



ISRO's first human spaceflight programme receives major boost

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## Dharavi residents fear uncertainty about houses, and livelihood after the Maha govt's nod to Adani firm for redevelopment project

Even as the Maharashtra government has formally awarded the 259-hectare Dharavi Redevelopment project to an Adani Group firm, residents fear that poor people who depend on local businesses will suffer due to the project. Among Asia's largest slums, Dharavi is dotted with huts, shanties and is home to several small businesses.

"We were shocked to know that the state government has given green signal to an Adani Group firm for the project. There are hundreds of ground-plus two storey structures in the locality, in which one room is occupied by the house owner and the other by the tenant, and the former depends on the rent money to run his household," Paul Raphel, president of Dharavi Nagrik Seva Sangh, said. Now, if these structures are demolished as part of the project and the owners are later given just one room, what will they do, he asked. Re-

acting to the state government's decision, Dharavi resident advocate Sandip Kataké alleged the project would be the world's biggest land scam. "Adani Group is getting 10 crore square feet development rights for Rs 5,069 crore and getting additional railway land with government's money. The last survey in the area was conducted in 2008 and the eligibility date for structures was kept at January 1, 2000, whereas as per the Slum Rehabilitation Authority (SRA) it is 2011," he said.

If the government really wants to redevelop Dharavi, then a fresh survey should be conducted and the last date of survey should be the cutoff date for eligibility, he said, adding 80 per cent people were dependent on local units and businesses, which need to be safeguarded.

"No family should be sent out of Dharavi in the name of redevelopment. Adani is getting six crore square feet area

for sale, from which he is going to earn Rs 3,00,000 crore. Who is going to prosper in the Dharavi project? Local residents or Adani?" the lawyer claimed. For most residents, the redevelopment has brought in a sense of uncertainty about the future in terms of livelihood as well as accommodation. "There are thousands of huts and shanties in the area, with four to five families living in each structure. After redevelopment, they may only get one flat, which may not be sufficient for them," one resident said. "More than 2,000 idli sellers live in Dharavi and supply food to the whole city. After redevelopment such businesses will no longer exist. Small industrial units involved in making leather products, imitation jewellery among other items will be shut," said resident Tarun Das.

"Spread across 600 acres, Dharavi is a prime location in the city with four to five railway stations nearby. Adani is not

working for people's welfare, he is coming to the area for his personal gain. We still don't know fully about the project. We want rooms here itself," Das said. A social activist on the condition of anonymity said, "The redevelopment project was formulated in 2004, but nothing happened till now. In 1995, there were 57,000 hutments in the area, but currently, we think the number has risen to 1.20 lakh. Nearly 50 per cent people in the locality run small businesses from their homes," he said.

The project should be implemented in time, the social activist added. The state government formally awarded the 259-hectare Dharavi Redevelopment project to an Adani Group firm. The project, which reportedly has a revenue potential of Rs 20,000 crore, involves rebuilding the Dharavi slum sprawl in central Mumbai, located near the BKC business district. PTI

## Children in the age group of 14 are capable of giving consent to sex?

Editoritis



Dr. Vaidehi

Child sexual abuse is a worldwide phenomenon, and India is not an exception. The magnitude of this grave crime is underrated because of under-reporting. The reality is that the incidence of child sexual abuse has reached epidemic proportions in India. In 2021 only there were 53,874 cases registered under Protection of Children from Sexual Offences Act of 2012. To enable the all-around protection of children, the Indian government administered the "Protection of Children from Sexual Offences (POCSO)" Act of 2012. The act is a comprehensive piece of legislation designed to protect children from crimes including sexual assault, sexual harassment, and pornography.

The Bombay High Court in India has urged the country to consider reducing the age of consent for sex, highlighting that many other countries have set their age of consent between 14 and 16 years. The court argued that the current age of 18 is one of the highest globally and that punishing minors for consensual relationships would not be in their best interest. The court made the comments while hearing an appeal by a man who was sentenced to 10 years in prison for maintaining a consensual relationship with a minor girl. Justice Dangre highlighted the fact that over time, the age of consent has gone up through various statutes in India and was maintained at 16 years from 1940 till 2012, when the POCSO Act raised it to 18 years.

CONTINUED ON PAGE 02

# Editoritis

# Children in the age group of 14 are capable of giving consent to sex?

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*Justice Dangre also emphasised that the definition of the term 'child' varies from statute to statute and as per the POCSO Act, a person below 18 years of age is considered a child and it criminalises all sexual activities with them, even if the act was committed with consent.*

*Justice Dangre said a case of physical attraction or infatuation always comes forth when a teenager enters a sexual relationship, and it is necessary that our country looks and observes all that is happening around the world.*

*The POCSO Act cannot stop natural feelings towards the opposite sex, particularly among adolescents on account of the biological and psychological changes they go through.*

*Therefore, punishing a minor boy for entering a relationship with a minor girl would be against the best interest of the child.*

In countries such as England, Wales, and even in Bangladesh and Sri Lanka, the age of consent is 16 years. Japan has set the age of consent at 13 years. In comparison, as far as India is concerned, the age of marriage for male and female is fixed at 21 and 18 years (respectively) as per the Child Marriage Prohibition Act, 2006. Justice Dangre also emphasised that the definition of the term 'child' varies from statute to statute and as per the POCSO Act, a person below 18 years of age is considered a child and it criminalises all sexual activities with them, even if the act was committed with consent.

The tailor was around 25 years old and the girl around 17-and-a-half years of age when they eloped. The two later got married and the girl reiterated before the trial court that their relationship was consensual. However, the POCSO court convicted the tailor and sentenced him as the girl was technically a minor. Justice Dangre said a case of physical attraction or infatuation always comes forth when a teenager enters a sexual relationship, and it is necessary that our country looks and observes all that is happening around the world.

Justice Bharati Dangre believes that the POCSO Act, has indeed served as an effective piece of legislation, and with the child-friendly system of online complaint registration, has become more effective off late. But, issues like mental and psychological disabilities and strict adherence to the biological age limits have proved to be roadblocks, in the path of its better implementation. The POCSO Act cannot stop natural feelings towards the opposite sex, particularly among adolescents on account of the biological and psychological changes they go through. Therefore, punishing a minor boy for entering a relationship with a minor girl would be against the best interest of the child.

Child sexual abuse is a multidimensional problem having legal, social, medical, and psychological implications. But most of the cases are with consent. False Complaints under POCSO are very common. Even a cursory reading of the new law on rape brings to light the exceptionally inclusive approach to provide justice in rape cases. However, it also raises the question that if such a law, that

Imposes the aforesaid heavy punishment, is misused then what are going to be the consequences for the falsely accused person. It is essential to protect children from sexual offenses. But at the same time, accusations can ruin someone's life. The legal system must ensure that justice is served in all cases, without bias or prejudice. POCSO Act has become an easy weapon to torture innocents & to take revenge or getting Extortion money. Government should take necessary steps to amend the POCSO Act and to safeguard innocents from misuse of the POCSO Act. Most talked about Case is of Asaram Bapu. Bapu has been put behind bars because of POCSO misuse. It is a non bailable act. Also in this act the state is not responsible to prove the crime. If the criminal thinks that he is innocent then he has to prove it. These days many laws be it section 498 A, Rape laws and PASCO are used as weapon against man, most of these cases are fake and with the motive. Innocent suffers and women play the victim card. As much as girl children and women need protection, even men need some provision to stay safe.



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Flat No. 2, J- Wing Ground floor, Sumer Nagar Building 3, S.V. Road,  
Near Gandhi Motors, Borivali - West, Mumbai - 400 092.

Editor

**Dr. Vaidehi**

Vaidehi has received several Awards like Icongokarmavir chakra, Bedal Powell scout and guide awards 2021- best journalist, Newspaper Association of India award- best journalist. She received lot of awards for her contribution towards journalism.

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Email- afternoonvoicedesk@gmail.com • SMS -9820199881

For any queries regarding the editorial desk, contact - 7506760610

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# Voices



## Letters to the Editor

### Washing away another's sins New forest bill must strike a fine balance

Among the most important bills likely to be tabled in Parliament in the upcoming monsoon session is the Forest (Conservation) Amendment Bill, 2023. And if the developments in the joint parliamentary committee (JPC) scrutinising the draft legislation are any clue, then it is likely to be contentious as well. Some Opposition parliamentarians echoed similar concerns, singling out a proposed clause that appears to exempt strategic developmental projects of national importance on forest land situated within 100 km of an international border.

The earlier, more liberal, interpretation of forests helped protect ecosystems that were managed as forests but may not have been recognized as such. If the newer interpretation is adopted, it may roll back some of those protections, rendering these tracts vulnerable, and also threatening the livelihood of forest-based communities. The proposed bill is in line with the Union government's recent push to offset the impact of development in one part of the country by creating carbon sinks in another. But the bill, if passed, must also attempt to balance the need to fulfil people's aspirations for development with protecting India's ecological heritage and fragile biodiversity.

G. Champa

### PPF rates left untouched at 7.1% for years sans logic when all small saving rates have been raised from time to time

Interest rates on PPF at 7.1% has remained constant for many years now though govt has been increasing Interest rates on small savings including RBI bonds from time to time. 7.1 % on PPF compares poorly with other saving instruments where rates have touched almost 8% & more. We have practically no social security for old age from the govt like medical facilities, entertainment etc as they have in the US or some of the advanced nations. PPF is the only fund most people have to fall back when one gets old & when in need of funds.

Agreed, Interest on PPF is tax free & the fund offers advantage to tax payers. However, Interest rates across the globe including India has increased significantly & PPF rates not just have been left untouched for years sans logic, more so when they were decreased from the higher levels when rates were falling. Govt should certainly weigh the possibilities & increase rates to provide some relief to the people at a time when inflation is at an all-time high!

S.N.Kabra

### Peaceful Election not Peaceless

No election in West Bengal can be imagined without clashes and violence, but the election that has more bloodshed than any other is the Panchayat election. In the recent panchayat election too, the long-standing tradition of killings continued. In the election held on Saturday, 18 people were killed and dozens injured in political violence in various districts of the province.

Like the Lok Sabha and Assembly elections, Panchayat elections are not completed in several phases but in one day, but violence and bloodshed occur in three phases. Constantly trying to surround. Governor Bose has left for Delhi and political pandits believe that the Modi government may use its failure to stop panchayat election violence as an excuse to intensify attacks on the Mamata government. All the parties staked their all in this twelve panchayat election as they use it as a barometer to gauge their strength ahead of the 2024 Lok Sabha elections Want to use it.

MT Farooqi

# Nagging neck: Paying Special Attention to your Neck



We all pay special attention to our faces and hair, ensuring to keep them healthy and glowing. But we often forget the body part that holds them together — the neck. This lack of care can often result in the skin tone around the region becoming uneven which along with poor hygiene and certain medical conditions can also lead to the darkening of the neck. There's no denying that a dark neck can be upsetting. To deal with it, knowing the cause of a dark neck is important. One can start the treatment by observing skin around the neck or by consulting a dermatologist.

- Poor hygiene
- Irritation and friction
- High insulin levels
- Acanthosis Nigricans (dark, velvety patches within the folds of the skin)
- Other underlying skin conditions and certain medications.

The first step is prevention. It is vital to avoid indulging in habits that could trigger friction or irritation. We all pay special attention to our faces and hair, ensuring to keep them healthy and glowing. But we often forget the body part that holds them together — the neck. This lack of care can often result in the skin tone around the region becoming uneven which along with poor hygiene and certain medical conditions can also lead to the darkening of the neck. There's no denying that a dark neck can be upsetting. To deal with it, knowing the cause of a dark neck is important.

### Ways to prevent the situation

Cleanse yourself well, and on a regular basis. Apply sunscreen on both front and back of the neck. Avoid wearing high neck shirts/ turtlenecks or heavy accessories around the neck.

These may rub against your skin and lead to further friction. Do not go harsh on your skin and scrub your neck vigorously to cleanse it. Be regular and gentle with it.

Weight loss is also an important factor to get rid of the skin folds that usually darken first. Depending upon the condition and its severity, following treatments may be advised for dark neck by the dermatologist.

- Creams that contain glycolic acid and retinol
- Chemical peels
- Dermal infusion
- Laser therapy

Taking care of skin during the summer season is of utmost importance.

- Jayanthi Subramaniam

Columnist

Readers are requested to mail Letters to the Editor only at

[afternoonvoicedesk@gmail.com](mailto:afternoonvoicedesk@gmail.com)

No postal letters will be entertained  
(The views expressed are authors' own.)

City

## Mumbai police issues prohibitory order banning drones, gliders, gathering of five or more persons till July 29



Mumbai police on Saturday issued a preventive order banning the flying of drones, remote controlled micro light aircraft, paragliders, para motors, hand gliders and hot air balloons over the metropolis for a period of

30 days, an official said.

The prohibitory order, which he said was a "regular" one, was in view of the possibility of misuse of such objects to target VVIPs, endanger life of public at large, destroy public property and cause law and order disturbance.

The order also bans unlawful assemblies of five or more persons due to information gathered from various sources about likelihood of breach of peace and disturbance to public tranquility from such gatherings, the official added. The prohibitory order covers processions, use of loudspeakers and other sound amplifying systems, musical bands and bursting of firecrackers, he said. However, marriage and funeral functions, statutory meeting of companies, clubs, assemblies in and around cinemas, halls, schools etc are exempt, the official pointed out. The prohibitory order will be in place from Saturday till July 29, the Mumbai police official said. PTI

## Mumbai: Two cousins flee home after being scolded; cops rescue them from Udaipur

The Mumbai police have rescued two 14-year-old cousins who left their homes in the city and fled to Udaipur in Rajasthan after parents of one of the girls scolded her for her poor academic performance, an official said on Saturday.

The police on Friday traced the Class 10 students to Udaipur in two days after they fled their homes in Kalina area, he said.

The girls decided to head to Udaipur, as they had watched a video of the city on YouTube and knew that it is a tourist destination, the official said. One of the girls was scolded by her



mother on Wednesday for her poor academic performance and she stuffed her school bag with clothes and left home in the afternoon claiming that she was going to a tuition class, he said. The girl met her cousin on the way and told her about her plan, following

which the other girl too decided to accompany her, the official said. The duo reached Santacruz railway station and travelled to Bandra Terminus, from where they boarded an Udaipur-bound train, he said, adding that the girls only had Rs 400 with them. PTI

## Marathi actor Ravindra Mahajani found dead in Pune



Veteran Marathi actor-director Ravindra Mahajani was found dead at a rented flat in Talegaon Dabhade area near Pune city, police said on Saturday.

The 77-year-old yesterday

actor's body was recovered on Friday evening, the police said, adding that it is suspected that he died around three days ago. "We received a call from the neighbours of the flat, where Mahajani

was staying alone, informing us about foul odour emanating from his house. We went to the spot and broke open the door of the flat, where he was found dead," a senior official of Talegaon Dabhade police station said. "It is suspected that he died three days ago," he said.

Mahajani, who owns a house in Mumbai, was residing in Talegaon Dabhade since the last eight months, the police official said. His mortal remains were sent to a hospital for post-mortem, police said. PTI

## Maharashtra: Children risk lives to reach school on overcrowded boats



Children of Awali village risk their lives daily to reach their school as they cross the Chulband River in overcrowded boats.

In Awali village, there are schools, but they provide education up to class 4. Hence, from Class 5 onwards, children are compelled to take boats to reach a school located in the Soni Village across the river. Additionally, during the monsoon season, the students often miss school as the river gets flooded, making it difficult for them to cross it. Construction work on a bridge over the Chulband River started six months

back, but it is still not complete. Bhagat Gaike, a primary teacher in Awali village told ANI that there is a movement of around 100-150 people on an everyday basis, and apart from this around 30-40 students cross the river.

"The movement happens through boats and hence risk is involved...The movement of students is reduced during rain. We also face several problems using boats. There is a risk to life as well. Every day there is a movement of around 100-150 people and apart from this around 30-40 students also cross it," said Gaike. ANI

## Woman alleges she was robbed and gang-raped in Buldhana, later retracts rape claim; 5 held

Five people were arrested for robbing a woman and her relative at Raj Ghat in Maharashtra's Buldhana district, police said on Saturday. Further, according to the police, the woman had initially claimed that she was gangraped by 8 men, who robbed her, but later retracted her claim.

Police said while five of the accused persons were identified and arrested, a search is under-

way to nab the other three. "Five of the eight accused persons have been arrested for robbing a woman and her relative in Buldhana. The woman alleged initially that she was gang-raped. However, when she was asked to take a medical test, she refused saying that she was not gang-raped," Buldhana sub-divisional police officer, Gulbrao Wagh, told ANI on Saturday ANI

## Oppn can't decide its leader, Modi's victory in 2024 is certain: Maha CM

Maharashtra Chief Minister Eknath Shinde on Saturday said Prime Minister Narendra Modi would certainly win the 2024 general election as the opposition has failed to decide on a leader. Speaking at 'Shasan Aplya Dari' (government at your doorstep) program, he also said that NCP leader Ajit Pawar joining the Shiv Sena-BJP government in the state will make it "faster". "We have 200 MLAs and MPs with us



(in Maharashtra). There will be no discrimination. Injustice will not be done to anyone," Shinde said. PTI



Nation

# ISRO's first human spaceflight programme receives major boost with Chandrayaan-3 success

The historic launch of India's third Moon mission, Chandrayaan-3 on-board LVM3-M4 rocket has given a major fillip to the country's first human spaceflight programme as the same launch vehicle with 'human rated' capability, would be used for the ambitious Gaganyaan mission. The Bengaluru-headquartered Indian Space Research Organisation is busy working on its flagship project, Gaganyaan, which envisages the demonstration of human spaceflight capability by launching a crew of three members to an orbit of 400kms for 3 days and bring them back safely to earth, by landing in sea waters. Accord-



ing to scientists at Satish Dhawan Space Centre, here, the 44.3 metre tall LVM3 rocket which carried the Chandrayaan-3 on July 14, would be the launch vehicle with 'human rated' capability.

The heavy lift launcher of ISRO, consists of three stages

-- solid stage, liquid stage and cryogenic stage. For the Gaganyaan programme, LVM3 rocket is re-configured to meet the human rating requirements and has been christened as 'Human Rated LVM3', ISRO said and it would be capable of launching

the Orbital Module to an Low Earth Orbit of 400kms. On Friday, the LVM3-rocket carrying Chandrayaan-spacecraft soared majestically and performed the operations as planned, officials said, indicating the reliability of the launch vehicle. LVM3 is the

heavy lift launch vehicle of ISRO for achieving a 4,000 kg spacecraft launching capability to the Geosynchronous Transfer Orbit.

The LVM3 rocket is a three-stage launch vehicle consisting of two solid propellant S200 strap-ons and core stages consisting of L110 liquid stage, C25 cryogenic stage. ISRO Chairman S Somanath said the first abort mission for Gaganyaan would be conducted by the end of August. ISRO has planned to launch an unmanned mission to orbit by the end of next year. The test vehicle is currently ready here and the scientists are engaged in the assembly work of the crew module and crew escape system. PTI

## Delhi: River Yamuna water level recedes gradually, shut water plants to be operational soon



The water level in swollen River Yamuna was recorded at 207.48 metres at 10 am in Delhi on Saturday. The overflowing Yamuna river has touched the Red Fort wall on Ring road, inundating the nearby areas. Meanwhile, Delhi Chief Minister Arvind Kejriwal on Saturday, took to Twitter and saying that the water level of the river is gradually decreasing and the situation would get back to normal soon.

"The water level of the Yamuna is decreasing gradually. If it does not rain heavily again, the situation will be back to normal. We started withdrawing water from Chandrawal and Wazirabad water treatment plants. After this, the machines will be kept for drying. Both plants will be operational tomorrow. Please stay aware and help each other,"

CM Kejriwal tweeted. Further, he appealed to the people to take care of themselves and help each other.

Additionally, Public Works Department Minister, Atishi Marlena, stated, "Yamuna river water is receding, the people of Delhi will get relief in the next 12 hours...It is a big question why all the water from Hathnikund Barrage was being released only for Delhi". "Not a single drop of water was released into the canals going to UP and Haryana from there. Haryana will have to answer for this. Can the flood situation in Delhi have been avoided?" added Marlena.

Notably, Yamuna water level was recorded at 207.58 metres at 8 am, today. At 9 pm on Friday, the water level of Yamuna was recorded at 208.07 metres. ANI

## After flood, river erosion hits Assam's Bongaigaon district, locals on edge

Along with the floods, the locals of the Basbari area in Assam's Bongaigaon district are now fighting with massive river erosion problems. According to the locals, in recent times nearly 30-40 families have become homeless after the Aie River swallowed their homes and lands.

In recent times, the Aie River swallowed a market area, as many as 40 houses, one temple, one Mosque and several bighas of agricultural lands. Many vil-

lagers were forced to leave the Basbari area due to massive river erosion and moved to other places.

Naruttam Mazumdar, a resident of the Basbari area told ANI that, in the last two years the people of the area had to face massive problems. "Around 30-40 families have lost their homes due to river erosion and many of them left this area. My house is also located nearby the river. I am also now fearing that, the river will swallow my house

and due to this reason, I am now destroying my house. Where, we will go, where we will live. Maximum villagers of this area are labourers and few villagers are engaged in small business," Naruttam Mazumdar said.

He further said that earlier the river swallowed one temple, one mosque, and a market area and also threatened to swallow a school. On the other hand, Saddam Hussain, a resident of Basbari village said that people are now facing lots of problems. ANI

## BSF arrests Pak national for inadvertently crossing India-Pak border in Punjab's Amritsar

The Border Security Force (BSF) on Friday arrested a Pakistani national who crossed the international border and entered the Indian territory inadvertently near Kamirpura village in Punjab's Amritsar (Rural) district, an official release said. "On July 14, 2023, forward deployed BSF troops apprehended 1 Pakistani national ahead of the border fence, while he crossed the International Border and entered into Indian territory, in the area falling near the village - Kamirpura under Amritsar district," stated the BSF Punjab Frontier in an official release.



He was handed over to the Pak Rangers in the Gurdaspur Sector. During questioning, it came to notice that the apprehended Pakistani national had crossed over to Indian territory inadvertently. Nothing objectionable was recovered from him, added the BSF. Following this, the Border Security Force ap-

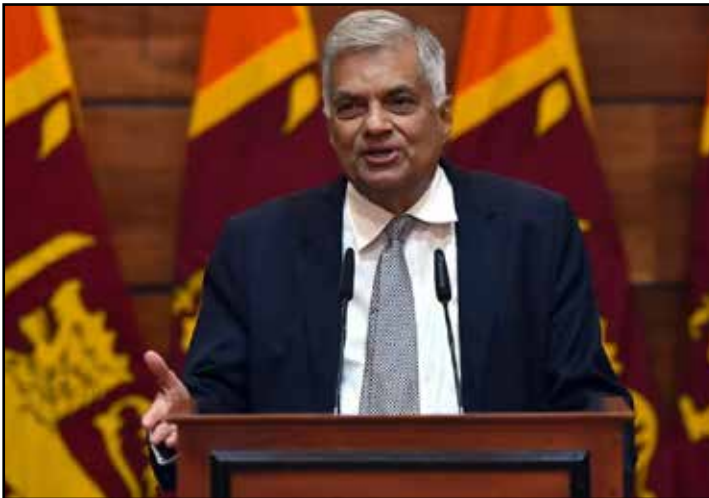
proached Pakistan Rangers and lodged a protest on the matter.

On April 14, at about 7:00 pm the apprehended Pakistan national, being an inadvertent border crosser, was handed over to Pakistan Rangers on humanitarian grounds. BSF always takes a humane approach, while dealing with inadvertent border crossers. ANI



World

## Sri Lanka not averse to using Indian rupee as common currency: President Wickremesinghe



Sri Lanka would want to see the Indian rupee used as much as the US dollar, President Ranil Wickremesinghe has said, days ahead of his first official visit to New Delhi. Wickremesinghe, also the cash-strapped country's finance minister, made this remark while addressing the Indian CEO Forum here this week. "Just as East Asia, including countries like Japan, Korea and China, witnessed significant growth 75 years ago,

it is now India's turn, along with the Indian Ocean region," Wickremesinghe said.

Wickremesinghe is expected to visit New Delhi next week, his first since becoming president a year ago amidst unprecedented economic and political turmoil in the island nation. Wickremesinghe's comments were in response to the chair of the Forum, T S Prakash, who in his address had called for the enhanced use of the Indian rupee in the Sri Lankan

economy. "It makes no difference to us if India (the Indian rupee) becomes a common currency. We will have to figure out how to go about it. We must become more open to the outside world", Wickremesinghe said.

"The world is evolving and India is undergoing rapid development, particularly under Prime Minister Modi's leadership", he added. He also said that Sri Lanka benefits from its proximity to India, coupled with a rich history, cultural heritage and long-standing trading relationships spanning 2,500 years, The Daily Mirror newspaper quoted him as saying. Wickremesinghe has steered the island nation out of the economic crisis and said the economy is recovering despite its slowness.

"Once we complete debt restructuring our focus will shift towards a comprehensive growth agenda. This entails a massive overhaul of our economy, legal framework and systems aligning our path with that of India," he said. PTI

## Woman students in Afghanistan reiterate call to reopen schools for girls



Woman students in Afghanistan have reiterated their request for the Taliban to reopen schools, TOLO News reported. TOLO News is an Afghan news channel broadcasting from Kabul,

This comes 660 days after closure of schools for girls from grade 7 to 12 in Afghanistan. The students said that they are facing an uncertain future. A student, Fareshta, said: "We should together, men and women, improve and take Afghanistan to a position, so that everyone can see us as capable." Taliban's policies of restricting women from public life, including from education and work, have sparked reactions at international levels.

"If this process continues it will cause Afghanistan to go backwards and towards less development and a period like the

middle ages will come into effect," said Almatas Rasuli, a women's rights activist, as per TOLO News. Recently, Nobel Prize-winning education activist Malala Yousafzai condemned the Taliban for reversal of women's rights to education in Afghanistan, Khaama Press reported.

The Khaama Press News Agency is an online news service for Afghanistan. Yousafzai expressed her despair over the Taliban's "complete reversal" of women's rights and education in Afghanistan. She told an audience at the United Nations House in Abuja, Nigeria: "Ten years ago, millions of Afghan girls were going to school." "One in three young women were enrolled in university. And now? Afghanistan is the only country in the world to ban girls and women from seeking education," she said. ANI

## European heatwave: Is it due to possible climate change?

Europe is currently in the midst of a heatwave. Italy, in particular, is expected to face blistering heat, with temperatures projected to reach 40 degrees Celsius to 45 degrees Celsius.

There's even a chance that the current European temperature record of 48.8 degrees Celsius, set in Sicily in 2021, could be surpassed.

Searing temperatures have spread to other countries in southern and eastern Europe, including France, Spain, Poland and Greece. The heat will complicate the travel plans of those heading to popular holiday destinations across the region. Heatwaves, which are defined as prolonged periods of exceptionally hot weather in a specific location, can be extremely dangerous. Europe has experienced its fair share of devastating heatwaves in the past. In 2003, a heatwave



swept across Europe, claiming the lives of over 70,000 people. Then, in 2022, another heatwave hit Europe, resulting in the deaths of almost 62,000 people. The current heatwave is being caused by an anticyclone named Cerberus after the three-headed monster-dog that guards the gates of the underworld in Greek

mythology. An anticyclone – or high-pressure system – is a normal meteorological phenomenon in which sinking air from the upper atmosphere brings about a period of dry and settled weather with limited cloud formation and little wind.

High-pressure systems tend to be slow moving, which is why they persist for days, or even weeks at a time. They often become semi-permanent features over large areas of land. When high pressure systems form over hot land, in regions like the Sahara, the stability of the system generates even hotter temperatures because the already warm air is heated even more. Eventually, the anticyclone will weaken or break down and the heatwave will come to an end. According to the Italian Meteorological Society, the Cerberus heatwave is expected to persist for around two weeks. PTI

## Pakistan military deplores TTP havens across western border

The Pakistan military has deplored the convenience and freedom with which militants have been launching attacks in Pakistan from Afghanistan and has said it expects the Taliban to take action. It has also highlighted the involvement of Afghan nationals in "acts of terrorism" in Pakistan, Dawn reported. Dawn is a reputed English daily in Pakistan.

The military's media wing, the Inter-Services Public Relations (ISPR), in a statement on Friday said, "Armed Forces of Pakistan have serious concerns on the safe havens and liberty of action available to TTP [Tehreek-i-Taliban Pakistan] in Afghanistan." The statement comes two



days after 12 soldiers lost their lives in militant attacks in Zhob and Sui districts of Balochistan. "It is expected that Taliban would not allow the use of its soil to perpetrate terror against any country, in the real sense and in line with commitments made in Doha Agreement," the ISPR said referring to the US-Taliban deal signed in the Qatari capital in 2020 to bring an end to the 2001-2021 war in Afghanistan. ANI



# Expression

## Adolescent Counseling is beneficial to young person - II



**Vijay Garg**

Retired Principal Educational  
Columnist Malout Punjab

Counselors work with teens to set goals. Moreover, they use a wide range of modalities, including:

Cognitive techniques such as Cognitive Behavioral Therapy (CBT), an evidence-based type of therapy that focuses on thoughts, feelings, and behaviors and usually provides tangible coping skills to adolescents

- Dialectical Behavioral Therapy (DBT), which helps adolescents build distress tolerance
- Mindfulness approaches to support teens in relaxing their bodies and calming their minds
- Motivational Interviewing to engage teens in adolescent counseling and build their motivation for healing
- Experiential therapies, including art, music, and outdoor activities

Adolescent counseling can include creative expression  
Teen Counseling vs. Therapy:

What's the Difference?

The main difference between counseling and therapy is that counseling tends to be short term and focused on a specific goal, while therapy is usually a more in-depth and longer process that helps clients work through past experiences.

However, therapy and counseling are often used interchangeably. Moreover, counselors and therapists are both licensed and trained professionals. And both counselors and therapists can use talk therapy as well as other adolescent counseling modalities.

### Adolescent Counselors

Teen counselors are typically focused on the present. They tend to be goal oriented and focus on each client's strengths. Counselors



help clients relieve distressing mental health symptoms and help their clients feel better.

### Teen Therapists

Adolescent therapists help clients work through underlying trauma in order to live more fully in the present and work towards a better future. Therapists help clients process thoughts and feelings, both past and present, that are influencing their behaviors and the way they navigate the world.

### The Benefits of Child and Adolescent Counseling

We've already established that child and adolescent counseling is beneficial to both the child and their family members. Here are some of the specific ways teenage counseling helps kids become happier, healthier, and more resilient.

### Building Emotional Regulation

Learning to regulate their emotions is important for teens as they grow into young adults. Emotion regulation can be difficult for teens with developmental disabilities, mood disorders, personality disorders, eating

disorders, and addictions.

### Healing from Trauma

Adolescence is a time in which teens' brains are still forming. Without treatment, acute or chronic trauma can stunt brain development and put adolescents at a disadvantage as they grow up, negatively impacting them for the rest of their lives. Symptoms of trauma and PTSD include flashbacks, nightmares, dissociation, feelings of terror, and physical pain.

### Growing Self-Worth and Self-Compassion

It's important for teens to develop a greater sense of self-worth. Many adolescents have low self-esteem which could lead to depression and suicidal thoughts. Learning self-compassion can help adolescents be kinder to themselves and develop a greater sense of self.

### Repairing Family Relationships

Teen therapy is particularly impactful when family is involved. Family therapy tailored toward adolescents, such as Attachment-Based Family Therapy, can restore ruptures between parents and

children. These ruptures might be the result of early childhood trauma or may have developed during the teen years while the adolescent was struggling with mental health issues.

### Gaining Healthy Coping Skills

Learning healthy coping skills to navigate challenges and discomfort is another benefit of adolescent counseling. Clinical mental health counselors can help adolescents find new, healthy ways to manage difficult family dynamics, depression, anxiety, and other challenges and triggers.

### Supporting Teens' Growth and Development

Counseling for children and teens also supports adolescent development. There are different developmental milestones that adolescents need to reach in order to move on to the next stage of the teen years. Counseling can help teens meet their developmental goals by working through each stage of development and its effects on social, behavioral, and emotional development.



## Entertainment



# “I stand with my union”: Priyanka Chopra extends support to SAG-AFTRA strike

**G**lobal icon Priyanka Chopra, on Friday night, extended her support to the ongoing SAG AFTRA strike. Taking to Instagram, Priyanka shared a post which she captioned, “I stand with my union and colleagues. In solidarity, we build a better tomorrow.”

Earlier, several reports also stated that the filming for her upcoming project, ‘Heads Of State’ would also be halted or postponed due to the strike. Soon after Priyanka shared the post, her fans and friends swamped down the comment section and showered praises. “More power to you Queen,” a fan commented. Another fan wrote, “well done peecce.”

According to Variety, a US-based media outlet, SAG-AFTRA declared its strike against the film and television industries on Thursday, marking only the second time in Hollywood history that actors have joined writers on the picket lines. According to the guidelines, SAG-AFTRA members will not be able to attend premieres, do interviews for completed work, go to awards shows, attend film festivals or even promote projects on social media while the strike is in effect, reported Variety.

“We are being victimised by a very greedy enterprise,” SAG-AFTRA president Fran Drescher said during Thursday’s press conference. “At some point you have to say ‘No, we’re not going to take this anymore. You people are crazy. What are you doing? Why are you doing this?’” More than 11,000 members of the Writers Guild of America (WGA) began the strike in May, claiming they aren’t paid fairly in the streaming era. “Though we negotiated intent on making a fair deal ... the studios’ responses to our proposals have been wholly insufficient, given the existential crisis writers are facing,” said a statement from the union leadership. ANI

## Varun Dhawan, Janhvi Kapoor go all mushy in ‘Dil Se Dil Tak’ reel, check out

**T**he year of 2023 is offering a lot of new and exciting stuff to Bollywood lovers. Apart from different content, moviegoers are also getting chances to witness fresh on-screen jodis. Nitesh Tiwari’s upcoming film ‘Bawaal’ is one of them. The film marks the first on-screen collaboration between Janhvi Kapoor and Varun Dhawan.

The film promotions are going in full swing. On Friday, the makers unveiled the love song ‘Dil Se Dil Tak’, which showcases Varun and Janhvi’s romantic chemistry.

The duo, on Saturday, dropped an adorable reel on their song. In the video, Varun and Janhvi are seen dancing and hugging. Sharing the link, Varun wrote, “Aju aur Nisha ka Bawaal..21 st July.” The video has left fans in awe. Fashion designer Manish Malhotra dropped a string of red heart emojis in the comment section. “How cute,” a social media user commented. “The song has all my heart,” another one wrote. ANI



## ‘Cirkus’ failure was surprising, have analysed what went wrong,: says Rohit Shetty



**O**ne of the most commercially successful filmmakers in the Hindi film industry, Rohit Shetty says he takes failures in stride and learns from them.

The director, known for blockbuster franchise “Golmaal” and cop movies “Singham”, “Simmba” among others, had a lacklustre outing with his last film “Cirkus”, based on William Shakespeare’s popular play “The Comedy of Errors”.

Starring Ranveer Singh, Varun Sharma, Pooja Hegde and Jacqueline Fernandez, the film opened in December 2022 to underwhelming response from the audiences as well as the critics. “It was honestly surprising. But you analyse what went wrong and take the responsibility. You work at it and move forward,” Shetty told PTI in an interview here. “Cirkus” is not his first film to fail at the box office, and the director said he has a realistic approach that it won’t be the last.

“My first film ‘Zameen’ had not done well, ‘Sunday’ had not done well and ‘Dilwale’ had not done well. This is the fourth time. My target is to make 25 to 30 films and out of this, three-four will again be like ‘Cirkus,’” he added. The filmmaker, set to complete 20 years in the movies, said he is grateful to the audience for accepting him. “It has been a great and fabulous journey. When I started with my first film (‘Zameen’) or my second film ‘Golmaal’, I never thought that I would reach here and that my films would become a brand. PTI