

MY Bharat Jammu and TSUS pay tribute to Savarkar on his 143rd Birthday Anniversary

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JAMMU: MY Bharat Jammu, Ministry of Youth Affairs & Sports, Government of India in collaboration with The Shri Ram Universal School (TSUS), Jammu and Nations Development Association (NDA), organized a solemn programme to pay heartfelt tribute to renowned freedom fighter, patriot, and visionary leader Vinayak Damodar Savarkar on the occasion of his 143rd Birth Anniversary. The programme was conducted as part of the Ministry of Youth Affairs & Sports, Government of India's initiative to remember and honour Veer Savarkar's courage, sacrifices, and immense contribution to India's freedom struggle and nation-building. The event witnessed the gracious presence of Nitin Hangloo, State Director, MY Bharat Jammu & Kashmir; Vivek Kumar, District Youth Officer, MY Bharat Jammu and Samba; and Sushil Singh Charak, Chief Functionary, Na-



tions Development Association (NDA) and State Resources Person MY Bharat J&K. The Chairman, Director, Principal, Head Masters, and nearly 50 staff members of TSUS Jammu participated enthusiastically in the programme and expressed their patriotic spirit and respect towards the great freedom fighter. Addressing the gathering, Nitin Hangloo appreciated the dedicated efforts of the teaching fraternity and encouraged educators to

motivate students to actively participate in various initiatives and opportunities available on the MY Bharat Portal. He emphasized that such platforms provide youth with wider exposure, leadership opportunities, skill development, and active participation in nation-building activities. The dignitaries also highlighted the importance of preserving the legacy and ideals of national heroes like Veer Savarkar and in-

spiring the younger generation to uphold the values of patriotism, courage, discipline, and selfless service towards the nation. The programme concluded with a collective pledge to continue working towards the vision of a strong, united, and progressive India. The event served as a meaningful reminder of the sacrifices made by freedom fighters and inspired everyone present to contribute positively towards society and nation-building.

MeT forecasts rain, thunderstorms and gusty winds in J&K

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SRINAGAR: The Meteorological Centre Srinagar has forecast brief spells of rain, thundershowers and gusty winds across Jammu and Kashmir over the next two days, while issuing an advisory over the possibility of thunderstorms and hailstorms at a few places. According to the forecast, scattered to fairly widespread areas across the

Union Territory are likely to witness brief spells of rain, thundershowers, hailstorm activity and gusty winds on May 28 and 29. The weather is expected to remain generally dry from May 30 to June 3, although isolated places may experience brief spells of rain or thundershowers during the late afternoon hours. For June 4 and 5, the MeT department has predicted partly cloudy conditions,

with chances of brief rain, thundershowers and gusty winds at scattered locations. From June 6 to 8, weather conditions are likely to remain generally dry across Jammu and Kashmir. In its advisory, the MeT Centre cautioned that a few places may witness thunder, lightning, hailstorm and gusty winds with speeds reaching 40 to 50 kmph during May 28 and 29.

HED extends UG Admission Application Deadline in J&K

SRINAGAR: The Higher Education Department has extended the deadline for submission of online application forms and updation of preferences for admission to undergraduate programmes in Government Degree Colleges across Jammu and Kashmir for the academic session 2026-27. According to an official notification issued by the Director Colleges, Jammu Kashmir, the extension was granted following numerous representations received from aspirants and members of the general public. Under the revised schedule, candidates can now submit their online application forms and update their college or programme preferences on the official admission portal till May 30, 2026, up to 5:00 pm. The notification also stated that applicants whose forms have been flagged by verifiers must respond to the clarifications raised within the stipulated.

Caffeine in evening may affect quality of night-time sleep, study finds

NEW DELHI: A study has found that consuming caffeine in the evening may not always lead to less sleep or difficulty falling asleep, but can often affect the quality of sleep during the night. Researchers, including those from Poland's Wrocław Medical University, said electroencephalography (EEG), by which brain's electrical activity is recorded, makes it possible to observe sleep duration or moments of awakening, as well as the biological quality of sleep itself.



“EEG allows us to see not only whether a person is sleeping, but also how the brain is sleeping,” Donata Kurpas from the department of nursing, Wrocław Medical University and author of the study published in the journal *Nutrients*, said. “Classical sleep assessment assesses sleep duration and its stages, whereas quantitative EEG analysis reveals

more subtle changes, such as reduced slow-wave activity, which is an important marker of sleep depth and its restorative character,” Kurpas said. Slow waves are a key component of deep sleep -- the phase responsible for bodily regeneration, restoration of energy resources, and proper brain function. “Caffeine may shorten sleep or make it more difficult to fall asleep; however, even

when sleep duration appears normal, it may reduce slow-wave activity and shift the EEG pattern toward a more ‘wakeful’ brain,” Kurpas said. Thirty-two studies that looked at caffeine exposure and sleep-related EEG outcomes were analysed. The authors wrote, “Caffeine reliably alters the neurophysiological architecture of human sleep in a direction consistent with reduced sleep

depth and weakened homeostatic recovery.” “Emerging evidence further suggests that caffeine increases EEG complexity and shifts sleep dynamics toward a more excitation-dominant state,” they said. This means the body may spend eight hours in bed, but the brain may fail to fully regenerate, the researchers said. “The subjective feeling of having slept well does not always correspond to what we observe in neurophysiological recordings. A person may fall asleep without major difficulty and not remember awakenings, while the brain may display fewer features of deep sleep,” Kurpas said. Kurpas added that caffeine is neither ‘good’ nor ‘bad’ -- it is a biologically active substance, the effects of which depend on dosage, time of day, age, lifestyle, sleep quality, stress burden, and individual sensitivity.

‘Vitamin B12, folate deficiencies could be related with fatigue, reduced motivation’

NEW DELHI: Deficiencies in vitamin B12 and folate (vitamin B9) is linked with higher homocysteine levels in blood, which could be associated with a greater physical fatigue in men and decreased motivation in women, according to a study. “This suggested relationship between vitamin B12, folate, and fatigue in healthy individuals may represent the first report of its kind. Blood homocysteine levels have traditionally raised concerns in relation to cardiovascular disease, dementia, and fractures,” lead researcher Hiroaki Kanouchi, from Osaka Metropolitan University in Japan, said. “However, our findings suggest that attention should also be paid to fatigue and motivation in the future,” Kanouchi said. Fatigue that does not resolve with rest, and reduced motivation can impair one's daily functioning and quality of



life. Chronic fatigue, in which exhaustion is severe and unexplained and can last for months, is linked to a reduced productivity at work and an elevated utilisation of healthcare. The study, published in the journal *Nutrients*, focused on nutritional status and water-soluble vitamin deficiencies found in unbalanced diets. Researchers hypothesised that a lack of folate and vitamin B12 may be related to fatigue, and centered their

study around homocysteine (Hcy), a biomarker known to increase when these deficiencies are present. Blood concentrations of Hcy, folate, and vitamin B12 in over 600 healthy Japanese participants were measured and fatigue and motivation were assessed using questionnaires. Initial results showed that individuals with higher blood levels of homocysteine had lower levels of vitamin B12 and folate, regardless of sex. “Higher Hcy tertiles were

associated with lower serum folate and vitamin B12 concentrations in both sexes,” the authors wrote. The researchers then looked at the relationship between homocysteine levels and fatigue separately for men and women. “In men, the lowest Hcy tertile (one-third of entire range of values) was associated with lower Chalder physical fatigue scores, whereas in women the highest Hcy tertile was associated with lower VAS motivation scores in multivariable analyses,” the team said. “Pairwise contrasts indicated higher physical fatigue in men in the highest tertile compared with the lowest and lower motivation in women,” they wrote. Kanouchi said, “To prevent an increase in homocysteine levels, it is important to avoid deficiencies in vitamin B12 and folate. Maintaining a well-balanced diet on a daily basis is essential.”

Climate change linked with rise in antibiotic resistance genes in salmonella, Analysis finds

NEW DELHI: An analysis has found that climate change is associated with a 10 per cent increase in antibiotic resistance genes in salmonella bacteria.



Findings published in *The Lancet Planetary Health* journal show that 82 per cent of the countries studied saw increases in antibiotic resistance genes in salmonella, an enteric bacteria that can cause food poisoning and typhoid fever, with the strongest climate-associated increases occurring in the Middle East and North Africa, followed by South Asia, and Sub-Saharan Africa. Bacteria develop antibiotic, or antimicrobial, resistance when they become immune to the very drugs designed to kill them. Researchers, including those from the Chinese Academy of Sciences, also found that antimicrobial resistance, or AMR, does not just increase steadily with rising temperatures, but that the

number of resistance genes changes over time in a more complicated way depending on both temperature and rainfall. The result suggests that environmental changes can speed up how bacteria adapt to antibiotics, they said. The analysis of more than 480,000 samples of salmo-

nella genomes collected between 1940 and 2023 from 139 countries and regions also showed that the global average abundance of antibiotic resistance genes in Salmonella has increased by 38 per cent during the study period. “Climate change is associated with a 10 per cent global rise in the abun-

dance of salmonella ARGs (antimicrobial resistance genes), with increases observed in 82 (82 per cent) of 100 countries,” the authors wrote. Studies have shown a link between how an intensifying climate change can fuel antibiotic resistance, suggesting that increasing temperatures and more

frequent extreme weather events can increase prevalence of infectious diseases and the need for antibiotics and antimicrobials for treatment. The study also modelled how antibiotic resistance genes in salmonella change by 2100 under varied climate emissions scenarios. Results suggested that if countries meet low-emission climate targets and strengthen efforts to use antibiotics responsibly, levels of resistance genes could be 24 per cent lower, compared to the highest-emission scenario. The authors said the findings highlight the need to consider climate change when monitoring and addressing AMR. They added that a stronger climate action, alongside responsible antibiotic use and an improved disease surveillance across humans, animals, and the environment, will be important in limiting the future spread of AMR.

Renaming drive in Pakistan a political tool?

Dr. Vikash Ranjan Singh

In the third week of May, a surprising development from Pakistan took storm in the news channels across South Asia and beyond. Authorities reportedly initiated efforts to restore several historically Hindu place names in parts of Lahore and nearby regions, reopening conversations around heritage, identity, and minority history in the country. The move came as a shock to many observers because Pakistan has often seen in international discussions over reports of attacks on minorities, religious discrimination, forced conversions, and the gradual disappearance of non-Muslim cultural identities from its land. In such a context, the restoration of Hindu historical names seems both unexpected and politically significant. For a Nation that strongly identifies itself through Islamic nationalism, the sudden revival of Hindu place names has appeared “fishy”, especially when concerns regarding minority rights continue to persist.

and Sant Nagar in 1992, the authorities changed its name to Islampura (Islam Town). The question arises: till this date, the population of Muslims in this place is higher than that of minorities; then why are they restoring the name? And if they are restoring it, then why did they change it when the Muslim population increased during 1992? Is cultural identity not important during 1992? Does Pakistan have no emotional connection with its own cultural and religious history? Talking about the present day, in July 2023, Mari Mata Mandir was reportedly demolished. One of the important Shakti Peeths for Hindus, the Hinglaj Mata Mandir, which holds immense significance for the Hindu community, was also reportedly damaged in November 2023. In December 2020, reports emerged that the Karak Mandir was destroyed, and in December 2025, an ancient temple worshipped by the Kohli community of Hindus was allegedly demolished illegally, while the government reportedly failed to take strong action.

The country that has no guts to tolerate its minority, where the minorities are facing discrimination and forced conversions on a daily basis, and females, especially of Hindu and Sikh communities, are being raped and forced into marriages. Talking about their populations, in 1951, the population of Hindus in West Pakistan was 1.6%, which decreased to 0.02% with a number of 2,487, and Sikhs were just 715, which counted for only 0.006% of the population in 2023, while the population of Muslims rose to 95.07%. When the Muslim population increased in places like Krishna Nagar

reportedly destroyed. In July 2023, a temple and nearby Hindu houses in the Kashmir-Kandhkot area were attacked using rocket launchers. According to reports by the HRCP (Human Rights Commission of Pakistan), members of around 30 Hindu families were allegedly held hostage by criminal gangs. ANI reports claimed that among the cases registered in 2025, around 75% of the victims were Hindus. On 19 August 2025, HRCP released a report titled “Streets of Fear 2024/2025,” which discussed target killings against Hindu and Sikh communities in Punjab and Sindh regions. In March 2023, 15 Hindu students of Punjab University were reportedly attacked. Pakistan now claims to restore its cultural heritage, but from the beginning until today, temples have repeatedly been demolished while the history and heritage connected to them have been ignored. Despite incidents of target killings and attacks on minorities, the government has often failed to take a strong stand.

If Pakistan truly wants to protect its cultural identity, then the first step should be protecting minorities themselves rather than merely changing names. Restoring names alone appears to be an image-cleaning exercise while Hindus and other minorities continue to face violence, insecurity, and destruction of their cultural heritage. All of a sudden, Pakistan woke up and started remembering its original identity, but the question remains the same: are minorities not important parts of its heritage? **(The Author teaches History at Zakir Husain Delhi College, University of Delhi.)**

One-time gene therapy may lower up to 62pc ‘bad’ Cholesterol, clinical trial results show

NEW DELHI: A one-time gene therapy for treating hypercholesterolaemia could lower up to 62 per cent ‘bad’ cholesterol in the blood, with reductions sustaining over time, according to results of Phase 1b clinical trial published in *The New England Journal of Medicine*. Developed by the US-based pharmaceutical and biotechnology giant Eli Lilly and Company, VERVE-102 is an experimental gene therapy that works by durably turning off the ‘PCSK9’ gene in the liver and lower blood levels of low-density lipoprotein cholesterol (LDL-C) following a single infusion, it said in a statement. The interim analysis of the ‘Heart-2’ trial looked at data from 35 adults with heterozygous familial hypercholesterolaemia (HeFH) or premature coronary

artery disease (CAD). “In the Heart-2 study, a single intravenous infusion of VERVE-102 resulted in meaningful lowering of circulating PCSK9 protein and corresponding reductions in LDL-C across all evaluated dose levels,” the statement reads. It said, “In this interim analysis of 35 participants, a single dose of VERVE-102 resulted in dose-dependent mean reductions in PCSK9 ranging from 51 per cent to 88 per cent, at the lowest 0.3 milligrams per kilogram dose to the highest 1.0 milligrams per kilogram dose, respectively.” Corresponding mean reductions in LDL-C ranged from nine per cent for a dose of 0.3 milligrams per kilogram, 44 per cent (0.45 milligrams per kilogram dose), 51 per cent (0.8 milligrams per kilogram dose), to

62 per cent (1.0 milligrams per kilogram dose), the company said. Riyaz S Patel, cardiologist at Barts Health NHS Trust and professor of cardiology at University College London, said, “These early data give us encouraging evidence that in vivo base editing of PCSK9 may offer a novel approach to achieving substantial and durable LDL-C reduction with a one-time treatment.” Patel added that many patients with an elevated LDL-C struggle to achieve sustained control despite ongoing efforts with the medicines available today, putting them at a significant risk for cardiovascular events. “With coronary artery disease still one of the leading causes of death worldwide, the need for new approaches is real,” Patel said. The gene therapy,

VERVE-102, was found to be well-tolerated across all dose levels with no treatment-related serious adverse events and no dose-limiting toxicities reported, according to the statement. Adverse events included low-grade infusion-related reactions and fatigue, it said. “The Heart-2 results provide early clinical evidence that a single dose of VERVE-102 may mimic the LDL-C lowering effects of PCSK9 cardioprotective variants, potentially transforming cardiovascular care from chronic management to a one-time treatment,” Sekar Kathiresan, Lilly senior vice president and co-founder of Verve Therapeutics, said. Lilly plans to begin enrolling the Phase 2 clinical study of VERVE-102 by the end of this year.