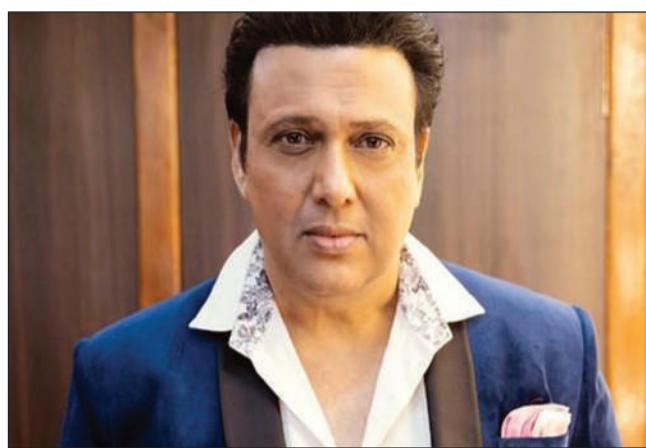


Govinda is all praise for Ranveer Singh and Jacqueline Fernandez; here's why



Govinda ruled the silver screens in the 80s and 90s, and his pairing with Karisma Kapoor was loved by one and all. The two have starred in many films together, and recently, they also featured in an advertisement for a restaurant chain brand. Govinda and Karisma's songs are still remembered by their fans and the dance moves of the actors were simply amazing in those tracks. Recently, in an interview, when Govinda was asked who would take his and Karisma's place, the actor took Ranveer Singh and Jacqueline Fernandez's names.

Govinda said, "I think today, from the younger crop - Ranveer Singh and Jacqueline Fernandez are both a class apart when it comes to dancing. I think they would make a great Jodi as well." Interestingly, we will get to watch Jacqueline and Ranveer as a jodi on the big screen in Rohit Shetty's *Cirkus*.

When further asked about his favourite actor from the younger generation, he said, "Ranveer Singh is hands down my favourite actor among today's crop of stars. I feel like he shares the same kind of energy and zest as I do. He's extremely hard-working."

Ranveer has always stated that he is a big fan of Govinda. Earlier this year, when Govinda had come on Ranveer's show *The Big Picture*, the Padmaavat actor had introduced the veteran actor as, "Aaj yaha iss manch par, iss shubh din par, shubh asan par, mere Bhagwan khud aane wale hai. The one and only, the Hero No. 1, Govinda." In the interview, the actor revealed, "Times have definitely changed since we started out, and things have evolved to a point where success is built on OTT platforms today. OTT is a platform for all kinds of artists, and I would really love to explore the OTT space as an actor."

10 easy tips to strengthen your nails

Do you fancy long and strong nails? Well, who doesn't! but guess what! It's not easy to achieve the nails of your dreams. But it's not impossible. A few tips and tricks can help to grow some beautiful nails which are not just beautiful but equally strong. Here are a few tips that you can follow.

Lemon juice

Vitamin C is considered to be really helpful in the growth of nails. All you need is a lemon wedge and you just need to rub it on your finger nails and toe nails, at least once a day. Rub it for five minutes and then rinse with warm water. It will help your nails to grow and it will also keep them clean and bacteria free.

Coconut oil Massaging

Coconut oil Massaging your nails with warm coconut oil can promote nail growth. Coconut oil is filled with Vitamin E and is a great source of antioxidants. Massage your finger nails with coconut oil every night before sleep and you will eventually see the difference.

Orange juice

Oranges helps in collagen production. Collagen is an important agent that helps in nail growth and adds to the vitality of nails. The antioxidant properties of orange also keep any infections at bay. Take some orange juice in a bowl and soak your nails for around 10 minutes. Rinse it with warm water and moisturise effectively. Try to do this once a day at least for desired results.

CRIME REPORT

Abducted girl, mentally-challenged woman reunited with families

STATE TIMES NEWS

JAMMU: A 15-year-old abducted girl and a mentally-challenged woman were reunited on Sunday with their families in Samba and Kathua districts, police said. A teenager girl was recovered from Doda, five days after she went missing from Bari Brahma, a police spokesman said. A complaint was lodged by her father on March 22, alleging that his daughter has been kidnapped by some unknown persons, the spokesman said. Though police has recovered the girl, it is yet to trace the culprits, he said, adding the investigation is going on in the matter.

Meanwhile, a mentally-challenged woman, Rano Devi, hailing from Kathua was also found wandering around Rattan Palace in Bari Brahma area by a police patrolling party, he said. She was handed-over to her husband, Kartar Chand after completion of legal formalities, the spokesman added.

Bootlegger arrested, illicit liquor recovered

STATE TIMES NEWS

SOPORE: Acting tough against social crimes, Police on Sunday arrested a bootlegger and recovered illicit liquor from his possession.

As per details, a party of Police Station Tarzoo at a checkpoint established at Amargrah intercepted a suspect identified as Mushtaq Ahmad Sofi, son of Ghulam Nabi Sofi, resident of Khushal Colony, Sopore. On checking, illicit liquor was recovered from his possession. He was arrested and shifted to police station where he remained in custody. Accordingly a case under relevant sections of law was registered in Police Station and investigation started.

Two narco-smugglers arrested with 40 gm heroin

STATE TIMES NEWS

JAMMU: Continuing its drive against drug trafficking and substance abuse, Police on Sunday recovered 40 gm heroin from two accused near Sehora bridge area of Gangyal.

As per details, a team of Police Station Gangyal constituted under the supervision of SDPO South Sachiit Sharma and led by SHO Gangyal Inspector Joginder Singh Chib while on Naka checking duty near Sehora bridge area rounded up two suspects in a vehicle (DL6CL 1355). On search, 40 gm heroin was recovered from their possession. The accused were later identified as Rayees Ahmed Khan, son of Wazir Ahmed Khan, resident of Boniyar Tehsil Baramulla and Shahid Qayoom, son of Abdul Qayoom, resident of Trikanan Baramulla. Duo was arrested and FIR No. 35/2022 under sections 8/21/22/25/29 of NDPS Act was registered at Police Station Gangyal.



Maharani season 2: Huma Qureshi shares latest update of her eagerly anticipated web series



Huma Qureshi starrrer *Maharani* season 2 has wrapped up its final shooting schedule and it's now over to the post-production work of the

eagerly anticipated web series. The Sony LIV original show has been shot Bhopal, Hoshangabad, and Jammu and Kashmir, with Huma's last schedule being shot in the J&K. In fact, a visibly elated Huma Qureshi couldn't hold back her sense of euphoria after canning her final shot for *Maharani*, and shared some interesting updates about the second season of her show.

Opening up first and foremost about her experience of shooting in Jammu and Kashmir, Huma Qureshi simply said in two words, without an iota of hesitation, "Beautiful and gorgeous." Elaborating on why the team shifted away from the normal milieu of the central and north hinterlands of India, and decided to shoot in Jammu and Kashmir, the actress added, "Jammu was a short schedule, but nevertheless plays a crucial role in the storyline."

Huma Qureshi also dropped a small hint about what viewers could expect from season 2, including a feeler of some major twists and turns lying in wait. "Season 2 will be bigger and better, with a lot of twists and turns," she said.

Anushka Sharma steps away from her production house; says, 'Being a new mother...'

In 2013, Anushka Sharma and her brother Karnesh Sharma launched their production house named Clean Slate Filmz. They have produced movies and web series like NH10, Phillauri, Paatal Lok, and others. Currently, also, the production house is backing many interesting projects, but Anushka has decided to step away from her production house. The actress took to Twitter to inform her fans about it. In a statement, she has revealed that as she is a new mother, whatever time she will have in her hand, she wants to dedicate to her first love acting.

Anushka tweeted, "Onwards and Upwards #KarneshSSharma @OfficialCSfilmz ! My best wishes are always with you!" The statement read, "When I started Clean Slate Filmz with my brother Karnesh Sharma, we were novices when it came to production but we had a fire in our belly and we wanted to try and set the agenda of entertainment in India through clutter-breaking content. Today, when I look back at our journey so far, I'm deeply proud of what we have created and the disruption that we have managed to achieve. While CSF started with my vision

to change the narrative of what commercial projects should be like, I have to credit Karnesh who has excelled in shaping what CSF has become today."



6 signs that indicates you need to increase your zinc intake

Our body requires different kinds of minerals and vitamins in certain amounts to keep the internal function going. When any nutrient is not made available to it in the required quantity, it leads to disturbance in the overall functioning and the signs can be visible in different parts of our body. Zinc is one of the minerals required by our body to activate over 300 enzymes that work to build immunity, cell division, cell growth and proteins and DNA synthesis. Found in a limited quantity in foods we eat, our body cannot store this nutrient. That means it needs to be consumed regularly. Men above 14 years must consume 11 mg of zinc daily, while women above 14 need 8 mg. For pregnant women, the recommended daily intake of zinc is 11 mg and for breastfeeding women, it is 12 mg. Here are some signs that you need to increase your zinc intake.

Slow wound healing

One of the crucial roles of zinc is to keep your skin healthy and promote proper blood clotting. But when you do not take zinc in a sufficient amount it makes it difficult for your wound to heal. Acne outbreak is also caused by zinc deficiency. The supplement is prescribed to heal stubborn wounds.

Weight loss

Low zinc intake can also lead to a change in appetite leading to weight loss. It is good to shed kilos when you are overweight, but losing too much weight also invites other health issues. Even when trying to shed kilos, you need to have all kinds of micronutrients to keep your internal function working. Weight

loss caused by nutrient deficiency is unhealthy.

Hair loss

Stress, poor scalp hygiene and insufficient intake of healthy nutrients all can lead to hair loss. Hair breakage, hair fall and hair thinning can be a result of zinc deficiency. Increasing the intake of this nutrient can help to prevent hair loss and improve the quality of hair. So, if you are facing hair issues lately, first increase your zinc intake.

Cold

Zinc is an essential nutrient that helps to build immunity and cut down the risk of chronic disease. Low zinc intake can make you more prone to infections and illness. If you feel colder than other people and fall ill often, then it can be a sign of zinc deficiency. Increasing the intake of zinc can also help to recover from cold faster than normal.

Blurry vision

The trace mineral is also required for healthy vision. When our body does not get a sufficient amount of zinc regularly, it alters our vision. It results in blurry vision, squinting and low vision. A sufficient intake of zinc keeps your vision in check. Zinc and Vitamin A are two nutrients required for a healthy vision.

Brain fog

Do you feel confused or find it hard to concentrate on your work often? If yes, check your daily zinc intake level. Food low in zinc can lead to brain fog, making it difficult to focus on the task at hand. It can also be responsible for memory problems.

Major crackdown on bovine smuggling, 203 cattle rescued, 12 smugglers arrested

STATE TIMES NEWS

RAMBAN: In a major crackdown against bovine smuggling, Ramban police on Sunday rescued 203 bovines, arrested 12 smugglers and seized 12 vehicles.

As per details, acting on a specific inputs of transportation of bovine animals, a party from Police Station Batote intercepted eight vehicles (JK02 AA 2410, JK03 D 7802, JK03 G 2564, JK02 AR 9187, JK03 B 3738, JK02 BU 6102, JK14 E 7911 & JK14 E 9073) and found 113 bovines laden in them, which were rescued. The drivers of the vehicles were arrested on spot and vehicles were seized. FIR Nos 46, 47, 48, 49, 50, 51, 52 & 53/2022 under sections 188 of IPC, 11 of PCA Act was registered in Police Station Batote.

In another incident, a party from Police Station Ramban intercepted four trucks (JK05 C 0939, JK02 AV 8887, JK18 A 1012 & JK02 A 1311) and found 90 bovines laden in them, which were rescued. The drivers of vehicles were arrested on spot, vehicles were seized and FIR Nos 95, 96, 97 & 98/2022 under section 188 of IPC, 11 of PCA Act was registered in Police Station Ramban. The overall rescue operation was carried out by police parties under command of Insp Sandeep Charak SHO Ramban and Insp Sudhir Sadotra SHO Batote, under supervision of Pardeep Singh Sen, DySP Hqrs Ramban with overall supervision of SSP Ramban, Mohita Sharma.

2 vehicles seized for illegal mining

STATE TIMES NEWS

KISHWAR: Police launched a special drive against illegal mining to foil degradation of the river and other Nullahs of Kishtwar district which makes them vulnerable to flood, besides affecting eco-balance and endangering habitations located nearby. In this regard different Nakas were established by SHO Atholi Insp Vilas Jasrota at different locations of Atholi Padder area and 2 Mahindra Bolero (JK17-8554 & JK17-9930) were seized. The arrested drivers and co-drivers were identified as Ram Jou, son of Prem Nath, resident of Matti Padder; Pawan Kumar, son of Saroop Chand, resident of Sazar Padder and Sarwan, son of Bhupu Ram, resident of Tiwari Padder. FIR Nos 12, 13/2022 under relevant sections of law were registered at Police Station Atholi.

Car lifter nabbed, stolen vehicle recovered

STATE TIMES NEWS

JAMMU: Police on Sunday solved a theft case within 24 hours by arresting thief and recovered stolen car on his disclosure.

As per details, a complaint was lodged at Police Station Channi Himmat by one Asif Azad, resident of Surjwan, Jammu stating that his car Creta (PB02CN 3636) has been stolen by some unknown person/persons from his house. On this a case, FIR No 42/2022 under relevant sections of law was registered and investigation was initiated. After this, a team of Police Station Channi Himmat under supervision of SDPO East Syed Zaheer Abbas Jafari led by SHO Channi Himmat Insp Deepak Katoch assisted by Incharge Police Post Chatta PSI Arun Shah, after putting in strenuous efforts, rounded up a suspect namely Satbeer Singh, son of Karna Singh, resident of Mattam, Anantnag from Ludhiana, Punjab. During intensive questioning, the accused confessed his involvement in crime and on his disclosure stolen car was also recovered.

Two absconders arrested

STATE TIMES NEWS

JAMMU: Police on Sunday nabbed two absconders who were evading their arrest since long. As per details, an information was received at Police Station Bahu Fort regarding an absconder namely Babli Kumar, son of Lal Chand, resident of Manglamata Nowshera Rajouri who was evading arrest since 10 years i.e., 2012 in three different cases viz FIR No 24/2002 under sections 457/380 of RPC, FIR No 132/2003 under section s457/380

of IPC and FIR No 08/2004 under section 457/380 of RPC registered at Police Station Bahu Fort. On this, a team of Police Station Bahu Fort under supervision of SDPO East Syed Zaheer Abbas Jafari led by SHO Police Station Bahu Fort Inspri Nayat Ali, after putting in strenuous efforts, raided suspected locations and arrested accused.

Meanwhile, Banihal police also arrested an absconder namely Nawaz Ahmed, son of Abdul Nazar, resident of Shopian, who was wanted in FIR No 201/2021 registered under section 379 of IPC at Police Station Banihal.

Man kills brother over trivial issue

STATE TIMES NEWS

UDHAMPUR: A man killed his brother over a trivial issue in Udhampur on Sunday. As per details, Shareef Hussain, son of Ghulam Din, resident of village Uppar Jakhar in Udhampur was hit by his brother with stick after his cattle entered his fields. In attack, Shareef got head injuries and was shifted to hospital where he succumbed to injuries. Police has registered a case and launched manhunt to nab the accused.

Man arrested with country-made pistol

STATE TIMES NEWS

JAMMU: Police on Sunday nabbed a man with country-made pistol in Channi area. As per details, Channi police during patrolling in the area intercepted a suspect and during frisking, a country-made pistol (Desi Katta) was recovered. The accused was arrested and a case under relevant section of law was registered against him. During questioning he disclosed that he was in possession of weapon for his own safety, as he is being harassed by someone.

Five gamblers nabbed

STATE TIMES NEWS

JAMMU: Police on Sunday nabbed five gamblers and recovered stake-money from the spot. As per details, acting on a tip-off, police raided a suspected location and nabbed five persons involved in gambling who were booked under relevant sections of law.

NIA raids Khurram Parvez's residence in Srinagar

STATE TIMES NEWS

SRINAGAR: The National Investigation Agency (NIA) on Sunday raided residence of a jailed man booked in terror funding case in Srinagar. As per details, sleuths of NIA carried out searches at residence of Khurram Parvez in Srinagar, in connection with a case of terror funding already registered.

Driver killed in tractor accident

STATE TIMES NEWS

JAMMU: A driver was killed in a tractor accident in Ramnagar area. As per details, a tractor went out of control in Kulwanta village of Ramnagar due to which it fell into a gorge. The driver got injured and was shifted to hospital where doctors declared him as brought dead. The deceased was identified as Rohit Kumar, son of Ramesh Chander, resident of village Baagnoti, Nowshera.

9-yr old girl crushed by speeding bus; family, locals block NH

STATE TIMES NEWS

KATHUA: A 9 years old girl was crushed to death by a speeding bus in Kathua on Sunday, following which her family members and locals blocked Jammu Pathankot National highway demanding change in bus-routes. As per details, 9 years old Mahi Sharma, daughter of Vinod Sharma, resident of Ward-1 Kathua was walking along roadside with her father and got hit by a speeding bus near Ranjeet resorts due to which she got injured. She was immediately taken to hospital where doctors declared her as brought dead. Irked over death of girl, her parents and locals staged a protest and blocked national highway. They demanded that routes of buses should be changed.