

TIME AND US

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WEATHER TEMPERATURE		
STATION	MAX TEMPERATURE	MIN TEMPERATURE
	ACT	ACT
SRINAGAR	21.0	1.6
JAMMU	25.6	14.1
LEH	16.4	-5.7
KARGIL	15.8	-2.6

SUNSET WEDNESDAY: 05:34 PM
SUNRISE THURSDAY: 06:59 AM

LOCAL FORECAST OF SRINAGAR
 Mainly clear sky... Maximum & Minimum temperatures will be around 20°C & 2°C respectively.

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

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'Will ask Pakistan to collect Talha's body: IGP

Srinagar, Nov 7: Inspector General of Police Kashmir Zone Tuesday said that they will ask Pakistan to collect the body of Talha Rashid, the nephew of militant commander Masood Azhar.

"Since the militant outfit Jaish-e-Muhammad owned Talha, so we will ask (Pakistan) to collect his body. Matter will be taken up through proper channels," IGP Munir Khan told reporters during a press briefing here in Kashmir capital Srinagar.

This is the second time Jammu Kashmir Police have asked Pakistan to collect the body of its citizen. Earlier in August this year, after the killing of Lashkar-e-Taiba militant commander Abu Dujana, Jammu Kashmir Police had said that they will approach the Pakistan High Commission through Indian Home Ministry asking them to collect his body.

Pertinently, three militants including Talha Rasheed and an Indian soldier were killed in a fierce gun battle at Kandi Aglar village of South Kashmir's Pulwama district.

"First time they have owned a



Pakistani militant. Yes, he is nephew of Maulan Azhar. Now we will take up the matter through channel and we request this time to family to claim the body because they have owned

this militant," he said.

Meanwhile, Jammu Kashmir Police issued a handout regarding the Pulwama gunfight that reads: "Following credible leads Police along with

44 RR and 182/183 CRPF conducted an operation in Aglar Kandi area in the jurisdiction of P/S Rajpora in which three JeM militants, 2 foreign militants

▶ See IGP...Pg 02

Will neutralise any terrorists on Indian soil: Army chief

New Delhi: Army chief General Bipin Rawat on Tuesday said the Army would neutralise any terrorists entering Indian territory, after Indian forces killed the nephew of Jaish-e-Muhammad chief Masood Azhar in Pulwama in a gunfight.

The Army chief also said the recovery of an assault rifle used by NATO forces in Afghanistan with the killed Jaish terrorists showed that they were getting support from the other side of the border, in a reference to Pakistan.

Talha Rasheed, nephew of Masood Azhar, was among three militants killed in a gunfight with forces in Aglar village in Pulwama in south Kashmir on Monday night.

"Operations are going on. As I said, the operations will continue. If any terrorists carry out activities that put the life and property of our citizens at risk, if they target any building, police station or Army, they are troubling the citizens. Our attempt would be to neutralise whoever is involved in terror activities," General Rawat said on the sidelines of an event in Delhi.

"Whether it is the nephew of Maulana Masood or anyone else, we are concerned only with finishing terror. We are not concerned what is their religion or other things," he said.

Along with Rasheed, two more terrorists - Mehmoob Bhai, a foreign terrorist, and Wasim Ahmed Ganai, a local terrorist were killed.



Among the items recovered from the terrorists, were M4 carbines, a shorter and lighter variant of the American origin M-16 A2 assault rifle. The seizure comes days after a picture of a Hizbul Mujahideen terrorist was circulated on social media holding another variant of the M-16 rifle.

The American origin gun is used by NATO forces in Afghanistan, and questions have been raised how it reached the terrorists.

Asked about the presence of the weapon with the terrorists, General Rawat said: "You can see sometime back this weapon was shown in media that they (terrorists) have this weapon. It shows they are getting support across the border."

The forces also recovered AK-74 rifles. ▶ See Army...Pg 02

SEIZED NEARLY RS 36 CR DEMONETISED CURRENCY FROM KASHMIR: NIA

New Delhi: The National Investigation Agency (NIA) on Tuesday claimed it had seized nearly Rs 36.5 crore in demonetised notes during its probe into the Kashmir funding case.

"We have seized demonetised currency of face value Rs 36,34,78,500 and arrested nine persons in this connection in the Jammu and Kashmir funding case,"

Mumbai attacks hurt Kashmir cause: Pakistan's ex-Foreign Secretary

Washington: The 2008 Mumbai attacks have done irreparable damage to the Kashmir cause and tarnished Islamabad's image as well, Pakistan's former Foreign Secretary Riaz Mohammad Khan has said.

"Besides tarnishing Pakistan's image, the attacks also did irreparable damage to the Kashmir cause," said Khan while addressing a gathering at the Pakistan Embassy in Washington earlier this week, Dawn online reported on Tuesday.



At least 166 people, including foreign tourists, were killed by 10 armed men who went on a rampage that included attacks on two luxury hotels, a Jewish centre, and a train station in Mumbai.

India accused Jamaat-ud-Dawa (JuD) chief Hafiz Saeed

Stop playing politics of deceit: Farooq Abdullah

Srinagar: Castigating the present and previous governments in New Delhi, Dr Abdullah said, "It is because of their persistently miscalculated approach that Kashmir has been going through the turmoil of worst kind; their repeated deception that people of Kashmir do not even have an iota of faith on central government and its political initiatives."

He made these remarks at a public rally in Machil Kupwara today on the last day of his four day tour of the LoC areas in the frontier district



of Kupwara.

Dr Abdullah expressed grief and angst over Gol's policy and said that their continuous indifference and rigidity towards J&K and its people is breeding feelings of

estrangement and dissociation among people of the state.

"New Delhi should understand that iron fist and subjugation has never yielded positive results anywhere. Same is the case with Kashmir where it's because of these things that situation has deteriorated over the years. It's high time that the policy makers realize the gravity of situation and start to look at Kashmir empathetically and not merely as a law and order problem," he said.

NPP SUPREMO DENIED SECURITY COVER

Kangra, Nov 7: Prof. Bhim Singh, Chief Patron of National Panthers Party with his Panthers Party team drove to Kangra region of Himachal Pradesh from Jammu in the afternoon was denied security cover by the Government of Himachal Pradesh in spite of the repeated messages delivered to the Director General of Police and other responsible persons at Police Headquarters, Jammu, "alleged the party on Tuesday.

The party spokesperson said that: "Bhim Singh and his team was provided security cover only when they crossed via Punjab to Himachal Pradesh. Driving from 9 pm on 6th November, 2017 to 4 am on 7th November, 2017. Prof. Bhim Singh was not provided security cover at all in spite of his direct message to the Director General of Police, J&K and Security Department in Himachal Pradesh. It was just a miracle that Bhim Singh and his party members driven in private vehicle reached Taragrah Palace Hotel on November 7.

"Prof. Bhim Singh ▶ See NPP...Pg 02

Malik reacts to Pak PM's statement ASKS HIM TO HIGHLIGHT MISERIES OF KASHMIRIS ACROSS GLOBE

Srinagar, Nov 07: Chairman of Jammu Kashmir Liberation Front (JKLF) Muhammad Yasin Malik Tuesday said Kashmiris are being "brutalized, terrorized" and are passing through a tough time.

"Instead of issuing statements that may create confusion among the ranks and files of Kashmiris, it is prudent to highlight the miseries of Kashmiris across the globe," Malik said as per the statement issued to KNS while reacting to a recent statement on independence of Kashmir by Pakistani Prime Minister Shahid Khanqan Abbasi.

Malik said that from last 70 years Kashmiri people are rendering valuable sacrifices for their right of self determination and freedom and have sacrificed lakhs of young and old for achieving this sacred goal.

He said that if one only takes note of last one year, ▶ See Malik...Pg 02

Note ban was to change the way India spends: Jaitley

New Delhi: Mounting a powerful defence of the demonetisation measure designed to curb black money, Finance Minister Arun Jaitley on Tuesday said that as a disruptor of the status quo ante the note ban, along with other measures taken, has set in motion a process of changing the manner in which India spends money.

"If you look back at all the steps we have taken in the last three-to-four years, besides demonetisation, we have succeeded in bringing centre-stage the whole issue of how financial transactions in India ought to be carried out," Jaitley said addressing the India Today Conclave Next here.

"The question before us was do we con-



tinue with the status quo ante of a high cash dominated society with all its aberrations," he said, adding that the situation was untenable for the fastest growing big economy

▶ See Jaitley...Pg 02

K-RESOLUTION LIES IN RESPECTING PEOPLE'S SENTIMENT: JAMA'AT

SRINAGAR, NOV 06: Jama'at-e-Islami Jammu and Kashmir strongly believes that all the complex issues of the world can be resolved through dialogue provided the parties show sincerity of mind and start it with the determination to reach a just conclusion.

In a statement issued, Jama'at said, "Further, the stronger party show due regard to the principles of justice and expresses its will to accept to just cause of the weaker party. The present world faces a number of problems, two of these being more critical, the unsettlement of which has caused many wars in the past and the war-like situation is still prevailing with the result that these regions are subject to the uncertainty and the human blood shed is continuing".

It adds, "These two global issues are Palestine and ▶ See Jamaat...Pg 02

Pulwama shuts to mourn killing of three militants

Property worth lakhs damaged in gun fight

Pulwama, Nov 7: The encounter between militants and government forces left three families homeless while apple boxes worth lakhs were destroyed.

Three Jaish-e-Muhammad militants and an army soldier were killed in Kandi Aglar village of South Kashmir's Pulwama district. The Army called off the operation at 1:30 of Tuesday morning. The gunfight left only destruction

behind. The houses of Shiraz Ahmed Lone, Fayaz Ahmed Lone and Ghulam Muhammad Lone were completely destroyed in the gunfight. "We have lost everything. We are finished," said Fayaz Ahmed to news agency CNS.

At least 1200 apple boxes kept in the lawn of one of the houses were completely damaged in the massive shelling. "Three houses were com-

pletely destroyed while five other houses were partially damaged," he said.

Ghulam Muhammad Lone who lost everything in the gunfight said that his son Aqib Ahmed was picked up by Army shortly after the commencement of the encounter. "He was ruthlessly beaten up an currently he is undergoing treatment at District Hospital Pulwama.

▶ See Malik...Pg 02

Opp parties say Valley lacklustre on Sharma's arrival

Congress to meet tomorrow, NC yet to be invited

Srinagar, Nov 07: While the Government of India's representative, Dineshwar Sharma, is in town holding dialogue with different groups of people, mainstream opposition parties say enthusiasm in the Valley on Dharma's arrival is missing.

President JK Pradesh Congress Committee (JKPCC) GA Mir said the party have been invited by Sharma and will meet him in the afternoon



at 3 pm on Wednesday. Senior Congress leader

and VC president N Monga ▶ See Opp...Pg 02

'DRY SPELL TO CONTINUE IN RAIN DEFICIT KASHMIR'

No immediate signs of rainfall: MeT

Srinagar, Nov 07: The dry spell in the rain-deficit Kashmir valley is likely to continue, as according to Weather department, there are no immediate chances of any rainfall till November 13.

A senior official in MeT told KNS that the dry spell will continue till November 13. "The machinery we are equipped with helps us to predict the weather update for the next seven days. So there are no chances of any rain. After November 13, we will accordingly update about the next week's weather condition," he said.

The continuous dry spell has worried the saffron growers who say the dry spell has led to low soil moisture, which ▶ See Dry...Pg 02

CHIEF SECRETARY CHAIRS MEETING OF THE COMMITTEE OF SECRETARIES

Asks departments to move to PFMS platform, expedite execution of projects

JAMMU, NOVEMBER 7: Chief Secretary, B B Vyas Tuesday called on the Administrative Secretaries to ensure completion of registration and mapping of relevant information of all the Schemes on the Public Financial Management System (PFMS) by 22nd November, 2017 besides completing the work on linking of State Treasuries with the PFMS.

Chairing the 1st meeting of the Committee of Secretaries (CoS), after opening of offices in Jammu, Chief Secretary said that PFMS will provide a robust and a transparent system for ensuring timely releases in respect of Centrally sponsored schemes and complete monitoring of utilization of funds upto the end beneficiaries including information on end use of funds. He said PFMS will be the platform for all DBT payments to the beneficiaries under all schemes.

As on date, out of the total 273 schemes, 170 schemes have been registered on PFMS and 67 of these have been mapped with their corresponding Centrally Sponsored Schemes. All the Departments have been asked to provide DBT information for uploading on URL-dbtjk.gov.in

Chief Secretary reviewed the status of Prime Minister's Development Programme (PMDP-2015) and commitments made by the Chief Minister and in the District Development Board meetings. He stressed upon prioritizing these commitments in the resource allocation of 2018-19. He asked the



Administrative Secretaries to provide impetus to spending and ensure submission of utilisation certificates (UCs) against the work done and submit a table of expenditure particularly focussing on CSS, PMDP and other important flagship schemes, in the next CoS Meeting.

Chief Secretary asked the Administrative Secretaries to start preparations for the ensuing budget session likely to be held in the month of January, 2018 and check against re-appropriation and indiscipline in expenditure in the last quarter.

Chief Secretary asked Administrative Secretaries to undertake regular field visits to districts to review the implementation and impact of welfare programmes/schemes. He urged Administrative Secretaries to set aside one hour preferably between 2 to 3 pm daily for public hearing at the Civil Secretariat and on Thursday's undertake field visits.

Chief Secretary impressed upon the concerned Administrative Secretaries to ensure that people in Kashmir Division and other snow bound areas do not face any inconvenience especially on account of essential commodities and other basic amenities. He advised Administrative Secretaries to hold video conferences (VCs) with Kashmir based Heads of Departments, DCs and other officers rather than calling them to Jammu for these meetings.

Administrative Secretaries were also asked to review progress of projects on monthly basis and have the latest status uploaded on the e-samiksha portal. Chief Secretary asked Administrative Secretaries of PW(R&B) and PHE, I&FC to submit the proposals of their respective departments for funding under NABARD within the next one week. Chief Secretary emphasised on capacity building of KAS officers to broaden their horizon

and giving them exposure. As regards early filling up of vacant posts, Chief Secretary asked the Administrative Secretaries to liaise with the J&KPSC/SSB for removal of bottlenecks, if any, in the recruitment process.

Chief Secretary emphasized upon punctuality in Government offices. He asked the Commissioner/Secretary, GAD to institutionalize the mechanism for monitoring the attendance of employees with the Aadhaar Enabled Biometric System (AEBAS).

Chief Secretary also reviewed the status of disposal of public grievances, settlement of SRO 43-cases, Aadhaar Enabled Bio-Metric Attendance System (AEBAS), cases relating to adhoc/consolidated/contractual employees, abolition of interviews for junior level posts, disposal of pending departmental enquires, updation of departmental websites, web based file tracking system and pending court cases.

Abdul Haq calls for institutionalization of water resource conservation

Stresses on management of every drop of water

JAMMU, NOVEMBER 07: Minister for Rural Development, Panchayati Raj, Law and Justice Abdul Haq Khan on Tuesday called for institutionalizing water resource conservation and prevention of soil erosion in the state.

Minister was speaking at a meeting convened to review the progress of various ongoing projects under Integrated Watershed Management Project (IWMP) and National Rural Livelihood Mission (NRLM).

He said the aim of IWMP is to save every drop of water that falls on earth and there is need for coordinated efforts to take forward this mission. He said works should not be repeated as similar types of works are taken under MGN-REGA, Irrigation or Agriculture Department.

Abdul Haq asked the officials to lay stress on water conservation by constructing small dams and water harvesting tanks in upper belts of villages to tap water for future use besides construction of check dams and percolation tanks.

Laying stress on creation of productive assets under IWMP, he said the soil conservation works being executed under the programme should benefit maximum

number of people and not individuals.

He said vested interests should not be allowed to hijack the works at grassroots level by suggesting construction of protection bunds which had become a norm in the past. He said protection bunds should be constructed only in case of exigency and where there is threat of erosion or flood that may harm local population.

On the occasion CEO IWMP, Farooq Ahmad Rathergave a detailed presentation regarding the programme, its objectives, financial & physical achievements and the constraints. The project managers of various districts of Jammu division presented the photographs of works undertaken during the current year. Minister emphasized the need for time-bound completion of projects and achievement of financial & physical targets.

While appreciating various works undertaken by the department, he instructed that the works undertaken should be environment friendly. "There should be minimum use of concrete and geo-membranelinings and the embankments around the tanks/ponds should not be raised above ground level" he directed.

While reviewing the progress of NRLM, Minister was informed that under Himayat scheme, the department has recently sent 157 youths including 111 boys and 31 girls, drawn from three districts of Jammu division, for skill development training in health-care, retail banking, financial services and insurance at Apollo MedSkills Bangalore, Surya Wires Pvt Ltd. Raipur and Manpower Group Services India Pvt. Ltd Jammu. He was informed that these agencies will later consider these trainees for placement in their own companies.

Himayat is a skill development cum placement programme for unemployed youth in J&K being implemented under the umbrella of Deen Dayal Upadhyaya Gramin Koushalaya Yojana (DDU-GKY) by Union Ministry of Rural Development with focus on sustainable employment for rural poor youth.

Minister directed officials to make adequate arrangements for comfortable stay of the trainees in the other states. He said JKSRLM has been entrusted with the responsibility of training and placing over 1.24 lakh state youth at an allocation of Rs 1,601.51 crore for a period of three years.

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IGP

and one local militant including the Divisional Commander for the South Kashmir Mehmood, were killed. The local militant is known as Waseem Ganaie of Pulwama who joined militancy recently. It is also learnt that Talhala Rashid the nephew of JeM Chief Maulana Masud Azhar was one among the three dead militants.

While the cordon was being laid militants opened fire in which one army jawan identified as Ct Shamsunder of 44 RR and a civilian identified as Tariq Ahmad Dar resident of Aglar Kandi got injured. The army jawan was killed while the injured civilian was evacuated and shifted to the hospital. His condition is stated to be stable.

From the encounter site three weapons which include one AK 47 Draco rifle, one M4 carbine colt rifle and one pistol besides ammunition were recovered. It is pertinent to mention that this M4 carbine colt rifle was in the social media in the recent time. Further, it is the same group that was wanted for the attack on the police naka a couple of days before at P/S Rajpora, where police official SgCt Abdul Salam was killed. Investigation of the case is in progress.

ARMY

pistols, and matrix sheets from the terrorists. One Army soldier was also killed in the firefight.

NIA

the NIA said. However, details of the seizure were not known immediately or whether the arrests included separatist leaders and Kashmiri businessmen who are in Tihar Jail on charges of funding.

The claim came amid opposition claims that the November 8, 2016 decision to spike 1,000 and 500 rupee notes (almost 86 per cent of the currency in circulation) had made no significant impact on curbing violence.

SECRETARY

of masterminding the November attacks, which brought Islamabad and New Delhi to the brink of a war.

Khan referred to a recent edict by the Imam of Kaaba, saying that "Islam does not allow private individuals and groups to declare jihad".

The former Foreign Secretary said that mistakes of these militant groups could not be used to weaken "the indigenous and legitimate freedom movement" in Kashmir, as "not a single Kashmiri supports the Indian occupation", the daily reported.

Ambassador Touqir Hussain, another senior Pakistani diplomat, referred to a recent statement by America's UN envoy Nikki Haley, saying Washington had asked the Indians to keep an eye on Pakistan.

Hussain said "people like her were trying to diminish Pakistan's influence to help India suppress the Kashmiri struggle".

"...New Delhi should remember that empire mightier than India have fallen because of their overreach and this can happen to India too if it continued to ignore the grievances of the Kashmiri people," he was quoted as saying by the daily.

FAROOQ

The National Conference president said, "Maharaja Hari Singh acceded to the Union of India on three conditions unique to state of J&K. It has been recorded and accepted in the Indian Constitution as well. So we are not like any other state in India. I have told this to many Prime Ministers and

government representatives in past. We want autonomy to be restored."

He further added, "The best political initiative from BJP government at the Centre would have been taking steps to restore faith of people by showing sincerity in addressing Kashmir issue. Instead there has been a well planned and executed political conspiracy to aggravate the situation by fiddling with Article 35 A and Art 370 of Indian Constitution, not once but consistently."

He also took shots at the state government for neglecting local governance. "I am in utter shock and disbelief that through my tour of loC areas I did not see a sign of government. Peoples plight has no listeners," he said.

Senior party leaders including party Vice President Chowdhary Mohammad Ramzaan, Provincial President Nasir Aslam Wani, District President Kupwara Qaiser Jamsheed Lone also addressed the gathering.

NPP

also spoke to DG, J&K who told him on telephone that job of J&K Police is to inform and they can't do anything beyond that. The police in J&K has refused to send security cover with Prof. Bhim Singh who is in 'Z' security cover for the past 25 years," the party said.

"Prof. Bhim Singh is travelling the Dogra belt in Himachal Pradesh making strong appeal to the enlightened voters to defeat the Bharatiya Janata Party in Himachal Pradesh which is going to poll on 9th of this month," the party spokesperson said.

MALIK

thousands of Kashmiris have been killed, maimed and injured by Indian bullets, pellets, shells and other oppressive measures. "Thousands are languishing in jails and incarceration centers and no one seems to pay any heed towards these miseries," he said.

"Thousands of our young have been blinded during these days and number of those injured is much beyond this," he said. Malik said that Indian rulers want to defeat Kashmiris by finishing their resistance and for achieving this ugly goal they have started a new oppressive campaign of NIA, ED terror. "Many resistance leaders and even kith and kin of many others have been incarcerated in Delhi Jails," he said.

"In these circumstances any statement that may create confusion among the ranks and files of Kashmiris is not advisable and should be avoided in any case. Instead of issuing controversial statements, Pakistani leadership needs to enhance its efforts in highlighting the miseries of Kashmiri people and bring forth the gross human rights violations that are continuing in Jammu Kashmir," he said.

Meanwhile, Enforcement Directorate notice has been delivered today to Malik by post today.

It is worth to note that this notice before being delivered to JKLF chairman was issued to media many days before.

JAITLEY

that aspires to "sit at the high table with developed nation." The choice staring at the face was whether "we allow the status quo to continue or set in motion a process guided by the belief that an aspirational nation has to change."

Pointing to the normal practice of purchasing real estate by partly paying in cash, or of companies having dual bank accounts to evade tax, the Finance Minister noted that various related measures taken had the triple objective of cutting cash use, increase the country's tax base and the number of digital transactions.

"You have to see it (demonetisation) together with the spending curbs imposed on cash, the thrust on income disclosures, the thrust against benami properties," he said.

"Taking all this, there's going to be a sea change in the manner in which India spends money," he added.

Describing the move against black money as an ongoing process, Jaitley described the fact that most of the banned currency had returned to the system as a success for demonetisation.

"Cash outside the system can be laundered, but once deposited it lacks anonymity. It is in an account, which has a holder with a name and the money can be taxed," he said.

On the note ban impact on the GDP and on the Indian informal and small scale sector that contributes nearly half the national income, Jaitley said this was the transitory effect of "two back-to-back reforms including GST."

"Is the setback for one or two quarters too much price to pay? Do we forego structural reforms for that," he asked.

JAMA'AT

Kashmir. The Palestine Issue emerged in 1948 when the international powers under a well-thought design helped the Jews occupy the land of Palestine and cause forcible exodus of the local people. So far as the Kashmir Issue is concerned, it came into being when the Indian army entered the valley and occupied a part of J&K. The then Indian government made a pledge before the United Nations Security Council through a number of resolutions that as soon as the congenial atmosphere is established, the people of the entire J&K would be given a free chance to choose their political future but despite the passage of a long period of seventy years, this chance is yet to be provided to the oppressed people. Now the government of India is denying even the disputed nature of Kashmir."

Jama'at said that the special status given to Jammu and Kashmir with legal sanctities has also been gradually eroded to the point of its becoming ineffective. "This attitude can neither help in establishing the durable peace nor make any change in the present uncertain scenario here. Under these circumstances, it is indispensable to accept the real nature of the Issue and take concrete steps for its permanent and just resolution. By applying the military might or implementing the black laws, the durable peace has never been so far established nor there is any such possibility in the future. But the best way to establish peace is to accept the ground reality and allow the oppressed people to decide their fate ultimately in a fair and democratic atmosphere. To exercise this just option all the three parties to the dispute-India, Pakistan and Kashmiri people should sit together to find a solution acceptable to the concerned people and fulfilling their aspirations", Jamaat said.

The statement further reads, that the Jama'at-e-Islami Jammu and Kashmir always advocates the resolution of all international complex issues through sincere and meaningful dialogue and this is its avowed stand regarding the Kashmir issue too.

"At this juncture, when the Indian interlocutor Mr. Dineshwar Sharma has reached the valley with some agenda, Jama'at considers it proper to reiterate its stand that the final solution to the Kashmir issue can be sort by honoring the aspirations of the concerned people. The procedure for reaching a just conclusion can either be adopted as given in the UNSC resolutions or all the three parties can by mutual deliberations find a viable way. Jama'at also advises Mr. Dineshwar Sharma to impress the government of India to adopt this methodology so that without wasting the time and economy, this long standing human and political issue can be resolved forever keeping the ground realities and wishes of the entire people of J&K in view", Jamaat said.

PULWAMA

Reports said that the bodies of two non-local militants were shifted to Boniyar Uri in the middle of the night where they were buried in a graveyard. The body of local militant

Wasim Ahmed Dar of Drubgam was handed over to the family. Thousands of mourners participated in his last rites. Witnesses said that back to back funeral prayers were held for the local militant. Mourners shouted pro-freedom slogans while women showered flower petals and confectionaries on the body of slain militant.

Meanwhile, Pulwama observed a complete shutdown to mourn the killing of three militants.

All the shops and business establishments remained shut while transport also remained off the roads.

Internet service also remained suspended in wake of the prevailing situation.

OPP

said that BJP and PDP are responsible for creating confusion about Sharma and his dialogue process even before he could kickstart the entire process.

"BJP-led government at the centre and the PDP-BJP alliance in the state created confusion after appointment of Dineshwar Sharma to hold dialogue process in Kashmir. Some BJP leaders called him spokesman, some representative, and no BJP minister or leader said that he is an interlocutor," Monga told KNS.

Monga said that both the state and centre government were off the track about the representative and thus "enthusiasm is laklustre". "His mandate has not been cleared it by the central government," he said.

National Conference, general secretary Ali Muhammad Sagar said that the appointment of the representative was not dealt with seriousness and sensitivity.

Sagar said that the party is yet to get a formal invitation for the meeting. "We have not received any invitation yet. And about meeting with Sharma, Dr Farooq Abdullah will decide tomorrow," he said.

The NC leader said that in valley the spirit about dialogue is missing as BJP created mess after Sharma's appointment.

"BJP gave volley of contradicting statements about him. When there is mess around it, people lose confidence on it," he said. He said that the dialogue failed "75%" after Hurriyat rejected it. "Hurriyat is a stakeholder whether someone accepts it or not. When the main voices of dissent are not in the dialogue process, it is its 75% failure," he said.

He said that Sharma has himself said that the state government fixes meetings of the people with him.

"So it becomes quite confusing which parties and groups are selected by the government for the meetings with him," he said.

Senior mainstream political leaders MY Tarigami, Hakim Yaseen and Ghulam Hassan Mir will be meeting Sharma tomorrow at the residence of Tarigami at Gupkar.

Meanwhile, former spymaster and RAW chief A S Dulat has said that dialogue without Hurriyat will be meaningless.

"The much-maligned Hurriyat is far more accessible. Mr. Sharma's old friends should help him reach out to them even if being out is never quite the same as being in the system. Not talking to the separatists would render the dialogue meaningless. The mainstream does not need an interlocutor to engage. As former Jammu and Kashmir Chief Minister Omar Abdullah once said, they were always available to Delhi for talks, it is the separatists that Delhi needs to engage with," Dulat has written in an article in English daily, The Hindu.

DRY

ultimately results in reduced flower density and hurts the yield. They said the precipitation is much needed for saffron flowers to sprout.

Not only the common people, former chief minister Omar Abdullah also took to twitter: "It's been a terrible dry spell. It last rained in Srinagar 4-6 weeks ago & there doesn't seem to be any rain on the horizon," Omar tweeted.

Govt committed to address grievances of Kashmiri migrants: Veeri

Reviews facilities at KP localities

JAMMU, NOVEMBER 07: Minister for Revenue, Disaster Management, Relief Rehabilitation & Reconstruction and Parliamentary Affairs Abdul Rehman Veeri today said that the government is committed to address the grievances of Kashmiri migrants with regard to relief and other basic amenities.

The Minister was chairing a meeting of senior officers to discuss the issues concerning upgrading facilities at Kashmiri Migrant localities, here today.

The meeting was attended by Commissioner Secretary Revenue Shafiq Ahmed Raina, Relief and Rehabilitation Commissioner M L Raina, Deputy Commissioner Relief K K Sidha, Executive Engineer Relief Organisation and other senior officers of concerned department.

The Minister, while reviewing relief and rehabilitation issues of



Kashmiri Migrants, directed the Executive Engineer to expedite the process of renovation and face lifting of Migrant flats at Jagti, Purkhoo, Nagrota, and various other places. He further directed to complete the works at earliest with special focus on improvement of sanitation and

cleanliness in and around the residential areas.

Veeri also discussed other aspects mainly related to relief, healthcare, water supply, electricity, ration, education and other basic amenities at these localities.

Reviewing facilities related to

healthcare, the Minister directed to ensure adequate supply of medicines and posting of staff at Jagti and other migrant camps. He was informed that the working hours of medical health centres have been extended upto 8 pm for the convenience of the people.

He instructed the concerned engineers for keeping standby water pumps along with motors at Jagti to ensure hassle free water supply to the households.

The Minister also reviewed the pace of ongoing construction work of flats at Vessu and Sheikhpora, Kashmir. It was informed that 48 flats at Sheikhpora will be completed by this month. The Minister directed to speed up the pace of construction work on remaining transitional accommodations.

The Minister directed the concerned officers for early completion of Direct Benefit Transfer DBT system for transferring monthly relief directly into the bank accounts of Kashmiri migrants.

He also directed the officers to ensure proper implementation of various initiatives and schemes undertaken for Kashmiri migrants.

Affordable tariff structure for rural and remote areas to promote Digital India

New Delhi, November 07: BharatNet, a flagship project of the Government of India to provide Broadband services in rural and remote areas has entered in service provisioning phase. As on 05.11.2017, Optical Fibre Cable (OFC) connectivity has been achieved in 1,03,275 GPs by laying fibre for 2,38,677 km. Due to several measures initiated to accelerate the end-to-end connectivity, GPON equipment has been installed in 85,506 GPs and 75,082 GPs are Services Ready.

Digital India, to provide Digital Services in rural and remote areas, is one of the priority areas of the Government. In order to provide affordable broadband services in rural India under the dynamic leadership of our Hon'ble Prime Minister of India Shri Narendra Modi, a new attractive and affordable tariff structure has been decided with the principle of more you use, less you pay. This tariff structure is expected to be reflected in the tariffs to be charged from the consumers by the service providers.

For asymmetrical bandwidth between block to GPs the charges per annum varies from Rs.700/- per Mbps for up to 10Mbps and Rs. 200/- per Mbps for 1 Gbps. However, for symmetrical bandwidth between block to GP, charges have been prescribed as Rs.1000/- per Mbps up to 10Mbps, and Rs.500/- per Mbps for 100 Mbps per annum. Tariff for any intermediate Bandwidth shall be calculated on pro-rata basis.

Further, discount of 5% to 25% have been offered for taking bandwidth in more than 1000 GPs to more than 25,000 GPs in a single application. Further, to lower the entry barriers, port charges at block and GP have been waived off. Tariffs for dark fibre are prescribed as Rs.2250/- per fibre per km per annum for service providers and Government agencies.

After such initiatives have been taken by the government, Telecom Service Providers have come forward for utilizing the BharatNet connectivity. Airtel has shown interest in 10000 GPs for taking 1 Gbps connectivity on lease while Reliance Jio, Vodafone and Idea are interested in taking 100 Mbps connectivity on lease in about 30000, 20000 and 1000 GPs respectively. The rolling out of services by TSPs in these GPs is expected to trigger the village level eco-system thereby widening the extent to cover more and more number of GPs in near future. This will give an impetus to broadband facilities in rural India.

DRDO Conducts Successful Flight Trial of 'NIRBHAY' Sub-Sonic Cruise Missile

New Delhi, November 07: Defence Research and Development Organisation (DRDO) achieved yet another feat today with the successful test flight of 'NIRBHAY' - India's first indigenously designed and developed Long Range Sub-Sonic Cruise Missile which can be deployed from multiple platforms. It was successfully test fired from the Integrated Test Range (ITR), Chandipur, Odisha. The missile has the capability to loiter and cruise at 0.7 Mach, at altitudes as low as 100 m. The flight test achieved all the mission objectives completely from lift-off till the final splash, boosting the confidence of all scientists associated with the trial.

The missile took-off in the programmed manner and all critical operations viz. launch phase, booster deployment, engine start, wing deployment and other operational parameters demonstrated through autonomous way point navigation. The guidance, control and navigation system of the missile is configured around the indigenously designed Ring Laser Gyroscope (RLG) and MEMS based Inertial Navigation System (INS) along with GPS system. The missile majestically cruised for a total time duration of 50 minutes, achieving the range of 647 km. The missile was tracked with the help of ground based radars and other parameters were monitored by indigenous telemetry stations developed by DRDO.

Raksha Mantri Smt Nirmala Sitharaman, hailed the success of DRDO Scientists and complimented them for this inspired achievement. She was optimistic that this successful trial would take India to the select League of Nations for possessing this complex technology and sub-sonic cruise missile capability.

Chairman DRDO and Secretary Department of Defence (R&D), Dr. S Christopher, DG (Aero) Dr. CP Ramanarayanan, Director ADE, RCI, ITR and CEMILAC, along with other senior DRDO scientists and user representatives from Army witnessed the momentous launch and congratulated the team 'NIRBHAY' for making DRDO proud for the long awaited achievement.

Training on ERO-NET concludes

UDHAMPUR, NOVEMBER 07: A Two day training on ERO-Net services organised for Supervisors and Booth Level Officers (BLOs) of Ramnagar, Chenani and Majalta constituencies concluded here today. Supervisors and BLOs were given training on Electoral Registration Officers (ERO)-Net services including online enrolment, transfer or amendment, rectification and replacement of voter cards for the purification of electoral roll. On the occasion, Deputy District Election Officer Sapna Kotwal informed that ERO-Net is a web based portal through which voters can apply for services pertaining to the electoral registration process. She further said that modern technique of electoral enrolment introduced by Election Commission of India will help in purification of voter lists.

Haji Anayat tours Shargole block Sanctions CDF funds for upgrading amenities, infrastructure development, listens to people's grievances

KARGIL NOVEMBER 7- Continuing his public outreach campaign in the far off rural areas and ensure provision of basic amenities at the people's doorsteps, Chairman Legislative Council Haji Anayat Ali today conducted an extensive tour of the remote villages of Shargole block. During the visit. The Chairman also listened to the grievances and problems of the locals and assured their timely solution.

Chairman and Chief Executive Councillor Kargil Kacho Ahmad Ali Khan, Deputy Commissioner Kargil Haji Gulzar Hussain, Senior Superintendent of Police Tsering Gyalpo, Councillor Shargole Haji Muhammad Ali, ACD Kargil Kacho Turab Shah besides other officers of the concerned departments accompanied the Chairman.

On the occasion, the inhabitants of Balti Khar, Changyul and Marpoval of the Sapi area, Fokar, Fokar Phoo, Karmba, Khachay, Shargole main, Tingdoo and adjoining villages projected a number of demands related to adequate supply of safe drinking water and power, construction of community halls, provision of generator and kitchen sets and other items besides other demands.

Responding to the demands, the Chairman gave away Rs. thirty thousand to two women's self help groups (SHGs) of Tingdoo village, Rs. Fifty Thousand for repair of khul at Goma Las, Rs. thirty thousand to four women SHGs of Sapi area. Meanwhile on the directions of the Chairman SSP Kargil also announced Rs. Thirty thousand for running winter tuition classes for the students of Sapi area.



that to provide seamless connectivity to the district and to connect it to the mainstream through telecom services, 157 mobile towers have been sanctioned which are being installed in near future at Tsarags, Sapi, Hambuting La, Hagnis and other far off pockets in near future. He further informed that 149 ration stores have been sanctioned for the district so that people are provided ration at their doorsteps. The Chairman said that with the objective to empower the women folk of these villages funds to the tune of Rs.3.10 lacs have been provided out of his CDF in favour of 10 women SHGs.

Underlining the importance of Sapi Lake for giving boost to tourism in the area, the Chairman said that a tourist Dakbungalow has been sanctioned under district plan to facilitate the tourists visiting there.

While impressing upon the need to construct a motorable road and pony track to ease access to the lake, the Chairman directed the concerned officers to frame requisite DPRs in this regard. While taking stock of the availability of ration and medicare facilities, Haji Anayat directed the concerned to

ensure early deployment of paramedical staff, provision of 20% extra quota of medicines besides ration in advance upto March next year. The officers of Vijayak and PWD were directed to keep men and machinery in readiness to carry out snow clearance operations in the area during winter months and release the payment in favour of the villagers on account of compensation of trees and land acquired for road widening operations. The Chairman also issued on spot directions to the officers of PDD for repair of electric supply lines and installation of adequate number of electric poles so as to ensure proper electric supply to the inhabitants. He also directed ACD Kargil for generating additional 100 mandays for cardholders of Goma Sapi under MGNREGA. The officers of PWD department were directed to ensure early completion of Darchok Zamba-Tingdoo Road on priority basis.

Earlier, the inhabitants of these villages accorded a warm welcome to the Chairman and thanked him for taking first hand appraisal of their grievances and demands.

Haji Anayat Ali informed

Kohli reviews agriculture, allied activities in Rajouri Calls for creating mass awareness about flagship schemes

JAMMU, NOVEMBER 7: Minister for Animal Husbandry, Sheep Husbandry and Fisheries, Abdul Gani Kohli Tuesday called upon the officers to explore all possibilities for promoting horticulture in potential areas of Rajouri district.

The Minister was speaking at a meeting of officers convened to review the activities of agriculture, floriculture, horticulture and sericulture departments in the border district.

The Minister said that the twin districts of Poonch and Rajouri including Kalakote area has huge potential for fruit production as the area has fertile land available for the purpose.

Detailed discussion was held on the implementation of flagship programmes including Rashtriya Krishi Vikas Yojana (RKVY), Mission for Integrated Development of Horticulture (MIDH), National Food



Security Mission (NFSM) and ATMA in the area.

Taking stock of floriculture sector, the Minister asked the concerned to organize awareness camps to educate people about the benefits of cultivation of floriculture. He also directed the concerned to gear up their field functionaries and provide proper guidance to the farmers with regard to intervention schemes

launched by the State and Centre Governments for the benefit of the farmers and general public.

The Minister also asked the concerned to conduct detailed geoclimatic survey in Kalakote Constituency to guide farmers in horticulture activities.

Threadbare discussions were also held on agriculture activities and it was informed in the meeting

that the department is supplying seed and fertilizer to the farmers on subsidized rates. The Minister directed the concerned to work with more dedication and ensure timely distribution of seeds and fertilizers to the farmers.

It was informed in the meeting that the agriculture department is regularly imparting training to farmers drawn from various areas about

the latest farming techniques.

The Minister directed the concerned to plant saplings on barren and Kahcharie land on war footing basis.

Activities about Sericulture sector also came under discussion and it was informed in the meeting that the department is organising awareness camps to aware the farmers about the sector. It was also informed in the meeting that the Rajouri district leads in sericulture production in the state and the department is constructing silkworm Rearing House at Kalakote soon. It was informed in the meeting that the department is providing nursery seed, silk worm seed and mulberry trees to the farmers.

The Minister enjoined upon the officers to work with utmost dedication and ensure that the benefits of the flagship programmes reach to the common masses.

Direct Tax Collections for F.Y. 2017-2018 show Growth of 15.2% up to October, 2017 at Rs. 4.39 lakh crore

New Delhi, November 07: The provisional figures of Direct Tax collections up to October, 2017 show that net collections are at Rs. 4.39 lakh crore which is 15.2% higher than the net collections for the corresponding period of last year. Net Direct Tax collections represent 44.8% of the total Budget Estimates of Direct Taxes for F.Y. 2017-18 (Rs. 9.8 lakh crore). Gross collections (before adjusting for refunds) have increased by 10.7% to Rs.5.28 lakh crore during April-October, 2017. Refunds amounting to Rs. 89,507 crore have been issued during April, 2017 to October, 2017.

Time and Us

Editorial
SRINAGAR
& J&K

DMK-BJP ALLIANCE IS VERY MUCH IN THE REALM OF THE POSSIBLE

Prime minister Narendra Modi's surprise and much publicised visit to meet with ailing Dravida Munnetra Kazhagam (DMK) patriarch M Karunanidhi has predictably set the political dovescotes aflutter. It is the first time since 2004 that a degree of bonhomie has been seen between the two parties though the BJP was quick to say that this was nothing more than concern on the part of Mr Modi for the nonagenarian leader. Still, the optics said it all. The prime minister, always careful about the political signals he sends out, was clearly testing the waters in the larger interest of the party's mission south. While it is still too early to predict how this will pan out politically, one can't blame the BJP for trying to build bridges (if it is indeed that) with the Dravidian party which is united and has a clear line of succession. The DMK's succession planning has been fairly smooth from Karunanidhi to MK Stalin with the minor glitch of a restive Azhagiri who has been effectively marginalised. The BJP's alliance with the AIADMK was always fractious. But at least the party knew who it had to deal with as long as J Jayalithaa was around.

Her passing has thrown her party into a state of disarray with the E Palaniswami and O Panerselvam factions at loggerheads with each other, and, in an uneasy alliance, opposed to TTV Dinakaran. The prospect of two film stars Kamal Hasan and Rajnikanth entering the political fray is likely to complicate politics even further. There is a strong anti-incumbency factor which will weigh against the AIADMK and any sympathy factor for Jayalalithaa will have dissipated totally by 2019. The DMK's chances, as of now, are fairly bright and this is unlikely to have escaped a party as politically astute as the BJP. If a fortuitous alliance is forged, this could well be the big break that the BJP has been waiting for to breach the citadel of Fort St George. The DMK, experience with the previous BJP government of AB Vajpayee shows, is a less demanding and more reliable ally than the AIADMK. In contrast, the Jayalalithaa-led AIADMK has always been a fickle ally as both the BJP and the Congress have discovered to their dismay.

From the DMK's perspective, an alliance with the party that calls the shots at the centre won't be unwelcome – and could ease some of the pressure the party is facing in ongoing investigations and judicial proceedings, including the 2G case. Those who argue that a rationalist party like the DMK would be a bad fit with the BJP are on the wrong track. The DMK as it is today is no different from any political party in Tamil Nadu and its primary goal is to get the best deal possible from the Centre. Given that pragmatism is the guiding principle of politics, a DMK-BJP alliance is very much in the realm of the possible.

Demonetisation was a defining moment in India's journey to a less-cash economy

► Nandan Nilekani

According to political scientist John Kingdon's policy window model, three things must align for an effective public policy: The problem, the solution and the political will.

World over, digitisation and cashless payments have been recognised as the first steps to solve the challenges of financial inclusion and access to cheap credit, both essential to end poverty. In April 2016, the National Payment Corporation of India (NPCI) launched a pilot for the world's most-advanced payments system, UPI (Unified Payments Interface). But it took four months for the first few banks to upload their UPI-enabled apps. At the end of October 2016, UPI had just over 100,000 transactions worth ₹49 crore.

In the case of digital payments, India knew the problem, and for once was ahead of the world in designing a solution. But it had not political priority. But demonetisation and the urgency to find alternatives to cash brought digitisation and cashless payments into sharp focus. Suddenly, ministers and bureaucrats started asking what they could do to unblock cashless payments. Incredibly, steps that would have taken years were completed in weeks. A 13-member committee was formed under Andhra Pradesh chief minister Chandrababu Naidu in December to suggest ways to push cashless transactions. The committee published its recommendations in six weeks; most of them were implemented quickly.

Given the hesitant adoption of UPI, the Centre got NPCI to build, test and launch the BHIM app, all in less than four weeks on top of what is now UPI-BHIM. Telecom regulator



TRAII cut the USSD charges (levied on mobile banking transactions) from ₹1.5 to ₹0.5, encouraging feature phone users to transact digitally. Aadhaar Pay was launched in April, enabling even those without a phone or debit card to transact digitally. The MDR ---- the fees that card networks charge on transactions ---- was dramatically lowered by 75% and 50% for transactions below ₹1,000 and ₹2,000 respectively. With a lower MDR for card users, BHIM app for smartphone users, BHIM-USSD for feature phone users and Aadhaar Pay for those with neither phone nor card, India laid the foundation for the world's most advanced and inclusive digital payments system serving over a billion people – and all in less than six months.

For the first time, three card networks ---- Visa, Mastercard and NPCI's RuPay ---- came together to launch the Bharat QR, a

virtual replacement for legacy debit cards and point-of-sale (POS) machines. The number of traditional POS machines, which reached 1.6 million in 20 years, jumped by 62% to 2.6 million in the six months from October 2016 to April 2017.

In the same period, e-wallets went from 10 million to over 32 million transactions. Combined with other digitisation catalysts such as the 900% increase in mobile data consumption since the launch of Reliance Jio in September 2016, India suddenly became a hot bed of payment innovation. Domestic champions such as PhonePe are now competing with Google's Tez on the homegrown UPI-BHIM platform. Whatsapp is expected to launch its payment product in the world on top of UPI-BHIM.

This is because UPI-BHIM is revolutionary; you can see that story in NPCI's numbers.

From 0.1 million transactions worth ₹49 crore before demonetisation, UPI-BHIM completed 76.7 million transactions a month (₹7,057 crore) and is on track to cross 100 million by November-end. To put that in perspective, debit and credit card POS volumes are 377 million a month, a number India has taken 20 years to reach. UPI-BHIM will be a quarter of that in less than 20 months. On October 4, the Reserve Bank, which has played a stellar role in this digital transformation, issued guidelines for interoperable wallets using UPI-BHIM.

This is just the start. UPI-BHIM 2.0 will have eMandates, which will ease collections and boost flow-based lending. In years to come, payments powered by UPI-BHIM will be dominant.

Digital payments are only the first step. Now that people can move money with ease, we will see services and products being built for the unseen majority. We're already seeing an explosion of startups in cash flow-based lending. These startups are enabling credit to individuals and small enterprises that could not access it before, based on their data. The business case is now in alignment with social objectives. All we can say is that innovators are finally building for Bharat.

While November 8, 2016, is etched in our memories as the day we switched to cashless, it was just the start. Digitisation was always going to be a long process, and we still have a way to go. But, demonetisation was a defining moment in India's journey to a less cash economy.

Nandan Nilekani is chairman, Infosys Ltd, and former chairman, UIDAI

Regulatory overhaul on GM crops can save lives, environment

► Kavitha Kuruganti

The recent episode of pesticide poisoning resulting in 40 deaths and the hospitalisation of more than 700 farm workers and farmers in Vidarbha, Maharashtra, showcases the dismal state of regulation for pesticides in India. Similar reports are coming in from Telangana too. It is alarming that such a recurring hazard is allowed to continue without concrete preventive steps.

Such poisoning is a reflection of the government's apathy to upholding a fundamental right of all citizens – the Right to Life. Information shows that India continues to use 93 pesticides that have been banned or severely restricted elsewhere in the world. Eighteen pesticides are WHO Class I pesticides, classified such for their acute toxicity. The government listed only 66 pesticides as banned when the last review took place.

The episode also showcases the

failure of 'Bt technology' or the genetic modification of plants by inserting the Bacillus thuringiensis gene to control pests. The poisoning cases that we studied in a fact finding visit to Yavatmal, Maharashtra involved deadly mixtures of pesticides were being used to control multiple pests on Bt cotton. Farmers repeatedly mentioned the survival of all three kinds of bollworms on their standing crop.

Fifteen years after Bt cotton was allowed in India, the total insecticide usage in cotton has more than doubled. It increased from 4,600 MT in 2006 (when rapid expansion of Bt cotton began) to 11,598 MT in 2013. The per-hectare usage shot up from 0.50 kg/ha in 2006 to 0.97 kg/ha by 2013.

Bt cotton was brought in to ostensibly control bollworms, and reduce chemical pesticide usage, after the very corporations which made their profits on pesticides showcased the ills of these poisons

and claimed that GM seeds were the solution. These corporations, however, did not close down their chemical business.

It was on this Bt cotton as well as illegally-sold herbicide tolerant (HT) cotton that most of the farmers in Vidarbha were frantically spraying various pesticides. The large-scale unauthorised cultivation of HT cotton also means the illegal use of glyphosate (which is not to be used in cotton), spurring the growth in consumption of this chemical banned or restricted elsewhere. Civil society groups have complained to the regulators repeatedly on the dangers of glyphosate, but to no avail.

Incidentally, GM mustard, which is at the centre of public debate in India now, is also herbicide-tolerant and can withstand the direct spray of a weed killer called glufosinate which recently the French health regulator disallowed.

That brings us to the functioning

of the apex regulatory bodies for GMOs as well as pesticides in India. The Genetic Engineering Appraisal Committee (GEAC) as well as Central Insecticides Board & Registration Committee (CIBRC) have similar mandates, of protecting citizens' health and environment from the dangers of two agri-technologies, transgenics and pesticides respectively.

However, both regulators function opaquely with no bio-safety data being shared publicly. The two do not insist on independent scientific evidence and scientific scrutiny. No long-term research is made mandatory for assessing chronic impacts. A clear liability regime is missing, which would otherwise make specific parties accountable when things go wrong. Both regulators disregard the constitutional authority of state governments over agriculture, and keep crucial decision-making with the Centre whereas states (and farmers and other

citizens) are made to contend with the negative fallouts of these technologies.

One of the better ways they can uphold their regulatory mandates is by beginning with a critical, yet simple step: When an application is received, ask whether that particular GMO or (synthetic) pesticide is needed in the first place and whether there are no alternatives.

Many of these issues have been highlighted by the Renuka Choudhary-led Parliamentary Standing Committee on Science & Technology/Environment & Forests in its recent report tabled in Parliament. In a crucial hearing on the matter on November 22, the Supreme Court is expected to adjudicate on the matter of recommendations given by its own independent technical experts. It is hoped that a regulatory overhaul is taken up for both GMOs and pesticides that actually fulfils the mandate for regulation: Protecting citizens' health.

The truth is there's only one way forward on North Korea

► Carl Bildt

Could the world soon witness another devastating war on the Korean Peninsula? That question looms large in many conversations these days.

Of course, concerns about the North Korean regime's nuclear-weapons programme are nothing new. The United States first tried to resolve the issue in 1994, with the US-North Korean Agreed Framework; but that effort gradually collapsed, owing to actions taken – and not taken – on both sides. Then, in 2006, Kim Jong-il's regime detonated North Korea's first nuclear device, and put the issue squarely back on the United Nations Security Council's agenda.

In the ensuing decade, North Korea has conducted five more nuclear tests – most recently in September – and demonstrated the technological mastery needed to develop advanced thermonuclear weapons. And, under Kim Jong-un's leadership, the situation escalated further when the regime began making significant progress toward developing an interconti-

mental ballistic missile (ICBM) capable of reaching the US mainland. And this development coincided with the arrival of US President Donald Trump, who has promised a new approach to global affairs. North Korea has made clear its commitment to developing a long-range nuclear-strike capacity. In the regime's view, nuclear weapons are its only insurance against attack. Without them, Kim believes, he would share the fate of others who abandoned their pursuit of nuclear arms, such as Saddam Hussein in Iraq and Muammar Gaddafi in Libya.

In this context, the US objective of a denuclearised North Korea is unachievable by diplomatic means. And, at any rate, Trump has declared diplomacy a "waste of time," and ominously warned that "only one thing will work", though he hasn't explained what that means.

Given that neither the US nor North Korea has shown any enthusiasm for talks, one could conclude that war is inevitable. Yet, for all its bellicosity, the North Korean regime is unlikely to start



a full-scale military conflict, because that would surely spell its demise. At the same time, the US has no good first-strike options. Surgical strikes may sound promising, but they are hardly foolproof. As US military commanders well know, strikes that failed to eliminate all of North Korea's nuclear weapons at once could trigger a regional – or even a nuclear – war costing millions of lives.

In the US, those who argue for military action often claim that deterrence will not work against an "irrational" regime. But there

is no reason to assume that Kim is bent on mass suicide. After all, when Mao's China made a dash for nuclear weapons in the 1960s, its rationale was little different from that of North Korea today, but no one doubted that deterrence would work.

Still, even assuming that deterrence – embodied in Trump's threat that the US will "totally destroy" North Korea – does work, it will not prevent a nuclear- and ICBM-armed North Korea from fundamentally altering the strategic calculus in northeast Asia. The

US nuclear deterrent protects the US first and foremost. It remains to be seen if US "extended deterrence" will continue to protect American allies such as South Korea and Japan. If the US mainland becomes a potential target for a North Korean nuclear strike, then the credibility of deterrence could depend on whether the US is willing to sacrifice San Francisco to save Seoul or Tokyo.

Doubt about the US nuclear umbrella in the region could lead South Korea and Japan to decide to develop their own nuclear op-

tions. In fact, South Korea had a nuclear-weapons programme long before North Korea. It was abandoned when South Korea signed onto the Nuclear Non-Proliferation Treaty in 1975, but restarting it has become a subject of debate in Seoul. Needless to say, further nuclear escalation on the Korean Peninsula would be very dangerous, not least because the Kim regime would feel even more threatened than it already does.

So far, the US approach to North Korea has been to tighten sanctions and outsource the problem to China. But while China does have strong economic ties to North Korea, it is unclear whether China has the clout to change the Kim regime's behaviour, even if it wanted to. Success would probably require something close to regime change.

It is thus unwise to rely wholly on China. Clearly, a broader diplomatic approach is needed, and it should start by addressing a fundamental issue at the heart of the problem: No peace treaty has ever been signed to end the 1950-1953 Korean War.

A dialogue to replace the 64-year-old armistice with a formal peace agreement could pave the way for broader discussions about nuclear escalation and other threats to regional stability. And, at a minimum, it could break today's diplomatic stalemate and give the parties involved more reason to refrain from further provocations.

More broadly, a new round of diplomacy would have to address North Korea's security concerns, and provide space for the North to evolve politically and economically, as China has done over the past few decades. This may seem like a distant prospect; but if the security situation on the peninsula is resolved, it would not be out of the question.

The alternative is to continue on the current path and risk a military conflict or a full-scale war. Even if those worst-case scenarios were averted, the region would have nothing to look forward to but instability for years to come.

Carl Bildt is former prime minister and foreign minister of Sweden

Kamal Haasan says never intended to hurt Hindus, announces 'whistle-blower' app

CHENNAI : Facing flak over his comments on right wing extremism, veteran actor Kamal Haasan on Tuesday said he never intended to hurt Hindus and opposed violence in the name of any religion.

Addressing a press conference in Chennai coinciding with his 63rd birthday, amid expectations of a big announcement by him on his long hinted political entry, the actor said he was already,

there. "I am already here," (that he was in politics) and was holding discussions with various experts on the matter, he said replying to a question. Referring to his write up in a Tamil weekly last week, the actor said violence in the name of any religion was not proper, adding it was not his "appeal" against violence but "apprehension."

"I don't start with the intention of hurting Hindus," he said adding he never used the word 'terrorism'. Haasan said he was not bothered about how many Hindus were present in that hall or even in the country but was concerned about those back at home. "I will be reduced to tears if they (family) deny me the weapon called love," he said. Haasan recently courted controversy when he hit out at what he called Hindu extremism last



week, claiming that right-wing groups have taken to violence because their earlier "strategy" has stopped working. A complaint has

been filed against the actor in a court in Uttar Pradesh for allegedly hurting religious sentiments of Hindus by his remarks. "Earlier

such Hindu right-wingers, without indulging in violence against those belonging to other religions, made the latter indulge in violence through their arguments and counter arguments," he said in the controversial remarks.

However, since "this old conspiracy" had begun to fail, the groups were indulging in violence, he said. "Extremism is in no way a (mark of) success or growth for those who call themselves Hindus,

" he said in the writeup. Amidst a strong buzz of his possible political entry, the veteran actor announced the launch of a 'digital platform' which he said could act as a 'whistle-blower'. At the packed press conference,

he said people can share complaints and their grievances on the app for possible redressal. Haasan said he will undertake a state-wide tour of Tamil Nadu. "#KH", an app, will serve as a 'digital platform' and a 'whistleblower', the veteran star said adding it was under testing and he could give a complete picture on it by January.

The actor had been critical of the AIADMK government on corruption, drawing the ire of several ministers in recent past.

Many ministries skeptical of Niti Aayog's advice to allot funds for SC/ST sub plans



NEW DELHI: Many ministries and government departments that do not have a component earmarked for spending on scheduled castes and tribes are unhappy with the Niti Aayog's suggestion to set up such sub plans. Some ministries such as coal and shipping that only have a ST sub plan component are unsure about how to allocate and utilise money that will be blocked for the purpose of SC sub plan.

All central ministries and departments have to set aside an allocation for the SC/ST sub plans that are used for the welfare of Dalits and tribal communities. While 26 ministries have a SC sub plan, 32 have a ST sub plan.

Last month, at a meeting chaired by Ratan P. Watal, Niti Aayog's principal adviser (social sector), ministries and department were told to increase the allocation of funds for schemes aimed at promoting socio-economic interest of SCs and STs; it also asked those ministries that do not allocate funds for either category to assign the monies to such sub plans.

Sources in the government told Hindustan Times that based on Niti Aayog's suggestion, the ministry of social justice and empowerment is likely to move a cabinet note soon to increase the number of ministries that have a SC sub plan from the current 26 to 41.

Even as the process to increase the ambit of the SC/ST sub plan gets underway, some officials have pointed out that the government should first focus on spending the allocated funds.

Read more: NITI Aayog's 2022 vision paints an India free of poverty, casteism, communalism

"A large portion of these funds allocated under the SCSP and TSP by different ministries remain unutilised and goes back to exchequer at the end of fiscal; it makes little sense then to keep allocating funds without mechanisms to ensure they reach the beneficiaries," said an official. In the culture ministry for instance, the NITI Aayog suggestion has set off concerns about how to design schemes and allocate funds.

"The move is not feasible since we do not allocate funds to groom talent based on caste. We give financial assistance to promote arts and artists. Discriminating on the basis of caste is not logical," a senior official in the ministry of culture told HT on condition of anonymity. Similar concerns were expressed by the road infrastructure ministry.

Officials in the ministry too are learnt to have said that since the ministry already allocates funds for the tribal sub-plan it sees no merit in further putting aside money for the SC component.

"A special programme for development of roads in the Left Wing Extremism affected areas is run in addition to allocations under the tribal sub-plan in over eight states. Roads and highways are planned for better connectivity of far flung areas with high tribal population, we will have to consider how to create an additional budget for SC sub plan and how to utilise it," a ministry official said.

Watal could not be reached for his comments, but sources said among the suggestions put forth at the meeting were those calling for more funds to ministries such as the women and child development, human resource development and health ministry to enhance spending on schemes that are targeted at the beneficiaries. It was also suggested that the,

housing ministry could be asked to spend more to ensure that Dalits and tribals who are eligible for housing for the poor benefit or the HRD ministry could increase the scope of its ongoing schemes to include more residential schools with better facilities for Dalits and tribals.

Tribal woman in MP 'elopes' with man, forced to carry husband as punishment

NEW DELHI: A 32-year-old tribal woman was allegedly made to carry her husband on her shoulders for nearly two km across Khedi village in Jhabua district of Madhya Pradesh as a 'punishment' for 'running away' with another tribal man. A video of the incident, which occurred on Sunday, in which the woman was purportedly seen carrying a man on her shoulders and also being beaten up by him and other villagers, has gone viral. Police have booked six persons on a complaint lodged by the woman and arrested four of them, superintendent of police Mahesh Chandra Jain said on Tuesday. Another police officer said the woman's husband had filed a complaint with the Pitol Police stating that his wife had "eloped" with a tribal man on October 28.

However, she was "brought back" to the village, dominated by Bhil community, after a "mediation" on November 4, said Pitol police post in-charge Naveen Pathak. The officer said the woman,

was allegedly beaten up by her husband and some villagers before she was forced to carry him on her shoulders across the entire village for "two km". On the basis of the complaint lodged by the woman, the police booked six persons, including her brother-in-law and father-in-law.

Court allows Rajasthan's 'Hadiya' to return to her husband

NEW DELHI: The Rajasthan HC is hearing a petition filed by Chirag Singhvi, who alleges that his sister - Payal Singhvi - was converted to Islam under coercion and that her marriage papers are forged. (File photo) The Rajasthan high court ordered on Tuesday the release of 22-year-old Aarifa, earlier known as Payal Singhvi, from a government home and allowed her to go to her husband but said that probe into her conversion and marriage documents would continue.

The bench of justices Gopal Krishna Vyas and Manoj Kumar Garg said they would hear the merit of the conversion on the basis of the reply from the state government on Wednesday. Last week, the high court had raised questions about the woman's conversion to Islam and her interfaith marriage. The high court had asked the state government if there was any law or procedure in Rajasthan that governed religious conversions, and observed that people couldn't change their religions based on an affidavit. NIA probing 90 inter-faith marriages in Kerala to see if there was 'love jihad' This case was a virtual re-run of a similar incident in Kerala. In May this year, the Kerala high court annulled the marriage of 24-year-old Hadiya, earlier known as Akhila, to Shafin Jehan after her father alleged that her conversion was part of a larger racket to recruit terrorist operatives. The Supreme Court has raised questions about the high court order and has summoned Hadiya, a doctor, on November 27.

Activists have repeatedly alleged that Hadiya was being tortured at her father's home and that her fundamental right to religion was being violated. The Rajasthan HC is hearing a petition filed by Chirag Singhvi,

who alleges that his sister - Payal Singhvi - was converted to Islam under coercion and that her marriage papers are forged. The court had raised doubts about Aarifa's wedding to a Muslim man identified as Faiz Modi and said the documents she produced, including a nikahnama (Islamic marriage certificate), contradicted each other

Bangladeshi man held guilty of raping 71-year-old nun in West Bengal in 2015



NEW DELHI: A local court in Kolkata on Tuesday held a Bangladeshi citizen guilty of raping a 71-year-old Christian nun in West Bengal's Nadia district more than two years ago, an incident which triggered widespread protests and outrage across the eastern state. The city sessions court held Nazrul Islam, alias Noju, guilty of rape. Six others, including Noju,

were also held guilty of committing dacoity at the Convent of Jesus and Mary in Ranaghat on March 14, 2015. Gopal Sarkar, a resident of North 24 Parganas district, was found guilty of criminal conspiracy. He was accused of providing shelter to the gang of criminals from Bangladesh. They plotted the crime at Sarkar's residence but he was not present at the scene of the crime. "This incident is particularly shameful for the people of West Bengal, a state where

persons such as Sister Nivedita and Mother Teresa have worked. The missionary, who was raped was an aged woman who was working for the welfare of the people," judge Kumkum Singha remarked while delivering the verdict. Singha made it clear that the case was not of gang rape. The quantum of punishment will be announced on Wednesday. "We will plead for the maximum punishment possible punishment, which is life term, under the sections," public prosecutor Anindya Raut said after the verdict. "We have succeeded in arguing against the charge of gang rape," Fazle Ahmed Khan, the lawyer for the accused, said.

Nuns of the church were also present in the courtroom when the verdict was pronounced. According to the complaint lodged by the church authorities, a gang of seven to eight men ransacked the church

between 2 to 5am on March 14 and took away cash, camera, computers. The men were caught on closed-circuit television (CCTV) cameras on the campus of the Convent of Jesus and Mary High School. While the faces of four of the men were recorded, four were drawn later on the basis of the description given by nuns and the security guard present when the incident took place. The accused were booked for rape, dacoity,

and criminal conspiracy. Prime accused Noju was picked up by the police from Sealdah railway station in Kolkata on June 17, 2015. The victim identified Noju from a gathering of 10 persons at a test identification (TI) parade in July in the city. Ranaghat is about 78 km from Kolkata and just 20-30 km from the India-Bangladesh border. It is connected to Gede, a point on the Bangladesh border about 55 km away, by train.

Missing Punjab girl shares location in Saudi Arabia, family seeks govt help

NAGAR : The family of a 21-year-old woman from Punjab's Shaheed Bhagat Singh Nagar, who they say is trapped in Saudi Arabia, approached external affairs minister Sushma Swaraj on Tuesday for help after they received her location on WhatsApp a few days ago. "Fully cognizant and working on it; she will return home soon @ajxtpocp (sic)," the Indian embassy in Riyadh tweeted after the family approached the minister and them.

They said Reena Rani's WhatsApp location placed her in Unayzah City in Al Wusta district in the oil-rich country.

Gurbaksh Kaur, 40, and her daughter Rani of Rahon town in SBS Nagar were offered work in Malaysia and paid Rs 5 lakh to the travel agent after selling their farmland in August. But they ended up working as house helps in Saudi Arabia, where they say they were subjected to slave-like working conditions. Kaur sent a video to her family and requested to be rescued last week. Their family shared her plight on a social media platform after which the media highlighted the case. She returned from Saudi Arabia on November 4 after Swaraj intervened in the matter. However, government agencies failed to trace Rani.

Rani's cousin Jaswant Kumar hoped she would return home very soon. He added that she had also shared a video 10 days ago on WhatsApp but her mobile phone was found switched off later. Both were duped by the agent on the pretext that they would get a salary of Rs 20,000 and free accommodation



for working in a factory in Malaysia. Kaur said she was sent to Saudi Arabia fraudulently by the agent from Delhi and assured that her daughter will be sent to Malaysia three days later on a separate flight. According to government figures, there are some 6 million Indian migrants in the Gulf states of

Bahrain, Kuwait, Qatar, Saudi Arabia, United Arab Emirates and Oman that have long been top destinations for millions of poor labourers, most of whom work in construction, transport and other low-paying sectors. The government and non-governmental groups have received hundreds of

complaints from migrant workers, ranging from non-payment of wages to torture and abuse over the years. A senior government official told Reuters news agency that in many cases, the difference in culture, language and food habits becomes a hurdle for workers migrating from poor Indian families.

Are you going through depression? Here's why you should give art therapy a chance

Art can be more than just a hobby or even a profession. Art therapy is helpful in treating patients with severe or moderately severe depression, shows research at Sahlgrenska academy. The findings suggest when patients discuss their paintings with the therapist, it promotes self-reflection and brain stimulation that takes place outside of the conscious mind.

Create a picture of how you are feeling on this particular day, said the first exercise in the art therapy. After ten treatments the patients who suffered from severe or moderately severe depression had shown more improvement than the patients in the control group, shows the research. "The conclusion is that it was the art therapy that facilitated their improvement", says Christina Blomdahl, PhD at the institute of health and care

sciences, licensed occupational therapist and art therapist. As part of her dissertation she has allowed 43 patients with severe or moderately severe depression to undergo a manual-based art therapy that she has developed herself. The control group consisted of 36 people who all suffered from the same medical condition.

In parallel with this, all participants were given different combinations of medication, cognitive behavioral therapy, psychodynamic therapy and physical therapy. The majority of the participants were so affected by their depression that they were unable to work. The individual art therapy took place in psychiatry or primary care and was conducted by a specially trained therapist. Each session began with a short briefing and a relaxation exercise. After



that it was crayons, water colours and creation that was on the agenda, all based on a predetermined setup.

"They followed the manual I had

created in order to ensure that it was scientific, but although everyone was given the same theme to go on the patients responded very differently to the exer-

cises. The materials were simple, allowing people to doodle and feel free to express themselves the way they wanted to, and then they would talk about the picture and its significance to the participant", explains Christina Blomdahl. After ten hour-long treatment sessions, the patients had improved on an average of almost five steps on a rating scale used for depression. A large leap that entails a considerable change to everyday life, and sometimes it may also mean that a patient is able to return to work.

Anxiety, sleep, ability to take initiative and emotional involvement are some of the factors that are assessed. In the control group that had not undergone art therapy there was no definite change. "The focal point was that people felt like they were meeting themselves; that the

picture served as a mirror where you could see and make new discoveries about yourself, a bit like coming to life, says Christina Blomdahl. "Even the people who did not experience any direct benefit from the treatment had shown improvement. Painting pictures based on themes and discussing the pictures with the therapist promotes self-reflection and brain stimulation that takes place outside of the conscious mind", she continues.

"It is my hope that art therapy will be used in health-care again. Based on evidence requirements it has been more or less scrapped by psychiatry, but this is one of the largest studies that has been conducted in this area and it is a step that may lead to more people being trained in it and the method being used again", Christina Blomdahl concludes.

Are you overweight or obese? A high-protein diet might help you shed the extra kilos

If you've been struggling to knock off some excess weight, consider a diet that's high on protein. A new study shows how phenylalanine reduces food intake by affecting the gut and the brain, and suggests that it may be used to prevent or treat obesity. Although high protein diets have been shown to be satisfying and to promote weight loss, they can be hard to maintain and may lead to other health problems in the long-term. Phenylalanine is an amino acid produced in the gut when protein is digested and has previously been shown to affect the release of gut hormones that reduce appetite in rodents.

However, it was unclear exactly how the amino acid was causing this release and whether other systems were involved in phenylalanine's appetite suppressing effects. To investigate the effects of phenylalanine on appetite and gut hormone release, Profes-



sor Kevin Murphy and colleagues at Imperial College London, examined the effect of the amino acid on food intake and brain activity in areas known to be involved in appetite regulation.

Mice were given phenylalanine, either orally or rectally, to assess the effects on different parts of the gut. Food intake was monitored at regular intervals over 24 hours and the amount of activity in brain areas associated with appetite regulation was also assessed. Both oral and rectal

phenylalanine reduced food intake of the mice and increased activation in a brain area known to be involved in regulating appetite. After rectal administration, even an amount of phenylalanine 10 times lower than would be eaten daily on a high protein diet, resulted in reduced food intake and activated the appetite regulating centres in the brain.

These data suggest that phenylalanine may reduce appetite through different pathways in the upper and lower gut. Although unknown

whether phenylalanine has the same effects on human appetite, this research indicates that the amino acid may have an important role in regulating food intake that could be used to treat obesity. Mariana Norton, the PhD student who conducted the study, comments, "Understanding how food is detected in the gut may help to identify ways of treating or preventing obesity. The next step is to establish whether phenylalanine can drive similar appetite reducing effects in humans."

Norton further states, "Diets high in protein are known to encourage weight loss but adhering to them can be difficult. Identifying the mechanisms that sense the protein may allow us to use drugs or functional foods to hijack appetite regulation, and treat obesity." The findings were presented at the Society for Endocrinology annual conference in Harrogate.

Women, do you get strong alcohol cravings at times? Blame it on estrogen levels

Do you find yourself thinking of or actually drinking more booze during certain days of the month? There's a reason. The reward centre of the brain is much more attuned to the pleasurable effects of alcohol when estrogen levels are elevated, an effect that may underlie the development of addiction in women, according to a study on mice at the University of Illinois at Chicago.

Led by Amy Lasek, researchers found that neurons in a region of the brain called the ventral tegmental area, or VTA (also known as the "reward center"), fired most rapidly in response to alcohol when their estrogen levels were high. This response is mediated through receptors on dopamine-emitting neurons in the VTA.

Corresponding author Lasek noted that women may be more vulnerable to the effects of alcohol or more likely to overindulge during certain stages of their cycle when



estrogen levels are higher, or may be more likely to seek out alcohol during those stages. Studies indicate that gender differences in psychiatric disorders, including addiction, are influenced by estrogen, one of the primary female sex hormones. Women are more likely to exhibit greater escalation of abuse of alcohol and other drugs, and are more prone to relapse in response to stress and anxiety.

The VTA helps evaluate whether something is valuable or good. When neurons in this area of the brain are stimulated, they release dopamine

-- a powerful neurotransmitter responsible for feelings of wellness -- and, in large doses, euphoria. When something good is encountered -- for example, chocolate -- the neurons in the VTA fire more rapidly, enforcing reward circuitry that encodes the idea that chocolate is enjoyable and something to be sought out. Over time, the VTA neurons fire more quickly at the sight, or even thought of, chocolate, explained Lasek.

In addition, VTA neurons are tuned into drugs of abuse, and fire more quickly in relation to consuming or even thinking about drugs, driving

the person to seek them out -- often at the expense of their own health, family, friends and jobs. Many animal studies have shown that alcohol increases the firing of dopamine-sensitive neurons in the VTA, but little is

Lasek and her colleagues examined the relationship between estrogen, alcohol and the VTA in female mice. They used naturally cycling mice that were allowed to go through their normal estrous cycles, akin to the menstrual cycle in women. Mice were evaluated to determine when they entered diestrus -- the phase in the estrous cycle when estrogen levels are close to their peak. Lasek believes that the increased sensitivity to alcohol in the VTA when estrogen levels peak may play a significant role in the development of addiction in women. She concluded that binge drinking can increase the risk of developing alcoholism, so women need to be careful about how much alcohol they drink.

Here's why celebs such as Beyonce and Ben Affleck swear by intermittent fasting

Celebrities such as Christian Bale, Tom Hardy, Terry Crews, Ben Affleck, Beyonce, Liv Tyler and Miranda Kerr have always surprised us with their ability to quickly shed weight for their movie roles, music videos or for walking the ramp. And we've always wondered how do they do it? Well, we finally have the answer. These celebrities, over the years, have been following the principle of intermittent fasting.

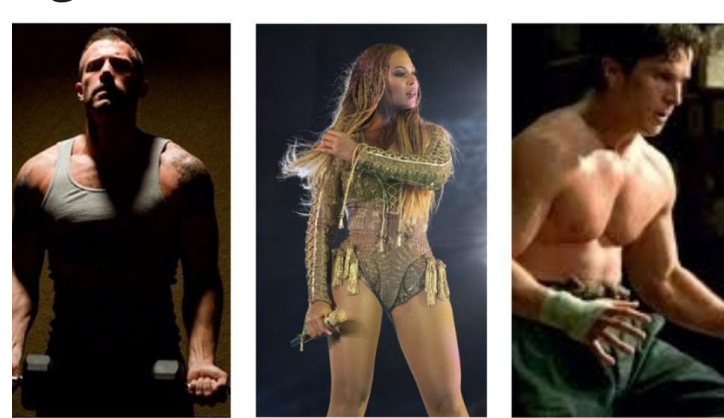
For starters, IF (intermittent fasting) is not a diet. In fact, it is a new way of eating. IF can be defined as an eating pattern where one alternates between periods of eating and fasting. The focus during intermittent fasting is on the timing of consumption of your healthy meals. Nutritionists Kavita Devgan and Sunita Roy Chowdhury explain how IF works and what are its benefits.

How intermittent fasting works Your body has two states- the "fed" state and the "fastest" state.

When you start the process of eating and digesting, your body tends to go into a fed state. After you have finished eating, your body stays in fed state for approximately 3-5 hours, which means you don't feel hungry. The duration of fed state also depends on factors such as metabolism and your body type. In fed state, your body's insulin level goes up. When your insulin levels are up then you don't need to burn your body's fat for energy. You don't need to tap into your body's fat for energy as the food you are eating, provides it.

However, after 3-5 hours when the fed state is over, your insulin level tends to drop. And after dinner, when you go for 8-10 hours without food, your body starts to burn the energy stored in your fat.

During Intermittent fasting, one tends to increase the gap between meals, as per their convenience, so that your body's eating cycle's alternates between fed state and fasting



state, throughout the day.

The biggest advantage that Intermittent fasting offers, is that there is no fixed period for which you have to fast and eat. You can create a timetable as per your metabolism and body type. For example, you have your breakfast at 7am in the morning and then you have your lunch at 3pm in the afternoon. By following this, you have an eight

hour gap in-between.

7 major health benefits that intermittent fasting

1) It helps to keep the blood sugar stable in the body, reducing insulin resistance in process, which is great for pre-diabetes.

2) It gives the body and digestion a much needed rest and induces important cellular repair processes, such as removing waste (toxic ma-

terial from cells. This way it helps to reduce inflammation too.

3) By intermittent fasting helps, you tend to consume fewer calories. Instead of running on fuel from the food you just ate, fasting allows your body to tap into reserves, which is fat. Hence, it's an effective tool to lose weight and belly fat.

4) While long-term fasting can actually cause a drop in your metabolism, short-term fasting promoted by intermittent fasting is proven to increase metabolism.

5) It stimulates the brain. It promotes the growth of neurons and enhances memory performance. Also, it helps decrease the risk of developing neurodegenerative diseases like Parkinson's or Alzheimer's.

6) It boosts the immune system by boosting the body's production of new white blood cells, which helps our body fight various infections.

7) It gives our bodies an anti-aging benefit.

POOR SOCIAL SKILLS MAY HARM YOUR PHYSICAL AND MENTAL HEALTH. HERE'S HOW



People with poor social skills tend to experience more stress and loneliness, which can negatively affect their physical as well as mental health, a study has found.

"We have known for a long time that social skills are associated with mental health problems like depression and anxiety," said Chris Segrin, from the University of Arizona in the US. "But we have not known definitively that social skills were also predictive of poorer physical health. Two variables -- loneliness and stress -- appear to be the glue that bind poor social skills to health," he said.

The study, published in the journal Health Communication, is among the first to link social skills to physical, and not just mental health. The research is based on a survey of a nationally representative sample of 775 people, aged between 18 and 91 years, who were asked to respond to questions designed to measure social skills, stress, loneliness, and mental and physical health. Social skills refer to the communication skills that allow people to interact effectively and appropriately with others.

Segrin focused on several specific indicators of social skills such as the ability to provide emotional support to others or self-disclosure, and the ability to share personal information with others or negative assertion skills.

They also focused on the ability to stand up to unreasonable requests from others known as relationship initiation skills, and the ability to introduce yourself to others and get to know them. The participants who had deficits in those skills reported more stress, more loneliness, and poorer overall mental and physical health, said Segrin.

"We started realising about 15 years ago that loneliness is actually a pretty serious risk for health problems. It is as serious of a risk as smoking, obesity or eating a high-fat diet with lack of exercise," he said.

ANOTHER REASON TO NOT SMOKE, DRINK: THESE HABITS MAY RUIN YOUR DENTAL FILLINGS

If you drink or smoke you are not only damaging your teeth but also your dental fillings. Researchers have warned that smoking and drinking may lead to increased incidences of failure in dental fillings.

The findings, led by researchers from the University of Pittsburgh, showed that within two years of the dental procedure, fillings failed more often in patients who drank alcohol, while the overall filling failure rate was higher in men who smoked.

Furthermore, people with a difference in the gene for

matrix metalloproteinase (MMP2) -- an enzyme found in teeth -- were at increased risk of filling failure. This could be because MMP2 might be able to degrade the bond between the filling and the tooth surface, potentially leading to failure, the researchers said.

The results, published in the journal Frontiers in Medicine, suggest that genetic analysis might help dentists to personalise treatments for their patients, which could lead to improved outcomes.

"A better understanding of individual susceptibility to dental disease and variation



in treatment outcomes will allow the dental field to move forward," said Alexandre Vieira, a researcher from the

university. "In the future, genetic information may be used to personalise dental treatments and enhance treatment

outcomes," Vieira added.

For the study, the team from America and Brazil analysed dental records of

807 patients. Fillings can fail for a variety of reasons, including re-emergence of the initial tooth decay or the filling becoming detached.

The researchers also examined if newer composite resin fillings are as durable as traditional amalgam fillings, which have been in use for more than 150 years but which contain mercury, a toxic metal. The researchers found that overall, there were no major differences between patients receiving amalgam or composite fillings in terms of filling failure rates.

Jaitley hints at pruning more items in 28% GST slab

Finance minister Arun Jaitley on Tuesday hinted at pruning the list of items in the highest GST tax bracket of 28 per cent after revenue in the new regime equalise collections previously.

Under the Goods and Services Tax (GST) regime implemented from July, over 1,200 products and services have been fitted into one of the 5, 12, 18 and 28 per cent tax slabs based on the principle of keeping the total tax incidence at almost the same level as previously as well as keeping revenue collections neutral.

Jaitley said some of the items should never have been in the 28 per cent slab and the GST Council in the last 3-4 meetings has slashed rates on over 100 items, thereby bringing them down either from 28 per cent to 18 per cent or from 18 per cent to 12 per cent.



"We have been gradually bringing them down. The whole idea is, as your revenue collections neutralise we must prune it and that's the pattern in which the Council has so far been functioning. I see that as a future guide as far as the Council is concerned," Jaitley said at the India Today Conclave in Delhi.

The GST Council is scheduled to meet next on November 10 and may consider lowering tax rates on a host of goods such as handmade furniture, plastic products and daily use items like shampoo.

The Council last month approved an Approach Paper to be followed by the fitment committee while deciding on future rate revisions.

He said consumers are noticing the tax paid on goods they buy in the GST regime as previously excise duty was embedded in the price of the product.

Under the Goods and Services Tax (GST) regime, which has subsumed more than a dozen central and state levies including excise duty, service tax and VAT, is a more transparent tax.

The product, in the previous regime, "didn't show you are paying so much excise (duty)," he said.

Only 83 per cent effective currency in circulation today: Finance ministry

Demonetisation a year ago has helped in flushing out black money, eliminating fake notes and reducing cash in circulation, the finance ministry said on Monday.

The total currency in circulation has come down to Rs 14.75 lakh crore as of August 4, 2017, from Rs 17.77 lakh crore, said the finance ministry in a tweet.

"Only 83 per cent is the effective currency in circulation today with remonetisation," the ministry said.

Prime Minister Narendra Modi in a surprise move had announced withdrawal of legal tender status of old Rs 500 and Rs 1,000 notes with effect from November 9, 2016.

Twitter Ads info and privacy Detailing other benefits of demonetisation for the economy, the ministry said it has dealt a big blow to finances of terrorism and Left-wing extremism.

Besides, it has helped in expanding tax base, converting non-formal economy into a formal one and making money accountable. It has provided a big boost to digitisation of payments, making India a less-cash economy.



During September, Rs 1.24 lakh crore worth of transactions were done through the digital mode. The number of transactions was 87.7 crore.

The ruling BJP has decided to celebrate first anniversary of demonetisation on November 8. This will see Union ministers and BJP office-bearers across the country build public opinion in favour of the government's decision.

However, the Opposition has decided to celebrate the day as a "black day".

Sensex hits new record of 33,853.63; Nifty rises 34 pts

The benchmark BSE Sensex scaled a new peak of 33,853.63 on Tuesday as its record setting spree continues for a third day on the back of rally in infrastructure, IT, capital goods and banking stocks.

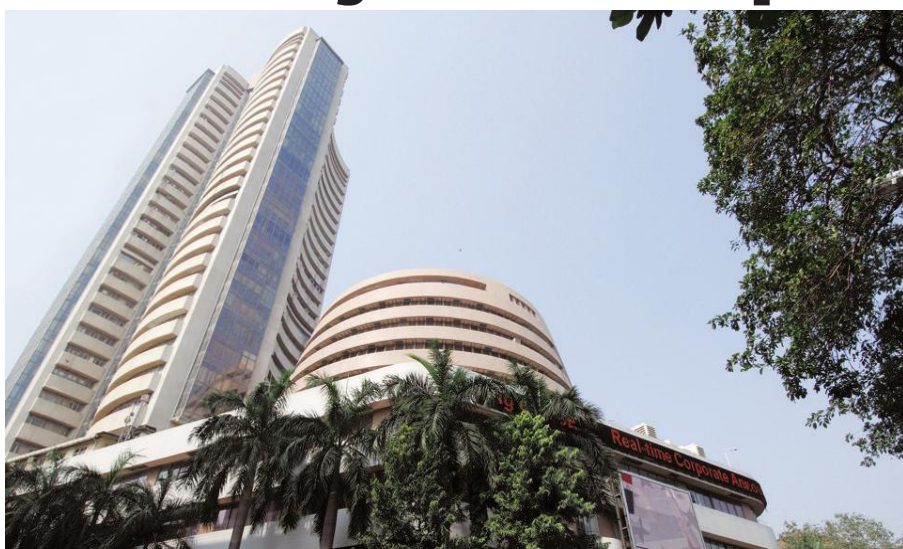
The broader Nifty gained 33.95 points, or 0.32 per cent, to trade at 10,485.75, approaching towards its life-time high of 10,490.45 points (intra-day) on Monday.

Fresh inflows by foreign funds and positive global leads also lifted the mood, brokers said.

Foreign portfolio investors (FPIs) bought shares worth a net Rs 576.27 crore on Monday, the provisional exchange data showed.

The 30-share Sensex climbed 122.44 points, or 0.36 per cent, to scale a new high of 33,853.63, breaching its previous intra-day record of 33,848.42 hit Monday.

The gauge had gained 157.97 points in the previous two sessions and closed at



record high of 33,731.19.

Except consumer durables, all the sectoral indices, led by infrastructure, IT, banking and realty were trading in the positive territory, with gains of up to 1.01 per cent.

Brokers said investor sentiments remained upbeat on the back of better-than-expected Q2 earnings numbers posted by most of bluechip

companies so far and a firming trend at other Asian markets. The US markets scored fresh records for a second day yesterday.

Major gainers which supported the Sensex rally were ONGC, TCS, Sun Pharma, Infosys, M&M, Kotak Bank, Hindustan Unilever, HDFC Ltd, Cipla, Wipro, Hero MotoCorp, Lupin, HDFC Bank,

SBI and NTPC.

Globally, among other Asian markets, Hong Kong's Hang Seng was up 1.22 per cent while Japan's Nikkei rose 0.82 per cent in their late morning deals. Shanghai Composite Index gained 0.66 per cent. The US Dow Jones Industrial Average ended at record by gaining 0.04 per cent Monday.

IndiGo aims to cross 1,000 flights a day mark in December

Low cost carrier IndiGo said on Monday it will achieve 1,000 flights per day mark in December.

According to the airline, it will launch 47 flights including additional frequencies on its network, which will take its operations to 1,000 flights per day mark by December 23. Currently, IndiGo with its fleet of 142 Airbus A320 family aircraft operates over 900 daily flights connecting 46 destinations.

The new flights include services between Lucknow-Sharjah, Hyderabad-Sharjah, Lucknow-Srinagar, Hyderabad-Ranchi and Lucknow-Dehradun among others.

In terms of additional frequencies, more flights connecting Kolkata, Bengaluru



and Chennai with cities including Guwahati, Bhubaneswar, Kochi and others will also be started. "A thousand daily flights

is a milestone that no airline in India has ever achieved before," said Aditya Ghosh, president and whole time director of IndiGo.

"As we approach this mark, we cannot hide our excitement and thank our over a hundred million customers who have made this journey possible."

RCom to shut voice calls from Dec 1, subscribers have till Dec 31 to switch networks

Loss-making telecom operator Reliance Communications will shut down voice call service from December 1 and its customers can move to other networks by the end of the year,



as per direction issued by telecom regulator Trai today.

The Telecom Regulatory Authority of India (Trai) in direction to all telecom operators said that RCom on October 31, 2017 intimated it that "RCL (Reliance Communications Limited) shall provide only 4G data services to its customers and as a result will discontinue to provide voice services to the subscribers... with effect from 1st December 2017."

RCom informed Trai that it is providing 2G and 4G services in eight telecom circles of Andhra Pradesh, Haryana, Maharashtra, UP East and West, Tamil Nadu, Karnataka and Kerala.

The Anil Ambani-led firm has informed Trai that the company will be upgrading CDMA network of Sistema Shyam Teleservices, which has been merged with it, to provide 4G services in Delhi, Rajasthan, UP West, Tamil Nadu, Kerala, Karnataka, West Bengal, Gujarat and Kolkata service areas.

Trai said that RCom has informed it has sent all the necessary information regarding closure of voice calls along with option to port out any operators in case subscriber do not wish to continue with 4G data services of the company.

The regulator has directed RCom to not reject any porting out request of its subscribers and asked all telecom operators to accept request of RCom subscribers till December 31, 2017.

RCom, reeling under debt of around Rs 46,000 crore, decided to shut down its voice call services after it failed to close its wireless business merger deal with Aircel in the beginning of this month.

RCom and Aircel in September last year had signed a binding agreement to merge their mobile businesses. But, RCom said the agreement lapsed owing to legal and regulatory uncertainties, objections by interested parties and delays in receiving relevant approvals.

Broadcom may acquire Qualcomm in the biggest tech deal ever

Communications chipmaker Broadcom Ltd is expected to soon unveil a bid for smartphone chip company Qualcomm Inc. The rumoured Broadcom-Qualcomm deal could be the biggest technology acquisition ever, estimated to be around \$100 billion.

A tie-up would combine two of the largest makers of wireless communications chips for mobile phones and raises the stakes for Intel Corp, which has been diversifying into smartphone technology from its stronghold in computers.

The value of Broadcom's bid has not been decided, though an offer in the range of around \$70 to \$80 per share is being contemplated, one of the sources said. At \$70 a share, an offer would value Qualcomm at \$103 billion. Qualcomm is not aware of the details of Broadcom's bid, and it is far from certain whether it will entertain this deal, the sources said.

"It's a smart move that would make Broadcom into a tech juggernaut," said GBH Insights analyst Daniel Ives.

Qualcomm declined to comment, while Broadcom did not immediately respond to a request for comment.

The bid comes as Broadcom plans to move its headquarters to the United States from Singapore. US President Donald Trump commented on the move on Thursday at a White House event where Chief Executive Hock Tan cited Republican tax efforts. It is currently incorporated in Singapore and co-headquartered there and in San Jose, California.



Broadcom's acquisition would be the most ambitious move by Tan, who has turned a small, scrappy chipmaker into a \$100-billion company with a string of deals, since he took the helm a decade ago.

The proposal comes as Qualcomm is trying to close its pending \$38-billion acquisition of NXP Semiconductors NV. NXP is one of the largest makers of chips for vehicles and expanding into self-driving technology, and Broadcom also is open to acquiring NXP, according to one of the sources.

Antitrust officials, who also would have to approve a Broadcom-Qualcomm deal, are still considering Qualcomm's purchase of NXP. Activist investor Elliott Management Corp has taken a large stake in NXP and has been pushing for Qualcomm to pay a higher price for the com-

pany, Reuters has reported.

Qualcomm, an early pioneer in mobile phone chips, supplies so-called modem chips to phone makers such as Apple, Samsung and LG that help the phones connect to wireless data networks. Broadcom is also a major supplier to many of the same companies for Wi-Fi chips.

Broadcom's Wi-Fi chips are essentially a commodity and priced much lower than the modem chips. The only other major supplier of high-end chips is Intel Corp, which supplies about half of the modem chips in Apple's iPhones. Purchasing Qualcomm would give Broadcom a much more lucrative line of business in the mobile phone markets. Intel shares fell 1.6% to \$46.34.

Broadcom is considering a cash and stock offer of about \$70 a share, Bloomberg reported earlier.

Broadcom is looking to complete its \$5.5 billion purchase of Brocade Communications Systems Inc while Qualcomm is in the process of closing its deal for NXP.

Shares of Qualcomm jumped 12.7% to \$61.81, while Broadcom's stock climbed nearly 6 percent to \$273.63 on Friday afternoon. Shares of NXP fell 2 percent and Brocade slipped 2.6 percent.

Shares of Broadcom have rallied this year while Qualcomm has fallen, making the target more vulnerable. The forward price-to-earnings ratio for Broadcom recently stood at 14.6, slightly above its 13.5 average. Qualcomm's recent forward PE of 15.4 was well below its 25.9 average.

Broadcom is working with five financing banks to offer a significant cash component for its bid, accord-

ing to one of the sources.

Qualcomm faces a multinational legal battle with Apple Inc over Qualcomm's licensing terms to Apple and Apple is considering dropping Qualcomm chips from its phones. Qualcomm sells chips but also licenses a patent portfolio of related technologies. It requires customers like Apple and Samsung to license its patents if they use its chips, typically asking for a percentage of the price of the final device.

Apple has objected to that practice, however, and it has a closer relationship with Broadcom than with Qualcomm. If Broadcom were to acquire Qualcomm's patent portfolio and change the licensing, it could have far-reaching effects on the mobile phone industry.

Qualcomm and Broadcom have patent portfolios in wireless communications that are largely adjacent to each other, with Qualcomm covering mobile data networks and Broadcom covering Wi-Fi and Bluetooth, experts said.

Adjacent products are often cheaper when offered by one company, according to standard economic theory, which could be good for phone makers and potentially incline regulators towards allowing the deal, said Henry C. Su, a former Federal Trade Commission trial attorney.

Antitrust concerns over a Broadcom-Qualcomm deal also may be muted because the companies have few areas of overlap beyond Wi-Fi solutions for wireless routers, Bluetooth drivers and some RF semiconductors, said Rob Lineback, a research analyst at IC Insights.

Dhoni under spotlight as India meet NZ in decider

THIRUVANANTHAPURAM (India): M.S. Dhoni's batting position will be under spotlight as India aim to go for the kill against a gutsy New Zealand in the third and final T20 International here on Tuesday despite weather threatening to play spoilsport.

The series is levelled at 1-1 and just like the preceding Australia series, where the series decider T20 at Hyderabad was a washout, there are chances that the winner takes it all encounter against the Black Caps could meet the same fate with forecasts of rain by the meteorological department.

The Virat Kohli-led India team have been on a roll in recent times but have faced stiff resistance from an enterprising New Zealand.

It will be nearly three decades since the city witnessed an international match and it has become all the more significant after calls to replace Dhoni from the shortest format gaining momentum.

V.V.S. Laxman in no uncertain terms has said that while Dhoni can still be a part of ODIs, it's time to groom



someone new in the shortest format.

While 49 off 37 balls with a strike rate of 132 may not be all that bad but the former captain's inability to rotate strike during the past one year has been a cause of concern. In Dhoni's innings, he had scored 26 runs in boundaries from five deliveries (3x6, 2x4) and managed only 23 from the remaining 32 deliveries, which is far less than a run a ball.

It will be interesting to see where

Kohli and chief coach Ravi Shastri slot Dhoni in the next game.

A school of thought suggests that Dhoni will be suited at No.4 in case India lose early wickets as it will give him time to settle down.

The Indian team's performance has been one of contrast in the first two games.

They outplayed New Zealand in the first T20 International by 53 runs and then were crushed by 40 runs in

the second game where Colin Munro took the bowling apart with a blistering hundred.

While India's batting was disappointing, the bowlers also did not cover themselves in glory with the fielders also having a below-par day.

New Zealand, who came into the T20 series as the No.1 ranked side, have since been displaced by Pakistan. The Kiwis, however, can regain the top spot by beating India in the final game.

Teams (from):

INDIA: Virat Kohli (captain), Rohit Sharma, Jasprit Bumrah, Yuzvendra Chahal, Shikhar Dhawan, M.S. Dhoni, Shreyas Iyer, Dinesh Karthik, Kuldeep Yadav, Bhuvneshwar Kumar, Mohammed Siraj, Manish Pandey, Hardik Pandya, Axar Patel, K.L. Rahul.

NEW ZEALAND: Kane Williamson (captain), Trent Boult, Tom Bruce, Colin de Grandhomme, Martin Guppitt, Matt Henry, Tom Latham, Henry Nicholls, Adam Milne, Colin Munro, Glenn Phillips, Mitchell Santner, Ish Sodhi, Tim Southee, Ross Taylor.

West Indies tour postponed due to Lahore smog



The much-awaited three-match T20 series between Pakistan and the West Indies, slated to be held later this month, is likely to be postponed, Pakistan Cricket Board (PCB) officials told DawnNews on Monday.

A senior PCB official said the thick blanket of smog in Lahore, [where the matches were expected to be held], and the commitment of West Indies' major players to the Bangladesh Premier League (BPL) became the main reasons for the postponement of the bilateral T20 series.

"The PCB and the West Indies Cricket Board had agreed that West Indies will tour Pakistan in November, but now it is unlikely to happen because of the smog and some other reasons," the official said, adding that the Meteorological Department had been unable to specify a timeframe for the dissipation of the smog.

He said both the boards are now deliberating other possible dates for the series.

The tour is expected to take place after March 2018, the official said.

Sunil Gavaskar defends under fire MS Dhoni, blasts youngsters like Hardik Pandya



MS Dhoni's inability to go for big shots in the second India-New Zealand T20 led ex-players like VVS Laxman and Ajit Agarkar to hint that maybe it's time to give youngsters a chance in the side in place of the former India captain. However, Sunil Gavaskar had a different opinion. The legend said Dhoni should play the two limited over formats to maintain his playing habit in top level cricket.

"For a cricketer, it helps if he plays continuously. Because you are in rhythm and in the groove most of the time even if you might not be taking wickets as a bowler or

scoring runs as a batsman. Having actual games and match practice is very important," Gavaskar told NDTV.

"Match practice is fantastic not only for the physical aspect but also for the mental aspect. So, clearly the more cricket anybody plays it is better for him."

The former India captain played 10 dot balls as the Virat Kohli-led side fell short by 40 runs in a 197-run chase on Saturday. Dhoni scored 49 off 37 balls to be India's second highest run-scorer.

"Look into youngsters failure" Gavaskar added that the

responsibility of the loss in the second T20 should be shared by the youngsters in the team as well.

"We do not look at the guys under 30, who actually haven't done anything but we tend to sort of overlook that. So, we will not have to look at the failure of others in the same innings. Hardik Pandya getting out for one by not picking up a googly. We will not look at that. We will not look at the fact that openers did not give the usual start. We will only point a finger at MS Dhoni. So that is unfortunate. So, that is India for you," Gavaskar added.

Bjorn Borg actor Sverrir Gudnason: I'd never played tennis in my life

Icelandic actor Sverrir Gudnason who plays opposite Hollywood star Shia LaBeouf in the newly released Borg-McEnroe movie admits he had never played tennis before landing the role as the 1980s Swedish icon.

The youthful looking 39-year-old Gudnason was born in Sweden but grew up in Iceland, and bears a striking resemblance to Borg, whose cool personality contrasted to the fierceness of his on-court rival John McEnroe.

"I had never seen a whole tennis game before all this," Gudnason told AFP in an interview.

"I had never even been on a tennis court in my life and (for the film) I didn't just learn to play tennis, I learned to play tennis like Bjorn Borg." The actor said he had almost turned the role down because he had never played the game.

"I didn't feel close to him, I didn't feel like an athlete and I was kind of thinking of turning it down," said Gudnason, who told producers he demanded physical back-up preparing for the role. "I played two hours per



day for half a year getting the strokes right," he said, insisting the person himself was fascinating too.

"I built the character by looking back on old footage from the 80s, not by calling him and asking him how he would do this or that."

"Nervous" He also enjoyed the on-

screen experience with LaBeouf, who played McEnroe.

"It was great, he's a great actor and a good man and he came in with a lot of energy and devotion to the film," he explained.

Gudnason did not actually meet Borg himself until the Swedish premiere in

Stockholm.

"He said he was very moved by my performance. I'd been very nervous about meeting him," he said.

Borg, now 61, is on record as saying Gudnason certainly looks like him.

"He's really mentally strong," Gudnason said of Borg.

"The superstitions and rituals he had... he loved routine, so he didn't have to worry about anything."

"In a way it's trying to control everything to make stuff easier for himself."

Gudnason says although time has moved on Borg still looms large in the Swedish psyche.

"All the news is about Zlatan (Ibrahimovic) now but Bjorn Borg is still the king, he's like ABBA, you have these big Swedish things and he's one of them," he said comparing the tennis player to the nation's most famous pop group.

The actor confessed to enjoying football above all else -- and admitted he got worked up following Iceland's unlikely football success.

"The great thing about watching sports is that it can feel so important at the time," he said, referring to Iceland's recent qualification for its first ever World Cup finals.

"This is like the golden years for Icelandic soccer," he said -- admitting that if Sweden played Iceland he would root for Iceland as the underdog.

David Moyes appointed new West Ham United manager

West Ham have appointed former Everton and Manchester United boss David Moyes as their new manager, the struggling Premier League club announced on Tuesday.

"We believe David is the right man to turn things around and get the best out of the players at the club," joint chairman David Sullivan said.

The Hammers sacked manager Slaven Bilic on Monday after a poor run of results that have left the east London side languishing in the relegation zone.

Sullivan believes Moyes, 54, is the perfect choice to steer the club to safety.

"We need somebody with experience, knowledge of the Premier League and the players in it, and we believe David is the right man to turn things around and get the best out of the players at the club."

"He is highly regarded and respected within the game, and will bring fresh ideas, organisation and enthusiasm."

Moyes has been out of management since he resigned from Sunderland at the end of last season, having failed to save them from relegation.

Despite that, and an underwhelming stint in Spain with Real Sociedad, Sul-



ivan and his co-chairman David Gold are backing him to help shore up a leaky defence as well as getting the best out of big-money summer signings Marko Arnautovic and Javier Hernandez.

Bilic was let go following a chastening 4-1 loss to Liverpool at the London Stadium on Saturday that leaves them

18th in the table and facing a fight for Premier League survival.

Bilic, who also played for West Ham, is the fourth Premier League managerial casualty of the season following the departures of Crystal Palace boss Frank de Boer, Leicester manager Craig Shakespeare and Everton's Ronald Koeman.

Steven Finn, England bowler, ruled out of Ashes with knee injury

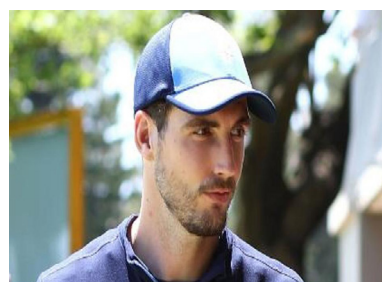
Steven Finn is out of England's entire Ashes tour of Australia with a knee injury, team officials said on Tuesday.

Finn, who missed the opening tour match in Perth last weekend, had scans which revealed a torn left knee cartilage.

The Middlesex seamer sustained the injury during practice last week in Perth and will now return home, where he will consult a specialist to see whether he needs an operation.

A team spokesman said England would shortly announce his replacement for the rest of the Australian tour.

It ends another miserable tour to



Australia for Finn, who left the previous 2013/14 trip under a cloud when coach Ashley Giles declared him "unselectable".

Finn only made the current tour when he was added to the squad in place of

the suspended Ben Stokes.

"When you're a late call-up to the squad and have been out of selection for the past six months or so, you definitely do have a point to prove," Finn said last week before the injury.

Coach Trevor Bayliss told reporters on Tuesday: "He had an injection a couple of days ago which they thought would help." Among those in contention to replace Finn are Tom Curran, who played for England earlier this year, Tom Helm or Liam Plunkett, who has signed up to play in a 10-over tournament in the United Arab Emirates next month.

Ravi Shastri seeks divine help ahead of deciding India vs New Zealand Twenty20

Ravi Shastri, the coach of the Indian cricket team, visited the famous Padmanabhaswamy Temple in Thiruvananthapuram to seek some divine help ahead of the third and final Twenty20 International against New Zealand

on Monday. Shastri offered a coconut to the 'Agrashala Ganapati'.

This is not the first time that Shastri has visited the Padmanabhaswamy Temple.

According to reports, he had come here with his mother

when he was four years of age.

The three-match series is currently tied 1-1, with India having won the first game in New Delhi by 53 runs before losing the second match in Rajkot by 40 runs. Virat

Kohli's Indian cricket team will be aiming to continue their unbeaten run at home with a win in Thiruvananthapuram while New Zealand will be determined to register yet another win in the shortest format against India.