

SENSEX	81,467.10 points down by 167.71 points	NIFTY	24,981.95 points down by 31.2 points	GOLD:	Rs 75,810 per 10 gram	SILVER:	Rs 99,990 per 1 Kg
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HAPPY BIRTHDAY

Mannat Jamwal

Class:- 10th 'B'

D.O.B:- 14-10-2009

JKPS Panjtirthi

**NOTICE**

I, Gurdeep Singh S/o Mohan Singh R/o Sangar, Jammu and Kashmir have lost my Passport bearing No. W3528596. Now I am applying for duplicate of the same. Objection if any may be conveyed to concerned authority within 7 days.

**PUBLIC NOTICE**

I, Mrs. Kailash Dev, Wife of Subedar R/o 136 Rathua, Gho Manhasan P.S Domana, Jammu hereby declare that due to an inadvertent error, my name was previously mentioned as Mrs. Rangma Devi. This is incorrect. My correct name is Mrs. Kailash Devi. This correction has been made as per the Affidavit dated 04th October, 2024. All concerned authorities and the general public are requested to kindly take note of this correction and update their records accordingly.

**NOTICE**

I, Amit Kumar S/o Janak Singh R/o Vill. Bhara, PO & PS Bhalla, Distt.State that I have lost my original 6th semester document of Polytechnic Diploma in Civil Engineering, Registration No. 28-01-R14-0578 and Roll no 2801-17D6-10963.Now I have applied for issuing a duplicate copy from the relevant authority. Anybody having any objection, may convey it to the relevant authority within seven days.

**NOTICE**

I, M Jyoti is legally wedded spouse of No 15419220Y Rank Hav/WM M. Rajesh Kumar R/o Upparapalle Mahbub Nagar Andra Pradesh state that my name has wrongly been written as M Jyothi instead of correct name M Jyoti in my Husband's service record vide affidavit No.39AA 122941 Dated 16.07.2024. Now I am applying for correction of the same. Objection if any may be conveyed to concerned authority within 7 days.

**NOTICE**

I, Ashok Kumar S/o Thoru Ram R/o Ward 68 Ambika Colony Bye Pass Kunjwani Jammu have lost RC of my vehicle (Yamaha 2015) bearing Regd. No. JK02BJ-5438. Now I am applying for duplicate of the same. Objection if any may be conveyed to concerned authority within 7 days.

MISSING

Name Ravi Kant S/o Late Sh Madan Lal

Gupta Age 68 Years

R/o 53/1 Subash Nagar Digiana Jammu

Missing Sence 21 September 2024.

FOR BOOKING ADVERTISEMENT CONTACT

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STATE TIMES

## Seminar on ‘Constipation: Causes, Symptoms & Treatment through Yoga & Homemade Medicines’ organised

■ STATE TIMES NEWS

JAMMU: A seminar titled "Constipation: Causes, Symptoms & Treatment through Yoga and Homemade Medicines" was organized by Vichar Kranti Manch International, the Indian Yoga Association, and Sary Uthan Trust at the Yoga & Meditation Center in Chhamni Himmat, Jammu. Dr. Shreyansh Kumar Jain, the State Yoga Commissioner and President of Vichar Kranti Manch International, served as the key speaker for the event. His insightful presentation aimed to raise awareness about constipation, a condition characterized by difficulty in passing stools and often marked by infrequent bowel movements. Dr. Jain elaborated on the various causes of constipation, emphasizing that a poor diet, sedentary lifestyle, and inadequate hydration play significant roles. He explained that a lack of fiber, excessive consumption of



processed foods, and insufficient water intake can lead to hard and dry stools, making bowel movements challenging. Additionally, stress and anxiety were highlighted as factors that negatively impact digestion. He noted that certain medications, particularly painkillers and antidepressants, can exacerbate constipation, while ignoring the natural urge to defecate may contribute to chronic issues. Hormonal imbalances, such as those occurring during pregnancy or with thyroid disorders, were also mentioned as potential causes. The seminar also covered

the symptoms associated with constipation, which include infrequent bowel movements (fewer than three times a week), abdominal discomfort, straining during bowel movements, and a sensation of incomplete evacuation. These symptoms can significantly affect an individual's quality of life, prompting the need for effective management strategies. To address constipation, Dr. Jain introduced various yoga asanas and pranayama techniques that promote digestive health. Among the recommended poses were Pavanamuktasana (Wind-

Relieving Pose) and Bhujangasana (Cobra Pose), both of which help stimulate digestive organs. Other beneficial asanas included Malasana (Garland Pose) and Trikonasana (Triangle Pose), which enhance bowel function. He also discussed the importance of Vajrasana (Thunderbolt Pose) when practiced after meals to aid digestion. The pranayama techniques presented included Kapalbhati, Anulom Vilom, Bhastrika, and Agnisara Kriya, all of which contribute to improved digestion and detoxification. In addition to yoga, the seminar highlighted several homemade remedies for managing constipation. Participants were encouraged to stay hydrated by drinking 6-8 glasses of water daily, and to include high-fiber foods in their diets, such as fruits, vegetables, and whole grains. Specific remedies like psyllium husk, castor oil, and warm milk

with ghee were discussed for their efficacy in easing constipation. Lifestyle modifications were also emphasized, including establishing a regular toilet routine, engaging in regular exercise, and managing stress through meditation and relaxation techniques. The practical demonstrations of Yoga Asanas and Pranayama were conducted by Narinder Wadhwa, a social activist and Yog Sadhak, alongside Dr. Ravi Kant, a professor at IIT Nagrota, who facilitated meditation practices. The seminar concluded with a lively Q&A session involving participants, including Lavan Gulati, Yesh Paul Sharma, and Anju Bansal. This interactive segment provided an opportunity for attendees to deepen their understanding of constipation and the holistic approaches discussed, ultimately promoting better digestive health within the community.

## Tendulkar to inspire young athletes and sports fans in Texas

■ AGENCY

HOUSTON: The legendary Sachin Tendulkar is set to inspire young athletes during his much-anticipated visit to Texas, where he will lead a special cricket clinic as part of the National Cricket League finals weekend. The clinic, to be hosted at the University of Texas at Dallas, aims to motivate aspiring cricketers and promote the sport at the grassroots level in the U.S. "Cricket has given me so much, and now it's my turn to give back," Tendulkar said ahead of the event slated for Sunday morning. "I'm excited to meet these young players and show them that with hard work and passion, anything is possible." In addition to the clinic, Tendulkar, who made waves with his recent appearance at the iconic TX-OU football game, will also be a special guest at the Dallas Cowboys game on Sunday, further highlighting his high-profile



engagement in the U.S. sports scene. NCL Chairman Arun Agarwal emphasised the significance of Tendulkar's involvement: "This is about more than cricket -- it's about inspiring hope and dreams. Having someone of Sachin's caliber mentoring these kids is a game-changer." The NCL's finals weekend is more than just a cricket tournament. Alongside the matches, fans will enjoy cultural celebrations, live Bollywood performances, and nightly themes, ranging from honoring local heroes to promoting sustainability.

The tournament will conclude on October 14 at UT Dallas. With Tendulkar's participation and the introduction of the innovative 60 Strikes format, designed to engage U.S. sports fans with a fast-paced version of cricket, the NCL is positioning itself as a key player in the growing popularity of cricket in America. The NCL has attracted top cricketing talent, with icons like Sunil Gavaskar, Wasim Akram, and Sir Vivian Richards mentoring players. This season also features stars like Shahid Afridi, Suresh Raina, Shakib Al Hasan, and Chris Lynn, making the NCL a premier event on the global cricket stage. Headquartered in Dallas, the National Cricket League USA is revolutionising cricket in the U.S. with its innovative 'Sixty Strikes' format. The event is endorsed by the ICC and supported by SEE Holdings.

## India allotted ISSF junior world cup next year

■ STATE TIMES NEWS

NEW DELHI: India was on Sunday awarded the hosting rights of ISSF junior world Cup next year by the international shooting federation, with its president Luciano Rossi saying the sport's world governing body will back the country if it is interested in hosting more big-ticket tournaments in near future. Rossi is in the national capital to attend the season-ending World Cup Final of the International Shooting Sport Federation, in which the year's top performers compete against each other. "I would like to congratulate India for their stellar performance at the recently concluded Junior World Championship in Peru. I would also like to inform that

we at ISSF will support India's application to host the Junior World Cup in 2025 and other future international events as and when we are approached by NRAI," Rossi told the media. "India continues to be a significant force in the world of shooting not only with its talented athletes but also through its commitment to expanding the sport's infrastructure and reach," added the ISSF chief. Hosting big-ticket events like the World Cup Final is testament to the efforts put in by everyone involved in the sport, he said. A squad of 23 Indian shooters will be taking on the world's shooting elite in the tournament starting from Tuesday at Dr Karni Singh Ranges.

The National Rifle Association of India (NRAI) president Kalikesh Singh Deo said, "India's growing stature in shooting, has been a result of a focused and collaborative effort by all stakeholders who are creating a strong ecosystem, from grassroots programs to elite training facilities. "Hosting events like the ISSF World Cup Final demonstrates India's ability to elevate shooting sport globally. "We are committed to bringing world events on a regular basis, not only to help boost the confidence of the Indian team, but also help upcoming generations be inspired by watching their favourite stars in live action in front of them," Singh Deo said.

## India’s brand of cricket makes it very difficult for touring teams: NZ coach Stead

■ STATE TIMES NEWS

BENGALURU: Injuries to key players don't affect the India and the brand of cricket they play in their backyard makes it "very difficult" for visiting teams, New Zealand head coach Gary Stead here on Sunday. New Zealand will take on India in a three-Test series, which pacer Mohammed Shami is set to miss. The series-opener will begin here on Wednesday. Stead said the depth in talent in Indian cricket ensures that the national side remains unaffected by the unavailability of players. "If they have an injury it does not seem to affect them like other teams. There is someone else who can come in who is

equally adept," Stead told the media here. "They have the mass of numbers they can call, but they are also very skilful and are an experienced team with a lot of 'Test caps.' "They play a brand of cricket that makes it very difficult for you over here, but that is the challenge that is ahead of us," he added. Stead revealed former captain Tim Southee, whose position in the playing XI is being debated in the Kiwis camp ahead of the series, is working with footage from previous India tours. "From my conversations with Tim, he recognised he has not been at his best but there is certainly no desire to not get back there," the New Zealand coach

said. "He is working hard in the background, he is doing everything he can and trying to rediscover what that little thing he feels is missing is." "There is a couple of little technical points Tim is working on. He is working with (Jacob) Oram around them. We have looked back at quite a bit of video from previous years and times he has played in India and had success." "It is just (about) trying to rediscover that and find a little bit, I guess you could call it snap back into his action." Stead said Southee, who stepped down as New Zealand captain ahead of the India tour, took the decision in the "best interests" of the team. He said, "Like all Test tours

and series, we have reviews at the end of it and Tim and I had a conversation around it, then he made the decision to stand down." "He thought it was in the best interests of the team. I supported his decision around that." Stead says Southee's resignation allows the management to look at other options. "It allows different players to be considered in roles and as a selector and coach you are always trying to put what you think is the very best team out there," he said. "With Tim as captain, he was the guy who was starting for us and leading that team and think we were always looking at the options that were best for the team going forward."

## Mahela Jayawardene returns to Mumbai Indians as head coach

■ STATE TIMES NEWS MUMBAI: The five-time Indian Premier League winners Mumbai Indians on Sunday announced roping in former Sri Lanka captain Mahela Jayawardene as their head coach with a major overhaul on the horizon with a mega auction to follow. Jayawardene has had a similar role with the franchise from 2017-2022 and oversaw their title-winning campaigns in 2017, 2019 and 2020-21. Jayawardene replaces former South African wicketkeeper-batter Mark Boucher who had a two-year stint as MI's head coach in 2023 and 2024.



Mumbai Indians qualified for the knockouts in the 2023 edition but endured a poor run this year, finishing last with only four wins in 14 matches. "My journey within the MI family has always been one of evolution. In 2017, the focus was on bringing together a talented group of individuals to play the best cricket ever and we did very well," Jayawardene said in a release issued by the franchise. "Now to return, at the same moment in history, where we look ahead at the future and the opportunity to further strengthen the love of MI, build on the vision of the owners, and continue to add to the history of Mumbai Indians, is an exciting challenge I am looking forward to," he added. Jayawardene became MI's global head of cricket and saw the expansion of the franchise's other teams. He worked with the coaching staff as MI (WPL), MI NY (MLC) and MIW (ILT20) won a trophy each. "With our global teams having found their footing within their ecosystems, the opportunity to bring him back to MI arose," said team owner Akash Ambani.

## ISSF World Cup Final: After Paris high, India look to continue momentum at home

■ STATE TIMES NEWS

NEW DELHI: The absence of the Paris Olympic medallists notwithstanding, hosts India will not be short on firepower when they compete in the season-ending World Cup Final, starting here from Tuesday, with Rhythm Sangvan headlining a 23-member squad. The Paris Olympics medallists automatically qualify for the tournament, but Manu Bhaker, Sarabjot Singh and Swapnil Kusale, who won the bronze, have opted to skip the event to be staged at the Dr. Karni Singh Range. Besides Rhythm, rising stars such as Ganemat Sekhon (women's skeet) and Sonam Maskar (women's 10m air rifle) will look to excel in the tournament, having earned their spots based on world rankings. The Indian squad features nine athletes from the 2024

Paris Olympics, including Arjun Babuta (men's 10m air rifle), Anish Bhanwala (men's 25m rapid fire pistol). Rhythm will compete in both the women's 10m air pistol and 25m pistol events. The other Olympians in the squad include Mairaj Ahmad Khan (men's skeet), Divyansh Singh Panwar (men's 10m air rifle), and Chain Singh (men's 50m rifle 3 positions). Also ready to shoot in the World Cup Final are Arjun Singh Cheema (men's 10m air pistol), Vijayveer Sidhu (men's 25m rapid fire pistol), Anantjeet Singh Narukha (men's skeet), Maheshwari Chauhan (women's skeet), Rajeshwari Kumari (women's trap) and Shreyasi Singh (women's trap). All these shooters competed in the Paris Games. There are four finals lined up on each of the three competi-

tion days in this traditional ISSF season-ending showdown between the best in the world. Due to host country norms, a minimum of two Indian shooters will be in action in each of the 12 individual Olympic events on the roster. Action begins on Tuesday with the 10m air rifle women being the first final on the schedule, followed by the men's final. The 10m air pistol men and women's finals are also lined up on day one. All the finals will be preceded by qualification rounds. 131 of the world's top shooters from 37 countries including multiple reigning Olympic champions participate in the competition which will determine the year's best performers in each of the 12 individual Olympic events. The world's top six athletes of the combined six ISSF

World Cup stages held throughout year, along with Paris Olympic medallists, defending ISSF World Cup Final champions and reigning world champions have achieved direct qualification in each of the 12 events. Three events -- men's 10m air pistol, men's trap and women's 25m pistol -- will see all three Paris Olympic medallists compete for the top prize of 5000 euros. All reigning champions from the previous year in Doha will also be there to defend their titles. President of the International Shooting Sport Federation (ISSF), Luciano Rossi, who is in the capital to attend the tournament, hailed India's role in the growth of the sport. "We're excited to be in India for the ISSF World Cup Final, one of the most dedicated

shooting sport nations in the world," said Rossi. "After a successful season for our athletes and a wonderful Olympic Games in Paris, this is the perfect opportunity for all to finish the season on a high," he added. National Rifle Association of India's (NRAI) secretary general K Sultan Singh said, "Shooting sport has been witnessing huge rise in popularity and passion amongst the youth, women and specially abled athletes in the country which can be gauged by the laurels which has been achieved at the Olympics, Paralympics and continental championships. "We wish all the participants the very best and immensely thank the ISSF and the government of India for all their support in hosting and organising the ISSF World Cup Final in New Delhi."

## Shraddha beats Kirti in third round of All India FIDE Rating Open Chess

■ STATE TIMES NEWS

MUMBAI: Shraddha Padvekar (3 points) defeated Woman Candidate Master Kriti Patel (2 points) in a third-round match of the All India FIDE Rating Open Chess Tournament here on Sunday. The Palghar-based Shraddha (rating 1588) started with the English opening, while Kirti (1829) opted for a neo-Catalan defence in their contest. Shraddha was able to come out on top against Kirti, who had recorded impressive victories earlier, to win in 63 moves on the sixth board. Delhi's Arena International Master Saikat Nath (2 points) and Mumbai's International Master Vikramaditya Kulkarni (2 points) maintained their winning form, recording their third successive wins. AIM Nath (1829) defeated Mumbai's Shravana Agraval (1582) on the seventh board, while IM Vikramaditya (2185) brushed aside the challenge from Agharkar Shriyans (1612) on the top board. Top 10 results (round-3): Agharkar Shriyans (2) lost to IM Vikramaditya Kulkarni (2) 0-1; Atharv Soni (2) drew with Shubham Baviskar (2) 0.5-0.5; Shubham Kanade (2) lost to Yash Watarkar (2) 0-1; Sanjeev Mishra (2) beat Hridaan A Shah (2) 1-0; Manya Balani (2) lost to Arnab Kherdekar (2) 0-1; Shraddha Padvekar (2) beat WCM Kriti Patel (2) 1-0; AIM Saikat Nath (2) beat Shravana Agraval (2) 1-0; Yuti Patel (2) beat Yash Kapadi (2) 1-0; Om Gada (2) beat Dhruv Tahilianey (2) 1-0; Sunil Vaidya (2) lost to Darsh Shetty (2) 0-1.

## India's Tanya Hemanth wins women's singles title at Bendigo International Challenge in Australia

■ STATE TIMES NEWS

BENDIGO: India's Tanya Hemanth beat Tung Ciou-Tong of Chinese Taipei in straight games to win the women's singles title at the Bendigo International Challenge badminton tournament title, here on Sunday. The second seeded Tanya beat her opponent Tung, seeded sixth in the tournament, 21-17, 21-17 in the women's singles final that lasted 41 minutes. This was 21-year-old Tanya's third international title and first of the year. She finished runner-up at the Polish Open and Azerbaijan International in 2024. She won titles at the India International in 2022 and Iran Fajr International in 2023.

## India clinch double podium, Iran tops AEF Cup standings

■ STATE TIMES NEWS

BENGALURU: Indian riders Surya Aditya and Avik Bhatia secured the silver and bronze medals respectively while Iran's Yazdan Mollaafzal took the top spot at the AEF Cup CSIY-B held at Surge Stable here Sunday. Surya, who had earlier secured the silver medal in Round 1 on Saturday, maintained his strong form to

claim the overall silver in the competition. Meanwhile, 16-year-old Avik made an outstanding comeback after finishing eighth in Round 1 by grabbing silver in Round 2. His impressive performance in Round 2 helped him secure the bronze in the overall standings. Avik completed a clean jumping run in 86.43 seconds, which was faster than

Iran's Yazdan Mollaafzal, but penalties incurred for touching obstacles during the jump-off affected his final placement. On Day 2, Avik initially led the jumping event, but it was Yazdan Mollaafzal who ultimately claimed the gold medal with a flawless, penalty-free performance in the jump-off, clocking in at 60.32 seconds. Cambodian rider Menglong

Rinda completed the podium in Round 2, finishing the course in 79.58 seconds with 4 penalty points. Out of the 12 riders who began the competition, 11 participated in Round 2, as Kuwait's Madhy A A H Alkhamis withdrew from the event. Riders from Pakistan, Uzbekistan, and Chinese Taipei-Muhammad Khan Niazi, Thisiya Lokteva, and

Asato Anami-were eliminated over the two days for not completing their respective rounds. Hong Kong's Fabiola Chong and Thailand's Papungkorn Pabbannam placed fifth and sixth, respectively, with Myanmar's Kyaw Wana Aung and Malaysia's Muhammad Nazirul Amsyar following closely behind in the overall rankings.