λ tp://www.dailyheadlinestoday.com/ 🕥 twitter.com/HEADLINESTODA17 🜈 Facebook.com/headlines todaydaily 👩 instagram.com/headlinestodaynews 🕞 youtube.com/headlinestoday JUPITER SRINAGAR WEDNESDAY 31 AUGUST 2022 • 03 SAFAR1444 • 12TH YEAR OF PUBLICATION **VOICE TO THE VOICELESS** ROADLINES PUBLICATIONS TRANSPORTERS CONTRACTORS AND FORWARD AGENTS. NEWSPAPER DAILY PARCEL SERVICE FOR **NEWS MAGAZINES PRINTING** INWARDS AND OUTWARDS GOODS OTHER SERVICES FLYERS, POSTERS, BUSINESS CARDS BROCHURES FORMS EAD OFFICE LETTERHEADS, INVOICES, CALENDERS, BOOKLETS LAWAIPORA SRINAGAR & HUMHAMA BUDGAM 9999038812, 9419008414 01942496287 Vol No:12 • Issue No: 204 • RNI No: JKENG/2011/39231 • Epaper.dailyheadlinestoday.co. • www.dailyheadlinestoday.co • Pages: 12 • Price: Rs 02/-

NEWS IN BRIEF Lt Governor Greets **People on Ganesh** Chaturthi

SRINAGAR, Aug 30: Lieutenant Governor Manoj Sinha has extended his warm greetings to the people on the eve of the auspicious occasion of Ganesh Chaturthi

In his message, the Lt Governor said. "On the sacred occasion of Ganesh Chaturthi, I convey my heartiest greetings to all. May Lord Ganesha, symbol of intellect, prosperity and good fortune, remove all obstacles from our lives and bless everyone with joy, prosperity and

Faesal posted as dy secretary in Union **Ministry of Culture**

SRINAGAR, Aug 30: The Gov-ernment of India on Tuesday appointed Dr. Shah Faesal as deputy secretary in the Union Ministry of Culture. The Department of Personnel and Training has ordered the posting of Shah Faesal (AG-MUT-2010) as deputy secretary in the Ministry of Culture under the central staffing scheme for a period of four years from the date of taking over the post.According to an order issued by the DoPT, Shah Faesal was recommended for central deputation by the Ministry of Home Affairs, which is the cadre controlling authority for AGMUT.

Body of Mehjoor Nagar vouth recovered from Jhelum

SRINAGAR, Aug 30: Body of 25-year-old youth was recovered from river Jhelum in Palpora area of Srinagar on Tuesday morning, reports said here.

Official said that the body of Arif Maqsood (25) of Mehjoor Nagar was spotted by locals in river Jhelum at Palpora.

They said after spotting the body, the locals informed the police, which later with the help of locals fished out the body from the river. Meanwhile, Police have taken cognizance of the incident and have shifted the body to hospital for medico-legal formalities.

79-yrs old man held with charas in Sopore

SRINAGAR, Aug 30: Police on Tuesday claimed to have arrested a 70-year-old man along with charas like substance from in Sopore area of North Kashmir.



MS NAZKI

KISHTWAR, Aug 30: At least eight people were killed and three others were critically injured in a road accident in Chatroo area of Kishtwar district on Tuesday. An official said that a sumo carry-

ing passengers from Chingam to Chatroo, skidded-off the road near Bonda village today afternoon. He said eight people died in the incident while three others were

injured. "Soon after the incident, rescue teams, comprising of police, Army and local villagers reached the spot." he added.

Senior Superintendent of Police, Kishtwar, Shafqat Bhat said that eight people have died in the acci-



dent and three were injured, while rescue operation was going on. The deceased have been identified CONTINUED ON IN PAGE 10

9 Students among 11 injured in Kathua

Jammu, Aug 30: As many as 11 persons including nine students were injured on Tuesday after an auto in which they were travelling met with an accident in Kathua district of Jammu and Kashmir.

Police said the auto on its way from Kah to Nagrota slipped 20 feet off the road near Panchayat Ghar Kah,

injuring 11. Four of the injured were referred to the Government Medical College and Hospital in Kathua.

Three LeT militants killed in Shopian gunfight: Police

HT NEWS NETWORK

Srinagar, Aug 30: Security forces gunned down three Lashker-e-Toiba (LeT) militants in an encounter that broke out in south Kashmir's Shopian district on

Tuesday, officials said. They said the gun battle erupted at Nagbal village of Shopian district during a cordon and a search operation in the area following an input about the presence of militants.

"As the joint team of forces zeroed in n the suspected spot, the hiding militants opened fire, triggering a gunfight in which two LeT militants were killed in the initial contact," a security official said. "Both the killed militants



were affiliated with protal 03). Search going on. Furscribed militant outfit LeT", they said. One more militants was

killed this evening during

ther details shall follow", a police tweet said. Police said the joint forces

were on the job. All three militants killed in the encounter are

the gunfight taking the toll to three, police said. "1 more militant killed (To-

CONTINUED ON >> PAGE 10 Hyderpora 'Encounter'

Home minister Amit Shah likely to visit J&K in September Will address three rallies; two in Jammu one in Kashmir

HT NEWS NETWORK

NEW DELHI, Aug 30: Union Home Minister Amit Shah will visit Jammu and Kashmir for two days in September to give a headstart to the political activities of the Bharatiya Janata Party (BJP) in the run up to the Assembly elections which are expected to be held after the updating of the electoral rolls are stood to have given his consent

completed by November.

The home minister will address three rallies including two in the Jammu division and one in the Kashmir valley, reports said. The rallies will be in addition to the official itinerary of the Home Minister which will include a security review of Jammu and Kashmir.

"The Home Minister is under-

for the visit. Now, the dates and tour itinerary will be worked out by J&K unit of the BJP and Shah's office. The dates are expected to be announced shortly," a report carried by a regional newspaper Daily Excelsior said.

Shah is likely to spend one day each in Jammu and Kashmir divisions during the visit.

Prisoner doesn't cease to be human, entitled to all fundamental rights in jail: Justice Magrey

SRINAGAR, Aug 30: Executive Chairman J&K Legal Services Authority, Justice Ali Mohammad Magrey today chaired a high level meeting to discuss ensuring that the undertrials/ convicts are not denied the basic fundamental rights, while they are in custody. The meeting was attended by Additional Chief Secretary Home, R. K. Goyal; DG Prisons, H. K. Lohia; Principal Secretary Estates Department, Alok Kumar,

J&K there are as many as 5148 inmates. Therefore, the average occupancy rate of prisons in J&K is 142%. However, it was informed that the government is considering the raising of infrastructure to ensure decongestion in jails. Justice Magrey was further in-

J&K opposes fathers' plea in SC seeking son's body for burial

HT NEWS NETWORK

NEW DELHI, Aug 30: The Supreme Court has reserved its order on a father's plea to perform last rites, at the burial site, of his son, who was killed in an encounter in locality in November last year.

Senior advocate Anand Grover, representing Mohammad Latief Magrey, submitted before a bench of Justices Surya Kant and J.B. Pardiwala that there is no threat to security or security concerns and the father wants to exhume the body to perform the last rites at the burial site. He stressed that the father

has the right to perform the rites and these are religious rites and pointed out that his client had supported the the sanctioned capacity of government and the army 3629 in 14 jails of the UT of from the beginning.

Grover emphasized that religious rites cannot be usurped by the state and cited religious texts of Muslims to impress upon the need for performing the last rites. He added that he has given up the need for community participation in the process as it may have led to



Advocate Ardhendumauli Prasad, representing the Jammu and Kashmir adsubmitted ministration, that it was not in dispute that the victim was a militant and the CD submitted to the high court showed that all Islamic last rites were performed.

As Grover insisted that his client want to perform the last rites, Prasad contended: "We all saw what happened when the body was given a few years back..

He added that large number of militants is killed in encounters and buried, and if this petition is entertained by the apex court, then the high court will be filled with such petitions seeking to perform last rites.

Prasad said 8 months have passed, the body

HT NEWS NETWORK ticles in Srinagar have been kept in a locker at Saddar Treasury, Srinagar, according to the The decision to transfer the administrative control of the Toshkhana to the Department of Culture was taken on August 13 by the Administrative

Secretary Law, Justice & Affairs, Parliamentary Achal Sethi and Member

During the meeting, ACS Home apprised Justice Magrey about the existing facilities available for the detenues in different prisons of J&K and the improvements made in the near past. It was informed that against

An official that a NAKA was laid at Tujjar area of Sopore by a Police party of Police station Bomai. A man along with 115 grams charas like substance was arrested during searches.

The arrested person was identified as Ghulam Muhammad Sheikh @ Mama son of Abdul Gani Sheikh, a resident of Tujjar Shareef Sopore. In this regard a case FIR No. 42/2022 U/S 8/20 of NDPS Act stands registered at Police Station Bomai and further investigation has been taken up, he said.

9.8 km tunnel on Banihal-Katra rail link completed

HT NEWS NETWORK

JAMMU, AUG 30: The 9.8 km tunnel connecting two stations on the 111 km under-construction Banihal-Katra railway link in Jammu and Kashmir has been completed, officials said. It is part of the Udhampur-Srinagar-Baramulla Railway Line (USBRL) project. This is the third tunnel following the 12.6 km tunnel T-49B, the longest tunnel of Indian Railways, which was completed in January this year. On August 14, the world's highest rail bridge over the Chenab river in the Kouri area of Reasi district achieved a milestone when the overarch deck of the bridge was completed with a golden joint. The breakthrough was executed by conducting a blast and with it, the work on the escape tunnel T-13 was started, said the officials engaged in the work.

We have succeeded in completing the construction work on the tunnel between Dugga and Sawlakote stations in the Katra-Banihal section of the Udhampur–Srinagar– Baramulla Rail Link (USBRL)," an official said on Monday. The officials said USBRL is a national project and Indian railways is committed to its time bound completion. "We completed the 9.8-kmlong tunnel today which connects two railway stations located on each side," the official said.

The Dugga railway station located on its Jammu end has been CONTINUED ON » PAGE 10

Mandi Heritage Com chives Archaeo Toshkhana organization plex, whereas, the ar- CONTINUED ON » PAGE 10 | Sharma.

Govt winds up 'Toshkhana', transfers

assets to Culture Department

has been transferred to

the Culture Department

"All the records and

immoveable/moveable

assets of the Toshkhana

Organization at Jammu/

Kashmir are also trans-

ferred to the Department

of Culture," the order

The 'Toshkhana' hous-

es the royal gifts and

antique items of the

erstwhile Dogra Rulers

of Jammu & Kashmir.

In Jammu, the articles

added.

Governor

ecretary, J&K LSA, M. K.

formed that in the yea CONTINUED ON » PAGE 10 | security concerns.

CONTINUED ON » PAGE 10

J&K logs 131 new COVID-19 cases

SYED TAJAMUL BUKHARI

HT NEWS NETWORK

SRINAGAR, Aug 30: The

Government on Tuesday

issued formal orders for

winding up of Toshkha-

na Organization and the

transfer of its Assets and

staff to the Culture De-

Sanction is hereby ac-

corded to the closure/

winding-up of the Jam-

mu and Kashmir Tosh-

reads a government or-

The sanctioned posts and

Organization,"

partment.

khana

der.

SRINAGAR, Aug 30: Jammu and Kashmir reported 131 positive cases of COVID-19 including 22 from Jammu and 109 from Kashmir divisions, pushing the positive case tally in the Union Territory to $4776\overline{4}4$

Moreover, 260 more COVID-19 patients have recov ered and been discharged from various hospitals including 50 from Jammu division and 210 from Kashmir division.

According to the daily Media Bulletin on novel Corona virus (Covid-19), out of 477644 positive cases, 1191 are Active Positive (260 in Jammu Division and 931 in Kashmir Division), 471671 have recovered and 4782 have died: 2350 in Jammu division and 2432 in Kashmir division.

The Bulletin also informs that 21,776 doses of COVID Vaccine have been administered in the last 24 hours across Jammu and Kashmir bringing the cumulative number of doses administered to 2,42,91,035 till date.

The Bulletin further said that out of 26447802 test results available, 477644samples have tested positive and 25970158 samples have been tested as negative till date. Besides, 7,839 COVID tests have been conducted in last 24 hours

CONTINUED ON → PAGE 10

LoC: Greenery returns as ceasefire pact ends fear for Jammu farmers

HT NEWS NETWORK

government.

Lieutenant

of the Toshkhana have nize its functioning with

been stored at Mubarak the Department of Ar-

Council headed by The

Manoj Sinha. According

to the government, the

decision will synchro-

RAJOURI/POONCH, Aug 30: The fresh ceasefire pact between India and Pakistan has once brought smiles on the faces of farmers along Line of Control (LoC) in Jammu districts as the fear of firing has come to an end, paving way for the greenery near border areas.

Farmers in Rajouri and Poonch districts said that the things have improved to a greater extent since February 2021 when a ceasefire agreement was announced between India and Pakistan and armies of both the nations decided to follow this agreement for restoration of peace and normalcy on borders.

"With not even a single incident of violation of this ceasefire agreement, the life of people in the border villages of Rajouri and Poonch has improved to a larger extent," the farmers said, adding that they are back in their land for farming without any fear.

"We have fields along LoC and almost all our villages are in firing zone, making it impos CONTINUED ON » PAGE 10

Azad's resignation triggers mass exodus in ailing Congress, 64 more quit

HT NEWS NETWORK

Jammu, Aug 30: Days after nearly one dozen senior leaders resigned from the Congress, 64 Jammu and Kashmir leaders from the party, including former Deputy Chief Minister Tara Chand also resigned in support of Ghulam Nabi Azad. Speaking to reporters here, senior leader Balwan Singh flanked by Chand and a brigade of Congress leaders, said they resigned "owing to the circumstances and the leadership crisis in the Congress party, where a coterie surrounding party high command is calling shots in the most irresponsible manner and ruining the party".

Reading out the joint resignation letter signed by 64 leaders and senior functionaries from meted out to us was humiliatacross Jammu province, the ing."



former MLA also said, "All of us had a very long association with the party spanning over decades and devoted all our energy and resources towards expanding the party in Jammu and Kashmir, but unfortunately we found that the treatment

The letter added "With our lead er and mentor Ghulam Nabi Azad having resigned from the party on the issue listed by him in a letter to you (Sonia Gandhi), we believe that we should also come out of Congress to make some worthwhile contribution in building a positive political society where people are heard and responded to."Former Chief Minister and MP Azad quit the Congress after giving over five decades to the party at different positions.

Azad on Saturday claimed 95 per cent party workers, panchayat members and district development council members of the Congress in Jammu and Kashmir have joined him. "In view of the prevailing situation, a strong leadership

CONTINUED ON → PAGE 10

KU ask all HoDs to

Restoration of Article 370 not easy, needs collective efforts: Farooq

HT NEWS NETWORK

Srinagar, Aug 30: Former Jammu and Kashmir Chief Minister and National Conference President Dr Farooq Abdullah says restoration of Article 370 and 35A to the erstwhile state is not easy unless all political parties and people unite to fight for it. "It is not easy to get the Article 370 and 35A restored to the erstwhile state of Jammu and Kashmir. We have already approached the Supreme Court and are waiting for the day when they will constitute a bench and hear the petition," Abdullah said in an interview with a media channel on Tuesday.

He said: "The restoration of Article 370 and 35 A will not come from the sky...we all have to struggle for that together. I hope the day will come and Article 370 will be restored again with dignity and honor.³

He alleged that the central government has unconstitutionally turned a state into a union territory without approaching the people here.

"Bharatiya Janata Party is attempting to get two-third majority in the elections when they are held in Jammu and Kashmir which will enable them to pass the resolution in the Assembly and then request the Supreme Court to constitute the bench which will give a decision in

their favor," he added The former Chief Minister wished the apex court would soon constitute the bench as early as possible and start hearing on Article 370.

Regarding delaying Assembly elections in Jammu and Kashmir, the NC chief said "I cannot say anything about it. It is the Election Commission which has to take a call."

He said they often say that the situation in Jammu and Kashmir has improved ... "if it has improved why are they not conducting elections. There should be a reason," he questioned. The delimitation process has been done and now

CONTINUED ON >> PAGE 10

Anti-CAA Protest: JMI cancels scholar Safoora Zargar's admission

HT NEWS NETWORK

SRINAGAR, Aug 30: The Jamia Millia Islamia administration has cancelled the admission of scholar Safoora Zargar, who was arrested in a 2020 Anti-CAA Protests case.

On August 29, 2022, she announced on Twitter that Jamia Millia Islamia had revoked her acceptance to the M.Phil degree in the Department of Sociology. Zargar said on Twitter that Jamia

Millia Islamia had cancelled her M.Phil admission with effect from August 22, 2022.

She added that the cancellation "breaks my heart but not my spir-

Zargar's admittance was cancelled, according to an official notification given by the university,

since "her progress report by her supervisor was inadequate" and she did not ask for an extension as a women scholar.

The notification also said that Zargar's enrollment was revoked since she had not completed her M.Phil dissertation within the allotted time frame of six semesters. The normal time frame is five semesters, however, because of the COVID-19 Pandemic, a sixth semester was added.

When Safoora Zargar was three months pregnant, she was detained by Delhi Police in April 2020. She was detained and prose cuted under the UAPA Act for her suspected role in the anti-CAA protests. Zargar was granted bail four times by the Delhi High Court and discharged on June 24, CONTINUED ON >> PAGE 10

it asked for information about US national Jeremiah D Graham, who is said to have "delivered lectures" at the varsity in January-February this year. The varsity said the Union home ministry has sought information about Gra-ham, who "might have violated his visa requirements". The university ad-

and directors to seek prior

permission before inviting

foreigners three days after

ministration said it CONTINUED ON >> PAGE 10

seek prior approval **before** inviting foreigners HT NEWS NETWORK SRINAGAR, Aug 30: Kashmir University on Tuesday asked heads of departments

DC Anantnag chairs NCORD meeting

ANANTNAG, AUGUST 30: The Dep uty Commissioner (DC) Anantnag. Dr Basharat Qayoom today chaired the District level Narco Coordination (NCORD) Centre meeting at Dakbanglow Khanabal, here .

Speaking on the occasion, the DC said that the drug menace needs continued and participatory efforts . He said immediate action is needed by all stakeholders.

While directing the concerned District/ Sectoral officers, the DC said that a multi-pronged strategy covering identification, rehabilitation, conviction, counseling, campaigning, awareness, destroying bung cultivation, poppy and cannabis must be taken up. He said PRIs, NGOs, village elders, etc should spread awareness and counsel the youth in this regard.

The District/ Sectoral officers expressed their views and submitted



action taken in this regard before the chair which includes conducting of nukad nataks, awareness camps, holding of pledge ceremonies, capacity building programmes, destroying illicit bung/ poppy cultivations, motivating the people for cash crops etc besides lodging of FIRs against habit-

It is in place to mention that the committees of NCORD had been floated by the Ministry of Home Affairs to bolster steps at different levels to combat drug trafficking and ensure better coordination among the Central, State, and Union territory governments.

The meeting was attended by ADC. SP Headquarters, ACD, DFOs, ETO South, DSWO, SDMs of Pahalgam, Dooru, Bijbehara, Kokernag, Dy.SPs, SHOs, Drug Controller Anantnag, District Agriculture officer and various other concerned officers. It is in place to mention that the committees of NCORD had been floated by the Ministry of Home Affairs to bolster steps at different levels to combat drug trafficking and ensure better coordination among the Central, State, and Union territory governments

NIT Srinagar gets 59th rank in Indian Institutional Framework ranking Director, Registrar NIT Srinagar extend greetings eral years, NIT Srinagar has performed well in IIRF

is more focused on deliv-

Srinagar Aug 30: The National Institute of Technology (NIT) Srinagar has secured 59th rank in Indian Institutional Framework ranking (IIRF) 2022 among all NITs and IITs in India and first position in UT of Jammu and Kashmir.

The rankings were released on Tuesday by Education Post, a monthly magazine on Higher Education, under the engineering category in all NIT's and IIT's.

As per the data, NIT Srinagar has secured 59th rank among the 3500 engovernment gineering colleges in India and the highest ranking in Jammu and Kashmir.

Director NIT Srinagar, Prof. Rakesh Sehgal con-gratulated the institute's faculty, students, and non-teaching staff for

making the institute's administration proud by

achieving a good rank in IIRF rankings. Prof. Sehgal also commended the work put in by Dr. Harveer S. Pali, who was the Nodal Officer for IIRF 2022 rankings. He said there is a lot more to do and such results are enall faculty colleagues and couraging. He said from the past sevstated that NIT Srinagar

rankings. He attributed the contribution of all faculty colleagues, senior administration staff, no teaching staff, and students. He also appreciated the role of Dr.

Harveer S. Pali and his entire team for their exemplary work. Prof. Bukhari said NIT Srinagar is committed to bridging a gap between society and technology. In the future, Institute will further work hard so that it will be ranked among the top colleges in country, he said.Dr. Harveer S. Pali, Nodal Officer of Rankings, NIT Srinagar, appreciated the efforts and active participation done by the IIRF team, faculty

led to this great achieve-

HT - CLASSIFIED HEADLINESTODAY DC Doda listens to issues of MC councilors, reviews functioning of civic body two days. Besides, the EO rected Dy SP Traffic and

DODA, AUGUST 30: Deputy Commissioner Doda, Vishesh Paul Mahajan, today convened an introductory cum review meeting with the Councillors of Municipal Council Doda here in the conference Hall of DC office complex and listened to their issues.

Among others pres ent in the meeting were President MC Doda Ved Prakash Gupta, SSP Doda Abdul Qayoom, ADC Doda DR R K Bharti, Councillors of various wards,Ex En PDD, Ex En PWD, Dy SP Traffic, EO MC Doda, Technical Officer to Ex En PHE Doda, besides other concerned officials were also present.

Threadbare discussion was held with regard to the working of the civic body, issues being faced by the council members, besides pace of ongoing developmental works, implementation of PMAY-U, and status of mega projects pertaining to MC Doda

Taking note of the slow pace of completion of PMAY-U houses, the DC directed the EO to meet the target on a war footing basis and recover the

money from the beneficiaries reluctant to start the construction. He further

and Dy SP traffic were directed to identify vacant



for early sanctioning. The

EO MC and PWD depart-

ment were asked to verify

the houses constructed

during the Covid time

and submit the factual

While responding to the

demand of $\bar{c}onstruction$ of

Multi level Parking facil-

report.

place for Rehris. list of beneficiaries so that the same shall be sent to the concerned quarter

The DC further asked for expediting the process for construction of Modern Slaughter house in the town and identification of state land measuring around 10-20 kanal adja cent to the town for the creation of common facilities of MC Doda like Cattle pond, Solid waste management plant, material recovery facility etc. Regarding nuisance

tives The DC assured time bound redressal of public issues projected by the Councillors.

EO MC to impose heavy

The DC further directed

to prohibit the entry of

trucks, tippers, dumpers

carrying goods/building

material in the town be-

tween 9 am to 8 PM. The

developmental activities

were directed to seek

NOC prior to start the

Regarding the damage caused to the water sup-

ply line in ward number

1 due to the ongoing road

widening work, the DC

directed the PHE depart-

ment to coordinate with

the NHIDCL for tempo-

rary restoration. The en-

gineering departments

were directed to speed

up the tendering and es-

timation of the works en-

trusted to them by the MC

under different schemes.

Moreover the DC direct-

ed the EO MC Doda to in-

tensify the anti-polythene

drive and encourage the

general public to use en-

vironment safe alterna-

carrying

fines on violators.

departments

work

ity in Doda town, the DC asked the stakeholder decaused by illegal parking partments to examine the of vehicles, stray animals proposals of Councillors and encroachment of lanes and footpaths by the shopkeepers, the DC diand submit a report on its feasibility within next

DC Kathua reviews implementation of RDD schemes, execution of B2V works

KATHUA, AUGUST 30: Deputy Commissioner Kathua, Rahul Pandey today chaired a meeting to review the implementation and progress achieved under the Rural Development sector schemes in the District. The meeting was attended by the Chief Planning Officer, Assistant Commissioner Development, Assistant Commissioner Panchayat, DPO, XEN REW, BDOs, and other concerned officers.

While reviewing the scheme wise works taken up by the RDD, the DC laid thrust on speeding up the process of allotment and early completion of already tendered works to make Kathua amongst top performing districts. The DC directed ACD to increase Person Days under MGN-REGA, ensure regular monitoring of taken up works and performance of field staff.

The DC further asked for submission of data regarding the ongoing works and works not tendered. He also called for early completion of on-



going works and speeding up the tendering process of identified works. A threadbare review was also held on physical and financial achievements made by the departments un-

der the flagship schemes including PMAY-G, B2V3, SBM, Solid waste management, soak pit, ODF+ etc.

The DC also laid thrust on ensuring saturation of Aadhaar Seeding of the left out beneficiaries.

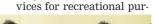
Furnishing of comparative data on the progress made in work execution, utilisation of resources and accomplishment of works within set timelines was also stressed upon.

DC Srinagar inspects Day Care cum **Recreational Centre for Senior Citizens**

SRINAGAR, AUGUST 30: The Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad Tuesday undertook a visit to the first ever Day Care cum Recreational Centre established for Senior Citizens at Syedpora in Eidgah Tehsil of the District here. During the visit, the DC took a round of various sections of the Centre including Resting rooms, Recreational cum Reading room, Medical First Aid Room, Pantry and took stock of the facilities put in place for the holistic recreation of senior citizens/elderly persons of

the District.

On the occasion, the DC Magazines and other serwas apprised that the Centre has been fully equipped



WiFi facility, Newspapers,

their rich experiences. Worth to mention that various senior citizens/ retired persons had hailed

Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION CHADOORA

NOTICE INVITING FRESH TENDERS

E-NIT No. 127 of R&B/ET/ 5607-16 of 2022-23 Dated: - 29/08/2022 SINGLE COVER SYSTEM For and on behalf of the Lt. Governor, UT J&K, e-tenders (In single cover system) are invited on Percentage basis from approved and eligible Contractors registered with J&K Govt., CPWD, Railways and other State/Central Governments for the following works:-

TS NO & DT AA NO. & DT Cost of Earnes Time of M.H OF Clas Nome of Work Money T/Doc. (Rs.ln ompletio (In Rupe (In Rupees) Of Account Lacs) (days) Contactor 1 2 3 4 6 8 - 9 Providing/fixing of entrance gate and repair work of washrooms at frui 200.00 1960 4401-CO DEE 13-Plan of 2022 0.98 10 Sanction dt 24/06/2022 olant nursery Gopalpora Position of funds: - Available 1. The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website

www.jktenders.gov.in as per schedule of dates given below:-29/08/202 Date of Issue of Tender



ment.

2	Period of downloading of bidding documents	29/08/2022					
3	Bid submission Start Date	29/08/2022					
4	Bid Submission End Date	05/09/2022 upto 4.00 PM. 05/09/2022 at 4.10 PM in the office of Executive Engineer (R&B) Division Chadoora.					
5	Date & time of opening of Technical Bids						

2. Bids must be accompanied with cost of Tender document in shape of Treasury Challan (deposited in MH: 0059) in favour of Executive Engineer R&B Division Chadoora (tender inviting authority) and Earnest money / Bid security in shape of CDR/FDR/BG pledged to Executive Engineer R&B Division Chadoora (tender receiving authority). Note: The Date of Treasury Challan and Earnest Money / Bid security must be between the date of start of bid and Bid Submission End date. Any deviation shall render the bidder as Non-responsive. 2.1The 1st lowest bidder has to produce an amount equal to 3% of contract as Performance Security in the shape of CDR/FDR/BG in favour of Executive Engineer (R&B) Division Chadoora within 07 (Seven) days after the date of receipt of letter of acceptance and shall be released after successful completion of DLP. The Bank Guarantee should be valid for beyond bid validity. 3.At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/FDR/BG in favour to provide Performance Security @ 3% at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 3% of the allotted cost, which will be released after successful completion of the DLP. Note: The Bidders shall mention the name of the advertised work/ reference to NIT & S. No. on the EMD / Bid security (CDR/FDR/BG) while submitting the bidding documents, in order to avoid using the same multiple times for multiple works.

while submitting the bidding documents, in order to avoid using the same multiple times for multiple works. 4. The date and time of opening of Financial Bids of a responsive bidder shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. 5. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids. 6. The earnest money/ performance Security shall be forfeited If:-a) Any bidder/ tenderer withdraws his bid/ tender during the period of bid validity or makes any modifications in the terms and conditions of the bid. b) West of Concessful hidden to formite the avoid of the period of bid validity within the avoid of time limit.

of the but. b)Failure of Successful bidder to furnish the required performance security within the specified time limit. c)Failure of Successful bidder to execute the agreement within 28 days after fixation of contract. 6(A). Instruction to bidders regarding e-tendering process. 6.1 Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website

6.1 Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Bit on website www.jktenders.gov.in to acquaint bid submission process.
6.2 To participate in bidding process, bidders have to get 'Digital Signature Certificate (DSC)' as per information Technology Act-2000. Bidders can get digital certificate from any approved Vendor.
6.3 The bidders have to submit their bids online in electronic format with digital Signature. No bid will be accepted in physical form.
6.4 Bidders must ensure to upload scanned copy of all necessary documents with the bid. Besides, original documents related to the bid shall be submitted by L1 before issuance of Allotment in his favour.
6.6 Bidders must ensure to upload scanned copies of all necessary documents including earnest Money Deposit, tender documents fee in terms of soft copies and all other documents required as per NIT with technical bid. No document (s) which has/have not been uploaded shall be entertained for technical evaluation in the form of hard copy. However in case of any clarification the bidders all have to produce original documents in support of soft copies if need arises.

Itering to some target of the solution in the form of hard copy. However in case of any clarification the bidders all have to produce original documents in support of soft copies if need arises.
Note: Scan all the documents on 100 dpi with black and white option.
6.6(a) Bidders should note that if the documents uploaded/submitted on the basis of which the contract has been awarded are found forged/fake/not genuine at any time, the contract shall be cancelled and the contractor/bidder shall be recommended for blacklisting and debarred from taking part in tendering in PWD/Other Departments for a period of one year in the first instance, besides the performance security deposited for the said work shall be forfeited.
7. The department will not be responsible for delay in online submission due to any reasons.
8. For item rate method the unit rates and prices shall be quoted by the bidder entirely in Indian Rupees and the rates quoted shall be deemed to include price escalation and all taxes upto completion of the work. Deduction on account of taxes shall be made from the bills of the work. The percentage quoted by the bidder to quote a percentage above / below / at par at the bottom of the BOQ percentage template for the work. The percentage quoted by the bidder shall be deemed to include price escalation of the work. The percentage quoted by the bidder shall be deemed to include price the BOQ percentage template for the work. The percentage quoted by the bidder shall be deemed to include price escalation of the work. The percentage quoted by the bidder shall be deemed to include price the shall be made from the bills of the contractor on gross amount of the bidder shall be deemed to include price escalation and all taxes upto completion of the work. The percentage quoted by the bidder shall be deemed to include price scalation and all taxes upto completion of the work. The percentage quoted by the bidder shall be deemed to include price escalation and all taxes upto com

time of recovery. 10.Bidders are advised not to make any change in BOQ (Bill of Quantities) contents. In no case they should attempt to create similar BOQ manually

manually. 11.Price escalation and Taxes: No price escalation shall be permissible. The deduction on account of taxes shall be made for the bills of the contractor for the gross amount of the bill as per the rates prevailing at the time of recovery. 12.Bidders are advised to use "My Documents" area in their user on R&B e-Tendering portal to store such documents as are required. 13.In case of CRF and any other specified project. The relevant guidelines standard bidding document shall be followed. 14.Instructions to Bidder (ITB) 14.1 biddens of bidder (ITB)

14.1 All bilders shall upload the following information and documents along with qualification criteria/ qualification information with

their bids:-a)Copies of original documents defining constitution/legal status, place of registration and principal place of Business b)Cell No.and Correspondence address & e-mail. c)Scanned copy of e-challan and earnest money d)Scanned copy of Registration Card with latest renewal. e)Scanned copy of Valid GSTIN No. & PAN No. f)Scanned Copy of GSTIN Registration and latest clearance certificate FORM GSTR-3B I.e. latest clearance certificate FORM GSTR-3B of the latest energy of Not the Lesue of NIT atest quarter/latest Month to the Issue of NIT.

Illustrations:-For the NIT issued After 20th August 2022 the bidder has to upload the latest clearance certificate FORM GSTR-3B of the latest quarter i.e. April-June /Latest month i.e. June 2022. g)All bidders shall upload Verification Certificate from concerned Chief Engineer /Superintending Engineer of Enlistment Registration

Card h)If verification is not done then it is mandatory to upload an affidavit from First Class Executive Magistrate regarding the Genuineness of the Contractor Card. The Bidders are subject to be disqualified if they have made misleading or false representation in the forms, statements, affidavits duly attested by Magistrate and attachments submitted in proof of the qualification requirement: and/or Record of poor performance such as abandoning the works, not properly completing the contract, inordinate delays in completion, litigation history, or financial failures etc.

Intancial latures etc. 14.2 The bidder at his own responsibility and risk should visit and examine the site of work and its surroundings before submission of bid. 14.3Non attendance of pre-bid meeting will not be cause of disqualification of the bidder. 14.4All documents relating to the bid shall be in the English Language.

DIPK-8959/22 Dated: 29/08/2022

Executive Engineer R&B Division Chadoora

Subject -Grant Registration of the Proposed Travel Unit Under The Name & Style M/S SLOVENIA **TOUR&TRAVEL Situated At Nowpora Khayam** Road Srinagar J&K 190001 Public Notice

Whereas I Mr/Ms Afiya Hassan D/O Ghulam Hassan Wani R/O Doulatabad Ranawari Srinagar Kashmir intends to apply in the Department of Tourism for the Registration of my Pro posed Trael Unit under the Name and Style M/S SLOVENIA TOUR&TRAVEL Situated At Nowpora Khayam Road Srinaga J&K 190001 Under Tourist Trade act 1978/82/2011-12.

Where I will submit State Subject/Domicile Certificate Qulfication Certificate ,Pan card Experience Certificate (minimum 05 years)Chaeacter Certificate (Police Department) Bank State ment(Minimum Balance 10000) Site plan Affidavit Rent deed duly attested by Sub-Registerar Priting Meterial Latterhead visting card photograph of the unit 9Indoorand outdoor)and two Passport size photograph to the department of tourism as per prescribed checklist prior to Regitration of my unit as an Excursion Agency.Now as perJ&K registration of tourist Trade Act 1978/82/2011/12 before my case is processed for registration by the competent authority the matter here by notified for the information of genral public/Financial Institu tions /Bank/Organation etc for the objection ,if any body the same should reach to the Depty Director Tourism Registration(E-mail-id ddtreg123@gmail.com)within a period of 7days from the publication of this notice in leading local news paperof the valley .No objection beyound a period of 7 days shall be entertained.amid. At the outset, SSP Budgam threw light on the drug abuse, its causes and prevention. He briefed about the measures Budgam Police has been taking for prevention of drug abuse like carrying out frequent awareness rallies and conducting awareness programmes/seminars in schools colleges and during Thana Diwas at Police Stations through out the district. He informed that in the Control part, they are taking stringent legal action against those found indulging in drug peddling and in the Rehabilitation part they are conduct ing counseling and providing treatment to those who have be come victims of drug abuse.

The DC took feedback from officers of the last NCORD meet ing held on 30 June, 2022 and laid emphasis on taking effective measures against drug abuse in the district. He enjoined upon the officers to ensure zero tolerance towards drug abuse and stressed for better coordination among various departments & implementation of innovative ideas in controlling drug abuse. The DC further briefed the officers of Excise, Drug Control and Health Department to take all measures in controlling.

with all facilities includposes, besides other basic ing Television, Chess/ amenities. Carom, Books, internet/

The DC said that the Day Care cum Recreational Centre for Senior Citizens in Srinagar District is expected to provide a platform to the senior citizens and retired persons to spend time together and share views, life experiences, discuss various issues, read newspapers and enlighten society with

the decision of the Government to set up such a centre in Srinagar to facilitate the elderly persons to remain actively engaged with the society.

During the visit. DC made some observations and asked GM JKPCC to take corrective measures immediately for making the facility fully operational. The DC was accompanied by Chief Planning Officer, Tehsildar Eidgah, Tehsil Social Welfare Officer and other concerned Officers during the visit.

The DC said that the Dav Care cum Recreational Centre for Senior Citizens in Srinagar District is expected to provide a platform to the senior citizens and retired persons to spend time together and share views, life experiences, discuss various issues, read newspapers.



I have applied for registration of my residential house located at village Kohilina under Home Stay/paying Guest House scheme to facilitate tourist trade vide order no 89 Jk (TSM) of 2022 of Department of Tourism Jk If anybody has any objection in this regard he/she may file his/her objection in department of tourism or Assistant Director Tourism office Gulmarg within a period of 7 days from the date of publication of this notice after that no objection shall be entertained Mohammed Ramzan Mir

S/o Mohammed Subhan Mir R/o Kohilina ..Tehsil Kreeri Distt ...Baramulla

LOSS OF NUMBER

I Mrs Roheela Malik W/O G.M. Malik R/o Lal Bazar Srinagar loss the No.plate of my (Alto-800)under Registration no JK01J -2997 from Lalchowk to Hazratbal area any were Now I'm going to apply for new No.Plate in RTO office Srinagar.If anybody have any objection regarding this He/She can approach RTO office Srinagar within a period of 7days.After this time we can't accept any obiection.

From:Mrs Roheela Malik W/O G.M. Malik **R/o Lal Bazar Srinagar**

FCS&CA Kashmir recovers Rs. 39k from erring traders

SRINAGAR, AUGUST The Enforcement Wing of Food Civil Supplies and Consumer Affairs (FCS&CA) Kashmir has recovered a penal sum of Rs 39,000 from 39 erring shopkeepers for violation of the Essential Commodities Act, 1955, besides three mutton and one vegetable shop and provisional store each were also sealed on the spot, moreover, police complaint against one vegetable seller was also lodged in concerned police station.

The action against the erring was taken during market checking of 335 business establishments conducted on 29 and 30 August.

It is worth mentioning here that during the current financial year, an amount of Rs 50.11lacs has been collected as fine from 10742 erring traders for violating E.C. Act. Besides, 182 establishments have been sealed and po

lice complaints against 12 erring traders also stand lodged

Moreover, the erring lot has been reprimanded to remain careful in future. The drive will continue in the same passion in future as well and whosoever found violating the norms will be brought to justice.

In case of any complaint, people may contact the toll free number 18001807011. The action against the erring was during market taken checking of 335 business establishments conducted on 29 and 30 August. It is worth mentioning here that during the cur rent financial year, an amount of Rs 50.11lacs has been collected as fine from 10742 erring traders for violating E.C. Act. Be sides, 182 establishments have been sealed and po lice complaints against 12 erring traders also stand lodged

Directs for formulation of comprehensive action plan for accelerating development of industrial infrastructure across J&K SRINAGAR,

30: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar today asked the management of Jammu & Kashmir State Industrial **Development Corporation** (SIDCO) and J&K Small Scale Industries Development Corporation Limited (SICOP) that a comprehensive action plan should be formulated for accelerated development of industrial

infrastructure across Jammu and Kashmir. The Advisor passed on directions while these chairing a meeting to assess the performance of SIDCO and SICOP at Civil Secretariat here.

AUGUST

held on operational and The meeting was attended financial aspects of both by Additional Chief Secrethese corporations so as to tary, Industries and Commake them expeditiously merce department, Vivek create the ecosystem for Bharadwaj; Secretary in accelerated development Industries and Commerce of the industrial sector department, Kusum Bady While reviewing the peral; MD SIDCO/SICOP, formance of SIDCO. Advi-Smita Sethi; senior offisor Bhatnagar impressed cers of both corporations upon

of corporation to employ innovative and effective

Advisor Bhatnagar reviews performance of SIDCO/SICOP

tion as it will significantly contribute to economy of

J&K The Advisor further

asked the management of

corporation to maximize

their efforts for reviving

the non-functional Indus-

trial Estates across J&K

as it will generate employ-

ment opportunities for

While reviewing the prog-

ress on major projects executed by SIDCO like

NIFT campus at Budgam.

Up-gradation of Industrial

estate at I.G.C Lassipora

ANANTNAG, AUGUST 30: The District Level

youth here.



ment of new Industrial units. Advisor Bhatnagar impressed upon the management of corporation that the allotment the land should be done in convergence with the revenue department to avoid any kind of hindrance in allotment of required land to aspiring unit holders.

During the meeting, the Advisor also assessed the financial position of the corporation and delved upon the officers to maintain financial discipline while carrying out differprojects.Meanwhile, ent

DC Anantnag chairs DLSC Fisheries

Advisor Bhatnagar also reviewed the performance of SICOP.

HT -CITY HEADLINES TODAY

During the meeting, the Advisor impressed upon the MD SICOP to recover the outstanding balance pending with different departments for utilising the service of corporation. He asked the management of corporation to conduct regular deliberations with these departments for timely recovery of this outstanding balance. the

Speaking during the meeting, Vivek Bharadwai enjoined upon the management of both the corporations to complete the process of auditing of accounts for their timely submission with CAG. He also asked the management of SIDCO to ensure that all the statutory requirements are followed and adhered by the unit holders as well as Industrial Estates while carrying their routine businesses

Bhagat visits site Sub Regional Science Centre at Lal Mandi Takes stock of progress achieved for the science center

SRINAGAR, AUGUST 30: Commissioner Secretary Science and Technology (S&T) Department, Saurabh Bhagat today visited the site meant for the establishment of Sub Regional Science Centre at Lal Mandi here

During his visit, he took the stock of the progress achieved for the upcoming science centre at the site.

He was accompanied by Dr. Na-sir Shah, Addl Director; Bilal Ah-mad, Joint Director S&T Department; Ashiq Hussian Xen R&B and other officers of S&T and R&B departments.

During the visit Commissioner Secretary was apprised about the progress of works being undertaken by R&B department, which include the land development of the site and construction of the Museum Building

During the visit Saurabh Bhagat was briefed about the various sections of approved site plan/ drawings and lay out of the upcoming science centre at Srinagar by the officers of S&T band R&B, Kashmir.

He expressed his satisfaction

about the progress achieved in respect of the land development

and he even lauded the efforts of the officers of science and Technology and R&B in this regard. He also issued on spot directions to the officers of R&B and JKST&IC for early start of the construction work of the centre, and directed the concerned to speed up the process of construc-tion in view of the short working

season / winter, so that the funds earmarked for the purpose are

and other concerned offi-

cials both in person and

through video conference

During the meeting, de-

tailed deliberations were

the management

ing.

reer Service (NCS) portal is

a remarkable step of J&K

Government which would

bring more remunerative

and gainful employment op-

portunities for the youth of

The initiative would also

offer greater choice and bet-

ter chances for youth to gain

employment as per their

qualifications and prefer-

Through this integration,

counselling and guidance

from more than 800 ap-

proved counsellors provid-

ing career guidance in 4000

employment areas from

Jammu and Kashmir.

ences.

of J&K), which has even been announced in the Union Budget of 2022. The upcoming science cen-

utilized in time. Pertinent to mention that the timelines for the centre is year 2023-24 and the centre is among the Major flagship projects of the UT of J&K (one of the deliverables of Chief Secretary of UT

tre is the first of its kind in the history of UT of J&K and is being established in collaboration

wavs and means for finan-

cial viability of the Cor-

poration as it has tremen-

dous scope for generating

employment avenues for

He remarked that the

corporation has been es-

tablished with an aim to

establish, promote and de-

velop small, medium and

large industries here and

therefore it should be our

endeavour to adhere to

this objective of Corpora-

entrepreneurs.

budding

of National Council for Science Museums (NCSM) Department of Culture, GoI at the estimated cost of Rs 20 crore. The centre wol have both the Educational as well as Recreational appeal, and will also boost Tourism sector in the UT. Once commissioned, it is expected that the centre would experience a huge footfall of both students and tourists on daily basis, which will be a game changer for the economic upliftment of the UT. Pertinent to mention that the timelines for the centre is year 2023-24 and the centre is among the Major flagship projects of the UT of J&K (one of the deliverables of Chief Secretary of UT of J&K), which has even been announced in the Union Budget of 2022. The upcoming science centre is the first of its kind in the history of UT of J&K and is being established in collaboration of National Council for Science Museums (NCSM) Department of Culture, GoI at the estimated cost

of Rs 20 crore.

Screening Committee (DLSC) met here today under the chairmanship of Deputy Commissioner (DC) Anantnag, Dr Basharat Qayoom to discuss implementation

of District Fisheries plan (DFP) 2022-23 and selection of beneficiaries for construction of permanent raceways.

Speaking on the occasion, the DC said that inventive based schemes aimed at sustainable livelihood generation are the focus area as such schemes are instrumental for providing prosperous opportunities to the youth.

Dr Basharat said that the district has good potential in trout rearing and emphasized forward linkages that and marketing support is also available under ODOP where trout is the notified product for the district. He directed the department to

ensure IEC activities to spread awareness about the schemes

A total of 06 beneficiaries were selected through a draw of lots for setting up of permanent trout raceways District under UT/CAPEX

Deputy Director Fisheries briefing the participants about the scheme said that the main aim is improving the socio-economic status of under-privileged fishermen and to create employment opportunities for the youth. He said the scheme cov-

ers several aspects including fish production, productivity,

strengthening of the value chain, establishing a robust Fisheries Man agement framework as well as welfare of the fishing community. The DC issued direc-

ing, infrastructure and

tions for timely completion of the raceways and directed the department to focus on fish processing and cold storage infrastructure to allow easy access to outside markets.

The meeting was at-tended by SE Hydraulic, ACR, District Head, KVK Anantnag, Chief Agriculture Officer, DLBM and progressive fish farmers.

E.D destroys illicit Bhung on 64 kanals of land in South, North & **Central Excise Ranges**

SRINAGAR, AUGUST 30: Continuing its efforts to eradicate the menace of Narcotic Crop cultivation and drug abuse from the society, the Excise enforcement teams headed by Excise & Taxation Officers, South, North and Central Excise Ranges have destroyed illicit Bhung spread over 64 kanals of land on 29th of August.

Progressing J&K:Integration of JKECP with NCS portal a step towards creating employment avenues for Youth of J&K

SRINAGAR, AUGUST 30: National and International supported by a multilingual ing on creation/generation their own employment ven-The integration of J&K Employment Career Portal tended to job seekers of J&K (JKECP) with National Ca-UT.

subject experts is also ex-

call centres. The National Career Ser-

of self employment opportunities for the youth here. In this connection, a transparent process was initiated and government fixed target of creating avenues for two lakh youth. They are being provided with training, mentoring besides financing besides training and helping the youth to get employment under various schemes of the Government of India. Self-employment opportunities have been provided to 5.2 lakh young boys and girls under various programmes.

tures in the financial year

Meanwhile, till date the illicit bhung on a total of 1684 kanals 15 marlas of land has been destroyed in Kashmir valley by Excise Department.

Along the destruction drives, the Department also carried out interactive sessions regarding illicit cultivation of cannabis at Gousia Public school Kakapora, Pulwama; Ravji Memorial Higher Secondary School Ananthnag. Besides, mass awareness campaign involving PRI's, Municipal Councilors and general public awareness was also conducted in Kralwari areas of Tehsil Chadoora, Budgam. The eradication drives and mass awareness campaigns shall continue till all illicit bhung (cannabis) in Kashmir valley is destroyed

Chairman DDC Budgam inaugurates 02 JJM projects

BUDGAM, AUGUST 30: The Chairman District Develop-ment Council (DDC) Budgam, Nazir Ahmad Khan today inaugurated two JJM projects worth 12.96 crores at Ohangam Beerwah and Chetru Khanshahib.

At Ohangam, JJM project has the provision of 0.10 MGD plant and 0.45 lakh gallon (SR) while as at Chetru Khanshahib a mega Water supply scheme is being constructed on 9.5 crores

Speaking on the occasion, the DDC Chairman said that these projects being undertaken under JJM have the potential to eradicate the long-pending water issues in the area. He said that he was hopeful that execution will be completed in a time bound manner.

Senior officers of the Jal Shakti Department including AEE Jal Shakti Sub Division Beerwah, PRI members and other senior citizens were also present

Status of public grievances on **JKIGRAMS** reviewed in Rajouri

RAJOURI, AUGUST 30: Deputy Commissioner Rajouri, Vikas Kundal today chaired a meeting to review the action taken by the concerned departments on the grievances projected on Jammu & Kashmir – Integrated Grievance Redress and Monitoring System (JK-IGRAMS) by the general public.

Officers present in the meeting were ADC Rajouri, Sachin Dev Singh; ACR, Imran Rashid Kataria; ACD, Vijay Ku-mar; SDM Thanamandi, Vikas Dhar; PO ICDS, Shoket Mehmood Malik; AC Defence, Saleem Quershi; CMO, Dr Abdul Hamid Zargar and other concerned officers.

The DC reviewed Department-wise disposal of grievances and obtained to-date status, wherein the concerned officers briefed about the same.

Addressing the meeting, the DC stressed on the time bound and quality redressal of the genuine public concerns to mitigate their sufferings. Giving certain directions, the DC underlined the need to find the cause of the problems and find permanent solution of the public issues

This integration will also provide access to youth of J&K towards vacancies at pan India level and also provides opportunities to par-ticipate in National / U.T. level Job fairs. The integration will also give job aspirants from J&K an access to the larger job market besides making their visibility to employers all over the country.

The integration is capable of meeting the varied demands and requirements of the youth for information on education, employment and training and will be

vice portal has been developed primarily to connect the opportunities with the aspirations of youth which facilitates registration of job seekers, job providers, skill providers, career counsellors, etc. The portal also provides job matching services in a highly transparent and user friendly manner. The portal will also make available information on local service providers available to house hold and other consumers for services like driving, plumbing, carpentry, etc.

Lieutenant Governor's administration is also focus-

Notably, Financial assistance of Rs 1,840 crores was given as loan through various banks to people to start

First Advisory council meeting of International

Centre for Spiritual Studies, IUST held

2021-22. In a short span of three years, J&K has introduced reforms in every sector, which has opened up plethora of opportunities for growth and development. The results are visible as J&K is now moving ahead to be one of the leading regions in sectors like IT, industries, tourism, revenue, women entrepreneurship and youth empowerment.

Under the Prime Minister's Employment Generation Program, Jammu and Kashmir has been successful in establishing 21,640 manufacturing and service units in the last financial year, thereby emerging.

DC Kulgam inspects several offices in the district

Farooq Rather

KULGAM, AUGUST 30: To check the punctuality of employees in different government offices, the Deputy Commissioner (DC) Kulgam, Dr Bilal Mohi-Ud-Din Bhat today conducted a surprise inspection of various offices in the district. On the occasion, the DC inspected CMO, ACD Labour, Social Welfare, Horticul-

ture, Agriculture and various other offices.

Dr Bilal said that the inspections are being carried out to ensure that employees are present in offices during duty hours. He said that all district officers have been directed to ensure their employees are accessible to the public to ensure smooth delivery of services in offices

The DC impressed upon all District Officers and HOIs to ensure 100 percent attendance at all offices and directed all employees to attend their duties regularly in letter and spirit.He warned that strict action shall be taken as per the law against employees for their unauthorized absence from duties.

The DC also observed that cleanliness is not up to the mark in offices. He instructed that proper sanitation and cleanliness



shall be maintained in and outside premises of all Government offices. The DC impressed upon all District Officers and HOIs to ensure 100 percent attendance at all offices and directed all employees to attend their duties regularly in letter and spirit.He warned that strict action shall be taken as per the law against employees for their unauthorized absence from duties. The DC also observed that cleanliness is not up to the mark in offices. He instructed that proper sanitation and cleanliness shall be maintained in and outside premises of all Government offices.

Awantipora:International Centre for Spiritual Studies, IUST held the first meeting of its Advisory Council today on 30th August 2022. The Council has members from different corners of the world that include Prof. Sara Kuehn (Department of Islamic Theology, University of Vienna), Dr Mustafa Ceric (Grand Mufti Emeritus of Bosnia), Prof M D Tiwari (Professor of Philosophy, Banaras Hindu University), Prof Ghulam Yahya Anjum (Prof Department of Islamic Studies Jamia Hamdard, New Delhi) and Prof. G N Khaki (Centre for Shaikh ulAlam Studies, University of Kashmir). The meeting held under the chairmanship of Prof. Shakil A Romshoo (Vice Chancellor, IUST) wasconducted in the hybrid mode. The internal members of the council include Prof Manzoor A Malik (DAA IUST), Prof Ayaz Hassan Moon (Dean Research, IUST), Prof Naseer Iqbal (Registrar, IUST), DrMunejah Khan (Associate Dean School of Humanities and Social Sciences, IUST), Prof Lily Want(Director Averroes Centre for Philosophical Studies, IUST), Prof HamidullahMarazzi

(Director International Centre for Spir-

itual Studies, IUST), Dr Iqbal Qureshi

(Former Head of ICSS, IUST), Dr Afroz

Ahmad Bisati (Head, Department of Is-lamic Studies, IUST), Prof Mohmad Amin

Pirzada (Director, Mantaqi Centre for



Science & Society) and Prof TayyibKamili (Former Head, Department of Islamic Studies, ICSS).Welcoming the experts, Prof HamidullahMarazzi(Director ICSS) said "The centre aims to inculcate moral and spiritual values amongst the students in a true sense and encourage research on diverse themes related to spirituality". Sharing a presentation, Prof. Marazz said. "The Centre in this regard envisions creating a model whereby the moral and spiritual values would be accommodated in the curriculum for promoting an integral concept of education to be offered by the University to the students".

Welcoming the experts, Prof HamidullahMarazi (Director ICSS) said "The centre aims to inculcate moral and spiritual values amongst the students in a true sense and encourage research on diverse themes related to spirituality"

HT -REGIONAL NEWS /KASHMIR HEADLINES TODAY

DDC Kupwara reviews progress of ongoing projects under J&K Housing Board, PMGSY, R&B Directs officers to ensure completion of projects within given timeframe

Dr Abdul Quyoom

KUPWARA, AUGUST 30: District Development Commissioner (DDC) Kupwara, Doifode Sagar Dattatray today stressed upon the officers to ensure completion of all ongoing projects within the given timeframe.

The DDC was addressing a meeting of concerned executing agencies, here to review the progress of various ongoing developmental projects in Kupwara district. He directed the officers to work with added dedication and pursue the targets assigned strictly as per the timelines.

The DDC said that he will be personally visiting to the sites of major projects in coming days in the district to take stock of progress achieved on ground. On the occasion, the DDC took a department wise detailed review of the projects under J&K Housing Board, PMGSY and R&B departments.

It was informed in the meeting that 13 projects were taken up by J&K Housing Board for execution in the district. Among others, these include District Hospital Handwara, PHC Devar Lolab, PHC Hajinar, PHC Nowgam, 50 Bedded Ayush Hospital at Kulangam, District



Court Complex Kupwara, Residential School Kupwara, Gujjar & Bakerwal Hostel Zangli, Girls Hostel at GDC Women Kup-wara and Veterinary Hospital cum LDO Office at Handwara. Out of these, 3 projects have been completed and work is apace on rest of the projects. The DDC directed the DGM J&K Housing Board to expedite the work of ongoing projects and ensure their completion.

Reviewing the PMGSY sector, the DDC was informed that 185 schemes were taken up by the PMGSY in the district, out of which 167 schemes have been completed as on the date with an expenditure of Rs.547 crore.

He was also informed that 215 km fair weather road length and 590 km black topping have been achieved in the district. The DDC also took a detailed review of all projects of R&B Division Kupwara, Handwara and Tangdar and got latest status and feedback from the con-

cerned engineers. Superintending Engineer R&B, DGM J&K Housing Board, JD Planning, Executive Engi-neers of R&B and PMGSY, AD Planning and other concerned officers attended the meeting.

IG Registrations, DC Kupwara review progress of Registrations in Kupwara district

Dr Abdul Quyoom

KUPWARA, AUGUST 30: Inspector General of Registrations. Arshid Avoub alongwith Deputy Commissioner Kupwara. Doifode Sagar Dattatray today reviewed the progress of registrations in district Kupwara. Additional Inspector General

of Registrations Kashmir, ADC Kupwara and Sub Registrars were present at the occasion. Additional Deputy Commissioner (ADC) Kupwara, Ghulam Nabi Bhat who is also Registrar apprised the Inspector General about the progress that have been achieved in the district. He informed that 698 reg-

istrations have been done during the current year which has generated revenue of Rs.2.52 crore in the district. The ADC informed that the creation of Registration Department is a landmark step by the LG Administration and the introduction of NG-DRS has made registration people friendly and has

greatly reduced the time of registrations.

On the occasion, the Inspector General impressed upon the Sub Registrars and Registrars that the date of appointment and the date of registration should be minimized and also that CCTV cameras shall be installed in the offices of sub-registrars

Anti-Ragging/Awareness Programme **Organized in GNHS Baramulla**

BARAMULLA, AUGUST 30: The District Legal Services Authority (DLSA) Baramulla in collaboration with Guru Nanak High School and under the patronage of Mohammad Yousuf Wani, Chairman DLSA Baramulla organized an Anti-Ragging/Awareness Programme at Guru Nanak High School Baramulla.A large number of students showed their participation in the programme organized under the supervision of Fariqa Nazir, Secretary/Sub-Judge DLSA Baramulla. The programme was aimed to

raise awareness among students and staff about the menace of ragging. During the program, the role of an institution in ensuring the safety of students was highlighted

and taught to the students. Ld. Secretary apprised the students about the definition and scope of ragging, menace of ragging and its ill consequences. The students were given ample knowledge of Anti-ragging laws, methods to prevent bullying and being bullied, helpline numbers and other preventive methods.

Some of the staff members and students of the school also gave a brief speech on the same subject.

Other speakers also made the audience aware about the menace of Ragging and further appreciated the Institute for taking all the measures to curb the menace of Ragging and keeping the school ragging free.

Later, a felicitation programme was held wherein Ld. Secretary distributed participation and appreciation certificates among the staff and students.

DC Budgam takes department wise review of progress of deliverables

Emphasises on completion of works within stipulated time frame

BUDGAM, AUGUST 30: The Deputy Commissioner (DC) Budgam, S F Hamid today chaired a meeting of officers to take department wise review of progress of deliverables in the district at Conference Hall, here

While taking the detailed department wise review of deliverables allocated to each line department in the district, the DC stressed on coordination among the departments. He emphasized on proper monitoring and follow up for 100 percent achievement by all departments. Various officers were designated as nodal officers to ensure work is expedited

for 100 percent saturation



He said all deliverables various sectors including Jal Shakti, Social Welfare, are aimed for comprehen-Tourism, Social Forestry, sive and overall uplift-PWD, PMGSY, Health, Education, Rural develment of socio-economic prosperity of the district. On the occasion, all the opment, Revenue, Animal departments presented Husbandry and others. the status of various de-DC called for accomplishvelopmental works underment of all deliverables

ulated time

frame and submit action taken reports on a daily basis.

He stressed to expedite the pace of work and ensure proper monitoring and follow ups on each deliverable

The meeting among others was attended by JD Planning, GM DIC, CEO YDA, CEO, CMO, ACD, ACP and other District and Sectoral Officers. He stressed to expedite the pace of work and ensure proper monitoring and follow ups on each deliverable.

The meeting among others was attended by JD Planning, GM DIC, CEO YDA, CEO, CMO, ACD, ACP and other District

J&K Bank throws open its new premises at Laroo Kulgam

SRINAGAR, AUGUST services 30: Making more convenient for its customers, J&K Bank on Monday threw open new premises of its General Bus Stand Laroo Branch in Kulgam. District Development Commissioner (DDC) Kulgam, Dr Bilal Mohi-ud-Din Bhat inaugurated the new premises in presence of Bank's Zonal Head Anantnag Tasaduq Ah-mad Dar, Cluster Head Kulgam Mohammad Shafi Bhat, besides senior of-

ficials of the Bank. Speaking on the occasion, DDC Dr Bilal Mohiud-Din Bhat thanked the Bank's management for



across the J&K. we are

also upgrading our ex-

isting infra-structure to

address the issues of pub-

lic-convenience besides

meeting our business

This premises

he said, would go a long way in providing better services to the people of Laroo and adjoining areas while making their stay in the Bank more comfortable."While and equipped with stateof-the-art equipment to provide latest and best banking services to the people of this area", said the Zonal Head on the occasion.Expressing their gratitude for providing such customer-friendly infra-structure. locals hailed the Bank's efforts aimed at the ease and comfort of people. "While deepening our foot-prints across the J&K, we are also upgrading our existing infra-structure to address the issues of public-convenience besides meeting our business needs. This premises has been made spacious and equipped with state-of-

needs.

Director Agriculture visits Vegetable SMF Gangbuges



SRINAGAR, AUGUST 30: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited Vegetable Seed Multiplication Farm (SMF) Gangbug, here. During the visit, the DC inspected different blocks of the farm and interacted with the concerned technical experts.

Speaking on the occasion, the Director said that for the last two years the department is $working \, on \, a \, road \, map \, aimed \, at \, transforming$ the departmental farms into model installations of seed production for different agricultural crops

He said that departmental farms are the models for a common farmer therefore all the efforts are being ensured to transform these into the centers of excellence for seed production and other agriculture activities. Iqbal said that keeping in view the agroclimatic condition of our region, department is working on a multi faceted blue print of modernizing departmental farms on scientific lines so that they could not only be self reliant in terms of safe requirement of the farming community of our region but to export seed of different agriculture crops to the other

states of the country.

Departmental farms have to play a key role in the overall development of the agriculture sector and to attract more and more educated youth towards the agriculture and allied sectors, he added.

Director agriculture appreciated the efforts of the staff of vegetable SMF Gangbug and asked them to carry on this commitment for their future endeavors

Later, the Director kick-started rabi seeds sowing operations in the farms. He said that departmental farms are the models for a common farmer therefore all the efforts are being ensured to transform these into the centers of excellence for seed production and other agriculture activities

Iqbal said that keeping in view the agroclimatic condition of our region, department is working on a multi faceted blue print of modernizing departmental farms on scientific lines so that they could not only be self reliant in terms of safe requirement of the farming community of our region but to export seed of different agriculture crops to the other states of the country.

DMO organizes awareness camp in kulgam

Faroog Rather

Kulgam, 30-Aug;DMO kulgam organized e-market/ e- challan awareness camp in kulgam , recovered penalty of More than Two lac Forty thousand (Rs240,000/=) from the offenders in diffrent areas in kulgam. In Monday Chief Secretary, J&K UT inaugurated the G2B2C Web Portal www. geologymining.jk.gov.in) for e-Marketplace / e-Challan for sale / purchase and transportation of minor minerals / processed minerals, developed by Geology and Mining Department. This Web Portal is a historical milestone achieved by the Department, as an extension of Digital J&K Mission Mode Programme, wherein the consumers can purchase the minerals (construction material) from the legal vendors on notified Government rates through online mode with assured service deliverance within the given time frame. As such, all the Deputy Commissioners have been requested to give it widest publicity with the usage of all kinds of media for visiting this e-Marketplace / e-Challan Web Portal so as to ensure wide

scale usage of this portal by all stakeholders for e-Marketing of minerals / processed minerals so that public, at large, can take advantage of this unique digital transformation initiative taken in the Union Territory for bringing total transparency, swiftness and fairness in the conduct of mining operations. In this regard on Directions of Deputy commissioner kulgam Dr Bilal Mohidin (IAS), District Mineral officer kulgam Mr Khurshid Ahmad organized an awareness camp in District Industries office kulgam wherein large number of people from different area connected to the business of Mineral transportation, Selling and purchasing of minerals participated. The awareness program carried was to enable general public to get familiar with e marketing of minerals/ processed minerals in order to be benefitted by the unique digital transformation initiative. When contacted DMO kulgam Dr Khurshid said,"The initiative is to bring total transparency, swiftness and fairness in the conduct and sale of mining products.

RD Survey & Land Records visits Kupwara. reviews progress of digitization of land records

Dr Abdul Quyoom

KUPWARA, AUGUST 30: Regional Director Survey & Land Records, Kamraz, Khursheed Ahmad Shah today visited Kupwara and convened a meeting of Revenue officers to review the progress of digitization of land records in the district. ADC Kupwara, Ghulam Nabi Bhat; ACR, Tehsildars, Naib Tehsildars and other concerned attended the meeting. It was given out in the meeting that digitization of 217 Jamabandis have been completed so far out of the targeted 379 Jamabandis in the district. The Regional Director stressed upon the officers to ensure completion of digitization of all Jamabandis by ending September this year. He said that he will personally visit the Digitization Centres established in the district to verify the progress of work in coming days. Earlier, the Regional Director received

feedback from the concerned officers about the status of the digitization process in the district.

Sheetal, Shahid conduct ICG meeting to address grievances of ST employees

SRINAGAR, AUGUST 30: The Internal Grievance Committee constituted by the Jammu and Kashmir Government to address the employment/service related grievances of Scheduled Tribe employees across various departments conducted it's months meeting today and examined 17 service related matters.

Chairperson of the Committee and Commissioner Secretary, Social Welfare Department, Sheetal Nanda, Member-Secretary IGC and Secretary, Tribal Affairs Department Dr Shahid Iqbal Choudhary along with members of the committee heard various service related matters and response from designated officers of different departments. The meeting was attended by members including Director General, Social Welfare Department, Director, Tribal Affairs department, Secretary, Advisory Board for welfare of Gujjar & Bakerwal and Additional Secretary, GAD.Seventeen cases considered by the IGC included services matters of officials from various departments and institutions including Departments of Jal Shakti, Revenue, Planning Monitoring & Development, School Education, Agriculture & Farmers Welfare, General Administration (service matters), Animal Husbandry, Sheep husbandry, Higher Education, Social Welfare, Skill

Development, Accounts & Treasuries, Housing & Urban Development and BGSB University Rajouri. The IGC after considering the response of various departments and examining the reports issued directions for resolution of issues raised by the employees. In various cases the departments were asked for specific inputs related to promotion, compassionate appointments, reservation roster and other service related matters. The committee also notified that the ST employees are required to first submit representation to the respective departments and applications before the IGC shall be submitted only after lapse.

HEALTH

FLEXIBILITY TRAINING: HEALTH **BENEFITS AND BEST PRACTICES**

JEH LEKHI

f you have played any sport, you would remember how the coach Lwould make you jog a couple of rounds and stretch for the first 15-20 minutes. Did you ever ponder as to why she or he was so adamant about it? Those couple minutes of stretching and jogging warm up your body and activate your muscles. It prepares you to respond to the demands of the game. Warm-up exercises and flexibility training are crucial to avoid injury during cardio or weight training.

This article talks about the importance and benefits of flexibility training. Read ahead to know the types of flexibility training you could choose from.

Flexibility Training: An Introduction

Flexibility is the ability to stretch a muscle from one point to another. It enables you to move your body across a varied range of motion. For example, flexibility ensures that a joint or series of joints can move through an unrestricted, pain-free range of motion. Although flexibility varies widely for individuals, minimum ranges are vital for maintaining joint and total body health.

An imbalance in muscle functioning can harm your body's movement, during daily duties. leading to falls and accidents. Flexibility and balance workouts can help reduce the risk of muscle imbalances. Plus, they are the perfect workout for people starting their journey. Without flexibility, you may get injured if you are not used to working out regularly.

Research suggests that flexibility training can help improve the flexibility of the hip, knee, ankles, shoul-ders, and spine. Thus, making it less likely for you to hurt your back while flexibility training does not have to be hardcore. Some simple exercises daily to keep your joints moving are good enough

Is the Range of Motion and Flexibility Same?

motion with flexibility. The range of motion of a joint refers to its ability to its normal range of motion. It might move in all directions without pain. The ability of tissues, ligaments, tendons, and muscles to extend or move through the range of motion is known as flexibility.

injuries. Regular stretching activities more straightforward and rule out any are one approach to increasing flex- underlying issues. ibility. It is not only advisable to begin the workout with stretching but also Flexibility Training Benefits

to end with it.



ily. It helps with sports performance, tennis serve, and functional capacities like reaching, bending, and stooping ous workout.

According to a study, a two-month Productive Workouts flexibility training program for older women enhanced their spine's ROMs (Range of Motions). Active people who can engage in the same daily routine could slow down the stiffness of joints that comes with age and improve flexibility

Can You be Hyper-Flexible?

Remember when Harry potter fractured his arm during the Quidditch fixing the ceiling lamp. In addition, match? Anybody who has watched that movie must remember that section of the film especially clearly. Hyper flexibility would look similar, although it is a severe condition that might restrict you from carrying out daily activities.

Hyper-mobility or Hyper flexibil-Many individuals confuse range of ity is a connective tissue disorder. It occurs when a joint can move beyond sound like a superpower, but it isn't. Excess Range of Motion could result in joint pains, dislocation, swelling,

tenderness, or cracking. Treatment may not be necessary if A good range of motion might also your joint hypermobility is not causaffect your workout sessions and other ing trouble or pain in any symptomdaily activities. It would reduce stiff- atic way. However, getting it checked ness and tightness of joints preventing by a physician will only make things

think a less constrained golf swing or the removal of waste. It aids in recovering faster, especially after a strenu-

Your workouts won't be as effective as they could be if you can't squat down to a near parallel because your muscles are stiff. You may only be able to do half a rep of several exercises in your training. Short-range reps are ineffective in increasing muscle growth and strength.

Your ROM is essential if you want to bulk up, build strength, manage your weight or be healthy. Flexibility training increases the mobility and Range of Motion of your muscle movement. As a result, this makes your workout worth the time and effort.

Improves Balance

Good balance is not only crucial Less Pain and Bodyache in specific activities like ballet. Good balance can assist you in improving your athletic performance and focus. It's imperative as you age because it can help you avoid injuries and falls. Increasing flexibility and balance can also improve core strength and stability. The chances of you falling after tripping on something is way more likely if your balance isn't that great. Balance is also imperative when practising yoga, as some asanas are impossible without good balance.

Reduced Iniury Risk

Flexibility training increases the range of motion for tendons, liga- Static Stretching ments, and joints. At the same time, exercise boosts blood circulation to tis- into a position and stretch or lengthen ing tension in the connective tissues sues, muscles and the whole body. As a result, muscle damage is less likely hold in that position until you feel a on your back or leg muscles. To stretch when the supporting tissues around the joints are mobile. Stretching elongates muscles and enhances blood flow which aids recovery and healing. Even simple activities like walking, reaching for something, and bending over might benefit from stretching. Not just injury prevention but recovery is also something that

your muscles while also assisting in stretching promotes. According to a study, stretching increases blood flow. delays muscle soreness, and reduces stiffness while an injury is healing.

Less Stress

Muscle tension can cause much pain and anguish. A partially constricted muscle restricts blood flow and could even cause pain. Also, this could happen because of the area's stress and lactic acid build-up. Regular stretching, on the contrary, promotes blood flow and is both physically and psychologically soothing, which can help relieve tension and stress.

Research says a short session of stretching exercises implemented in hip circles, or leg pendulums. Swimthe workplace successfully reduced anxiety, bodily pain, and weariness. It also increased vitality, mental well-ness, general health, and flexibility.

When you focus on stretching and loosening your muscles, your body will likely feel better overall. For example, you'll have fewer joint pain and aches if your muscles are less tense and stiff. You may also be less likely to get muscle cramps if you are flexible.

Types of Flexibility Training

Here are four stretching exercises that might help you increase your flexibility. Of course, you could choose the intensity and reps according to your comfort level.

A static stretch requires you to get on increasing flexibility and reliev- cardiovascular and strength training

daily flexibility training. It is easy,

stretching session in healthy, old-aged

men could be a helpful strategy for

lowering stiffness and restoring pos-

Dynamic stretching is the motion

that stretches your muscles and

joints. It also serves as a warm-up.

It improves sprinting, jumping, and

strength. Whatever the game, you

might have seen them doing specific

movements before the match or race.

mers and ball throwers would warm

up by doing arm rotations, wrist spins

or shoulder rolls. According to studies,

dynamic stretching is more beneficial

than static stretching before a game

As the name suggests, active iso-

lated stretching involves stretching a

muscle, holding it for two seconds, and

then giving it a split second to relax.

Then, you repeat each rep around ten

times, increasing stretch time, Also,

this activity might require equipment

like a resistance band. Some active iso-

lated stretching includes exercises like

quadriceps, straight leg hamstring,

Active Isolated Stretching

bent leg hamstring, etc.

Mvofascial Release

Sprinters would do ankle rotations,

Research suggests that a brief static

simple, and fit for any age group.

tural balance.

or sport.

Dynamic Stretching

know when you've hit the limit of your ability. It would help if you avoided rapid stretching, which involves rushing in and out of a stretch. Slow stretching is excellent for preventing injuries and is more effective. Follow a Flexibility Training Program

When stretching, pay attention to your body and don't over-exert yourself. Instead, glide into stretching and

You could have a customised program that considers your body and needs to get the most out of flexibility training. Your fitness trainer could assist you in developing the best plan for you. Remember that the more effort and attention you devote to stretching, the more advantages you will reap in the long run.

Stretching is a Must

You may have the misconception that stretching is solely for rehab patients or only for individuals who aren't in good shape. It's time to put that misunderstanding to rest. Stretching should be done by everyone irrespective of age. It helps improve your overall blood circulation and health.

You can utilise towels or other props to assist you in getting deeper in your stretches as part of the workout plan. Maybe play your favourite music, and find a workout partner. If you mix and match things, you'll likely stick to your flexibility training regimen.

Freshen up Your Mind

Pilates and yoga are great ways to improve flexibility. This could help vou calm your body and emotions. making your body more responsive to stretching.

Note

Flexibility training is primarily safe and effective in providing benefits. However, like any other training, it requires adequate care and protective measures. So, before you start training, you must stretch your muscles. Furthermore, it is always better to join a training program and perform your training under expert guidance. You must also avoid overdoing any training as that might harm your body and cause pain.

Conclusion

Stretching daily increases flexibility, which is essential for our joints and overall wellness. You could do static stretching or any other type of stretching daily to enhance flexibility. Plus, stretching should be a part of your daily routine if you want your workouts to be as efficient as possible. It isn't something you practise for a few Foam rolling is a kind of myofas- weeks and then stops. Instead, stretchcial release technique that focuses ing and flexibility exercises along with

Stretching is also vital after long hours of desk work. During the pan- Improved Muscle Condition demic, stretching was adopted enthupandemic due to not getting up from our desks often. A well-stretched muscle may attain

Flexibility training like stretching siastically and proved beneficial when exercises or foam rolling can help you working from home became a way of avoid injuries and enhance the health life. If you were working or studying of your muscles. Foam rolling can from home, you know the back pain we assist loosen stiff muscles. In the long all developed at the beginning of the run, having relaxed muscles that are neither tight nor tensed will increase your flexibility.

Stretching improves blood circuits entire range of motion more read- lation to your muscles. It nourishes specific muscles. You might want to called fascia. You can use foam rollers pull but not pain. For example, you your calf, for example, sit down and could hold on for 30 seconds when you place your calf over the foam roller. begin this training. It could go up to Then, move your leg backwards and 60-90 seconds as you gradually become forward for 30 to 60 seconds. more flexible

Make sure that you do not over- Tips for Better Flexibility Training stretch. Take a break of a few seconds between reps and repeat with your

primary muscles. Include this in your Listen to Your Body

will help you look after your body through the years.

If you have been experiencing constant joint pains, muscle cramps, and random muscle and joints ache, it may be time to see your physician. Take advice, ask and consult your health professional to help choose a combination of diet and movement that aids your wellbeing.

Oat Milk: Health benefits of drinking this plant-based milk

ith the growing idea of veganism, there is also a growth of alternative ideas for dairy, meat and fishes as well. Today, there are plantbased meats available in the market and along with that, there are several alternatives for dairy products as well. Instead of cottage cheese, people use tofu and instead of cow or buffalo milk, people use different kinds of nut milk or oat milk or soy milk, these are only some of the options.

Oat milk can be made at home and it is produced industrially also. However, the oat milk made at home might not have all the nutritional value that an industrially produced milk will have. Oat milk has high amounts of nutrition and contains um, potassium, B vitamins, the blood, it also reduces the and vitamins A and D, all of risk of heart disease. which are extremely necessary for the human body.

It can help to lower bad



the same amount of fibres which helps to lower cho- keep the bones strong and and other nutrients that are lesterol. When you have low vitamin D aids in the absorppresent in oat. It has calcibad cholesterol present in tion of calcium in the body. Both of these are essential for your bone health.

It is good for your bones. Oat milk has calcium and vitamins. B vitamins are vitamin D present in it which essential for the body as they cholesterol. Oat milk has helps to keep your bones help to fight stress and oxisoluble fibres present in it healthy. Calcium helps to dative damage in the body.

Moreover, they are also important to keep your nails, hair and skin healthy.

It is vegan and is free from lactose. Since it is made from It is a good source of B oats, there is no presence of nuts and lactose in it. So it is a safe option for people who are allergic to nuts and lactose

Turmeric for skin: Is it beneficial and does it work?

urmeric is known to be a natural healer and it can help the human body with several health conditions. Not just for the body, turmeric is also good for the skin as well. Today, it is hailed as an ingredient which has several health benefits. It is being used as an ingredient for several skincare products.

The presence of curcumin in turmeric is what makes this spice extremely special. Curcumin is known for its antioxidant and antiinflammatory properties. It has the ability to fight the oxidative stress in the body and also soothe inflammations. Here, take a look at the benefits of turmeric for the skin.

It can help your wounds to heal. The anti-inflammatory property of turmeric can help reduce the inflammation of your wounds.

When the inflammation reduces, it helps the wounds to heal easily. It can help with your acne

your acne inflammations



have reduced, it leaves scars inflammation. behind. You can use turmer ic to reduce those scars. And

not just that, turmeric can scars. Many a time, after also help to reduce the acne by working on reducing the

It can help you if you're

and inflammations. The antioxidant and anti-inflammasuffering from psoriasis. tory properties of turmeric Psoriasis can't be cured can help with the inflammapermanently, however, you tions and reduce them. might have sudden flares

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EDIT HEADLINES TODAY

HEADLINES TODAY

EDITORIAL

CS firm on eradication of drug menace

he Chief Secretary on Wednesday took a "comprehensive review" of efforts being made to mitigate the menace of drugs in Jammu and Kashmir. Among others, he impressed upon the officers to put joint efforts in eradicating the menace from the society. Besides, he underscored the need of "owning this mission and being determined to root it out at every cost." He rightly stressed on increasing the surveillance especially around the educational institutions. He suggested providing a WhatsApp contact for reporting of such crimes besides using social and other media for creating awareness about the ill effects and symptoms of drug addiction. Beyond doubt, the drug menace is catastrophic and needs to be dealt with very severely at each level as there is fear of losing the young generation to unfortunate plague and no government can afford it. The problem of drug use is profuse in J&K and this fact has been depicted by various surveys. One conducted by the Institute of Mental Health and Neuro Sciences (IMHANS), Government Medical College, Srinagar, in collaboration with the Social Welfare Department and Directorate of Health Services, brought to fore ugly reality about the drug abuse among the unemployed youth in the Valley. According to it, over 25.2 percent of unemployed youth were found involved in substance abuse in the Valley. The findings reveal that overall 2.8% of the total population of the Valley has been indulging in substance abuse, with 52,404 dependent on drugs currently. The survey has found that the most commonly used psychoactive substance was opioids in every district of Kashmir and in all ten districts, 67,468 individuals were having dependence patterns on psychoactive substances. Among them 52,404 individuals were opioid dependent and heroin was the predominant illicit drug that was being used among the opioid users, it finds. Youngsters linked to the drug trade are more victims than offenders. Importantly this point was stressed by the Chief Secretary and he rightly called for making a distinction between victims and drug peddlers. Regarding the plan for dealing with this menace, the Chief Secretary suggested using the satellite imagery for watching the cultivation and growth of poppy and cannabis. The administration must work in this regard. Also a collaborative effort on the part of every stakeholder is imperative to check the menace and every individual, and various social organization's need to join hands together, raise awareness regarding the threat possessed by illicit drugs to one and all.

CONGRESS HAS TO COME OUT OF ITS CRISIS BY REINVENTING ITS IDEAS AND PARTY

CAPITAL CAMEO KALYANI SHANKAR

day before his assassination on January 30, 1948 Mahatma Gandhi proposed in his ' last will and testament to dissolve the Congress Party and replace it with a Lok Sevak Sangh (people's service organization.) He said, "Congress in its present shape and form, as a propaganda vehicle and a parliamentary machine, has outlived its use.

It was not as if the Mahatma wanted Congress to die. He stated, "The Congress has won political freedom, but it has yet to win economic freedom, social and moral freedom. These freedoms are harder than the political.'

These two paragraphs reveal the Gandhian thought about the Congress party's future. He would not have visualized the party facing its present existential crisis. But times have changed, ideas have changed, and the country has changed since then. New forces have emerged. Congress, too, has undergone many changes

A pan-national party like Congress certainly had its ups and downs. The latest crisis is senior Congress leader Ghulam Nabi Azad leaving the party. He was the

Muslim face of Congress. Azad had

said in his blunt resignation letter to Sonia Gandhi three days ago, 'Under your stewardship since 2014 and subsequently that of Rahul Gandhi, the Congress has lost two Lok Sabha elections in a humiliating manner. It has lost 39 out of the 49 assembly elections held between 2014 - 2022. The party only won four state elections and was able to get into a coalition situation in six instances. Unfortunately, today,

Congress is ruling in only two states and is a very marginal coalition partner in two other states. This is what the party is today.

lowest ebb today compared to when JaiveerShergill, andKuldeepBish-

Sonia Gandhi entered politics in 1998, brought the party to power in 2004, and ruled until 2014. The exit of Azad is more than a wake up call as he had been a congressman for more than five decades and had held several important posts, including the general secretary. PCC president, chief minister, minister at the centre holding various portfolios like Health, Parliamentary affairs, etc.

Azad has been leading the rebel group of 23 for the past two years. IN 2022, some senior leaders like Captain Amarendra Singh, Kapil Sibal. Hardik Patel, Ashwini In short, the party is at its Kumar, Sunil Jhakar, RPN Singh, 19, the results will be notified. If a rework its plans, and above all, con-

noi quit the party for greener only be a rubber stamp. The family pastures. Azad is not the first or will have the remote control like last to leave Congress. Throughout the history of the Congress, many leaders have snapped ties with the Grand Old Party. Indira Gandhi split the party in 1969 and made a massive success. Some, like Sharad Pawar, Mamata Banerjee, and Jagan Mohan Reddy, had succeeded and become their respective states' chief ministers. Others like Jagjivan Ram and Bishnoi of the Haryana Janhit Congress had no impact.

Azad has two options- One is to align with the other regional parties like National Conference and PDP. The other is to tie- up with the BJP. Most of those who quit Congress earlier joined the BJP. It is a well-known fact that the BJP is looking for a strong leader in Jammu and Kashmir, and Azad fits the bill. He also has a good equation with Prime Minister Narendra Modi.

The Gandhi family has to take responsibility for the present crisis. The options are few. Rahul Gandhi should quit if he is not keen on politics and let someone

else lead the party. The schedule for electing the new president has non-Gandhi is chosen, they would

Sonia Gandhi ran the show with Dr. Manmohan Singh in the driving seat for ten years during the UPA government. A non-Gandhi party chief would only be a loyalist.

Secondly, the Congress leadership should abandon the coterie culture. A few leaders in the party, like A.K. Antony, Digvijay Singh, Mallikarjun Kharge, and Anand Sharma, could be consulted. Thirdly, address the concerns of the G 23 rebel group. It has already been weakened with the many members leaving or being pacified.

Fourthly, the party should fully concentrate on winning Gujarat and Himachal Pradesh, where the Congress still has some presence. Fifthly, with coalition politics gaining ground Congress should find suitable allies and work for the opposition's unity. Sixthly, as long as Rahul is not leading from the front, Congress should not be adamant in fielding him as the prime Ministerial opposition candidate.

A political revival of the Congress may be difficult but not impossible. It still has a 20 percent vote share at the national level. All that is required is to go back to been announced and on September the basics devise a core strategy nect with the masses. IPA SERVICE

Congress - A Sinking Ship

OMKAR DATTATRAY

he Congress once a Grand National political party has been today reduced to the position of a sinking ship and the top leaders are unable to rescue it and again make it the grand political party. The resignation of Ghulam Nabi Azad at a time when there is crisis in the congress and when its working president is away in a foreign country is very unfortunate and untimely. The resignation of Azad from all posts in the congress is a great setback to the congress which is fighting its war for existence .Hours after the resignation of Azad eight members of congress including three former ministers have tendered resignation from the primary membership of the congress party. Azad had been in congress party from the year 1973 that is for about fifty long years he was in the party and enjoyed prize positions and also loaves of power a number of times .Now when the congress is in a crises of existence Azad deserted congress with the single aim of floating a new political party in Jammu and Kashmir .Thus Azad is nursing the dream of again becoming the chief minister of J&K. Moreover the resignation of Azad seems to be the last nail in the coffin of the dying congress.

There is group-ism and factionalism rite large on the face of ongress organization. The defeats

be in opposition to be an alternative to the ruling BJP. If the congress wants to be counted as a worth wile political party it should make its organizational changes to make it relevant in the present political circumstances. The fact that the congress cannot appoint a full time president tells a weal story of the congress. The congress has to remain contented with the working president as Sonia Gandhi is the working president of the congress. The harsh reality is this that

Azad who had given his sweat and blood and in fact his life to the congress has been forced to resign from all posts including the primary membership of the congress. Azad has given more than four decades to the congress and has watered the congress organization with his blood has been humiliated by Rahul Gandhi and he could not tolerate his humiliation in the congress meeting and has thus arrangements will not serve any resigned from the congress party. Azad's political carrier spread into four decades and during this longer span of time in congress, he has got important organizational positions and has also been the union minister a number of times, besides being the leader of the Lok Sabha and Raj sabha in the country and But presently his suggestions for



reform its organization and should fill all organizational posts right from the top to bottom in a democratic way and give the party its national president. The adhoc worthwhile purpose and it is not going to benefit the congress and resurrect the party to its pristine glory

Therefore what is needed is that all organizational positions should be filled from top to the bottom of the congress to make the party truly democratic. The congress is by dint of his hard work and love infamous for being a private limitfor the thinking and ideology of ed company and a dynastic political the congress, he had earned much party. This image of the congress respect and esteem in the congress. party is not good for the congress and it should try sincerely to shun is suffering from dynastic politics

as the party has lost a big stalwart and well wisher and it is not possible to fill the gap created by the resignation of Azad and therefore sincere steps should be taken to infuse new spirit and life in the congress which is at the death bed. Thus there is great need to reform and revamp the congress so that its image of being a dynastic party and it being run as a private limited company is removed and the party be strengthened to assume the role of a responsible opposition.

For this the congress should work sincerely and hard to give a respectable position to the congress in the politics of the country. Azad was a mature and sagacious leader of the congress who has been the union minister a number of times besides being the leader of opposition in the Lok Sabha and Raj sabha and he has also held top organizational posts and positions in the congress and now with the resignation of Azad the party has become orphaned and it will take many years to the congress to recover from the setbacks and jerks because of the resignation of Azad. Azad was a mature leaders of the congress who had given his sweat and blood to the congress and has watered the plant of congress with his blood for the last over four in the congress. There is urgent posts in the congress so that the consulted while appointing Vikar in the coming days but the resigna- of the UT and it would have been and steps should sincerely taken of the UT. To conclude it can be to bring back the congress to its said that the congress should fight is needed to make the mass base of the congress and there is also need to connect with the people. Azad being a mature and sane leader of the congress should not have taken

has certainly weakened the party gress but instead he should have resolved the differences within the party with talks and dialogue.

All along Azad has worked for the congress like a selfless solider and the congress ideology and philosophy was important to him and for this he has worked very hard in over four decades of his stay in the congress and now with the resignation of Azad the congress will be denied the fatherly suggestions of this great congressman. The senior congress leader Salman Khurished has rightly admonished Azad by saving that the differences could have been resolved through talks but Azad has taken the hard decision of quitting the party at a time when there is crises in the congress and when its top leader and the working president is in a foreign country

Azad has written and dashed five page resignation in which he has raised many questions on the top leadership of the congress and he has also said that the senior leaders of the party are sidelined and the chamchas are near the top leadership of the congress. Azad also said that he has been humiliated by the young scion of the party Rahul Gandhi in a meeting of the congress party and this is the reason which has left him with no choice but to resign from decades and now with his resigna- all posts including the basic memtion a great void has been created bership of the party. In Jammu and Kashmir as well Azad who belongs party will become a relevant force Rusool Wani as the new president tion of Azad is creating a stumbling fair to have consulted Azad in the block in the congress organization appointment of the new president past pristine glory and for this it its factionalism and groupism and ready the congress for assuming a bigger role of a strong and responsible opposition in the days to come. The congress leaders should make the a force to reckon with party so

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PRINTING PRESS SECTION 9419002367 lubaabpublications@gmail.com after defeats in the 2014 and 2019 revamping and reforming congress this bad image of the party and it need to fill all the organizational to this part of the country was not general elections and the defeats have fell on the deaf years of the should no longer remain a dynasin the state polls is enough to suggest that the congress prospects disrespected. The resignation of necessary that all the organization are dwindling and it seems that the congress is not making introspection and self analysis and it is ship of the congress party. The cratic image to the congress which becoming a weak party and even it is losing its pan India character and this is a serious danger for the congress. The fact that congress is today ridden with factionalism is a clear indication that nothing is good in the congress and in the

congress and his suggestions were tic political party. For this it is Azad after a long time will give posts should be filled in the party sleepless nights to the top leader- in a democratic way to give a demoquitting of the congress by Azad will definitely weaken the congress and has always being criticized as which will now be on the oxygen being a family run party and not a and his resignation is a big loss for democratic party. There is urgent the congress and it will take many need to revamp and reform the conyears to rebuild the congress of gress party so that it will become a the dreams of Nehru and Indira. relevant party in the politics of the days to come the congress will not The congress should revamp and country. The resignation of Azad the extreme step of quitting the con- that the party regains its old glory.

Case of demolitions is a matter of state and societal apathy

NABEELA JAMIL

The case of demolitions, first and foremost, is a case of State and societal apathy. One central question that is missing from most discussions is why these people 'occupying' the 'illegal encroachments' to be demolished had to live as they did, to begin with? Why do people leave the comfort of their villages, the familiarity of it all, for a city and a world that only sees them as encroachers? A word that is ironically similar to roaches.

Can some lives, inherently, be illegal? Perhaps to be born poor, to resist a world that has been nothing but unfair to you, to try to survive a life that gets worse every passing day, to put a shade and make a kiosk from a tent, to occupy a patch of land — are all a crime in the city. The sheer existence of them makes our city ugly. The land, after all, has more value than the lives of those who are mere numbers on a voting list. Encroachment — as the law calls it.

In the posh localities of this city, and children from these unauthor- riedly collecting coins from his long can one survive humiliation? vations that may or may not come



ized colonies, from these illegal father's demolished shop. The homes, with their dispensable lives, and undignified existences. They sweep the roads of the city, make it 'clean and green', only to go back to their bastis where open sewers stare at them with horror. These people, from these illegal homes, are the vendors who sell ice cream at India Gate that Delhites flaunt in their social media posts. Are these people 'Delhites' too? I doubt it. We want their services, but we certainly do not want any of the crimes that our statutes them. Encroachers — as we also

call them.

soft drink shop that was the only source of income his family had. The shop was bulldozed along with three refrigerators his father had bought on loan and other goods in it, something that even the statute which was manoeuvred to justify these arbitrary actions, does not allow. Be that as it may, the shop was illegal, the authority says, just like the lives that depended upon it. Poverty is a graver crime than

can manifest. However, there is In Jahangirpuri, an eight-year severe today — to be Muslim. One every morning, travel men, women, old teary-eyed child was seen hur- may survive destitution, but how at the lofty propositions and obser-

In Jahangirpuri, the crime appar- forward from the Court. ently was not only poverty. Adding to the agony of poverty, these "encroachers", unlike the other "encroachers" of the city, were also Muslim. And their audacity, I tell you: three days before the demolition of their livelihood, they tried to protect their local mosque from forever be left alienated in a the forceful entry of those who only wanted to desecrate it!

The crime was grave. First, to be poor, and then to demand respect the crime required urgent reprimand. By all means, the bulldozers arrived. Police came. The roaches were shown their place.

The law, tomorrow, may see the issue differently. Arguments shall be blasted from all sides. The debate will go on. Who was right and who was wrong shall be examined. Statutes will be read and interpreted. Judgments cited. At best, directions and principles will get enunciated. Meanwhile, in another corner of this city, a man will wake up in his illegal home and will travel from his unauthora crime in our country far more ized colony to serve the city which tacle of law will go on. The bulldozsees him as an encroacher, smiling ers will keep doing their jobs.

This invisible man may never stand up again for what he believes in: to protect his place of worship that may be the only place of peace in his otherwise chaotic life. The bulldozer, indeed, has done its job.

The eight years-old child will world that bulldozed his shop. A shop that ironically had 'mera Bharat mahaan' written on it. He understands the hateful gazes, the smirks, and is conscious that for the cameras, he is mere content. with the harsh realities of life left

for only him to bear. Tomorrow. when this child grows into yet another invisible man in this city, law will measure the proportionality of his encroachment. You and I will also sit in judgment.

Meanwhile, our children, who are being taught the nuances between 'procedure established by law' and 'due process of law' will become lawyers and judges. They will examine the illegalities of the life of this eight year-old. The spec-

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HEADLINES TODAY **OPED**

Most profitable and popular career options



VIJAY GARG

profitable careers, there is a slight change in the past and present. The conventional careers i.e. Doctor, Engineer, Teacher and Lawyers, still hold their ground but the IT sector is growing at an enormous pace. Present and future careers require computerisation as the new technology is superior to its conventional counterpart. For this reason, Information Technology based careers are here to stay. The conventional careers are still the most pursued as they are 'Need-Based'. However, it is not necessary that the most profitable careers will be the most pursued, for example not everyone prefers to join politics or be a government contractor. People at large, are dependent on conventional

large requires diseases to be cured, children to be educated, construction to be done and legal hassles to deal with. At some point of time or the other and in some cases even more often, we require the services of these professionals. So whether the economy is down or up, these careers continue to remain unaffected as they are Then it comes to the most essential for the effective functioning

of any authority at any level. Health Care: Healthcare careers have always been the most pursued and why not? the first and foremost reason being that these are highly paid and esteemed. A variety of healthcare professions are emerging while some have been established themselves as specialised ones. Doctors and other related professionals will never run out of the job as health is one thing which is going to get affected one day or another courtesy sedentary lifestyles and environmental damage.

Energy: All the businesses and other activities require energy and who can imagine a life without electricity. With the rising need for energy and alternate sources of energy, there professionals as they have become an is ample scope for engineers and other

is why this technological field is counted amongst the most profitable.

Education: Careers are themselves based on education and if you don't have the proper qualifications you will end up unemployed or underpaid. Education empowers us in many ways and the only way to get empowered is through schools. Apart from the children, there are adults who want to pursue their leftover studies or those who seek higher education. Teachers, lecturers', trainers etc. will thus be always required to educate the public.

Information Technology: Information Technology is the new 'Buzz Word' amongst those who are career wary. Computing at all levels is being done to produce efficiency and effectiveness. A lot of business and communication is conducted on the Internet as it is fast and convenient. People today shop sitting at their homes and resources. Today Information Technology is encompassing all aspects of our lives. Its functioning and maintenance are thus essential, making the IT careers profitable and popular ones.

essential part of their lives. Society at specialists who deal with energy. That other related products will always be used as long as doctors prescribe them. Even if one is not taking prescribed medicine, one still takes offthe-shelf medicines. Every day tonnes of medicines are produced and those involved in its manufacturing, packaging, distribution etc. will also never run out of business as once again this

a need-based career. Law: Every organisation small or big have legal advisor's to deal with various legal matters. Then there are disputes, criminal activities, offences and a host of other activities for which legal skills are required to resolve them.

Food: Food is a basic necessity for the proper functioning of the body. Recession or no recession, we need those calories to 'Make it through the day'. We cannot ignore hunger for long and snacks have become a part of our daily lives. The food industry will also organise virtual meetings using It remain amongst the most profitable and pursued careers.

Accounting: There are something's in life which cannot be avoided - death and taxes are the two most inevitable things which will catch up with

an account of these and their conse quent activities, the answer is obvious. Rising costs and recession makes companies desperate for more costsaving measures and checks expenses.

Government Contracting: Not everyone is aware of this career and even those who are aware find it too boring. But like it or not Government Contractors earn a lot and a single project is enough to make their years financially, easy. All the civic amenities are always needed and so is its maintenance. Bridges, roads, construction etc. have to be done and contracting your work out for government functions is a very secure career.

Politics: Politics is not the most popular but it is amongst the most profitable. Call it a 'Dirty Game' or whatever, politicians will always be around. The government is in fact run by them and even if there is a recession, Public officials still continue to earn a good sum of money. Even after retirement, they continue to get the pension

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PM CANDIDATE SUNAK HAS BECOME THE VICTIM OF **BORIS'S MACHINATIONS**

ARUN SRIVASTAVA

rime Minister candidate of the British Conservative Party Rishi Sunak has been consistently outperforming Truss in debates yet he continues to lag behind his challenger among the voters of the Party. Senior Tory leaders say that he is not having good time. Sunak who made a robust start finds himself trailing behind Truss. Since he appears to be losing the race, his supporters have started the process to identify the reasons so that he may succeed in overcoming his deficiencies.

His supporters nevertheless zero on three counts: first. he made mistakes by turning over aggressive from the very beginning, second, former prime minister Boris Johnson has been consistently using his influence and support base against him and third, his move to identify with the Indian government to rope in the support of the British Indians.

Sunak had said that he wanted to change the UK-India relationship to make it a more two-way exchange that opens up easy access to UK students and companies in India. At a campaign meeting hosted by the Conservative Friends of India (CFIN) he had greeted the largely British Indian gathering with a mix of traditional greetings such as namaste, salaam, khemcho, and kidda. He even broke into Hindi: Aap sab mere parivar ho (you all are my family)."

In the initial phase of the campaigning it did not appear that racism will have any impact on the Conservative members. But gradually it took over the psyche of the party members and they shifted their allegiance to Truss, who notwithstanding her wavering stand on most of the important issues managed to identify herself with the aspirations of the rightist Conservatives. It is irony that the same group of the Conservative members have been raising the bogey that after his defeat Sunak will move out to USA.

This falsehood no doubt will have very adverse impact on Sunak's electoral prospect and his political career. Though a large number of Conservatives have cast their votes, there are some waiting for the final round of bout. It is not that he has landed in bad days just because he is haunted by the spectre of losing. The bad days have been created by the supporters and aides of Boris. They are fanning the propaganda that Sunak's policy on tax would ruin the Britons. His stand on inflation is not tenable.

While Sunak has become the victim of larger failure of the "modern non-ideological conservative", his efforts to salvage the situation is being described as against the principles of Conservatism. These people are not even ready to acknowledge him as an ideologue, for whom politics is merely another branch of finance. The hard core Conservatives are scared of Sunak's this political line. For them it smacks of some socialist idea.

Nonetheless his supporters firmly hold that Britain will be put in a bind under the premiership of Truss. His rejection by the Conservative members will invite perils for them as well for Britain. His defeat will signal a self-destructive Conservative party which indulges in fantasy. Economists nurse that ignoring the warning from Sunak and playing down his caution signs would invite bad days for Britain. They also argue that rightist policies would not bail oit the country from the present crisis that has engulfed the country.

Politics is fundamentally about choices. It defines the dynamics of the growth and sustenance of the economy. Since the Conservative law makers are pragmatic and see the nature of the emerging global economic scenario from close, they favour Sunak. But the orthodox Conservatives lack this perspective. They are carried away by the utopian concepts of Truss. According to the economists and experts an effective political strategy is about defining those choices on your own terms. But the signs and images that have emerged on the political horizon of Britain underline that after September the choice in British politics will change.

In his last ditch effort to win over the Conservative members Sunak assured them that as Prime Minister he would scrap the 5 per cent Value Added Tax (VAT) rate on household energy bills if prices continue to rise later this year. He also described the action as a "temporary and targeted" tax cut that would save average households GBP 160 a year, and ensure people get "the support they need" while also "bearing down on price pressures".

Haunted by the racist propaganda Sunak said he was "not going to apologise" for his background, adding that his parents had worked hard and saved for him and his siblings to get a good, if expensive, education. "Such aspirational values are Conservative," he declared. Significantly Truss chose the occasion to downplay her camp's jibes at the British Indian ex-minister's choice of attire, saying she did not have "any issue with how expensive anybody else's clothes

Drug prevention and control



NASIR ROSHAN KHAN

revention and control of drugs is not as easy as it is thought or as it is informed among youth, because we are sharing awareness among people of our areas, of our state and of our country for ages, but we are still facing the day by day rapid increase in this problem and we are not able to

remove it from our society. We are only presenting a graph that what is happening in our area, in our state or it may be in a country. That graph involves rise and reduction. But with the passing of every day we see a rise in that graph, that means per day some one is getting involved in this problem. This graph also reduces when we are able to save the people from this evil. But it is misfortune that rise level is heavier than reduction level.

So it is clear that only spreading awareness and organizing campaigns is not enough for controlling this make communities of talmajor issue, we have to be ented hove who are free

ing or reducing the graph of cases which is day by day rapidly increasing. There are different sections of people residing in a society, and different people are of different backgrounds, so they have different professions and different views or ideologies about a same thing. As far as measures are concerned different mea-

more serious about mea-

sures and procedures that we

could implement so that we

can minimize the problem

up to some extent, we can't

eradicate it initially, so we

have to think of only lower-

sures can be taken at different working places and with different strategies So our first working place must be schools, which are imparting education to millions of students, we know it that they are spreading and sharing awareness about these things regularly but measures are essential so that we can get rid of these activities in schools. As now in these schools also, this bad

activity has been spread and cases are being observed in these schools. Some steps which can be taken in schools for getting rid of this activity are as under:



from this evil and who are not victim of this thing and who are able to keep a check on these things in schools, and it is the responsibility of concerned schools to do that for the betterment of their students.

2) As found teachers are also involved in smoking related bad activities, so it must be completely prohibited in schools, and punishments must be made for those teachers who are violating the rules and regulations of school.

We have in schools 3) PT classes, and some students have free classes so use that time of students regularly for making the school locality free from marijuana locally called bhang and charas, which is easily avail-1) Firstly we need to able and a cheap drug that grows as a weed.

4)

And one more thing ties.

we have to develop a severe courage in the minds of these students so that tomorrow they are able to speak up against it and fight against it. In a society they are able to stop a smoker from smoking

by saying him/her that this is prohibited at this place. These were some of the steps which schools can initiate easily, but apart from this they can introduce more strategies for controlling the menace of the drugs. Apart from schools and

colleges, the next institutions must be public places including markets, parks, etc. I think these are the places where this thing commonly happens like activities related to smoking etc. So for this police and civil administration employees can play a vital role in saving us from these types of activi-

this major evil, otherwise we will face severe destruction which cannot be recovered at that time and we will regret so it is the right time to be serious about this bad problem and it is the right to work unitedly for eradication of these things. As someone has well quoted that 'on bad activity

gives birth to several bad activities' and it continues till we won't get involved completely in all other bad activities. Most of the people are addicted to smoking cigarettes, and they believe that other drugs are more dreadful than this, and they say that we will not get involved

in all other bad activities but believe me this bad addiction has a type of strong force of attraction which attracts all other things apart from consumption of cigars. If you are smoking you can easily shift from smoking to all other drugs

Every person of the society is being disturbed by this evil, whether he/she is

Our society is indulged in a father, is a teacher, is a stuit deeply and there are many dent etc. No-one is safe until institutions where it exists and unless we are not able to and we know it's ill effects eradicate it from our society. and how it is destroying our Do you think you are safe, is our sister or mother safe, is society. In the villages and our son safe? The answer is rural areas, local government also has a responsibilino one is safe, so we have to ty to work jointly with people be careful, we have to think for freeing their society from on this thing, we can't rest at this stage and we can't ignore this thing, we can't take it lightly as most of the people do, they just think that our family is far from this evil but let me remind them that after some decades all have to face same destruction even we are involved or we are not involved that

doesn't matters So try to be far from these things. It may be smoking or any other bad activity the result is only destruction and we all know it. Due to these activities, our society and our environment, both these spheres are changing due to the impact of these things.

It is our society and we have the responsibility to protect it from all the evil forces which are affecting it. We have to be serious. We have to take initiatives which can bring a change so that we can live a happy life in our society.

Writer and student of 12th class from Nowshera Baramulla

Pharmaceuticals: Medicines and you, sooner or later. And who keeps

family of greats who fought for the Nation!'

Veer Naris too are from the same family! 'The

M S NAZKI

did not and never knew what I could do and when I did it I came to know what I was capable of!

'Perhaps this was the salutation that the lady Navanivot Auila wanted to give the Veer Naris of the Indian Army! She is the wife of Lt. General ADS Aujla GOC 15 Corps

'Sorry guys as usual and great ladies extremely. I'm late on this story but trust me the treatment I will give will have its own kind of fragrance!

'Some stories do not die and most of them are of soldiers and their wives! These wives are the ones who make soldiers both loveable and versatile! Versatility comes into focus when a blizzard of bullets heads towards the advancing troops and it's the enemy who uses that sly ploy!

about when soldiers go out of the way to make sure that after country it are the people who ought to be safeguarded! The last is of self and his own family!"

'The Veer Naris know that and so do their children'!

'Ever since I came out of my Olive Greens two decades back plus two years, could be more or less, I got back into the profession and that was all about reading and writing! Initially the people did not like my writings and the reason was vocab! As a rigid man. I said fine, but I did not come to the standard ten lingo (which almost all

my newspaper and periodical bosses wanted me to write! I went several notches higher!

'I was just going through various Tweets furnished from the Chinar Corps. The first one I read was 'the Tricolour unfurled all across the Mountain passes and Valleys to celebrate the festival of Azadi Ka Amrit Mahotsav. 'Yes this year is special

and in fact very! Kashmir was always a tricky place, LOC and LAC were trickier and then the insurgency the trickies! It was 15 Corps that went on to perform one and adjust our mindset.

miracle after the another and Lo! The situation has plateaued! People have realized that it is only the Indian sive award distribution cer-Army who coud have shaped their future! They did it with, grace, charm and at times mild ferocity! Mild because if a bullet comes towards you one has to for the trigger!

'The family (Indian Army) The chapter love is talked lost men who faded into

glory, now perhaps smiling from the skies as new generation keeps joining the those who faded away and for whom the bells toll every year on some or the other Battle Honour Day are still with us but yet they are not' But pictures clicked in an adventurous moods does get

us back to them!' 'Veer Naris too are from laboration with Department dances and musical perforthe same family! 'The family of Tourism J&K. The aim of mances by local artist and of greats who fought for the this festival was to promote those invited from outside. Nation!' And made it look so easy as if death gin they had project the area on to the famous Bollywood star and kept up their fist cuffs!' They were born to be immortal! The festival was conducted and display of Martial arts 'At times we relax in our over two days, commencing and Taekwondo by school



comfort zone, and it takes on 27 Aug and culminating leadership to recognize this Think that was the message exact which Mrs. Navan Jyot was conveying at the impres-Director Tourism, officials emony!

'Neither my friend MSN was there and nor was I but when I saw the impressive collage of pictures I knew we both had to do!' And this is what we did!

'I had a news item with me istration and the Army to but I needed more and then I map the unexplored destinawas to read the tweets. One tions is a welcome step. Such single line is enough to make activities would definitely massive family! Though a story. That is precisely boost the local economy and what we did! Bhadarkoot festival in unexplored meadows of Bhaderkoot, Tanmarg was celebrated with folk dance performance. The pageantry and grandeur by art and culture of Kashmir 2 Rashtriya Rifles Battalion of Indian Army under the aegis of Kilo force in col-& boost local culture and The festival also hosted tourism map of the country. singers like Rajpal Yadav

spellbound. One of the highlights was the horse and ATV racing, where the tourists bers. Audience was treated area were felicitated by Ms Hina Shafi Bhatt, Vice Chairperson of KVIB. The festival well certainly hoost the tourism potential of unexplored destination like Bhaderkoot and attract local and domes-

tic tourists.' This is a new with a grand finale on 28 Aug. The festival was inaubeginning and this all falls gurated by Shri PK Pole. into the lap 15 Corps'! 'But the bigger news item Divisional Commissioner of Kashmir in the presence of is in the wait and it was this'-

Mrs. Nayanjyot Aujla, of Civil Administration, Zonal President, AWWA Chinar Corps felicitated Police, local population and tourists. Speaking on the Veer Naris, presented Polaroccasion, he highlighted is award for excellence to families, Covid Warriors that the number of tourists in the valley has increased. occasion of 56th AWWA Day Efforts of the civil admincelebrations at BB Cantt, Srinagar.Kashmir NariShakti was the theme!

The AIM of AWWA (Army Wives Welfare Association employment opportunities is simple: The aim of the in the region. The activities AWWA, is to support and enhance the official welfare commenced with traditional efforts within the army, focusing especially on the valley was in full display. welfare of families, children The audience enjoyed the and widows of all ranks and Rouft dance, other folk retired personnel of the army and also to take active part in the activation of central improving the living condithe above category of persons

children kept the audience and protecting the human rights violation of the army personnel and their families. The objectives are bigger: participated in great num- Reaching out to the widows and helping them establish with local dances, music themselves. Rehabilitation concerts. Gazals and live of battle casualties. Running Karaoke singing. Towards a special school for handithe end the Veer Naris of the capped children of army personal. Provide vocational training to families. Award scholarship to meritorious and needy children. Mother and child care. Welfare of patients in hospital. Family Health and Hygiene. Family support and counselling programmes. Relief and rehabilitation of widows and children. Promotion of human

rights of army personnel and their families. I will finish this one with a small little incident which went something like this: 'She knew for that moment that she had lost everything! and Ward Sahayika on the Just a picture of her husband was on the table and she was profusely weeping. She did not know what to do when

her mother-in-law put her right hand on her left shoulder and just told he one thing in one single line, 'I was perhaps six years elder to you when his father died! I was crestfallen. I did not know what to do but there was a family standing behind me! Now the same tragedy you have undergone but remember it is the same family behind you! Maybe the faces and state government;s in have changed but the spirit their efforts towards nation- is the same, perhaps a seval reconstruction aimed at eral notches up! Lucky still smiles but never remarries! tions of rural poor amongst That is what Indian Army Veer Nari is all about'!

are" and is "not going to give Rishi fashion advice", adding that she is a "great admirer of his dress sense".

What is being admired about Sunak in the Conservative members circle is his firm commitment that he would rather lose the Conservative Party leadership race to replace Boris Johnson than win on a false promise on how he plans to tackle the economic crisis. His supporters nurse the impression that this emphasis might have forced some members to rethink on their priorities and they might have gone for Sunak.

However Sunak's supporters strongly feel that Truss as the leaders would not ensure the victory of the party during the general election as her policies and programmes are untenable and unacceptable to the people. On the contrary Sunak has made a place for him among the Britons by pledging; "I am committed to helping the most vulnerable families with the cost-of-living crisis and have moral responsibility to go further". He said; "I know millions of people are worried about inflation, particularly the cost of their energy bills. What I've said if I'm Prime Minister I will go further in supporting those families who most need support because the situation is worse than when I announced those measures earlier this year".

Truss's support is particularly strong among older Conservative members, while Sunak's is far higher among younger ones. The old Conservatives are least concerned of the issues like tax and inflation. They have huge resources and nurse purely rightist ideas and philosophy. Truss acquiring a lead over Sunak primarily owes to her over dependence on Boris. A big chunk of the members appreciate her for his loyalty to Boris. Around 7 per cent of Tory members cited race or ethnicity as a reason for supporting Truss and not Sunak.

The animosity between Boris and Sunak has reached to such a level that Boris Johnson has not been responding to Sunak's calls or messages. Boris nurses strong hatred for Rishi for triggering his downfall by resigning from the cabinet. Like the Indian Godi media, the media of Britain has been out to ensure the defeat of Sunak. Even though Sunak outwits his rival in debates, they accuse him of performing badly. The party sources reveal that the Conservatives are split on the pro and anti Boris line. A senior Conservative Party MP and former minister Michael Gove predicted Rishi Sunak to succeed Boris Johnson as the Tory leader and the British Prime Minister, saying the former Chancellor has what the top job requires. Michael Gove was dramatically sacked by Boris after he called for him to guit amid a mounting Cabinet rebellion.

"Even more important is what a future government will adopt as its central economic plan. And here I am deeply concerned that the framing of the leadership debate by many has been a holiday from reality. The answer to the cost-of-living cannot be simply to reject further handouts' and cut tax," said the veteran Tory politician. But the final word will come from nearly two lakh voting members of the Conservative Party who are note still ready for a non-white Prime Minister to lead Britain.

IPA SERVICE

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BRIEFLY NEWS

Trailer of Diljit starrer 'Jogi' out

Tetflix on Tuesday dropped the trailer of its upcoming emotional entertainer 'Jogi' starring Diljit Dosanjh.

The film is set in the capital of India, Delhi in 1984. It charts a series of events of the 1984 tragedy that jolted the nation while also unraveling a beautiful story of resilient friendship and courage in times of adversity.

The film stars Diljit, Kumud Mishra, Mohd Zeeshan Ayyub, Hiten Tejwani and Amyra Dasturi in lead roles and is all set to premiere on September 16.

The heartfelt trailer of 'Jogi' sets up an emotional, soul-stirring journey for the audiences. The trailer begins as a normal day in the life of Jogi and his family, that unfolds into a series of tragic events and the aftermath of how Jogi fights for his family and community against all odds.

Following the launch of the trailer, Diljit said. "As an actor you want to grow with the character you play. Each role I play, helps me grow within. Mera agar dil nahi maanta toh wo kirdaar main nibha nahi sakta. I have to be honestly connected to the character. Jogi holds a special place in my heart and I say it with pride that this is been told on a global platform like Netflix which has huge reach & impact. I am forever thankful and grateful for all my fans who make me who I am and I wish they like me in and as Jogi.'

Ali Abbas Zafar, the director and producer of the film shared, "Jogi is a tale about friendship, hope, courage, and brotherhood and delves into the intricacy and vulnerabilities of human relationships. Shooting with the cast and crew of Jogi has been an absolute high point for me, and we are thrilled to be finally presenting our passion project on screen. Together with Netflix and its reach, we endeavor to take our viewers through the touching story of Jogi."

Producer Himanshu Mehra added, "Jogi is a film that appeals to all audiences worldwide. It's about a man who courageously rises to a situation. No better partner than omnipresent Netflix to maximise Jogi's reach in different languages and countries. I am fortunate to work with such talented crew and the wonderful enthusiastic 'Team Netflix' who will leave no stone unturned to bring a good story to life.'

'Jogi' is directed by Ali Abbas Zafar and produced by Himanshu Kishan Mehra and Ali Abbas Zafar

It will premiere on Netflix on September 16.

Kamal Rashid Khan aka **KRK remanded into judicial** custody till Sept 12

local Borivali court here on Tuesday remanded actor producer Kamal Rashid Khan, popularly known as KRK, for his alleged controversial tweet of 2020 into Judicial custody till September 12.

He will be sent to Taloja jail in Mumbai.

Soon after he was remanded into Judicial custody his lawyers moved bail application in the court but court has so far not passed any order on it

KRK was arrested by Malvani police today morning after he landed at Mumbai Airport.

A FIR was registered against him on a complaint by Shiv Sena youth wing member Rahul Kanal regarding derogatory tweets posted by the actor

On April 30, Khan took to Twitter to announce Rishi Kapoor's hospitalisation and said the actor must not die as wine shops were set to open soon. Similarly, a day before the death of actor Irfan Khan on April 29 KRK took pot-shots at deceased

Police has registered case under section 294 (punishment for obscene acts or words in public) and other provisions of the IPC.

Arjun Rampal joins cast of 'Nikita Roy and The Book of Darkness'

Sonakshi Sinha's upcoming thriller, 'Nikita Roy and Book of Darkness' has been making the right noise ever since the film was announced

And joining the star on this journey is none other than the handsome Ariun Rampal. The film went on floors in London and will be shot in the Brit capital and other parts of the UK.

Talking about joining the cast, Arjun said in a statement, "It was a real pleasure to do a cameo in this film, as it reunited me with Paresh Rawal, who I adore, Nikki Vikki who I have seen as kids and now as producers.'

"Also I am very fond of the Sinha family and so delighted to see Kush at work doing so well and Sonavatar. Nikita will be a film to look out for and I wish the whole team my best wishes for it, as I had a blast working with them," he added.

Sonakshi commented, "It is such a lovely opportunity to work with Arjun in the film. He has this easy charm about him and doesn't make the scene feel heavy, no matter how intense it is. As creative people, we vibe

akshi in a totally different is always so much to talk was shooting for Deewanaabout with him. It has been really enjoyable waking up everyday and going on this set." The film also stars Paresh Rawal and Suhail Nayyar in pivotal roles and marks the directorial debut

S Sinha for whom working with Arjun is a childhood dream on similar things and there realised. "When Arjun Sir to sit around on his set. It is to release in 2023.

of Sonakshi's brother Kussh

The most excited of the When we went on the set lot is Nicky Bhagnani, recently, he met us with the same warmth. He remembered from the time I used

such a joy to work with him pan in 2001, both Vicky and so many years later and it I were constantly lurking on feels like life has come a full the film's set because it was circle," added Nicky.

our family production. We 'Nikita Roy and The Book were teenagers who were of Darkness' is produced by Nicky & Vicky Bhagnani very inspired by him. We wanted to be cool like him. & Ankur Takrani of Nick He hasn't changed despite Vicky Bhagnani Film, seeing success and fame. Kratos Entertainment, Kinjal Ghone of Nikita Pai

Films and Dinesh Gupta. The film directed by Kussh S Sinha, is expected

'Dhoka-Round D Corner' makers release party anthem



he makers of 'Dhokha - Round D Corner' on Tuesday released the peppiest song of the year 'Mere Dil Gaaye Ja'. The song was launched with a grand event, attended by debutante Khushalii Kumar, Darshan Kumaar, music composer Tanishk Bagchi, Singer Zahrah Khan and director Kookie Gulati.

The event took place in a posh club here, and what caught our attention was Khushalii and Darshan's stylish entry. The dynamic duo entered in a swanky Ferrari driven by Khushalii herself.

'Mere Dil Gaaye Ja' is a quirky track and a recreation of Bappi Lahiri's iconic song, that makes you want to take over the dancefloor instantly and will take you down the memory lane.

The recreated version of the song surely does justice to the original legendary track and the audience will definitely agree. Not to forget, the oh-so-cool hookstep that the star cast does is pure entertainment.

'Mere Dil Gaaye Jaa Zooby Zooby' is sung by Zahrah S Khan and Yash Narvekar with music by Tanishq Bagchi and Bappi Lahiri. The lyrics are by Kumaar and Anjaan and the choreography is by Adil Shaikh.

'Dhokha-Round D Corner' is a crime thriller filled with unexpected twists and turns and has already spiked the audience's curiosity with the intense teaser.

The film is produced by Bhushan Kumar, Krishan Kumar, Dharmendra Sharma and Vikrant Sharma. Starring R Madhavan, Khushalii, Darshan and Aparshakti Khurana in pivotal roles, the flick is slated to hit theaters on September 23.

'MTV Hustle 2.0', the rap reality television show is all set to premiere from September 3.

Featuring global artist and rap supremo Badshah as the judge, with eminent Indian rap trendsetters and pioneers EPR, King, Dino James and Dee MC as Squad Bosses, the latest season of the show will pit 16 of the country's most unique rap voices, in 10 power-packed weeks.

Hustle 2.0' in Mumbai saw Badshah and the four Squad Bosses, make dynamic entries on stage.

The ensemble came together for the first time to perform live and unveiled the show's power-packed Hustle Rap Anthem, which foretells the show's spirit as well as the rich diversity of compelling rap music.

show

Sung by Badshah, EPR, signature styles, flair and Dee MC, Dino James and experience, they will equip King, this electrifying origitheir protégés and coach nal show track embodies the them through the mentoring passion of storytelling, grit, journey to become industry-

and fervour of talent on the ready professionals. The show's format also elevates the magnitude of second season oi India's genre-defining and the competition, wherein on the first season to being avant-garde reality televi- Badshah and the four Squad sion show promises to be a Bosses will groom and judge one, I can definitely vouch superlative phenomenon the contestants based on for music lovers, rap enthu- their talent, performance, siasts and entertainment meter, technique, musicalbuffs. This dynamic battle- ity and storytelling. Week on week, fans must ground will be an intense and demanding challenge for 16 fresh voices of India's rap- the Week' and 'Performer of scene, who will fight hard for the Week' as the show pro- big.



James, and EPR will hone and transform raw talent. hand-picked from across the country. With their



talent we have discovered." Rapper and seasoned entertainer, King, who has had his own musical journey on the show, said, "From one of the finalists being a Squad Boss on the new for the powerful transformation this stage brings. There is so much talent out there that needs encouragement and direction. Realme MTV watch out for the 'Squad of Hustle 2.0 is a must watch for everyone who dares to dream

'MTV Hustle 2.0' to premiere on Sep 3 'The Archies' is set in Anglo Indian community: Zoya Akhtar



eloved comic 'The munity Archies', makes its Talking about the same, way to India with Zoya said in a statement, Netflix and Zoya Akhtar & Reema Kagti's Tiger Baby on board. Based in the fictional

of the character from the comic book. The film is an out-and-out musical experi-"We needed a way to adapt it ence that also dives deep into so that it retains its essence the nostalgia surrounding

and is still rooted in India, so love, friendship, and life. Starring Ahuja



The launch of 'MTV the coveted mantle. tled his way to the global Billboard charts, will look for the best of the lot. Eminent Indian rappers and Squad Bosses King, Dee MC, Dino

'Cuttputlli' makers release groovy 'Rabba' track

isney+ Hotstar and Pooja Entertainment dropped yet another upbeat song - 'Rabba' from Akshay Kumar and Rakul Preet Singh starrer 'Cuttputlli'.

The song is a delight to watch with the leading duo flaunting their sizzling chemistry. Akshay is seen in a dapper avatar to the upbeat tune after a very long time. Rakul sets the stage on fire with her steamy moves in a red dress.

Directed by Ahmed Khan, the song has an interesting hook for the audiences to latch onto. The set looks extravagant and depicts the theme of the movie in a very thrilling and unique manner.

Choreographed by Prince, 'Rabba' is sung by Sukhwinder Singh and Dr Zeus, who also composed it while the lyrics are by Omar Malik.

Produced by Vashu Bhagnani and Jackky Bhagnani, Deepshikha Deshmukh and Pooja Entertainment, Directed by Ranjit M Tewari, 'Cuttputlli' unmasks the killer and decodes the mystery using Arian's skills to understand the psyche of the murderer.

It will premiere on Disney+ Hotstar on September 2.

'Dahan-Raakan ka Rahasya' trailer out

isney+Hotstar on Tuesday released the official trailer of its upcoming supernat-ural thriller series, 'Dahan - Raakan ka Rahasya', starring Tisca Chopra.

Tisca, will be seen playing the role of an IAS officer, in this dark tale of myths and superstition

Directed by Vikranth Pawar and written by Nisarg Mehta, Shiva Bajpai and Nikhil Nair, the series features paranormal occurrences in a quaint, rustic village of Shilaspura, also known as the 'The Land of The Dead'

The show touches upon society, its beliefs and challenges its characters to face their deepest and darkest fears.

It takes off when a mining expedition threatens the village fabled with a temple that legends say can unleash a deadly curse when harmed. An IAS officer sets out on a mission to battle age-old superstitions that shroud the village in the face of mysterious killings and disappearances.

Shot across Rajasthan's uniquely rugged landscapes, the story spells catharsis with cursed caves, hidden treasures and generational secrets.

around Zoya and Reema are all set and steadfast to nar- media."

rate an Indian adaptation of the famous Archie Comics Archies' has a perfect cast of rooted in India and cement- actors who keeps up with the ed in the Anglo Indian com- young and charming energy

we set it in the Anglo Indian town of Riverdale, the comic community. It has been Dot, Khushi Kapoor, Suhana revolves around a few iconic super exciting because it is Khan, Yuvraj Menda, characters who have time a comic book coming to life Agastya Nanda and Vedang and again been re-narrated and it crossed with a com- Raina in key roles, 'The in different ways. This time munity that is often not represented in the mainstream

The upcoming film 'The

Minir Archies' is produced by Tiger Baby, Graphic India and Archie Comics and is directed by Zoya Akhtar, while the screenplay is adapted by Reema Kagti.

Bumble to air 'Dating These Nights' S3 on Sep 1

umble, the dating and social networking app is set to launch the third edition of its popular content series 'Dating These Nights', on September 1.

Featuring Zova Akhtar. Mrunal Thakur, Shriya Pilgaonkar, Jim Sarbh, Vijay Varma and Srishti Dixit, 'Dating These Nights' aims to help people discover and navigate deeper and meaningful conversations around modern romance and dating in 2022.

first episode. The

'Romances and Bromances' will feature award-winning filmmaker Zoya and Jim as they dive into "modern masculinity" discussing what healthy masculinity looks

like and more. 'Age of Love', the second episode of Bumble's content series, will see Mrunal and Shriya discuss dating in one's 30s–an interesting experience when we date on our own terms and timelines.

Ending the season, 'Banking on Love' will feature the star of the recently released film 'Darlings', Vijay and be discussed openly." influencer Srishti, who explore nuances financial intimacy in relationships in who are known to have

the last episode. Commenting on the series, Samarpita Samad- brand that understands and dar, India Communications speaks to modern romance

are excited to bring back our in India, we hope Dating popular content series in its These Nights sparks more third edition, this year titled meaningful conversations as Dating These Nights. and encourages healthy and We're flipping the switch equitable relationships,' with this after-hours series added Samarpita. this year where we don't Speaking on her associasleep over it, instead we

tion with Bumble, Zoya said, delve into deeper and more "Bumble's Dating These meaningful conversations Nights gives a platform to around topics that are often spark meaningful conversaconsidered taboo but need to tions on less-tackled topics around modern relation-"We are thrilled to associships that should be disate with such amazing talent cussed openly."

Speaking of modern mas-

carved their lives and jourculinity, Jim shared, "I conneys on their own terms. As a sider myself fluid when it comes to these concepts as I don't hold myself to 'what

ideas. Masculinity is entirely subjective but I believe we being for what they are as in societal norms. Hailing

from an industry that easily typecasts, I am thrilled to be I applaud the kind of work norms."

they do." dating in her 30s, and said, ships shared, "As a society, "To me, it's being more assertive about your priorities. In the time but we shy away Director, Bumble, said, "We and evolving dating cultures should be,' in terms of gender retrospect, even when I meet from direct questions about ble's YouTube channel.

people who are in their 30s, they are clear about what they want. I am seeking that sort of transparency. Being a part of Bumble's Dating These Nights series has been an eye-opening process as I've been able to discover date?" or "Do we split the myself more. These conversations are surely rendering a positive change in the world and I'm happy that I'm a part of this progressive society and blessed that I can pursue life the way I want even in my 30s.

Sharing her dating experience in her 30s, Shriya said, "As you continue to evolve as a person, your idea of love changes, it matures. We get more comfortable with ourselves as we age and this stems from self-love. In my should consider each human 30s, I can say that I have a better grasp of who I am opposed to caging them and the type of companionship I want to have. It's time that we normalise dating and exploring relationships engaged in conversations in our 30s. Bumble's series that go beyond the shackles does just that by having open of traditional notions. More conversations and helping so with Bumble, as this individuals navigate their turns out to be my second relationships by prioritisrendezvous with them, and ing themselves over societal

Vijay, speaking on finan-Mrunal, talked about cial intimacy in relationwe talk about money all

finances as they tend to make us feel insecure. While this stems from patriarchal thinking, I believe this can be destigmatized during the first date itself. Questions like, "Who will pay for the check?" are a great way to start the money conversation.'

"The idea is to get your partner comfortable with discussing money from the very beginning. Personally, I am a firm believer in having a space to openly discuss these matters in a relationship and I'm so glad that Bumble is taking the effort to make this mainstream, Vijay added. Srishti, candidly spoke about her finances, "Growing up, as girls, we've been taught to be very frugal with our money. I believe a lot of them are still learning how to operate their finances better - how to make more, save more, and invest more of our money and be assertive in such situations. I'm glad I got to associate with Bumble to emphasise on the importance of being financially independent in a relationship because ideally, that is what modern dating should look like. It should be

an equal partnership.' The series is slated to go live on September 1, on Bum-

Sumble presents **DATING THESE NIGHTS**



HT - PIRPANCHAL/ JAMMU HEADLINES TODAY

DC Kathua reviews implementation of health sector schemes, functioning of department ment to focus on daily as to achieve visible re-

sults.

KATHUA, AUGUST 30: Commissioner Deputy Kathua Rahul Pandey today chaired a meeting to review the health sector scenario and the healthcare facilities in the district

The meeting was attended by Chief Medical Officer, Dy. CMO, District Tuberculosis Officer, BMOs, besides concerned officers and officials of health department.

A threadbare discussion was held on different issues like Health Care achievements, Patient care, FW and Immunization and other related issues

The CMO gave a detailed overview through a power point presentation and projected different issues regarding Staff dearth and other related issues. The DC took feedback

about the implementa-

tion of different schemes and programmes under monitoring of progress

DISTRICT IS CO-MORBIDITY MEETIN

National Health Mission. including Rashtriva Bal Karyakram Swasthya (RBSK), Village Health and Nutrition Day VHND, besides covid containment measures The DC asked the depart-

made under AB-PMJAY registration vis-à-vis entries made by VLEs and ASHAs. He called for fixing individual responsibilities and constant monitoring through community health officers so

The DC further impressed upon the CSC coordinator to devise a mechanism for regular performance update and sharing of the consolidated report on a daily basis

Expressing his concern

over low institutional de liveries in the district and high MMR, the DC asked the concerned to work out a mechanism for intervention and inter-departmental coordination to improve the health profile of the District. The DC directed the CMO

to make a roster of health officials to conduct RBSK Camps in schools and ensure coverage of all enrolled students with cooperation of the education department. Underscoring the need of

organizing special camps for linking of Mobile with Aadhaar, bio-metric updation, the DC called for undertaking the task on priority so as to facilitate maximum registration and saturation under the PMJAY scheme. Later, the DC gave away hearing aids among six

RBSK beneficiaries

missioner, Musaarat Islam and President Municipal Council, Ramban, Sunita Sum-

bria today laid the foundation stone for the construction of office-cum-parking Complex of the Municipal Council.

RAMBAN, AUGUST, 30: Deputy Com-

Among others, Councillors of Municipal Council, Gopal Raina, Khalid Wani, Amit Gupta, Executive Engineer, PWD (R&B) Abhishek Gupta, prominent citizens and officials of the department were present on the occasion. Speaking on the occasion, the Deputy Commissioner informed that the Municipal Complex is being constructed at an estimated cost of Rs. 5 crore by the Public Works Department, Ramban and is expected to be completed by December 2023. The completion of this project will go a long way in providing ample space to the municipal office, besides providing adequate parking space for the official vehicles and machinery of Municipal Council Ramban, he added. The DC informed that within a year Municipal Council Ramban has come up with very good proposals resulting in construction work on Town Hall Building already



Ramban: DC, President MC lay foundation

stone of office-cum-parking Complex

started for which District Administration has provided the required land in Ramban town.

The work on the Bus Stand Project Ramban which is coming up at an estimated cost of Rs. 23 crore will start soon, he further added.Meanwhile, the President MC highlighted different initiatives taken by the Municipal Council for the development and cleanliness of Ramban town.

The president along with councilors extended gratitude to the District Administration for helping in executing mega developmental projects in the district, especially in Ramban town.

Later, the DC along with other dignitaries inspected the pace of progress on the construction of Children Park. He also issued on-the-spot directions to concerned officers for resolving the issues highlighted by the Councillors.

Samba: NCDC, Cooperative Department organise FFPO training Programme

SAMBA, AUGUST 303 National Cooperative Development Corporation (NCDC), Ministry of Cooperation, Government of India, in association with Cooperative Department and Fisheries Department of UT J&K, organized a training cum awareness programme on Fish Farm-Producer Organizations (FFPOs) promoted by Department of Fisheries, Government of India under the central sector scheme Pradhanmantri Matsya Sampada Yojana (PMMSY)

Around 100 Fish Farmers/Fishers participated in this programme held at Vijaypur

Lt Col Ashish Mohan Agarwal, Regional Director, NCDC welcomed the participants and guests and outlined the schemes of NCDC

The Chief Guest of the programme, Secretary Cooperative Department, Yasha Mudgal, in her key

NC Nominates Shakoor **Ahmed Wani as District** Vice president District Doda

Amir Iqbal Khan



Bhadarwah, Confer 30:National ence (NC) J&k UT has nominated Sha koor Ahmed Wani Thanala Sarpanch Panchayat as its dis Vice President

in UT.

Aug

Cooperative Societies out-

lined that FFPO coopera-

tives will set an example



address wished that FFfor fisheries development POs formed in this scheme among fishers community will set a milestone and and will be a source of susuplift the social and ecotainable income for them. nomic status of the fishers Vivek Tripathi, Deputy

Director, NCDC briefed Shafqat Iqbal, Registrar about the FFPO scheme and highlighted its features, objectives and ben-

KVK Samba organises awareness programme on Lumpy Skin Disease

SAMBA, AUGUST 30: Krishi Vigyan Kendra, Samba, organized an awareness programme on Lumpy Skin Disease at KVK Samba today under the dynamic leadership of Professor. J.P. Sharma, Vice-Chancellor, SKUAST-Jammu and the aegis of Directorate of Extension, SKUAST-J. More than 85 farmers

from different blocks of program initiatives to mitigate the suffering of the dairy animals.A team of experts, led by Prof. Rajeev Singh along with Prof. AnishY-

adav and Prof. Harsh Sharma from the Faculty of the Veterinary Sciences & Animal Husbandry, R.S. Pura. participated in the programme and disseminated the scientific information on the preventive and treatment aspects of the disease. Dr. Rahul Dev, Chief Animal Husbandry Officer, Samba, responded to the queries of the farmers and apprised the dairy farmers about the different initiatives of the government to control this disease.Prof. Vinod Gupta, Division of Extension Education, Chatha also highlighted the importance of different awareness programmes for dissemination of knowledge on different aspects of the disease and its control strategies.Dr. Vijay Kumar Sharma, Scientist (Animal Sciences), KVK Samba, discussed different aspects of scientific dairy farming to prevent occurrence and spread.

DC interacts with Members of women SHG of JKRLM Mission in Rajouri

RAJOURI, AUGUST 30: District Development Commissioner, Vikas Kundal today interacted with the members of the Women Self Help Groups here in the Conference Hall of the PWD Dak Bunglow.Among the others ADDC, Pawan Kumar; AD Planning, Mohd Rafi; District Project Manager CSC e governance, Shahid Malik; BPM, Zubair Ahmed Wani; BPM, Qamran hanief were present on the ocassion.Addressing the SHGs members, the DDC said that the main objective of JKRLM was organised development of wom-en, particularly in rural areas, by upgrading their economic and social status.He said that the Government is working with full potential for the upliftment and empowerment of the women folk through numerous initiatives. The target is to enable every women to stand on her own and live a respectful



life in the society" he added.Highlighting the contribution of the women in every field as incomparable, he said they can bring a massive transformation in the society with their skills. "The need of the hour is to provide them the right opportunity to showcase their caliber and make them economically empowered" he said. The DC advised the members of the Self Help Groups to work in tandem to eradicate poverty from

the district. "You need

to diversify their liveli-

hoods, improve their in-

comes and quality of life'

he added. The DDC also

maintained that persistent efforts are being made to create an environment in which the Self Help Groups can connect the villages with prosperity. He directed the officers to assist the women SHGs in channelizing their efforts to carve out a successful businesses.He also distributed Mantra biometric devices among the members of the Self Help Groups. These devices will facilitate the SHGs members in banking transactions and also in applying for different forms like golden card registration etc which will ultimately lead to employment generation.

4.50 lakh saplings planted in Rajouri district under "Har Gaon Hariyali", J&K Green Drive District Admin, Forest Department create Saim Smith Amrit Vatika to mark Azadi Ka Amrit Mahotsav

RAJOURI, AUGUST 30: The ficer, while welcoming the of measures to enhance the enhancing the green cov- to participate in plantation Development Commission-

district Samba actively participated in the programme.The started with the welcome address by Dr. Sanjay Khajuria, Chief Scientist & Head KVK Samba. He welcomed the experts and the farmers and highlighted the need for an awareness programme for the Lumpy Skin disease for the welfare of farmers. He emphasized upon different scientific

nomination process was conducted under the guidance of Pro vincial President NC Rattan Lal Gupta at Jammu.According to a press release, in order to strengthen the party at the grass roots levels and also to give much required representation to the common youth, on the direction of the party supremo Dr.Fa rooq Abdullah and in keeping with the need to address the grievances of the youth in the party fold, the organisational setup and structure has been revamped, the re lease said and added that it is the youth in district Doda who have become the victims of frustration and sufferers of the sense of deprivation due to rising unemployment/ joblessness and of late, uncontrolled price inflation of especially the essential com modities because of which the life suste-nance of depressed and marginal people has become quite difficult at present times. The release also said that the bad policies and anti people stance of the present cen tral government which is controlling the LG Administration in the UT has beyond any doubt affected the common public who are entrenched in a suffocating situation as there is no body to look into their woes and deplorable economic situation.

orest department, in col laboration with District Administration Rajouri today created Saim Smith Amrit Vatika here at village Saim Smith under the Azadi Ka Amrit Mahotsav.

As many as 75 saplings were planted during the event under the 'Har Goan Hariyali' initiative.

Advocate Naseem Liaquat, Chairman District Development Council Rajouri; Vikas Kundal, District Development Commissioner Rajouri; Dr Arshdeep Singh, Divisional Forest Officer Rajouri; Pawan Parihar, Additional District Development Commissioner Rajouri, Officers from District Administration Rajouri, Forest Department, school children and others participated in the event.

The Divisional Forest Of-

participants, said that special tree plantation drive has been conducted under the aegis of 'Azadi ki Amrit Mahotsav' to commemorate the country's 75 years of Independence.

"As a part of this initiative, 75 tall and healthy plants will be planted at Saim Smith, and we have named it as "Saim Smith Amrit Vatika" he said. Similar drive was also conducted at Nowshera forest Division, informed the DFO Rajouri. He also highlighted that the department has planted around 4.5 lakh saplings in the district under the initiative "Har Goan Hariyali' and J&k Green drive.

In his address, the District Development Council Chairman, Chowdhury Naseem Liaqat said that the Government has taken a slew green cover and people's co



operation is a must in this regard.While appreciating the efforts of the staff of the Forest Department for putting in strenuous efforts for

them to keep working with the same zeal.He asked the departments stakeholder to take proactive steps to encourage common people

diate need to raise awareness among public about the importance of plantation in combating climate change" he added.District

Rajouri. vikas Kundal highlighted the importance the plantation saying that it the one of the major tools to improve the environment for good.Stressing on the need to realize the importance of respecting and protecting green wealth and the rich flora for the future generations, he urged upon the common masses to come forward and join the movement."Deforestation is worrying and the need of the hour is to bring more and more people together to grow and save forests for our present and future generations" he said.

The DDC Member Rajouri, Sai Abdul Rashid also highlighted the importance of plants in maintaining oxygen balance and urged the public to plant more and more plants on their land.

Shri Mata Vaishno Devi Shrine Board celebrates Foundation Day

KATRA, August 30: Perform ing of Pooja, Havan and Yag-ya marked the celebration of Foundation Day of Shri Mata Vaishno Devi Shrine Board on 30thAugust. These religious ceremonies were organised at Bhawan, Adhkuwari. Katra. Jammu and other locations in which the staff of the Shrine Board and the pilgrims participated. Employees of the Shrine Board took pledge on this occasion to perform their duties with sincerity and devotion.

At Katra, the main function was held at Niharika Complex where special Pooja and Havan was performed. Mahamandleshwar Shri Swa mi Vishveshvaranand Giriji Maharaj, Hon'ble Member SMVDSB: Anshul Garg, Chief Executive Officer; Navneet Singh, Addl. Chief Executive Officer: Vishavieet Singh, Dv. Chief Executive Officer; Ajay

Salaan, Asstt. Chief Execution for providing continu-



and staff of the Shrine Board, was present on the occasion

ecutive Officer of the Shrine Board, on the auspicious occasion of the Foundation Day, congratulated the staff of the Shrine Board and impressed upon them to work with utmost zeal and dedica-

tive Officer, besides officers ously improving facilities to



the pilgrims visiting the Holy Anshul Garg, Chief Ex-

Cave Shrine of Shri Mata Vaishno Devi Ji. He also extended his gratitude on the occasion to the Hon'ble Lt Governor who is also the Chairman of Shrine Board for his continuous support and guidance under which various initiatives for facilitation of pilgrims initiated in a very short period in Shri Mata Vaishno Devi Shrine Board like Mobile App, Home Delivery of Pooja Prasad / Panch Mewa Prasad, round the clock Call Centre for facilitation of yatris, installa-tion of Hi-tech Video Walls, construction of Durga Bhawan, e-library, Yatri Queue Management (Sky walk), Underground Cabling Project, Spiritual Theme Park and RFID Project. Anshul Garg, Chief Executive Officer of the Shrine Board, on the auspicious occasion of the Foundation Day, congratulated the staff of the Shrine Board and impressed upon them to work with utmost zeal and dedication for providing continuously improving facilities to the pilgrims visiting the Holy Cave Shrine of Shri Mata Vaishno Devi Ji. He also extended

Star Health and Allied Insurance expands operation in Jammu Kashmir Rajouri, Aug 30: Star Health and Allied

Insurance announced the expansion of its business and customer service in Jammu and Kashmir with 5 new branches in the region. The company targets a 30% growth in gross written premium from the union territory by the end of the current financial year (FY) 2022-23. Star Health plans to set up 5 new branch offices in Srinagar, Udhampur, Doda, Rajouri, and Samba respectively. The new zonal office will support the existing major branches located in Jammu. Kathua and Pathankot. These offices will be further supplemented by around 10 one-man offices in all district headquarters across Jammu and Kashmir In Jammu & Kashmir, Star Health has issued more than 25,000 poli-cies from all channels in FY 2021-22. Star Health is expecting to achieve a growth of 30% to 35% in new policy sales from the region in FY 2022-23. Commenting on the expansion, Himan-shu Walia, Executive Director - Sales and Marketing at Star Health and Allied Insurance Co. Ltd., said, "We at Star Health are excited to announce our business expansion in Jammu and Kashmir. This is another step in our endeavour to ensure that every citizen has easy access to health insurance



The expansion will provide employment directly and indirectly across the region. Customers from the J&K region can avail of all products available with Star Health. Cashless treatment can be accessed at any of the 32 network hospitals in the region and more than 13000 hospitals nationwide. The company will continue to increase its network hospital footprint in Jammu and Kash-mir to include all leading and popular healthcare facilities across the region.

Free coaching classes for JUET-2022 conclude in **PGGCW Gandhi Nagar**

JAMMU, AUGUST 30: Career Counselling Cell of Padam Shree Padma Sachdev Government P.G. College for Women Gandhi Nagar Jammu orga-nized 3-5 day free coaching classes for Jammu University Entrance Examination Test (JUET-2022) from 25th of Au-gust 2022. The coaching class concluded today with the hope that it will definitely help the students to understand and acquaint themselves with the pattern of examination. It will also help those students who cannot afford the fee of coaching institutes or are from far off areas. The classes were conducted by Roopav Rome-tra, Director Career Success. He touched every aspect of Examination pattern of the JUET-2022 and cleared all the doubts of the students. Over 100 students of B.Sc/B.A/B. Com Semester 6th attended the free classes.At the outset of valedictory session, Prof Rajni Kumari,.

FROM THE FRONT PAGE... ACCIDENT

Nusrata Banoo (16), Shareef Hussain (25), Fareed Ahmad (25), Mohd Akbar (28), Fareed Hussain (25), Bashir Ahmed (35), Nazir Akbar (25) and Noor Hussain (35) while as injured has been identified as Manzoor Ahmed (25), Khatoon Begum (45) and Akhter Hossain (30) all from Boonda Kishtwar.

Meanwhile, Lieutenant Governor, Manoj Sinha expressed grief over the incident and directed district administration to ensure the best possible treatment to the injured. "Extremely pained by the loss of lives due to a tragic road accident in Kishtwar. My deepest condolences to the bereaved families and prayers for the speedy recovery of injured. Directed district administration to ensure best pos-

MILITANT

locals. They have been identified as Danish Khurshid Baht, Tanveer Wani, and Tauseef Ahmad Bhat.

sible treatment to the injured," office of LG J&K tweeted.

"They were involved in several cases while Danish was involved in recruitment of youth into militant ranks in Shopain," said Additional Director General of Police (ADGP), Vijay Kumar who also holds additional charge of Inspector General of Kashmir.

HYDERPORA

would have decomposed and now exhuming the body will only lead to law and order problems, and Magrey has lost his son but he was a terrorist.

After hearing arguments in the matter, the top court reserved its order. Jammu and Kashmir administration was also represented

by standing Counsel Taruna Ardhendumauli Prasad.

Magrey moved the apex court challenging the Jammu and Kashmir High Court order, which did not allow exhumation of his son's body.

Four people, including Aamir Magrey, were killed in an alleged encounter on the outskirts of Srinagar on November 15 last year. The petition was filed through advocate Nupur Kumar.

'TOSHKHANA'

and Museums under the Department of Culture and citizens will be able to have better information about their heritage.

JUSTICE MAGRAY

2022, a total of 425 e-mulakats were held between the inmates and their relatives.

The agenda of the meeting was Access to Justice for persons in custody/detention, review of prison population and overcrowding thereof, Counseling & Rehabilitation of prisoners.

It was resolved that the Government shall make all the endeavors to provide quality food, proper medical care and appropriate space in the jails for legal aid clinics so that the detenues are not deprived of the legal assistance.

Justice Magrey was informed that 05 IGNOU study centers are functional in 05 jails while it was also resolved that IG-NOU study centers shall be established in the remaining jails also.

Regarding the shifting of the office of J&K LSA to some appropriate place, it was resolved that as and when the office of the Transport Commissioner is vacated after shifting to the new building, the Estates Department shall initiate the process of allotment of the said office space for the office of J&K LSA.

Justice Magrey while directing the officers to provide all the basic facilities to jail inmates emphasized that the prisoner does not cease to be a human being, while in jail and he is entitled to all the fundamental rights.

Justice Magrey also impressed upon the participating members to increase the frequency of counseling of the prisoners and ensure their proper rehabilitation after they are released from the prisons.

AZAD

is needed as the Congress party in Jammu and Kashmir 'failed' to meet the expectations of the masses despite our efforts and attempts to revive it," Tara Chand told reporters during an interaction. Udhampur 00, Rajouri 00, Doda 00, Kathua 00, Samba 01, Kishtwar 02, Poonch 00, Ramban 01and Reasi reported no fresh case for today.

DR FAROOQ

electoral rolls...the process should be completed, he added. He said there are apprehensions among the people about new the 25 lakh outsider voters being inducted in the voters list of Jammu and Kashmir, as has been announced by the Chief Electoral Officer recently.

"I doubt these are being registered to bring BJP to power in Jammu and Kashmir," he said raising concerns.

In a question about what effect it would have on political parties if former senior Congress leader Ghulam Nabi Azad is forming his own political party, the 84-year-old said "I am happy he is going to form a national level party...let us see it is just a beginning ,time will tell.."

When asked why the People's Alliance for Gupkar Declaration (PAGD) does not exist in the minds of the people, he said that everybody has his own opinion and I cannot say anything to them.

"The parties who are constituents of PAGD have their own manifesto and ideas. It is an amalgam of the parties made for a particular cause. Whatever people are saying about the PAGD is their own point of view and opinion ...I cannot tell them anything."

He said that "time will tell PAGD was formed for the benefit of the people of Jammu and Kashmir...It would be premature to say what PAGD can do...that time will tell. Our enemies are hell bent to see that PAGD should disband '.

2022. Zargar got accepted into Jamia Millia Islamia's combined M.Phil and Ph.D. programme.

The dean's office stated that action was taken on the Research Advisory Committee (RAC) proposal on July 5. On August 22, the Board of Studies, the department's top decision-making body, authorised the matter.

"On the recommendation of the RAC, dated July 5, the DRC (Department Research Committee), dated August 22, and the supervisor's report," the notification continued, "the Board of Studies approved the cancellation of admission of Safoora Zargar, M.Phil./Ph.D Scholar, registered under Prof. Kulwinder Kaur."

The administration said that her supervisor assessed her performance in the progress report as "unsatisfactory," and that she did not seek an extension as a woman scholar" before the statutory maximum duration expired.

"The scholar did not submit her M.Phil dissertation within the maximum required period of five semesters plus an additional semester of Covid extension (sixth semester), which concluded on February 6," according to the notification.

KU

JAA

was clueless about Graham, his field of expertise, or whether the lectures were delivered or not.

On Friday, the university issued a circular asking all departments to provide information about the dates of lectures, topics of discussion, number of students and teachers who attended them, and whether an invitation was sent to Graham.

"It has been brought to the notice of the authorities that... Jeremiah D. Graham, a USA national, has delivered lectures at the University of Kashmir, Srinagar...Jan-Feb, 2022. All the departments are requested to kindly provide the information," chief proctor Imtiyaz Khan said in a circular.

Khan told HT the information was sought after they received a communiqué from the Union home ministry. "The home ministry has asked us whether he delivered

any lectures. It is not specific to us only but other universities have also received such communication including Sher-e-Kashmir University of Agricultural Sciences and Technology (SKAUST)," Khan said. SKUAST-K registrar T H Masoodi denied having received

such a request from the ministry or Graham having delivered lectures at the university.

Khan said Kashmir University was closed in January. "We did not hold any classes nor was anyone invited for lectures. The administration asked me to make sure any such thing has not happened because sometimes departments hold interactive lecturers on their own."

He added that is why the circular was issued. "I have received written responses from most of the departments saying no such person was contacted or any lecture was held. Only a couple of departments are pending," he said. "Verbally every department told me that they did not invite such a person." Khan said a second circular was issued to make sure that people coming for the purpose of tourism do not deliver lectures. "The vice-chancellor has suggested that we should not entertain such people who are not on official visits. If someone is coming for the specific purpose to speak at an international conference, then the person is allowed, otherwise, the person should not be entertained."

DC Srinagar reviews integration of PM-KISAN data with Revenue Records

SRINAGAR, AUGUST 30:- In order to review the online integration of the Pradhan Mantri Kisan Samman Nidhi (PM-KISAN) data with Revenue Records of beneficiaries on the Portal a joint meeting of Revenue and Agriculture Officers was held under the Chairmanship of the Deputy Commissioner, Srinagar, Mohammad Aijaz Asad here today at Conference Hall of the DC Office Complex.

Besides, Additional District Development Commissioner, Zahoor Ahmad Mir, the meeting was attended by Chief Planning Officer, Assistant Commissioner Revenue, Chief Agriculture Officer, all Tehsildars, Lead District Manager and other concerned officers.

At the outset, the Deputy Commissioner took a detailed review with regard to Bulk uploading of Revenue Record of PM-KISAN beneficiaries, completion of e-KYC process and saturation of bank accounts of PM-KISAN.

The DC was apprised that as many as 16631 beneficiaries of Srinagar District are registered with the Agriculture Department and e KYC of 13814 beneficiaries has been completed so far.

The DC asked the Chief Agriculture Officer to submit the pending details regarding related to PM-KISAN by August 31.

The DC also stressed that resolution of all pendency in e-KYC in a time bound manner while Lead District Bank Manager was asked to take all possible steps and mobilize the manpower in all the bank branches in the District to ensure that the pendency on account of linking of bank accounts of all PM-KISAN beneficiaries with NPCL is done before 3rd September.

While reviewing the Revenue Tehsil wise target achieved, the DC was informed that out of total 7502 cases received in all tehsils of the District including North, Panthachowk, Channapora, Eidgah, Shalteng, South and Khanyar Tehsils 5704 cases have been verified by the concerned Revenue authorities as on date and revenue records of eligible beneficiaries have been handed over to Agriculture Department.

On the occasion, the DC asked the officers to ensure all eligible beneficiaries are covered under the scheme and asked to activate their field staff and integrate PM-KI-SAN data with Revenue record and e-KYC process of the scheme by September 03, 2022.

Pertinent to mention that, under PM-KISAN, landholding farmer families, having cultivable land up to 2 hectares, are provided direct financial support at the rate of Rs. 6,000 per year. This income support is transferred directly into their bank accounts in three equal instalments of Rs. 2,000 each. While reviewing the Revenue Tehsil wise target achieved, the DC was informed that out of total 7502 cases received in all tehsils of the District including North, Panthachowk, Channapora, Eidgah, Shalteng, South and Khanyar Tehsils 5704 cases have been verified by the concerned Revenue authorities as on date and revenue records of eligible beneficiaries have been handed over to Agriculture Department.

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Intra-College Essay Writing Competition conducted at PSPS GCW Gandhi Nagar

JAMMU, AUGUST 30: Department of English, Padma Shri Padma Sachdev Government P.G. College for Women, Gandhi Nagar, on Tuesday organised an Essay Writing Competition for the students of English Honours and English Literature on the topic "Post-Covid Impact on the Psyche of the Young Generation."

The programme was held under the patronage of the College Principal Prof. Minu Mahajan. She motivated the students to express their original ideas and experiences on the theme of the essay.

In all, 28 students participated and displayed their critical and creative ability on the topic of the competition.

AACL organises a Two-Day Punjabi Seminar at Tagore Hall



Srinagar 30th August 2022:Jammu & Kashmir Academy of Art, Culture & Languages (AACL); under the guidance of Sh. Bharat Singh, JKAS, Secretary, AACL; organized a Two-Day Punjabi Seminar at the meeting Hall of Tagore Hall in Srinagar.

Sh. Kanwal Kashmiri, a noted Punjabi writer presided over the inaugural session of seminar; whereas, Sh. Jagmohan Raina, APSCC, also a well acclaimed Punjabi speaker, was the Chief Guest on the occasion; and Mufti Shafiq-ur-Rehman, Incharge Translation Research Centre (TRC), AACL, Srinagar presented the welcome address on the occasion.

In the first session, three papers were presented by writers on different aspects related to Punjabi literature and language with special reference to UT of J&K. Paper readers in the first session included Ravinder Kour, Prof. Gurcharan Singh Raina, Harmohinder Singh Harji; and in the second session included Dr. Shan Kashmiri, R. S Rajan, and Gurnam Singh Arshi.

Sh. Bharat Singh (JKAS), Secretary, AACL, appreciated the efforts of staff at AACL for the literary initiative. Sh. Jagmohan Singh Raina applauded efforts of AACL for organizing the literary programmes across J&K; he further added: "Punjabi language is spoken in almost every corner of the country, our young scholars and learned personalities of J&K are also working for betterment of Punjabi language and literature."

Sh. Kanwal Kashmiri also highlighted the efforts made by AACL for providing the platform to young scholars for presenting their literature. He elaborated that AACL provides subsidy to authors for publishing the valuable literature. Sh Ajeet Singh Mastana presented the Keynote address which remained impressive among the audience. AACL's Punjabi publication Sada Sahit 2021 Short Story Special number was also brought out by JKAACL also released in the inaugural session. The proceedings of the program were conducted by Sh. Popinder Singh Paras, Editor Sheeraza Punjabi.

Anganwadi workers,helpers protest in Srinagar

Demand release of wages, Implementation of Pension Scheme

Farooq Rather



Srinagar, 29-Aug: Anganwadi workers and helpers on Monday staged a protest against the non-payment of wages withheld for the past six months Hundreds of workers and helpers gathered in Srinagar's Press Colony and raised slogans against the department as well as the government. The protesters were demanding the authorities to release their wages for the last six months, finalization of seniority lists and implementation of new pension scheme for workers and helpers.Addressing the protestors on this occasion, State President Anganwadi Workers and Helpers Union Mir Hanifa, General Secretary Bhat Suraya, Latifa Ganai Chief Organizer and Anganwadi leader Shafiqa Ji said that the government has failed to fulfill the promises made to thousands of workers and helpers."We have been pressing for our demands for many years but unfortunately the government is not paying attention to our demands, this is how we face difficulties" .They said that the government should release their wages for the last six months as soon as possible so that they can a sigh of relief."We are being forced to take to the streets to press for our demands", they added. They further said that the authorities should have increased their monthly honorarium long ago but they left them to face difficulties. They added that the government has failed to solve the problems related to Anganwadi workers and helpers, who are serving the department on a meager wages. They appealed the concerned authorities to fulfill their long-pending demands without any further delay.

He said, "After threadbare deliberations and discussions with our leader of stature (Azad), it was decided to launch a new party to give strong and visionary leadership to the people of Jammu and Kashmir."

"We are sure that a strong front will be formed under the leadership of Azad and people see a new ray of hope in the form of development and restoration of statehood to Jammu and Kashmir," said the former deputy chief minister. Besides Chand, former ministers - Abdul Majid Wani, Dr Manohar Lal Sharma, Chaudhary Gharu Ram, senior leaders Ghulam Hyder Malik, Vinod Sharma, Vinod Mishra and Narinder Sharma among Azad loyalists quit the party in support of their leader.

Azad is visiting Jammu on September 4 to address a public gathering and to launch a national level party.

On August 27, G M Saroori, MLA Muhammad Amin Bhat, Jugal Kishore, Haji Rasheed, Chowdhary Mohd Akram, Gulzar Ahmed Wani (former MLAs), Naresh Gupta, R S Chib (former MLCs), Muneer Ahmed Mir from Lolab and Salman Nizami also resigned from the party.

The bickering in the Congress party started with the announcement of Viqar Rasool Wani as new JKPCC chief, on which several leaders expressed resentment.

Wani had said that he was committed to rejuvenating the party under the able leadership of Sonia Gandhi and Rahul Gandhi, who has been at the receiving end of Azad's vitriol.

LOC

sible for us to do farming when there is tension on the border," Sunil Kumar, a Nowshera resident said.

He added that the days of tension on LoC are too bad and one cannot even move out of his shelter. "Thank God, the situation has improved with the ceasefire agreement and we are now able to do all our work without any fear," he said.

Mohammad Ishaq, another resident of Rajouri LoC sector said that all the fields along the LoC are under green blanket of maize crop once again as people have done farming on larger scale and are also expecting a good crop yield. "This all has been possible only because of ceasefire agree-

ment between both the armies and everyone wants this situation to last longer," he added.

COVID

Till date 6698747 persons have been enlisted for observation which included 161persons in home quarantine including facilities operated by government, 1191in isolation and 387 in home surveillance. Besides, 6692226 persons have completed their surveillance period.

Providing district-wise breakup for positive cases for today, the Bulletin informs that in Kashmir division, Srinagar reported 40 cases, Baramulla reported 13 cases, Budgam16 cases, Pulwama reported 04 cases, Kupwara reported 18 cases, Anantnag reported 04 cases, Bandipora reported 03 cases, Ganderbal reported 05cases, Kulgam reported 02 cases while as Shopian also reported 02 fresh cases for today.

Similarly in Jammu division, Jammu reported 18 cases,

TUNNEL

connected with Basindadar (Sawalkote) railway station towards Srinagar end by completion of this tunnel, the officials said."Two out of seven railway stations located in Katra-Banihal section of this railway project have been connected through this tunnel," they said, adding that the work on the tunnel was started in 2018.

Of the 272-km USBRL project, the work on 161 km was commissioned in phases. The first phase of 118-km Qazigund-Baramulla section was commissioned in October 2009, followed by the 18-km Banihal-Qazigund in June 2013 and the 25-km Udhampur-Katra in July 2014. The under-construction 111-km Katra-Banihal section has a total of 37 bridges and 35 tunnels.

DC Jammu chairs DLTFC meeting

JAMMU, AUGUST 30: Deputy Commissioner Jammu, Avny Lavasa today asked for cancellation of registration of Vehicles found involved in illegal mining of minor minerals.

She was chairing the meeting of the Multi-Departmental District Level Task Force Cell constituted to coordinate in plugging the illegal extraction and transportation of minor minerals. The meeting was convened to review the enforcement measures to contain the illegal mining and other issues in the district.

ADC L&O Minga Sherpa; SP (Hqr) Ramnish Gupta; DMO Dr. Gulshan Kumar along with senior officers from concerned departments were present in the meeting.

It was decided in the meeting that registration of the vehicles indulging in repeated violation shall be cancelled. The meeting further recommended strict action against the vehicles involved in road side dumping of the construction material and muck.

The Deputy Commissioner directed the concerned officials to strengthen check nakas at the vulnerable points to tighten noose around the perpetrators of illegal mining. She further directed the concerned officers to remove the encroachments alongside Tawi River and keep close check on the extraction of minor minerals along its banks.

She asked the concerned officers to take strict action against the violators and book them under the prescribed sections of the Law. The Deputy Commissioner directed the concerned officials to strengthen check nakas at the vulnerable points to tighten noose around the perpetrators of illegal mining.

She further directed the concerned officers to remove the encroachments alongside Tawi River and keep close check on the extraction of minor minerals along its banks. Dr. Seema Arora, HOD English, convened the programme. She welcomed the students and the Principal of the College and apprised them about the guidelines of the competition. Faculty members of the Department of English, Prof. Bindu Sharma, Dr. Jyoti Dutt, Dr. Shakun Mahajan, Prof. Neelam Thapa, Dr. Chetna Mahajan, Dr. Kiran Kalra, Dr. Nidhi Choudhary and Prof. Suman Bala organised the event. The competition was judged by Dr. Syed Shehna and Dr. Ujala Sharma of Department of Psychology.

Department Of Food Safety DFCO Kishtwar Organises Mela On Online Registration, Generation Of Licences

Amir Iqbal Khan



Bhadarwah, Aug 30:A team of Enforcement Officers of the Department of Food safety DFCO Kishtwar organised today a mela at HQ Kishtwar about Online & On the spot generation of Registrations and licenses under FSSA. In the mela, General awareness about Food Safety, its provisions, regulations and 'Eat Right initiatives' including RUCO, Fortification, FoSTaC and related parameters of FSS Act was done as a part of 5th Mela of the Month. During the program, the participants including Food Rusinese Operators & Customere were imported with the

Business Operators & Customers were imparted with the guidelines to follow.

The team of the Department entrusted with the duties highlighted the objectives of the program/Mela which was mainly focused on General awareness & Eat Right challenge 2 initiatives. In this program, more than100 participants from different Departments including ICDS, MDM,CA &PDS took part & were advised to follow the provisions of FSSA & guidelines.

"In the first week of September 2022 training to the FBO'S will be imparted with FoSTaC know how. The team is zealous to be consistent for making maximum outreach to the Food Business Operators, Consumers and public in General," Taraq Ahmad Butt Assistant Commissioner Food Safety Department Kishtwar informed.

CUK's law students win competition

Ganderbal, Aug 30: The students of Department of Law, School of Legal Studies (SLS), Central University of Kashmir (CUK) achieved a major feat by winning the 'Sastrarambha: A Recast to Preamble' Competition, organized virtually by the Christ Academy Institute of Law, Bengaluru from 15th to 29th , August, 2022. A team from the CUK comprising two students namely, Iman Abdul Muizz and Amjed Ashraf Malla, ranked 1st in the competition, which consisted of two rounds. The first round was based on draft submission, and only the top-three teams had to be selected for the final round. The Draft Preamble along with the Online Presentation.



Meeting of TMCP Foundation Day 2022 in Presence of Mamata Banerjee. Kolkata, .H.T.Photo SOURAV DUTTA.

SRINAGAR, AUGUST 31, 2022 WEDNESDAY

NATIONAL /INTERNATIONAL HEADLINES TODAY

India no longer weak, it is strong & well-equipped to deal with all challenges, says Rajnath Singh in Udaipur, Rajasthan

New Delhi, August 30, 2022Under the leadership of Prime Minister Shri Narendra Modi, India has been transformed into a strong, confident & self-reliant nation which is fully equipped to deal with all kinds of threats and challenges. This was stated by Raksha Mantri Shri Rajnath Singh at a function in Udaipur, Rajasthan on August 30, 2022. He stated that the steps taken by the Government in the last eight years have injected a new confidence into the Armed Forces. He asserted that India has never attacked any country, nor has it captured an inch of foreign land, but if anyone ever tries to harm the sovereignty, unity & integrity of the Nation, a befitting reply will be given.

"It is the result of the last eight years that India is no longer weak. We clarified our stand on terrorism when our Armed Forces, displaying tremendous might, carried out surgical strikes in 2016 and Balakot airstrikes in 2019. It was a proof that India's military prowess is no less than any country," Shri Rajnath Singh said. He assured the Nation that the Armed Forces are deployed with full readiness to protect the people from anti-India elements.

The Raksha Mantri asserted that the foundation of 'Aatmanirbhar Bharat' has been laid under the leadership of Prime Minister Shri Narendra Modi and this strong & self-reliant 'New India' is moving shoulder-to-shoulder with pow-

fence industry. Shri Rajnath Singh pointed out that the efforts taken by the Gov-



erful countries. He listed out a number of steps taken by Ministry of Defence to promote 'Aatmanirbharta' in defence, including issuance of three positive indigenisation lists of 310 items and earmarking 68 per cent of capital procurement budget for domestic industry in Union Budget 2022-23. He added that foreign companies are being encouraged to manufacture in India under the 'Make in India, Make for the World' vision to strengthen the domestic de-

ernment have started to bear fruit as India is not only catering to its own needs, but is also fulfilling the requirements of other countries. He appreciated the fact that defence exports, which were worth about Rs 900 crore eight years ago, have now grown to around Rs 13,000 crore. He added that a target of Rs 2.75 lakh crore worth of defence exports by 2047 has been set, exuding confidence that India is well on course to achieve the obiective. The Raksha Mantri reiterated the Government's commitment to ensure the safety of Indians who not only reside within the country, but also in other parts of the world. He stressed that the safe return of Indian nationals from Ukraine, amid its ongoing situation with Russia, was testament to Prime Minister Shri Narendra Modi's resolve of ensuring the safety and security of every Indian.

Shri Rajnath Singh was in Udaipur to unveil the statue of Panna Dhai, a 16th-century nursemaid to Udai Singh II, the fourth son of Indian ruler Sangram Singh I, popularly known as Rana Sanga. Paying glowing tributes, Shri Ra-jnath Singh commended the brav-ery of Panna Dhai, who sacrificed her son to protect Udai Singh II, fother of Mehorane Bratar in father of Maharana Pratap, in the interest of Mewar and the entire country. He urged the people to take inspiration from Panna Dhai and play their part in Nation Building. Shri Rajnath Singh was in Udaipur to unveil the statue of Panna Dhai, a 16th-century nursemaid to Udai Singh II, the fourth son of Indian ruler Sangram Singh I, popularly known as Rana Sanga. Paying glowing tributes, Shri Rajnath Singh commended the braverv of Panna Dhai, who sacrificed her son to protect Udai Singh II, father of Maharana Pratap, in the interest of Mewar.

Centre Silent On Chinese Apps Cheating Indians Of RS 500 Crore: Congress

New Delhi: The Congress today alleged that several Chinese Apps have siphoned off 500 crore after cheating lakhs of Indians through debt traps and accused the government of having no strategy to tackle them.

Congress spokesperson Gourav Vallabh claimed that an investigation between January and February 2021 found more than 1,100 digital loan apps available across play stores and claimed the RBI accepted that at least 600 such apps were operating illegalby

"As per RBI, there was a jump of 12 times in loans on digital platforms between 2017 to 2020. Till now, 52 individuals in our country committed suicide due to blackmailing by these loan apps," he told reporters.

"The incompetence of the central government and agencies has led to multiple cases of suicides due to such debt traps. Chinese loan app companies have siphoned off 500 crore from India through the hawala route.

There has been no strategy, no focus by the Modi government in evaluating priorities. Certain Chinese apps were banned in 2020 but the action on such apps has been lackluster," he said.

Mr Vallabh also accused the Modi government of lacking the courage to even talk against the Chinese aggression. "The government has completely surrendered when tackling international conspiracy and aggression against us," he alleged.

Claiming that it has been two years since the news emerged of Chinese loan apps cheating lakhs of Indians through conspiracy of debt trap, he alleged the Modi government has weakened the Indian economy pushing millions into poverty.

"When ED and other agencies visit each and every opposition leader,



why were they sleeping when at least RS 500 crore was siphoned off from India by these Chinese loan apps," the Congress leader asked.

Noting that several lives have been lost due to harassment by these money lending apps, he asked, "What is the Modi government waiting for to act on such apps?" He also termed the RBI as clueless.

"Does the Modi government want an India with its citizens and data being controlled by the Chinese government? How come these Chinese loan apps are able to operate in our country," he said. Mr Vallabh also accused the Modi government of lacking the courage to even talk against the Chinese aggression. "The government has completely surrendered when tackling international conspiracy and aggression against us," he alleged.

Claiming that it has been two years since the news emerged of Chinese loan apps cheating lakhs of Indians through conspiracy of debt trap, he alleged the Modi government has weakened the Indian economy pushing millions into poverty. "When ED and other agencies vis-

"When ED and other agencies visit each and every opposition leader, why were they sleeping when at least 500 crore was siphoned off from India by these Chinese loan apps," the Congress leader asked.

Pentagon Training Afghan Pilots For Deployment In Ukraine: Report

Washington: The US Department of Defence, also known as the Pentagon, is set to train former Afghan pilots in California and send them via Poland to conflict-ravaged Ukraine, Russian media agency Tass claimed citing a military diplomatic source.According to the source quoted by Russian media, this involves former pilots and other Afghans who have served in special units. "They are also offered to undergo training and sign a contract which involves the subsequent deployment to the combat zone in Ukraine," Russian newsagency Tass reporting quoting an anonymous source.However, these measures wouldn't affect the outcome of Russia's special military operation in Ukraine, it added. However, there has been no confirmation from the US about any such move.

23 Protesters Dead In Baghdad's Green Zone Clashes: Report

Baghdad: Fighting between rival Iraqi

No Ganesh Festival At Bengaluru's Idgah Maidan, Supreme Court Says "Status Quo"

New Delhi/Bengaluru: Karnataka Waqf Board's opposition to the state government allowing Ganesh Chaturthi celebrations at Bengaluru's Idgah Maidan reached the Supreme Court today, where a three-judge bench is now hearing it. The court is expected to end the deadlock by the evening, as the festival begins tomorrow.

"Don't give an impression to religious minorities that their rights can be trampled upon like this," the board's lawyer, Dushyant Dave, told the bench, arguing that the ground should not be used for any such festival. "No religious event from any other community has been held in this property... It has been declared as Waqf Property as per the law. Suddenly in 2022, they say that it's disputed land, and they want to hold Ganesh Chaturthi festival here," the board said. But the state's lawyer asked



for "a government-managed temple" to be allowed for two days, and "no permanent structure will be built". At this, the board's lawyer remarked, "The then CM of UP also gave an assurance, in the Babri Masjid case. You know what happened there," referring to the 1992 demolition of the mosque, in place of which a Ram Temple is now coming up as per the Supreme Court's judgment.

asked if there were previous instances of such events at the Maidan, government lawyer Mukul Rohatgi said, "That cannot be the basis for opposing an event now... For the past 200 years, the land was used as playground for children. All revenue en-

was used as playground for children. All revenue entries are in the name of the state.""In Delhi, Dussehra effigies are burned everywhere. Will people say 'don't do this Hindu festival"?

New Delhi: China's infringements along India's border are a violation of the international order and should not be accepted, but at the same time, there is a need to un-

Encouraging Early Signs, Monkeypox Outbreak May Be Slowing In Europe: WHO

Copenhagen: The World Health Organization said Tuesday it saw "encouraging" signs the monkeypox epidemic was slowing in Europe and heading "in the right direction", calling on countries to double down on efforts.

"There are encouraging early signs, as evidenced in France, Germany, Portugal, Spain, the UK, and other countries, that the outbreak may be slowing", the WHO regional director for Europe, Hans Kluge, told reporters.

"It's going in the right direction", he added.However, "to move towards elimination in our region, we need to urgently step up our efforts".In the 53 countries that make up the WHO Europe region, which includes Russia and countries in Central Asia, more than 22,000 monkeypox cases have been registered across 43 countries, accounting for more than a third of cases worldwide.

Last week, the WHO reported a 21 percent decline in new cases worldwide after four successive weeks of increases.



In order to eliminate the spread of the virus in Europe, the WHO urged countries to continue with measures of monitoring, targeted vaccinations, identification of contact cases, and engaging with the male homosexual community, where the virus has mainly been spreading. Kluge cited the example of Portugal, which, "in the absence of a full fledged vaccination campaign, did manage to curb the increase through behavioral change and engaging with the communities".

the infringement at the border is extremely difficult and should not be accepted," he said.

Ackermann said India should also differentiate between what is hap-

What Germany Said On China's

forces resumed Tuesday in Baghdad, where 23 supporters of Shiite leader Moqtada Sadr have been shot dead since Monday, according to the latest toll by medics. At least 380 people were also injured, the medical source said.Clashes between Sadr's supporters and the army and men of the Hashed al-Shaabi, former paramilitaries integrated into the Iraqi forces, had calmed down overnight but resumed.

Infringements Along India's Border

derstand Europe's outrage over the Russian attack on Ukraine, German Ambassador Philipp Ackermann said on Monday. In an interaction with the media,

the newly-appointed envoy also described China's claims over Arunachal Pradesh as "outrageous".

Terming the Russian attack on Ukraine as the most serious agAckermann said India and Europe may not agree to "every single line" when it comes to the Ukraine crisis, but there was an understanding of the problem between the two sides.

"We are aware of the Indian problem at the Northern border. We should not forget that China claims Arunachal Pradesh is part of China. We see very clearly that pening at the border with China and Ukraine.

"This (Russian attack on Ukraine) is by dimension is completely different than what we see at the border (India-China border) at an abstract level," he said.

"I think the Indian side very well recognises the violation of international law," the envoy said about the Indian position on Ukraine.

Deadly Pakistan Floods Could Trigger 'Back-Breaking' Food Inflation

Lahore: Catastrophic monsoon floods in Pakistan have sent food prices skyrocketing, putting many staples out of the reach of the poor as the cashstrapped nation battles shortages.

The floods have submerged a third of the country, killing more than 1,100 people and affecting over 33 million. Recovery could cost more than \$10 billion, according to the planning minister.

The rains -- which began in June, and whose unusual intensity has been blamed on climate change -- have also damaged vast swathes of rich agricultural land and crops. Parts of the mountainous north and breadbasket south have been cut off because roads and bridges have been washed away.

"Things are so expensive because of this flood that we can't buy anything," said Zahida Bibi, who had come to a market in the central city of Lahore to get vegetables for dinner.

She told AFP she had to forego some items on her shopping list because inflation had put them out of reach. "What can we do? We don't make enough money to buy things at such high prices." ing from arch-rival India. "We need to consider getting some vegetables over the land



Onions and tomatoes -- common ingredients in most Pakistani meals -- have been affected the most.

The prices of both had increased by 40 percent, the Pakistan Bureau of Statistics said Friday.But on Monday, Finance Minister Miftah Ismail said the price of onions had shot up by more than five times, and that the government was trying to quickly implement policies to stabilise food prices -- including importborder," he told broadcaster Geo News.

"We have to do it because of the kind of prices and shortages we are experiencing... Inflation has broken people's backs."

Out of reach

With millions of acres of farmland still under water and certain roads inaccessible, prices are expected to climb further. "About 80 percent of the tomato crop in Pakistan has been damaged in the floods, and onion supply has been badly hit as well," Shahzad Cheema, secretary of the Lahore Market Committee, told AFP.

"These are basic items, and ultimately it is the average buyer who will be most affected." Vegetable seller Muhammad Owais at a market in Lahore was struggling to find buyers at the current high prices.

"Prices have increased so much because of (the flood) that many customers leave without buying anything," he told AFP.

Pakistan was struggling with record high inflation even before the floods, because of rising global oil prices and a balance of payments crisis.

The government found some room to manoeuvre Monday when the International Monetary Fund approved the resumption of a massive loan programme for Pakistan, releasing \$1.1 billion immediately. The government found some room to manoeuvre Monday when the International Monetary Fund approved the resumption of a massive loan programme for Pakistan, releasing \$1.1 billion immediately.

13 Killed As Boat Carrying Flood Victims Overturns In Pakistan: Report

Sindh: At least 13 people were killed and many remained missing after a boat carrying around 25 flood victims capsized in the swollen Indus River in Pakistan's Sindh province on Monday, local media reported.

The incident took place in Bilawalpur village in Sindh's Sehwan city when a boat taking flood victims from submerged villages to a safer location overturned.

An official said that the death count rose to 13 while eight people have been rescued. Rescue sources said that nearly 25 flood victims were being taken to the relief camps when the incident took place, Geo News reported.

This comes as the Pakistan government and the military are undertaking relief operations in flood-affected areas. The humanitarian situation in Pakistan has deteriorated over the past two weeks as heavy rains continued to cause flooding and landslides, resulting in displacement and damage across the country, according to the UN Office for the Coordination of Humanitarian Affairs (OCHA). Pakistan is facing the worst rain-induced flooding in its history as 66 districts have officially been declared to be "calamity hit" by the government - 31 in Balochistan, 23 in Sindh, nine in Khyber Pakhtunkhwa (KP), and three in Punjab. The situation remains dynamic, and many more districts have been affected; the number of calamity-declared districts is expected to rise as rains continue to fall. Pakistan is facing the worst rain-induced flooding in its history as 66 districts have officially been declared to be "calamity hit" by the government - 31 in Balochistan, 23 in Sindh, nine in Khyber Pakhtunkhwa (KP), and three in Punjab. The situation remains dynamic.

DC Kathua declares Inter-Zonal District tourney open at Dyala Chak



KATHUA, AUGUST 30: Deputy Commissioner Kathua, Rahul Pandey today inaugurated the Inter Zonal District level Tournament for under 19 year boys and Girls here at Trikuta Ground Dayala Chak.

In his inaugural address, the Deputy Commissioner called upon the participating young athletes to play the games with true sportsmanship. He said the sports activities play an important role in overall personality development of youth and provide an opportunity to work as a team

During the daylong event, in Kho-Kho, Zone Bhaddu defeated Sallan by 7 points, while Zone Bhaddu defeated Zone Barnoti by 2-0 to win Volleyball competition. Likewise in Badminton, Zone Lakhanpur defeated Zone Barnoti by 2-0.

Similarly, in a Cricket match, Zone Billawar beat Zone Bhaddu, while in Carrom, Zone Hiranagar won over Zone Mahreen

Among others, DYSSO Kathua Sunil Kumar, Activities Incharge Dharminder Singh, PEM, Nasib Chand, PEM Parveen Singh, PEM Joginder Kumar.

Tangmarg Victoria Bundled-Out For 67-Runs Against Sultan Warrior's Baramulla In Champions **Cup Chogal Handwara**

Lone Musaib



Handwara :-Cricket matches have become shorter with the advent of the Twenty20 and T10 formats, today two top teams of District Baramulla were against each other in North Kashmir's top most tournament Champions Cup Chogal Handwara, but Sultan Warrior's Baramulla recorded a remarkably swift Victory on Tuesday When they bundledout Tangmarg Victoria for 67 runs in 15.1 overs and Chased it down in 6.1 overs. The game ended in no time as Muneer Bhat took 3 wickets while Shahid Rafiq and Aqib Khan took 2 wickets each for Sultan Warrior's Baramulla.Imtiyaz Lefty played 30 runs knock off 15 balls while Muneer Bhat 18 runs off 8 balls and chased down the target for the loss of 3 wickets thus won the match by 7 wickets. Muneer Bhat $Was \, declared \, player \, of the \, match \, for \, his \, brilliant \, performance$ with both bat and ball.

My Youth, My Pride... **District Yogasana Sports Competition held at Srinagar**

SRINAGAR, AUGUST 30: The Yogasana competition organised by J&K Sports Council and J&K Yogasana Association saw more than 300 participants compete in different age categories Traditional Artistic in Singles, Artistic Group and Rhythmic events in Indoor Hall Sports Complex Pologround, Srinagar. The event is part of the special sports initiative under

'My Ŷouth MY Pride' programme which is aimed at tapping the talent besides saving youth from drug abuse. participants were The

drawn from the different educational institutes of district Srinagar including

Durand Cup: FC Goa holds Bengaluru FC to 2-2 draw Kolkata, Aug 30 (UNI) Champions FC Goa (FCG) bowed out of the Durand was Cup but on a high, after their young squad held a Sunil Chhetri led Bengaluru FC (BFC) to 2-2 draw in a Group A encounter here on Tuesday at the Vivekananda Yuba Bharati Krirangan

(VYBK). The Gaurs came from behind in the second half to share the spoils with

Phrangki Buam and Lesly Rebello scoring to cancel out first half goals by Sunil Chhetri and N. Siva Sakthi. The Blues dominated the game from the start and had the majority of the possession in the first half. They did not give the Gaurs any chance to settle down in the game. They

were creating openings in the Gaur's half and putting pressure on the youngsters

The first goal came in the 24th minute from a freekick, after Rohit Kumar was fouled just outside the lead box. Sunil Chhetri curled one delightfully into the top right corner to give BFC a deserving lead. It was the talisman's third goal of the tournament.

in the middle with Bruno The BFC midfield and de-Ramires in particular, who fence came under pressure providing accurate and the first goal came



Singh and Namgyal Bhutia. The pair were always willing to run into the open spaces left by the Goan defence One such ball from Bruno

found Udanta who headed it across the six-vard box and for N. Siva Sakthi to score his second of the tournament and double BFC's

BFC began the second half brightly but FCG showed more vigour and hunger to comeback in the game. They started to press higher up the pitch and started BFC continued to dominate to create more chances.

balls to the wingers Udanta from a mistake by them. A weak header to the keeper by Rohit Kumar was poached by Buam, who rounded off keeper Amrit Gope, to finish with consummate ease.

Goa had their spirits up started to have even more meaningful attacks. The second goal came in 63rd minute from a darting run by Vasim Inamdar, who pushed the ball ahead for Captain Lesley Rebello to finish from in-between the keeper's legs The Gaurs ended their Du-

rand Cup campaign with four points while Bengalu- fence.

schools and colleges comprising both boys and girls. The stand out performance among the girls was of Toiba Nazir who was declared as the best player of the championship in girls category while in boys category Bilal Ahmad Dar emerged as the player of the championship.

Similarly at Pulwama, competitions in the dis-ciplines of Thang-Ta and Badminton were held which witnessed a participation of a large number of players from all the adjoining panchayats of Tral. More events in other sports disciplines are being held under the special initiative

all across the UT.

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three games. The Gaurs

came from behind in the

second half to share the

spoils with Phrangki Buam

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Siva Sakthi

sters

LG Rolling Cup Cricket Trials of Boys 19-35yrs held at Budgam



BUDGAM, AUGUST 30: The Department of Youth Services and Sports Budgam conducted selection trials in the discipline of cricket for boys in the Age group above 19-35 years under the banner of LG's Rolling trophy 2022 at different zones/blocks at different venues of the dis trict.

At Zone Narbal and Hardpanzu, the trials were declared open by Gurmukh Singh Dutta, District Youth Services and Sports Officer (DYS&SO).

During his speech, the DYSSO Budgam encouraged the participants and officials for their active participation. The LG Rolling Trophy is being conducted by the Department of Youth Services and Sports J&K for the first time in the history of the sports department.

After these trials, the Inter Zone/Block/UT Level competitions will be conducted under Talent Hunt programme. In district Budgam at different venues an impressive number of participants/players have participated.

Mission Youth, J&K has initiated a process for inviting players to competitions under Lt Governor's Rolling Trophy in Cricket Boys of 19-35 Yrs age group. The competitions will be organised at block level, dis-

trict, provincial and UT level in leagues spread over a period of three months. The biggest talent hunt programme includes sports events, personality development, sports equipment and a host of other events.

Gurmukh Singh and Incharge Activity Section DYS-SO Budgam has directed all the zones to complete selection Trials as soon as possible so that the competitions of next stage will be conducted.

PCB optimistic of Shaheen Afridi playing World Cup after London rehab

Pace spearhead Shaheen Afridi has travelled to London to continue his recovery from a knee injury but the Pakistan Cricket Board (PCB) is optimistic of his participation in the Twenty20 World Cup in Australia later this year.Left-arm fast bowler Afridi suffered the injury in Sri Lanka last month and was ruled out of the ongoing Asia Cup in the United Arab Emirates despite being named in the preliminary squad by the PCB."Shaheen Afridi requires uninterrupted, dedicated knee specialist care and London offers some of the best sports medical and rehabilitation facilities in the world," PCB chief medical officer Najeebullah Soomro said in a statement on Monday."In the best interest of the player, we have decided to send him there. "The medical department will receive daily feedback on his progress ..

Varmul Cup 2022 "Khalid Baba" Guides BCC **Reds To Win Over SKCC Sopore By 47 Runs**

Lone Musaib

Baramulla,30th Aug.:-

5-wickets.Shahnawaz high-Bhat remains est run-getter for BCC In the Ongoing Varmul Reds with 41 runs off 36 Cup 2022 BCC Reds balls While Irfan Kaloo Beats SKCC Sopore at with 30 runs off 24 balls Jehlum Stadium Bara- and Muzzamil Majeed



17.2 overs and loss the is organised by Baramatch by 47 runs.Kha- mulla Cricket Forum. lid Baba took 4-wickets Batting first BCC Reds While Saqib Reyaz and Set the target of 148 runs and Tawseef Ramzan in the alloted 20 overs took 2-wickets each for for the loss of 5-wickets. BCC Reds.Khalid Baba Shahnawaz Bhat re-

HT-SPORTS

mulla.Batting first BCC 26 runs off 17 balls for Reds Set the target of BCC Reds.In response 148 runs in the alloted SKCC Sopore were bun-20 overs for the loss of $\ dled\text{-out}\ \bar{f}\text{or}\ 100\ runs\ in$

was declared Player of mains highest run-getthe match for his splen- ter for BCC Reds with 41 did performance With runs off 36 balls While Ball.The

tournament Irfan Kaloo with 30 runs



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