energy policy, according to a PMO press release.

Modi also welcomed all possibilities for innovation and research in the oil and gas sector, the release said, adding that he flagged the potential of biomass energy and invited participation and joint ventures in the coal gasification. Top CEOs and officials from Rosneft, BP, Reliance, Saudi Aramco, Exxon Mobil, Royal Dutch Shell, Vedanta, Wood MacKenzie, IHS Markit, Schlumberger, Halliburton, Xco, ONGC, Indian Oil, GAIL, Petronet LNG, Oil India,

HPCL, Delonex Energy, NIPFP, International Gas Union, the World Bank, and International Energy Agency, were present at the meeting. Subjects such as the need for a unified energy policy, contract frameworks and arrangements, requirement of seismic data sets, encouragement for biofuels, improving gas supply, setting up of a gas hub, and regulatory issues came up for discussion, the statement said. Various participants appreciated the progress and reforms made in India in the last three years, it said. Participants also appreciated the pace and drive with which the prime minister has brought about reform in the energy sector, it said.

Many participants strongly recommended the inclusion of gas and electricity in the GST framework, the release said.

At the meeting, which was coordinated by the NITI Aayog,



revenue secretary Hasmukh Adhia highlighted the recent decisions of the GST Council regarding the oil and gas sector.

Thanking the participants for

sharing their views, the prime minister said that many suggestions received in the last meeting in 2016 have helped in policy making. The Prime Minister said that

the status of the energy sector in India was highly uneven.

"He also said that scope for reform in many areas still exists," the release said.

The prime minister thanked all participants for sharing holistic suggestions, keeping in mind India's unique potential and requirements in the oil and gas sector, instead of merely confining themselves to the concerns of their respective organisations.

Modi observed that the suggestions made today covered policy, administrative as well as regulatory issues.

He stressed on the need to develop energy infrastructure and access to energy in eastern India.

The prime minister indicated that as India moves towards a cleaner and more fuel-efficient economy, he wants its benefits to expand horizontally to all sections of the society, and in particular to the poorest, the release said.

Modi thanked Russian President Vladimir Putin and Rosneft for their commitments and support to the energy sector in India.

He also appreciated the 2030 vision document of the Kingdom of Saudi Arabia. Warmly recalling his visit to Saudi Arabia, Modi said many progressive decisions were being taken there in the energy sector. He looked forward to various opportunities for cooperation between India and Saudi Arabia in the near future.

In their brief opening remarks, Minister for Petroleum and Natural Gas Dharmendra Pradhan and Vice Chairman of NITI Aayog Rajiv Kumar gave an overview of the work done in the energy sector.

They also emphasised on the expected growth in energy demand in India, and the significant progress made in electrification and LPG expansion.

In a short presentation, NITI Aayog CEO Amitabh Kant outlined the recent developments and challenges in the oil and gas sector in India.

SC refers to Constitution bench plea over conversion of Parsi woman

NEW DELHI: The Supreme Court on Monday referred to a five-judge Constitution bench the question whether a Parsi woman automatically gets converted to Hinduism after marrying a Hindu man under the Special Marriage Act.

A bench headed by Chief Justice Dipak Misra said it will have to consider whether the five-judge bench judgement in the triple talaq matter can also have some bearing in the present case. The bench also comprising Justices AM Khanwilkar and DY Chandrachud said the larger bench would examine the applicability of 'doctrine of culture' which provides that a woman assumes the religion of her husband after marriage.



The bench was hearing a plea filed by Goolrokh Gupta challenging the Bombay High Court judgement that had held that a Parsi woman is deemed to be converted to Hinduism after marrying a Hindu man under the Special Marriage Act.

LeT terrorist Abdul Karim Tunda held guilty in 1996 Sonapat blasts

ROHTAK: A Sonapat court on Monday pronounced Lashkar-e-Taiba bomb maker Abdul Karim Tunda guilty in the 1996 Sonapat blasts case. The court of sessions judge Sushil Garg will pronounce the quantum of punishment on Tuesday.

Tunda has been held guilty under Section 307 (attempt to murder) and 120 B (criminal conspiracy) of the Indian Penal Code and Section 3 of the Explosive Substances Act. Lawyers say he may face a jail term of minimum 10 years up to life imprisonment. Tunda was arrested by Delhi Police in August 2013 from Nepal border. While recording his statement in court in September this year, Tunda had maintained that he was in Pakistan during the bomb blasts.



Prosecution lawyer said 43 witnesses, including those who were injured in the blasts, recorded their testimony in the court during the trial. Two blasts at busy spots Sonapat on December 28, 1996, had left about a dozen people injured.

Truckers nationwide go on 2-day strike against GST, fuel hike

NEW DELHI: Hundreds of thousands of trucks went off the road on Monday as a part of a two-day nationwide strike to protest against rising diesel prices and the goods and services tax (GST). The strike affected states such as West Bengal, Karnataka and Madhya Pradesh but large-scale adverse effects on the prices of food or essential items were absent. Impact in trucking hubs of Uttar Pradesh and Maharashtra was minimal.

"Transporters all over the country are up in the arms against GST, diesel prices, harassment of truck operators and corruption on roads and toll policies," said Bal Malikit Singh, chairman of the core committee of All India Motor Transport Congress (AIMTC).

The body claimed nearly 10 million truck operators and other transporters remained off the roads but government authorities in several places such as Mumbai and Lucknow reported negligible impact.

"This is our token strike, and if the government does not do the needful, we will call an indefinite strike after Diwali," Singh added. About a million people, including drivers, cleaners, porters and their support staff were also participating. In West Bengal, the Calcutta Goods Transport Association (CGTA) claimed nearly 60% of 800,000 trucks in the state were off roads but another major truckers body, the Federation of West Bengal Truck Operators' Association, didn't participate in the strike.

"We gave relaxations to trucks carrying essential items like medicines, milk and perishable commodities like eggs, fruits and vegetables. Had the relaxation not been given, the impact of the strike would have been much more," said CGTA president Prabhat Kumar Mittal.

In Madhya Pradesh's Indore, the strike paralysed supplies to the vegetable and fruit hubs or mandis, sparking fears of a price spike. In Bhopal, the impact was mixed but observers said smaller towns were spared because farmers relied less on transporters. Government officials said they were still assessing the situation.

In Uttar Pradesh, around two million trucks continued normal operations as local officials said most state bodies weren't participating. "We don't agree with the issues raised by the All-India Motor Transport Congress (AIMTC) as it does not affect 95% of truck operators. Only bigger trucks, that too transporting cars and heavy items, are getting affected. Our trucks are operating as usual," said Billu Tandon, general secretary of UP Truck Operators' Federation. "Coming under GST cannot be termed as disruptive. It will benefit small truck operators," he added.

The strike halted goods movement across Karnataka as all trucks in the state stopped plying. AIMTC south zone general secretary GR Shanmugappa said.

In Mumbai, however, the strike generated a poor response as most trucks remained on the road.

Anti-India forces want to weaken its economy: Rajnath Singh

ARAKKONAM: Anti-India forces, unable to stomach its growing economic might, want to damage the country and weaken its strategic position, Union home minister Rajnath Singh said on Monday.

Terrorism is a "big threat" today but Prime Minister Narendra Modi has taken up the issue strongly on the global stage, taking onboard most countries to address the issue, he said. In his address after reviewing the passing out parade of the personnel of Central Industrial Security Force (CISF) here, Singh said the day is not far when India would become an economic power.

"Today, India is counted among the emerging economies of the world. It is emerging as the fastest growing (large) economy in the world. I can say that India is one among the top 10 economies of the world today," he said. The world has started "realising" the fact that the day is not far when by 2030 India will be among the top three economies of the world, he said. The size of India's economy

was approximately USD two trillion and it was likely to touch USD 5 trillion by 2030, he said.

"But anti-India forces basically don't like all these trends. They want to cause damage in those sensitive areas where its economic and strategic strength could be weakened," he added.

Terrorist organisations want to "inflict damage" on the country, he said, calling terrorism a "big threat" to many countries.

"Terrorism is a big threat...the 9/11 attacks in the US and the 26/11 incidents in India have shown that the impact of terror strikes can be felt for a long time," he said.

The home minister urged the CISF, tasked with guarding the country's vital strategic installations like airports and industrial units, to have "core competence" to tackle terrorism.

"So, CISF should undertake regular security audit of every installation and use new technologies to strengthen the security of such



installations," he added.

He termed cyber attacks as the "new face" of terrorism.

Under this, efforts are made to target digital set-ups, he said.

"CCTV, wifi networks and computer networks are present in every office today. And these are on the radar of hackers and anti-national forces," Singh added.

Like the CRPF has specialised units such as Rapid Action Force (RAF), CISF should also develop a dedicated wing to deal with issues

like cyber attacks, he said.

The Union home ministry has issued advisories to create such a mechanism to other police forces also, he added. Stressing on women empowerment, he urged the CISF to become the "first" paramilitary force to achieve 33 per cent reservation for women in the force.

After becoming the home minister, he had asked all state governments and central armed police forces to implement the quota for women, Singh said.

Women are not inferior to men in any respect, he added.

The home ministry, he said, has decided to provide a uniform allowance of Rs 10,000 every year to jawans. This would do away with the issue of fitting which they faced when they were issued readymade uniforms.

He lauded the CISF for its contribution to national security and said, in some instances, companies of the central paramilitary force had been even sent to regions affected by naxalism. Earlier, 10,43 personnel including assistant commandants, sub-inspectors and assistant sub-inspectors took out a parade, marking their formal induction into the force. CISF director general OP Singh said they were trained in the use of weapons, communication systems, tackling ambush and other aspects related to security.

The CISF personnel also demonstrated their skills and enacted situations, including those simulating counter-terror operations.

Ready to maintain peace at frontiers with India: China on Sitharaman's visit to Nathu La

NEW DELHI: China on Monday expressed readiness to jointly maintain peace along the border areas with India and said Nathu La, the frontier post visited by defence minister Nirmala Sitharaman was the "best witness" to the UK-China treaty of 1890.

Sitharaman had a brief conversation with Chinese soldiers during her maiden visit to the Nathu La border post in Sikkim on Sunday and was even seen teaching them how to say 'Namaste'.

"The Sikkim sector of the China-India boundary has been delimited by the historical treaty of 1890, and the Nathu La pass has been the best witness testifying to this fact", Chinese foreign ministry spokesperson Hua Chunying told a media briefing while reacting to a question on Sitharaman's visit. "The Chinese side is willing to jointly uphold peace and tranquility in the border areas with the Indian side on the basis of observing historical treaties and the relevant agreements and accords between the two sides", Hua said. Beijing often referred to the 1890 Britain-China treaty during the Doklam standoff stating that it has defined the Sikkim section of the boundary with Tibet, therefore the border in that area has been settled.

Sitharaman's interaction with the People's Liberation Army troops at Nathu La with Namaste diplomacy also appears to have struck a chord as Chinese commentators said it sent a "goodwill signal" to mend the bilateral ties following the Doklam standoff. State-run English news channel CGTN carried snippets of her video with a caption "Indian defence minister greets Chinese border soldiers".

The Hong Kong-based South



China Morning Post headlined its story saying that "India's defence minister builds bridges with Chinese troops".

"The minister experienced an unexpected wave of goodwill from Chinese soldiers when she visited

troops stationed on the frontier between the countries", the Post report said.

Her interaction with the troops of the PLA also sparked positive response among the Chinese netizens on popular social media

websites. "The greeting sent a goodwill signal towards mending bilateral ties and putting relations back on track toward normality", Qian Feng, an expert at the Chinese Association for South Asian Studies, told the state-run Global Times

which carried a separate story on Sitharaman's Sikkim visit with a caption "Indian Minister waves at PLA". The Indian government should show more determination for improving ties as Prime Minister Narendra Modi "enjoys advantages towards achieving that goal", it quoted Qian a saying.

Of the 3,488-km-long India-China border from Jammu and Kashmir to Arunachal Pradesh, a 220-km section falls in Sikkim. The two sides so far held 19 rounds of talks at the level of Special Representatives to resolve the dispute.

Meanwhile, the state-run tabloid Global Times which routinely attacks India also carried an editorial saying that "India must overcome security paranoia".

Referring to Sitharaman's visit to Sikkim, it said "a newly constructed airport that she inspected during the visit, the near-

est to China's border, will be put into use in November", it said and went on to describe it as an "aggressive gesture." But it noted that she had friendly interactions with Chinese soldiers in Nathu La. Video released by the Indian Defence Ministry shows that she acknowledged the soldiers with a traditional namaste greeting, it said. At the same time, it said, "Some Indian nationalists over-estimate India's strength and rights, assuming New Delhi can bark orders across the border at Beijing".

"India's concerns about the Siliguri Corridor's security are understandable, but New Delhi cannot mess around", it said adding that China is also concerned about the transport route security across the Indian Ocean and the Strait of Malacca, but Beijing has not taken "coercive measures to achieve its aims".

Be careful of snacking: 4 foods women should stop eating at work

Are you one of those who constantly want something to munch on, while working? Well, according to a new survey conducted by Dutch organic food maker Kallo, it has been discovered that women who snack at work consume 100,000 extra calories each year, reports News.com.au.

This is equivalent to an additional 50 days' food intake. The annual total of 100,800 extra calories, based on 45 working weeks, is the same as 1,254 glasses of prosecco, 193 double-stacked burgers or 502 bars of chocolate. Dieticians said they were 'not surprised' by the research but warned that consumption of just 500 extra calories a day could result in weight gain of half a kilogram a week. Here are some foods that women should avoid while at work:

1. Biscuits

The biscuits may come courtesy of the office biscuit jar, or as special treats that colleagues bring in, but those tasty morsels made from vegetable oil, sugar and white flour are a recipe for disaster when it comes to eating mindless calories and weight gain. With a single chocolate biscuit containing up to 100 calories and 3-4 g of fat, and the ease at which we can eat many biscuits throughout the day



without even noticing, it is no wonder that sweet biscuits are so closely linked to weight gain.

2. Milky coffee

Unlike black coffee and tea, those milky coffee calories add up, with a small cup offering at least 80-100 calories, or the equivalent of an extra meal a day if you enjoy two or three. Therein lies the association with workday coffees and weight gain.

3. Cake

With a single serving of plain cake containing 10-12 g of fat and 300-400 calories, you can see that enjoying this extra sweet treat a few times each week will quickly lead to weight gain. For this reason getting into a habit of saying no most of the time when cake is offered at work is the key to success, or limit the office birthday celebrations to just once each month.

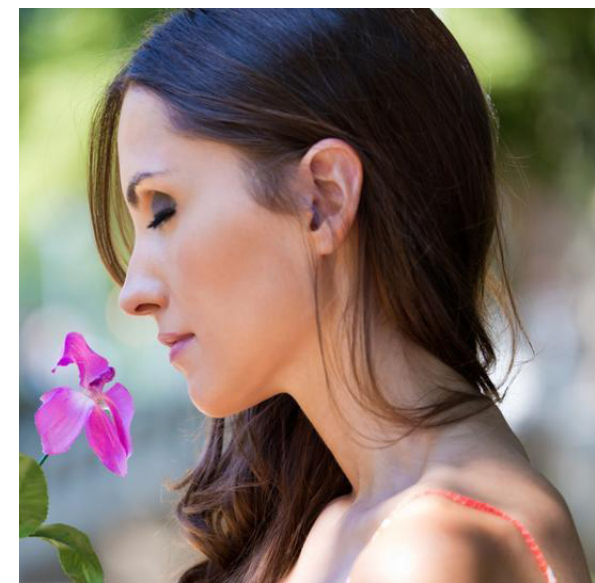
4. Dried fruit and nuts Fresh fruit is healthy, as are nuts but when we demolish entire bags of high calorie trail mix simply because it is within easy reach on our desk we are mindlessly consuming hundreds of extra calories each week, often under the impression that we are being 'healthy'. When we mindlessly munch on high calorie foods such as nuts and dried fruit it is a recipe for disaster when it comes to weight gain.

Are you losing your sense of smell or touch? You may be at greater risk of death

A natural decline of the five classical senses—vision, hearing, taste, smell and touch—can predict a number of poor health outcomes, including greater risk of death, says a study. "We can now predict how changes in our senses can influence activities we think are really important, like walking, moving, and living," said lead researcher Jayant Pinto, Professor of Surgery at the University of Chicago.

The study spanning five years and including more than 3,000 US adults aged 57-85 began with an assessment of how sensory dysfunction affected their physical and cognitive abilities. The research team found that adults with worse sensory dysfunction moved slower and had greater difficulty performing daily activities. Five years later, the same people had more sensory impairment.

They moved even slower, were less active, and had more physical and cognitive disabilities. Compared to those with less sensory impairment, they had a higher risk of dying, said the study published online in the Journal of the American Geriatrics Society. "This is the first study to show that decreased sensory function of all five senses can be a significant predictor of major health outcomes," said Martha McClintock, Professor at University of Chicago. In the study, the



researchers used validated tools and controlled for factors that could affect the results such as demographics, education level, drug and alcohol use, and weight.

The researchers also teased apart any sensory loss that was due to environmental factors, such as exposure to loud noises that cause poor hearing.

This allowed them to measure sensory impairment as a function of ageing alone. Sensory impairment can add insight into the mechanisms that drive health outcomes associated with ageing. "There appears to be one or more specific physiological processes of aging—so far unidentified—that account for how the five senses decline together," Pinto said.

Many women with disabilities don't get cancer screening, says study

Women with physical and mental disabilities may be less likely to receive recommended screenings for breast or bowel cancers than other patients, a UK study suggests.

Among nearly one million older women invited to get either breast or bowel screening, 23 percent had a physical disability limiting mobility, impaired vision or hearing, cognitive difficulties or challenges with daily tasks like dressing, bathing and eating, the study found.

Compared to women without any of these problems, women with disabilities were 36 percent less likely to get breast cancer screening and 25 percent less likely to get bowel cancer screening, researchers report in the British Journal of Cancer. It's possible that the location of screening and the logistics of getting evaluated may have influenced whether women got recommended tests, said lead study author Sarah Floud of the University of Oxford.

"We wanted to compare participation in bowel screening with participation in breast screening, as breast screening is done in special clinics to which people have to travel and bowel screening is done at home using a kit posted to their home which has to be posted back to the screening centers," Floud said by email.

"For disabled women, we found that not having access to a car was associated with especially low participation in breast screening but not in bowel screening, which makes sense," Floud added. For the study, researchers focused on older women who were offered screenings under UK guidelines.

During the study period from 2006 to 2011, the guidelines recommended breast cancer tests every three years for all women age 50 to 70. Bowel cancer screenings were recommended every year for adults from age 60 to 69 at the start of the study, and the age limit was raised to 74 in 2010.

Researchers examined data on 445,579 women offered breast cancer screenings and 449,058 women offered bowel cancer screenings. Women with disabilities that affected eyesight, mobility and the ability to take care of themselves were the least likely to take part in cancer screening, the study found. People who reported any disability and also did not have access to a car were more likely to miss breast screenings. With self-care difficulties, women were 54 percent less likely to get breast cancer screenings than women without disabilities. With vision impairment, women were 47 percent less likely to get breast screenings.

Self-care difficulties also accounted for the biggest disparities in bowel cancer screenings; women with this type of disability were 38 percent less likely to get tested than women without disabilities.

One limitation of the study is that all of the participants were recruited through breast screening programs, so they had done this at least once in the past. This means the disparities might be more pronounced in the general population than in the study group, the authors note.

Researchers also lacked data on the reasons women didn't get screening, which might be due to factors not explored in the study such as other medical conditions.

"If you have significant health or social problems in your life, cancer screening which offers a chance of benefit for only 1 in 1,000 or less may not be a priority for you," said Dr. Karsten Juhl Jorgensen, deputy director of the Nordic Cochrane Centre and a researcher at Rigshospitalet in Copenhagen, who wasn't involved in the study. "If a disability is linked to substantially shorter life expectancy, screening may be less relevant as its benefits often materialize only several years after the screening itself, Jorgensen said by email. "There may therefore be valid reasons for some of the disparity."

Here are 4 simple things you can do after your run to get the best results

Running is one of the best form of exercises, and ensure complete mind-body well being.

It can be taken up any age group, and doesn't require any fancy equipment as such. Following these 4 tips will help you get the most of your running work out:

Drink up

As well as staying hydrated during a run in order to prevent injuries, cramping, and early fatigue, it is also important to rehydrate after you have finished, as well as maintaining your fluid intake throughout the rest of the day. If you are training for a marathon this is even more important -- marathon runners can lose up to 5% of their total body weight during the race, or around four to five liters of fluids on average.

To avoid dehydration and help the body replenish its reserves be sure to drink plenty of fluids in the hours after your run, whether you prefer water, fruit juice or sports recovery drinks. You should also avoid alcohol if you really want to reach peak performance. Not only will it dehydrate you, but celebrity trainer David Kirsch also adds that



"during a wellness program, there is no room for hangovers. You need to be fresh, focused, and on top of your game to achieve the desired results." Get a good night's sleep

Dr. Andrew Murray, who works predominantly with runners but also swimmers and cyclists, says that the one thing they all have in

common is they are "world class sleepers." He recommends at least seven hours a night to reduce the risk of infection and stay healthy, plus a good night's sleep is possibly the best way for your body to repair itself after exercise. Kirsch also adds that skimping on sleep "will sabotage your hard-earned workout gains,"

so to get the most out of your run, as well as reach your true running potential in your next one, make sure you prioritize sleep.

Refuel your muscles

Dalton Wong, trainer to Hollywood star Jennifer Lawrence and founder of TwentyTwo Training advises a post-run combination of

protein to repair, fat to help you feel full, and carbs to fuel the body. He recommends a protein smoothie or a proper meal between 1 hour to 90 minutes after your run, and nuts, seeds, and/or an apple as good options for snack until you can eat a real meal. Dr. Murray agrees, also recommending a ratio of three portions of carbs to one portion of protein within the hour after your run. Pasta or a baked potato with tuna, a chicken sandwich, eggs or pulses are all good choices. Stretch it out Although Dr. Murray says you don't need to do a specific warm-up, just something to get you moving a little and ready for running, he does recommend a cool down, especially when you have done a more intense, longer run. Cooling down and stretching is a key step in any running plan to aid recovery, reduce muscle soreness and prevent injuries. Foam rolling can also be useful, not only straight after your run but also the day after and days following if you're still feeling sore. It can also be particularly helpful when combined with stretching because it helps break up adhesions, which allows for a better and deeper stretch.

Want to cut your risk of urinary tract infection? Drink water, says study

Supporting the fact that appropriate amount of water intake can curb numerous health issues, a new study has claimed that it can also reduce women's risk of developing urinary tract infection.

Urinary tract infection (UTI) is one of the most common bacterial infections involving the kidneys, ureters, the bladder and the urethra.

It is more common in adults than in children. And if you're a woman, your chance of getting a urinary tract infection is high. This is because the urethra is shorter in women than in men, and it is closer to the anus, making it more likely that bacteria are transferred to the bladder.

Researchers from University of Miami in the US found that women at risk of urinary tract infections (UTIs) who increased their water intake by about three pints every day were nearly half as likely to get UTIs as women who did not.

"While doctors have long assumed this is the case and often recommended that women at risk for UTIs increase their fluid intake, it is never really undergone a prospective trial before," said Thomas M Hooton from University of Miami. "It is good to know the recommendation is valid, and that drinking water is an easy and safe way to prevent an uncomfortable and annoying infection," Hooton said.



Drinking more fluids increases the rate of flushing of bacteria from the bladder and also likely reduces the concentration of bacteria that enter the bladder from the vagina, they said.

This reduces the opportunities for bacteria to attach to cells that line the urinary tract, which is necessary to cause an infection.

The study included 140 healthy premenopausal women who had at least three UTIs in the last year and reported low daily fluid intake.

Half of the women who served as the control group continued their usual daily fluid intake, while the remainder

were told to drink 1.5 litres of water a day in addition to their usual daily fluid intake.

After one year, women in the control group had 3.1 UTIs on average, whereas those in the water group had 1.6 UTIs on average, a 48 percent reduction.

Researchers noted that the water group averaged fewer regimens of antibiotics (1.8) than the limited-water group (3.5), a reduction of 47 percent.

"If a woman has recurrent UTIs and is looking for a way to reduce her risk, the evidence suggests that if she increases the amount of water she drinks and stays with it, she will likely benefit," Hooton said.

Signs of upturn in second half, economic growth may exceed 7%: RBI gov

In an interview two days after the October monetary policy that left the policy rate unchanged, raised the year-end inflation projection marginally and pared the growth projection for fiscal year 2018, Reserve Bank of India governor Urjit Patel said there are visible signs of upturn and economic growth is likely to exceed 7% in the last two quarters of the year as projected in last week's Monetary Policy Report.

"We have started seeing the upturn. The Nikkei India Services PMI Business Activity Index rose more than 3 percentage points in September over August; the core sector IIP (index of industrial production) saw a 4.9% rise in August. If you look at some of the high-frequency data such as automobile and two-wheeler sales, you also see the upturn there," Patel said. The Indian economy's growth in the quarter ended June touched a three-year low of 5.7% on account of the lingering effect of the demonetisation exercise and the run-up to the implementation of the Goods and Services Tax on July 1. Most economists agree that this period of low growth is transitory and that the economy will see a revival in the second half of the year. Patel added that the Reserve Bank of India will support growth, but not at the cost of inflation. According to Patel, while the 2 percentage point on either side of the 4% inflation target gives the central bank some flexibility, RBI's aim is to keep close to the target itself. "Growth is always there in the Monetary Policy Committee's scheme of things; we don't lose sight of that but not at the cost of inflation. However, we have to be careful—we should aim at achieving the inflation target without losing sight of supporting economic growth." He also said the real interest rate is important but since it is inherently time varying there cannot be a rigid target for this, and a range is more helpful. "What is important is that in a capital scarce country like India, the real interest rate needs to be positive enough to encourage healthy growth of financial savings; we get into macro difficulties when real rates on financial savings become negative for a length of time," he said. The real interest rate is the interest rate minus the rate of inflation.



Moody's assigns Baa3 rating with positive outlook to NHAI

Moody's Investors Service said on Monday it has assigned a Baa3 issuer rating with positive outlook to National Highways Authority of India (NHAI).

It said NHAI's Baa3 rating primarily reflects its assessment of the very high likelihood that the authority will receive support from the government in a distress situation. "NHAI's Baa3 rating reflects its

strategic importance and status as the government arm implementing the national highways strategy," the rating agency said. NHAI is responsible for the construction, development and maintenance of national highways network in the country.

"As such, the rating considers the government's track record of providing direct funding to NHAI, and recognises the very close op-

erational and financial links between the authority and the government," Moody's vice president and senior analyst Abhishek Tyagi said.

Moody's said the baseline risk for NHAI is effectively the default risk of the government. This strong link to the government also considers the National Highways Authority of India Act that mandates the government's funding commitments

for the authority. "Accordingly, NHAI's rating further reflects Moody's expectation that financial support from the government will continue to ensure its financial viability and operational soundness," Tyagi said. NHAI is an authority that has been established through an Act of Parliament and owned by the government. Moody's said the rating takes comfort from the stable funding

sources for NHAI, including cess on sale of diesel and petrol (collected by the government in the Central Road Fund), revenues from operating roads, including plough-back of toll revenues and revenue share for PPP projects and additional budgetary allocations. "Moody's notes that NHAI's rating would change following any changes in India's sovereign rating," it said.

Sensex, Nifty end on a flat note, investors on the fence

Key stock indices Sensex and Nifty took a breather on Monday as they closed with minuscule gains, with domestic institutional investors lending crucial support.

The GST Council's last week decision to make things easy for exporters and small and medium businesses came as a positive move.

But market participants chose to play with care as the earnings season for the September quarter kicks off this week, which remains a big unknown, traders said.

Leading IT exporter Tata Consultancy Services (TCS) is set to come out with its earnings numbers on Thursday.

The 30-share Sensex rallied to the day's high of 31,935.63, but slipped before ending up 32.67 points -- or 0.10 per cent -- at 31,846.89.

Part of the selling was an outcome of a rush to take profit. The gauge had gained 222 points on Friday.

The NSE 50-share after reclaiming the crucial 10,000-mark slipped



back to close up 9.05 points, or 0.09 per cent, at 9,988.75. Intra-day, hit a low of 9,959.45.

"Market gained initial momentum from the FMCG sector against the backdrop of GST rate cut for 27 items, but investors were reluctant to take more risk ahead of the earning season. Upcoming IIP numbers and inflation data will also have a crucial impact on the market, especially with the weak growth forecasts and persisting

GST hurdles," said Anand James, Chief Market Strategist, Geojit Financial Services Ltd.

Domestic institutional investors (DIIs) stuck to their buying behaviour, picking up shares net Rs 1,239.74 crore. Share outflow from foreign portfolio investors (FPIs) continued at net Rs 1,040.40 crore last Friday, showed provisional data.

Coal India hit a home run, up 1.81 per cent -- the biggest jumper

on the Sensex list. HUL, Kotak Bank, Dr Reddy's, Adani Ports and Tata Steel advanced by up to 1.37 per cent.

Stocks of automakers stepped on gas, driven by buying support on hopes of a pick-up in demand during the ongoing festive and wedding season. Jewellery stocks were big movers and rallied up to 5.27 per cent after the government revoked an order that mandated PAN and Aadhaar cards for purchases above Rs 50,000.

Gitanjali Jems, PC Jeweller and Titan Company and TBZ gained by up to 5.27 per cent.

Of the sectoral indices, BSE realty was the centre of buying activity as the index jumped the most by gaining 2.20 per cent. Consumer durables, FMCG and IT were in the green too. The broader market showed a mixed movement, with BSE small-cap rising 0.62 per cent and mid-cap dropping 0.04 per cent.

Key shares in Asia and Europe showed up a mixed picture.

'Convicted companies not allowed participation in PSU privatisation'

NEW DELHI: The government will disqualify any company convicted for fraud and serious corporate offences from participating in the privatisation of state-owned enterprises, according to new disinvestment guidelines.

Any firm facing a conviction by a court of law or indictment/adverse order by a regulatory authority or has faced market regulator Sebi orders relating to fraud will be disqualified, said the guidelines.

While selecting bidders earlier, the government used to look into the criteria like net worth and experience. It has now decided to look into these additional criteria for qualification or disqualification of parties seeking to acquire stakes in CPSEs. "The government has examined the issue of framing comprehensive and transparent guidelines defining the criteria for bidders interested in CPSE disinvestment so that the parties selected through competitive bidding could inspire public confidence," the Department of Investment and Public Asset Management (DIPAM) said in a recent office memorandum.

Any conviction by a Court of law or indictment or adverse order by a regulatory authority that casts a doubt on the ability of the bidder to manage the PSU when it is disinvested or which relates to a 'grave offence' would constitute disqualification, it added. 'Grave offence' for this purpose would include orders passed by market regulator Sebi which directly

relate to 'fraud' as defined in Sebi Act or regulations. Also those orders of Sebi that cast a doubt on the ability of the bidder to manage the PSU and any conviction by a Court of law would be considered as 'grave offence'. "In cases where Sebi passes a prosecution order, disqualification of the bidder should arise only on conviction by the Court of law," said the latest DIPAM guidelines. A bidder disqualified from participating in the disinvestment process would not be allowed to remain associated with it or get associated merely because it has preferred an appeal against the order, based on which it has been disqualified, DIPAM said. The government has set a target of Rs 15,000 crore to be raised from strategic disinvestment of PSUs in the current fiscal. It has selected a host of companies, including Air India, for strategic stake sale and has fast-tracked appointment of asset valuers and legal firms who would manage the process.

The other Public Sector Units (PSUs) which have got approvals include BEML, Scooters India, Pawan Hans, Central Electronics, Bharat Pumps & Compressors Ltd Bridge & Roof Co, Projects & Development, Hindustan Newsprint and Hindustan Prefab. Besides, PSUs like National Project Construction Corporation, Engineering Projects India and Hospital Services Consultancy Corporation are planned to be merged with similarly placed state-owned firms.

Bengaluru airport to become India's first fully Aadhaar-enabled by 2018

After a two-month pilot project in February, the Bangalore International Airport Limited (BIAL) has given push to its plan to make Kempegowda International Airport (KIA) the country's first airport to have complete Aadhaar-enabled entry and biometric boarding system.

According to the Request For Proposal (RFP) issued by BIAL, the airport is expected to be completely Aadhaar-enabled by December 2018, and the initiative is in line with its endeavours to become a Smart Airport—a digitized, seamlessly connected and intuitive one. BIAL wants to tap benefits of using Aadhaar-enabled entry and biometric e-boarding process to confirm personal identity for airport passenger processing and access control among other things. The process enables a passenger to be verified in under five seconds at every checkpoint right up to the boarding gate, completing the screening process in 10 minutes compared to the average 25 minutes. This helps more passengers enter through the same gate. "With real-time authentication of passengers, entry using biometric readers can enhance security, speed up clearance and alleviate delays at the airport. In addition to eliminating the need for passengers to present their ID and boarding passes at multiple stages of the airport journey, passengers can expect passage through various touch-points to be smooth and stress free," a spokesperson said. BIAL executive director and president Hari Marar said the new move will speed up the validation process and provide a significant increase in



security. The use of biometrics will soon be the only verification required at each passenger touch-point and will go a long way in improving the flow of passengers, providing a better travel experience as well as greater operational visibility for stakeholders, he added. "A key driver to creating an airport-of-the-future is to embrace technologies that simplify, streamline and enhance travel processes. And as we continue to see exponential growth in passenger traffic, there's an urgency to implement systems that allow quicker transit time, ensuring the smooth ingress and egress of passengers," Marar said.

According to the RFP, issued on October 3, BIAL has set a 325-day deadline to implement the new system. By March 30, 2018, the project will go live as far as airport entry is concerned, and in another 90 days, under phase-2, all domestic airlines will be roped to make phase-2 live. By October 4, 2018, even those boarding international airline flights will be able to access the new system and by December 31, 2018, the project will be complete.

Sectors which are likely to gain from GST tweak

The government on Friday provided relief to various sectors and decided to keep gems and jewellery out of the ambit of Prevention of Money Laundering Act, which stated that jewelers must verify the identity of clients via a KYC process for all transactions exceeding Rs 50,000. Here is a list of sectors and stocks that can see immediate gains after the change in goods and services tax (GST):

Man-made yarn

GST rate on man-made yarn reduced to 12 per cent, which will lower the prices of man-made yarn by 6 per cent immediately. Higher levy will pressurise Indian producers to source yarn and fabrics at a cheaper rate from China and Indonesia. Indian synthetic sector's growth rate is stagnated due to factors like high price, higher cost of manufacturing on account of high input prices and competition from other countries. With cut in GST, Indian companies can in a way compete with the global peers, according to analysts. Some of the key stocks to benefit include SRF, Filatex, JBF and Century Enka BSE 5.10%. SRF: CMP: rs 1,577; Target: Rs 1,670 With commentaries from global agrochemical players indicating revival by end of 2017, the management stated that it expects an improvement in demand in the specialty chemicals segment by the last quarter of FY18. "We expect the substantial capex made in the chemicals segment to start contributing to revenues from FY19 onwards, hence maintain a 'buy' rating with a target price of Rs 1,670," said Mehul Thanawala, director, JM Financials.

Pumps

GST on pump parts has been cut to 18 per cent which will boost confidence of pumps manufacturers. The pump market in India is valued at about Rs 10,000 crore in FY16 and is expected to grow at 8 per cent annually. In spite of several challenges, pump manufacturers in India have continuously improved productively and quality. However, several micro and small-scale pump and spare parts manufacturers have stalled production temporarily as they were unable to meet the expenses after GST was implemented.

Google uncovers Russia-backed ads on YouTube, Gmail: Report

Google has discovered that Russian operatives spent tens of thousands of dollars on advertisements on its services such as YouTube, Gmail, Google search and others, The Washington Post reported on Monday. The ads do not appear to be from the same Kremlin-affiliated entity that bought ads on Facebook Inc, which may indicate a broader Russian online disinformation effort, the paper reported.

Google runs the world's largest online advertising

business and YouTube is the world's largest online video site.

Google, owned by Alphabet Inc, did not immediately respond to a request for comment on the story.

Google has downplayed the possibility of Russian influence on its platforms, but launched a probe into the matter, according to the Post. Both Twitter Inc and Facebook have said that Russia bought ads and had accounts on their platforms. Meanwhile, Congress has started multiple

investigations into the Russian interference in the 2016 election, with lawmakers on both political sides saying Russia intended to sow discord in the United States, spread propaganda and sway the election to elect President Donald Trump. Google officials are expected to testify publicly before both the House and Senate intelligence committees on Nov. 1 along with Facebook and Twitter about Russian attempts to use their platforms to influence the election.

Usman Khawaja opens up about racism and sports in Australia

LAHORE: Pakistani-origin batsman Usman Khawaja, one of the first few Asian origin players to compete at national level for Australia, in his latest blog opens up about racism and sports in Australia, saying that he does not support Australia like other immigrant children because he felt the country did not believe in him.

Usman, in the piece penned for PlayersVoice, says he was sceptical when people would say that they had not been able to play for Australia because they had the wrong skin colour until he found out why they said it.

He remembers being called a 'curry muncher' which, he says, was particularly hurtful. But, he says, it also helped him.

"Being racially vilified actually made me stronger in many respects. I even had a couple of kids try to fight me one day heading home from school. For no reason either! They were in my class one second and the school bell rang — the next minute I'm just about to leave the gates of my school and they are having a go at me," Usman, the founding con-

tributor of PlayersVoice, shares. Like other immigrant children, Usman too did not support the Australian cricket team when he was young because they were not like him; rather, looked like those who had vilified him.

"It was either West Indies, Pakistan, India, Sri Lanka. Anyone else. It's probably why Brian Lara was my favourite cricketer. Let's be honest, he was pretty good!"

"I was brought up to believe if I didn't drink alcohol growing up I was un-Australian. So then why should I support a country that doesn't believe in me?"

And then, there was the Australian team. "I was brought up to be respectful, humble and polite. But when I watched the Aussie team, I saw men who were hard-nosed, confident, almost brutish. The same type of men who would sledge me about my heritage growing up."

He admits being embarrassed to call himself a Pakistani and used to say he was from Saudi Arabia, where his parents had spent a few years and he would often go to visit them. But soon, he realised that



racists were only a minority in Australia, and that the country was "also growing up when he was."

Refusing to accept that "he'd never make it to the Australian side", he says he worked to prove them wrong. Years later, he was to become "the only Asian player at first class level in the whole country." He debuted for Australia in 2011 Sydney Ashes Test, becoming the first Muslim player to ever play cricket for Australia.

In the "changed" Australia, Usman was able to joke about race with

his teammates. But he understands his privilege and that in another era, him even making it to the team — let alone share a laugh — would not have been possible.

"I count myself lucky to have a very strong-willed family. And a natural instinct that always wants to compete no matter what."

"If I didn't have those things, I may also have been lost in the process," he says.

"There is no doubt racism and politics played a large roll in selections in the past. I've heard a few

stories from past Anglo-Saxon players where this seems to be the case. It would just be the times that they lived in. Certainly cricket and society has come a long way," Usman says of how the society in Australia, and globally, progressed.

Even his "typical subcontinent Mum" wanted him to stop playing and focus on studies when he was just 10, Usman, who averages 46 in Tests, says.

"Fortunately for me, my Dad is the greatest cricket tragic of all time, and told my Mum I could do both." "He understood you only get one shot at a sporting career. Stop now and that was the end of it."

About the emergence of multi-racial players in sports in Australia, he says: "Maybe it was inevitable with the growing multicultural community in Australia. Maybe it was a few friendly faces at the highest level. We will never know."

"What I do know is Australian cricket is slowly changing and will finally have a chance to reflect what Australia really is. An international team truly representative of its richly diverse population."

Ronaldo sets up Swiss showdown; France on brink of World Cup



LONDON: Cristiano Ronaldo scored and helped Portugal win an eighth straight game in World Cup qualifying on Saturday and still could fail to qualify.

While Portugal were labouring to beat Andorra 2-0, using their superstar as a substitute, Group 'B' leaders Switzerland's 5-2 win over visiting Hungary ran their own win streak to nine. And the Swiss still could fail to advance. It set up a showdown game in Lisbon on Tuesday that Portugal must win while the Swiss need only a draw to top the group and avoid the playoffs next month. "If you win nine out of nine and you can still have fear of not qualifying, it's anyway a bit complicated," Switzerland captain Stephan Lichtsteiner said. France's third-minute goal in Bulgaria was enough for a 1-0 win to retain the Group 'A' lead by one point from Sweden, who earlier routed Luxembourg 8-0. The third-placed Netherlands need a miracle in their final game at home to Sweden on Tuesday, despite winning 3-1 in Belarus.

Belgium already qualified from Group 'H' last month, and won 4-3 in Bosnia-Herzegovina to dent the home team's chance of claiming a playoffs place as one of the eight best runners-up in the nine European groups.

Portugal's tally of 24 points is enough to lead five of the nine European qualifying groups, but not the one they are in.

With an eye on facing Switzerland on Tuesday, Portugal rested Ronaldo and other players for the trip to 144th-ranked Andorra. After a drab first half, the European champions had to wait until the 63rd minute for Ronaldo to break the deadlock on the artificial pitch, before Andre Silva finally put their nerves to bed. Real Madrid star Ronaldo, who started on the bench to help avoid collecting a yellow card that would have seen him suspended for Tuesday's game, is now level on 15 goals for the campaign with Poland's Robert Lewandowski, a record for European World Cup qualifying. "Thank God that he scored," said Portugal coach Fernando Santos. "Cristiano Ronaldo was decisive for us in this match, but that's why he's the best player in the world. On that type of pitch, we were not able to really play our game, but we took advantage of the best player in the world."

Switzerland took advantage of weak Hungary defending to lead by 3-0 at halftime, set on their way by goalkeeper Peter Gulacsi's slip in the goalmouth to gift Granit Xhaka an 18th-minute opening goal in Basel.

Steven Zuber scored twice as the Swiss cruised to victory but might have concern at poor handling choices by goalkeeper Yann Sommer that let Hungary pull back two second-half goals.

France quickly got over the embarrassment of their 0-0 draw last month against Luxembourg, settling the game in Sofia in the third minute.

Blaise Matuidi curled home a fantastic shot from a tight angle into the far top corner and Bulgaria failed to reply on a rain-soaked night as Didier Deschamps's side closed out the vital win, and three points at home to Belarus on Tuesday would book their ticket to Russia. "It was a difficult match with lots of mistakes, commitment," said coach Deschamps. "We're still first — that's important — we've got one match left and [qualification] remains in our hands, so we have to win on Tuesday."

The Dutch needed a victory in Barysaw to keep alive any hopes of a top-two finish, but despite a third goal in two games from Brighton and Hove Albion midfielder Davy Propper, Belarus equalised through Maksim Volodjko.

Captain Arjen Robben came to his side's rescue by netting a penalty with only six minutes remaining, before Memphis Depay added some gloss in injury-time. The Netherlands are looking to avoid failing to qualify for successive major tournaments for the first time since 1986, having also missed out on Euro 2016.

But they now face a near impossible task, as Sweden thrashed Luxembourg 8-0 earlier on Saturday, with forward Marcus Berg scoring four goals and captain Andreas Granqvist netting two penalty kicks, to extend their advantage over Dick Advocaat's men on goal difference to 12. Trailing the Scandinavians by three points, only a massive victory over Sweden in Amsterdam next week will save the three-time World Cup runners-up.

In Group 'H', Greece moved into second place with a come-from-behind 2-1 victory in Cyprus after Bosnia had suffered a stunning home defeat by Belgium.

FC Copenhagen striker Pjerros Sotiriou put Cyprus ahead early on as they looked for a win to maintain hopes of a play-off place, but two goals in three first-half minutes from Kostas Mitroglou and Alexandros Tziolis sent Greece two points clear of Bosnia. Michael Skibbe's side are almost certain to finish second as they host pointless Gibraltar in their last game on Tuesday, although they could still miss out on the play-offs as the worst second-placed team. Goals from Haris Medunjanin and Edin Visca put the Bosnians ahead in Sarajevo after Belgium full-back Thomas Muenier's early strike, but Michy Batshuayi and Jan Vertonghen turned things around. Dario Domic's 82nd-minute equaliser gave Bosnia hope, but Atletico Madrid winger Yannick Carrasco struck to break the hosts' hearts.

Ajeetesh Sandhu wins maiden Asian Tour title in Taipei golf

CHANDIGARH: Ajeetesh Sandhu, 29, displayed nerves of steel to clinch his maiden international title on the Asian Tour's US\$500,000 (Rs 3.2 crore approx) Yeangder Tournament Players Championship in Taipei on Sunday.

Ajeetesh Sandhu (69-69-68-70), a day short of his birthday, managed to prevail over Johannes Veerman of the United States by one shot posting tournament total of 11-under-277. With this win, Sandhu took home the prize purse of US\$90,000 (Rs 58 lakh approx).

Chandigarh-lad Sandhu, the overnight joint leader, along with Veerman and local favourite Lu Wei-chih, came up with a dogged performance on the final day, sinking three birdies at the expense of a lone bogey during his rock-solid round of two-under-70.

"I'm still shaking from the last putt but now that I'm thinking about it, it is absolutely amazing. I thought I would be a lot more nervous than what I was but after Round 3, I had so much of support pouring in from India. So many people, including people I didn't know were messaging me. That really calmed me down. I'm proud of myself that I was able to focus on my own game," an elated Ajeetesh said after the win. His father SMS Sandhu, who was instrumental in shaping his son's career ever since Ajeetesh turned pro at the age of 19, was proud of his son's tenacity.

"We had spoken to him yesterday as well and he seemed calm. He had said that he will try and not push beyond his limits. It's a great day for us. We have been waiting for it and it's great to see my son's hard work paying off. We are elated," said Ajeetesh's father SMS Sandhu, adding, "I think he is already on his way to Japan where he is to play the next event." The pressure was indeed on Ajeetesh Sandhu with Veerman breathing down on his neck but the 28-year-old soaked up the pressure making pars on the last eight holes which included a sand save on the 15th.

Veerman (71) almost forced a play-off when his eagle chip on the 18th hole hit the pin but finally settled for the runner-up position.

David Warner says Australia cricket team following Steve Smith's leadership skills

GUWAHATI: Steve Smith's shoulder injury ahead of the T20I series dealt a major blow to Australia. Despite his absence and with the team staring at yet another series defeat on their Indian journey, it is his omnipresence that inspires the current Australian cricket team. Stand-in captain David Warner failed to guide his team in the first T20I in Ranchi and ahead of the second match in Barsapara, the explosive opener said he was taking inspiration from the way Smith led the side.

"It's about following on from what Steve's values are and what we do to respect him. I try and follow those same key messages to the guys to ensure that when we're on the field we're doing our best, making sure we're committed. That's all I can do to the best of my ability and obviously it's up to the players to follow directions and leads," he said.

Warner added that captaincy is a tough job and everyone's help was needed to bring up a good show. "We've all got minds of our own. When you're out there and you're not captain you don't have the pressure on yourself to keep thinking all the time. The ideas that everyone else brings out to the table, you say that to the captain, you give him ideas and that's what we do to help each other out, because it is a tough job when you're out there," he said. Batting collapse: The Australian team so far hasn't been able to sort out the issues that have been troubling them since start of the tour. What's hurting them most is the tendency to lose quick wickets in the



middle overs, especially to Indian spinners. Warner said that thinking too much about preventing a collapse may lead to another collapse. "We've just got to keep playing the game that we know. You can't worry that a collapse is going to happen. No one's worried about that at all. We've just got to keep going out there and keep backing ourselves 100 per cent. We know that when we go well we do very, very well," he said. "At the end of the day no one means to get out." Challenging series

Warner added that the way India are playing, and that too at their home, the task is even more challenging. "We try and win every game possible. Just getting a victory over here is always challenging, it's going to be tough, you have to play to the best of your ability. If you give India a sniff on home soil or even away, any team, they're going to pounce. You have to be on top of your game to beat an opposition in their country. We've

got a lot to play for," he commented.

Tough schedule After the current tour, Australian team is going to play in the Sheffield Shield before turning up for the all-important Ashes against England in the last week of November.

With absolutely no rest after such a hard tour, Warner agreed that the schedule was hard on players but added that they had little choice.

"It's a very tough schedule as it is for every single country. You've basically got to pick and choose when to rest your big players, when you're playing a long series, and then you've got Test matches coming up. Or you're playing a Test match like we did and there was a Twenty20 on. It's quite hard as a player to understand why, but these are things that are put in place years in advance. That's why I play the game and I'm not sitting there trying to administer everything," he said.

Sourav Ganguly, Rahul Dravid's guidance made MS Dhoni great: Virender Sehwag

MUMBAI: Former Indian cricketer Virender Sehwag has claimed that Sourav Ganguly and Rahul Dravid's sacrifices helped MS Dhoni become the ultimate finisher in the Indian cricket team

According to Sehwag, Ganguly gave up his batting slot in a star-studded Indian line-up to help Dhoni establish his career.

In a recent interview to India TV, Sehwag, who played under the captaincy of both Ganguly and Dhoni, said the former Indian skipper might not have become such a great player had Ganguly not believed in promoting youngsters.

Sehwag said, "We were experimenting with the batting order at that time. We decided that if we get a good opening partnership then Sourav Ganguly would come at No 3 but if we had a bad opening stand



then we would send pinch hitters like Irfan Pathan or Dhoni to accelerate the scoring rate."

He added that it was under Dravid's captaincy that Dhoni was assigned the role of a finisher. "During Rahul Dravid's captaincy, Dhoni got the role of a finisher. He

got out a couple of times playing a bad shot and he was also reprimanded by Dravid during one instance," Sehwag said. Dhoni made his ODI debut under Ganguly's captaincy in December 2004 during Bangladesh tour, while Rahul Dravid was at the helm of the In-

dian team when Dhoni played his first Test, against Sri Lanka a year later. Interestingly, it was under Sehwag that Dhoni — who led India to title win in the inaugural ICC World T20 2007 — made his T20I debut in the one-off game on South Africa tour in December

2006. Sehwag hailed Ganguly for giving up his batting slot to promote a youngster, a move that eventually proved to have made a massive impact on Indian cricket. Ganguly at that time decided to give Dhoni a chance at No 3 for three or four matches. There are very few captains who would first give away his own batting spot for Virender Sehwag and then his set spot of No 3 for Dhoni.

Had Dada (Ganguly) not done that, Dhoni would not have become such a great player. Ganguly always believed in giving chances to new players," Sehwag claimed.

"But from that instance, he completely changed his approach and became a very good finisher. The kind of partnerships he had with Yuvraj Singh are memorable," Sehwag added.