

housands of Shiv Sena workers across Maharashtra left for Ayodhya on Friday to give a grand welcome to Shinde on Sunday. Special train has been booked for the party workers from Thane; deveral other party workers booked flight for Ayodhya to reach Ayodhya before Shinde. Banners posters and other publicity works are carried away by local BJP members as the Shiv Sainiks in Uttar Pradesh are divided on leadership, some still believe in Uddhav as their leaders and others joined the camp of Shinde. Naresh Mhaske, the former mayor of Thane and Sena leader had reached Ayodhya on Wednesday to oversee the preparations in Ayodhya.

There are several agencies assigned

the job of crowd pulling. The sources said "we have been instructed to pull maximum crowd since it's the show of strength. Shinde's shiv sena leaders are making every effort to brand this event grand."

Bhalchandra Shirsat BJP spokesperson said, "Maharashtra's ministers have assigned all their work to the relevant departments and this tour would not affect their work as they are available on calls and online for the communication with any of the issues of the state".

Veteran Congress leader Ratnakar Mahajan said, "We do not have any issues of minister visiting any religious place but these people have made every visit as an event and does a lot of marketing of it. There are not working towards real issues of the state in which some of them are farmers facing issues of compensation of damaged crops faced by them due to unseasonal rains".

Sources said accommodation for the thousands of Sena workers and leaders has been arranged in Ayodhya. Apart from Maharashtra, the Sena cadre from Uttar Pradesh is also being mobilised. Shinde, along with his MLAs, MPs and senior leaders, will reach Ayodhya on Saturday night. He would be given a grand welcome by the saints and mahants of Ayodhya along with Sena supporters.

"Shinde and his leaders would be visiting the under construction Ram temple. He will offer prayers at Hanumangarhi temple and Ram mandir and also perform evening aarti on the banks of the Saryu," said a source. A senior leader said Shinde is likely to meet Uttar Pradesh CM Yogi Adityanath and will return to Maharashtra on Sunday evening. The visit will lead to the commencement of the party's Shiv Dhanushya Yatra, as part of which leaders will tour the state with the symbolic 'Dhanusha Baan', which is going to be gifted to Shinde by priests in Ayodhya.

Fauzia Khan, MP NCP told Afternoon Voice, "There many other challenges which Maharashtra is going through but they are only busy in some tours. I respect every religion but religion is a personal affair and mixing this with politics is not correct".

CONTINUED ON PAGE 04

Why Amritpal Singh Sandhu, a radical self-styled Khalistani separatist is active now?

Stipping for the second second

young Sikh who spent most of his life in foreign land all of sudden returns to India and hits the headlines for the wrong reason. Since the government changed in Punjab many such separatist elements got active in the state. Amritpal Singh Sandhu a radical self-styled Indian Khalistani separatist activist from Punjab heads an organisation called "Waris Panjab De". This is a Sikh separatist movement seeking to create a homeland for Sikhs by establishing a sovereign state, called Khalistan ('Land of the Khalsa'), in the Punjab region. He has been recently made as the head of 'Waris Punjab De', an organisation founded by Deep Sidhu, an actor and activist who died in a road accident in February last year. Amritpal Singh is also a Sikhism Preacher. Singh has since in-

voked the teachings of slain militant Jarnail Singh Bhindranwale, with renewed calls for the freedom of Punjab and the creation of Khalistan. He gained a cult-like following in Punjab due to his radical views. It is important to note that Amritpal Singh Sandhu has been arrested and detained by the police on multiple occasions for his alleged involvement in promoting Khalistani ideology and activities. But he is not deterred. He has also been accused of making provocative statements and promoting separatism. Some reports suggest that he and his organization have been involved in violent clashes with other groups in Punjab.

CONTINUED ON PAGE 02

Editoritis

His arrest has sparked controversy and discussion about the Khalistan movement and the use of violence in advocating for political goals.

Additionally, Daljeet Singh Kalsi, an alleged advisor and financer of Amritpal Singh, was arrested by authorities in another recent case, suggesting that the authorities are cracking down on individuals associated with this movement.

Still as Pakistan is in the business of supplying terrorist action in exchange of money there have always been countries who have been willing to fund Pakistan for carrying out cross border terror as per their motive.

Why Amritpal Singh Sandhu, a radical self-styled Khalistani separatist is active now?

PAGE 1

His arrest has sparked controversy and discussion about the Khalistan movement and the use of violence in advocating for political goals. Additionally, his arrest has implications for national security and has raised concerns about the spread of extremist ideologies. The news of his detention and the subsequent developments in the case have been widely covered by the media and have generated a lot of interest among the public. The exact reason for his arrest may vary depending on the specific instance. In one recent case, he was detained by the Punjab Police on March 18, 2023, after a major search operation. It is not entirely clear what specific charges were brought against him in this instance, but it is believed to be related to his alleged involvement in promoting and supporting Khalistani causes.

Additionally, Daljeet Singh Kalsi, an alleged advisor and financer of Amritpal Singh, was arrested by authorities in another recent case, suggesting that the authorities are cracking down on individuals associated with this movement. Disquiet against Amritpal Singh and his activities have been growing, and recently hundreds of his supporters stormed a police station in the northern Indian state.Ultimately, whether to support or accuse Amrit Pal Singh Sandhu is a matter of personal judgment based on a deep understanding of the specific situation and the various factors at play.

Khalistan is a foreign funded agenda and Amritpal is probably on their payroll just like the Kashmiri Separatists were funded by ISI. After Article 370 was lifted the Kashmiri Separatist Movement also died which clearly reveals their link with the ISI as funding Separatists after lifting of 370 became a useless activity and was stopped. Now the question is why is the ISI funding Khalistan, when they can fund Islamic terrorists which are closer to the ISI agenda?

Let us note that Amritpal has been in the news for the last one month or so and before that nobody even bothered to gather any news about him. Pakistan's economy is spiralling down since the last few months which is no secret and the big Pakistani crash is well publicized by not only the media of India but also by the Pakistani media themselves. Still as Pakistan is in the business of supplying terrorist action in exchange of money there have always been countries who have been willing to fund Pakistan for carrying out cross border terror as per their motive. Now in such a financial mess of a condition, if Pakistan sends out Islamic terrorists as they normally do then they will attract blatant international attention and get criticized globally which clearly Pakistan cannot afford. They can't risk the International community commenting-Oh, these people have a begging bowl in hand and still want to send out terrorists. There are still countries who are willing to fund Pakistan for terror and do so-Pak is specialized in fighting proxy wars with terror but cannot send Islamic Terrorists in current situation to risk International criticism- So now ISI, Pakistan using the received funding has activated the Khalistanis to fight proxy war instead and no one can point fingers at Pakistan for doing so. That is why Khalistanis don't demand Lahore or any Pak Occupied Punjab territory though that is what they should be demanding.

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Sikhs have lived well in India overall however Islamists have treated them badly over the ages and they have faced persecution from Islamic invaders just as Hindus have too. Is the torture and martyrdom of Chhatrapati Sambhaji Maharaj any different from the torture meted out to Sikh martyrs Guru Tegh Bahadur or Baba Banda Bahadur who were all inhumanely tortured and killed by the Mughal invaders?

It is unpalatable that Khalistan movement be funded by the ISI which espouses the very cause against which the said Hindu and Sikh martyrs have opposed. In India whether it is Om or whether it is Ek Omkar all are ours, liberation of Sikhs from Pak Occupied Punjab and Taliban infested Afghanistan is more important.

When Amritpal Singh arrived in India, he was a baptised Sikh and started dressing like Bhindranwale. Like Bhindranwale, he started moving with a band of armed followers to soon gain the moniker Bhindranwale 2 during his Dubai stay.

Amritpal Singh also has links with SFJ and even campaigned for latter's activities on social media," he added, identifying Khalistani activist Gurpatwant Singh Pannun as a close contact for Amritpal.Pannun has designated as a terrorist by the Indian government under the Unlawful Activities Prevention Act (UAPA). Agencies have also found that Amritpal Singh was running a drugs' smuggling network in India aided by "known linkages" in the ISI – Pakistan's spy agency Inter-Services Intelligence – and was creating a "private militia" in drug de-addiction centres of Punjab, where weapons procured from Pakistan were being stockpiled. As part of the conspiracy to revive militancy, Singh and his AKF were not only defying government orders on open display of weapons but were actively misleading the youth towards a gun-culture.





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Voices

Letters to the **Editor**

Development suffers when money gets dearer & pausing rate hikes was necessary

RBI governor Shaktikanta Das must be complimented for not increasing rates when everybody expected one as a continuous hike in interest rates disrupts the economy big time as progress is halted when money gets dearer. Govts globally raise interest rates to contain inflation which undoubtedly is at an alltime high. But slowing the economy can have cascading effects & can result in job losses & unemployment rising.

Interest rates have been raised in each quarter for a couple of years now. Pause was necessary & RBI governor did the right thing by now concentrating on development & progress. Push in spending means more jobs & extra money in the hands of people who can bear inflation to make both ends meet. The inflation cycle will turn southwards in the days to come & one shouldn't apply brakes on development which is so very necessary for the progress of the nation!

S.N.Kabra

Parliament adjourns sine die

It is so disheartening that the parliament adjourned sine die concluding its budget session amid acrimonious exchanges between the government and the opposition. Houses are for discussions, deliberations, debates, and decisions for the holistic welfare of the people. But unfortunately, parliament turned out to be a new norm that decimate the essence of democracy. It's so worrisome and alarming!

Muzakkir Khan

Online gaming is still a cephalalgia

The Central Government, which recently issued new rules for online gaming, prohibits betting and wagering on the surface, but when examined in depth, most of them are involved in provoking gambling in the name of prizes and skill development. New online gaming rules are still not clear to differentiate which online games involve wagering or skill development. The Minister of State for Information Technology should continue to develop clear rules that distinguish between skill-developing games and betting games. Multiple self-regulatory organizations (SROs) and stakeholder decisions should be considered to comprehensively determine what types of games are permissible. Permissibility should be determined with the mere principle of whether wagering/gambling is involved and if wagering is involved, the SROs should be in a position to say that those online games are not permissible.

Vijaykumar H K

Health is Wealth

Health, in human beings, the extent of an individual's continuing physical, emotional, mental and social ability to cope with his environment. The World Health

Organisation (WHO) defined health in its broader sense in its 1948 constitution as - a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. This definition has been subject to controversy, in particular as lacking operational value, the ambiguity in developing cohesive health health strategies, and because of the problem created by the use of the word complete.

Generally, the context in which an individual lives is of great importance for both his health status and quality of their life. It is increasingly recognized that health is maintained and improved not only through the advancement and application of health science, but also through the efforts and intelligent lifestyle choices of the individual and society. According to the WHO, the main determinants of health include the social and economic environment. the physical environment, and the person's individual characteristics and behaviors

Sleep is an essential component to maintaining health. In children, sleep is also vital for growth and development. Ongoing sleep deprivation has been linked to an increased risk for some chronic health problems. In addition, sleep deprivation has been shown to correlate with both increased susceptibility to illness and slower recovery times from illness. In one study people with chronic insufficient sleep, set as six hours of sleep a night oor less, were found to be four times more likely to catch a cold compared to those who reported sleeping seven or more hours a night.

Physical exercise enhances or maintains physical fitness and overall health and wellness. It strengthens muscles and improves the cardiovascular system. Any type of regular, physical activity can improve your fitness and your health. The most important thing is that you keep moving.

Exercise should be a regular part of your day, like brushing your teeth, eating and sleeping. It can be by gym class, joining a sports team, or working out on your own. Keep fit to make your dreams come true.

A good mental attitude is important. Find an activity that you think is fun. You are more likely to keep with it if you choose something you like. A lot of people find it is more fun to exercise with someone else, so see if you can find a friend or family member to be active with you.

Small changes can add up to better fitness. For example, walk or ride your bike to school or a friend's house instead of getting a ride. Get on or off the bus several blocks away and walk the rest of the way. Use stairs instead of taking the elevator or escalator. After all, Health is Wealth.

- Jayanthi Subramaniam Columnist

Readers are requested to mail Letters to the Editor only at

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City

Maha Cong suspends former MLA Ashish Deshmukh over anti-party comments



The Congress in Maharashtra has suspended former MLA Ashish Deshmukh from its primary membership for his public statements against the party leadership in the state. A party notice, which announced the disciplinary action against the former legislator, said charges levelled against Deshmukh are serious in nature.

Deshmukh is a former Bharatiya Janata Party (BJP) MLA from Katol in Nagpur who later joined the Congress. He was the Congress nominee against BJP leader and now Deputy Chief Minister Devendra Fadnavis from the Nagpur South West seat in the 2019 Assembly polls. He is the son of former state Congress chief Ranjit Deshmukh.

On Wednesday, he was issued a show-cause notice by the state Congress's disciplinary action committee headed by former CM Prithviraj Chavan for his comments that MPCC president Nana Patole receives money from Maharashtra Chief Minister Eknath Shinde. Deshmukh also said Congress leader Rahul Gandhi should apologise to the OBC community over his "Modi surname" remarks.

The notice, issued to the former MLA after a meeting of the disciplinary committee, sought a reply from him in three days as to why he shouldn't be expelled from the primary membership of the Congress.

The notice said since charges levelled against Deshmukh are serious in nature, he has been suspended from the primary membership of the Congress till further proceedings and final disposal of the matter.

In January this year, Deshmukh had written a letter to Congress president Mallikarjun Kharge seeking removal of Patole from his post, saying the Opposition party's condition in Maharashtra was "alarming" and there was a need to change the state unit president.

BMC begins demolishing 'illegally built' film studios in Malad day after NGT ruling

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The Brihanmumbai Municipal Corporation (BMC) started demolishing the five remaining illegal film studios in Malad early on Friday morning. The civic body's move comes a day after the National Green Tribunal (NGT) revoked the stay on demolition after studio operators moved an appeal seeking that they be allowed to operate. Civic officials said the police force has been deployed to prevent any untoward incident at the spot.

In September 2022, municipal commissioner and stateappointed administrator Iqbal Singh Chahal had ordered an inquiry against unauthorised structures in Madh, Marve, Bhati and Erangal villages in Malad on the western suburbs after allegations by BJP leader Kirit Somaiya that studios were built without proper permission and using fraudulent documents on large sections of land in violation of the Maharashtra Coastal Zone Management Authority (MCZMA) rules.

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A 13-year-old commits suicide over wrong haircut

13-year-old Maharashtra boy residing at Bhayandar, near Mumbai, Tuesday died by suicide after he was reportedly upset over a wrong haircut, the police said. The police have identified the deceased as Shatrughan Pathak who stayed at Sonam Indraprasth building at Bhayandar along with his parents and two elder sisters. Senior police inspector Vijay Pawar of Navghar station said that Pathak who went to have a haircut along with his cousin was disappointed when the barber acted against his instructions. "There, he told the barber to cut his hair as per his requirement. But something went wrong due to which the barber had to cut his hair short," the officer said.

Cutting his hair "extremely short" was against his choice, said the inspector. "The teenager was extremely upset over his short haircut and his family members tried to cheer him up. However, around 11.30 pm on Tuesday, he ended his life after his family members went to sleep," the police said. The watchman of the building who saw his body in a pool of blood informed his family members who rushed the boy to a nearby hospital, where he was declared dead before admission, said an officer.

The Navghar police station of Mira Bhayandar Vasai Virar commissionerate has registered a case of accidental death. "We are probing the matter ahead," said Pawar.

Bombay HC reserves order in succession row for Dawoodi Bohra's leadership

The Bombay High Court on Wednesday concluded the hearing and reserved its verdict in a dispute between Syedna Mufaddal Saifuddin, the current leader of the Dawoodi Bohra community, and his challenger Syedna Taher Fakhruddin.

The Dawoodi Bohras are a religious denomination among Shia Muslims. Traditionally, a community of traders and entrepreneurs, there are five lakh Dawoodi Bohras in India and over 10 lakh world over. The top religious leader of the community is known as the Dai-al-Mutlaq.

9th April Shiv Sena's strength....

PAGE 1

Samadhan Sarvankar, Shiv Sena Shinde faction said "Maharashtra's former CM Uddhav Thackeray did not visit to any places either for any business strategy, development of the state nor he met any of the shiv sena workers which was a problem while communicating with the former CM. CM Eknath Shinde is meeting people of different states to discuss more about development and business opportunities between Maharashtra and other states."

Dilip Shinde, Uddhav Balasaheb Thackeray (UBT) Shiv Sena worker said "If CM Eknath Shinde and other ministers will be on tour then who would be working for the state on those days. There are many other important issues which are farmer's committing suicide, issues of health, irregularity of water in many rural areas of Maharashtra why is that not addressed and why they do not travel to all these places".

Sujata Sanap former corporator, (UBT) Shiv Sena "There are many cases found of Covid-19 virus in the state but no action is taken on it instead ministers of Maharashtra only take a tour at various places. They have left Maharashtra all alone without any working minister".

Dhananjay Shinde AAP worker said, "This is religious polarization and political drama of the tour. They do not believe in working for people of Maharashtra. The state has more than 3 lakh vacancies of government jobs but they are not hiring anyone. If the government wants state to function then they should at least hire people instead of discussing matters of unemployment, inflation, education they are on some tour".

Handwriting analysis confirms suicide note was written by IIT-Bombay student: Police



In a major development in the suicide case of IIT-Bombay student Darshan Solanki in February, the handwriting analysis department of the Criminal Investigation Department (CID) has said that the suicide note found in his room was written by him.

The special investigation team (SIT) probing the case had on March 3 found the note that said "(student name) you killed me" in which Solanki blamed a fellow IIT student for his suicide. The SIT had sent the note for handwriting analysis after Solanki's family raised doubts about it having been written by their son. The SIT sent a report to the police team on Friday.

Nation

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Hate speech case: SC closes contempt plea against Delhi police



the Supreme Court on Thursday closed activist - Tushar Gandhi's contempt plea against the Delhi Police after taking note of submissions that a charge sheet in a case of hate speeches made at religious assemblies in the national capital in 2021 was filed in a court here.

A bench comprising Chief Justice D Y Chandrachud and Justice J B Pardiwala considered the submissions of Additional Solicitor General K M Natraj, appearing for the Delhi Police, that the chrage sheet after conclusion of the investigation was filed in a court of the Metropolitan Magistrate here on April 4.

"In view of the filing of the charge sheet, it is not expedient in the interest of justice to con-

tinue with the present contempt petition," the bench said. Earlier, the Delhi Police had said the investigation into the case was at an advanced stage and a probe report will be filed shortly.

The hate speech case is related to a Hindu Yuva Vahini event organised in Delhi under the leadership of Suresh Chavhanke, the editor of 'Sudarshan News', in December 2021. The top court was hearing a contempt petition filed by Gandhi alleging inaction by the Uttarakhand Police and the Delhi Police in alleged hate speech cases.

On November 11 last year, the bench had discharged the Uttarakhand government and its police chief from a list of parties to the contempt plea. (PTI)

Opponents built 'wrong rumour-based image' about BJP in past 20-25 years: FM on Qadri being awarded Padma Shri

nion Finance Minister Nirmala Sitharaman on Thursday said BJP never discriminated against anyone and never endorsed vote-bank politics, while referring to the Padma Shri award given to Bidar-based craft artist Rasheed Ahmed Ouadri.

Quadri was among the 91 people who received the Padma Shri award from President Droupadi Murmu on Wednesday at Rashtrapati Bhavan. In a video that has gone viral on social



media, Quadri is heard telling Prime Minister Narendra Modi after getting the award, engaged in a brief conversation with PM Modi and said, "When the BJP

government came to power in 2014, I thought I would not win the award anymore, but you (PM Modi) have proved me wrong."

'While the Prime Minister repeatedly says 'Sabka Saath, Sabka Vikas' and we too say that, we do not endorse vote bank politics. Every citizen is Indian irrespective of the God they worship. This is a classic example. This is the true BJP. We do not discriminate against anyone," the Finance Minister said, citing Qadri's achievement. (PTI)

PM being less educated extremely dangerous for country: Manish Sisodia

ormer Delhi Deputy CM Manish Sisodia has written a letter to the nation from behind bars, saying that the Prime Minister's being "less educated" is extremely dangerous for the

"Modiji doesn't understand science or the importance of education," he wrote. Sisodia also accused the BJP-led Centre of shutting down 60,000 government schools across the country over the last few years. He underlined the need for India to have "an educated PM" to be able to progress.

K'taka CM Bommai, ex CM Yedivurappa to attend meeting for decide BJP candidates



arnataka Chief Minister Basavaraj Bommai and former CM B S Yedivurappa will be traveling to Delhi today to attend the final meetings to decide on BJP candidates for the May 10 Assembly polls in the state. While the Congress has announced 166 candidates and the JDS 93 so far, the BJP is yet to announce its candidate list for the 224-seat assembly elections in Karnataka.

The Congress Thursday named 42 candidates in its second list for Karnataka Assembly elections scheduled on May 10. Out of the 42 seats, the party has marked Melukote constituency for Sarvodaya Karnataka Party. The party had announced 124 names in its first candidate list that it released last month. Siddaramaiah will be contesting from the Varuna constituency while DK Shivakumar will be the Kanakapura candidate.

With Prime Minister Narendra Modi all set to visit Bandipur National Park in Karnataka on Sunday (April 9), the district administration has banned tourist entry to the tiger reserve from April 6 to 9 This will be PM Modi's eighth visit to the poll-bound state this year.

Minor boy rapes 16-year-old girl

16-year-old girl was allegedly raped by a boy who had entered the premises of an under-construction building with an intention of robbery, police said on Wednesday. The incident took place on Tuesday in northwest Delhi's Ashok Vihar area when the girl's parents who worked as labourers at the building, were not present, they said.

Her parents live in a makeshift house inside the underconstruction building and they had gone to collect their wages when the boy allegedly entered the premises with an intention to loot their valuables, a senior

police officer said. But when he entered the premises he saw the minor girl and her 18-year-old sister alone there.

Taking advantage of the circumstance, the boy allegedly threatened the girls with a knife and took the minor one to a secluded spot in the building where he allegedly raped her, the police officer said.

Based on a complaint by the victim"s parents, a case was registered under appropriate sections of the Indian Penal Code and subsequently the accused boy was apprehended, police said. Police are probing if the under construction-building was a school. (PTI)

AAP national party status: Karnataka HC directs CEC to pass order before April 13

he Karnataka High Court on Thursday passed directions to Chief Election Commissioner Rajiv Kumar to pass an order before April 13 regarding the national party status of the Aam Aadmi Party (AAP).

Responding to the direction of the court, the CEC representative has confirmed the same will be done on April 11. This comes after AAP approached the Karnataka High Court pertaining to the "delay" in the party being granted the status of a 'national party'.

The petition was filed in Karnataka HC by Prithvi Reddy, the convenor of the AAP Karnataka unit. AAP stated in the petition that it fulfils all the conditions required to be designated as a national party, but despite that, there has been a delay in the party being granted the status. (ANI)

country.

Delhi records 606 new Covid cases, one death; positivity rate at 17%

elhi Thursday recorded 606 Covid-19 cases at a positivity rate of 16.98 per cent. According to the health bulletin issued by the Delhi government, one death, wherein Covid was found to be

incidental, was reported in the national capital.

About 3,569 tests were conducted in the state in the past 24 hours. The total number of active Covid cases remains at 2.060.



World

Japan military chopper crashes in sea with 10 on board, rescue operation underway



Tapan military chopper with 10 people on board crashed in the sea on Thursday, CNN reported citing Defense Minister Yasukazu Hamada. Rescuers were scanning waters off southern Japan to look for the deceased and survivors, if any.

The UH-60JA helicopter's pieces seemed to be in the sea, according to Gen. Yasunori Morishita, chief of staff of Japan's Ground Self-Defense Force (GSDF), and rescuers are still looking for survivors.

CNN quoted Morishita as saying that two pilots, two mechanics, and six passengers are among the missing personnel, including Lt. Gen. Yuichi Sakamoto, a top GSDF commander.

According to a database maintained by the Aviation Safety Network, the crash would go down as the deadliest military aviation accident to occur in Japan since 1995 if no survivors are found. Japan's Ground Self-Defense Force helicopter apparently went missing in waters off the southern prefecture of Okinawa on Thursday.

The helicopter disappeared from radar around 3:55 p.m. near Okinawa Prefecture's Miyako Island, shortly after taking off from there to surveil nearby land features, according to the GSDF.

The chopper was originally scheduled to return to Miyako Island at 5:05 p.m.

According to a coast guard source, oil and objects including what could be part of a rotor blade were found in the sea area where the accident is believed to have occurred, reported Kyodo News. Rough weather conditions were not reported around the time the helicopter went missing.

Japan's Prime Minister Fumio Kishida told reporters in Tokyo, "We are putting maximum priority on human life and rescue operations."

World Bank says Pakistan urgently needs foreign loans to avoid "public debt crisis"

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The World Bank has said that various economic shocks have resulted in nearly four million Pakistanis getting pushed into poverty this fiscal year, The Express Tribune reported. The World Bank also called on Pakistan to immediately arrange for new foreign loans to avoid a "public debt crisis."

The World Bank in its flagship report 'Pakistan Development Update' warned Pakistan regarding serious dangers to its economic and debt viability while predicting almost flat economic growth, with an average inflation rate of 29.5 percent for the current fiscal year, as per the news report.

Pakistan's future also remains "highly uncertain" with only 0.4 per cent economic growth projected this year and 2 per cent for the next fiscal year.

The average inflation rate for FY2023 is projected at 29.5 per cent and at 18.5 per cent for next year, which shows that the an-

nual inflation rate will be much higher, according to The Express Tribune report.

The World Bank has said that "poverty is projected to increase to 37.2 per cent in FY23, pushing an additional 3.9 million people into poverty as compared to last fiscal year" in Pakistan in the absence of public transfers that cover losses or mitigate the effect of higher prices.

As per the news report, the depth and severity of poverty have also witnessed a rise, showcasing the overlapping effects of multiple shocks and households do not have savings to mitigate short-term effects.

According to the World Bank, implementing macroeconomic and structural reforms agreed upon under the International Monetary Fund (IMF) programme and securing the muchneeded external refinancing is important for restoring macrostability, and confidence and avoiding a "public debt crisis."

Israel hits two tunnels, weapons factories in response to Hamas' security violations

Srael struck two targets in the Gaza Strip on Thursday night after a day of series of rockets fired from the Palestinian territory and Lebanon, according to The Times of Israel.

According to Israel Defence Force, it has struck two tunnels, first, one is located in the northern Gaza city of Beit Hanoun and the second one is near the southern Gaza city of Khan Younis.

The strikes were carried out

in the response to "Hamas' security violations" in recent days, IDF said referring to the rocket attacks from the Gaza Strip and a major rocket barrage from Lebanon on Thursday.

"The two tunnels did not cross into Israeli territory and did not pose a threat to Israeli civilians," the military says.

After the attack, the high-level security cabinet was carried out in Israel where a series of decisions

were based on recommendations made by the military and defence officials, the Prime Minister's Office says in a statement, reported by The Times of Israel.

In the statement, Netanyahu said, "Israel's response, tonight and later, will exact a significant price from our enemies." Earlier tonight, the IDF struck four Hamas sites in the Gaza Strip over "Hamas' security violations" in recent days, the military said.

China, France sign deals in civilian nuclear energy

hina and France, on Thursday, signed a series of agreements including civilian nuclear energy, according to Global Times.

During a state visit by French President Emmanuel Macron to China, both countries decided to deepen the cooperation in traditional areas such as aviation, aerospace and civilian nuclear energy, and cultivate new growth drivers in cooperation such as green development and scientific and technological innovation, including building a China-France carbon neutrality centre and strengthening joint training of talent.



At China's invitation, France will be a guest of honour country at the 2024 China International Fair for Trade in Services and the seventh China International Import Expo. According to Xinhua, the two countries are committed to providing a fair, just and nondiscriminatory business environment for each other's companies. Macron was accompanied by a business delegation of more than 60 executives from a range of French companies, according to Global Times.

Notably, a few weeks ago, France government banned the Chinese video-sharing application TikTok on government devices, amid security concerns.

On April 5, Macron addressed the French community in China, the Elysee Palace said in a statement. He began by saluting the medical and nursing staff and the management of French schools and teachers for their sense of duty during the COVID-19 pandemic.

China demographic crisis: One child policy backfires; rising living costs lead to population decline

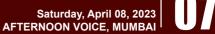
hina's demographic crisis continues to deepen as the country's population planning initiative 'One Child Policy', which earlier forced families to have one child under its umbrella has now severely backfired, leading to a population decline.

Moreover, the current generation does not want to raise children as many are trying to stay single due to rising living costs and difficulties in raising families, uncertainties in employment, Portal Plus quoted Xiujian Peng, a senior research fellow at the Centre of Policy Studies as saying. Even Hong Kong, a major hub for international finance, is rapidly losing its population. According to Portal Plus, these cities appear to be following the national trend, which sees a decline in the birth rate and an increase in the share of the elderly population. Xi Jinping's strict zero covid policy is another major reason for women to delay or give up having babies.

The number of senior individuals is rising in China despite the declining birth rate. By 2035, China is projected to have an ageing population of 400 million or 30 per cent of the entire nation's population.

Career





Benefits of Career Planning



Retired Principal Educational Columnist Malout Punjab

f you have a career plan, the answers won't be farfetched. But if you don't, you will definitely stutter and this article is for you. Having a career plan is as important as having a career itself. There's a need to plan for the future and not just go to work every day with no direction, hence, repeating the same process.

It is more about preparing oneself for the future and having the necessary tools needed to navigate this journey. The main purpose is to provide you with a roadmap for your future that'll help you make well informed decisions about your career, and also future career moves. A solid career plan will help you stay focused and motivated.

If you have the desire to excel and move on to higher heights of your career, you should consider having a career plan. Interested in creating one now? Here are six benefits of having a career plan:

1. Knowledge

The process of career planning helps the individual to be aware of various career opportunities. Life as we see every day has become fast paced and highly competitive, having a career plan will give you clarity when selecting the right profession for you and also help you set your priorities right.

2. Self awareness

Now that you are aware of the choices around you, the knowledge you've gained will help you not to struggle through selecting careers. You will be able to select one that matches your skills and competencies and not be caught up muddled in the midst of many career options.

Tom Blackburn, the chief technical officer at 2Checkout.com who started his career wearing a number of hats at a small technology company says, "At a certain point, I started identifying positions that



included opportunities in both technology and in management and leadership," he says. "I started targeting companies where I could grow in more areas than just technology."

3. Self development

You'll need discipline, focus, strong-will, strength, and training to be able to pick a career path and stick to it. These traits in the long run will definitely pay off and will be of immense advantage to you in the future.

You also need to measure your progress as you grow, "Every six months you have to re-evaluate your short-term and long-term professional objectives,"

4. Career contentment

Nowadays, it's hard to find employees who are satisfied with their career path, and this reflects on the output of their work and also on their physical and mental well-being. Being in a career of your choice will boost your morale, help you stay motivated, give your life a meaning, and keep you committed to your workplace.

5. Visibility

In a chosen workplace where you derive job satisfaction, you'll find it easier to work and leave your colleagues and bosses with good impressions of you. This will raise your visibility at work and ensures the senior management is aware of your capacity. It is necessary to set yourself up for growth and promotion.

According to mindtools "If key people aren't aware of you, you'll likely miss out on opportunities to improve your skills and take on interesting assignments, despite your hard work and good performance."

6. Retirement plan

Working in your dream job shouldn't be the ultimate goal of your career plan. It isn't just about work; it is also about your future, except if you plan to work for the rest of your life which is not possible.

A career plan backed with investments allocations and savings will make your retirement life easy. You'll be able to look back with smiles and enjoy the rewards of your labour.

The journey of a dream career isn't a smooth one. You'll encounter obstacles or hitches here and there, but with a career plan, you can be assured of a smooth passage that'll land you your dream job and bring you the fulfilment and career happiness you long for. You can never go wrong by having a career plan that helps you know who you are, what you want and how to get there.

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Entertainment

Here's why Emily Ratajkowski decided to quit her acting career

mily Ratajkowski has finally revealed why she quit acting. In an interview with the Los Angeles Times, she talked about her career and why she stepped away from Hollywood. She basically quit acting because Hollywood is so "f****d up," Variety reported.

Emily, who hasn't acted in a movie since 2019's 'Lying and Stealing', said, "I didn't feel like, 'Oh, I'm an artist performing and this is my outlet. I felt like a piece of meat who people were judging, saying, 'Does she have anything else other than her [breasts]?" While navigating being an actor in Hollywood, Ratajkowski said she realized it would mean having to make herself "digestible to powerful men in Hollywood." She fired her acting agent, commercial representative and manager in early 2020 as a result.

"I didn't trust them," Ratajkowski said. "I was like, 'I can handle receiving phone calls. I'm gonna make these decisions. None of you have my best interest at heart. And you all hate women." She reflected on the treatment of women in Hollywood in an essay she penned for her best-seller My Body. In the essay, Ratajkowski wrote about going to a WME party with her now ex-husband Sean Bear-McClard. She recalled his agent, who she wrote was "clearly drunk," told her she was so famous that she was "like Pamela Anderson before the hep C." "I thought about the way that [Bear-McClard] had glided through the room, a room full of men who only two years before had been kissing Harvey Weinstein's ring and encouraging their young female clients to take meetings with him in hotel rooms," Ratajkowski writes in an essay from her book, "My Body." "I hated that my husband was at all connected to these men." "Maybe that's why right now I'm not really interested in men's POVs," Ratajkowski told the outlet. "Because they were lies. And I don't mean infidelity. And it's dark... I had a hard time even being at a party like that. But then having a part of me that was so connected to it was even harder," she shared.

Ratajkowski is currently involved in a contentious divorce and custody battle with Bear-McClard, who was accused of sexual misconduct by multiple women. ANI

IPL 2023: SRK teaches Virat Kohli 'Jhoome Jo Pathaan' hook step

Bin Kolkata Knight Riders and Royal Challengers Bangalore at the Eden Gardens in Kolkata on Thursday saw superstar Shah Rukh Khan casting a spell over cricketers and spectators at the stadium. After KKR registered a remarkable win against the RCB, the team's co-owner SRK entered the ground and met all the players. He also interacted with former RCB skipper Virat Kohli.

Several images and videos from the Thursday's evening fixture went viral. In one of the clips, SRK is seen getting excited at spotting Kohli. He went over to him and gave him a tight hug. SRK also convinced Kohli to try the viral steps from the Jhoome Jo Pathaan song from his blockbuster 'Pathaan'.

SRK and Kohli's brief meeting left fans excited. Reacting to the duo's images and videos, a social media user commented, "This made my day." "King of Bollywood meeting King of Cricket," another one wrote. Shah came to the venue with his daughter Suhana Khan and Sanjay Kapoor's daughter Shanaya Kapooir. The team's co-owner and actor Juhi Chawla also cheered the boys in purple and gold on during their big win over the RCB.

Speaking to ANI, Juhi expressed happiness over the win. "I'm very happy with our team's performance. I just hope and pray that all our matches end like this. Every seat at Eden Gardens was occupied. Let's make the finals this year, let's be champions," she added. ANI

Taapsee Pannu flaunts washboard abs in new pictures

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A ctress Taapsee Pannu is setting some major fitness goals with her latest Instagram post. On Friday, Taapsee took to the photo-sharing application and dropped a few pictures in which she is seen flaunting her washboard abs, which she refers to as biscuits in jest, in the caption.

"Months of grilling and hard work only so I could have the biscuits and he could have his cup of tea. Sujeet Kargutkar you finally have the picture and I'm off to have my chole bhature and croissants," she captioned the post.

Dressed in black gym wear, the actress can be seen flexing her core muscles with her trainer. Taapsee's images surely act as a source of motivation for many. "Woaaah....inspiring," a social media user wrote. "Wow wow wow," another one wrote. ANI

