Stress management skill can be developed by **UU** adapting Yogic Way of Life: Justice Tashi

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AAP MP Sanjay Singh gets bail

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Disengagement, de-escalation way forward: Rajnath on eastern Ladakh

NEW DELHI: With the India-China military face-off continuing in Ladakh, Defence Minister Rajnath Singh on Tuesday said Indian troops are standing "firm" and the ongoing talks between the two sides for a peaceful resolution of the matter will continue as disengagement and de-escalation is the way forward.

Addressing top commanders of the Army, Singh reaffirmed the faith of the billionplus citizens in the force as one of the "most trusted and inspiring" organisations in the country.

The Army commanders deliberated extensively on national security challenges along the borders with China and Pakistan and ways to boost the force's overall combat capability.

The defence minister, complimenting the Army leadership for successfully taking ahead the country's defence



Defence Minister Rajnath Singh being welcomed by Chief of Defence Staff General Anil Chauhan as he arrives to attend the Army Commanders' Conference, at the Manekshaw Auditorium, in New Delhi on Tuesday. Army Chief General Manoj Pande is also present.

and security vision to new heights, said the role of the force is very important in nation-building.

In his remarks, Singh also lauded the Border Roads Organisation (BRO), saying its efforts have led to "quantum improvement" in road communication along the western and northern fron-

On the current situation

nearly four years even as the two sides have completed disengagement from several areas following extensive diplomatic and military

Referring to the situation along the borders with Pakistan, Singh complimented the Army's response to cross-border terrorism. adding that the proxy war by the adversary continues.

The defence minister complimented the "excellent synergy" between the Central Armed Police Forces, local police and Army in tackling the menace of terrorism in Jammu and Kashmir.

"The synergised operations in the Union Territory of Jammu and Kashmir are contributing to increased stability in the region and the same should continue," he said. Singh lauded the forces for the high standard of operational preparedness

Three terror associates arrested

■ STATE TIMES NEWS

BARAMULLA: Security forces on Tuesday arrested three terrorist associates Sopore area of Baramulla district, police

A pistol and other incriminating materials were recovered from their possession, a police spokesman said.

He said the security forces established a joint checkpoint and noticed three

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ED attaches properties worth Rs 1.56 Cr

in Srinagar state times news

SRINAGAR: Enforcement Directorate on Tuesday attached properties worth Rs 1.56 crore in Jammu and Kashmir, offi-

The properties include land measuring over 6,000 square feet along with a two-storey residential house and a vehicle belonging to Niamat Ali Bhat, the probe agency said. "ED Srinagar has

LG reviews preparedness for upcoming festivals

Air surcharge 50 paisa for Leh



LG Manoj Sinha chairing high level meeting in Jammu on Tuesday to review preparedness for upcoming festivals.

STATE TIMES NEWS

JAMMU: Lieutenant Governor Manoj Sinha on Tuesday directed the Deputy Senior Superintendents of Police to visit the prominent holy places and take every possible measure to ensure smooth conduct of the fes-

"All the arrangements must be put in place as per the ECI guidelines", he said while chairing a high-level meeting to

review the preparedness of concerned departments and agencies for upcoming Eid, Navratras and

Baisakhi festivals. The meeting was attended by Atal $\bar{\mathrm{D}}$ ulloo, Chief Secretary; RR Swain, Vijay Kumar, ADGP, Armed, Law & Order: Anand ADGP Jammu: Administrative

Secretaries; Divisional Commissioners; Deputy Commissioners and senior officers of Civil and Police administration.

The Lt Governor directed for adequate security arrangements, traffic and crowd management; identification of parking spots; availability of essential items on notified rates, constitution of teams for regular market inspection, un-interrupted water and power supply, medical facilities, fire and emergency services and arrangements for sanita-

the party, and floated his

Terror module busted in Rajouri, Poonch; 3 held

STATE TIMES NEWS

JAMMU: Jammu and Kashmir Police busted a module of Lashkar-e-Toiba (LeT) in the twin border districts of Rajouri and Poonch, arresting three out of seven identified members involved in receiving and distributing arms, ammunition, explosives, cash and narcotics dropped through drones from across the border, officials on Tuesday said.

Police issued a poster with a Rs 10 lakh award for the mastermind of the module, Mohmmad Qasim of LeT based in Pakistan.

"In a planned manner, Zone police and CIB have identi-

vehicle falls into gorge

road and plunged into a deep

gorge in Doda district, police

The accident took place at

Assar-Bulandpur when the

driver lost control of the

vehicle while negotiating a

curve, they said. A rescue

operation was immediately

Arvind Kejriwal 'kingpin',

'key conspirator' in excise

'scam', ED tells Delhi HC

NEW DELHI: The ED on

Tuesday told the Delhi High

Court that Chief Minister

Arvind Kejriwal was the

"kingpin" and the "key con-

spirator" of the "excise scam"

and there were "reasons to

believe" on the basis of mate-

rial in its possession that he was guilty of the offence of

Opposing the $\bar{\text{AAP}}$ leader's

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petition challenging his

arrest by the agency in

money laundering.

STATE TIMES NEWS

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officials said.

launched and the

STATE TIMES NEWS

fied individuals involved in receiving arms, ammunition, IEDs and narcotics dropped through drones from across the border in Rajouri,"

reporters here. "Cases were registered against them and their premises were searched. During the past 24 hours, ten places were searched and seven persons were identified. Three of them were already arrested," he added.

Director General of Police

(DGP) R R Swain told

The DGP said it was proven through evidence that they have received consign-

First LS poll where corrupt people rallying together to stop action on corruption: Modi

STATE TIMES NEWS

along the northern borders,

Singh expressed full confi-

dence that while the troops

are standing firm, the ongo-

ing talks for peaceful resolu-

tion will continue and disen-

gagement and de-escalation

is the way forward, the

defence ministry said in a

The Indian and Chinese

troops have been locked in a

statement.

JAIPUR: Prime Minister Narendra Modi on Tuesday hit out at the opposition INDIA bloc and said this is the first Lok Sabha election in which the corrupt are rallying together to stop action on corruption. He also said Congress leaders are

threatening that if the BJP wins, the country will be on fire. "Modi has been extinguishing such fires for the last 10 years," the prime minister said while addressing a public rally in Rajasthan's Kotputali. Speaking about the country's develop-

ment, Modi said a lot happened in the last 10 years but whatever happened was just a "trailer", a lot still has to be

He asserted that the third term of the



BJP-led government will be about taking "historic decisions".

"This election is to uproot corruption, to fulfil the dream of self-reliant India, to resolve for the prosperity of the farmers and to provide tap water to every household...but the Congress and its INDI Alliance are fighting the elections not for the country but for their own

He said this is the first election in which family-based parties are holding rally after rally to save their families.

"This is the first election in which all corrupt people are rallying together to stop action on corruption. I say remove corruption, they say save the corrupt,"

Modi made the remarks days after the INDIA bloc held a rally in New Delhi to protest against the arrest of Delhi Chief Minister Arvind Kejriwal by the Enforcement Directorate in a money laundering case

"Congress people have started showing their dangerous intentions. This election is very important to save the country's future and to make the lives of future generations prosperous," he said. The prime minister **CONTD ON PAGE 9**

Azad to contest from Anantnag-Rajouri Lok Sabha seat decade-long association with

STATE TIMES NEWS

SRINAGAR: Former chief minister of Jammu and own



Kashmir Ghulam Nabi Azad will contest the Lok Sabha elections from Anantnag -Rajouri constituency, his party DPAP said. 2014 to BJP

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Azad Party (DPAP). "Today the core committee of DPAP met and we have decided that (party president) Ghulam Nabi Azad will contest the Anantnag-Rajouri seat," DPAP leader Taj Mohiuddin told reporters here.

This will be the first Lok Sabha election for Azad lost from Udhampur constituency in leader Azad left the Congress in Jitendra Singh.

Udhampur among India's top 3 districts in

Gangster opens fire on police near GMC 1 dead, another injured as Kathua; killed in retaliation

PSI injured in firing, shifted to GMC Jammu

DODA: A man was killed **STATE TIMES NEWS** and another injured Tuesday when a vehicle skidded off a

KATHUA: A gangster was shot dead by police on late Tuesday night in a shoot-out outside Government Medical College (GMC) Kathua while a Probationer Sub Inspector (PSI) and a Special Police Official (SPO) have received bullet injuries.

In connection with the investigations of a murder case in Samba, a joint police team had laid a trap near Kathua GMC. However, sensing police presence in the area, the gangster opened fire on police team.

In retaliation, the gangster identified as Vasu Dev alias



Police cordoned GMC Kathua campus to trace out slain gangster's accomplices.

was killed on the spot while PSI Deepak Sharma and a SPO have received bullet injuries. PSI Deepak has been referred to GMC Jammu for

police is investigating the mathunt to trap the accomplices of the deceased gangster, wanted

file nomination for

Jammu LS constituency STATE TIMES NEWS

JAMMU: Nine more candidates today filed their nomination papers from Jammu Lok Sabha constituency for second phase of ensuing parliamentary elections scheduled to be held in Jammu and Kashmir on April 26.

The candidates, including Raman Bhalla from Indian National Congress, Ankur Sharma from Ekam Sanatan Bharat Dal (URPP), Swami Divya Nand from J&K Nationalist People's Front; Shikha Bandral from National Awami United Party; independent candidates Raj Kumar,

rural road construction: Dr Jitendra **STATE TIMES NEWS**

UDHAMPUR: Candidate for Udhampur, Doda, Kathua constituency Dr Jitendra Singh said here today that Udhampur has emerged among India's top three districts in rural road construction under Central PMGSY scheme and this has been possible only because of the prioritisation given by the government headed by Prime Minister Narendra Modi in the last 10 years.

Dr Jitendra accused the Congress led governments in the past, including the UPA government from 2004 to



Union Minister Dr. Jitendra Singh addressing public rally at Gordy of district Udhampur on Tuesday.

2014, of following a policy of regional discrimination as a result of which the upper hilly remote areas and far flung peripheral panchayats

district remained unconnected by road because these did not receive the kind of

Five IAF helicopters conduct trial landing, take-off on emergency landing strip on NH

STATE TIMES NEWS

SRINAGAR: Five IAF helicopters, including the recently inducted USmanufactured Chinook, landed on a stretch of the Jammu-Srinagar National Highway as part of an Emergency Landing Facility drill, the first such exercise in Jammu and Kashmir, officials said on Tuesday.

With this, Jammu and Kashmir became the first Union territory to operationalise an Emergency Landing Facility (ELF). Andhra Pradesh, Uttar Pradesh and Rajasthan are the three states where these emergency landing strips are currently opera-

According to the officials, two USmanufactured Chinook, one Russianmade Mi-17 and two Advance Light helicopters (ALH) of the Indian Air Force (IAF) landed on the Wanpoh-Sangam stretch of the national highway linking Kashmir with the rest of



The entire drill ended by 2.50 am, during which the helicopters landed at the stretch and carried an exercise of picking up troops lying on the ground, the officials said, adding the exercise was held without any problems, they

Work on the 3.5-km emergency landing strip was started in 2020 and completed late last year as part of a programme initiated by the IAF along with the Ministry of Road Transport and Highways for the creation of ELFs at different locations across the

Chinook helicopters, which have a top speed of 310 kmph and a travel range of 741 km, are used for heavy lifting and the main cabin can hold over 33 fully-equipped troops. It can also be used for medical evacuation and has space for 24 stretchers.

The Mi-17 helicopters can accommodate up to 35 troops. The ALH is an indigenously developed utility aircraft by Hindustan Aeronautics Limited (HAL) with a twin-engine. It is used for causality evacuation.

These helicopters have been pressed into relief and rescue operations during natural disasters

The ELF drill is to showcase the synergy and liaison between civil agencies, such as the National Highways Authority of India (NHAI), district administration and state police, and the air force towards the conduct of complex multi-faceted activities.

CEO visits Rajouri; reviews preparations for LS polls

STATE TIMES NEWS

RAJOURI: Chief Electoral Officer (CEO), Jammu and Kashmir, Pandurang K. Pole, on Tuesday visited the border district Rajouri to oversee preparations being put in place for the upcoming Parliamentary Polls.

The CEO also assessed the status of District Election team while chairing a review meeting with all the concerned officers. He reviewed arrangements related to the conduct of Lok Sabha Elections 2024 in the district.

During the meeting, the CEO took stock of key aspects of the election preparations.

District Election Officer Rajouri, Om Prakash Bhagat, provided a detailed

PowerPoint Presentation,

landscape of the district. With 680 polling stations and a total of 4,84,725 voters, the electoral framework of the district was underlined, emphasizing a gender ratio of 918. Notably, the status of additions and deletions in the electoral roll over the past two years was also The meeting also reviewed the status of all AMFs on the

elaborating the electoral

essential facilities ensured at all the polling stations. The DEO highlighted the

completion of physical verification of polling stations, ensuring their readiness for the upcoming elections. It was reaffirmed that adequate resources, including Electronic Voting Machines (EVMs) and Voter

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Max: 60 Max: 21.4°C Max : 63 Min: 32 Sunset: 18:51 Hours

Sunrise: 06:17 Hours