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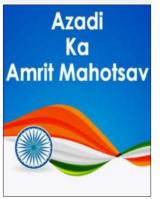
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SRINAGAR FRIDAY 12 AUGUST 2022 ● 13 MUHARRAM1444 ● 12TH YEAR OF PUBLICATION **VOICE TO THE VOICELESS**

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NEWS IN BRIEF

Two women washed away in flashfloods in Ramban

M S Nazki

Jammu, August 11: Two women were washed away in flash floods in Ramban district of Jammu on Thursday, officials said.

The incident took place in Mehar, and the victims were identified as Shamima Begum and Rozia Begam, they said.

Both of them are feared dead, the officials added.

Police and the Army have launched search operations to trace the duo, they said, adding some cars and motorcycles were washed away as

Kashmir youth found dead in Delhi

Srinagar, August 11: A 27-yearold youth from Pattan area North Kashmir's Baramulla district was found dead under mysterious circumstances in Delhi on Thursday, officials said here.

An official said the youth identified as Aadil Ahmad Bhat son of Manzoor Ahmad Bhat of Haniiwera Pattan was found dead at his rented accommodation in Delhi.

He said that his body has been sent for post-mortem and police are waiting for the arrival of his rela-

"We are investigating the matter to ascertain the cause of death," a police officer from Delhi said. He said the deceased was working in Delhi for the last several years after completing his education.

Hundreds throng Shankaracharya temple

Srinagar, August 11: Hundreds of devotees paid obeisance to Lord Shiva at Jyeshtaeshwara temple on the hills of Shankaracharya in Srinagar on the occasion of Raksha

Bandhan on Thursday. Long queues of devotees including women and children were seen on the stairs of the temple at Shankaracharya hills waiting for their

Stalls selling prayer items came up in the temple area

5 drug peddlers from Punjab held in Budgam

Srinagar, August 11: The Jammu and Kashmir Police on Thursday arrested five drug peddlers of Punjab along with 112 kg of poppy straw and seized three vehicles in Budgam district

The arrests were made in Nasrullapora area. The accused were identified as Jugwinder Singh, Jagjeewan Singh, Bailjinder Singh, Baint Singh and Karam Singh.

Oral test, interview for various Level-6 posts abolished

Srinagar, August 11: In a major decision aimed at increasing efficiency, transparency and timely conclusion of recruitment process the Lieutenant Governor approved the proposal of the General Administration Department to exclude various Level-6 posts from the requirement of conduct of Interview/

The recruitment against these Level-6 posts shall now be made on the basis of Written Test only. The decision shall ensure that selections are objectively fair and merit based, and it paves the way for advertisement of more than 1000 posts including 855 posts of Junior Engineer (Civil) which shall be filled up on a fast-track basis through the Jammu and Kashmir

Services Selection Board. Further, the Lieutenant Governor has also directed the identification of posts of similar nature which can be considered for exclusion from the requirement of Oral Test/ Interview, for which the process has also been initiated by the General Administration Department.

CS reviews arrangements for **I-Day**

Srinagar, Aug 11: Chief Secretary, Dr Arun Kumar Mehta Thursday chaired a high-level meeting of senior civil and security officers to review the final arrangements for the 75th Independence Day to be celebrated as 'Azadi Ka Amrit Mahotsav'. The meeting was attended by Additional Chief Secretary Home, RK Goval: General Officer in Command 15 Corps, Lt General ADS Aujla, Director General of Police (CID), Administrative Secretaries of Housing & Urban Development Department, Higher Education De-CONTINUED ON → PAGE 10

Two Militants Gunned Down, Four Soldiers including an Officer Killed in Rajouri

M S Nazki

Jammu, August 11: Foursoldiers lost their lives in a gunfight when two militants attempted to enter an Army camp in Rajouri district of Jammu this morning.

"Militants tried to cross the fence of Army camp at Pargal. Sentry challenged and exchange of fire took place," Mukesh Singh, additional director general of police (ADGP), said. The martyred soldiers

have been identified as Subedar Rajendra Prasad, Rifleman Manoj Kumar and Rifleman Lakshmanan D.Both the militants attempting to infiltrate the army company operating base in Pargal of J&K's Darhal area in Rajouri have been killed, Singh said, adding that at least three soldiers have suffered injuries. The attack, which came four days of Independence ahead Day, marks the return of 'fidayeen' (suicide attackers) to the Union territory of Jammu and Kashmir after more than three years. The last suicide attack took place on February 14, 2019 at Lethpora in Pulwama district of south Kashmir, in which 40 CRPF personnel were killed. In today's attack, the

rector general of police Dilbag Singh said.According to Army officials, one officer is also among the injured Army personnel in the fidayeen attack and has been rushed for medical treatment. "16 Corps Commander Lt Gen Manjinder Singh is constantly monitoring the situation on the ground. The area is being sanitized," the official said. Security officials have cordoned off the

area and additional par-

ties have been dispatched



prompting them to launch a combing operation in Darhal and Nowshera belt on Wednesday.The killed soldiers have been identified as Subedar (Junior Commissioned Rajendra Prasad, a resident of Maligoven Jhunjhunu area of Rajasthan, Rifleman Lakshmanan D, T Pudupatti Thummakundu Tamil Nadu, Rifleman Manoj Kumar of Shahjahanpur Faridabad (Haryana) and Rifleman Nishant Malik of Adarsh Nagar Hisar (Haryana). to the location. Security Identity of the killed forces and the police had CONTINUED ON → PAGE 10

Sacrifices of Dr. Syama Prasad Mookerjee live on in our hearts: Lt Governor

Addresses District Administration's 'Tiranga Utsav' program

HT NEWS NETWORK

Kathua, August 11: Lieutenant Governor Manoj Sinha today paid tributes to the great patriot and freedom fighter Dr Syama Prasad Mookerjee at Urliwand, Kathua.

The sacrifices of Dr. Syama Prasad Mookerjee live on in our hearts. He was undoubtedly one of the greatest scholars and statesmen of the country. In this Amrit Kal Khand, let us strive to become worthy heirs to Dr. Mookerjee who sacrificed his life for a united and modern India, said the Lt

CONTINUED ON → PAGE 10



HC dismisses father's plea for compensation, investigation into son's death

HT NEWS NETWORK

Srinagar, August 11: The Jammu and Kashmir and Ladakh High court has dismissed a petition of a father seeking compensation and an investigation into the death of his son in 2004. The man had accused the army of killing his son. The petitioner, now dead, in his petition alleged that his son Bashir Ahmad Ahangar was apprehended by the Special Task Force of the Jammu and Kashmir Police in Anantnag, on March 19, 2004 and handed over to the Army's 5 Para who shot him dead.

The petitioner alleged that there were visible signs of tortur on the body as he had been beat-

The petitioner claimed that his son was not involved in any militancy related activity nor he had any criminal antecedents and demanded compensation for the death.

The respondents disputed the claims made by CONTINUED ON >> PAGE 10

COVID-19: J&K reports 637 new positive cases, no death

SYED TAJAMUL BUKHARI

Srinagar, August 11: Jammu and Kashmir reported 637 positive cases of COVID-19 including 112 from Jammu and 525 from Kashmir divisions, taking the total number of positive cases in the Union Territory to 472011. Moreover

COVID-19 more patients have recovered and been discharged from various hos pitals including 174 from Jammu division and 496 from Kashmir division. According to the daily Media Bulletin on novel
CONTINUED ON → PAGE 10

India registers 53 **Covid deaths**, **16,299** positive cases

New Delhi, August 11: In the last 24 hours, India reported 16,299 new Covid-19 cases and 53 deaths, the Union Health Ministry said on Thursday.

With the latest fatalities, the nationwide death toll now stands at 5,26,879. The active caseload has declined to 1,25,076, accounting for 0.28 per cent of the country's total positive cases. The recovery of 19,431 patients in the last CONTINUED ON → PAGE 10

Argentine rear admiral appointed head of UN Kashmir observer group

HT NEWS NETWORK

United Nations, August 11: Secretary-General Antonio Guterres has appointed Argentine Rear Admiral Guillermo Pablo Rios as the head of the UN Military Observer Group in India and Pakistan (UNMOGIP) which is charged with monitoring the shaky ceasefire in Kashmir.

The UN announced on Wednesday that Rios will take over from Major General Jose Eladio Alcain of Uruguay the leadership of the 111-member operation based in both the South Asian countries

CONTINUED ON → PAGE 10

Process to appoint new JKPCC chief underway: Congress

'GA Mir continues to hold key post of PCC president'

HT NEWS NETWORK

Srinagar, August 11: Over a month after G A Mir tendered his resignation from the post, Congress on Thursday appoint a new Jammu the party is deliberate and Kashmir Pradesh ing over the appoint-Congress Committee ment of a new JKPCC (JKPCC) Chief is under president. process

Mir submitted his resignation to the All India Congress Committee (AICC) on July 06, 2022, after serving as JKPCC chief for eight vears.

Udaipur declaration, it be believed, the has been decided that CONTINUED ON >> PAGE 10

the leader after serving as president will have to be removed from the

"Following the declaration, G A Mir has tendered his resignation,' said that the process to she said, adding that

However, she didn't reveal the exact time; it would take to announce the new president, but said that Mir, at present, continues to work as the PCC chief. Notably, the hunt has Party in charge of J&K already been started affairs, Rajni Patil said to appoint nee JKPCC that according to the chief. If sources are to

Accused cannot be convicted on mere suspicious: Supreme Court of the accused.

HT NEWS NETWORK

New Delhi, August 11: An accused cannot be convicted on the ground of suspicion, no matter how strong it is, the Supreme Court said on Thursday, while acquitting a man in a murder

A bench of Justices B R Gavai and P S Narasimha said an accused is presumed to be innocent unless proved guilty beyond a reasonable doubt. It is settled law that the suspicion,

however strong it may be, cannot take the place of proof beyond reasonable doubt. An accused cannot be convicted on the ground of suspicion, no matter how strong it is, the bench said.

The apex court said in the present case, the prosecution has utterly failed to establish the chain of events which can be said to exclusively lead to the one and only conclusion, i.e., the guilt

In that view of the matter, we find that the judgment and order of the learned



session's judge and that of the high court are not sustainable, the bench

The top court was hearing an appeal filed by a man challenging an order passed by the High Court of Punjab & Haryana convicting him for the of-

fences punishable under Section 302 (murder) and Section 201 (causing disappearance of evidence of the Indian Penal Code, 1860, and sentencing him to rigorous imprisonment for life. Advocate Rishi Malhotra, appearing

for the man, submitted that from the perusal of the postmortem report, it is clear that it is not proved beyond reasonable doubt that the dead body on which the postmortem was conducted was of deceased The additional advocate general for

the state on the contrary, submitted that the high court and trial court have concurrently found the accused to be guilty of the offences charged with.

The top court said there has to be a chain of evidence to complete so as not to leave any reasonable ground for a conclusion consistent with the inno CONTINUED ON → PAGE 10

Govt launches key 'Digital initiatives' for corruption free J&K

HT NEWS NETWORK

Srinagar, August J&K Government has taken many digital initiatives to provide corruption-free governance in J&K and empower citizens to report any wrongdoings in the departments across Jammu and Kashmir.

Ensuring seamless governance, the General Administration Depart-

ment, through Informa- delay in disposal of casment, has successfully rolled out e-office in all the administrative departments of Civil Secretariat and office of Heads of Departments.

This has resulted in speedy disposal of official business, made movement of files. real-time file tracking possible thereby enhancing accountability the Electronic Vigilance for avoiding any undue **CONTINUED ON** » PAGE 10

tion Technology Depart- es. The administrative accountability has been of e-office. More so, it has expenditure incurred on the practice of physical For facilitating human

resource management.

established by having access to pendency at any level through the launch also helped in striping of

ADGP Armed reviews I-Day parade arrangements at SK Stadium

HT NEWS NETWORK

Srinagar, August 11: S.J.M. Gillani, Additional Director General of Police Armed J&K, today visited S.K Cricket Stadium Srinagar to review the security and other related arrangements in and around the venue where UT level Independence Day Parade is going to be held on

CONTINUED ON → PAGE 10

Kashmir gets first-ever multiplex in Srinagar, to be opened for public in Sep

HT NEWS NETWORK

Srinagar, August 11: Kashmir valley got its first-ever multiplex in Srinagar, which will be permanently stationed and the latest movies will be released for people of Kashmir to experience the same recreational facilities as they get in the rest of the country. The multiplex designed by

INOX, one of the top compa-

HT NEWS NETWORK

public in September after some final touches to it. This multiplex has a seating capacity of at least 520 people and has bid 3 cinema halls. It has been beautifully designed and has the latest sound systems installed. To maintain Kashmir's

art and design, a Kashmiri wood "khatambandh" is used in the lobbies which give it a Kashmiri culture

SANJY-2022: Yatra ends peacefully,

over 3 lakh pilgrims pay obeisance

nies, will be opened to the look, Farooq Ahmed, a local artist said. This multiplex has many

food courts and other entertaining facilities which will attract the children as well. INOX has made every possi ble effort to match this multiplex with the country's other top multiplexes, the owner of the multiplex Vikas Dhar told India TV.

"All the latest Bollywood CONTINUED ON → PAGE 10

Jagdeep Dhankhar sworn in as 14th Vice-President of India

HT NEWS NETWORK

New Delhi, August 11: Jagdeep Dhankhar, the political veteran from Rajasthan who also served as Governor of Bengal, today took oath as the 14th Vice-President of India. In the election on August 6, he defeated the Congress's Margaret Alva, who was the Opposition candidate, getting 74.36 per cent of the votes — the highest winning margin in the last six V-P elections since 1997.The oath was administered by President Droupadi Murmu, who too was elected recently. Dhankhar succeeds M Venkaiah Naidu. He becomes chairperson of



the Rajya Sabha by default. Prime Minister Narendra Modi has cited Mr Dhankhar's farming background as a standout credential

repeatedly calling him "kisan putra" (farmers' son) in his tweets. And that's not without meaning. Dhankhar's home state goes to polls next year. Placing a Jat and a "farmers' son" like him in the second highest Constitutional position in India may help the BJP's narrative against Ashok Gehlot's Congress government there. Jhunjhunu, the district where Dhankhar was born in village Kithana, is part of a larger cultural region that stretches beyond Rajasthan, into Haryana and Uttar Pradesh too. In Haryana, too, Jats form a significant chunk -- it is due for polls just after the Lok

The yatra was held amid unusually "higher threat perception" to the pilgrims following a spate of targeted militant killings since April that left a dozen daed, including members of the minority Hindu community in

flash-floods triggered by a cloudburst last

month, the annual Amarnath Yatra passed

off peacefully, though only over 3 lakh vis-

ited the Holy Cave against the expected six

The authorities are breathing easy as

massive security arrangements apparent-

ly helped avert any militant strike on pil-

to eight lakh pilgrims this year.

The "Chhari Mubarak" Silver mace reached the holy cave shrine of Lord Shiva

in Kashmir Himalayas for final pooja, coinciding with the Raksha Bandhan, marking Srinagar, August 11: Barring inclement the formal end of this year's Amarnath Ya weather killing over a dozen pilgrims in tra on Thursday.

The 43-day-long annual Amarnath Yatra commenced physically from June 30 after two years of Covid-19 restrictions.

On July 8, a cloudburst struck near the cave shrine causing flash floods at tented accommodation of pilgrims killing 15 yatris and injuring 55 others besides washing away a

major portion of the track. It was a hectic time for the security forces and other agencies that launched a massive rescue operation and built alternative routes working day and night for several days to make the yatra resume smoothly.

The authorities had to suspend the yatra

for three days from the shortest route Bal CONTINUED ON → PAGE 10

the Valley. CONTINUED ON → PAGE 10

HDFC Bank launches Rising Bankers program with Amity Global Business School

Srinagar, Aug 11, KNT HDFC Bank in association with Amity Global Business School (AGBS) has launched an 8-month certification program known as 'Rising Bankers' for aspiring bankers. The programme aims to turn young graduates into welltrained, customer-facing personnel. It involves on-campus learning, an internship, and a full-time job opportunity at the Bank on successful completion of the certification. The program is accepting applications from candidates across the country looking to get real-world experience and earn while they earn. Through this program HDFC Bank will create a pipeline of qualified talent who will offer



a consistent, high-quality customer service experience across geographies languages in the country. The program will train candidates in all facets of banking operations in a working environment. The 8-month course will entail a 5-month stint at the state-of-the-art facility

at Amity Global Business School campus in Noida. where candidates will attend residential classroom sessions. This will be followed by a 3-month paid internship at any HDFC Bank branch across India. On successful completion of this intensive program, the students will be em

ployed with HDFC Bank as a Customer Care Executive or Customer Experience Executive with a starting salary of Rs 3 lakh per annum Furthermore, they will be awarded a PG Diploma in Customer Experience Management from AGBS."The Rising Banker program is one such avenue that will enable us to nurture fresh talent today to develop them as young leaders of tomorrow," said Vinay Razdan, Chief Human Resource Officer, HDFC Bank. "We are certain that through this partnership with Amity Global Business School, we'll be able to ensure a consistent, high-quality standard of customer service across

Grand Finale of the AKAM competitions in singing, essay writing, debating culminate at Srinagar, Jammu

SRINAGAR/JAMMU, AUGUST 11: Under the directions of Lieutenant Governor, in a run up to the 75th Independence Day celebrations and as part of the ongoing Azadi Ka Amrit Mohatsav (AKAM), the Department of Culture. through J&K Academy of Art, Culture & Languages (AACL) conducted series of singing, essay-writing and debating competitions, across Jammu & Kashmir.

The events were organised by AACL in collaboration with higher education department as well as Directorate of School Education of both divisions.

The competitions were organized at the school, college, district and divisional levels with the help of Directorates of School Education and Director Colleges. The District level competitions were conducted at several Government schools and colleges. and the winners from these competitions jointly competed in the grand finale, at the respective divisional-levels, Jammu &

Srinagar. Over 120 students participated at the divisional level competitions, including six winners of the district level competition from every district, three each from the School and College level Competitions.



Namo Narayan of G.D.C. Reasi won the essay-writing competition in the Jammu Division, while as Ruksana Kousar of G.D.C. Bhaderwah was the runner-up in the Kashmir Division.

Similarly, Soliha Haneef of the R.P. School Mallabagh, Srinagar was the and Muzamil Ahmed Reshi of the H.S.S. Zainapora, Shopian came close second in essay writing competition.

In the singing competition, Poojan Kumar of HSS Doda was declared the winner and Shartik of the MAM College, Jammu was the runner-up in the Jammu Division. While as Owais Ashraf of GDC Killam, Kulgam won the singing competition in the Kashmir Division, with Mohsin Ashraf Khan of GDC Baramulla was the

Faiza Basharat of GDC Poonch bagged the first spot in the debating competition and Arush Kalsotra of the GHSS Jammu was the runner-up in Jammu Dvision.

In Kashmir Division,

the winner was Khursheed Ahmad Shah of GDC Baramulla, and Rowhan Rafiq of GHSS Baramulla stood second.In Jammu, the jury in the grand finale included Prof. Shalini Rana. Prof. Renu Nanda. and Dr Shahnaz Qadri for the essay-writing competition; Vijay Sambyal, Suraj Singh, and Anupama Sharma for the singing competition; and Abhimanyu Dev Singh Billwaria, Prof. Rajinder Kour, and Prof. Deepali Mahajan for the debate competition.

While in Kashmir. the jury comprised Prof. Na-

seem Shafayee, Dr Nazir Azad, and Dr Javaid Iqbal for essay-writing; Waheed Jeelani, Munir Ahmad Mir, and Imtiyaz Malik for the singing competition; and Prof. Shad Ramzan, Dr Afaq Aziz, and Dr Ghulam Nabi Haleem for the debate competition.

The winners of the Divisional Level Competitions shall be invited to the respective 75th I-Day ceremonies at Jammu and Srinagar. The monetary prizes, earmarked by the J&K Academy of Art, Culture & Languages, shall be given away to the winners by the concerned Deputy Commissioners for the District Level competitions and by the respective **Divisional Commissioners** for the Divisional Level Competitions.

Six winners at Divisional Level shall get a cash prize of Rs. 30,000/- each and six runner ups shall get a cash prize of Rs. 20,000/- each. Likewise, six winners in every district (three from Schools and three from Colleges) shall get a cash prize of Rs. 5000/- each, while six runner ups in

each district shall get a

cash prize of Rs. 3000/-

The prize money of nearly Rs. 13.00 lakh shall be awarded to the winners and runner ups in total for different categories

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER R&B DIVISION KULGAM

NOTICE INVITING e-TENDER

FOR MACADAM WORKS

Fresh NIT No. 82/2022-23/RnB/Kul/e-tendering/ 6615-35 dated 06-08-2022

For and on behalf of theLt. Governor, Union Territory of J&Ke-tenders are invited on %age basis from approved and eligible Contractors registered with J&K Govt. CPWD, Railways and other State/Central Governments for each of the following works:-:

S.No	Name of Work	Adv. Cost (Rs. In Lacs)	Cost of T/Doc. (In Rupees)	Earnest Money	Time of completion	M.H of Account	Class of Contractor	
1	Renewal/Restoration of road surface of Chambgund Banimullah Chandergee road by way of Providing/laying of 25mm thick semidense in major patches/stretches.	10.00	600	20000	15 days	3054 M&R	CEE/DEE	
2	Macadamization of Renewal/Restoration of Nillow Hajipora road by way of Providing/laying of 25mm thick semidense in major patches/stretches.	12.00	600	24000	15 days	3054 M&R	BEE /CEE/DEE	Besides the contractor has to fulfill condition
3	Macadamization of Renewal/Restoration of Nillow Pombay Mohammadpora road by way of Providing/laying of 25mm thick semidense in major patches/stretches.	9.00	600	18000	12 days	3054 M&R	CEE/DEE	12.1 (g &h) for qualification for class of contractor
4	Macadamization of Shopian Kulgam road KM 5th - 19th nby way of P/L of RCC Pipes , 50mm Bitumenious Macadm along with 25mm semidense and 6mm seal coat	52.00	1600	104000	25 days	Pot Holes	AAY	

Position of T.S: Accorded

The NIT Consisting of qualifying information, eligibility criteria, specifications, 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:

2 Period of downloading of bidding documents 3 Bid submission Start Date 4 Bid Submission End Date 5 Date & time of opening of Bids (Online) 08-08-2022 from 10.00 AM. to 16-08-2022 od/4:00PM 16-08-2022 from 10.00 AM. to 16-08-2022 from 10.00 A	1	Date of Issue of Tender Notice	06 -08-2022
4 Bid Submission End Date 16-08-2022from04:00PM 17-08-2022from10.00AM.intheofficeof	2	Period of downloading of bidding documents	04:00PM
5 Date & time of opening of Rids (Online) 17-08-2022from10.00AM.intheofficeof	3	Bid submission Start Date	
5 Date X time of opening of Rids (()nling)	4	Bid Submission End Date	16-08-2022from04:00PM
	5	Date & time of opening of Bids (Online)	

2.Bids must be accompanied with cost of Tender document in shape of Demand Draft/ Treasury Challan / Receipt credited to MH 0059-Rev:Misc: and Earnest money / Bid security in shape of CDR / FDR/BG pledged to Executive Engineer (R&B) Division Kulgam (tender receiving authority).—Refer Govt: order No: O.M. No. A/24(2017)-651 Dated:- 07-06-2018.

3.Earnest Monty (2% of the Advertised cost) from all the bidders in the shape of CDR/FDR/BG at the time of tendering and 3%

performance security of the allotted cost in shape of CDR/FDR/BG by the Successful Bidder). The same shall be released after successful completion of the Defect Liability Period of the work. The EMD 2% of successful bidders shall be released after receipt of 3% Performance Security) vide Chief Engineer (R&B) Kashmir, Srinagar's Circular No: CE/RBK/HD/32857-72 dated 01-01-2022 4.The date and time of opening of Bids 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. The bids of Responsive bidders shall be opened online on same Web Site in the Office of Executive Engineer R&B Division Kulgam

5.The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical Bid 6.Instruction to bidders regarding e-tendering process

a.Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process

b.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 vendors.

c.The bidders have to submit their bids online in electronic format with digital Signature. No Financial bid will be accepted in physical form.

d.Bids will be opened online as per time schedule mentioned in Para-1. e.Bidders must ensure to upload scanned copy of all necessary documents with bid.

f.Bidders must ensure to upload scanned copy of all necessary documents including tender document fee in terms of soft copies with technical bid. Note: - Scan all the documents on 100 dpi with black and white option.

7.The department will not be responsible for delay in online submission due to any reasons.
8.Scanned copy of cost of tender document in shape of Treasury Challan / Receipt in favour of Executive Engineer PWD(R&B) Division Kulgam(The Date of Treasury Challan should be between the date of Start of Bid and Bid Submission End Date) pledged to Executive Engineer PWD(R&B) Division Kulgam must be uploaded with the documents of the bid. The Original Treasury Challan (Cost of Tender Document) and other relevant bid documents shall be obtained from the lowest bidder before the fixation of the

 $9. Bidders \ are \ advised \ not \ to \ make \ any \ change \ in \ BOQ \ (Bill \ of \ Quantities) \ contents. \ In \ no \ case \ they \ should \ attempt \ to \ create \ similar \ and \ contents \ description \$ BOQ manually.

10. Price escalation and taxes: The %age quoted by the bidder entirely in Indian Rupees, 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 contractor on gross amount of the bill as per the rates prevailing at the time of recovery.

11.Bidders are advised to use "My Documents" area in their user on R&B e-Tendering portal to store such documents as are re-12.All other terms and conditions are as same as laid in PWD Form 25.

DIPK-7806/22

Executive Engineer, **R&B Division Kulgam**

National Lok Adalat to be held at Kupwara on August 13

KUPWARA, AUGUST 11: According to Secretary, Dis trict Legal Service Authority Kupwara, a National Lok Adalat is scheduled to be held at District Court Complex Kupwara and its subordinate Offices at Handwara, Trehgam, Kralpora and Tangdar on 13th August for amicable settlement of Pre litigation/ pending cases in the courts.

In all 09 benches established, cases of different nature including MACT, Bank Recovery, matrimonial, family disputes, labour disputes, civil, criminal, electricity, water bills and cases related to other civil matters shall be taken up for settlement.

All the concerned judicial officers are requested to identify the cases fit to be taken up in the National Lok Adalat and submit the list of the same cases to DLSA

Meanwhile, the litigants who are interested to settle their dispute in the proposed National Lok Adalat are directed to approach the concerned Courts immediately so that their cases shall be listed for amicable settlement in the National Lok Adalat.

Public Notice

I have applied for registration of my residential house located at Village Dandmooha 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.

Habibullah Sheikh S/O Abdul Gani Sheikh R/O Dandmooha Tehsil Kreeri Distt.Baramulla

- Vehicle Ownership Transfer.
- Duplicate RC Apply. Vehicle Fitness.
- RC Renewal Services.
- Driving Licence Application.

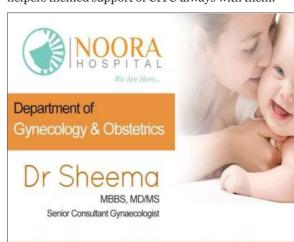


CSC DIGITAL SEVA CENTRE DAR GANIE GUND TRAL 8082080256

AWHU DHpora organizes welcome party

Farooq Rather.

Kulgam, 11-Aug: Huge number of Aganwadi workers and Helpers Zone DHPora organized a grand welcome party for their recently elected J k UT organizational heads. Aganwadi workers and helpers, President Mir Hanifa, Cheif organizer Latifa ganie and state/UT cashier Zamrooda were present on the event. Special invitees of program were CITU sectary UT Ab Rashid Najar, senior leaders of citu Gh nabi shakhsaas, ahmad and Armaan iqbal In program Aganwadi workers and Helpers expressed their pleasure while terming that they see their future bright and secure under Dedicated, Honest, Mature Leadership. "we have seen them, How they manage it possible From khadinyaar to Peerpanchal Aganwadi workers and helpers are now in one voice. That's because of this leadership, how they become voice of voiceless. Aganwadi workers and helpers every time', they added In conclusion of memorable program Ab Rashid Najar Aushord leaders and member of aganwadi workers and helpers themed support of CITU always with them.







Office Of The Assistant Director Food Civil Supplies and Consumer Affairs Anantnag

Reference:- 1. Joint Director (Adm) FCS&CA Kashmir letter No:- DFCS&CAK/

Adm/GS-25/Genl/22/80 Dated: - 28-04-2022 Sub Divisional Magistrate Kokernag Order No:- SDM/Kng/722-23

Dated: - 28/07/2022 Executive Engineer PWD (R&B) Division Vailoo letter No:- R&B/ V/

1225-26 Dated:- 24/05/2022

AUCTION NOTICE

Pursuant to the approval conveyed by the Directorate of Food Civil Supplies and Consumer Affairs Department Kashmir vide above referred letter, tenders are invited from the interested persons for auction of construction material of demolished structure of Food Godown at Vailoo . The assessment of the construction material as ascertained by the Executive Engineer PWD (R&B) Division Vailoo vide his above referred letter is given as under:-

S.No	Particulars of the item	Unit	Qty	Damaged %	Serviceable Qty	Basic Rate	Depreciated rate@75%	Amount
01	Stone Masonary	Cum	95.88	10%	86.292	3400	2550	220044.6
02	Brick masonary in cement and sand mortar (Class B Brick)		58.77	50%	29.385	3500	2625	77135.625
03	RCC Work (Cost of steel-only serviceable item — will be less than dismantling beams /columns)		9.3					
04	WOOD WORK in window frames and wooden planks for storage (60% quantity has got deteriorated and is mere firewood	Cum	4.21	60%	1.684	20000	15000	25260
05	Rolling Shutters for entrance (03n0)	Sqm	13.93	20%	11.144	1000	750	8358
06	Structure Steel Trus	Qtl	60	15%	51	10000	7500	382500
09	CGI Roofing (CGI sheets are perforated)	Sqm	225	25%	168.75	950	712.5	120234.375
							Total	833532.6
	Deduction Charges as 30% structure is yet to be demolished							83353.26
	Net Amount	net Amount						

The lowest bid will start from the above mentioned assessed amount and interested persons desirous of participating in the auction/bidding process shall furnish the sealed tenders along with a demand draft of Rs. 20000/= pledged to Assistant Director FCS&CA Anantnag in this office up to 20-08-2022 .The auction process will start near the demolished structure i.e Vailoo on 22-08-2022 at 11:30

MO: ECSECATEDIANG/22/ 2/69-72 nal w: 80.08-22



PUBLIC NOTICE

I am applying for registration of my Guest house with Tourism Department if anybody have any objection in this regard He/She may contact Assistant Director Tourism Gulmarg within seven days from the publication of this notice after no objection will be entertained

AB RASHID RATHER S/O AB AHAD RATHER R/O DUNDMUH

DIPK-7803/22

PUBLIC NOTICE

I am applying for registration of my Guest house with Toursm Department if anybody have any objection in this regard He/She may contact Director Tourism Or Tourist office Gulmarg within seven days from the publication of this notice after no objection will be entertained.

GH RASOOL NAJAR S/O LATE AB AHAD NAJAR R/O BANDIPAYEEN

Enthusiastic students, youth participate in grand Har Ghar Tiranga Campaign at Tral

Information, Akshay Labroo, chaired a meeting of the senior officers of Directorate of Information and Public Relations (DIPR) to review the status of implementation of actionable points under Media Policy 2020. Threadbare discussions were

held on various aspects regarding the effective implementation of Media Policy 2020 through a detailed Action Plan.

The following key decisions were taken:

Devising of standard operating procedure for media communication during the times of natural disasters, strengthening and institutionalizing Social Media Cell by way of pooling in young, desirous employees, periodical



dia & Digital Communications, framing guidelines for starting and institutionalizing Annual

Recruitment Rules of Information Directorate shall be revised to bridge the gap between contemporary needs and existing

also instructed the Divisional Joint Directors to initiate the process of empanelment / de empanelment as per the due proto encourage healthy journalism and subvert plagiarism and irregularities.

The Joint Director HQ, the Divisional Joint Directors, Deputy Director Central, Deputy Director Audio Visuals, Deputy Director Public Relations, Culture Officer, Jammu, Information Officer(s) and the Administrative Officer were present in the meeting.

The Director instructed the concerned officials to complete the implementation of above mentioned deliverables in a stipulated timeline and ensure that the functioning of the Directorate of Information is effectively governed by the rules stipulated under Media Policy 2020 and that

objective standards are benchmarked for vibrant, contemporary and healthy multi-sectoral communication of government with the citizens. The Director also instructed the Divisional Joint Directors to initiate the process of empanelment / de empanelment as per the due process stipulated in Media Policy to encourage healthy journalism and subvert plagiarism and irregularities.

The Joint Director HQ, the Divisional Joint Directors, Deputy Director Central, Deputy Director Audio Visuals, Deputy Director Public Relations, Culture Officer, Jammu, Information Officer(s) and the Administrative Officer were present in the

Kupwara reverberates with patriotic songs, 'HarGharTiranga' slogans, Hundreds of rallies held

11: On the instructions of Deputy Commissioner Kupwara, Khalid Jahangir all Educational Institutions in district Kupwara including High and Higher Secondary schools held Hundreds of rallies in the nook and corner of the district as part of Azadi ka Amrit Mahotsay under 'HarGharTiranga' campaign. Hundreds of students including teachers participated with fervor and enthusiasm in the Ti-

Chief Education Officer (CEO). Kupwara, Abdul Hameed Fani lead various rallies in Karnah subdivision. The border area Karnah situated near Line of actual control (LOC) reverberated with patriotic songs including 'Saray Jahan Say Acha Hindustan Humara' and 'Ooncha Rahay Ga Jandah Humara'.

The Rallies which were lead by CEO include Boys Higher Secondary School Kandi, GHSS Tangdar, HSS Nichyan, High School Baghbella and KGBV Tangdar.

Likewise, Tiranga Rallies were also conducted in all educational institutes of Zone Handwara, Sogam, Khumriyal, Langate, Trehgam, Kralpora and zones. CEO Kupwara compli-

mented the students and teachers for participating in Tiranga rallies in a big way. He said various innovative methods have been created by the students in

showing their love for the Tiranga. Various schools composed patriotic songs at their own. The CEO said that Tiranga rally turned into a mass movement across the district. He said the programmes with regard to Har Ghar Tirnaga campaign would be continued till 15th of August.

National Meanwhile, Flag was hoisted in Government Offices, ICDS centres, Educational Institutions, Hospitals, Munici-

Tiranga Rally held by SANJY-ICCC & 44 Bn. CRPF at HMT Srinagar

SRINAGAR, AUGUST 12: As part of 'Azadi Ka Amrit Mahotsav', a Tiranga rally was carried out today by ICCC-SAN-JY in collaboration with 44 Bn. CRPF at Integrated Command & Control Centre (ICCC), HMT Sri-

The rally was led by Commandant, 44 Bn. Incharge-ICCC and SDM-Srinagar West and around 300 personnel of 44 Bn. CRPF and 100 of-



the said Tiranga rally with great fervor.

The said Tiranga rally was held within the premises of HMT CRPF camp. The idea behind the initiative is to invoke the feeling of patriotism in the hearts of the people and to promote awareness about the Indian National Flag as the

'Har Ghar Tiranga' campaign gains momentum at Budgam Hundreds of students attend mega event at Sports Stadium Budgam

BUDGAM, AUGUST 11: The Youth Services and Sports, Budgam in collaboration with Education Department Budgam today organized a mega event under the ongoing 'Har Ghar Tiranga' campaign at Sports Stadium Budgam.

The Deputy Commissioner (DC) Budgam, Shahbaz Ahmed Mirza was chief guest on the occasion, while as SSP Budgam Tahir Saleem Khan, ADDC Dr Akramullah Tak, ADC Dr Nasir Ahmad, ACD, CEO, DYSSO and other officers from both civil and police administration were also present on the occasion.

holding National Flags in



their hands, participated in the event with full enthusiasm and fervour.

On the occasion, the DC lauded the organizers for holding the event and appreciated students for their active role in making the 'Har Ghar Tiranga'

campaign a big success in the district

participating stu-The dents also took out a Tiranga rally and marched through the stadium on the occasion.

Pertinently, besides huge participation in Tiran-

remarkable rallies. participation of students was witnessed in essay writing, debates, singing, painting and National Anthem singing competitions across all schools of

Empowerment of Tribal Farmers through DST funded technology development project.

FVS and Animal Husbandry Shuhama Alustag Srinagar distributes 250 Poultry birds among the tribal farmers of Keran.

DR.AB QAYOOM

Kupwara, Aug, 12: Facility of Animal Husbandry Shuha ma Alustag Srinagar in colyan Kendra Kupwara (KVK) organised distribution of lecture under DST funded technology development project in Village Karen of border district Kupwara. The program was chaired by Dr.Tufail Banday Dean faculty veterinary science animal husbandry and Head Kvk Kupwara Dr.Kaiser.Program was attended by 200 local farmers in which interaction of scientists and farmers was conducted. Program was

conducted in presence of Dr

showkeen Muzamil PI:of the

project and scientific staff

from faculty veterinary sci-

ence and animal husbandry

Shuhama Alustag Srinagar and most dedicated scientists of KvK Kupwara in cluding Dr.Firdous Ahmad Rani,Dr.Rayees Ahmad,Dr. Mehraj Naikoo and others. The Dean facveterinary science animal husbandry, addressed the beneficia-

about various central Govt schemes. He further elab orated about main components of Tribal Sub Plan to the stakeholders which included capacity building of tribal farmers, demonstrations, establishment of cutting & stitching Centres at

Panchayat levels and promotion of backyard poultry etc. for the upliftment of tribal farmers to adopt improved agricultural practices in addition to backyard poultry so as to increase the income. At the end of day long proand poultry feed was distributed free of cost among 250 payeen Karen.The poultry birds were distributed in presence of BDC Chairman Mohd Syed, Sirpanchs, and other PRI members of area. BDC Mohd Syed and PRI members of LoC Village applauded the efforts made by bandry Shuhama Alustag Srinagar for implementation of DST and thanked VC SKAUST-K Nazir Ahmad and Directorate of Extension Dil Mohammad for distribution of poultry birds.

Tourism Secy. launches TAFI's J&K Chapter Hopes this new beginning will open new horizons to promote J&K tourism worldwide



SRINAGAR, AUGUST 11: Secretary Tourism, Sarmad Hafeez inaugurated the Travel Agents Federation of India's (TAFI) 12th Chapter in Jammu and Kashmir here.

Speaking at the launch, Sarmad Hafeez reiterated that tourism in Jammu and Kashmir has done exceedingly well in the past couple of years with several new initiatives taken to boost the tourism sector in the Union Territory.

He said the J&K Government recently launched a new policy of home stays wherein the department is targeting to enhance the bed capacity by 25,000 beds at different tourist resorts and locations across the UT. He added that Jammu & Kashmir is known for its hospitality all over the world and urged the TAFI to help in disseminating a positive message to the outside world and showcase Kashmir to the outside world in a proper context.

He also congratulated the J&K Chapter and its new team and hoped that the relationship would open new horizons to promote tourism of Jammu and Kashmir.

Noted travel operator, Manzoor Pakhtoon was, on the occasion, unanimously elected as the first president of 12th Chapter of TAFI for Jammu and Kashmir Chapter. In his address, President TAFI, Ajay Prakash termed the opening of 12th Chap-

ter of TAFI in J&K as a historic day and

added that with the launch of a new chap-

ter a vibrant, active and contributing chapter has come into being.

He said that Jammu and Kashmir has witnessed a phenomenal tourist season this year which can be long term rather than short term by focusing on sustainability and promotion to the outside world.

On the occasion, he congratulated and welcomed the new chapter from J&K into

Manzoor Pakhtoon, the newly elected president of TAFI's J&K Chapter, in his address said that it is a proud moment for the travel and tour players and said that all the tourism players have to be one and united to promote J&K tourism.

He hoped that on the issues related to trade, TAFI will be at forefront to play its part in any manner it can.

On the occasion, a presentation was also played wherein different tourist destinations and locations were showcased to the

The launch ceremony was jointly organized by the Department of Tourism and the TAFI National General Secretary, TAFI, Ab-

bas Moin, presidents of other 11 chapters of TAFI, newly elected TAFI J&K Chapter members, officers of Tourism Department, heads of Travel & Tour operators and others were present on the occasion. Today the national delegation of TAFI conducted a Familiarisation tour of Doodpathri and other tourist destinations before leaving back. The delegation appreciated the move of the Tourism Department to add new tourist destinations to the list of attractions for giving tourists ample choice and experience of stay in Jammu & Kashmir. National General Secretary, TAFI, Abbas Moin, presidents of other 11 chapters of TAFI, newly elected TAFI J&K Chapter members, officers of Tourism Department, heads of Travel & Tour operators and others were present on the occasion. Today the national delegation of TAFI conducted a Familiarisation tour of Doodpathri and other tourist destinations before leaving back.

Azadi Ka Amrit Mahotsav Multifarious activities & massive participation witnessed in 'Har Ghar Tiranga' campaign at Shopian

SHOPIAN, AUGUST 11: Multifarious activities conducted by different departments are in full swing across the district to instill momentum in the national campaign of 'Har ghar Tiranga' for the upcoming Independence Day celebrations in the district.

Painting Competitions and National Anthem singing and essay competitions, quiz programmes, debates and seminars have been organised in Govt. Degree Colleges and schools of the district. The School Education department has been at the forefront in carrying out massive Tiranga rallies and national anthem singing competitions. It has taken headway in organizing these activities so as to prepare for the Independence Day celebrations.

Students are proactively participating in the events and are excited to participate in upcoming Independence Day celebrations. Similarly, MC Shopian is also engaged in 'Har Ghar Tiranga' celebrations. The MC has decorated the town with colorful Banners and paintings of Azadi Ka Amrit Mahotsav and has also painted walls of government buildings and bridges with Tiranga. The Clock

Tower in the heart of Town has been lit with Tricolour and is wearing a shining look. GDCs are also highlighting the significance of National Symbols, National Monuments, Freedom Struggle and other related topics. Various departments are also organising awareness programmes on the issue, highlighting the importance of the campaign. Government offices have hoisted tricolor on its buildings across the district.

Cultural programmes, including Nukkad Nataks are also being organised by the Departments to engage local populace and PRIs in the I-Day celebrations. Similarly, Poshan Mission in its AWCs have been involved in drawing of tiranga competitions and holding rallies in the villages. "Har Ghar Tiranga Rally" was also organized at Sub-Division Headquarter Zainapora. SDM Zainapora and Tehsildar Zainapora along with Tehsil officers/Sectoral officers of various government departments participated in the Rally from SDM office to main market Zainapora. Hundreds of people including government employees participated

Har Ghar Tiranga: Admin distributes 3L flags

Jammu, August 11 (UNI) More than three Lakh National Flags have been distributed in district Jammu as the district machinery gears up for the 'Har Ghar Tiranga' campaign to commemorate the 75th year of India's Independence.

Tricolours will be flown at every private and commercial establishment as part of the 75th anniversary of the country's Independence from August 13 to 15.

Fifty thousand tricolours have been prepared locally by 3500 Self-Help Groups of the district under the Jammu & Kashmir State Rural Livelihoods Mission (Umeed), said a government official.

For hassle-free distribution, the district administration has made the Tiranga available at the Block Development Offices, Rations Depots and with the sanitation supervisors, which the people can get at Rs 20. Besides, Tiranga has also been made available at all the government and private schools in the district, he added.

The campaign, being conducted under the overall supervision of Deputy Commissioner Jammu Avny Lavasa, has witnessed a series of awareness activities across the district.

Har Ghar Tiranga: School Education Department Srinagar organizes various activities

SRINAGAR, AUGUST 11: As part of 'Har Ghar Tiranga' initiative of government being celebrated under the aegis of 'Azadi ka Amrit Mahotsav', the School Education Department Srinagar organized a series of programmes including activities in various Higher Secondary Schools of the district.

The activities were held on the directions of the Deputy Commissioner Srinagar, Mohammad Aijaz Asad to create awareness among the students about the freedom fighters, history of Indian freedom struggle and the importance of the National Flag.

During the programmes, various activities were held including Seminar, Painting Competition, Slogan Writing Competition, Role Play, Poetry Competition and Essay Writing Competition. These activities were initially conducted at School level followed



by the Zonal Level Competition. All Government Schools and most of the Private schools participated in this Programme

The District level Competition was formally inaugurated by Nusrat Bukhari, Principal GGHSS Kothibagh and Shaheena, Principal GHSS Khanyar.
The Deputy Chief Education Officer

Srinagar, Anjum Raja in her address appreciated the efforts of the students in making

the AKAM Activity Calendar successful. Giving details, the Deputy CEO said that in the Essay Writing Competition Zia Bashir of GMS Mehjoor Nagar, Igra Noor of GHS Zainder Mohalla and Zainab Zehra of GHSS Zadibal secured first, second and third posi-

tions respectively. In the Painting Competition, Zakiya of GHSS Amirakadal, Tazika Shah of GHSS Soura Hawal and Afshan of BHSS Tailbal secured first, second and third positions respectively.

Azadi Ka Amrit Mahatsov

Huge participation of people witnessed in Tiranga Rally at Anantnag

ANANTNAG, AUGUST 11: Multifarious activities conducted by different departments under the supervision of Deputy Commissioner Anantnag are in full swing across Anantnag to prepare for the upcoming Independence Day celebrations in the district.

Competitions Painting and National Anthem singing and essay competitions, quiz programmes, lectures, debates and seminars are being vigorously held in various Govt. Degree Colleges, ITIs and Polytechnic Colleges of the district. These activities are part of 'Har Ghar Tiranga' under the aegis of 'Azadi ka Amrit Mahatsov'

GDCs of Anantnag, Qazigund, Larno, Kokernag, Bijbehara, Doru and Govt. Polytechnic College, Anantnag have taken the lead in organizing these activities besides holding

Tiranga Rallies

Thousands of students are proactively participating in the events and are excited to participate in upcoming Independence Day celebrations.

Similarly, Mission Poshan, Anantnag is engaging in Har Ghar Tiranga celebrations and its AWCs across the district remain decorated with colorful Banners and paintings of Azadi Ka Amrit Mahot-

Massive Tiranga Rallies have been organised by the School Education department in which thousands of students, staff, PRIs and the public have participated.

MC Anantnag and Municipal Committees across the district have also been proactive in holding seminars, Rallies, Flag hoisting ceremonies, March pasts, National Anthem singing competitions and installing Selfie points.

SCERT organises day-long workshop on utilisation of ATL's Make ATL's fully functional: B K Singh to Teachers

11: Principal Secretary, School Education Department, BK Singh on Thursday asked teachers to make Atal Tinkering Labs (ATL's) fully functional while asserting that scientific temper is essential for fostering a progressive society and advancing the nation in all sectors.

The Principal Secretary these comments addressing the workshop on utilisation of ATL here. The day-long workshop was organised by SCERT inviting representatives from District Institutes of Education (DIET) and schools to find ways for full utilisation of ATL.Speaking on the occasion, the Principal Secretary, who holds additional charge of Director State Council of Education Research and Training (SCERT), J&K, said that ATLs can prove

mentation of the ATL's entific inquiry and inwas the Council's top-



most priority. She added "Children by nature are that the goal of today's inquisitive; they frequentworkshop was to educate ly ask questions and are and empower the ATL interested in how things representatives from the operate," he said. "This districts while also getoutlook on life needs to be ting their feedback."We fostered, supported, and encouraged throughout are gathering data from our 67 ATLs across the the educational system", Division and will shortly he added.Senior Academdevelop a functional plan ic Officer, SCERT, Dr to make them fully oper-Saima Qadir, while giving ational," she said.Assodetails of the workshop ciate Professor, SCERT,

the occasion highlighted that the SCERT would rope in experts and professionals from National Institute of Technology (NIT), Polytechnic institutions, Universities etc to enrich the capacities of the ATL staff.Pertinent to mention, ATL is the government of India's flagship program, run by NITI Aayog and is part of the Atal Innovation Mission, which aims to encourage an imaginative mind-set among high school students all over the nation. SCERT would rope in experts and professionals from National Institute of Technology (NIT), Polytechnic institutions, Universities etc to enrich the capacities of the ATL staff.Pertinent to mention, ATL is the government of India's flagship program, run by NITI Aayog and is part of the Atal Innovation.

Har Ghar Tiranga: JKAP-14th Bn. organizes mega rally

Commandant JKAP-14th Bn. today flagged-off the "Har Ghar Tiranga" rally by JKAP-14th Bn. APC Manasbal under CAP. Abdul Rehman, DySP JKAP-14th Bn. and other senior officers of the unit were also present on the occasion. Holding the national flag, a large number of Police Personnel of JKAP-14th Bn. riding motorcycles/ driving Cars took part in the rally. The rally passed through Chak, Chak Yangoora, Baroosa, Wandhama, Repora, Nightang, Lar, Watlar, Benhama, Manigam, Haripora, Wusan, Prang, Kechpora, Kangan and other areas in the vicinity up to ITI Kangan and concluded at Bn. Headquarters APC Manasbal. The SSP Commandant JKAP-14th Bn in his address highlighted the significance of the flag as unifying the force in India. He further said that the objective of the rally was to invoke the feelings of patriotism, national pride and belonging in the hearts of the people and to promote awareness about the Indian National Flag. Holding the national flag, a large number of Police Personnel of JKAP-14th Bn. riding motorcycles/ driving Cars took part in the rally. The rally passed through Chak, Chak Yangoora, Baroosa, Wandhama, Repora, Nightang, Lar, Watlar, Benhama, Manigam, Haripora, Wusan, Prang, Kechpora, Kangan and other areas in the vicinity up to ITI Kangan and concluded at Bn. Headquarters APC Manasbal. The SSP Commandant JKAP-14th Bn in his address highlighted the significance of the flag as unifying the force in India. He further said that the objective of the rally was to invoke the feelings of patriotism, national pride and belonging in the hearts of the people and to promote awareness about the Indian.

AZADI KA AMRIT MAHOTSAV CUK holds collage exhibition, screening of films

ing with various activities and events to celebrate 75 years of Independence and commemorate it as Azadi Ka Amrut Mahotsav, many departments of the Central University of Kashmir (CUK) organised different programmes on Thursday here.

The Department of Politics and Governance organised screening of an episode of a film series titled 'Samvidhaan: The Making of the Constitution of India,' Role play on the theme

"achievements of 75 years of India's independence" and poster competition on "Freedom and Development." Addressing the participants, Vice Chancellor, Prof. Farooq Ahmad Shah, spoke about the contributions of Dr. B R Ambedkar and his role as the chairman of Constitution Drafting Committee. He appreciated the vision of the members of the Constituent Assembly and said that Sardar Patel, Mahatma Gandhi, Maulana Abul Kalam Azad and many other leaders played a significant role in shaping the Con-

Dean Social Sciences and Registrar, Prof M. Afzal Zargar explained the relevance of Constituent Assembly Debates and how it is a must for all to understand the birth of India through the Constituent Assembly Debates. "History is important. One must know the history to know the present and think about the future," he said. Dean DSW, Dr. Mehraj ud din Shah, spoke about the importance of the Indian constitution and the

uent Assembly Debates. Department coordinator, Himabindu, conducted the programme proceedings while Asst Prof. Dr. Muzaffar proposed the

need for the students of political

science to be aware of the Constit-

vote of thanks. DEPTT OF EDU HOLDS PANEL DISCUSSIONThe Department of Education, School of Education, organised a panel discussion on 'National Integration and Vision NEP-2020."Vice Chancellor, Prof. Farooq Ahmad Shah described NEP as a landmark policy,

which would revolutionise the ed

istrar, Prof. M Afzal Zargar, said the features of NEP include Ensuring Universal Access at all levels of school education, Early Childhood Care & Education with new Curricular and Pedagogical Structure, Attaining Foundational Literacy and Numeracy, Reforms in school curricula and pedagogy and Multilingualism and the power of language. Finance Officer, Prof. Fayaz A Nikka said, the NEP will promote Ideation, Innovation, and Entrepreneurship in schools and has been aimed to transform India's education system in alignment with the futuristic needs.

LAW DEPTT HOLDS SEMINAR The Department of Law, School of Legal Studies organized a student seminar on the "Preamble of the Indian Constitution." Prof. Farooq Ahmad Mir, Dean, School of Legal highlighted the significance of the Preamble of the constitution of India. Speaking on occasion, students threw lights on the various aspects of the preamble. The event was attended by the faculty

ings while Ms Khatija proposed

the vote of thanks. ORGANISES COLLAGE EXHIBITIONDepartment of Convergent Journalism organized a collage exhibition on 'Azadi Ka Amrit Mahotsav' followed by film screenings. Prof Shahid Rasool, Dean School of Media Studies, appreciated the work exhibited by the students and encouraged them to participate in such events, which are a vital part of their extra-curricular development. The exhibition was followed by screening of short films made by students highlighting different social issues made under the supervision of faculty members. Dr. John Babu Koyee coordinated the event while Dr. Arif Nazir, Head DCJ, presented the vote of thanks Dr. Asif Khan, Dr. Nookaraju, and Dr. Akhtar Bhat also attended the event.Meanwhile, the Department of Information Technology conducted a Coding contest in which 28 students from B.Tech CSE participated. The first position was

J&K Bank expands delivery network for Gold Loan Scheme

Managing Director & CEO Baldev Prakash today rolled out the scaling up of Gold Loan Scheme under the slogan "Cash in Need, Gold Indeed" to 150 designated branches in an event held at the Bank's corporate headquarters. The launch event was attended by Bank's General Managers, Deputy General Managers and other senior officials. The scale-up will see 152 designated J&K branches extending easy, economical and speedy loan facility to customers simply after pledging their Gold Ornaments and Jewellery. The bank offers concession of 50 bps (1/2 percentage point) to women borrowers under the revised scheme which has been aligned with the requirements of borrowers at competitive pricing. While commending the concerned department for devising a customer friendly scheme, MD & CEO urged the operational levels to ensure that borrowers are made aware of the benefits of the facility. He said, "We have always strived for devising loan/deposit schemes that cater to the business/ personal/domestic needs of our customer base spread across the country.



And the product that enables customers to retain ownership of their gold without worrying for its safekeeping, while meeting their immediate and important needs, holds great potential in geographies where people in every strata of society possess some kind of gold Jewellery." The idea behind augmentation of designated branches to 152 which was earlier limited to 9, he said, is to provide more centres to our customers across the country for availing the facility. "Moreover, 50bps interest-rate concession is being provided to female borrowers in line with our vision of providing more opportunities to women." he added. Earlier,

NYK Anantnag organizes Har Ghar Tiranga rallies across different blocks

Anantnag, August 11, 2022Nehru Yuva Kendra Anantnag Ministry of Youth Affairs and Sports Govt. of India organized Tiranga Rallies in different blocks across the district as part of Har Ghar Tiranga Campaign.

The National Youth Volunteers (NYV) as well as the members of youth clubs motivated hundreds of house holds to hoist the tri-color on their rooftops under the aegis of Azadi Ka Amrit Mahotsav

In all blocks, NYVs organized Har Ghar Tiranga rallies. The rallies witnessed mass participation of school children and Youth Club Members.

The Flags were distributed among the rural households in many remote areas to promote the campaign on a mis-

IRP-20th Battalion organizes Har Ghar **Jhanda Programme at Govt. Primary** School Yakmanpora Pattan Baramulía

In order to inculcate nationalism and patriotism among School children and common masses and to celebrate 75th year of Independence week under "AZADI KA AM-RIT MAHOTSAV", IRP-20th Battalion organises "Har Ghar Jhanda" programme during under CAP 2022-23 for conduct Special Tiranga Marches on the theme "Aan Baan Shaan of Tiranga" at Govt. School Ahanger Mohalla Yakmanpora Pattan Baramulla in which officers/officials of the unit as well as students/staff of the school besides the respectable, Sarpanch, Panchs and ladies participated. The aim of the Har Ghar Tiranga campaign is to evoke nationalism and patriotism across the Country.During the campaign, Commandant IRP-20th BN Shri Bagar Samoon-JKPS advised to the officers/officials as well as Staff/students of the school & locals of the area that the Indian Flag be flown or displayed in houses and the main goal of the Har Ghar Tiranga Campaign is to help people develop a personal connection with our country's flag. He spoke about the history of Independence in the light of Dandi March of 12th March 1930 led by Mahatma Gandhi in which 78 participants started their march from Sabarmati Ashram to Dandi in Guirat

Azadi ka Amrit Mahotsav: Cultural programme held at Shopian

SHOPIAN, AUGUST 11: In connection with 'Har Ghar Tiranga' initiative of government being celebrated under the aegis of 'Azadi ka Amrit Mahotsav', the North Zone Cultural Centre Patiala, Ministry of Culture Govt of India in collaboration with Chief Education Officer Shopian today organised a daylong Cultural programmes at Army Goodwill School Shopian and Govt Middle School Bat Muran, here. The event featured Bach e Nagma, Nukad Natak, and Bhand Pather to exhibit Kashmir's vibrant culture. Speakers, on the occasion emphasised the importance of holding such programmes throughout the country in order to preserve and honour the country's rich cultural diversity.

On the occasion, the renowned cultural teams including Nund I Reshi Folk Theatre Wathora, Nukkad Natak team headed by Tawseef Ahmad Bhat and Bach e Nagma by Gh Mohd Balpori enthralled

the audience.

SRINAGAR, AUGUST 11: The Red Ribbon Club of S. P. College, Srinagar in collaboration with J&K AIDS Control Society today organised daylong events

as part of 'International Youth

In the morning session an inter-college debate competition on the theme 'Nuclear & Joint Family System in our Society' was conducted. As many as 22 participants from different colleges participated in the event and presented their thoughts on the topic.

The guests of honour on the occasion were Prof. Bashir Ahmad Mir (Dean Academics S. P. College, Srinagar), Dr. Deeba Sarmad (Dean Social Sciences, Cluster University Srinagar), Prof. Roohi Tariq Khan (HoD English) and Prof. Syed Jeelani Andrabi (Gandhi Memorial Col-



S P College, AIDS Control Society organise debate,

poster, painting & rangoli competitions

lege, Srinagar).

In the afternoon, a series of events including poster making competition on the theme 'Ageism: Creating a World for

All Ages', and face painting and rangoli competitions on the theme 'Intergenerational Solidarity' were organised. Students in large numbers

from different colleges participated in the competitions. Prof. Bashir Ahmad Mir encouraged students to participate in such

programmes and appreciated

the organisers for providing a platform to the students in expressing their thoughts and

Prof. Syed Gulzar Ahmad (convener), Prof. Mohammad Altaf Sofi (co-convener) and other members of the Red Ribbon Committee facilitated the daylong proceedings.

The judges for different events were Prof. Bashir Ahmad Sheikh, Dr. Jan Shabir Ahmad, Dr. Sameera Siraj, Dr. Inayat Rasool, Dr. Showkat Ahmad Wani, Prof. Nuzhat Rehman, Dr. Tabassum Ismail, Prof. Javeria Khurshid, Dr. Adfar Yousuf, Dr. Fayaz Ahmad Najar, Dr. Mudasir Ahmad Tantray and Dr. Qazi Ashiq Hussain.

Students of the college namely Adeeba Rauf and Hareem Rauf moderated the debate competi-

DLSA Gbl organises Legal Awareness programme on 'Anti Ragging Laws'

GANDERBAL, AUGUST 11: The District Legal Services Authority (DLSA) Ganderbal today organized a Legal awareness programme on 'Anti Ragging Laws' at J&K Sainik School Manasbal.

The programme was held under the guidance of Tabasum, Secretary DLSA Ganderbal and was attended by Faculty Members, Students from Sainik School Manasbal.

Advocate Abid Jeelani resource person appointed by District Legal Services Authority Ganderbal addressed the participants impressing upon the consequences of ragging. He enlightened the students about the laws of the country with respect to ragging and how it affects the life of the victim and the victimizer.

During the programme, various provisions regarding ragging were discussed. The speakers said that Ragging has become a menace, cause of fear and shock not only for a fresher but to his parents too who are sending their loved ones to pursue higher education by investing a lot of hard earned money.

They added that every single incident of ragging or abetting in ragging puts an obligation on the institution to get the FIR registered. Students can take recourse to the provision laid down in CrPC and IPC in order to file FIR in the nearest Police Station.

Other academicians also deliberated on the occasion. Advocate Abid Jeelani resource person appointed by District Legal Services Authority Ganderbal addressed the participants impressing upon the consequences of ragging. He enlightened the students about the laws of the country with respect to ragging and how it affects the life of the victim and the victimizer.During the programme, various provisions regarding ragging were discussed. The speakers said that Ragging has become a menace, cause of fear and shock not only for a fresher but to his parents too who are sending.

NABARD celebrates 'National Handloom Day'at Anantnag

ANANTNAG, AUGUST 11: NABARD today celebrated its 8th National Handloom Day with female artisans and weavers of Anantnag district at Town Hall Kokernag.District Development Manager NABARD, Rouf Zargar was chief guest on the occasion and officers from Handloom and Handicraft department, NRLM, Banks and NGOs attended the programme. The event was also attended by over 60 female artisans from the district. Speaking on the occasion, DDM NABARD said that Kashmir has rich cultural heritage in art and crafts and there is immense scope for improving the quality of handmade products. He said that NABARD has been taking various initiatives for the Off- Farm Sector which include the formation of Off Farm Producer Organizations (OFPOs), Skill Development of the Weavers and Entrepreneurship development programmes. In order to help artisans in marketing of their products, NABARD has been sponsoring the artisans for all India level exhibitions; besides NABARD also provides grant support for establishment of Rural Haat, and Rural Mart for local level marketing of the handloom and handicraft products. He said two such

Rural Marts have been established by NABARD in Anantnag district which are run by Female SHGs.

Officers from the Handloom/handicraft department spoke regarding the schemes run by the department which are based on subsidy.

Lead Bank officer gave a detailed overview of bankable schemes such as weavers MUDRA scheme, Artisans credit Card Scheme, Direct Assistance to Handloom weavers and other credit subsidy-based schemes. The event was also attended by over 60 female artisans from the district. Speaking on the occasion, DDM NABARD said that Kashmir has rich cultural heritage in art and crafts and there is immense scope for improving the quality of handmade products. He said that NABARD has been taking various initiatives for the Off- Farm Sector which include the formation of Off Farm Producer Organizations (OF-POs), Skill Development of the Weavers and Entrepreneurship development programmes. In order to help artisans in marketing of their products, NABARD has been sponsoring the artisans for all India level exhibitions; besides NAB-ARD also provides grant support.

White or Dark Meat Chicken – Which is Healthier?

NAHIDA WANKHADE

ebates about white and dark meat to understand which is better have been going on for a long time. White and dark meat has excellent nutritional qualities and different tastes and flavours.

Furthermore, the differences between white meat and dark meat are not as vast as it seems. For years, health professionals have recommended white meat over dark meat because of the high protein content in the former.

People also usually prefer the same for the same reason. White meat and dark meat are present in different parts of the chicken. The high protein content of chicken makes it an ideal food product for those who take care of their diet. In addition, chicken meat is more easily digestible than most other kinds of meat.

What is Chicken Meat?

Chicken or chicken meat is the easiest and the most in the market to be consumed as a food item.

Meat is also one of the most preferred types of meat source by most people. Chicken meat is both healthy and tasty and can be consumed in different forms depending on the type a person

However, the nutritional properties we acquire vary on how we eat the meat, how we cook it, and even on the part we regularly consume. When eaten without the skin, chicken meat tein intake without excess calories and fat content. However, and blood coagulation. chicken with skin contains 2-3 times more fat than chicken without skin.

Therefore, white meat is the wish to reduce the intake of extra calories and fat. White meat is also the best for people with heart diseases such as arrhythmia, atherosclerosis, and heart attack. In addition, chicken meat has low levels of collagen, which helps with the easier digestion of the meat.

Chicken meat is rich in sevtial amino acids, lipids, fatty acid profile, essential vitamins, and minerals, providing many ben-

Furthermore, chicken is a source of polyunsaturated and monounsaturated fats. These are beneficial for various cellular functions. These are also helpful in improving cognitive function and other neural functions.

meat is a good source of essential minerals and vitamins. In an additional 23g/day is the addiaddition, dark meat and white tional daily protein requirement. meat contain a high amount of iron, zinc, calcium, magnesium, phosphorus, sodium, and other minerals.

Iron is used to produce haemoglobin to prevent anaemia and for normal muscle activity.

Calcium and phosphorus are essential for healthy bones and Sodium and potassium help to

regulate electrolyte balance.

Selenium exhibits excellent copenia refers to a progressive

common type of meat available antioxidant properties used to

scavenge free radicals. Magnesium is necessary for proper protein synthesis and proper muscle activity.

Chicken meat contains fat-soluble and water-soluble vitamins such as vitamin A, D, E, K, and B-complex. However, the content Note of vitamins varies in different cuts of chicken meat.

Research indicates that chicken meat has the highest amount of niacin and vitamin B12. Vitamin A. E. D. and K are fat-soluand boost the immune system cold.

They help to lower the risk associated with bone and heart remedy for the common cold, diseases. Water-soluble vitamins sore throat, or cough, they have such as B-1, B-2, B-3, B-5, B-6, B-9, best chicken for individuals who and B-12 help in various physiological processes. They help improve eyesight, brain function, appetite, digestion, proper nerve function, and anaemic sis, hypertension, diabetes, etc. conditions.

niacin which is beneficial for carbohydrate and energy metabolism. It is an excellent nutrient for healthy skin, hair, and eyes eral nutrients like protein, essen- and also known for its neuroprotective function and helps the central nervous system. Furthermore, it helps in reducing cholesterol levels and improves blood circulation. Niacin helps in improving HDL cholesterol levels.

The average daily require-As mentioned above, Chicken women, the requirement for in different meat parts. protein increases in a trimester

> Epidemiological studies sugweight because of its high bioof cardiovascular disease, diabetes, and hypertension.

decrease in muscle mass with oxymyoglobin and produces a selenium. difficulty in movement and selfreliance. Chicken protein is a good source for everyone, especially for purple over 65, because it is highly digestible and easily

It is a known fact that chicken meat is a high source of protein. There is 21.6 g of proteins per 100 grams of chicken, so regular chicken meat consumption can ble vitamins that help improve are not aware that chicken may helps ensure high-quality provision, increase bone strength, provide relief from a common

While a bowl of hot chicken soup is not exactly the prescribed a reputation for providing relief from such common ailments for centuries. Since chicken is a good source of protein it can also assist in combating atherosclero-

Chicken meat is also rich in White Meat Chicken vs Dark Chicken Meat

White meat refers to chicken breast, wings, and back portions. This meat section contains highquality lean protein, low-fat content, and fewer calories.

Dark chicken meat refers to the chicken's thighs and legs (drumsticks), which have a high protein, high fat content, and various vitamins and minerals. When it comes to the differ-

ence between white meat and ment of protein varies for every dark meat, there are various facage group. Moderate protein contors such as taste, flavour, calotent for adults is 0.5-0.8g/kg body ries, and nutritional properties. weight, whereas, for children, it However, one of the main distinc-

Myoglobin

Myoglobin is an oxygen-carrying protein in the muscle of gest that adequate consumption chicken meat. The amount of looking to cut calories and fat of chicken meat regulates body myoglobin in different cuts of meat determines white meat and it has high-quality lean protein logical value protein content. It dark meat. White meat contains holds and delays the progression about 10% red fibres, while dark meat has about 50% red fibres.

Research indicates that myo-Studies suggest that optimum globin is responsible for oxygen protein intake helps counter transport and is a principal pigage-related physiological dis- ment associated with the red eases such as sarcopenia. Sar- colour of the meat. When mixed with oxygen, myoglobin forms

bright red colour.

The remaining red colour comes from iron present in myoglobin. The amount of myoglobin in muscles depends on how frequently you use your muscles and how much oxygen and blood flow you require in that area.

If the muscles are used frequently for different activities such as standing and running, it needs the ability to react quickly. However, if you use your musfix protein deficiency. But many cles less frequently, they require less oxygen and blood flow and content. do not have to respond soon.

Chicken meat contains two muscle fibres, red and white, also known as slow and fast-twitch. Dark meat has more red muscle fibres, i.e., it contains more capillaries for increased blood flow and oxygen in the particular

Whereas white meat contains white muscle fibres, having fewer capillaries means less blood flow. Chickens cannot fly. They use their legs and thighs to move around. Hence these parts contain more red fibres than chicken breast and wings. Myoglobin provides oxygen to the muscles required according to the exercise and movement performed by that area.

It is needless to say which meat is nutritionally healthy and which is not. The difference between dark and white meat's nutritional properties is minuscule. Dark meat seems to have higher dietary properties than is 1.0-1.2g/kg. As for pregnant tions is the amount of myoglobin calories, fat, and proteins, along easily digestible. To a health-conwith several vitamins and minerals.

Personal preferences matter the most when it comes to white meat and dark meat. If one is white meat is the best option as and fewer calories.

a better nutrient source for good health, dark meat should be the choice as it is high in calories. high-quality protein, healthy fats, and essential vitamins and minerals. It is a better source of iron, niacin, riboflavin, zinc, and

Taste and Flavour

White meat, i.e., chicken breasts, wings, and back is known to have a mild flavour. Dark meat cuts include chicken thighs and legs that are tender, juicier, and filled with delicious flavour.

White meat can easily dry out if overcooked. While on the other hand, dark meat can be cooked longer and has no change in texture because of its high-fat

But when it comes to taste, everything comes down to personal preferences. One may like the taste of white meat because of its mild flavour, while others may prefer dark meat's tender and juicy flavour.

White meat refers to the chicken breast, wings, and back. This meat section is high in quality lean protein, low in fat, and low in calories. Dark chicken meat refers to the thighs and legs of the chicken. It contains a significant amount of protein, fat, vitamins, and minerals. White meat has a mild flavour, while dark meat cuts are tenderer, juicier, and full of flavour.

Summary

Individuals' preference matters the most when consuming any food item, and the same goes for chicken. Every cut of chicken varies in terms of its nutrition profile.

Chicken is a good source of white meat. Dark meat is high in high-quality protein, which is scious person, white and dark meat are good sources of nutrients. Whereas if one is looking to lose weight and calorie deficit, white chicken is considered best because of its low-fat content, calories, and protein content.

Because of its favourable nutritional profile, chicken is Whereas if one is looking for suitable for every age group, such as pregnant, children, adults, and the elderly. In addition, chicken meat is the most convenient, affordable, and acceptable source of vitamins, and minerals.

One can make it with plant-based

milk. It is a healthy drink as it

contains beneficial living bacteria

in boosting immunity and improv-

ing digestive conditions. Kefir

also combats digestive concerns

like irritable bowel syndrome and

several kinds of diarrhoea as well.

It has several essential micronu-

trients such as protein, vitamin

D, magnesium, calcium, vitamin

B2, vitamin B12, etc., that help

support bone health, prevent con-

stipation, weight loss, and many

at home. Some non-dairy options

include coconut, almond, soy, and

pistachio milk, including coconut.

almond, and kefir. Consuming it

every day in suitable amounts

cramps, lowering stress, and

boosting mood and skin care.

You can easily prepare kefir

Probiotics can help in treating

Health experts suggest it assists

that support gut health.

FREQUENTLY ASKED QUESTIONS (FAQS)

Q. Is white or dark meat chicken better for you?

A. White and dark meat chicken are healthy. They have excellent nutritional properties, and the differences between both types of meat are relatively inconsequential. White meat is found in breasts and wings, while dark meat is in chicken legs. White meat contains about 10% red fibre, while dark meat contains about 50% red fibre. In addition, white meat is rich in B vitamins such as niacin, and pyridoxine, while dark meat has high levels of zinc, iron, riboflavin, thiamine, and vitamin B12.

Q. What tastes better white or dark chicken?

A. White meat is mild in flavour, while dark meat is tender, juicy, and filled with delicious flavour. While white meat is lean, dark meat has a higher fat content. Therefore, white meat can easily dry out because of overcooking, while you can cook dark meat for longer. While both types of meat have different flavours, it ultimately depends on personal preferences. For example, one may like dark meat because of its juiciness and tender flavour or white meat for its mild flavour.

Q. What pieces of chicken are dark or white?

A. Dark meat is the muscle meat of chicken with 50% red fibres, and white meat is muscle meat with 10% red fibres. Chicken thighs, legs, and back come under dark meat, while chicken breast and wings are considered white meat. Dark meat contains high myoglobin content that stores oxygen in muscles and gives a darker colour to the meat. White meat has a low range of myoglobin, leading to the meat's lighter shade.

Q. Does dark meat chicken taste different?

A. It tastes different because of dark meat's high-fat content, making it tender, juicier, and delicious. All this comes down to the amount of myoglobin (an oxygen-carrying protein) in dark meat. Myoglobin stores oxygen in the muscle cells and gives them a darker colour. Oxygen uses fat for energy purposes, and because of this, more fat gets stored in the legs and thighs of the chicken. Therefore, it results in high saturated fat content in dark meat than in white meat. Because of the high-fat content, dark meat tastes different i.e. more flavorful.

Q. What is the healthiest meat to eat?

A. Fish, chicken, and turkey meat are considered the healthiest choices. One has abundant choices when it comes to selecting fish meat. Fishes are rich in omega-3 fatty acids, vitamin D, B2, and minerals such as calcium, phosphorus, iron, zinc, and other minerals. Chicken is another healthy meat choice. Turkey is rich in protein, vitamin B's, selenium, zinc, and phosphorus.

Q. What part of the chicken is the healthiest?

A. Chicken breast is considered to be the healthiest choice of chicken parts. It has low-fat content, highquality lean protein, and vitamins such as vitamins B3 and B5. In addition, it is more flavorful than other parts of the chicken. However, it's all about personal preferences. It is also a good source of phosphorus which is beneficial for bones and teeth.

Q. Why do people like white meat over dark meat?

A. White meat is preferred over dark meat because it contains low-fat, high protein, and fewer calories. In addition, white meat is rich in omega-3 and omega-6 fatty acids. They help reduce the levels of LDL and increase the levels of HDL. It is also beneficial for heart health and is easier to digest.

O. Is dark chicken meat healthier? A. It is needless to say whether dark or white chicken

meat is healthy. Dark meat is a nutrient-rich source. It contains higher fat content and high calories than white meat and has a more saturated fat content. It contains minerals such as iron, zinc, selenium, and vitamins such as vitamin A, K, thiamin, riboflavin, folate, and cobalamin.

O. Why do chickens have dark and white meat?

A. White and dark meat contain myoglobin (an oxygencarrying protein) that stores oxygen in the muscles. Muscles metabolise energy with less oxygen or in anaerobic conditions in white meat parts. In contrast, dark meat parts metabolise energy aerobically. Myoglobin content is higher in dark meat than in white meat. The darker colour of meat is because of iron in myoglomeat has around 50% of red fibres. The high amount of red fibres in dark meat is because the muscles of that part are used for extended periods and hence require a consistent energy source.

Q. Does white meat have less myoglobin?

A. Yes, white meat has less myoglobin. Myoglobin content is low in white meat parts because of the less usage of muscles. Due to less muscle usage, they do not require a constant energy source. Myoglobin does not require storing oxygen in these parts of meat. These muscles metabolise energy in anaerobic or low oxygen conditions. Hence they are leaner with low-fat content and less amount of red fibres.

10 TOP FOODS THAT ARE EASY TO DIGEST

promotes blood flow, and protects

against cardiovascular disease.

MEHAK SHAH

n digestion, food is broken Easily Digesting Foods down into small parts so that Lthey can be absorbed by the body and used as energy. It plays an essential role in our body to maintain health.

In recent years, the consumption of fast food or ready-to-eat foods has gained popularity. Acidity, bloating, constipation, and nausea are a few common problems people face nowadays, and such foods are taken as suspects. Though many supplements on the market can help you overcome these problems, certain foods aid in better digestion.

People with indigestion, inflammatory bowel disease (IBD), or other health issues frequently worry about what they should eat. It can lead to a diet consisting primarily of simple carbs and caffeine-rich beverages, which is unhealthy for someone who needs additional nutrients.

Advice from health experts and professionals would help include suitable food according to the particular health condition.

For example, some signs of indigestion include bloating, constipation, diarrhoea, heartburn, nausea, and vomiting. The foods listed below are relatively easy to

If you have a digestive prob-

lem, eat a banana daily to keep indigestion at bay. In addition, bananas are effective in treating gastric problems because they help restore bowel function and can help treat diarrhoea. Studies have shown they are

digest and help with such issues.

high in electrolytes and potassium, which aid in restoring diges-rice. tive health.

Sweet Potatoes

Sweet potatoes are high in soluble fibre, which is easier to digest than insoluble fibre. Therefore, it promotes overall digestive health because it acts as prebiotics which means food of probiotics.

In addition, it helps gut bacteria to multiply. Furthermore, sweet potatoes contain potassium, a natural electrolyte that aids digestive health.

Studies show that the synergistic effects of phytochemicals, increased nutrient content, and digestive properties are thought to be the mechanism behind dietary fibre's beneficial effects on the treatment and prevention of obesity and diabetes, reduced CVD, and decreased incidence of certain

White Rice

types of cancer.

Rice is an excellent energy

source; however, not all grains are easy to digest. High fibre rice, such as brown rice, can contribute to digestive issues such as diarrhoea, bloating, and gas

Studies show that white rice may be a better option when looking for easy grains in the digestive system than brown, black, or red

Papaya

Papaya contains papain and chymopapain. These enzymes digest proteins and aid in digestion. Papaya is a fruit that combats several digestive issues

Health experts and nutritionists recommend this fruit to curb minor stomach upset. Moreover, papaya has several other health benefits since it contains vitamins, minerals, and antioxidants.

It not only aids digestion but also prevents constipation. In addition, it has several antibacterial and anti-fungal properties that provide good health. Individuals can consume

papaya on an empty stomach. It is readily available all year, and you can include it in your break fast. This fruit lowers cholesterol,

Yoghurt

It is an excellent source of probiotics that contain beneficial bacteria that can improve your health. Yoghurt gets made by fermenting milk with microorganisms, primarily lactic acid bacteria and bifidobacteria.

Yoghurt is full of living bacteria that are beneficial to your digestive system. It helps to restore the flora in vour intestines. Numerous studies have shown that probiotic consumption has multiple benefits in modulating immune responses and human metabolic processes

Watermelon

Watermelon is abundant in

Watermelon contains a lot of water and a little fibre that is vital for easy digestion and preventing constipation. Fibre regulates bowel movement, while water helps waste move more efficiently through your digestive tract

antioxidants such as beta-carotene, vitamin A, and vitamin C, as well as potassium. It is beneficial for people who need foods that are nutrient-dense and easy to digest.

more.

Chicken contains lean protein, which aids in tissue repair. In addition, chicken is also high in minerals and B vitamins. Chicken

for people with digestive issues. milk alternatives such as coconut Skinless chicken, baked or grilled, is a low-fat option.

Kombucha

Kombucha is a fermented tea made from green tea. It gets considered to be one of the healthiest beverages worldwide. This tea contains bioactive compounds that boost immunity. Kombucha is full of antioxidants and probiotics that boost intestinal health and help in easy food digestion.

Consuming it daily or frequently may aid in curbing digestive issues such as bloating, indigestion, and flatulence. Kombucha has several other benefits, such as preventing constipation, supporting gut health, being antibacterial, supporting heart health, regulating blood glucose levels, and protecting against cancer.

One can easily incorporate it into the diet. Kombucha sorts will assist in preventing muscle various health problems; however, evidence is limited. Pregnant women and patients suffering from immunodeficiency must avoid consuming kombucha.

Studies show that the egg is a rich source of macro and micro-

Kefir is a fermented beverage is typically easy to digest as it has nutrients. It is a superfood that made from the milk of cow or goat. no fibre, making it a good choice includes perfect balance and diversity of nutrients, as well as its high digestibility and low price.

The albumen and volk of the egg are both easily digestible. Eggs are a powerhouse of nutrients, and their high nutrient content helps maintain the body, including the digestive system, in good shape. Boiled eggs are a good option because they do not include other cooking ingredients.

Summarv

In conclusion, even if some foods are difficult to digest, this does not indicate they are hazardous or unfit for health. Fibre-rich foods are necessary for ensuring regular stool production.

You might reconsider your meal choices if you've been eating well but still have stomach problems or indigestion. You should avoid some foods if you believe they are causing you digestive problems

If you plan to make enormous dietary changes, you should consult with a doctor or dietician before including or excluding anything from your diet. It is best to consume food that is easy to digest and rich in nutrients and vitamins

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HEADLINES TODAY

EDITORIAL

Is anybody listening?

eople have high hopes that roads will be made motorable to ease the woes of motorists and pedestrians' through the dilapidated patches. The full scale restoration is still to begin even as patch work is being carried out at few places. Last year the government macadamized an extensive road network but due to various factors there is again need for repairs. Successive governments had been trying to keep roads in better condition. However there is a repeated need for repairs. While some roads have been ignored for a long time, most were battered by the winter's snowfall and frost. Without any doubt, the severe winter conditions cause breaking up and shattering of the road surface due to seepage and frost action. Means of clearance are pathetic also. How well these roads can be protected from the weather vagaries is for the concerned department engineers and the government to work out. In the last several decades, no thought has apparently gone to address it and perhaps it needs a look into, particularly to find out if the problems lie beyond or including compaction, and surfacing etc. The top functionaries of concerned departments have time and again said that there would be no compromise on the quality of work. The statement though assuring remains restricted to paper only. All the concerned need to find out if insufficient or poor quality material is used in the construction. Not only the Macadamisation of road surface in terms of macadam thickness, its consistency, quality of tar and proper compaction with road rollers need to be seen, the metalling and allied basics needs proper monitoring for durable roads. The departments should start finding answers as to why every year there is a need to blacktop the roads. If answers are known, necessary steps need to be taken in advance to save the surface from damages. While insufficient drainage allows rainwater and snowmelt to seep into the road surface, the concerned need to look into the issue and shall address it because it would solve two problems: one that the roads would be saved and second water logging during rains can be prevented. The concerned departments need to step up the processes during the present time and utilize the current warmer weather to best advantage. The administration needs to address the prime and allied issue on priority.

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ON 75TH YEAR OF INDEPENDENCE, INDIA LACKS A STRONG OPPOSITION

KALYANI SHANKAR

ndian democracy presently suffers from its Llack of a strong Opposition. Some feel that the secret weapon of Prime Minister Narendra Modi's success is the divided Opposition.

Even Supreme Court Chief Justice NV Ramana recently lamented, "There used to be mutual respect between the government and Opposition. Unfortunately, the space for Opposition is now diminishing.

As we celebrate the 75 years of India's Independence, it is time to look back and look ahead about the status of the Opposition, which has had its ups and downs. There was a time when it played a successful campaign against Nehru's failure on Chinese aggression, Indira Gandhi's Emergency, Rajiv Gandhi's Bofor's scam, the Mandal agitation, the Mandir movement, the Citizenship (Amendment) Act 2019, the farmers' agita-

The BJP is in power with a 45 percent vote share, while the Opposition has the rest. But the BJP has overtaken the three ideological groups — the Congress, the so-called Janata Parivar parties, and

Since the Opposition lacks a bold plan, a new narrative, as well as leadership, it has no answer for Modi versus who. Moreover, emerging regional satraps like Mamata Banerjee, Mayawati, or K Chandrasekhar Rao disagree with names other than theirs.

Congress has been steadily losing the provinces since Modi entered the national scene in 2014. Today, a weakened Congress is the main opposition party. It has just



plus seats in the 2019 Lok Gandhis, the party suffers from a lack of leadership, cadre, adequate funding, and strategy to check the BJP. However, Congress is the only other party with a

national footprint. Historically, Congress enjoyed great respect after Independence. When the first general elections were held in 1952, Congress swept polls at the Centre and the States. But by the 1962 elections, the Communists, socialists, Swatantra Party, and Bharatiya Jana Sangh had started making dents.

The Communist Party of India (CPI) was the main immediate post-indepen- in the 2019 polls.

nist movement was strong Sabha polls. Sticking to the in the erstwhile Madras presidency, and later, in the linguistically carved out Andhra Pradesh

> Even after a split in 1964, the Left parties played a significant role over the

The Left supported the V P Singh government in 1989. They played kingmaker roles for the two United Front governments during 1996-98 and the Congress-led United Progressive Alliance (UPA) between 2004 and 2008. The decline began with the 2009 elections and continues till now. Registering its worst ever poll performance in over six decades, the Left opposition party in the Front managed just five seats

aprakash Narain, Ram Manohar Lohia, and others, ran a socialist stream since the mid-1970s. Their Janata movement paved the way for the emergence of some present-day leaders like Lalu Prasad Yadav (Rashtriya Janata Dal), Mulayam Singh Yadav (Samajwadi Party), Deve Gowda (Janata Dal-Secular), and Naveen

Patnaik(BJD). The rise of lower castes, religious identities, linguistic groups, the emergence of the backward classes, the Hindutva identity politics of the BJP, insurgency and autonomy movements, and the emergence of regional parties have taken centrestage since the eighties.

After the 1990s, Congress lack of numbers, half a dozen

regional parties as it lost the upper caste votes to the BJP and the backward and Dalit castes to the Samajwadi Party and the BSP. It helplessly witnessed 'Mandal' and 'Kamandal' movements in the Hindi belt.

The Dravidian parties had dug in their heels in Tamil Nadu since 1967. The DMK and the AIADMK have alternately been ruling Tamil Nadu since 1967. Left and Congress alternate in Kerala. Telangana and Andhra Pradesh have new regional satraps.

Congress has come a long way from Nehru's days. Indira faced a strong Opposition after she imposed an Emergency in 1975. Despite a Opposition leaders, including Indrajit Gupta, Somnath Chatterjee, and Madhu Dandavate, managed to unseat Rajiv Gandhi in the Bofors scam.

P V Narasimimha Rao (PM during 1991-1996) was bold enough to dismantle the command economy and make a 360-degree turn toward a right-wing economy despite the strong opposition from within his own party as well as opposition parties. Successive governments led by different coalitions continued his economic reform

Vajpayee ran his coalition government well from 1998-2004. Still, the 2004 elections were a battle between the Vajpayee-led National Democratic Alliance (NDA) and the Congress-led United Progressive Alliance. Nominating Dr. Manmohan Singh as Prime Minister, Sonia Gandhi ran the government supported by Left parties by remote control.

Since Modi entered the national scene, the BJP has been winning state after state, including in the northeastern states. He represents an authoritarian leadership as well as a hardline Hindu ideology. He promised change and held out hope to the electorate.

However, the South, except in Karnataka, is eluding the BJP. The superior organizational capacity of these regional linguistic parties has made them resistant to BJP encroachment.

At the end of 75 years today, the Opposition needs a good leader, a good narrative, and cohesion. There is still time to get organized and put up a spirited fight. The 2024 polls will be between the BJP and the regional parties. **IPA SERVICE**

The Scent of Freedom



VIJAY GARG

here is perhaps no need to mention the importance of freedom separately, because there have been so many ups and it is necessary to know first that freedom is not a limited thing in a person. freedom by connecting person to personA strand of flowers free to speak, write and act accord-

in front should also be free. Only then will the concept of freedom blossom in its pure form. Exploitation, oppression, dishonesty etc. hurt the concept of freedom, because it gives birth to inequality, the biggest enemy of freedom. The question is where does freedom begin. From the Parliament, from the Constitution or from within ourselves. The constitution is saying that we are citizens of a free country! but ourWhat is Iman saying? If you are free, how much? Totally or a little? Or someone has

taken away your freedom! Extremist, patient, lenient and intransigent man corrupts the spirit of according to the times and con- in his own life but also in the lives 'freedom' we talk about in today's rules or symbols of freedom from era, and what is its meaning! their extremism while walking Where does it begin... Whose free- on the road. Driving in the wrong dom? According to my opinion, lane on the road makes freedom a wrong turn. Unnecessarily honking horns keep you sleepy about the concept of freedom. Their work is formed. Our freedom is tied to be able to do their work on time,



through these narrow paths of our thinking. If you want to realize the true meaning of freedom in your personal life, then one has to and human consciousness, sociability, compassion and above all love. Real freedom teaches us to love each other. Now one of us may wonder what the relationship between freedom and love is. relation. Now a jabra, hHe does not love is most important. Secondly, to anyone, neither man, nor animal, nor insect, nor earth, nor sky, what someone else's freedom. If we are so that They don't care. If we are can freedom mean to him. Freedom also among these people, then the demands restraint and reform. As ing to our wishes, then the person free winds of freedom cannot pass a citizen of a free country, you

don't want on the road, let the law run. The system should work and in a densely populated country like India, patience, restraint and a little understanding also prevail. Big old people and school children are standing on the other side of the road so what does our freedom say? Will continue to gallop while sitting on the car or stop the car and allow them to cross the road Will give time Or our free thought also says that get out of the car and go hold that old woman's hand and roads stop behind several meters. man often stops looking at humans too and who are these people who are stopping to see squirrels and ducks. These are the same people who know that only man has the spreads in the air, from which the ers. greatness rises every day. Our free-

should be aware of not only your rels to cross the road safely. It is rights but also your duties. You also in keeping the plants on the roadside safe. Freedom is also in that sisters and daughters who came out of the house at night should be comfortable and safe. Elders living in the house can sleep peacefully at night. Loudspeaker should not infringe on anyone's freedom. Don't let the smell of our house reach someone else's nose. Fly my kite with a string of responsibility and don't slit anyone else's throat. So the meaning of saying that freedom is some where Born under self control. Independence make her cross the road. We must does not mean putting firecrackworld. Its form has also changed freedom by encroaching not only make one's personality complete. social media that when a squirrel of Diwali. Nor does freedom lie in A personality, in which there is or duck is crossing the road with shouting ho-ho while flying kites texts. But what is the prevalent of others. Such people break the a combination of understanding its family, the vehicles on foreign all day long on 15th August and cutting the feathers of voiceless birds Why? Sitting in an expensive car, with a manja. Freedom is a responsibility. There is a call to keep your behavior restrained. He inspires change in the society through his conduct. Indeed, freedom is a beautiful idea. Just like a flower. If this exclusive right to freedom.R no. idea is not polished after washing Freedom is the fragrance that it, then it becomes filthy and with-

Vijy garg writer and columnist Malout Punjab

QUANTUM TECHNOLOGY: A NEW DIMENSION OF TECHNOLOGY

MANOJ JAIN (SCIENTIST 'F') RAHUL NEIWAL (SCIENTIST 'D')

 $uantum \, Technology \, is \, one \, of \, the \, most$ promising emerging technologies. It is estimated by the experts and scholars that advent of the Quantum Technology would completely change the scenario in the technology world. A quantum computer of reasonable qubits has the capacity of computing power more than the all together capacity of the entire super computers on the globe. Quantum communication would make the travelling of information at more than the speed of light. Cryptography algorithm based on quantum phenomena would be capable to break the most sophisticated cyber security in few seconds. This unimaginable strength of the quantum power makes the whole world to invest heavily in the research and development of the Quantum Technology.

At present, most of the development in the Quantum Technology is at the research level. Much more efforts are required to bring the technology to the market and use for the strategic and commercial purpose. Many research laboratories under the multinational companies or federal governments are

of the technology in the different domains of the technology

Quantum technology is a multidisciplinary area of research involving physics, electronics and engineering. Quantum Technology is about creating practical application based on Quantum Mechanics. Many fields such as Quantum Computing, Quantum Communication, Quantum Sensors, Quantum Cryptography, Quantum Metrology and Quantum Imaging are some of the applications based on quantum technologies.

Quantum Technology is based on three concepts of Quantum Mechanics i.e Quantum Superposition, Quantum Entanglement and Quantum Tunnelling which distinguish it from the all the contemporary technology. These concepts or the properties of the quantum mechanics cannot be imagining in the real world, but it is reality in the subatomic world. Many practical experiments and theories proved the validity of these concepts. These concepts are weird but true and laid the foundation of superiority of Quantum

Further increment in the computing Quantum Computing which has the capac-

tially by using Quantum Gates and Quantum in this niche area of technology. Transistors based on atoms and subatomic particle instead of classical transistors. The solution of quantum algorithms like Shor Algorithm and Grover Algorithm cannot be visualise by using a even a most efficient classical super computer, but these can be efficiently solved only through a quantum computer having reasonable qubits capacity.

The classical communication techniques even though having much advancement in its five generations still prone to many limitations such as the speed of travelling of information, hacking of information through eavesdrop or intercept, limitation of distance and etc. The Quantum Communication removed these limitations through its inherent quantum properties.

Realising the potential and strategic importance of Quantum Technology, Ministry of Electronics and Information Technology has initiated projects in this emerging area of technology. These projects address the focus areas of MeitY i.e. Quantum Computing, Quantum Communication, Quantum Cryptography and Quantum Sensing. These research activities, building state-of-the-art

working in the various aspect of development ity to increase computing power exponen-infrastructure and to build human resources

Project titled "Centre of Excellence in Quantum Technologies (CoE-QT)" has been initiated in which IISc-Bangalore, RRI-Bangalore and C-DAC -Bangalore are participating. The centre is being equipped with the sophisticated infrastructure required for the development in the area of Quantum Technology. The major objective of CoE-QT includes development of 4-qubit quantum processor, demonstration of quantum communication over 100 Kilometer long fibre link, development of quantum algorithms and development of associated components.

In another major initiative, an indigenous quantum simulator (QSim) has been designed and developed by IISc-Bangalore, C-DAC (Hyderabad & Bangalore) and IIT (Roorkee). QSim is an indigenous toolkit that is serving as an important educational/research tool being used by students/researchers to the field of Quantum Computing. QSim allows researchers and students to write and debug Quantum Code that is essential for developing Quantum Algorithms. QSim is accessible via web portal https://qctoolkit.in and power can be possible with the advent of projects have been initiated for promoting is currently set up with the PARAM SHAKTI supercomputing machine as the backend.

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DECODING INDIAN ECONOMY'S JOURNEY IN THE LAST SEVENTY-FIVE YEARS

PRABHAT PATNAIK

The post-colonial state in India had two primary tasks before it: one was to overcome the hegemony of metropolitan capital, so that a development strategy in relative autonomy from imperialism could be pursued; the second was to attack landlordism both to free the agrarian population from its clutches, and to increase agricultural output for rapid industrialisation based on a growing home market. These two tasks were interlinked: unless agricultural growth was stepped up considerably by attacking landlordism, the inflationary and balance of payments pressures associated with a relatively autonomous development strategy would keep overall growth constrained, generating social contradictions that would force an eventual capitulation before impe-

The attack on landlordism however was limited. It amounted to getting rid of absentee landlords, turning the remaining landlords into agricultural capitalists on the land they retained as khudkasht. and giving ownership rights on whatever land was taken from the landlords to the upper layer of tenants. Land concentration in the sense of the proportion of land owned by, say, the top 15 per cent of landowners, remained unchanged, but the composition of this top 15 per cent changed; and the ground was cleared for capitalist farming in the countryside. At the same time. State investment in irrigation, in the development of better agricultural practices, and in extension activities, were all stepped up.

The main instruments used for overcoming the hegemony of metropolitan capital were: pervasive protection of the domestic economy: control over trade especially in agricultural products: keeping out agribusiness altogether (and even preventing Indian business houses from having any direct relationship with the peasantry); strict control over cross border capital flows: nationalisation in certain key areas. notably finance (though the substantial nationalisation of banks was to come later); and the development of the public sector as a bulwark against such hegemony. The development of a relatively autonomous capitalism which was the sine qua non of this strategy was sought to be kept under control by the institution of a policy of investment and foreign exchange - licensing that also covered collaboration agreements with foreign capital.

This dirigiste period marked a substantial break from the dismal state of the colonial era. The growthrate of both the overall gross domestic product and of the agricultural sector accelerated greatly. There was a remarkable turnaround in nomic regime. It entailed the reasfoodgrain availability per capita: the per capita foodgrain availability in British India which had been omy, though in a vastly altered conabout 200 kg per annum at the begin-



end of the 1980s.

But this pace of change, though rapid relative to the colonial period, could not satisfy people's aspirations. Even in 1973-74, despite the rise in per capita foodgrain availability and the associated fall in poverty defined through a nutritional norm, 56 per cent of the rural population could not access 2200 calories per person per day, and 60 per cent of the urban population could not access 2100 calories per person per day. Likewise, the 2 per cent annual increase in the magnitude of employment, while it may have broadly matched population growth. also meant a growth in the backlog of unemployment, which specially alienated the youth. The big bourgeoisie which had supported the project of building an autonomous capitalism, found the growth-rate of the economy too stifling once it had grown to a considerable extent and had become more ambitious: and even this growth rate became difficult to sustain because of the growing fiscal crisis of the State.

The push for a regime change. away from dirigisme towards neoliberalism, came from the big bourgeoisie. It saw greater opportunities for itself in the new situation by getting integrated with international finance capital that had emerged as the hegemonic element after the oil price shocks of the seventies. The middle class backed it up: it was lured by the prospects of greater employment if activities were outsourced from the metropolitan economies to India, as neo-liberalism promised. And the working people. who might have been expected to stand up in defence of dirigisme, did not do so, as that regime had belied their expectations. Starting from 1985 therefore, but especially after 1991. India moved to a neo-liberal regime which meant freer crossborder flows of goods and services. and of capital, including above all of finance: it also meant the end of

licensing. This was not just a change of ecosertion of the hegemony of metropolitan capital over the Indian econtext, with the big bourgeoisie inte-

al classes against imperialism in the pre independence period, of which the dirigiste strategy after indepen-

dence was seen to be a carryover,

now divided the nation itself. The dividing line in short shifted from its location between imperialism and the nation to within the nation itself, between international finance capital, together with the domestic big bourgeoisie integrated with it. 94 and 2011-12. on the one hand, and the working people on the other.

An immediate fall-out of this being an entity apparently standing above classes, it became concerned exclusively with the interests of the big business and landlords, and international finance capital with which big business got integrated. A manifestation of this shift was the withdrawal of State support from petty production, including peasant agriculture, and an opening up of this sector to encroachment by international agribusiness and the domestic big bourgeoisie.

of price support for cash crops (the attempt to withdraw price support for foodgrains was defeated by the year-long kisan agitation), and of subsidies on inputs including credit, led to a sharp decline in the profitability of peasant agriculture. The crisis that followed for peasant agriculture resulted in mass suicides and also peasant emigration to cities in search of non-existent jobs, which only swelled the relative size of the reserve army of labour.

Neo-liberalism in short was loaded with false promises. No doubt the growth rate of GDP in the economy went up, but the rate of growth of employment was halved compared to earlier, to about 1 per cent per annum, because of the high rate of productivity growth that was simultaneously labour-displacing. This acceleration in labour productivity just those exporting but even those withdrawal of protection under neoshowed itself not necessarily as

even of the organised workers by one kind of demand would simply reducing their bargaining strength.

By squeezing the peasants and petty producers, and by reducing the bargaining strength even of the organised workers, the neo-liberal regime necessarily reduced the average real income per capita of the working people of the country which manifested itself in an increase in the poverty ratio, no matter how high the GDP growth might have been. The per capita foodgrain availability that had risen until the end of the 1980s, at best stagnated thereafter. The proportion of the rural population that fell below 2200 calories per person per day in 1993-94 was, according to the National Sample Survey, 58 per cent; it went up to 68 per cent by 2011-12. The next NSS in 2017-18 came with such dismal findings (apparently per capita real expenditure had fallen by 9 per cent between 2011-12 and 2017-18 in rural India) that the Modi government suppressed them, and decided even to discontinue the NSS in its old form! In urban India the proportion of people falling below 2100 calories per person per day had increased from 57 to 65 per cent between 1993-

The working people's misery, increasing even in the heyday of neo-liberalism (and thus showing related to the State. Instead of the bogusness of the theory of "trickle down"), has accentuated sharply as neo-liberalism has moved into a crisis, from which there is no clear way out. This crisis is hardly surprising. We saw earlier the tendency under neo-liberalism for the per capita real incomes of the working people to decline on average, even as labour productivity increases. which increases the share of economic surplus in output (this in fact is a world-wide phenomenon). This is the reason behind the sharp Such withdrawal of support, eg, rise in income inequality in India and elsewhere during the period of neo-liberalism.

Since a rupee in the hands of the surplus earners generates less consumption than the same rupee in the hands of the working people, such an income shift tends to create a tendency towards over-production. This tendency, kept in check in the world economy because of the asset-price bubbles in the US, which artificially increase demand by making asset-holders feel spuriously wealthier, has asserted itself after the collapse of the American housing bubble. The world economy has been more or less in a state of stagnation since then, and this has caught up with the Indian economy too, pushing it towards greater unemployment, and accentuated distress. Matters have been made even worse by the Modi governgrowth came about because of the ment's ill-conceived measures like exposure of domestic producers, not demonetisation and the introduction of the GST (the work on which producing for the home market, to had begun under the Congress earforeign competition because of the lier). This crisis cannot be overcome within the neo-liberal regime. The liberalism. The rise in the relative only possible mechanism for oversize of the reserve army of labour coming it, viz. larger State expenditure, can work if this expenditure is ning of the twentieth century, had grated with it and with segments of a higher unemployment rate, but financed either by a fiscal deficit or dropped to an abysmal 136.8 kg by the upper middle class acquiescing as the sharing of a given number by taxing the surplus-earning rich; it can be accomplished only by the 1946-47; this drastic retrogression in this reassertion. The contradic- of jobs (each with a given wage) if it is financed by taxing the workwas reversed and per capita availtion between imperialism and the among more and more people. This ing people, who more or less spend ability reached close to 180 kg by the Indian society that had united sever- rise however kept down the wages their entire income anyway, then

get substituted by another, with no net expansion in demand. But both an increase in the fiscal deficit and an increase in taxes on the rich are unacceptable to international finance capital; if they are resorted to under neo-liberalism then finance will simply quit the country en masse, causing an acute financial

On the other hand, neo-liberalism's own way of coping with the crisis, which is to give tax concessions to the capitalists in the hope that they will raise investment. actually worsens the crisis: the capitalists just pocket the money without investing a rupee more (they will do so only if demand has increased), while the reduction of expenditure elsewhere for financing these handouts to capitalists, actually reduces demand.

Getting out of this crisis, which has nothing to do with the pandemic and which predates the pandemic (though the pandemic has added to it in the short-run) requires therefore a transcendence of neo-liberalism. But precisely to forestall such a possibility, neo-liberalism in crisis has made an alliance with Hindu communalism to change the discourse. The aim of this corporate-Hindutya alliance is to shift the discourse away from issues of material life to the alleged "atrocities" committed, whether in the present or in the past, by a hapless minority group. Its aim is to keep people engaged in hatred against this group while they suffer growing distress, even as international capital and domestic big business add to their wealth despite the crisis, by getting hold of assets, of raw material extracting rights, and of investment opportunities, from the public sector and the petty production sector.

Big business finances the Hindutya Party to come to power and supports it through the media it controls: in return it increases its wealth inter alia through measures of primitive accumulation of capital. And any opposition to this process is stifled through a combination of blatant authoritarianism, the creation of disunity among the people, and the use of hoodlum elements against dissenters.

Neo-liberalism even in its heyday increases economic inequalities greatly, abrogates whatever democratic content there was in the operation of the State, subverts the autonomy of the State, and increases absolute poverty; in addition however it ends up getting enmeshed in stagnation and mass unemployment from which there is no exit. Because of this dead-end, it imposes a neo-fascist political regime upon the country. This regime can be overthrown not just by democratic elements coming together. That of course is necessary; but the transcendence of neo-fascism requires the transcendence of the conjuncture that produced it, viz. the crisis produced by the neo-liberal order, for which this order itself has to be transcended. This is a difficult task; widest mobilisation of the working

BJP WILL FIND IT DIFFICULT NOW TO GET BILLS PASSED IN RAJYA SABHA

ARUN SRIVASTAVA

ne liner puzzling remark from Nitish Kumar, after being sworn in chief minister, the person who came to power in 2014 will not come back in 2024" while has brought about a major shift overnight in the political culture and dynamics of the country, his divorcing the alliance in Bihar has put the Modi government in a vulnerable situation about the functioning of the Rajya Sabha.

In all likelihood, if the sources are to be relied, the JD(U) leadership will ask Haribans Narayan Singh, the vice chairman of the Rajya Sabha, who represents JD(U) in Rajya Sabha, to part company with the NDA. With JD(U) severing its alliance with the BJP and Nitish throwing an open challenge to Narendra Modi, there is no moral relevance of Singh continuing to be the Vice Chairman.

So far the party leadership has not issued any directive to Singh, the sources maintain Nitish would take a final call after August 24, the day he proves his majority on the floor of the house. On his part Singh has not indicated whether he will side with Modi and continue to be the Rajya Sabha deputy chairman or abide by directive of the leadership in the wake of latest development.

The mood inside the party is quite umbrage. The insult and humiliation that has been inflicted on Nitish Kumar by the BJP leadership, from top level to lower rank, after his break with the BJP, has severely infuriated the JD(U) leaders. The orchestrated move of the BJP leadership to project Nitish worthless and greedy leader has turned him so bitter that he is not in the mood to relent and is contemplating to launch a massive retaliatory exercise against Modi. He has turned unsparing. He dropped the indication by asserting that his mission is to unite opposition and remove Modi and his party from power. Nitish accepting the BJP challenge also made it clear the opposition which has the support of the 80 per cent of the electorate would not accept the humiliation lying low.

Obviously with Nitish hardening his stand and determined to launch his remove Modi crusade from 2023, the party insiders maintain that he would not allow Haribans going along with Modi. The sources also confide that Nitish was not happy with some of Haribans's decision which he took while presiding the proceedings of the Rajya Sabha. Though they did not elaborate, the decision on farmers' bill and the manner in which it was adopted in the house was not liked by Nitish.

The sources maintain that in the past on many occasions Modi used the JD(U) and Haribans to bail out the government, but now in the prevailing situation Nitish does not intend to allow his member to be sacrificed for protecting Modi's interest and manoeuvrings This move of the JD(U) will marginally affect the NDA's strength in the Rajya Sabha. BJP, precisely the NDA, does not enjoy majority in Rajya Sabha. It is still far less of the halfway mark in the 237-member Rajya Sabha. With 91 members, the BJP is the single largest party in the Upper House and often depends on NDA allies and two friendly parties —Biju Janata Dal and YSR Congress Party for passage of key bills.

Nitish and other senior JD(U) leaders are quite angry with the remarks of BJP leader and former Bihar deputy chief minister Sushil Kumar Modi that the fallout between his party and Nitish Kumar could be linked to the Bihar chief minister's desire to become the country's vice president. They describe it as a part of the BJP's insinuation campaign against Nitish. The insiders say that as Kumar parted ways with the BJP alleging that it was trying to break the JD(U), it cannot expected that he would allow Hariyansto to continue to have his relation with Modi.

The JD(U) currently has five members in the Rajya Sabha and 16 in the Lok Sabha. The BJP will lose the support of these members. The number of the NDA members would decline further with JD(U) withdrawing from the NDA. Now in the existing situation, these MPs of JD(U) will add to the strength of Congress. The new political equation emerging out of the latest crisis, will also prove to be major stumbling block in the path of the BJP. In the past the NDA had managed to shore up numbers for the bills like triple talaq, which the JD(U) was opposed to, but in the future the task will prove to be arduous for BJP. The Congress-led Opposition bloc in the Raiva Sabha, which has been struggling to put up a joint front in the House, will now be geared to throw challenges to Modi government with JD(U) on its side.

Nevertheless the BJP which has been hurling tirades and launching an insinuation game against Nitish so far has not taken the Haribans issue in proper stride. The party leaders nurse the view that since he was elected by chairman with the support of the BJP, he is under moral obligation to follow the political line of Modi and severe his relations with Nitish. In contrast the JD(U) leaders hold that he was not elected merely by the BJP members, In fact several other political parties, BJD and Shiv Sena, which are not allies of the BJF had voted for him.

A BJP leader however asserted that in case Nitish asks Haribans to resign, then in that backdrop the BJP will install any of his members in his place. But the task does not appear to be so smooth. The situation has undergone complete transformation. Most of the old allies have deserted NDA. The BJP cannot claim to have a smooth sailing. On the other hands the number of anti BJP MPs would further consolidate.

In fact, electing a new vice chairman to replace Haribans would be real challenge before the BJP duo. Modi and Shah. This would be the first trial of strength between the BJP and opposition. This time ouster of the NDA from power in Bihar will invariably have major impact on the opposition rank and file. Indications have already started pouring in. Already the NCP chief Sharad Pawar have complemented Nitish for his move. "No matter how much BJP leaders criticise Nitish Kumar, but he has taken a wise step. He took the decision anticipating the crisis the BJP was planning to bring on. I think he took a wise decision for his state and party,' Pawar said. He accused the BJP of finishing off its regional allies gradually.

IPA SERVICE

The tale of a little girl 'Mannat'..... but the father could not see her grow up.....every soldier has a story to tell!

M S NAZKI

'I LEARNT it long back her brother and Rakhi is on 'emotion is recognition'. eleventh of August 2022, she When treasured moments is from Reasi! I do not know are identified in the jungle of whether she will recognize our personal history during a me but Mannat will why visual or aural encounter, we and how I will tell you in the capture magic sparks from script! our past, arousing flashes of insight and revealing an early in the morning probinner flare. These instants of recognition may kindle half past eight! I was with the enthralling emotion and fulfilling inspiration. And make us remember those journeys of love. This story group for the Command comis all about that and a lady was about to be handed over a beautiful flower Mannat'!

feeling of enjoyment in our but that evening it was the intensive time awareness. The glow and the intensity of those instants can guide us throughout a whole lifetime. They can expose a second or a third dimension of the three kids (one of them daily events and shed an married) to pack up! When expounding light on all the we will move out I never little details we encounter. said! 'She always called me My stolen moments were lost when I lost Tilak! But cated lady from Cambrian Mannat gave me back all Hall Dehradun but loved those moments! My husband a soldier). That afternoon did not!.....This is a story was great but my dolphin she told meKam Se kam that was told by Shakuntla one was an episode heading Shakuntla'

going to talk about Shakunt- (Tilak Singh Jamwal)!

la a soldiers wife, and she is a Veer Nari She calls me

'That time 1998 it was ably quarter past eight or I loved Mannat the most! company commanding officer and I had been given the charge of the Battalions band petition!' But the same day I was to get a posting order!' To where I did not know! The 'Stolen moments create a next day was my dining out company dining out! I loved playing the biggest trumpet in the band platoon! We had

'I told my lovely wife and 'Uncle Hardy' (she was edu-'Today in this column I'm as simple Kal Subah!'.......

won the compettion!'

white paper which Shakuntla had kept in her memoirs of salutations to you all! her husband!

something was going to sies regarding false accusahappen. Tilak was a great tions, recovered memories, soldier! Soon we were going recanters, references to to be six! All girls and he was the man who had the respon-incorporation of elements sibility of all five of us but of cultural myths into some (Shakuntla).... I never knew the sixth would leave us! And that to forever!

given a retirement by lady death (was killed in an encounter). And she dropped the perpetrators' strongly into my arms and he told me motivated efforts to hide (Shakuntla) she is ours now their criminal acts, and the and my three daughters. relative ease they are often Dolly, Daisy, and Dollop afforded by societal instituloved her as their own sister and the name was given so. These were the words Zainab (Dolphin)...... I new being spoken by a girl advothat she was a Muslim but to cate and she happened to be be brought up by in a Hindu! I never changed the name'

Destiny could have been cruel but for this child a in the Hon'ble High Court's girl and cooed have come corridors! I asked her name? in cruellest of forms but it Hai.....My answer was all her daughters and as I volume of my diary'! It was said one is married! Every time to meet Shakuntla! soldier's wife has a story to

Her name is Zainab Rajput!

'I read this in a scribbled tell! This is one of the most Mannat ofcourse was 'lying Court premises!' beautiful ones! Veer Naris

'When we penetrate the 'We left and year later smokescreen of controversatanic ritual abuse and the accounts, we are left with the reality that in the vast majority of cases it is not the overreporting or exaggeration of 'As a Subedaar he retired trauma that is the principal problem. Rather it is society's unwillingness to know, tions and practices in doing a Mannat! Heavy words she used! I sat these listening and why was she arguing? She won the case and I asked her

has consequences, no matter how sweet the lie is or how believable it is.' I instantly knew that she was Tilak's

daughter that had dropped in Shakuntla's lan! I asked her another question, who is your best best friend and the reply stunned me? My mom Shakuntla. 'mom is my best friend not because she is my mom, but because she is the one who understand me without my saying. She is the one who can read my eyes, she is the one who can read my painful heart, she is the one who never leave my hand no matter how much i fight with her, she is the one who never complains for anything you do to her, she is the one with without fear, she is my best i am innocent, she trusts me who others don't, this is why she is the one who is my best friend. Love you mom... 'Mannat was the reply'! I Shakuntla' I kow she is the Tilak Rajput of Jamwal clan!' Another line that hit me of I stood stunned in the High

I called her on again but this time it was in the leisure

time cafe in court premises, 'Mannat you never talked about your father' because I know him and he reply was again a stunner but with moist eyes. The reply, 'hey Mr. Kulbir, he was awesome. A little unstable, but awesome. We got along great. He would beat someone almost as badly as you would. In fact... but then, just like that, he switched to some random, happy topic. I like my father. but he was scary for enemies.... I was a tiny dot but can give love without any my mom tells great stories return, she is the one who about him, the same ones as you are asking details of! I knew Tilak to the core as his fourth daughter knows him! Soldiers do become history and Mannat is relating the whom i can share everything same...... Every soldier has a story to tell! Shakuntla guide, she fights for me when was telling me the same at dinner time as Mannat drove me to her house! I knew Tilak loved Rum and Shakuntla knew what I had a liking for 'Brother Rum with soda' The just smiled and I new this one (Shakuntla who saw me four kids were frying onion growing up but the man ho fritters (pakoras) and my Mannat is the greatest!'.... Bata Toh Doh Kkab Jana a Subedar's wife who loves towards my volume twelfth dropped me into her lap is wife Kiran was to join in gone' Ny father's name is fifteen minutes later! Soldiers and their wife's love a reunion too!

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BRIEFLY NEWS

Protests against 'Laal Singh Chaddha' in Varanasi

embers of the 'Sanatan Rakshak Sena' in Varanasi staged a protest against Aamir Khan-Kareena Kapoor starrer 'Laal Singh Chaddha' that was released at the Vijaya Mall here on Thursday.

The protesters demanded a boycott of the movie that was released on Rakhsha Bandhan saying Aamir and his wife do not feel safe in the country, so his movie should be released outside

Later, they submitted a memorandum to the Station House Officer of Bhelupur.

Sanatan Rakshak Sena state president Chandra Prakash Singh said after seeing his last movie 'PK', it is clear that Aamir Khan mocks Hindu God and Goddess and makes unrestrained comments on them

The organisation has appealed to the people not to watch the movie and not to waste their time and money on it.

It has also urged UP chief minister Yogi Adityanath to ban the film.

Actor Taha Shah Badussha makes his singing debut with 'Vande Matram'

ctor Taha Shah Badussha has made his singing debut with patriotic song 'Vande Matram'. Joining him are singers Roshan Guulrez, Rahul Babbar and Pratikhyaa.

He says: "Last couple of years have been tough for the entire world on account of the pandemic and our own India. As a nation, we fought it, are still continuing to, and are emerging stronger by the day.

'We wanted to dedicate something small from our end considering this year coincides with Amrit Mahotsav. Couldn't think of a better way to say thank you India in its 75th year as an Independent and Proud Nation. Jai Hind"

The 'Luv Ka The End' actor reveals how he prepared himself for his debut project as a singer: "I have been training for a couple of years now and like I said there could be no better way to start my journey as a singer than with a song dedicated to the country that has given me so much.'

"It was a gradual, conscious decision to get behind the mic. All I was waiting for were lyrics and a composition that would mean something more than the songs I have been part of. What is bigger than Vande Matram," he concludes.

The lyrics are written by Ddhanraj Ssawant and composed by Abhilash Avadhani. The song is out now on YouTube.

Bellary schedule of Simbu's 'Pathu Thala' wrapped up

he unit of director Obeli Krishna's eagerlyawaited explosive action thriller 'Pathu Thala', featuring actor Simbu in the lead, on Thursday announced that it had completed the Bellary schedule of the film.

Taking to Twitter, director Obeli Krishna said, "Power packed Bellary schedule is over."

Silambarasan better known as Simbu had resumed shooting for the action thriller at the beginning of this month.

Prior to that, he had been dubbing for another eagerly awaited film, director Gautham Vasudev

Menon's 'Vendhu Thanindhadhu Kaadu'. 'Pathu Thala' will, apart from having Simbu in the lead, also feature actors Gautham Karthik and Priya Bhavani Shankar in pivotal roles.

Scheduled to hit the screens on December 14 this year, the film will also feature actors Kalaiyarasan and Teejay of 'Asuran' fame among others.

as Simbu plays a don called A GR in the film. The story revolves around Simbu, who is a feared don and who has managed to establish a network that is an impregnable fortress.

Cinematography for the film is by Farook J Basha and music is by A R Rahman. The film is edited by National Award winning editor

South celebs Nani, Rakul **Preet, Mahesh Babu celebrate** Raksha Bandhan

Several top stars and their families including actors Mahesh Babu, Nani and Rakul Preet Singh joined scores of others across the nation in celebrating Raksha Bandhan on Thursday.

Actor Mahesh Babu, who posted a picture of his son Gautham and daughter Sitara together on Instagram, wrote, "Here's to the unbreakable bond of love.. the promise of a lifetime. Wishing you all a happy Raksha Bandhan!"

Mahesh Babu's wife, Namrata Shirodkar, too posted a picture of their children on Instagram and wrote, "Celebrating the forever bond of love and togetherness! Wishing you all a happy #RakshaBandhan!!"

Telugu star Nani, who shared a picture of himself with his sister Deepthi, wrote, "Happy Rakshabandhan to all the sisters and brothers out there. To more vineyards and more selfies this year akki Deepthi Ganta. Miss you.'

Actress Rakul Preet Singh, who has acted in several Tamil and Telugu films, too took to Instagram to post her Raksha Bandhan day wishes.

She said, "We may team up, we may fight but at the end I'm always right. Love you to the moon and back Aman. I know we always have each other's back. Happy Raksha Bandhan.'

'KGF' star Yash celebrates

as his character name Rocky bhai by his fans, shared an endearing picture on social media celebrating Raksha Bandhan.

Taking to his social media, Yash shared some really adorable pictures with his sister Nandini Rahul, where they can be seen celebrating Raksha Bandhan. The actor wrote a loving caption while wishing his fans a happy Rakhi.

"Siblings - Brought together by destiny but bonded by lifetime of love and support. Here's wishing everyone a happy Raksha Bandhan," the actor, whose real name is Naveen Kumar Gowda,

Bhumi Pednekar credits Akshay Kumar for playing a huge part in her career

or Bollywood actress
Bhumi Pednekar, whose film 'Raksha Bandhan' released on Thursday, its a special day as the film was released on the same day as her 'Toilet: Ek Prem Katha' where she costarred with Akshay Kumar. The actress shares that Akshay has played a huge part in her career as he has always backed her to deliver nothing but the best.

Commenting on the same, Bhumi said, "It is such a lovely coincidence that on the 5th anniversary of Toilet: Ek Prem Katha, Raksha Bandhan - my second movie with Akshay sir is releasing in theatres today! Akshay sir has been a huge part of my career and there is so much I have learnt from him. Akshay sir has always backed me to deliver on screen and I'm grateful for his trust and vision for me as an artiste.'

Incidentally, both 'Toilet: Ek Prem Katha' and 'Raksha Bandhan' have social themes at their core.



Katha' the first blockbuster "Thanks to Akshay sir and I audiences worldwide", she Calling 'Toilet: Ek Prem of her career, she mentioned, hope we deliver a solid hit

again with Raksha Bandhan. Akshay sir and I have a unique tuning to deliver some meaningful entertainers. Both Toilet and Raksha Bandhan deliver a message that one can take home and also watch such films with the entire family. I love family entertainers because it appeals to the widest possible quadrant of moviewatchers in India.'

The actress is confident that 'Raksha Bandhan' will strike a chord with every Indian living worldwide. She says, "I hope 'Raksha Bandhan' touches the heart and soul of everyone because it has been made with so much purity and love by Aanand L. Rai. Aanand sir has been instrumental in shaping me as the actor that I'm today."

"He has always pushed me to deliver more on screen and I hope people love what I have done in Raksha Bandhan. I can't wait for everyone to see it. I really hope our collaboration and all the hard work is appreciated by the

'Love In Ukraine' maker's track 'Raksha Bandhan' celebrates togetherness 'LOVE IN UKRAINE' film- sang it with a beautiful

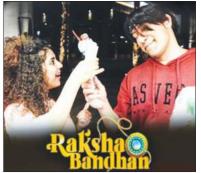
which depicts the story of a brother and sister who were separated during childhood davs.

He has composed, directed and also acted in the music video. The song has been written by Shadab Akhtar and sung by Rani Indrani Sharma. Nitin talks

about the song filmed aboard a luxury cruise ship: "It was during a recce trip for my upcoming action film 'Cruise' that the idea of this music video struck me. It is my first ever non-film music video. Lyricist Shadab Akhtar came up with some very touching lines which inspired me to compose the song in a completely traditional style and instrumen-

"Rani Indrani Sharma

maker Nitin Kumar Gupta understanding that made talks about his latest music the emotions of every line video 'Raksha Bandhan' stand out. French-Algerian



model Abir Benchaa and the child actor Kristine were a delight to work with.'

On the work front, Nitin is busy with his upcoming film 'L.A.C'. Talking about the same, he says: "We have screened the film for the army panel and have our fingers crossed that they will approve of the film which shows the bravery and sacrifices of our border troops in hostile terrain and

Ali Fazal changes fitness regime, trainer for 'Mirzapur 3'

ollywood actor Ali Fazal, who plays Guddu Pandit in the webseries 'Mirzapur', is currently busy with the shoot of season 3 of the show. In a new development, the actor has hired a new trainer to work towards his character's physicality. Fitness trainer Rohit

Nayyar, who has taken the onus, specializes in Jijitsu, MMA and boxing at pro levels. Rohit has taken on the challenge to train Ali with a brand new fitness regime in mind for 'Mirzapur 3'.

Ali has decided to change a lot of things in his appear-

Commenting on the same, Ali says, "I dont think I have it in me to be stifled inside a gymnasium at all times knowing how big the world is and the word fitness is. fun. I experiment a lot to keep



myself engaged. For me, it has to be like going back to play school. Even on sets during action sequences, I am like a kid in an amusement park, just trying have some fun - choreographed

The actor further men-screen with Gerard Butler.

tioned that Rohit has been a great addition to his world

"He is full of surprises and raw talent and most of all a good heart. So I will try and learn as much as I can", the actor added.

But, all the physical work hasn't taken Ali's focus off the craft of acting, "Baaki, acting bhi hai, (there's acting as well) which is most important and sometimes in the fight for might and best body, we often forget that we are not in the sculpting business, but the moulding one (that's if we are exchanging metaphors here)," he concluded.

Apart from this, Ali will next be seen as the lead in Vishal Bhardwaj's 'Khufiya' with Tabu and another Hollywood flick, 'Kandahar' where he will be sharing the

Mamta Mohandas pens adorable b'day post for friend

much when I started my ctress Mamta

Mohandas, whose work in the critically acclaimed Malayalam hit film 'Jana Gana Mana' came in for much praise, on Thursday penned an adorable birthday post for her first friend in India.

Taking to Instagram, Mamta, who posted a picture of herself with her friend, said, "We might be poles apart, but all that matters is that we are together through good, bad and ugly times.

"Since Friendship Day



was not so long ago, here's celebrating the birthday of in India, who taught me so

journey on this land with the University in Banga-

"I thank you for being so much the opposite me. We learned and unlearned so much from each other, be it about choices, decisions both the right and wrong ones and the journey's been so enriching.

(I) will always be there when you need me and I thank you for being you. Love you and miss you. the first girlfriend in my life Happy Birthday Chimmuz,"

Pankaj Tripathi remembers how he celebrated Raksha Bandhan in his village

Tripathi has recalled how he used to celebrate rakhi during childhood days in his hometown

In a conversation with IANS, he talks about his upcoming web show 'Criminal Justice: Adhura Sach' and why there is more scope for realistic subjects on OTT than big

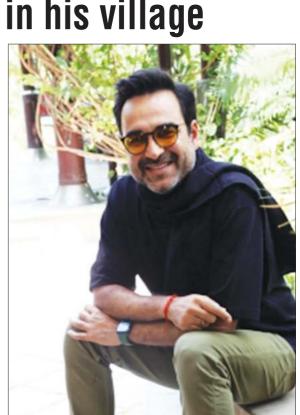
He gets nostalgic about the celebration of rakhi in his village, Belsand, Gopalganj in

"Whenever I look back there are a number of memories that come to my mind and as it is Raksha Bandhan I still remember how in our village while we kids were asleep, panditji used to come and tie a cotton rakhi of red or vellow colour on our hands. And we used to wake up with colourful rakhis. These memories are really close to my heart," he says.

The 'Mirzapur' actor shares about his latest courtroom drama 'Criminal Justice: Adhura Sach' and what makes this season different from the previous two.

"This time the st on juvenile justice unlike the last one which was women centric. It is a completely new story.

While referring to his role he shares: "He is intelligent and has a great sense of humour but he is different from the lawyers we see who are very fast paced. His uses his emotional quotient before his IQ and I really like these traits in Madhav.



'Laal Singh Chaddha' wins hearts of most Tamil film celebrities everal celebrities from

the Tamil film industry have praised director Advait Chandan's 'Laal Singh Chaddha', a remake of the Hollywood superhit 'Forrest Gump', saying the film was nothing short of brilliant. The stars, who watched

the film at a special show organised for them a couple of days ago, shared their thoughts on the film soon after watching it.

director and actor Parthiban said, "Aamir Khan is a great human in the first place. Even if we make a 100 films to spread love, we cannot produce an effect like this. Throughout the film, you are unsure if you should shed tears of joy or whether you should shed tears because of the joy you experience as a result of the excessive love you sense. "I believe at this time and

juncture that such a film is necessary for life. This film is necessary not only for the film industry but for society. I haven't watched a film that can equal it in recent times. More than an actor, Aamir is just a great human who is spreading love through this film.



Actress Khushbu, who is also a politician belonging to the BJP, took to social media to share her thoughts. She National Award winning said, "Thank you so much for such a fab evening, Aamir Khan. Always a pleasure to meet you and share thoughts. Must say 'Laal Singh Chaddha' is such a heart-warming, soul-stirring film. And you are simply brilliant. Congratulations to the entire team.'

Later, in a byte, the actress said, "The film, right from its first frame till its last, brought a smile on my face without even me realising it. It gives you a sense of

Young director R Ravikumar, who delivered the sci-fi comedy 'Indru Netru Naalai', said, "'Laal Singh Chaddha' sows such a positive thought in your heart. There are a which actually take you on dha'.'

an emotional high. All of you will certainly like the film." Music director Santhosh

Narayanan summed up his experience by saying he was blown away by the film. "I was totally blown away by the movie and what it spoke to me. It was so earnest and pretty amazing in every sense. It pulled me into the movie. It is a masterpiece for me and I think this is one of the movies that blew me away in the past five to 10 years.'

Actor Ashok Selvan too called the film brilliant. He said,"It is brilliant and of course. Aamir Khan sir has done a great job. All the actors and everything about this film is nice.'

Actor Vikram Prabhu, the grandson of the legendary actor Sivaji Ganesan, said, "'Forrest Gump' is a film that I like in English. 'Laal Singh Chaddha' is an Indian adaptation. The film has been made with Indian sentiments. Just like the history portions in 'Forrest Gump', they have narrated Laal Singh Chaddha using important events in our history. Hats off to Aamir sir, his director and the entire couple of scenes in the film team of 'Laal Singh Chad-

Raksha Bandhan with sister

'KGF' star Yash, who is popularly referred to

wrote as the caption.

Not possible to last 22 years in a career if there's no pressure to deliver, says Kareena '3 Idiots', 'Talaash' and 'Laal Singh

Bollywood diva Kareena Kapoor Khan has given out some of the most unforgettable characters such as Naaz in 'Refugee', Poo in 'Kabhi Khushi Kabhie Gham...', Geet in 'Jab We Met' and Pia Sahastrabuddhe in '3 Idiots' in a career spanning over two decades. The actress agrees that she is in constant competition with herself as there is a pressure to deliver.

Asked if she feels the pressure to up her own game with every character she plays, Kareena in a conversation with IANS said: "There is always pressure to deliver because otherwise It is not pos-

sible to last 22 years in the career. The idea is tion of the iconic film 'For- more layers and emotions to constantly keep trying to change yourself on screen and keep it real off screen. Just doing different characters and enjoying the process of acting is what I love.'

The 41-vear-old actress. whose latest release is 'Laal Singh Chaddha', an adapta-



rest Gump', confessed her "love" for her profession.

She added: "I just love being but I try to make a difference to do a film which will not be similar to the rest. Khan for the third time but just going to love it.'

character into one stream. They are completely different people. I think that has always been the aim to kind of making differently." Talking about the film, Kareena spoke about the fears of comparison between 'Laal Singh Chaddha'

and Tom Hanks'

Chaddha' are com-

pletely different.

You can't even

put all the three

She said: "It's an official adaptation. Atul Kulkarni has written it I think that it's so beautiful. adding a lot of

movie.

to the film. Comparisons can't be there because it is an official adaptation. It's in acting. It is a part of my a different language... We've adaptated and made it to suit the Indian audiences two different actors there and here. I am working with Aamir I have a feeling people are

Independence-Day 2022 arrangments finalised in Rajouri

DC asks officers to put in extra efforts for smooth celebration of national event

Rajouri, Vikas Kundal today finalized the arrange ments for the smooth celebration of Independence Day-2022 here at a meeting of the concerned officers. Officers who attended the meeting included, ADDC, Pawan Singh Parihar; ADC Rajouri, Sachin Dev Singh; ASP, Vivek Shekhar; ACD, Vijay Kumar Verma; CPO, Mohammad Khurshid; AC Defence, Saleem Quershi; PO ICDS, Shoket Mehmood Malik: DSWO, Wakeel Ahmed Bhat; DSHO, Dr Sarfraz Naseem Choudhary and

other concerned officers.

A thorough review re-

presentation of cultural

Information Department followed by flag hoisting



programmes, parade and award presentation was held in the meeting. meeting was in-

formed that the day would begin with playing of by the Chief Guest at DPL ground Rajouri and march past by District Police, NCC, CRPF, BSF, Home guard, JKFPF and ITBP and students drawn from different schools and col-

would be held on August 13th. Similar programmes would be held at sub-division, tehsil, blocks and Panchayat levels.

The Deputy Commissioner directed the officials to

ensure adequate security arrangements, sanitation, illumination of government buildings, parking facilities, traffic management and proper seating arrangements at the main besides unintervenue rupted power and water supply.

He stressed on ensuring strict adherence to COVID protocols while carrying out different activities related to the national event.

The Deputy Commissioner directed the officers to put in place all the necessary arrangements well in advance and coordinate with each other for the smooth conduct of Independence Day function.

Independence Day-2022 arrangements reviewed in Poonch

trict Development Commissioner, Abdul Sattar today chaired a meeting of the line departments to review arrangements for the Independence Day- 2022 celebrations, here at Dak Bunglow Poonch.

Additional Deputy Commissioner, Dr. Basharat Hussain; DFO, Suresh Manda; General Manager DIC, Dr.Zakir Hussain: Assistant Commissioner Revenue. Zaheer Ajmed Kaifi; CEO PDA, Dr. Tanveer Khan; Assistant Commissioner Development, Abid Hussain Shah; Principal Government Degree College Poonch, Prof. Musarrat Hussain Shah; DYSP Head Qtr., Nawaz Ahmed; Head Qtr Assistant (Tehsildar), Jahangir Hussain; Commentator, Pardeep Khanna; CEO Education, Bishamber Das; Tehsildar Haveli, Anjum Bashir Khan Khattak; DYSSO, Mohammad Qasim; XEN PWD POONCH, XEN PDD, Irshad Hussain; XEN PHE, Muneer Hussain; CEO Municipality, Mushtaq Hussain, and others attended the meeting.

The ADDC reviewed the necessary preparations, security arrangements, Barricading, decoration, fault free public address system, seating arrangement, fire safety arrangement, cultural Independence Day celebrations.

The concerned departments were asked to make the arrangements well in time for the smooth and hassle free celebration of the National Event.

The meeting was informed that the main function will be held at sports stadium Poonch, where the Chief Guest will unfurl the National Flag and take salute at the march past to be presented by different contingents.

Reviewing the security arrangements, the ADC asked for tight security in and around the main venue. The ADC gave directions to the concerned officers to maintain cleanliness in and around the

He also directed health care arrangements at the venue.

The SDMs were directed to make similar kinds of arrangements in blocks and Tehsils. It was informed that Full Dress Rehearsal shall take place on August 13.

The Information Department was asked to make arrangements for a fault free Public Address System and media coverage of the event. The Celebration will begin with playing of Shehnai by the Information Department.

Nowshera Forest Division celebrates Raksha Bandhan by tying Rakhi to plants

RAJOURI, AUGUST 11: On the eve of Raksha Bandhan, Sunderbani Range of Nowshera Forest Division conducted a special plantation drive at Thanda Pani.During the plantation drive, girls of Panchayat Thanda Pani tied Rakhis to the plants they planted. The Girls pledged to protect the plants as they are being protected by their brothers. The girl participants were also presented certificates under the theme "One plant each for girl child". The members of PRI appreciated the unique initiative taken by the Forest Department under the guidance of Vivek Verma, Conservator of Forests West Circle Rajouri, Neelima Shah, Divisional Forest Officer Nowshera and Rakesh Verma, Range Officer Sunderbani

The members of PRI urged the Forest Department to conduct such



drives on all the historical events, festivals etc to rope in more and more people to protect the green gold. Speaking on the occasion, Divisional Forest Officer Nowshera, Neelima Shah said that Nowshera Forest Division is committed to conduct such special drives for creating mass

awareness and promote

manage-

participatory

ment of forests.

The drive was jointly conducted by Rangeel Singh and Ved Parkash, Block Officers of Sunderbani Forest Range

The whole event was conducted under the direct supervision of Vivek Verma, Conservator of Forests West Circle Rajouri, Neelima Shah, Divisional Forest Officer Nowshera and Rakesh Verma Range Officer Sunderbani.

NABARD signs MOU with J&K **Grameen Bank to finance 700** JLGs in J&K (UT), Ladakh (UT)

Memorandum of Understanding on promotion and financing of 700 JLGs was today signed and exchanged between NAB-ARD, J&K Regional Office and Jammu & Kashmir Grameen Bank in the conference hall of NABARD, J&K Regional Office.

Sandeep Sharma, General Manager, NABARD and Sanjay Gupta, Chairman, J&K Grameen Bank, signed the MoU on behalf of NABARD and J&K Grameen Bank respec-

The MoU signing ceremony was presided over by Dr Ajay Kumar Sood, General Manager. Dr. Sood highlighted that main objective of the signing of MoU is to enhance the flow of credit to tenant farmers/oral lessees/sharecroppers, SF/MF etc., who may not have proper title to their land holding and to meet

of the lower strata of the society by formation and credit linkage of Joint Liability Groups (JLGs). He applauded J&K Grameen bank for successfully financing 500 JLGs un-der the MoU signed between NABARD and J&K Grameen Bank during the last financial year.

Sanjay Gupta, Chairman, J&K Grameen Bank praised the initiatives of NABARD for promoting financial inclusion in the UT and thanked NA-BARD for its continuous support to the bank.

Under this MoU, J&K Grameen Bank will form and finance 700 JLGs in J&K (UT) and Ladakh (UT) and NABARD will provide a promotional grant support of Rs. 4000 per JLG to J&K Grameen Bank. Under this MoU, J&K Grameen Bank will form and finance JLGs in J&K (UT)

Jammu admin gears up for Har Ghar Tiranga Campaign

Har Ghar Tiranga Campaign: Rakhi making competition held at GCW Udhampur

UDHAMPUR, AUGUST 11: NSS units, Department of Zoology and Department of music of Government College for Women (GCW) Udhampur today organized Rakhi Making Competition as a part of a weeklong series of activities to promote the Campaign of "Har Ghar Tiranga", under the aegis of Azadi ka Amrut Mahotsav (AKAM). Dr. Monika Sharma,

Principal of the college was the chief guest. She informed the participants and staff members that "with Raksha Bandhan knocking on doors, it's time to appreciate this blissful festival, celebrated only in our country" She further added that "our college is celebrating "Har Ghar Tiranga" week with fervor under AKAM and Raksha Bandhan is the best occasion to thank our protectors, our soldiers, our freedom fighters and our farmers and be they the citizens of



this country who directly or indirectly are contributing to our free survival." She further said that this competition is just a mark of our gratitude towards our country.

The Competition was adjudged by Prof. Ashni Devi, Department of Botany, Prof. Tania Mahajan Department of Zoology and Prof. Yash Kumar, Department of Music.

The First position was bagged by Neena Devi of semester 6th, second position went to Manmeet Kour of Semester 4th and third position was bagged by Bhumika Khokher of semester 4th

The proceedings of the program were conducted by Prof. Sumita Rao and Prof.Sanjay Kumar, NSS

Among others, Dr. Kewal Kumar, Department of Botany and Dr. Sanjay Kumar Department of Music

AMO Doda-Kishtwar holds interactive meeting with progressive growers at Nagseni

KISHTWAR, AUGUST 11: Horticulture Planning and Marketing department conducted an interactive meeting with growers/farmers of block Nagseni, District Kishtwar.

Area Manager Officer Doda-Kishtwar, Sunil Singh advised the growers to display and sell their Horticulture produce on Kishtwar-Paddar national highway during the ongoing Shri Machail Mata Yatra.

All the growers were stressed to focus on the proper packaging and marketing of his/her produce to attract the buyers.

Later, the AMO and Sarpanch, Darshan Lal met with Lt Col Padhvarna 17 RR regarding the establishment of a canopy to enable the orchardists to set up stalls to sell their produce in a convenient man-

The army swiftly installed the canopy at Galhar Nagseni to facilitate the fruit growers to easily sell their produce during Shri Machail Mata

Distributes 3 Lakh flags among households More than Three Lakh National Flags have been dis-

tributed in district Jammu as the district machinery gears up for the 'Har Ghar Tiranga' campaign to commemorate the 75th year of India's Independence. Tricolours will be flown

at every private and commercial establishment as part of the 75th anniversary of the country's Independence from 13th to 15th August 2022.

Fifty thousand tricolours have been prepared locally by 3500 Self-Help Groups of the district under the Jammu & Kashmir State Rural Livelihoods Mission (Umeed).

For hassle-free distribution, the district administration has made the Tiranga available at the Block Development Offices. Rations Depots and

with the sanitation supervisors, which the people

has witnessed a series

tions and Rangoli competitions based on the themes



can get at Rs 20. Besides. Tiranga has also been made available at all the government and private schools in the district. campaign, being

conducted under the overall supervision of Commissioner

of awareness activities across the district. Chief Education Officer

Jammu has organized awareness activities involving all the schools of the district through essay competitions, National Anthem singing competiof freedom struggle. Ideas and actions @75 that have shaped India and achievements@75 showcasing evolution and progress across different sectors.

Awareness Rallies taken out by the school children holding the National Flag

the district. A mega rally was also organized by school children from Ragunath Mandir to Mubarak

The Rural Development conducted Department special Gram Sabhas to generate mass awareness in rural areas about the Har Ghar Tiranga campaign. The department also distributed the National Flags in rural areas through Block Develop-ment offices and public representatives. Activities to promote Amrit Sarovars have been launched in each block of the dis-

Jammu Municipal Corporation, in coordination with the higher education department, has coordinated mass awareness events including rallies and awareness events in

different educational institutions in the district.

A sizable Cycle rally will be organized from the Bus stand to Kala Kendra Jammu on 12th August and events will be organized at Bahu Fort Jammu on the 13th of August.

The Social Welfare department, in coordination with the higher education department, organized awareness programmes in Old Age Homes, homes for destitute Nari Niketan and Bal Ashrams.

The district administration has also launched a photo with the Tiranga competition where citizens from Jammu can click a picture with Tiranga and share it with the official Twitter handle of DC Jammu. The winner of the event will be awarded a surprise gift. Besides,

"Har Ghar Tiranga Campaign" Organised By Govt Higher Secondary School Bhalra Bhadarwah In Collaboration With NCC

Amir Iqbal Khan

Bhadarwah, AUG 11:To promote the sense of patriotism and In continuation with the series of activities being organised as part of ongoing "Har Ghar Tiranga" campaign under "Azadi Ka Amrit Mahotsav" campaign through a rally was today held at Government Higher Secondary School Bhalra.

Students and staff of the school enthusiastically took part in the event. The campaign in the form of a rally started from the school premises and passed through different adjoining areas raising patriotic slogans.

Addressing the gathering, Dr Sanjeev Koul Associate Officer said that the idea behind Har Ghar Tiranga activities is to invoke the feeling of patriotism in the hearts of People and to

ganised to promote the



promote awareness about the Indian National Flag. He said a series of activities like rallies, debates, quiz, painting competigrammes are being or-

campaign. "Such events create more enthusiasm among the public and respect for Tiranga," He said and and cultural prourged all the parents and stakeholders to cooperate and coordinate in order to make the "Har Ghar Tiranga" initiative a grand success in the additional district Bhadarwah.

On this ocassion Dr. Sanjeev Kumar Koul (Associate NCC Officer) further said "bringing the flag home collectively as a nation on the 75th year of independence becomes a symbolic of not only an act of the personal connection to the Tiranga but also an embodiment of our commitment to nation build-

Dr Kumar thanked and appreciated the efforts of Ajit Kumar (I/c Principal) & all staff members, students and NCC Cadets for their cooperation.

Moreover, the participants also sang National anthem and patriotic songs on this occasion to make it a colourful event.

Poonch: Horticulture department hosts I month training for SHGs

POONCH, AUGUST 11: Department of Horticulture Poonch today organized one month training for Self Help Groups of District Urban Development Agency(NULM Poonch) on Post Harvest Management technologies, here in the office MCC.

The training course is being conducted on the instruction of Director Horticulture Jammu, Ram Sevak and under the guidance of Chief Horticulture Officer, Sanjeev Kumar to train SGHS in different Post Harvest Management technologies.

Manager cum Chemist, Vinay Vilas discussed different schemes, subsidies provided under the departmental components to enable stakeholders to set up processing units with very little capital. The SGHs were informed about the department's schemes for creating jobs for the young generation. They were imparted hands-on training in making jam, pickles, squash, and other added goods by Anjana Sharma.

Over 60 women of Self Help Groups of District Urban development agency (NULM Poonch) learned about the dif-

ferent post harvest management tech-

The Chief Horticulture Officer Poonch emphasized on processing, packaging, Grading, branding of the processed products like plum jam, pickles, Apricot squash and Jam, Ginger Tonic, sauces etc as these fruits are locally available.

The other Officials present also delivered a lecture on Post Harvest Management. Anjana Sharma and Nargis Bano gave demonstrations on the processing and preparation of Mango pickle and Plum Jam. The training course is being conducted on the instruction of Director Horticulture Jammu, Ram Sevak and under the guidance of Chief Horticulture Officer, Sanjeev Kumar to train SGHS in different Post Harvest Management technologies.

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DIPR organises cultural programme in St. Peters **High School**

JAMMU, AUGUST 10: Cul-

tural Wing of Department of Information and Public Relations (DIPR) today organized a cultural program on Azadi ka Amrit Mahotsav here at St. Peters High School, Jammu.Father Joseph was the chief guest of the programme. Artists of Cultural Wing Jammu and students of the host school presented a scintillating cultural programme featuring Dogri, Hindi and Punjabi songs.In his address, the chief guest urged the DIPR to organize such programme in educational institutions on regular intervals. Artists of Cultural Wing Jammu and students of the host school presented a scintillating cultural programme featuring Dogri, Hindi and Punjabi songs.In his address, the chief guest urged the DIPR to organize such programme in educational.

FROM THE FRONT PAGE...

RAJOURI

militants has not been revealed so far.

VICE-PRESIDENT

background like me will get this opportunity," Dhankhar, 71, said at the time of filing his nomination papers. Before coming to the BJP nearly two decades ago, Jagdeep

Dhankar had stints in the Congress and Janata Dal. He was a lawyer at the Rajasthan High Court when he entered politics, winning the 1989 Lok Sabha election from home base Jhunjhunu on the Janata Dal ticket. In the short-lived, Congress-supported government of Chandra Shekhar, he was a minister.

He joined the Congress ahead of the 1991 Lok Sabha election but lost from Ajmer even as the party came to power and PV Narasimha Rao became PM. He then shifted to state politics and served as MLA (1993-98). But, as Ashok Gehlot rose to the top of Congress in Rajasthan, Dhankhar saw his chance dim. After years of being in the shadows, he shifted to the BJP by the 2000s.

In the BJP, he mostly worked within the organization for nearly two decades before his name made national headlines again three years ago. In 2019, he was appointed Governor of West Bengal.

Mamata Banerjee's Trinamool Congress government there accused him of doing the bidding of the BJP-led central government. Dhankhar did not try to hide his dislikes either. The controversy-a-day tenure gave more prominence to Dhankhar. He resigned last month to get into the Vice-Presidential contest.

Dhankhar, the second Vice President from Rajasthan after Bhairon Singh Shekhawat, had the support of several non-NDA parties too. The Trinamool Congress, though, decided to abstain from the voting. It did not back Margaret Alva, either, for it was unhappy with "the manner in which the Opposition candidate was chosen".

On the personal front, Dhankhar started education in his village and later joined the Sainik School in Chittorgarh on a scholarship, according to his profile in the Bengal Raj Bhavan website.

In Jaipur for further studies, he got a bachelor's degree in physics from Maharaja College, and then got his law degree from the University of Rajasthan.

HC

the petitioner and claimed the deceased had admitted he was an active Lashkar-e-Taiba militant. They said he was killed in an encounter that broke out near a hideout divisional commander of LeT where he had led the forces.

Initially, an affidavit by Colonel Vineet Seth denied they had taken custody of Bashir and his subsequent killing. The army insisted that the deceased was never handed over to the personnel of 5 Para.

Later, a detailed counter affidavit was filed by an officer of 1 Para who said that personnel of the unit apprehended Bashir and he disclosed the location of the hideout.

A joint operation was conducted during which the troops were fired upon by terrorists. In the gunfight, Bashir sustained injuries and died on the spot.

Justice Sanjay Dhar pointed out there were contradictions in the version of the police and the army. But both maintained that Bashir died during a gunfight.

"There is also material on record of the case diary to prima facie suggest that the deceased was working for a proscribed militant organization," the judge said.

The court said it would not venture into the arena of determining the disputed questions, particularly relating to the cause of death.

"I do not find any merit in this writ petition. The same is, accordingly, dismissed, leaving it open to the petitioner to avail appropriate remedy as may be available to him under law," the judge said.

COVID

Corona virus (Covid-19), out of 472011 positive cases, 4893 are Active Positive (922 in Jammu Division and 3971 in Kashmir Division), 462341 have recovered and 4777 have died; 2346 in Jammu division and 2431 in Kashmir division

The Bulletin further said that out of 26266592 test results available, 472011 samples have tested positive and 25794581 samples have been tested as negative till date. Besides, 11,719COVID tests have been conducted in last 24 hours. Till date 6699817 persons have been enlisted for observation which included 139 persons in home quarantine including facilities operated by government, 4893in isolation and 316in home surveillance. Besides, 6689692 persons have completed their surveillance period.

Providing district-wise breakup for positive cases for today, the Bulletin informs that in Kashmir division, Srinagar reported 174 cases, Baramulla reported 178 cases, Budgam 58 cases, Pulwama reported 22 cases, Kupwara reported 28 cases, Anantnag reported 16 cases, Bandipora reported 09 cases, Ganderbal reported 06 cases, Kulgam reported 32 cases while as Shopian reported 02 fresh cases for today.

Similarly in Jammu division, Jammu reported 65 cases, Udhampur 03, Rajouri 05, Doda 11, Kathua 03, Samba 04, Kishtwar 13, Poonch 02, Ramban 06 while as Reasi reported no fresh case for today.

INDIA

24 hours took the cumulative tally to 4,35,55,041. Consequently, India's recovery rate stands at 98.53 per cent. While the daily positivity rate also declined to 4.58 per cent, the weekly positivity rate stood at 4.85 per cent. Also in the same period, a total of 3,56,153 tests were conducted across the country, increasing the overall tally to over

As of Thursday morning, India's Covid-19 vaccination coverage exceeded 207.29 crore, achieved via 2,75,36,174 sessions.

Sessions.

Over 3.96 crore adolescents have been administered with a first dose of Covid-19 jab since the beginning of vaccination drive for this age bracket. (IANS)

UN KASHMIR

Rios was the Argentine Joint Staff's General Director of Education, Training and Doctrine.

He has served in two peacekeeping operations, UN Peacekeeping Force in Cyprus (UNFICYP) and the UN Truce Supervision Organization (UNTSO) in the Middle East, and supervised UN demining operations in Angola.

His wide experience also includes stints as Argentina's military attaché in Russia, Marines Infantry commander and Education Department Chief of the Navy Warfare School

The UNMOGIP began operations in 1949 to monitor the ceasefire in Kashmir following a Security Council resolution the previous year.

While India allows UNMOGIP to operate in the country in accordance with the Security Council mandate, it maintains that the operation is redundant because under the Shimla Agreement of 1972 between late Prime Minister Indira Gandhi and Pakistan's then-President Zulfikar Ali Bhutto the Kashmir dispute is a bilateral issue with no role for third parties.

In 2014, India ordered the UNMOGIP out of the government building it was lent and it moved to a commercially leased facility.

The 111 personnel under Rios's command include 43 military experts from ten countries and 68 civilians.

SC

cence of the accused and must show that in all human probability the act must have been done by the accused. It has been held that the circumstances should be of a conclusive nature and tendency.

This court has held that the circumstances should exclude every possible hypothesis except the one to be proved. It has been held that the accused 'must be' and not merely 'may be' guilty before a court can convict, the bench said.

JKPCC

names of a few party leaders have been put forth for the new chief. The leaders include Vikar Rasool Wani, G M Saroori, G N Monga and Peerzada Muhammad Syed.

A series of meetings have been chaired by the central leadership in this regard in which the leaders from two divisions of Jammu and Kashmir were called separately to seek their viewpoints on candidates and other related issues.

KASHMIR

Clearance System (VCS) for issuance of e-vigilance clearances through online mode has been implemented. This has simplified the process of seeking NoC and vigilance clearance and has made it time-bound, efficient and transparent.

The issuance of vigilance clearance has become time bound with disposal within 7-10 days time. This has not only eased the process/procedure of promotions/deputations but has minimized person to person contact. The system enables real-time checking of pendency and enables employees to track status of their vigilance clearance for any follow-up.

Similarly, online portal for e-filing of property returns (PRS-Portal) mandates filing of property returns by every government employee under Employees Conduct Rules as well as J&K Public Men and Public Servants Declaration of Assets & other Provisions Act, 1983. The portal facilitates access and monitoring of the property details of all the employees, especially while processing vigilance clearance in their favour, besides, assisting the ACB in expeditiously investigating the cases of disproportionate assets. Likewise, Mobile Application 'Satark Nagrik' and Departmental Vigilance Officers Portal of J&K Anti-Corruption Bureau is one of the comprehensive measures of LG administration for ensuring transparent, accountable, and responsive governance.

An official said that this mobile application is facilitating seamless flow of information about corruption and enables citizens to submit their grievances with ease and mobility. Any citizen having an android based device can download the application from play store. A unique ID number is allotted at the time of registration of grievance which later can be used to track the status of grievance.

can be used to track the status of grievance. Similarly, the Departmental Vigilance Officers (DVO) Portal has been designed to enable an online communication channel with the DVOs of various departments. In certain cases, the complaints are related to ongoing works, current recruitments, and payments yet to be made against contracts etc. By referring these matters to DVOs, violations/ shortcomings can immediately be rectified and loss to the state exchequer is prevented.

Government has directed the officers to ensure that offline processing of cases for the services offered online should be dispensed with completely and switchover to online mode for better monitoring and transparency with feedback from citizens be ensured.

ADGP

15th August, 2022.

Officers of the Civil and Police Administration including Divisional Commissioner Kashmir, Deputy Commissioner Srinagar, Executive Engineer, PC Division 2nd Srinagar, Dy. Inspector General of Police AP/IR Kashmir, Nodal Officer Parade and other Commandants of JKAP-5th Bn, JKAP 9th Bn., JKAP-12th Bn. and IRP-6th Bn. besides, representatives from security and traffic wings were also present on the occasion.

During the visit, the ADGP Armed also convened and chaired the meeting of representatives of all the stakeholders responsible for making different arrangements in connection with celebration of U.T Level 75th Independence Day function at S.K Cricket Stadium Srinagar.

During the meeting the ADGP was briefed by the concerned representatives about the preparation made in their respective assignments in detail.

The ADGP also conducted the inspection of parade contingents in terms of their practice for the parade on the occasion. He issued necessary instructions to the parade commander regarding further improvement in parade drill and turn out of the parade contingents.

Further preparation with regard to maintenance, seating arrangements, decoration and upkeep of the venue for Independence Day parade were also reviewed by the ADGP. He issued necessary instructions to the concerned officers on spot for immediate action.

MULTIPLAX

releases will be screened here and we would love to see families coming to watch them. My purpose for this complex is to provide the youth with the same recreational facilities as they get in the rest of the country," Dhar said. After the closure of movie theatres in the early '90s, the first attempt to open cinema halls was made in 1999, when movie theatres – Neelam, Regal and Broadway – opened in Srinagar. However, militant attacks on Cinemas led to closing down of cinema halls later across the valley.

YATRA

tal and for four days from the traditional Pahalgam route after the cloudburst.

Following the incident, the authorities took all precautionary measures and yatris were not allowed to move whenever the erratic weather struck. There was little respite from rain for many days. As many as 47 pilgrims 14 from shortest route of Baltal and 33 from traditional Pahalgam route also died of different allments and cardiac arrest caused due to high altitude climate conditions during the 43-day-long pilgrimage.

Thirty-seven Amarnath Yatra pilgrims including five women were injured in a road accident at Qazigund on Srinagar-Jammu National highway on July 14.

The local people helped security forces in shifting the injured to nearby hospitals for treatment, depicting the humanity and hospitality of the people of Kashmir. Of the 3, 03,502 yatris who visited the cave, 32,892 in 5,902 sorties were taken to the Himalayan shrine from the Baltal route in Ganderbal district by helicopters.

The services were also made available from the traditional Pahalgam route. For the first time the yatra went Hi-tech with Arbiter Technology Cards or "Searching Bands" to the pilgrims this year.

The Yatris with these "Searching Bands" which were

The Yatris with these "Searching Bands" which were linked with the Aadhar card helped them to remain in touch with their group even if one lost track during the trekking on the high ridges.

This year keeping in view the militants threats, unprece-

dented security arrangements were put in place on Jammu-Srinagar national highway from Jagti Mandi yatra camp in Jammu upto Pahalgam in South Kashmir and Baltal in central Kashmir's Ganderbal district.

Baltal in central Kashmir's Ganderbal district.
All routes leading to the cave were plugged by the heavy contingents of security forces including Army, BSF, CRPF, J&K Police and other agencies.

LG

Addressing the 'Tiranga Utsav' program organized by the District Administration, the Lt Governor said that the struggle Dr. Mookerjee endured for human welfare through self-realization was the beginning of a new ideology of public welfare in Indian politics.

The Lt Governor termed Dr. Mookerjee 's political life guided by spirituality and determination to uplift the downtrodden of society. His slogan of 'Ek Vidhan, Ek Nishan, Ek Pradhan' gave a new vision, a new awakening, a new inspiration to the people for a united and modern India, added the Lt Governor.

A towering man of ideas and ideals, Dr. Mookerjee laid the foundation for the industrial development of the country by setting up three most significant Industrial undertakings, and formulated policies which prepared the ground for future, observed the Lt Governor.

In order to make the country self-sufficient in essential goods including defence, Dr. Mookerjee encouraged private investment, supported private enterprises with suitable administrative regulations for speedy industrialization, he added.

The Lt Governor recalled the indispensable contributions of Dr. Syama Prasad Mookerjee for the complete integration of Jammu and Kashmir with India.

In August 2019, Hon'ble Prime Minister Shri Narendra Modi paid the biggest tribute to Dr. Mookerjee's vision, his struggle and sacrifice by effecting total integration of Jammu Kashmir with the rest of country. He restored the human dignity and social justice in J&K, which is now walking on a new journey of development, he added.

Despite all the obstacles, we have achieved several milestones. We have been able to empower the underprivileged, established social equality, brought industrial development, ushered a new era for young men and women to realize their dreams and aspirations, the Lt Governor observed.

The tremendous participation in National Anthem Singing competition across J&K, while 8000 school children displaying the National Flag under 'Har Ghar Tiranga' campaign in Tral Pulwama is the true reflection of the new J&K, said the Lt Governor.

The Lt Governor asked the people to remember the contribution of great freedom fighters of Indian Independence. With the determined efforts of the Government and active contribution of common people, we will make J&K the most developed and top performer UT in the country, he added.

On the occasion, the Lt Governor paid floral tributes to freedom fighters and honored the family members of the brave hearts of J&K Police and Security Forces who have made supreme sacrifice in service of the nation.

The Lt Governor also hoisted a 100 feet high Tricolor and appealed the people to participate in 'Har Ghar Tiranga' campaign, bring home the national flag with honor and pride.

Hospitality & Protocol, Culture and Tourism, Additional Director General of Police Kashmir, Inspectors General of Police, Traffic J&K, CRPF & BSF, Director Hospitality & Protocol, Director School Education Kashmir, Director SKICC, Commissioner Srinagar Municipal Corporation and Director Information & Public Relations. While as Financial Commissioner Revenue, Divisional Commissioner Kashmir, Director School Education Jammu and Deputy Commissioner Jammu attended the meeting through video conferencing from Jammu. While reviewing the preparedness of the I-day event, he said that the main event would be held at Sher-i-Kashmir Cricket Stadium where the chief guest hoist the national flag. Reviewing the security in-and-around the main venue, Dr Mehta directed for heightened security at all the locations besides foolproof security in and around the main venue. The Traffic department was directed to identify space for parking of vehicles near the venues for hassle free movement of people towards the venue. Calling upon the officers to make the event a festive occasion, the Chief Secretary asked the concerned officers that all government offices and buildings should hoist the flag on August 15 which is celebrated as the country's Independence Day.Dr Mehta directed the Higher Education Department and School Education Department that all the universities, colleges, schools and other educational institutions should hoist flags and conduct various sporting, cultural and other events

FLAG HOISTING AT RANJATI GALI AS PART OF AZADI KA AMRIT MAHOTSAVA



M S Nazki

Surankote: As part of its social responsibility and to commemorate 75th Year of Independence (Azadi ka Amrit Mahotsava), Rashtriya Rifle Battalion of Counter Insurgency Force (ROMEO) organised Flag Hoisting at Ranjati Gali. The aim of the event was to create awareness among the school children & locals from the remote corners about the significance of this Independence Day, to instill in them a sense of pride as Indian Citizens and to strengthen the goodwill of Army. The event also aimed to spread awareness about the national flag & instilling a sense of belongingness with national symbols/ signs. Event was celebrated in a friendly and blissful environment with patriotic fervour, which was highly appreciated by the students & further, enhanced the nation building image of Indian Army. A total of 32 children and 18 locals attended the event.

NABARD signs MOU with J&K Grameen Bank for financing of 700 JLGs in

Jammu, Aug 11 (UNI) The J&K Regional Office NABARD on Thursday signed a Memorandum of Understanding (MoU) with Jammu and Kashmir Grameen Bank here on promotion and financing of 700 Joint Liability Groups.

The NABARD spokesman said that General Manager, NABARD, Sandeep Sharma and Chairman, J&K Grameen Bank, Sanjay Gupta signed the MoU on behalf of NABARD and J&K Grameen Bank respectively.

The MoU signing ceremony was presided over by Dr Ajay Kumar Sood, Chief General Manager.

Dr Sood highlighted that main objective of the signing of MoU is to enhance the flow of credit to tenant farmers/oral lessees/sharecroppers, SF/MF etc., who may not have proper title to their land holding and to meet the credit requirements of the lower strata of the society by formation and credit linkage of JLGs.

He applauded J&K Grameen bank for successfully financing 500 JLGs under the MoU signed between NABARD and J&K Grameen Bank during the last financial year.

Sanjay Gupta praised the initiatives of NABARD for promoting financial inclusion in the UT and thanked NAB-ARD for its continuous support to the bank.

Under this MoU, J&K Grameen Bank will form and finance 700 JLGs in J&K (UT) and Ladakh (UT) and NABARD will provide a promotional grant support of Rs 4000/- per JLG to J&K Grameen Bank.

Hakeem Yaseen demands adequate arrangements for annual urs of Hazrat Syed Ali Aali Bulkhi (RA) Pakherpora.

Srinagar / August 11: Chairman J&k People's Democratic Front (JKPDF) and former Minister Hakeem Muhammad Yaseen has urged the district administration Budgam to make adequate arrangements for annual Urs of Hazrat Syyed Ali Aali Balkhi (RA) Pakherpora, commencing from 13th of the current month.

In a statement issued on Thursday,

Hakeem Yaseen has asked the heads of various departments to make fool proof arrangements in their respective fields at Pakherpora during the Urs days so that pilgrims do not face any in convenience. He has called for deployment of additional fleet of passenger vehicles for carrying pilgrims to and from the shrine complex . "

Transport department should press into service adequate number of vehicles for carrying pilgrims from the adjacent districts of Pulwama and Budgam, Hakeem Yaseen said adding that consumers of Pakherpora should be provided additional quota of rice, atta, sugar, LPG and kerosene during the current month . He said cleanliness and sanitation in and around the shrine complex should be conducted on regular basis round by pooling services of available men and machinery. Likewise Public Health Engineering and PDD departments sould ensure un-interrupted supply of drinking water and Power during the Urs day ."Besides keeping 24X7 medicare services available in the Primary Health Centre Pakherpora, first aid centres should be be set up en-route Pakherpora to meet any exigency. PDF Chairman has prayed that the occasion of Pakherpora urs may prove harbinger of peace, prosperity and development in Jammu and Kashmir.

School Girls of Mandi Celebrate Rakshabandhan with Soldiers of Indian Army

M S Nazki

Mandi Today school girls of Mandi area in Poonch district gathered to celebrate Rakshabandhan with soldiers of Indian Army deployed in Mandi n Sector. This initiative to celebrate the festival of love and bonding between brothers and sisters

The School girls tied rakhis to soldiers at Mandi Sector and wished them good health, happiness, and good luck in their missions. This initiative by the school children was reciprocated by the soldiers with great enthusiasm and brought a smile to their faces.

Many women's and youth join Janta Dal United in presence of Vivek Bali



Jammu: Many women's and youth join JDU on Wednesday in the leadership of Vivek Bali State General Secretary JD(U) at Salama Chakh RS Pura.

Some of the womens expressed their view as they were impressed by the "socio-economic and political ideology" of the JD(U). "Besides the developmental agenda, they have witnessed that the JD(U) leadership values and respects the sentiments of the common people. The brief spell of governance with the development and political accommodation being its hallmark, JD(U) did a commendable job in its brief stint of last few years,"

Vivek Bali said that JD(U)'s progressive agenda and developmental approach motivated him to join the party. "I am confident that more prominent and respectable people of the state including women and the youth would come forward and join the JD(U) in the coming days to contribute towards the peace, prosperity and development of the state,".

Vivek Bali was accompanied by Prem Paul President R S Pura, Raj Kumar vice president R s pura and Rahul Mandi youth president R s pura. Some of the prominent personalities who joined the parties are Sudesh kumari, Tripta Kumari, Gulshan kumari, Neelam Kumari, Jyoti Bala, Geeta Devi, Daulat Balla, Swarn lal (Panch), Shamsher Singh, Ravinder Kumar, kuldeep Raj, Kamal Kishor, Veer Bahadur, Ashok Kumar, Narayan Hari, Anil Kumar, Janak Raj.

Construct Deep Drains at Ajit Colony Extn. to check water-logging

The residents of Ajit Colony Extn. are facing immense hardships due to water logging whenever it rains even for a few hours which extends to a length of at least 300 feet and ankle to knee in depth. This difficulty has arisen due to obstruction to the flow of rain water because of the new constructions on the vacant plots where rain water of the entire street used to be drained previously along the natural slope. The North-South slope from the house of S. Hakoomat Singh (North) to the house of Ravi Bhat (South) has now become a blind street leading to stagnation of rain water of the entire street at the blind South-end which brings all the movement in the street to stand still. JMC trollies fitted with pumps have to make multiple rounds to empty this accumulated water so that residents can resume their outdoor activities. Hon'ble Mayor along with Corporator Ward 32 had some months back held a meeting in the locality and wrote to the Xen UEED to do the needful but no new survey was conducted to update it in view of the expansion with new constructions, nor fresh DPR prepared to get it approved and get the necessary funds



G7 wants Russia to return nuclear Shrews Infects Dozens In China plant control to Kyiv

KYIV/BERLIN: As Ukraine on Wednesday accused Russia of exploiting its position in a nuclear power plant it had seized to target a nearby town in rocket attacks that killed at least 13 people, foreign ministers of the Group of Seven (G7) nations called on Russia to immediately hand back full control of the Zaporizhzhia nuclear plant to Ukraine.

China has meanwhile called the United States the "main instigator" of the Ukraine crisis.

The town Marhanets that Ukraine claims was targeted is the one that Russia has alleged Ukrainian forces have used in the past to shell the Russian forces, holed up at the Zaporizhzhia nuclear power plant that they took over in March. There was no immediate comment from Russia on the Ukrainian allegations of a rocket attack on Marhanets and Reuters could not independently verify the allegations.

Putting their weight behind the Ukraine's claim, the foreign ministers of G7 nations said in a statement released in Germany dema-"Russia immediately hand back full control to its rightful sovereign owner, Ukraine, of the Zaporizhzhia nuclear power plant as well as of all nuclear facilities within Ukraine's internationally recognized borders to ensure their safe and secure operations.

Rafael Grossi, head of the Inter national Atomic Energy Agency (IAEA), has urged both sides to exercise restraint, warning of the "very real risk of a nuclear disaster". Moscow savs it does not deliberately target civilians in what it calls its "special military operation" in Ukraine aimed at preempwith heavy vehicles and weapons are stationed at the plant, where Ukrainian technicians continue to work.Russia says its forces are



tively safeguarding its own security against expansion of the Nato military alliance.80 rockets fired Andriy Yermak, President Volodymyr Zelenskiy's chief of staff, accused Russia of launching attacks on Ukrainian towns with impunity from the Zaporizhzhia nuclear power plant in the knowledge that it was risky for Ukraine to fight back. "Eighty reactive rockets fired at residential buildings," Yermak wrote on the Telegram messaging service, referring to the attack on

Marhanets.
Ukraine, which accuses Moscow of waging an unprovoked imperial-style war of aggression, says around 500 Russian troops

behaving responsibly and doing everything they can to ensure the facility's safety. Moscow has accused Ukrainian forces of shelling

the plant, something Kyiv denies.

Valentyn Reznychenko, governor of Ukraine's central Dnipropetrovsk region, said the Russian attack on Marhanets was carried out with 80 Grad rockets, damaging more than 20 buildings in the town, which is located on the other side of the Dnipro River from the power plant. The same attack damaged a power line, leaving several thousand people without electricity, he added. A hostel, two schools, a concert hall, the main council building and other administrative buildings

had been hit too, he said. Crimean air base attack

Also, the origin of a series of explosions at a Russian air base in Russian-annexed Crimea a day earlier remained contested, with Moscow saying ammunition stores had detonated and Ukrainian officials hinting Kyiv may have been responsible.

Two US newspapers cited unnamed Ukrainian officials as saying that Ukrainian special forces had carried out an attack on the air base, which had resulted in the destruction of Russian military air-

Zelenskiy did not directly mention the blasts in his daily video address late Tuesday but said it was right that people were focusing on Crimea. "We will never give it up... the Black Sea region cannot be safe while Crimea is occupied," he said, repeating his government's position that Crimea would have to one day be returned to Ukraine.

US 'main instigator' Meanwhile, China, which Russia has sought as an ally since its invasion of Ukraine, has called the United States the "main instigator" of the crisis.

In an interview with the Russian state news agency TASS published on Wednesday, China's ambas-sador to Moscow, Zhang Hanhui, accused Washington of backing Russia into a corner with repeated expansions of the Nato defence alliance and support for forces seeking to align Ukraine with the European Union rather than Moscow.

have fallen ill with a new virus that is also found in shrews, a report has said, but there is so far no evidence of human-to-human transmission.

The infections were found in China's eastern Shandong and central Henan provinces, affecting 35 people, according to a report in the New England Journal of Medicine this month.

The virus is called Langya henipavirus or LayV, and patients reported symptoms that include fever, fatigue, cough, nausea and headaches.

Some people also developed blood cell abnormalities and impaired liver and kidney functions, the report said. Research findings suggested shrews may be a natural reservoir for the pathogen.

"There was no close contact or common exposure history among the patients, which suggests that the infection in the human population may be sporadic," according to the report.

But it also cautioned that its sample size "was too small to determine the status of human-to-human transmission for LayV".

Patients were mostly farmers and cases were found with help from a detection system for people with acute fever and a history of animal exposure, it added.

Further investigation is needed to better understand illnesses associated with the virus, according to the researchers in China, Singapore and Australia who were involved in the

Cases of Langya henipavirus have so far not been fatal or very serious, Linfa Wang of the Duke-NUS Medical School in Singapore, told Chinese state outlet Global Times.

Wang was one of the researchers involved in writing the paper.



Zoonoses are animal diseases that transmit to humans, and comprise a large percentage of new and existing diseases in people, according to the World Health Organization.

Some are preventable through vaccination, while others mutate into human-only strains or cause recurring outbreaks. "There was no close contact or common exposure history among the patients, which suggests that the infection in the human population may be sporadic," according to the report.

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Further investigation is needed to better understand illnesses associated with the virus, according to the researchers in China, Singapore and Australia who were involved in the

Cases of Langya henipavirus have so far not been fatal or very serious, Linfa Wang of the Duke-NUS Medical School in Singapore, told Chinese state outlet Global Times.

India and UK conclude fifth round of talks for India-UK Free Trade Agreement

New Delhi, August 11, 2022On 29 July 2022, the Republic of India and the United Kingdom concluded the fifth round of talks for an India-UK Free Trade Agreement (FTA). Negotiation officials undertook these technical talks in a hybrid fashion – with some of the teams meeting in New Delhi, India, and the majority of officials joining virtually. For this round of negotiations, technical experts from both sides came together for detailed draft treaty text discussions in 85 separate sessions covering 15 policy areas. Indian and UK officials will continue to work intensively throughout the summer towards our target to conclude the majority of talks on a comprehensive and balanced Free Trade Agreement by the end of October 2022.

4 Dead After Boat **Carrying At Least 30 People Capsizes In Uttar Pradesh**

Uttar Pradesh: At least four people drowned and several others went missing on Thursday when a boat capsized in the Yamuna in Banda district's Marka area, police said. The incident took place when the boat was travelling from Marka to Jarauli Ghat in Fatehpur district, they said. Superintendent of Police Abhinandan said the boat was carrying 30-35 people.

Help of divers is being taken to trace the missing, the SP said.

No-Confidence Motion Against BJP Government Defeated In Himachal Pradesh

Shimla: A no-confidence motion moved by the Congress and the CPI-M against the Jai Ram Thakur government in Himachal Pradesh was defeated by voice vote in the state Assembly on Thurs-

The opposition MLAs walked out of the House during Chief Minister Thakur's reply to the debate on the motion.

The House witnessed a stormy debate as the opposition members targeted the BJP government over law and order, unemployment, price rise and other issues. The ruling BJP rejected the charges claiming the opposition has failed to come up with any concrete issue. The opposition parties moved the motion, just four months before the state is going to the Assembly polls.

Leader of Opposition Mukesh Agnihotri, Congress MLAs Jagat Singh Negi, Ram Lal Thakur, Harshwardhan Chauhan, Sukhvinder Sukhu and lone CPI-M legislator Rakesh Singha spoke in support of the motion. Chief Minister Thakur, his Cabinet colleagues Rakesh Pathania, Bikram Singh Thakur, Sukh

Ram Chaudhary and BJP MLA Rajeev

Bindal spoke for the government. Starting the debate at 11 am, Mukesh Agnihotri said the law and order situation in the state has deteriorated under the BJP government.

He said 354 murders, 1,574 rapes and 7,406 sexual harassment cases have so far been reported in the state under the Thakur-led government.

He said an assistant town and country planner, Shail Bala, was shot dead in broad daylight while a Supreme Court-mandated drive to demolish illegal structures in 13 hotels of Solan district was being carried out in 2018.

Agnihotri said the probe into a paper leak during the recruitment of constables was not handed over to Central Bureau of Investigation (CBI) despite the CM's announcement.

Congress legislator Jagat Singh Negi said the CM has gained the reputation of a "helicopter waale mukhyamantri" and "hoardings waale Mukhyamantri" for excessive use of choppers and hoardings by him

TV journalist faces jail for speaking out against Putin

MOSCOW: Russian investigators on Wednesday launched a criminal probe against Marina Ovsyannikova, who denounced President Vladimir Putin's attack on Ukraine on live TV, and detained the journalist, her lawyer said. In mid-July, Ovsyan-

nikova staged a one-woman protest near the Kremlin, holding poster that read "Putin is a murderer, his soldiers are fascists."Three "blood-soaked" toy dolls were laid on the ground in front of her. She now faces up to 10 years in prison, if convicted."A criminal case has been launched," lawyer Dmi-



ing they were waiting for investigators to decide on a pre-trial measure for the 44-year-old.

Ovsyannikova has been charged with spreading information about the Russian armed forces deemed false by the government and will spend the night in pre-trial detention, said Zakhvatov.

In an interview last Ovsyannikova had expressed hope that the authorities would not place her in pre-trial detention because she has two children. Writing on messaging app Telegram earlier in the day, Ovsyannikova said that 10 members of law enforcement had raided her home at 6am. "They scared my young daughter," she added.

In March, Ovsyannikova, then an editor at Channel One television, shot to prominence when she barged onto the set of its flagship Vremya (Time) evening news, holding a poster reading "No War" in English.

"Taxes For Rich Waived, Imposed On Poor": Arvind Kejriwal **Slams Centre**

New Delhi: Delhi Chief Minister Arvind today alleged the government led by Prime Minister Narendra Modi has been piling on taxes on the masses but waiving it off for the rich. The BJP hit back, legations within 24 hours.

His comment comes amid a fight between the ruling BJP and opposition parties over the issue of freebies, or "revdi culture", which the centre has alleged is a method that leaders as the Delhi Chief Minister often uses to keep voters happy."They brought Agnipath scheme saying they have no money for pensions. It has never happened since independence that the country is left with no money to pay pension to soldiers," Mr Kejriwal said.PM Modi during the inauguration



of an expressway in Bundelkhand on July 16 had cautioned people against what he called a "revdi (sweet) culture' under which votes were sought by promising freebies, that this could be "very dangerous" for development of the coun-

try. BJP leader Amit Malviya also today brushed off Mr Kejriwal's allegations as "brazen lies." BJP leaders had attacked Mr Kejriwal over freebies for the people of the national capital, which they finance. Hitting back, Mr Kejriwal had pointed out that his "free" government's programmes helped people come out of poverty and ensured quality services like health and education reached the poorest of the poor. "Where has the central government's money gone? The central government shares a part of taxes it collects with the states. Earlier, it was 42 per cent. Now it has been cut to 29-30 per cent. The centre is collecting twicethrice the amount of taxes it collected in 2014. Where is all the money going?

Can't Allow China's "New Normal" On Drills Against Taiwan: US Speaker

Washington: House Speaker Nancy Pelosi has said the US just cannot allow China to establish a "new normal" to put pressure on Taiwan through the kind of military drills and warplane incursions that Beijing launched after she visited the self-governing island.

China on Wednesday announced that it has "successfully completed" its week-long and unprecedented military drills that have essentially encircled Taiwan.

Initially, the People's Liberation Army announced the war games in the busy Taiwan Strait from August 4 to 7, the day after Pelosi, who is the highest-ranking US leader to have visited Taiwan in 25 years, left Taipei after high-level meetings. It later kept extending them, keeping the breakaway island on tenterhooks.

"What we saw with China is that they were trying to establish sort of a new normal. And we just can't let that happen,' Pelosi told a news conference on Wednesday, referring to the

provocative drills. The Chinese military exercises involved hundreds of warplanes, dozens of naval ships, group with a nuclear subma-

including an aircraft carrier on Wednesday after her trip to



rine in tow, amid assertions by the official media that such war games in the busy Taiwan Strait will be a new normal.

Pelosi's trip to Taipei angered Beijing, which views Taiwan as a breakaway province that must be reunited with the mainland, by force if necessary. Taiwan has accused China of using the recent drills as practice for an invasion.

"We didn't go there to talk about China. We went there to praise Taiwan. And we went there to show our friendship to say, 'China cannot isolate Taiwan,'" Pelosi asserted during the news conference

"The visit delivered a clear statement that America's commitment to a free and open Indo-Pacific is unshakeable," Pelosi noted. The US along with several world powers have been talking about the need to ensure a free, open and thriving Indo-Pacific in the backdrop of China's rising military manoeuvring in the resource-rich region.

China claims nearly all of the disputed South China Sea, though Taiwan, the Philippines, Brunei, Malaysia and Vietnam all claim parts of it. Beijing has built artificial islands and military installations in the South China Sea. China also has territorial disputes with Japan in the East China Sea. Pelosi said her bilateral discussions centred around seizing opportunities and addressing shared challenges, including upholding the democracy in the face of autocracy, fostering robust economic growth, including through the Indo-Pacific Economic Framework and in governance, responding to COVID-19 and climate crisis.

House Foreign Affairs Comchairman Gregory mittee Meeks told reporters that Pelosi's visit to Taiwan illustrated that no matter what Chinese President Xi Jinping said, the US was going to stand by its friends and allies.

Indian-American Congressman Raja Krishnamoorthi, who was part of the Congressional delegation to Taiwan, was also present at the news conference.

He said the delegation discussed the backlog of the pending arms sales to Taiwan.

Apart from Taiwan, Pelosi's delegation also visited Singapore, Malaysia, South Korea and Japan.

Taiwan Holds Military Drill After China Says War Preps Will Continue

Taipei: Taiwan's army held another live-fire drill Thursday after Beijing ended its largest-ever military exercises around the island and repeated threats to bring the self-ruled democracy under its control.

Beijing has raged at a trip to Taiwan last week by US House Speaker Nancy Pelosi -- the highest-ranking elected American official to visit in decades -- staging days of air and sea drills around the island that raised tensions to their highest level in years. Taiwan has accused China of using the Pelosi visit as an excuse to kickstart drills that would allow it to rehearse for an invasion. Lou Woei-jye, spokesman for Taiwan's Eighth Army Corps, told AFP its forces fired howitzers and target flares as part of the defensive drill on Thursday morning. The exercise in Taiwan's southernmost county Pingtung began at 0830 am (0030 GMT) and lasted about

an hour, he said.Artillery

tucked in from the coast was lined up side by side, with armed soldiers in units firing the howitzers out to sea one after the other, a live stream showed.

Taiwan held a similar drill on Tuesday in Pingtung. Both involved hundreds of troops, the military said.

The military has played down the exercises' significance, saying they were already scheduled and were not in response to China's war games.

"We have two goals for the drills, the first is to certify the proper condition of the artillery and their maintenance condition and the second is to confirm the results of last year," Lou said, referring to annual drills. Prepare for war'The latest exercise came after China's military indicated its own drills had come to an end Wednesday, saying its forces "successfully completed various tasks" in the Taiwan Strait while vowing to continue patrolling its waters.

Super Smash Cricket Tournament Tarzova Edition-II Kicks-Off,

Gani Auto Wheels Club Defeats Sopore Blasters By 4 Runs In The Nail-Biting Game

Lone Musaib



Sopore,11th Aug.:- The much anticipated Second edition of the Super Smash Cricket tournament kicked-off on thursday at Shiekh-Ul-Alam Stadium Tarzova Sopore. Gani Auto Wheels defeated Sopore Blasters in a nail-biting game by 4 runs. Earlier Gani Auto wheels Club won the toss opt bat first and set the target of 162 runs for the loss of 8 wickets in which Asif Nabi Miller made 53 runs while Shafat Ahmad added 35 runs for Gani Auto Wheels GM Changa took 3 wickets while Irshad Changa took 2 wickets for Sopore Blasters

In reply Sopore Blasters failed to reach the target and lost the match by 4 runs in a nail-biter at the end. irshad Ahmad played a splendid innings of 63 runs but goes in vain by losing the match. Aamir Rather and Momin Lone took 2 wickets each for Gani Auto Wheels Club. Asif Nabi Miller was declared Man of the match for his brilliant innings of 53 run innings

Har Ghar Tiranga: Rajouri admin organises mega cultural program at Sports Stadium Kheora

RAJOURI, AUGUST 11: In the run up to celebrate 75th year of India's Independence and promote 'Har Ghar Tiranga' campaign under the aegis of Azadi Ka Amrit Mohatsav, the District Administration Rajouri today organised a Mega cultural program here at Sports stadium

Deputy Commissioner, Vikas Kundal - the Chief Guest inaugurated the event in presence of ADDC, Pawan Kumar; ADC Rajouri, Sachin Dev Singh; PO ICDS, Shoket Mehmood Malik; CMO, Dr Abdul Hamid Zargar; DSWO, Wakeel Ahmed Bhatt; Principal Govt.Degree College Rajouri, Javed Iqbal Qazi, AD FCS&CA, Arif Lone and other

Students drawn from different schools and colleges presented a scintillating variety show based on patriotic themes and Nationalism. The whole environment was filled with patriotic spirit as the students sang patriotic songs and praised the national flag and its respect in the hearts of Indian citizens.

People from all walks of life and different age groups thronged the venue and hailed the District Administration for organising the Mega Cultural event to celebrate the greatness of the National Flag.

Addressing the event, the Deputy Commissioner appreciated the organizers for hosting such a grand cultural event. He said such cultural events are of great importance for preserving the country's cultural heritage and promoting patriotism, harmony and mutual brotherhood in the Country.

"Azadi Ka Amrit Mahotsav provides citizens an opportunity to celebrate 75 years of India's independence and glorious history of its people, culture and achieve-

1st T20 Super Cup Janwara

Ajaz Ahmad Guides Kaka-XI Dangerpora Win Over BDC Zaingair By 2 Wickets To Qualify For Final

Lone Musaib



Sopore 11th Aug.:- Ajaz Ahmad's Quick fire 16 ball 35 run and 3-Wicket haul guides Kaka-XI Dangerpora a 2-Wicket Win over BDC Zaingair on Thursday here at Zaingair. Iqbal Bhat also played sensible knock of 33 runs off 33 balls for Kaka-XI. Batting first BDC Zaingair were bundled-out for 142 runs in 18.5 overs. Azhar Janwari remains highest run-getter with 33 runs off 23 balls for BDC Zaingair.

Ajaz Ahmad and Zahoor Sarwar took 3 wickets each for Kaka-XI Dangerpora. In reply Kaka-XI Dangerpora chased the target easily in 19.5 overs for the loss of 8 wickets. Ajaz Ahmad was adjuged player of the match for his splendid allround dis-

FIFA looking to bring forward World Cup start by one day

DOHA: The World Cup in Qatar could kick-off one day earlier than scheduled with FIFA looking at a plan to hold the opening ceremony and the host nation's first match on Sunday Nov 20th, just over three months before the competition gets underway. News agencies Reuters, AFP and The Associated Press all cited sources close to the discussions on Wednesday as saying that Qatar will now play Ecuador 24 hours earlier than planned, in a move that FIFA's ruling bureau comprised of president Gianni Infantino and the heads of the six continental football bodies was expected to confirm soon.

ADDC B'la kick-starts Inter-District LePanga Khel Kabaddi Tournament at Tujjar, Sopore

11: Giving a major fillip popularizing sports culture at local level, the Additional District Development Commissioner (ADDC) Baramulla, Aijaz Abdullah Saraaf in presence of Assistant Commissioner Revenue Peerzada Mumtaz Ahmad and DDC Member Tujjar Sopore today kick-started Inter-District LePanga Khel Kabad-Tournament at Tujjar Sharief, Sopore. The event witnessed a huge

crowd of spectators adding much zeal and enthusiasm to the sports event.

Tournament was organised by the local organizers wherein the inaugural match was played between Northern Lions and Sultania Tujer. Northern Lions



Nowpora Sopore emerged as the winner of the inaugural event. About 32 teams from different districts are going to participate in the

The ADDC, who was the chief guest, highly applauded the local organizers for conducting the event and said that the Administration

sary initiatives for providing appropriate platforms to utilize the potential of youth in a constructive and productive manner.

He added that youth of the area are taking keen interest in sports activities and underlined the need for developing sports infrastruc-

Terming the sports as a potent tool for overall personality development, ACR in his address, said that sports has the potential to shape young minds by inculcating the spirit of sportsmanship and discipline. He said that sports develop the aptitude of fitness among our youth besides keeping them aloof from wrong and hazardous

New Zealand cricket great Ross Taylor says he faced racism

New Zealand Cricket said on Thursday that they are looking into allegations by former skipper Ross Taylor that he suffered racism.

The 38-year-old, who is of New Zealand-Samoan descent, retired from international cricket in April after a glorious career spanning 16 years.

Taylor's comments are the latest accusation of racism in cricket. autobiography In his

"Black and White" released on Thursday, the legendary batsman says he endured racially barbed comments from teammates, but does not specify at what level of the game in New Zealand. Taylor said that for most of his career he was "an anomalv. a brown face in a vanilla line-up"."In many ways, dressing-room banter is the barometer." he wrote.

"A teammate used to tell 'You're half a good guy, Ross, but which half is good? You don't know what I'm referring to.' I was pretty sure I did. "Other players also had to put up with comments that dwelt on their ethnicity."He represented pointed he's been exposed New Zealand in 112 Tests, to this type of behaviour.

scoring 7,683 runs between 2006 and 2022. He was captain of the Black Caps for two years until 2012.

A spokesman for New Zealand Cricket (NZC) told AFP they have contacted Taylor about the allegations.

'NZC has reached out to Ross to discuss some of the comments in his book, both to better understand the details of them and to offer support. These discussions are ongoing," said the spokesman.

Ross currently sits on an NZC working group seeking to improve the game's engagement with Pasifika communities and his input is greatly valued.

"We consider him an important part of our cricket family and are deeply disap-

1st J&K Girls Battalion NCC Srinagar, **GCW Udhampur start Week-Long Independence Day celebrations**

UDHAMPUR, 11: To celebrate Azadi Ka Amrit Mahotsav, the 75 years of Independence, a weeklong celebration began today here at Government College for Women Udhampur.1 J&K Girls Battalion NCC, Srinagar, GCW Udhampur under the patronage and guidance of the Principal of the college Dr. Monika Sharma, is organizing Har Ghar Jhanda programme during the celebration of Independence Week in which series of events shall be organized from 11th to 17th August, 2022. The events to be organized in the week-long program include Poem Rec-

saneb Group present

Much Awaited

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AUGUST itation competition, Rally, distribution of National flags, T-shirts; painting, Quiz competitions; Digital Rangoli Competition based on the theme 'Har Ghar Tiranga'.In this series of events, a Poem Recitation competition, through virtual mode, was organized on the first day of this mega celebration in which 7 cadets of 1 J&K Girls BN NCC Srinagar actively participated and presented poems on the theme. The competition was judged by Dr. Seema Sharma, HOD Music and Prof Mushtaq HOD Hindi. Jury members declared the winners on

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hearts of Indian citizens. People from all walks of life and different age groups thronged the venue and hailed the District Administration for organising the Mega Cultural event to celebrate the greatness of the National Flag. Addressing the event, the

Deputy Commissioner ap-

preciated the organizers

serving the country's cultural heritage and promoting patriotism, harmony and mutual brotherhood in the Country. "Azadi Ka Amrit Mahot-

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sav provides citizens an opportunity to celebrate 75 years of India's independence and glorious history of its people, culture and achievements," he said. He further said that the District Administration was organising such events to amplify the awareness about 'Har Ghar Tiranga' the Government of India's initiative to inculcate a personal connect between the citizens of India and the National Flag"

Later, the DC along with the team of officers and students took a round of the sports stadium holding the national flag in hands. The whole atmosphere of the venue was filled with patriotic spirit.

