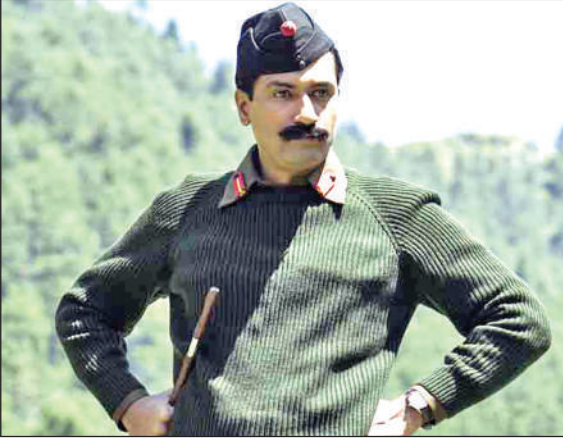


Saalar: How Prabhas' co star Prithviraj Sukumaran got him on board, told him 'this is the film you need right now'



Saalar is a very important film for Prabhas right now? The actor who made a smashing debut with Baahubali in Bollywood has been struggling to make a mark at the box office ever since then. His back-to-back releases failed to impress the audience and were even not blockbusters like expected from the pan-India star. Hence, Saalar makes a critical film for Prabhas. Saalar is all set to release on December 22, 2023. But the makers of Saalar are confident, and in the latest conversation, Prabhas' co-star and south star Prithviraj Sukumaran revealed that he asked Prabhas to do Saalar and mentioned why it is the film that he needs right now. Prithviraj revealed how he called up Prabhas after listening to the narration and mentioned being excited about doing this film with him. And he should definitely do this kind of film. Even as a filmmaker, he too is excited to see Prabhas in this space. "He is one of those huge stars who are delightfully unaware of their own stardom. He will be on set and will be the last person to sit down. If another actor doesn't have a chair, he will keep standing until they don't get one. He is a gentleman. Never once did I feel that I was in another industry, so I am not the lead star on a set. That thought didn't even cross my mind. Prabhas is a big star but comfortable and secure enough to have another actor play such a big role, have screen time, and have so much importance throughout the film." Adding why Prabhas feels he should do these big-budget films, Prithviraj said, "When I talk to him about the films that he wants to do, he keeps telling me, 'Sir, it's kind of a trap after Baahubali. I keep getting pushed to these big-ticket, Rs 400-500 crore films, but as an actor, I also want to try different things; I want to do a love story, a comedy.' It is amazing he thinks that way."

Sam Bahadur becomes Vicky Kaushal's third ever film to cross 100 crore; is this the secret?



a Pakistani officer in order to reveal secret information for her country.

Meghna Gulzar directorial Sam Bahadur becomes Vicky Kaushal's third film to cross the coveted 100 crore mark globally at the box office. Sam Bahadur, which was released on December 1, 2023, along with Ranbir Kapoor starrer Animal, had a decent box office opening. The film which miserably failed in front of Animal at the box office however has now crossed the 100-crore mark. Let us tell you it's not the first time that Vicky Kaushal's film has crossed the coveted mark. Prior to that, Vicky's two films have achieved the same success. But do you know there is a common factor between all the three films. Vicky Kaushal's films Uri: The Surgical strike, Raazi and Sam Bahadur has crossed the 100-crore mark globally at the box office. However, the common factor binding all the three films is the story being based on India Pakistan relation. Yes, you heard it right. Uri was based on the real-life incident of the 2016 Uri attack, Raazi was again based on the real-life story of a female Indian raw agent who marries

Animal star Tripti Dimri finds love again after breakup with Anushka Sharma's brother?



Tripti Dimri is ruling hearts with her performance in Sandeep Reddy Vanga's Animal. She has been loved and people cannot stop praising her for her performance opposite Ranbir Kapoor. The diva has had some bold scenes in the film and many even trolled her for it but the love has been much more. She is now the national crush of India and everyone is just talking about Tripti. Animal is a huge hit now and it crossed Rs 500 crore mark in just 7 days worldwide. The film is the talk of the town and it also stars Rashmika Mandanna, Bobby Deol, Anil Kapoor and others. Tripti is now the new topic of discussion and people want to know everything about the lady. Just like her success in the entertainment industry, she is having changes in her personal life too. There are rumours that Tripti has found love. Tripti recently shared a series of pictures on her Instagram stories. The pictures are from a wedding and the lady looked stunning a gorgeous white lehenga. In one of the pictures, Tripti shared a picture with Sam Merchant and there have been rumours that the two are romantically involved.

Immunity boosting yoga asanas for a disease-free winter



Winter's around the corner, and you must be looking for ways to boost your immunity to help keep illness at bay. While yoga alone cannot guarantee immunity or prevent diseases, it can contribute to overall health and well-being, including supporting the immune system. Here are some yoga asanas (postures) that may help enhance immunity and promote general health during the winter season: **Immunity building yoga poses** Himalayan Siddhaa Akshar, Founder of Akshar Yoga Kendraa explains, "You can also practice Surya Namaskar (Sun Salutation). This is a sequence of poses that enhances overall well-being, including immune function: **Tadasana (Mountain Pose):** Stand tall, arms at your sides, and breathe deeply. Strengthens your body and improves circulation. **Adho Mukha Svanasana (Downward-Facing Dog):** Get on your hands and feet, forming an inverted V. Boosts immunity by enhancing blood flow. **Virabhadrasana (Warrior Pose):** Assume a warrior stance,

alternating legs. Strengthens muscles and stimulates the immune system. **Ustrasana (Camel Pose):** Kneel and arch backward, reaching for your heels. Opens up the chest, promoting respiratory health. **Setu Bandhasana (Bridge Pose):** Lie on your back, lift your hips. Strengthens the spine and rejuvenates the immune system. **Bhujangasana (Cobra Pose):** Lie down, lift your chest using your back muscles. Aids in respiratory health and energizes the body. Remember, consistency is key. These simple poses can make a difference in building resilience against winter ailments **Yoga to bolster immunity** To keep our health in check, we need to give our immune system a little boost. That's where yoga comes to the rescue. By adding yoga to our daily routine, we can be better prepared for the winter challenges. Here are some yoga poses that can give our immune system a nice nudge. Include these yoga poses: Surya Namaskar, Adho Mukha Svanasana, Bhujangasana,

Anjaneyasana, Tadasana, and Paschimottasana. **Follow breathing exercises** The way you breathe during these yoga poses can play a significant role in boosting your immunity. Breathing exercises, such as Pranayama, are not just good for your lungs; they are incredibly important for maintaining overall good health, especially during the chilly months of winter. Pranayama with a focus on conscious and controlled breathing, helps oxygenate your body, calms your mind, and recharges our immune system. That's not all. Alongside your yoga routine, make sure to get plenty of sleep. Quality sleep supports your body's restorative processes, allowing your immune system to function optimally. They help your body absorb fat-soluble vitamins and provide an energy source that keeps you warm and active. Don't forget to include healthy fats in your diet, and consider exploring abhyanga, a self-massage technique with oil from Ayurveda, to keep your body well-nourished.

DB upholds CAT judgement setting-aside order cancelling selection of jail warden

■ **STATE TIMES NEWS** JAMMU: A Division Bench of Jammu & Kashmir and Ladakh High Court Comprising Justice Tashi Rabstan and Justice Rajesh Sekhri dismissed the petition of UT and upheld the judgment of Central Administrative Tribunal whereby CAT had set-aside the impugned order No. 134-Home of 2019 dated 6th February, 2019 passed by Principal Secretary to Government, Home Department, Government of J&K cancelling the process of selection initiated pursuant to Advertisement Notification No. 539 of 2005 dated 25th August, 2005 for the post of Jail Warden. DB after hearing Sr. AAG Monika Kohli for the UT whereas Advocates Anuj Dewan Raina, Rajiv Gorkha,

Mohd. Salim Malik and Mazhar Ali Khan for the respondents, observed that looking to the plight of candidates-respondents herein, one cannot expect such an apathy from the Government or the Police Department or the petitioners-authorities herein that the 73 posts of Warders advertised in August 2005 have still not been filled up even after a lapse of more than eighteen years, least bothering that all the candidates-respondents herein must have crossed the age bar as of now and are still running from pillar to post, still with a fading hope and advancing age that they would be selected and appointed against those posts to meet both ends needs of their families. It is

stated that the said posts have now risen to more than 416 and all are still lying vacant. Further, before con-cluding, it is to be seen here that the learned Tribunal has not determined the rights of the parties and the only direction was to conclude the process of selection. DB does not find any merit in the petitions and the same are, accordingly, dismissed along with connected CMS. The petitioners-authorities herein are directed to go ahead with the selection process further and conclude the same positively within a period of three months from the date a certified copy of this judgment is made available to them against proper receipt. In the event of selection/appointment of candi-

dates-respondents herein, they shall be entitled to all consequential benefits minus the monetary benefit with effect from 16th September, 2013, i.e., when SWP No.1953/2013 came to be filed. They, however, shall be entitled to monetary benefits with effect from 1st April, 2024. While concluding the selection process, the petitioners-authorities are expected to take a sympathetic view as the candidates-respondents herein must have crossed the age bar and have no scope to get another job as the posts were advertised in the year 2005 as also that the adhoc Warders have already been regularized by the authorities, besides the posts have also been increased to many fold.

Dr Jitendra updates Rajya Sabha about 'Artificial Intelligence' related initiatives



Union Minister Dr. Jitendra Singh speaking in the Rajya Sabha on Thursday.

■ **STATE TIMES NEWS** NEW DELHI: Union Minister, Dr Jitendra Singh, in a reply in the Rajya Sabha on Thursday, updated the House about a series of "Artificial Intelligence" (AI) related initiatives undertaken in the recent years. Since the member asking the question wanted to know specifically about the "Artificial Intelligence" related projects taken up by the Department of Atomic Energy in the last five years, the Minister stated that the The Department of Atomic Energy (DAE) has undertaken a number of "Artificial Intelligence" (AI) and Machine Learning (ML) based research in last five years. In addition, Dr Jitendra stated, there are other AI related research areas such as Human Interface Development,

to identify the near optimal value of the operating parameters of the electron synchrotrons for control system of Accelerators, An operating support system developed using Swarm intelligence and AI-based expert system to maximize the beam injection efficiency without operator intervention for control system of Accelerators, AI and ML algorithms/methodologies are used in Machine Vision based Inspection systems for inspection & quality control of Nuclear Fuel & Nuclear Fuel Assembly Components. Artificial Intelligence and Machine Learning related research is carried out through projects in the last five years. 3 Projects costing Rs. 180 crores were under execution and around Rs. 53 crores have been utilized.

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Notification

Sub:- Extension Notice for submission of online Forms for Classes 10th, 11th and 12th Annual Regular) Examination 2024 and Renewal Registration Returns of Classes 11th and 12th.

In continuation to this office notification No: F(Acad-C)Ext/X/XI/XII/Exam/RR/2024 dated: 13-12-2023, it is hereby notified for the Information of all concerned that the dates for submission of online Forms for Classes 10th, 11th and 12th Annual (Regular) Examination 2024 and Renewal Registration Returns of Classes 11th and 12th of UT's of J&K/ ladakh are extended as per the details below:-

For SSE (Class 10th)			
S. No.	Description	Prescribed Fee per candidate	Date of Closing of link/Last date
01	Submission of Examination Forms for Annual (Regular) 2024 without late Fee for Candidates with five (05 compulsory subjects)	Rs. 1120/-	27th of December, 2023
	Candidates with additional/ optional subject(s) 5+	Rs.1320/-	
With late Fee			
02.	First count of 05 days i.e. 28th of December, 2023 to 1st of January, 2024, with late Fee of Rs.735/- (For five Subjects only)	Rs.1120+735= Rs.1855/-	1st of January, 2024
	For 5+subject(s)	Rs.1320+ 735=Rs.2055/-	
03.	2nd count of 05 days i.e. 2nd of January, 2024 to 6th of January 2024 with late Fee of Rs.1890/- (For five subjects only)	Rs.1120+1890 = Rs.3010/-	6th of January, 2024
	For 5+subject(s)	Rs.1320+1890= Rs.3210/-	
For Class 11th and 12th			
S. No.	Description	Prescribed Fee per candidate	Date of opening /closing of link
01	Submission of Examination Forms for Annual (Regular) 2024 without late Fee for Candidates with five (05) compulsory subjects	Rs.1300/-	(Link shall remain open for Renewal Registration upto 29th of Dec. 2023 and for submission of examination Forms shall open w.e.f. 30th of December, 2023 to 4th of January 2024 in respect of Classes 11th and 12th)
	Candidates with additional subject(s) 5+	Rs.1530/-	
Note: The Link for submission of online examination Forms for classes 11th and 12th shall remain open w.e.f 30th of December 2023 to 4th of January 2024, and the link for Renewal Registration for classes 11th and 12th shall remain open upto 29th of December of 2023.			
With Late Fee			
02	First count of 05 days i.e. of 5th of January, 2024 to 1st of January, 2024, with late Fee of Rs.735/- (For five Subjects only)	Rs.1300+735= Rs.2035/-	9th of January 2024
	For 05+subject(s)	Rs.1530+735 = Rs.2265/-	
03	2nd count of 05 days i.e. of 10th of January, 2024, to 14th of January, 2024, with late Fee of Rs.1890/- (For five subjects only)	Rs.1300+1890 = Rs.3190/-	14th of January 2024.
	For 05+subject(s)	Rs.1530+1890 = Rs.3420/-	

Extension in Renewal Registration Returns of Classes 11th and 12th

S.No.	Description	Total Fee	Dated of Opening of link	Dated of closing of link
1	Submission of Renewal Registration Returns by the on-roll eligible Students of Class 11th and 12th for the Academic Session 2023-24.	Rs.210/-per candidate	17-12-2023	29-12-2023

Note: Other Instructions and guidelines mentioned In earlier notifications shall remain unchanged.

No: F (Acad-C)Ext-3 /X/XI/XII/Exam/RR/2024.
Dated: 20-12-2023
DIP/J-4600-P/23
Dated: 21-12-2023

Sd/-
Director Academics

