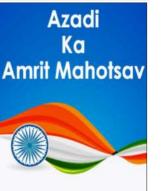
**NEWSPAPER NEWS MAGAZINES PRINTING FLYERS, POSTERS, BUSINESS** 

CARDS BROCHURES FORMS LETTERHEADS, INVOICES. CALENDERS, BOOKLETS

& HUMHAMA BUDGAM 9999038812, 9419008414 01942496287 SRINAGAR SATURDAY 13 AUGUST 2022 ● 14 MUHARRAM1444 ● 12<sup>TH</sup> YEAR OF PUBLICATION

# **VOICE TO THE VOICELESS**

Vol No:12 ● Issue No: 190 ● RNI No: JKENG/2011/39231 ● Epaper.dailyheadlinestoday.co. ● www.dailyheadlinestoday.co ● Pages: 12 ● Price: Rs 02/-



#### **NEWS IN BRIEF** National Flag to be hoisted on all Govt buildings, offices across J&K

Srinagar, August 12: The Government today decided that all Government buildings/offices across the Union territory of Jammu & Kashmir including the educational institutions shall hoist National Flag on Independence Day, 2022.

A circular issued by General Administration Department in this regard reads "In connection with Azadi Ka Amrit Mahotsav and commemoration of 75 years of India's Independence it has been decided that all Government buildings/offices across the Union territory of Jammu & Kashmir including Universities, Colleges, Schools, Urban Local Body offices, Tehsils, Blocks, Panchayats, Patwar Khanas etc. shall hoist the National Flag on Independence Day, 2022".

The circular also reads that it has to be ensured that the National Flag is hoisted in an appropriate and befitting manner with due regard to Flag Code, for which the Information Department shall genholders.The circular adds that all the Administrative Secretaries/ Divisional Commissioners/Heads of the Departments/ Deputy Commissioners should strictly adhere to above instructions in letter and

### Resignation rejected, **G A Mir continues JKPCC** President

Jammu, August 12: Rajni Patil, the congress leader who is in charge of Jammu and Kashmir Friday said the party high command has not accepted the July 6, resignation of GA Mir as PCC president of Jammu and Kashmir. This suggests that he continues to be head of the party in Jammu and Kashmir.

Patil told reporters that it was decided in Udaipur that leader after serving as president for a long time, he will be removed from the position. It was on this basis that Mir resigned. She said the party is deliberating over the new JKPCC Chief and till that is decided Mir continues to be PCC Chief.

The party leadership, currently embroiled in Sonia Gandhi's issue, has had some meetings to decide on Mir's successor but has not been able to have a consensus on

### MeT predicts light to moderate rains in J&K

Srinagar, August 12: Light to moderate rain is likely to occur in Jammu and Kashmir during the next 24 hours, the Meteorological (MeT) department said on Friday.

cessant rain in the last 24 hours. "Light to moderate rain is likely in J&K during the next 24 hours" an official of the MeT department

Jammu division was lashed by in-

Srinagar had 19.5, Pahalgam 16.7 and Gulmarg 12 degrees Celsius as the minimum temperature. Drass town in Ladakh had 15.9,

Leh 13.4 and Kargil 16.1 as the minimum temperature. Jammu had 25.2, Katra 23.2. Batote

and Banihal both had 22.2 and Bhaderwah 24.8 as the minimum tem-

#### **Pregnant Woman Dies After** Found 'Hanging from Ceiling Fan' in Shopian Village

Srinagar, Aug 12: A 28-year-old woman died after she was allegedly found hanging from a ceiling fan in Zainapora in south Kashmir's Shopian district. Reports reaching GNS said the woman (name withheld) was at her parental house at Safanagri village, where she was found hanging from the ceiling fan this evening. The woman, pregnant for several months now, was removed to a health facility in critical conditions where she died shortly after. Confirming it, a police official told GNS that cognizance has been taken into the matter for due investi-

#### Govt warns doctors to refrain from private practice during duty hours

Srinagar, Aug 12 (KNS): Citing Civil Service Conduct Rules, Government today warned doctors to refrain from doing private practice during duty hours and other malpractices According to an order, a copy of which lies with the Kashmir News Service (KNS) , all HoDs and DDOs have been directed not to allow any doctor to indulge in such activities. which results into loss to government exchequer and weakening of

CONTINUED ON → PAGE 10

# LG appeals people to join Har Ghar Tiranga campaign by hoisting Tricolour on their homes from Aug 13th to 15th

LG flags off 'Har Ghar Tiranga' rally at Dal Lake, Srinagar



HT NEWS NETWORK

Srinagar, August 12: Lieutenant Governor Manoj Sinha today flagged off the 'Har Ghar Tiranga rally at the iconic Dal Lake in Srinagar.

Tiranga Utsav is a celebration of ideals and aspirations of the country. I appeal to everyone to ioin this campaign by hoisting the Tricolour on their homes from 13th to 15th August, said the Lt Governor.

Hundreds of Shikaras under District Administration's Tiranga Utsav, carrying the Tricolour rowed together in the Dal Lake instilling the spirit of nationalism and peace, as part of the celebrations commemorating the 75 years of In-

The rally commenced with the Police Pipe Band playing the National Anthem.

Pertinently, 'Har Ghar Tiranga' campaign under the aegis of Azadi Ka Amrit Mahotsav is witness ing huge participation of the people

Aftab Malik, DDC Chairperson Srinagar; Dr Arun Kumar Mehta, Chief Secretary; Sh Vijay Kumar, ADGP Kashmir; Sh Pandurang K Pole, CONTINUED ON → PAGE 10

### LG reviews preparations for 'Har Ghar Tiranga' campaign

Srinagar August 12: Lieutenant Governor Manoj Sinha today chaired a high level meeting with Deputy Commissioners and se nior officials, at the Civil Secretariat, to review the preparations for 'Har Ghar Tiranga' campaign, which will start from Saturday, 13th August.

Har Ghar Tiranga is a celebration of spirit of Janbhagidari and Jan Andolan. Schools and colleges are organizing programs

recalling the CONTINUED ON >> PAGE 10

# 3.65 lakh RFID regd pilgrims perform Darshan at Amarnath, highest in 5 yrs: LG

HT NEWS NETWORK

Srinagar, August 12: Lieutenant Governor of Jammu and Kashmir, Manoj Sinha today informed that Shri Amarnathji Yatra 2022 witnessed 3.65 lakh RFID registered persons performing Darshan at Holy Cave which is highest in the last

The Lt Governor also congratulated all the stakeholders involved in the conduct of Shri Amarnathji Yatra. While addressing the media persons during a Press Conference at Raj Bhawan Au-

ditorium, the Lt Governor, ties has been overwhelming he said In 2016, 220490 performed darshan. In 2017, the number was 260003, while in 2018 & 2019, 285006 and 343587 persons performed darshan at the holy cave. The Lt Governor said that despite inclement weather

conditions for 20 days out of 44 days, the overall Yatra remained satisfactory. RAS survey by yatris shows 93% satisfaction rating on various parameters, while 73 % of the Darshans performed in the first 20 days of Yatra. The feedback received from the yatris about the facili-

for the administration, he added.

Shrine Board, Civil Administration, J&K Police, Army CAPFs, NDRF, SDRF, Vol. unteers, other stakeholders especially the locals of J&K quickly carried out rescue and evacuation operations after 8th July Flash floods and saved many precious lives. The dedication and commitment of our Police and the Security Forces had ensured safety and security of the pilgrims, observed the Lt Governor.

CONTINUED ON → PAGE 10

#### LG appreciates selfless contribution of stakeholders, citizens for making Yatra hassle-free Prays for peace, progress & prosperity of peopl

Srinagar August 12: Lieu tenant Governor Manoj Sinha today chaired a high level meeting with Deputy Commissioners and senior officials, at the Civil Secretariat, to review the preparations for 'Har Ghar Tiranga' campaign, which will start from Saturday, 13th August.

Har Ghar Tiranga is a celebration of spirit of Janbhagidari and Jan Andolan. Schools and colleges are organizing programs recalling the

CONTINUED ON → PAGE 10

### Flash floods cause damage to agricultural fields in Kupwara

DR Abdul Qayoom

Kupwara, August 12: Sev eral villages in Lolab and those in its proximity witnessed huge losses to agricultural fields, especially to paddy, in the aftermath of flash floods caused due to overnight rainfall in this north Kashmir district.

Reports reaching here said that several rivulets overflowed causing the water to enter agricultural fields and residential areas in Chandigam and Lalpora areas. The flash floods, which the locals suspected to be due to cloudburst, mainly caused damage in

CONTINUED ON → PAGE 10

# User's live-stream porn content on Instagram; police register case

HT NEWS NETWORK

Srinagar, August 12: Shock, anger, and disbelief have gripped Kashmir after adult livecontent streamed on Insta-

Waking up to the act, Cyber Police Kashmir registered a case and launched an investigation against Instagram subscribers for posting the content.

"After taking cognizance of the live transof explicit mission content by some unknown Social Media (Instagram) users, Cyber Police Kashmir has registered a case FIR No. 43/2022 U/S 67, 67A IT Act, 294 IPC and in-

vestigation set into motion. @JmuKmrPolice @KashmirPolice @SrinagarPolice," Cybder Posting adult content

on social media is a cognizable offense and it violates social media law. Police sources said efforts are being made to identify the people behind posting the content on social media. People have hailed the

police for timely action. They have demanded immediate arrest of the people behind such an outrageous act. "Well done and strict action should be taken Hope we will not see these shameless people again," said a user,

CONTINUED ON → PAGE 10

# SC dismisses plea challenging validity of provision related to EVMs

HT NEWS NETWORK

New Delhi, August 12: The Supreme Court on Friday dismissed a plea challenging the constitutional validity of a provision of the Representation of the People Act, which had led to the introduction of electronic voting machines (EVMs) instead of ballot papers for polls in the country.

bench of Justices S K Kaul and M M Sundresh refused to entertain the plea challenging section 61A of the 1951 Act, which pertains to voting machines at elections.

Advocate M L Sharma, who filed the petition, referred to Article 100 of the Constitution, and said it is a mandatory provision.

Article 100 deals with voting in Houses, power of Houses to act notwithstanding vacancies and quorum "I have challenged section 61A of the

Representation of the People Act, that it is not passed by way of voting in the said.

ing what is in the House? You are challenging general voting? What are you challenging.

Sharma said he is challenging section

Lok Sabha or the Rajya Sabha," he The bench asked, "You are challeng-

use of EVMs, as it was not passed in the House by way of voting. "We find no merit Dismissed," the

bench orally said. The plea, which had made the Union

Law ministry a party, sought declaration of the provision as "void, illegal and unconstitutional".Advocate M L Sharma, who filed the petition, referred to Article 100 of the Constitu tion, and said it is a mandatory provi-Article 100 deals with voting in Hous-

es, power of Houses to act notwithstanding vacancies and quorum.

"I have challenged section 61A of the Representation of the People Act, that it is not passed by way of voting in the Lok Sabha or the Rajya Sabha," he said. The bench asked, "You are challenging what is in the House? You are

CONTINUED ON >> PAGE 10

# Migrant laborer from Bihar shot dead in Bandipora

HT NEWS NETWORK

migrant laborer was shot dead by militants in north Kashmir's Bandipora district last night, the police said. The laborer, identified as Mohd Amrez, hailed from Madhepura in Bihar and was working at Police Soadnara in Bandipora. After being shot, Mohd hospital where he succumbed to injuries.

night, #militants fired upon & injured one out Srinagar, August 12: A side #laborer Mohd Amrez S/O Mohd Jalil R/O Madhepura Besarh #Bi har at Soadnara Sum bal, #Bandipora. He was shifted to hospital for treatment where he succumbed.@JmuKmr Police— Kashmir Zone (@KashmirPolice) August 12, 2022 intervening "During Amrez was rushed to night, militants fired upon & injured one migrant laborer Mohd intervening CONTINUED ON → PAGE 10

### Cop injured as militants attack security check-post in **Anantnag**

Srinagar, August 12: A Jammu and Kashmir policeman was injured when militants opened fire at security personnel in south Kashmir's Anantnag district on Friday, police said. The injured policeman. identified as Ghulam Qadir, has been admitted

CONTINUED ON → PAGE 10

### COVID-19: J&K reports 586 positive cases, no fatality

HT NEWS NETWORK

Srinagar, August 12: Jammu and Kashmir reported 586 positive cases of COVID-19 including 47 from Jammu and 539 from Kashmir divisions, pushing the positive case tally in the Union Territory to 745

CONTINUED ON → PAGE 10

COVID-19 patients

HT NEWS NETWORK

SRINAGAR AUGUST 12: Kumar Mehta. curements of materials.

# Chief Secretary reviews implementation of JJM in J&K More than 1100 works stands allotted under the Mission

Chief Secretary, Dr Arun todav chaired a meeting at Civil Secretariat here to review the implementation of Jal Jeevan Mission (JJM) project in Jammu and Kashmir with special focus on tendering of works and pro-Principal Secretary Jal

JJM, Chief Engineers (PHE) of Jammu and Kashmir besides other senior officers participated in the meeting. Chief Secretary enquired about the progress on execution of works and finalization of contracts under Jal Jeevan Mission. He reviewed and discussed the status of tendering, evaluation of bids and allotment of civil works besides assessing progress achieved Shakti, Mission Director, in respect of procurement of

pipes under JJM. While reviewing the implementation of JJM. Chief Secretary directed the concerned officials to expedite the tendering and evaluation processes after Administrative Approval and Technical Sanction is granted by the competent authorities, besides ensuring allotment of works by the fixed deadlines. He also impressed upon the officers x

CONTINUED ON → PAGE 10

# India terms China's defense to JeM's Rauf Asghar uncalled for

HT NEWS NETWORK

New Delhi, August 12: India on Friday said the technical hold placed by China on the listing proposal for Jaish e Mohammed Deputy Chief Abdul Rauf Asghar was the "most uncalled for" and the international community has been unable to speak in one common

voice against terrorism. China on Thursday came in defence of Abdul Rauf Asghar and thwarted India's bid to list him as the UN Security Council designated terrorist.

Reacting over the issue, MEA Spokesperson Arindam Bagchi said, "We note with regret that a technical hold has been placed on the listing proposal for Abdul Rauf Asghar. It's unfortunate that when it comes to our collective battle against terrorism, the international community has been unable to speak in one common voice.

Bagchi said Abdul Rauf Asghar has been proscribed under both Indian and US laws already and has been involved in a number of terrorist acts.

Therefore, the placing of technical hold against such a wanted terrorist is most uncalled for. India will continue to pursue its principled position of bringing these terrorists to justice including to the UN security council resolution 1267 sanctions regime," Bagchi

India has maintained that there should be no double standards in dealing with terrorists and "the practice of placing holds and blocks without giving a justification must end.'

"It's most regrettable that genuine and evidence based listing proposal pertaining to some of the most notorious terrorists of the world are being placed on hold. Double standards and continuing politicisation have rendered the



credibility of the sanctions committee regiment an all time low," he said quoting India's stand in the UNSC. All other 14 members of the United Nations Security Council agreed to impose sanctions on Abdul Rauf Asghar but only China, a permanent veto

wielding member of the UN. stood CONTINUED ON → PAGE 10

# US, Indonesia, Australia hold drills amid China concerns

month.

Baturaja (Indonesia)- Soldiers from the US, Indonesia and Australia joined a live-fire drill on Friday, part of annual joint combat exercises on Sumatra island amid growing Chinese maritime activity in the Indo-Pacific region.

A total of more than 5,000 personnel from the US, Indonesia, Australia, Japan and Singapore are participating in this year's Super Garuda Shield exercises, making them the largest since they began in 2009.

The expanded drills are seen by China as a threat. Chinese state media have accused the US of building an Indo-Pacific alliance similar to NATO to limit China's growing military and diplomatic influence in the region. The United Kingdom, Canada. France, India, Malaysia, South Korea, New Zealand, Papua New Guinea and East Timor also sent observers to

The US Indo-Pacific commander, Admiral John C. Aquilino, said the 14 nations involved in the training are signalling their stronger ties as Chi

the exercises, which began early this

CONTINUED ON >> PAGE 10

HT NEWS NETWORK

SRINAGAR, AUGUST 12:

Recently J&K became the

first Union Territory to

launch its own Unified Citi-

zen Services Portal (https://

eUnnat.jk.gov.in) incorporating "Meri Pehchaan"

(National Single Sign-on) to

make available Citizen Cen-

tric Services to the common

Furthering this mission

the Chief Secretary, Dr

Arun Kumar Mehta today

inaugurated integration of

e-UNNAT with the national

TEJAS Dashboard and the

Chief Secretary J&K directed the IT Department

to take necessary steps for

integrating the auto appeal

and auto escalation mecha-

nism with online services in

accordance with amended

FAYAZ AHMAD LONE

S/O HABIBULLAH LONE

'My Scheme' Portal.

man under a single portal.

J&K first UT to integrate its service portal

e-UNNAT with My Scheme and PSGA Dashboards

In this direction the Gov- delay periods, i.e., less than

ernment here had even one week, one to two weeks,

more than two weeks and

so on.At the same time, eU-

NNAT Portal now also pro-

vides a glimpse into the My

Scheme Portal of the Gov-

ernment of India by map-

ping, initially, six schemes

of the Government of J&K

and providing access to in-

formation on those by re-di-

recting through a single

URL. These six schemes are

State Marriage Assistance

Scheme for Poor Girls, Cred-

it Card Scheme for Artisans,

for Children of Weavers, Karkhadar Scheme and

Grid Connecting Rooftop Solar Plant, Pradhan Man-

tri Kissan Urja Suraksha

evan Utthaan Mahabhi-

MyScheme is a repository

for Government schemes

GHULAM HASSAN LONE S/O GHULAM MOHAMMAD LONE

yaan(PM-KUSUM).

played on the basis of time and services. Using My-

**Revised Educations Scheme** 

amended the PSGA (J&K

Public Service Guarantee

Act, 2011) with the aim to

reach out to the common

public and make available

the G2C services in a time-

ly manner. It is the endeav-

our of the Government to

facilitate dissemination of

e-Services to the public on

one hand and to monitor,

analyse and - if necessary

– penalize the defaulters in

service delivery, as per the

service delivery timelines

The TEJAS Dashboard on e-UNNAT Portal would

show, at a glance, the online

e-service applications re-

ceived, services delivered,

applications pending, appli-

cations rejected et al, with

the delayed services deliv-

break-up further dis-

defined in this Act.

Scheme

Scheme the citizens of J&K

can find various government schemes by checking

his/her eligibility to apply

for the schemes of his/her

interest.It offers a conve-

nient three - step process

for the citizens to discover

the government schemes for

which they are eligible. In

three steps a user enters his

/ her attributes such as de-

mographic, income, social

details, etc. In next step his/

her eligibility is determined

in My Scheme and lastly the

user can select from the list

of eligible schemes and get

more information from the

dedicated scheme page with

detailed knowledge, FAQs,

and application process and

traverse to the application

With this J&K has become

the first State and UT in the

country to on-board on My

URL to apply.

Scheme platform.

**PUBLIC NOTICE** 

Guest House Scheme to facilitate tourist trade, vide order no

89-JK(TSM) of 2022 of Department of Tourism JK . if anybody

I have applied for registration of my residential house

located at Village Dandmooha under Home Stay/Paying

has any objection in this regard he/she may file his/her

objection in department of tourism or Assistant Director

R/O Dandmooha Tehsil Kreeri Distt.Baramulla

Tourism Office Gulmarg within a period of 7 days from the

date of publication of this notice after that no objection shall

**PUBLIC NOTICE** I have applied for registration of my residential house

ocated at Village Dandmooha under Home Stay/Paying

has any objection in this regard he/she may file his/her

R/O Dandmooha Tehsil Kreeri Distt.Baramulla

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Guest House Scheme to facilitate tourist trade, vide order no 89-JK(TSM) of 2022 of Department of Tourism JK . if anybody

#### Government of Jammu & Kashmir

# OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION Ganderbal

### NOTICE INVITING TENDER

 $EE/R\&B/Divn/Gbl/e\text{-}Tender\ Fresh\ NIT\ No.141\ of\ 2022-23\ issued\ under\ endorsement\ No.8713-22$ Dated:11.08.2022  $For and on behalf of the Lt.\ Governor, UT\ J\&K, e-tenders\ (In single\ cover\ system)\ are\ invited\ on\ Percentage\ basis\ from\ approved\ and\ on\ percentage\ basis\ approved\ and\ approved\ and\ approved\ and\ approved\ approved\ approved\ and\ approved\ a$ 

S.No	Name of the Work	Adv. Cost (Rs.ln Locs)	Cost of T/Doc. (In Rupees}	Earnest Money (In Rupees}	Time of completio n	M.H of Account	Class Of Contactor
	2	3	4	5	6		8
1.	Laying of Concrete Payment from H/O Nisar Ahmad to Ghulam ud Din Mir at Mir Mohalla Watlar	Rs.9.80 Lacs	Rs.600/=	Rs.19600/=	20-Days	NABARD	DEE/CEE

conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given

CIOW		
1	Date of Issue of Tender Notice	11-08-2022
2	Period of downloading of bidding documents	11/08/2022 from 4:00 PM.
3.	Bid submission Start Date	11/08/2022 from 4.00 PM.
4.	Bid Submission End Date	16/08/2022 upto 4.00 PM.
5.	Date & time of opening of Technical Bids(Online)	17/08/2022 at 10:00 A.M in the office of Executive Engineer R&B Division Ganderbal

2. Bids must be accompanied with cost of Tender document (as mentioned above) in shape of Treasury Receipt/e-Challan in favour of Executive Engineer (R&B) Division Ganderbal.

3.At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of

4.The date and time of opening of Bids shall be notified on WebSite 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

6. The earnest money shall be forfeited lf:-

a) Any bidder/tenderer withdraws his bid/tender during the period of bid validity or makes any modifications in the terms and

on website www.jktenders.gov.into acquaint bid submission process.

6.2To participate in bidding process, bidders have to get 'Digital Signature Certificate (DSC)'as per information Technology Act-

6.6. Bidders must ensure to upload scanned copies of all necessary documents including, tender documents fee in terms of soft

DIPK-7894/22

**Executive Engineer R&B Division Ganderbal** 

Government of Jammu & Kashmir

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

Referrance: 1 Joint Director (ADM)FC&CA Kashmir letter No:-DFCS&CAK/Adm/Genl/22/80 Dated: - 28-4-2022 2 Sub Division Magistrate Kokarnag Order No SDM/Kng/722-23 Dated 28-07-2022

3 Executive Engineer PWD (R&B)Division Valioo Letter No R&B/v/1225-26 Dated 25-05/2022

### **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)	Cum	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)	Cum	9.3			14		
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	120234.37
							Total	833532.6
_	Deduction Charges as 3	30% str	ucture is ye	t to be demoli	ished			83353.26
	Net Amount			·				750170 3/

The lowest bid will start from the above mentioned assessed amount and intersted persons desirous of participating in the auction/biding process shall furnish the sealed tenders along with a demand draft of Rs. 20000/=pledged for the sealed tenders along with a demand draft of Rs. 20000/=pledged for the sealed tenders along with a demand draft of Rs. 20000/=pledged for the sealed tenders along with a demand draft of Rs. 20000/=pledged for the sealed tenders along with a demand draft of Rs. 20000/=pledged for the sealed tenders along with a demand draft of Rs. 20000/=pledged for the sealed tenders along with a demand draft of Rs. 20000/=pledged for the sealed tenders along with a demand draft of Rs. 20000/=pledged for the sealed tenders along with a demand draft of Rs. 20000/=pledged for the sealed tenders along the sealed for the sealed for the sealed tenders along the sealed for thAssistant Director FC&CA Anantnag in the office up to 20-08-2022.The auction process will start near the demol ished structure i,e Vailoo on 22-08-2022 at 11:30 A.M

**DIPK No 7803/22** 

Assistant Director

FCS&CA Anantnag

# CIVILWORKS

SINGLE COVER SYSTEM (upto Rs.2.50 Crores)

eli	gible (	Contractors registered with J&K Gov	rt. CPWD, Rai	lways and ot	her State/Cen	tral Gove	rnments for the	following works:-
	S.No	Name of the Work	Adv. Cost (Rs.ln Locs)	Cost of T/Doc. (In Rupees}	Earnest Money (In Rupees}	Time of completio	M.H of Account	Class Of Contactor
		2	3	4	5	6		8
		Laying of Concrete Payment from H/O Nisar Ahmad to Ghulam ud Din Mir at Mir	Rs.9.80 Lacs	Rs.600/=	Rs.19600/=	20-Davs	NABARD	DEE/CEE

sition of AAA:-Accorded Position of funds:-Available

The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities(B.O.Q), Set of terms and

1	Date of Issue of Tender Notice	11-08-2022
2	Period of downloading of bidding documents	11/08/2022 from 4:00 PM.
3.	Bid submission Start Date	11/08/2022 from 4.00 PM.
4.	Bid Submission End Date	16/08/2022 upto 4.00 PM.
5.	Date & time of opening of Technical Bids(Online)	17/08/2022 at 10:00 A.M in the office of Executive Engineer R&B Division Ganderbal

Note:- The Date of Treasury Challan and CDR must be between the date of start of bid and Bid Submission End date. Any deviation shall render the bidder as Non-responsive.

CDR/FDR/BG pledged to the tender receiving authority, i.e. Executive Engineer R&B Division Ganderbal The successful bidder will have to provide Performance Security @ 3% of allotted Cost at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of a Performance Security @ 3% of the allotted Cost, which will be released after successful completion

3.1Note:-All bidders shall submit the uploaded Treasury Challan in Original before issuance allotment.

the Office of Executive Engineer (R&B) Division(tender receiving authority). 5.The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical

b)Failure of Successful bidder to furnish the required performance security within the specified timelimit. c)Failure of Successful bidder to execute the agreement within 28 days after fixation of contract.

6(A). Instruction to bidders regarding e-tendering process.

6.1 Bidders are advised to download bid submission manual from the "Downloads" option as well as from Bidders Manual Kit"

2000.Bidders can get digital certificate from any approved Vendor.
6.3The bidders have to submit their bids online in electronic format with digital Signature.No bid will be accepted in physical

6.4 Bids will be opened online as per time schedule mentioned in Para-1.
6.5 Bidders must ensure to upload scanned copy of all necessary documents with the bid. Besides, original photocopies of documents related to the bid be submitted physically I by registered post /through courier before the datespecified in Para-1.

copies and all other documents required as per NIT with technical bid. No document (s) which has/have not been uploaded shall be entertained for technical evaluation in the form of hard copy. However in case of any clarification the bidders all have to produce original documents in support of soft copies if need arises

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.

**PUBLIC NOTICE** 

PUBLIC NOTICE

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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

ment of tourism or Assistant Director Tourism Office

publication of this notice after that no objection shall

of Tourism JK . if anybody has any objection in this

regard he/she may file his/her objection in depart-

Gulmarg within a period of 7 days from the date of

R/O Dandmooha Tehsil Kreeri Distt.Baramulla

Shabir Ahmad Rather S/O Mohammad Kamal Rather R/O Dandmooha Tehsil Kreeri Distt.Baramulla

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**PUBLIC NOTICE** 

Name..Ajaz ahmad Lone S/o Late Abdul Ahad Lone R/o..Dandmooha Tehsil kreeri Distt. Baramulla

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Abdul Majeed Sheikh S/O Abdul Jabar Sheikh R/O Dandmooha Tehsil Kreeri Distt.Baramulla

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Abdul Majeed Sheikh S/O Abdul Jabbar Sheikh R/O Dandmooha Tehsil Kreeri Distt.Baramulla

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Tariq Ahmad Sheikh S/O Mohammad Assadullad Sheikh R/O Dandmooha Tehsil Kreeri Distt Baramulla

### PUBLIC NOTICE

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

Name....Riyaz Ahmad parray S/o Abdul Aziz parray R/o kalantara

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PUBLIC NOTICE

Habibullah Sheikh S/O Abdul Gani Sheikh

be entertained

Manzoor Ahmad Lone

S/O Abdul Ahad Lone

R/O Dandmooha Tehsil Kreeri Distt.Baramulla

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Manzoor Ahmad Khan S/O Late Abdul Ahad Khan

R/O Dandmooha Tehsil Kreeri Distt.Baramulla

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Ghulam Hassan Rather S/O Mohammad Ramzan Rather R/O Dandmooha Tehsil Kreeri Distt.Baramulla

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Fayaz Ahmad Rather S/O Abdul Samad Rather

R/O Dandmooha Tehsil Kreeri Distt.Baramulla

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Sanaullah Teli S/O Abdul Aziz Teli R/O Dandmooha Tehsil Kreeri Distt.Baramulla

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BASHIR AHMAD GANAIE S/O ABDUL KHALIQ GANAIE R/O Dandmooha Tehsil Kreeri Distt.Baramulla

### **Public Notice**

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Name.....Abdul Ahad Rather S/o....Gh Ahmad Rather R/o Dundmuha

#### 03 SRINAGAR, AUGUST 13, 2022, SATURDAY

# Dr Samoon inaugurates Electrical & Solar Training Center at ITI Bagh-i-Dilawar Khan Says SDD committed to handhold trainees to gain skills for entrepreneurship, business acumen

SRINAGAR, AUGUST 12: Principal Secretary, Skill Development Department (SDD), Dr Asgar Hassan Samoon today inaugurated Electrical & Solar Training Center at Industrial Training Institute (ITI) Bagh-i-Dilawar Khan here.

Principal ITI informed the Principal Secretary that the training content for solar energy training include introduction to Off - Grid solar solutions, System components, Safety and Protection, Solar panels, Battery, Solar charge controller, Hybrid Inverters, DC Appliances, AC Appliances, Off – Grid solar PV system & solutions. Besides, the module have solar home systems, Hybrid solar home system, DC Micro grid solutions, Solar water pumping system, AC microgrid solutions, Solar

It was informed that the course is a four week program which

rooftop solutions.



include 140 Hours practical Training, 60 Hours classroom sessions 25-30 students/batch. On the occasion, he inspected

the State of Art Solar Training Laboratory and enquired about the in hand trainings in the latest modules to the students in

While interacting with the staff and the students, Dr Samoon enquired about the trades being taught there.

He also took a round of the campus and inspected various sections of the ITI and enquired about the facilities being provided to students and staff alike.

He said that government is committed to handhold ITI trainees so that they would be able to gain the skills which acquaints them with entrepreneurship and business ideas.

Principal ITI Bagh-i-Dilawar Khan, Principals Govt Polytechnic College Srinagar, Govt Women Polytechnic Bemina, Principals of various ITIs and other concerned were also present on the occasion. Principal Secretary, Skill Development Department (SDD), Dr Asgar Hassan Samoon today inaugurated Electrical & Solar Training Center at Industrial Training Institute (ITI) Bagh-i-Dilawar Khan here. Principal ITI informed the Principal Secretary that the training

content for solar energy training include introduction to Off - Grid solar solutions, System components, Safety and Protection, Solar panels, Battery, Solar charge controller, Hybrid Inverters, DC Appliances, AC Appliances, Off – Grid solar PV system & solutions. Besides, the module have solar home systems, Hybrid solar home system, DC Micro grid solutions, Solar water pumping system, AC microgrid solutions, Solar rooftop solutions. It was informed that the course

is a four week program which include 140 Hours practical Training, 60 Hours classroom sessions 25-30 students/batch.

On the occasion, he inspected the State of Art Solar Training Laboratory and enquired about the in hand trainings in the latest modules to the students in this trade.

# Nasha Mukt Bharat Abiyan ; Awarness rallies, seminars, pledges conducted in nook & corner of Kupwara district DC urged to work continuously against drug menace

KUPWARA, AUGUST 12: The Nasha Mukt Bharat Abiyan was today observed in Government offices across district Kup-

The concerned officers dessiminated detailed awareness about the ill effects of Drugs and benefits of making India Nasha Mukt country and administered pledge to keep themselves, friends and homes free from drugs.

The Government offices where the heads of the institutions gave pledge include D.C Office Kupwara, Office Handwara, Office Lolab/Karnah, District Information Centre Kupwara, Social



Welfare Department, ACD Office Kupwara, Degree Colleges, Higher Secondary Schools, High Schools, Middle Schools and ICDS

Youth Services & Sports Department Kupwara organized rallies under the theme 'Say No to drugs'. All the schools carried out rallies against the drug abuse and awareness was also generated through activities including Drama, Skits and

The Deputy Commissioner Kupwara, Khalid Jahangir complimented the efforts of schools and Government offices for disseminating proper awareness against the drug abuse. He said that it is the duty of every individual to work for the 'Nasha Mukt Bharat Abiyan' adding that this should not be confined to a single day instead he urged to continuously work against the drug

# J&K IMPARD Signs MoU with NICF New Delhi

12: J&K Institute of Management, Administration & Rural Development (IMPARD) today signed MoU with National Institute of Communication and Finance (NICF), New Delhi under the Aegis of IGOT -Karamyogi programme of DoPT, through Video Conferencing.

The MoU was signed by Director General, J&K IMPARD, Surabh Bhagat and Director General, NICF, Shrikant Panda. Speaking on the occasion, Saurabh Bhagat

highlighted about the main objectives of this which includes emphasis on sharing of Advocacy, Research Support, Technical 86 Handholding Assistance,



Capacity Building in various areas including Public Administration, Finance

Government schemes. Director General, NICF on the occasion highlighted that with the help of this MoU, both the parties will regularly exchange faculties, co-hosting of workshops, Utilization of Infrastructure and Mutual Access to Library etc. Will be priority

NICF is a recognized Central Training Institute of DoPT operating under Department of Telecommunication, Ministry of Communication, Government of India for officers of Post

as Information services of Government of India IMPARD Srinagar Dr. Jahan Ara Jabeen; Joint Director, IMPARD, Pri-yanka Bhat; Deputy Director IMPARD, Sri-nagar, Umar Shafi Pandit; Manu Kapoor, Assistant Professor, IMPARD, Jammu and various faculty members from IMPARD were present in the ceremony.

Officers from NICF who participated through video conferencing included Ranvijay Singh, Director, NICF, Manish Gupta, Director, NICF and other officers were present in the ceremony.

This MoU marks the 25th MoU signed by JK IMPARD with ATIs 8s

# Har Ghar Jhanda

# National Flag to be hoisted on all Govt buildings, offices across J&K

SRINAGAR, AUGUST 12: The Government today decided that all Government buildings/offices across the Union territory of Jammu & Kashmir including the educational institutions shall hoist National Flag on Independence Day, 2022.

A circular issued by General Administration Department in this regard reads "In connection with Azadi Ka Amrit Mahotsav and commemoration of 75 years of India's Independence it has been decided that all Government buildings/offices across the Union territory of Jammu & Kashmir including Universities,

Colleges, Schools, Urban Local Body offices, Tehsils, Blocks, Panchayats, Patwar Khanas etc. shall hoist the National Flag on Independence Day,

The circular also reads that it has to be ensured that the National Flag is hoisted in an appropriate and befitting manner with due regard to Flag Code, for which the Information Department shall generate awareness amongst all stakeholders.

The circular adds that all the Administrative Secretaries/Divisional Commissioners/Heads of the Departments/ Deputy Commissioners

should strictly adhere to above instructions in letter and spirit. A circular issued by General Administration Department in this regard reads 'In connection with Azadi Ka Amrit Mahotsav and commemoration of 75 years of India's Independence it has been decided that all Government buildings/offices across the Union territory of Jammu & Kashmir including Universities, Colleges, Schools, Urban Local Body offices, Tehsils, Blocks, Panchayats, Patwar Khanas etc. shall hoist the National Flag on Independence Day, 2022".

# **Prisons deptt launches** 'Har Ghar Tiranga' campaign in jails. tional Flag therein, among

SRINAGAR, AUGUST 12: As a part of the Nationwide Campaign 'Har GharTiranga' under the aegis of 'Azadi Ka Amrit Mahotsav', various activities are being undertaken in all the prisons of the UT of J&K, which include, inter-alia, distribution of flags among public, Tiranga rallies; raising awareness among staff and inmates about the National Flag with special emphasis on its rich heritage, contribution by freedom fighters and various facets it has undergone, before we gained independence as well as hoisting of National Flag on buildings, staff quarters and staff lines. Also, tales of freedom fighters, unsung martyrs are being made known. Officers and staff of Prisons Department, J&K, are also displaying their love and respect by hoisting/displaying the National Flag in their homes and work places with patriotic fervour and enthusiasm. Speaking on the of Prisons, H. K. Lohia said that the main objective behind the initiative is to make the prisoners, staff and their families, a part of the campaign and Azadi ka Amrit Mahotsav celebrations.

He said these activities are aimed at further bonding and cementing of Nationalistic feelings and to raise pendence struggle and role/ importance of Indian NaSpeaking on the occasion. Director General of Prisons. H. K. Lohia said that the main objective behind the initiative is to make the prisoners, staff and their families, a part of the campaign and Azadi ka Amrit Mahotthese activities are aimed at further bonding and cementing of Nationalistic feelings and to raise awareness about the Independence struggle.

# After a span of 10 years macadamization work kick-started on Gutlibagh road

People express gratitude to DDC Chairperson Nuzhat Ishfaq



awaited wait of Gutlibagh residents today came to end when District Development Council (DDC) Chairperson Ganderbal, Nuzhat Ishfaq kick-started macdamization work on Chappergund- Gutlibagh road.

On the occasion, residents expressed gratitude towards the DDC Chairperson for fulfilling the long pending demand and said that a new chapter of development will begin with the macadamization of roads.

Senior officers of the Public Works Department of Ganderbal accompanied the DDC Chairperson on the occasion.

Public delegations present raised various issues related to Jal Shaki, transport, education, lanes and drains, PMAY cases, electricity, irrigation, health besides other issues of public importance

The DDC Chairperson said that earlier the road was not macadamized and commuters had to face a lot of hardships especially during rainy reason when the road would become slippery and muddy, "Students were particularly affected as they had to travel more than six Kilometers to reach the school that now the road travel will become faster and safer in the area", Nuzhat said

She assured the people that all their gen-uine issues would be taken into consideration in a time bound manner adding that regular feedback would be taken from concerned departments regarding the redressal of genuine issues pertaining to their departments. Besides, the demands which could not be redressed at district level would be forwarded to the higher authori-

ties for the redressal, she added. DDC member Ganderbal A, Rozy Jan, Sarpanch Nissar Ahmad, Sarpanch Baba Wavil. Mohammad Altaf Shah prominent persons Mohd Tayub Khan, Dr Sanober Khan besides other dignitaries were also present on the occasion.

# DC Ganderbal holds interactive session with Media fraternity

GANDERBAL, AUGUST: The Deputy Commissioner (DC) Ganderbal, Shyambir today chaired an interactive session with the media fraternity of Ganderbal to evoke feedback and suggestions from different stakeholders associated with the fraternity. While interacting with them, the DC said that

the media has a very positive and constructive role in delivering good governance by projecting and highlighting various public issues appropriately. On the occasion, various media persons briefed the DC about the difficulties they are facing while covering events at ground level and shared their feedback on various matters.Senior Journalists viz. Shah Aijaz and Ayaz Sofi while sharing their views said that District Ganderbal is the most peaceful district and the media has always played its positive role in this regard and are always striving for upholding its professionalism. They also complimented the DC for holding interactive meetings and described it as pride moments for the whole media fraternity of Ganderbal.Complimenting the media persons for expressing their positive gesture, the DC said that the media is a significant pillar in and accountable governance to the people. He urged them to strive for improving the standard of journalism by reporting objectively. Terming journalism as a noble profession, the DC suggested them to highlight the success stories of such persons who have excelled in any field so that they become motivation for youth.Meanwhile, the DC also briefed them about various ongoing activities under the Har Ghar Tiranga campaign and urged them to participate actively in this campaign by hoisting the Tricolor flag on their homes from 13 August to 15 August 2022. On the occasion, various media persons briefed the DC about the difficulties they are facing while covering events at ground level and shared their feedback on various matters. Senior Journalists viz. Shah Aijaz and Ayaz Sofi while sharing their views said that District Ganderbal is the most peaceful district and the media has always played its positive role in this regard and are always striving for upholding its professionalism. They also complimented the DC for holding interactive meetings and

# DC Budgam chairs meeting on installation of flags under "Har Ghar Trianaga" campaign

BUDGAM, AUGUST 12: The Deputy Commissioner (DC) Budgam, Shahbaz Ahmad Mirza today chaired a meeting of officers of various departments regarding installation and unfurling of National Flag in all Municipal areas of the district. The DC directed officers of Municipal committees to install and hoist the National Flag in every Municipal area of the district

Moreover, he also directed all the Tehsildar's of the district to be strict in installation and unfurling of Flag in all areas of the

 $He instructed \, of ficers \, for \, the \, construction \,$ of Flag posts and selfie points under the ongoing "Har Ghar Trianga "campaign. Besides ADDC, Akramullah Tak; ACD, all Tehsildars and all EOs of the district were present in the meeting. He instructed officers for the construction of Flag posts and selfie points under the ongoing "Har

# Distt Admin Ganderbal celebrates 'International Youth Day' under SVEEP

GANDERBAL, AUGUST 12: The District Administration Ganderbal in collaboration with Election Department today celebrated International Youth Day under SVEEP programme at Govt. Boys Higher Sec. School, here.On the occasion, a colorful function was held which was presided over by the Deputy Commissioner (DC) Ganderbal, Shyambir.Speaking on the occasion, the DC greeted the youth and briefed about the importance of this day which is held every year on August 12 to celebrate the qualities of young people and the challeng-



es they face and highlighted the potential of youth in important matters of the society. The DC also highlighted the importance of youth in the election process

and urged all those students who have attained the age of 18 to enroll himself/herself as General Voter so that they can cast their votes to a responsible per-

son during elections and participate in the development of the country.

Various students also spoke on the occasion and highlighted the role of the younger generation in important matters of day today life, be it in the world of education, social justice, global peace, development, election process and more. Meanwhile, Form-6 was also distributed among students for new enrollment.The programme was attended by ACR, CEO, Dy DEO, Dy CEO and teachers besides students of various educational institutions of the district.

# **ADDC Bandipora conducts** extensive tour of Gurez Valley

BANDIPORA, AUGUST 12: The Additional District Development Commissioner (ADDC) Bandipora, Afsar Ali Khan today took an extensive tour of Gurez Valley to take on spot reof developmental works.The ADDC held a review meeting at Dak Banglow Dawar to take a review of various ongoing developmental works.

The meeting discussed threadbare various developmental issues. The ADDC directed to remove all bottlenecks to ensure completion of all developmental projects within stipulated time.

During his two days visit to Gurez Valley, the ADDC along with DDC Member Tulail, SDM Gurez Dr. Mudasir Ahmad, Executive Engineer SSD Gurez. BDO Gurez, BMO Gurez, took stock of developmental works, Languishing Projects / Bridges and also inspected PMGSY and NABARD roads Badugam, Sheikhpora, Jurnial Dutt,

Manzgund, Kilshay, Neeru and Sardaab.The ADDC also interacted with the general public who raised various issues and grievances. He passed on spot directions to concerned departments for redressal of grievances on priority DDC Members Gurez and Tulail, SDM Gurez and other sectoral officers besides PRIs attended the meeting. The ADDC held a review meeting at Dak Banglow Dawar to take a review of various ongoing developmental works.

The meeting discussed threadbare various developmental issues. The ADDC directed to remove all bottlenecks to ensure completion of all developmental projects within stipulated time.

During his two days visit to Gurez Valley, the ADDC along with DDC Member Tulail, SDM Gurez Dr. Mudasir Ahmad, Executive Engineer SSD Gurez, BDO Gurez, BMO Gurez,

# Northern Army Commander Paid Rich Tributes to the Gallant Soldiers in Jammu

M S Nazki

JammuToday, in a solemn wreath laying ceremony held at Air Force Station, Jammu, rich tributes were paid to the gallant soldiers who made supreme sacrifice during the Counter Terrorist Operation in Parghal in District Rajouri on 11 August 2022. Lt Gen Upendra Dwivedi, Army Commander Northern Command laid wreaths to pay tributes to the bravehearts in Jammu, before the move of the mortal remains to their respective hometowns. In addition rich tributes were paid by senior officials from Indian Army, Air Force and Civil Administration of Jammu.

Faridabad, Harvana and Rifleman Nishant Malik The mortal remains of of Hissar, Haryana were Subedar Rajendra Prasad taken in service aircrafts from Jammu to Delhi. of Jhunjhunu, Rajasthan and three soldiers: Rifle-Thereafter the mortal man Lakshmanan D of remains will be taken to Madurai, Tamil Nadu, Ritheir respective homefleman Manoj Kumar of towns for performing the last rites with full military honours. The Nation will always remain indebted to the gallant soldiers for their supreme sacrifice in the service of the motherland. The mortal remains Subedar Rajendra Prasad of Jhunjhunu, Rajasthan and three soldiers: Rifleman Lakshmanan D of Madurai. Tamil Nadu. Rifleman Manoi Kumar of Faridabad, Haryana and Rifleman Nishant Malik of Hissar, Haryana were taken in service aircrafts from Jammu to Delhi.

# Employees, students take pledge against drugs under 'Nasha Mukt **Bharat Abhiyan' across Budgam**

BUDGAM, AUGUST 12: Under 'Nasha Mukt Bharat Abhiyan', pledge taking ceremonies against drugs were held today across all government offices, schools and colleges of the district.

In this regard, an impressive function was held at Conference Hall Budgam, where Additional Deputy Commissioner (ADC), Budgam, Dr Nasir Ahmad administered a pledge to all officers and officials of DC Office against the drugs to make society drug free

Similar pledge taking ceremonies were held at all other offices including, District Industries Centre, CEO, ACD, Agriculture, Health Horticulture, Animal and Sheep Husbandry, SDM, Tehsil, Block, Polytechnic, PO ICDS, CDPOs, DTO, SWO, EOs and other offices of the district where district heads administered pledge to their subordinates.

The pledge was also taken by the students at all colleges and schools of the district where students pledged to make the society drug free.

The pledge was also taken by Gram Sabhas in the district. Similar pledge taking ceremonies were held at all other offices including, District Industries Centre, CEO, ACD, Agriculture, Health Horticulture, Animal and Sheep Husbandry, SDM, Tehsil, Block, Polytechnic, PO ICDS, CDPOs, DTO, SWO, EOs and other offices of the district where district heads administered pledge to their subordinates.

The pledge was also taken by the students at all colleges and schools of the district where students pledged to make the society drug free.

# Bandipora gearing up for 75th Independence Day Multifarious activities organised in the district

the aim to promote 'Har Ghar Tiranga' campaign under the aegis of "Azadi Ka Amrit Mohaotsay". the District Administration Bandipora organised multifarious activities to gear up for 75th Independence Day.

Various departments in collaboration with District Administration Bandipora organised a series of activities like rallies, debates, quiz competitions, painting competitions and cultural programmes across the district.

Earlier this week, Education Zone Hajin organised a mega Tiranga Rally to promote the 'Har Ghar Tiranga' campaign which witnessed enthusiastic participation of students.

Similarly, MC Hajin organised a workshop on Single Use Plastic

Under the 'Har Ghar Tiranga' campaign, a massive Tiranga Rally was held at N.M Hr Secondary School which witnessed participation of around 5000 students amid chanting slogans of Har Ghar Ti-



Grand Tiranga Rally was also held at S.K Stadium Bandipora in which more than 12000 students participated. The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed and SSP Bandipora along with Joint Director Planning Imtiyaz Ahmad, Chief Education Officer Bandipora and DySP Hq also participated besides students, general public and youth volunteers

ranga' is a campaign under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to mark the 75th year of India's inde-

pendence He said, the Tri-colour is a symbol of pride for every Indian and it represents national integrity and signifies the hopes and aspirations of the Indian people.

teachers and all other concerned who participated in Har Ghar Tiranga campaign and also appreciated the enthusiasm and zest of students and youth volunteers to participate in the tiranga rallies

He said District Administration Bandipora is organizing multifarious activities to amplify the awareness of Har Ghar Tiranga campaign under Azadi ka Amrit Mahotsay besides awareness campaigns are being conducted across the district to make the Independence Day and Har Ghar Tiranga programme a success.

Government Degree Bandipora, Government Degree College Sumbal and Ajaz also organised various activities besides Higher Secondary Arin and BMS Faqirpora Gurez also organised cultural programmes under Har Ghar Tiranga campaign.

Similarly, Painting competitions were held in Anganwadi Centres across the district under Har Ghar Tiranga programme.

# Azadi Ka Amrit Mahotsav Pledge taking ceremonies against drugs held across Kulgam

Farooq Rather

AUGUST KULGAM, 12: Under the banner of Azadi Ka Amrit Mahotsav and Har ghar Tiranga, Pledge taking ceremonies against drug abuse were held in all departments, Schools, colleges and other institutions under 'Nasha Mukt Bharat Abhiyaan' across the district.

During the pledge cerparticipants emony, pledged to make the community, family, friends and others drug free and to motivate people to say no to drugs to make the country drug

The Government offices where these pledge ceremonies were held DC Office include SDM Kulgam.



D.H.Pora Social Welfare Department, Degree Colleges, Secondary Higher Schools, High Schools, Middle Schools and ICDS Centres, Agriculture, Horticulture, Animal Husbandry, RDD and various other departments and institu-

Meanwhile, the Social Welfare department also organized Flag making and Kite making competitions at Child Care institution Kulgam under Nasha Mukt Bharat and Har Ghar Tiranga campaign under the supervision of DSWO Kulgam, Snober Altaf.

# **JK Bank commissions** an ATM in Kathua

SRINAGAR, AUGUST 12: J&K Bank commissioned an ATM at Village Marta Nagrota, Tehsil Basholi in District Kathua. The on-site ATM was inaugurated jointly by Chairman District Development Council (Kathua) Col. (Retd) Mahan Singh and Bank's Zonal Head Kathua San jeev Kumar in presence of Cluster Head Kathua Vinay Gupta at a simple but impressive function attended by elected public representatives, prominent businessmen, farmers, students, senior citizens besides local women-

While complementing the bank management for the initiative, Chairman DDC Kathua also requested the Bank to open new touch points of the Bank at the unbanked locations in the District. Speaking on the occasion he called upon the youth to come forward and make up their mark by making use of the various credit schemes of the bank not only to become self-reliant but also help others to earn their livelihood.

Earlier, Zonal Head Kathua, said that the bank endeavors to provide the general public with convenience of having 24X7 access to their account and money. The participants highly appreciated the efforts of the bank aimed at the economic transformation of the people.

# **Grand Jashn-e-Tiranga** programme held at Anantnag

ANANTNAG AUGUST 12: The District Administration Anantnag in collaboration with Youth Services and Sports and Education departments today organised Jashne-e-Tiranga under 'Har Ghar Trianga' flagship programme at sports stadium, here.

The programme witnessed huge participation of students and officials of various departments including that of Information, Education, NYK and Social Welfare. The sports stadium reverberated with patriotic songs

amid nationalistic fervour. The stadium presented a colourful look when the students presented formation of 'I Love MY INDIA' by forming human chain. The Additional District Development Commissioner, Bashir Ahmad Wani and Additional Deputy Commis-

sioner, Ghulam Hassan Shiekh jointly unfurled the National Flag followed by singing of national anthem. Speaking on the occasion, the Additional District De velopment Commissioner said that it is the fundamental duty of every citizen to uphold the dignity and respect of the National Flag, which he said symbolises pride and

freedom of the nation. He stressed upon the teachers to inculcate the patriotic and nationalistic values among the students while calling for making Har Ghar Trianga programme a grand

He said all the citizens must unfurl the Tiranga on their homes from August 13 to 15 to observe the national festi-

Later, a pledge taking ceremony of drug de-addiction was held under Nasha Mukht Bharat Abhiyan at the venue. The District Social Welfare Officer administered

The programme was also attended by ACD, CEO, Principals of various institutions, Dy Director NYK, media fraternity besides the officials of various departments. The programme was also attended by ACD, CEO, Principals of various institutions, Dy Director NYK, media fraternity besides the officials of various departments

# Har Ghar Tiranga: Several Activities carried out in Baramulla

BARAMULLA, AUGUST 12: In an effort to sensitize people about the 'Har Ghar Tiranga' campaign, the District Administration Baramulla in collaboration with Education Department Baramulla and Social Welfare Department today organised several activities including Tiranga rally in the district in which a huge number of students and various stakeholders participated.

At the outset, a scooty rally of specially abled persons was carried out from Dak Bungalow which was flagged-off by Additional Deputy Commissioner Baramulla, Zahoor Ahmad Raina in presence of Assistant Commissioner Revenue Peerzada Mumtaz Ahmad, District Social welfare officer Nissar Ahmad Wani and various other senior officers of the district.

The participants of scooty rally were seen carrying National Flags, Banners and placards,



tance of celebrating 'Har Ghar

Tiranga' campaign. The partic-

ipants also chanted slogans in order to aware general people about the campaign. A similar rally was carried out

at Government Boys Higher

Secondary School Baramulla

during which a huge number of students from various schools across the district participated. The rally was flagged-off by Additional District Development Commissioner Baramulla Aijaz Abdullah Saraf in presence of Senior Superintendent of Police Baramulla Rayees Mohammad Bhat and Chief Education officer Baramulla GN Lone.

The participating students took out a Tiranga rally and marched through several ar-

On the occasion, the ADDC lauded the organizers for organising the event and appreciated participants for their active role in making the 'Har Ghar Tiranga' campaign a big success in the district.

# **Director Agriculture Kashmir visits Vegetable SMF Tappar**

BARAMULLA, AUGUST 12: The Director Agriculture Kashmir, Chowdhary Mohammad Iqbal today visited Seed Multiplication Farm (SMF) Tappar, Kreeri in Baramulla to inspect different blocks of the farm and take stock of different Agriculture activities.

Addressing the staff and technical experts of Tappar Farm, the Director said that the Department is implementing a prestigious initiative and is endeavouring to optimize the utility of Departmental farms to attain self reliance in the field of seed requirement for Kashmir Division. He said the Department has already fixed bench marks and targets for every departmental farm in the valley so far as the production of different agricultural crops (seeds) is concerned. After visiting different farms during recent times, the Director said that he is satisfied and optimistic that the department could achieve those targets in an effective, comprehensive manner. He also highlighted the importance of departmental farms and said these farms are the source for revenue, employment generation.

Director appreciated the efforts of the concerned technical experts and officers and asked them to work with close coordination, so that the Farms could achieve new heights in the years to come. He also appreciated the officer Incharge of the Farm for executing the approved plan in letter and spirit and lauded their role for satisfactory crop stand.

Director Agriculture was accompanied by Divisional Seed Certification Officer Kashmir Sheikh Imran and other senior officers of the Department. Director appreciated the efforts of the concerned technical experts and officers and asked them to work with close coordination, so that the Farms could achieve new heights in the years to come. He also appreciated the officer Incharge of the Farm for executing the approved plan in letter and spirit.

# Nasha Mukt Abhiyan: Pledge ceremony held in schools, offices across Shopian

SHOPIAN, AUGUST 12: The District Administration Shopian today organised a Pledge ceremony as part of the Nasha Mukt Bharat Abhiyan of the Ministry of Social Justice and Empowerment, Government of India.

The aim of the ceremony was to strengthen action and cooperation in achieving the goal of a sustainable world free of substance abuse.

The pledge was administered in all schools, colleges including Imtiyaz Memorial Govt Degree College, Polytechnic College Shopian and other government offices across the district.

On the occasion, all the participants vowed to stay away from drugs and to make efforts to make India a drug free country. Student representatives also participated and generated awareness by displaying posters on anti-drugs

Speakers said that drug addiction is an issue of grave concern, especially among the younger generation, and has detrimental impact not only on the individual concerned but on the society as a whole. They added that in this digital era, the definition of addiction has evolved to include tech addiction, and sensitisation programmes aimed at preventing the addiction can be the most effective strategy to counter this problem. The District Administration Shopian today organised a Pledge ceremony as part of the Nasha Mukt Bharat Abhiyan of the Ministry of Social Justice and Empowerment, Government of India.

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# 10 BEST LOW CARB VEGETABLES TO INCLUDE IN YOUR DIET



#### **PARUL DUBE**

diet rich in vegetables has various benefits because vegetables are rich in essential micronutrients. They are necessary for a low-carb diet as they fulfil the body's nutritional requirements. Most vegetables in the Brassica family, like kale and brussels sprouts, are low in carbo hydrates. Moreover, it is observed that vegetables with high moisture content, such as cucumber, cauliflower, zucchini, celery, and lettuce, are low in carbohydrates. You can include these vegetables in several recipes, including salads, desserts, and snacks.

#### **Benefits of Low Carb Vegetables** Weight Loss

A diet rich in low carbohydrate vegetables is more effective for weight loss than low-fat diets. It is successful because the body resorts to breaking down fat to make energy instead of carbohy-

Low-carb vegetables have less sugar and low starch content without compromising other essential minerals, vitamins, and nutrients. Low-carb vegetables can be eaten at any time, especially when you are gaining too much weight.

Foods high in simple carbohydrates give the body an energy boost which does not last long. In contrast, low-carb vegetables give you enough energy to sustain yourself throughout the day.

### **Prevents Health Issues**

A study shows that a diet rich in low-carb vegetables aid in preventing health issues such as cancer, diabetes, arthritis, and heart disease. Eating low-carb vegetables ensures that your blood sugar and cholesterol are at the recommended level.

### Rich in Fibre

ample dose of fibre that aid in a healthy gut. A study shows that fibre is vital in maintaining human gut microbiota and metabolic regulation. Those who suffer from constipation and bloating should consume low-carb veg-

Low-carb vegetables play an essential part in keeping your body healthy. However, in everything, there must be moderation and control. Speak to your doctor before changing your diet and identify if low-carb vegetables suit you and in what amounts.

#### **Low Carb Vegetables**

Low-carb vegetables have several benefits, including suppressing Cauliflower the appetite and being nutrient-

Nutritionists and health experts often suggest these low carbohydrate foods to address specific health concerns of an individual. There are several low-carbohydrate vegetables all around the world. Here are some popular vegetables that have very few carbs.

According to the USDA, 100 grams of cucumber holds 3.63 grams of carbohydrate. Therefore, it is an ideal vegetable for weight diet. loss as it is significantly low in calories and carbohydrates.

Cucumber is a very popular ingredient in vegetable salad. It contains various essential nutrients and high water content. It is rich in antioxidants that help fight free radicals in the body.

Furthermore, cucumbers have benefits outside the body as well. It serves various skin benefits; it eases sunburn pain and swelling According to USDA, 100g of raw when applied topically. Peeling the cucumber before eating will reduce its carb content even more.

According to USDA, 100g of cucumber contains the following nutrients

Energy:15 kcal Protein: 0.65 g Fat: 0.11 g Carbohydrate: 3.63 g

Spinach It is very low in carbs and cook-Low-carb vegetables offer an ing makes the carbs more concentrated because the leaves lose their volume. Spinach is a leafy green vegetable full of iron, potassium, and vitamins. It is considered very good for eye health and for coping with iron deficiencies. It also aids in digestion.

The greener the spinach is, the

more nutritional properties it will have. You can add spinach in a variety of ways to your diet. It can also be prepared as a healthy and nutritious snack, for example, baked spinach chips.

According to USDA, 100g of raw

spinach contains: Energy: 23 kcal Protein: 2.86 g

#### Fat: 0.39 g Carbohydrate: 3.63 g

Cauliflower is one of the most popular low-carb vegetables. Having a mild taste, it can be a great healthy alternative to white rice and potatoes.

Cauliflower is a storehouse of vitamins and antioxidants. It is tasty and beneficial for the body in many ways. Furthermore, It helps to fight cancer and supports a healthy heart.

It is low in calories and makes you feel fuller; hence, it is an ideal vegetable for those who want to lose weight or go for a low-carb

Vitamins present in cauliflower help keep healthy skin. Minerals like calcium assists in keeping the bones and teeth healthy. It is a cruciferous vegetable and has several

health benefits. However, cruciferous vegetables contain thiocyanates, which block iodine absorption. Therefore, it is not suitable for people suffering from hypothyroidism.

cauliflower contains: Energy: 25 kcal Protein: 1.92 g Fat: 0.28 g Carbohydrate: 4.97 g

Celery is a part of the Apiaceae family. Fibres present in celery are beneficial for digestive and cardiovascular system health. Celery is loaded with antioxidants and contains Vitamin C. It is also rich in phytochemicals known as phthalides. Phthalides enhance blood flow in different body parts and relax artery walls, lowering blood pressure. It has a very low carbohydrate count; therefore, it is suitable for a low-carb diet.

According to USDA, 100g of celery contains the following nutrients

Energy: 14 Kcal Protein: 0.69g Fat: 0.17g Carbohydrate: 2.97g

Zucchini Zucchini is a vegetable that is

very low in carbs. It belongs to the Cucurbitaceae family and is a fantastic source of essential micro-You can prevent gastrointesti-

nal issues with zucchini since it is rich in fibre. Some other benefits include controlling diabetes, improved vision, and promoting digestion. It is high in fibre and has a low-calorie count.

#### According to USDA, 100g of zucchini contains the following nutrients

Energy: 17 kcal Protein: 1.21 g Fat: 0.32 g Carbohydrate: 3.11 g

Iceberg lettuce There are various types of lettuce available; however, iceberg lettuce has the lowest number of

carbs among them. Romaine lettuce can also be considered a low carbohydrate leafy vegetable because the carb content is 3.29 grams per 100 grams. This green vegetable serves many

health benefits. It is rich in vitamins and minerals, especially vitamin A (502 IU). Vitamin A improves eye health and may help cure conditions such

# as night blindness. According to USDA, 100g of iceberg lettuce contains the following nutri-

Energy: 14 kcal Protein: 0.9 g Fat: 0.14 g Carbohydrate: 2.97 g Asparagus

This vegetable is very low in carbohydrate count. Therefore, you can include it in a keto or a low-carb diet. Asparagus is rich in essential vitamins and minerals.

Since it is nutrient-dense and low in calories, it is excellent for weight loss. It has a significant amount of fibre, folate, vitamin A, C, and K. It has several health benefits, such as lowering blood pressure, managing diabetes, and improved digestion.

According to USDA, 100g of asparagus contains the following nutri-

Energy: 20 kcal Protein: 2.2 g Fat: 0.12 g Carbohydrate: 3.88 g

Kale is a vegetable belonging to the Cruciferae (Brassicaceae) family. It is a dark green coloured, leafy vegetable that can be eaten raw or cooked.

Kale has immense health benefits as it is full of nutrients. It is excellent for digestion, diabetes, eye health, immunity, etc. Moreover, it has a very low carbohydrate content which supports a low-carb diet, keto-diet, or assisting in managing health conditions such as high blood glucose levels. It is a cruciferous vegetable like cabbage and Brussels sprouts. Therefore, people suffering from hypothyroidism must avoid it.

#### According to USDA, 100g of kale contains the following nutrients-

Energy: 43 kcal Protein: 2.92 g Fat: 1.49 g Carbohydrate: 4.42 g

Radish is an excellent example of a low-carb veggie. It is low in calories and high in fibre, protein, minerals, and vitamins. It comprises a significant amount of calcium and potassium, reducing high blood pressure and supporting bone health. Radishes can be a good substitute for potatoes.

#### According to USDA, 100g of radish contains the following nutrients-

Energy: 16 kcal Protein: 0.68 g Fat: 0.1 g Carbohydrate: 3.4 g Tomatoes are very low in total carbohydrates. It comprises mere carbs of 3.89 grams per 100 grams. Therefore, people following a lowcarb or keto diet can include toma-

toes in their diet. The health benefits of tomatoes are no secret. They are rich in vitamins, minerals, and antioxidants.

According to USDA, 100g of tomatoes contains the following nutrients-Energy: 18 kcal

Protein: 0.88 g Fat: 0.2 g Carbohydrate: 3.89 g

# **FREQUENTLY ASKED QUESTIONS (FAQS)**

#### Q. What is a popular hot sauce?

A. Many hot sauces are popular. Some of them are Tabasco Pepper Sauce, Sriracha Hot Sauce, Bhut Jolokia Hot Sauce, Chipotle, Buffalo-style, Schezwan Sauce, Cholula Hot Sauce, Habanero, Peri-Peri Hot Sauce, Harissa, etc.

#### Q. Why is hot sauce good for you?

A. Hot sauce is good only if consumed in controlled amounts. It reduces the risks of cardiovascular diseases, helps in longevity, boosts metabolism, helps lose weight, adds an incredible flavour, helps combat cancer, boosts immunity, and reduces nasal congestion.

#### Q. What's good with hot sauce?

A. Hot sauces' main components are red chilli peppers which contain capsaicin, an active component. It is safe to say that capsaicin is the main ingredient responsible for all the health benefits that hot sauce provides. Also, some specific additions like sriracha, turmeric, cumin, olive oil, cilantro, onions, etc., have many health benefits.

#### Q. Is Da Bomb the hottest sauce?

A. Da Bomb can be called one of the hottest hot sauces available. Its Scoville Heat Units is around 135,600 SHU, but hot sauces have up to 9 million SHU like Mad Dog 357 Plutonium.

#### Q. What is Texas's favourite hot sauce?

A. Sriracha is the most popular spicy hot sauce in Texas and 31 other states, encompassing the whole Western area of the USA. Texas Pete Sauce is also a very popular sauce in the state.

#### Q. Is hot sauce good for your immune system?

A. Yes, hot sauce is indeed good for the immune system. Capsaicin strengthens the immune cells, which can easily fight minor pathogenic bacteria. It helps in preventing diseases. It also has antioxidants and antimicrobial and anti-inflammatory properties that uplift the immune system signifi-

#### Q. What happens when you eat too much hot sauce?

A. When you consume a lot of hot sauce, its heat can deplete the necessary mucus lining in your stomach and intestines. As a result, it can lead to acidity and inflammation, which in turn causes uneasiness, upset stomach, nausea, diarrhoea, and vomiting. Sometimes, it can severely affect the digestive system, and you might not efficiently digest your food.

### Q. Will hot sauce help you lose weight?

A. Yes, hot sauce is beneficial in triggering a sense of satiety and making you eat less. In turn, it can lead to weight loss. The components found in hot sauce like capsaicin, turmeric, cumin, etc., can provide a calorie-burning effect on your gut. Capsaicin also helps in regulating the cholesterol level in your body. All of these points are responsible for quite a considerable amount of weight loss.

### Q. Which is the tastiest sauce in the world?

A. It depends from person to person and on occasion. Some like hot sauces till they tear up, and some like it as a slight spicy kick to their food. Pesto Genovese, an Italian hot sauce made of Genovese basil, Parmigiano Reggiano, pecorino Sardo, and Tabasco are popular hot sauce.

### Q. Is Tabasco sauce the same as Louisiana hot

A. Louisiana Hot Sauce is significantly milder than Tabasco, with a brief burst of heat before dispersing. However, owing to a lot of salt, it has a powerful initial taste rush. Louisiana hot sauce is made of either Cayenne or Tabasco pepper, whereas Tabasco sauce is made only from the latter. Both have a very similar taste, but the methods and time of preparation may differ as cayenne pepper takes a different amount of time to ferment.

# Hot Sauce - Nutritional Facts and Its Impact on Health

s the name suggests. hot sauce is a spicy sauce or a salsa made initially from chilli peppers, vinegar, and salt. garlic, ginger, tomatoes, onion, sriracha, cilantro, carrots, assorted herbs, etc., can increase the taste and flavour of hot sauce

sauce is usually made by boiling a blended mixture of filled in bottles for sale. red peppers, red chilly, tomatoes, onion, and garlic with Varieties of Hot Sauce some olive oil and salt and is cooled shortly after. It is a condiment that usually accompanies sandwiches, burgers, tacos, burritos,

fries, pizza, tortillas, dump-

lings, and fried or steamed

vegetables. One even adds

# savoury flavour.

takes a long time to produce. mentioned above. The companies select the after harvesting them, they

are mixed with salt and Shito from Ghana, Muham-

This mash is left to ferment in sealed-wooden containers for as long as three years! After fermentation, the batch is mixed with vin-Additional ingredients like egar and is mixed for two weeks constantly.

This process infuses the fermented flavour of chilli peppers into the vinegar. Further, the seeds and the The conventional red-hot pulp are removed from the slurry for refinement and

Some popular varieties of hot sauces are Tabasco Pepper Sauce, Sriracha Hot Sauce, Bhut Jolokia Hot Sauce, Schezwan Sauce, extra hot, Buffalo-style, Green Hot Sauce, Cholula Hot Sauce, Habanero, Perithem to salads for their Peri Hot Sauce, Harissa, signature hot, spicy, and Black Bean Hot Sauce, etc. While there are hotter sauces **Process of Making Hot Sauce** numbers, they are not very The commercial hot sauce widely available as the ones

There are many different of nutrients: right type of chilli peppers varieties based on their orifor their sauce, and right gin-places like Shatta from Egypt, Awaze from Ethiopia,

mara from Syria, Gochujang from Korea, Sambal from Indonesia, Salsa Picante from Mexico, Scotch Bonnet Pepper Sauce from Jamaica, Mustard Pepper Sauce from Trinidad, Pebre from Chile,

Anything with too many preservatives and additives is not very good for you. Though there is enough evidence of positive side effects of hot sauce, they are not very conclusive. Capsaicin is the main

ingredient responsible for all the health benefits that hot sauce provides. Also, some specific additions like sriracha, turmeric, cumin, olive oil, cilantro, onions, etc., offer health benefits. Each one of us reacts to a spicy condiment differently. Listen to your body and palate for the same.

# with higher Scoville heat Nutritional Facts of Hot Sauce

As per USDA, 100 g of Adds Flavour to Food a store-bought hot sauce offers the following amount

Calories: 0 kcal Protein: 0 g Carbohydrates: 0 g



Sodium: 3400 mg Fat: 0 g Cholesterol: 0 g

The HealthifyMe Note It is evident from the nutritional information that hot sauce does not add any nutritional benefits to the food. It does not increase the calorie count either if it is in limited amounts. So, it is essential to note that hot sauce cannot be regarded as a healthy condiment but does not tamper with health.

The hot sauce provides a spicy, savoury taste to food without adding to the calorie count. From the nutrition data, even having a whopping 100 g of hot sauce does

not provide more than six calories. However, this is because the ingredients are pretty low in calories.

You can serve it with a low-calorie salad, sandwich, eggs, etc., to make a tasty and very healthy meal. Low-carb, keto, vegan, vegetarian, and other speciality diet-following people wouldn't have to worry about hot sauce. Most hot sauce preparations also can have a trace amount of vitamin C.

#### Hot Sauce and Its Impact on Health

From the nutritional information, one might think that hot sauce does not impart any health benefits. Still, it is not totally harmimpart some health benefits. Given below are some ways in which hot sauce may impact your health.

### Impact on Metabolism and **Body Weight**

As per research by NCBI, there is a correlation between hot sauce and metabolism. The effect between hot sauce and metabolism is due to capsaicin. It is an active compound found abundantly in chilli peppers (one of the main ingredients of hot sauce). It plays a crucial role in promoting metabolism.

Another study explains that eating hot sauce every day can reduce up to 50 more calories. Another study indicates that the consumption of red pepper decreases appetite due to capsaicin. In addition, it lowers ghrelin levels, a hunger-inducing hormone.

A hot sauce can affect weight loss as these ingredients make you satiated faster. You can substitute a cheesy dressing with a small quantity of hot sauce. Several studies suggest that hot and spicy condiments stimulate

ful. The ingredients used your taste buds and decrease to the high you feel after a in making the sauce may hunger and cravings for fatty strenuous exercise or a runand salty foods

#### Impact on Cardiovascular Health

Eating hot sauce in limited amounts may reduce the risk of CVD and other heart diseases. Also, capsaicin helps lower LDL (bad cholesterol) and increases HDL (good cholesterol).

A study also adds that consuming hot sauce significantly reduced the number of triglycerides, C-reactive protein, and phospholipid transfer protein activities that harm heart health.

### **Blood Pressure Regulation**

Capsaicin helps regulate cholesterol levels. Also, according to 2010 research, hot sauce and other spicy foods can lower blood pressure. Therefore, this connects to why you feel joyful and maybe euphoric after arrest, angiogenesis, and eating hot, spicy meals. metastasis, lowering can-When you eat spicy food, your body thinks you're in

In response to pain, the body releases endorphins and dopamine. It is similar

ner's high. In the case of blood pressure, it causes the release of neuropeptide Y. It is a nitric oxide derivative that releases into the blood

due to capsaicin. When you consume spicy foods, your body assumes you are in distress. The release of endorphins is responsible for that euphoric

sensation. The release of something called neuropeptide Y is triggered. It can also help with anxiety and stress, blood vessel constriction, improve your circadian rhythm, and even make you want to reduce alcohol consumption.

### **Reduced Cancer Risk**

The research found that capsaicin has anti-cancer properties. It can tweak numerous genes involved in cancer cell survival, growth cer-causing effects. Another study stated that capsaicin retarded the production of cancer cells in the prostate region by up to 80%.

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# **HEADLINES TODAY**

# **EDITORIAL**

# **Academics and** pandemic

ccording to the assessment by the Jammu and Kashmir State Council of Educational Research and Training (SCERT), average performance of students has declined among the students of Class-III, Class-V and Class-VIII in comparison to NAS-2017. As per survey of 2021, SCERT has said that the learning gaps have widened due to Covid-19 lockdown and school closure. According to it, differences in the learning levels among the students of a same class have increased and 57 percent of the students have scored less than 50 percent in the J&K Assessment Survey 2021. The findings of the survey should guide education policy, planning and implementation at J&K, district and classroom levels for improving learning levels of students and bringing about qualitative improvements. The teachers and institutions are certainly confronted with a formidable challenge. The prolonged closure of schools have interrupted children's learning and also eaten away at their foundational skills and abilities. Time lost cannot be regained but teachers are left with an extraordinary task to make good as regards learning deficits in reading, writing and comprehension in primary school. There are apprehensions that these learning losses may stunt education at higher levels. The impact of the Covid-19 pandemic on the education system has been severely detrimental and it stands proven by Annual Status of Education Report (ASER) for rural India earlier also. The survey had shown that the percentage of children enrolled in government schools rose from 64.3% in 2018 to 65.8% in 2020, dramatically going up to 70.3% in 2021. On the contrary, the enrolment rate in private schools declined from 28.8% in 2020 to 24.4% last year as per the survey which was conducted over the telephone and covering 76,706 households in 17,184 villages. The percentage of rural children who were not enrolled in school doubled during the pandemic, with Government schools seeing an increase in enrolment at the expense of private schools, according to the report. Over a third of children enrolled in Classes 1 and 2 have never attended school in person until recently. The most disturbing aspect of the report was that the young students, those just entering the formal education stream, have been left most vulnerable. The immediate short-term step is to get on a back-to-basics revision program across schools and classes. All stakeholders must come together to minimize loss of learning.

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# BIPOLAR WORLD ORDER DURING COLD WAR



**FAHEEM UL ISLAM** 

elations Between east and West were never cordial. The continuous ongoing war conflicts directly between the two world blocs of United Nations and Soviet union was a headache for the world peace. These two blocs were in a constant competition of political and military power. This state of affairs was known as Cold

Europe remained threat to the world affairs upto second world war. And European countrie maintained peace by forming different alliances to prevent the dominancy of France, Great britian and Germany. The system which prevailed was known as the balance of power. defeated in the second world war

Great britian, Soviet Russia and democracy and free market type the United States of America. We all know that at the end of the war hand Soviet union Highlighted the United States dropped nuclear bombs on Japanese cities of Hiroshima and Nagasaki brutally which demaged the whole generation there. By this act there was a dominant push of United States over others as far as it's military and economic stability is considered and it was felt that the world needs the leadership of United States for its long run stability and development, Now Britain, France and European countries beacme dependent on united states for its economic development and recovery.But here Soviet Russia claimed equal say on European problems. And soon these saying and coming into eachothers way became a leading factor for the cold war. These two countries produced difference about working for the problems and development of Europe. The logical differences between two.

of governance. But on the other the merits of governance by single (communist) party and of state controlled economy. These political and ideological differences led the feelings of security dilemma among eachother. And it started the bipolar phase of world politics. The European politics was revolving around these two blocs and the western countries who joined the United States called themselves "FREE WORLD" And the Eastern countries became part of socialist camp headed by Soviet union. These two leading countries of rival camps were clubbed under the exclusive new category of

Super powers The two blocs started making up organisations in against of other. NATO ( North Atlantic treaty organization) was formed in 1949 with the United States and Canada two main factors which played a and 10 other countries in western The Germany, Japan and Italy were role was political as well as ideo- Europe. NATO members formed themselves as an alliance to treat

by the comprising alliances of The United States was in favour of aggression against any one of them in which India Played a leadership as aggression on all of them and role fight the aggressor together. The Soviet union the cleverly offered to join the alliance, But NATO turned down the offer because NATO's real purpose was to stop the spread of the Soviet influence and ideology. The Soviet union set up in 1955 itsbown military grouping called the Warsaw treaty organization with its allies in eastern Europe to counter NATO.

During the bipolar phase of world politics many countries got the momentum of liberty and marched and protested against the colonial rule and got freedom These two blocs were in support of goodwill of the native people which boosted the people of colonial rule. Beginning in 1960 almost 100 countries were born but these countries didn't want to compromise on their long run freedom by joining the hands of these two world blocs and they launched the NON ALIGNED MOVEMENT which advocated World peace, nuclear disarma-

By 1970's Significantly the bipolar world started yielding place to multipolarity. The scholars perceived presence of not only these two blocs but many centres of power who influencebin world affairs.Like we can see the western countries under the economic development of United States came up with the integration of regional process called European union. And then countries became the major competitor of United States in world market. In East Asia too the rise of Japan and then china followed by asian tigers loosened the group of the bipolar world order. And finally the bipolar world order continued till the totally unexpected collapse of socialism in East Europe and Soviet union, which spelled formal end to the war era in the beginning of 1990s.

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# RSS AND BJP ARE TRYING TO APPROPRIATE LEGACY OF INDIA'S FREEDOM STRUGGLE

anniversary of independence, it's an irony of history that the RSS, which remained loyal to the British, is now trying to appropriate the legacy of our secular and inclusive struggle for independence. Seventy-five years ago, our country reached an important milestone, when people of the country got liberated from the clutches of British colonialism. Our independence was the result of a century-long sustained mass struggle, with many streams of political thoughts and ideologies merging in opposition to British rule and liberated the masses from British oppression.

Our struggle for independence was not just a movement to remove the British but it also had an agenda for our country's future. That agenda of social reforms and to liberate our country from poverty and inequality was the result of a dialogue between the major ideological currents fighting for our independence. Most important of them were the school of thought represented by Mahatma Gandhi through the policy and programme of the Congress Party, the Communists and Socialists and executive on other branchadvocates of social reforms es of the state under direct best represented in the work influence from the RSS.

between these streams produced the values that best defined our struggle against colonialism and gave a essentially undemocratic, coherent shape to the future republic and state with resentative democracy and secularism and welfarism at its core. These values are under threat from an organization today that played emphasis on the leader prinno role in our long fight for independence and sided with the British, the RSS. To recognize what values came to society. B S Moonje, the

what is under threat, we s the country is cel-need to examine the ideologiebrating the 75th cal foundations of this nefarious organization and how it is against everything our founding leaders strived for.

> When we achieved political independence, what form of government India should opt for was a muchdebated issue. It should be kept in mind that there still were more than 550 princely states to be fully integrated with the emergent Republic and discussions around the Westminster system or the American system were common. Parliamentary democracy was preferred by most of the leaders and it was adopted in our Constitution. Elaborating on this conscious choice made by the constitution makers including Dr Ambedkar, President K R Narayanan in his address to the nation on the 50th anniversary of independence said "that the Drafting Committee in choosing the parliamentary system for India, preferred

be on the anvil every day." This idea of collective responsibility is under great strain today due to the encroachments made by Attempts are on to make Dialogue and debate Parliament redundant and

more responsibility to more

stability, a system under

which the government will

ineffective. During the freedom struggle itself, the RSS, which is was not pleased with repconstitutional safeguards. The RSS's admiration of the fascists in Europe and their ciple made the organization incompatible with the very functioning of a democratic



mentor to RSS founder K B Hedgewar met Mussolini in Italy and told him that "I shall have no hesitation to raise my voice from the public platform both in India and England whenever occasion may arise in praise of vour Balilla and fascist organizations. I wish them good luck and every success.

The RSS still follows the rule of eka chalakanuvartitva or subservience to the one 'Supreme Leader', making them unfit for a democratic polity. Herein lies the RSS's contempt for democratic rules, norms and representation. When we say that democracy itself is under threat from RSSBJP, the germs of that can be found in the very foundation and functioning of the RSS.

Another example can be taken by considering the case of secularism, an important foundational value of our freedom movement. Hindus and Muslims fought shoulder to shoulder in our fight against the British. clear from the writings exclusionary and discrimi-Ambedkar warned about this menace and said: "If Hindu Raj does become a fact, it will, no doubt, be the greatest calamity for this country." Substantial portions of the Constitution are devoted to the state following a secular and pro-social justice model.

RSS leaders. The second Sanghchalak

M S Golwalkar, a proponent of divide and strife in society wrote "the foreign races in Hindusthan must either adopt Hindu culture and language, must learn to respect and hold in reverence Hindu religion, must entertain no idea but those of the glorification of the Hindu race and culture, that is of the Hindu nation and must lose their separate existence to merge in the Hindu race, or may stay in the country, wholly subordinated to the Hindu Nation, claiming nothing, deserving no privileges, far less any preferential treatment — not even citizen's rights."

When the nation was uniting to drive away the British, the RSS was busy finding the "enemy within" Taking inspiration from the extremely exclusionary and divisive ideology of Hitler and Mussolini, they soon found the Muslimbogey to unite the Hindus under However, it is widely known their divisive hold. This has led RSS to declare an open of RSS leaders and ideo- war with the country's past manical RSS, Manusmri- what freedom meant and logues that their objective is as they continue to run pilto establish a hierarchical, lar-to-post in their attempts authority and law in society patriotism. Thus, it is on at demonizing Muslims. It and equality was imposnatory Hindu Rashtra. Dr should be kept in mind that sible to digest. Less than a among the galaxy of leaders our freedom movement produced, no one of repute dubbed the Mughals as invaders and looters but projecting a long-drawn strife and discord was essential for the RSS.

Sardar Patel, whom This fell to deaf ears of the the RSS is trying hard to and conformity. But to our

cal presidential speech at the Karachi Session of the Congress referred to "continued exploitation of India for close on two centuries". For the RSS, this exploitation and servitude extends to the Sultanate and Mughal periods while the loyalty for the British stand solid. For the nation, the enemy was British colonialism.

For the communal sectarian RSS, it was Muslims. The difference in identifying what we are fighting against made a crucial difference between Indian nationalism and RSS's narrow Hindutya nationalism. As is clear, RSS was against the nation at this crucial point too.

As mentioned above. social reform was integral to our fight for independence. Two major components of this reform program were related to caste and the status of women in society. The Manusmriti, consisting of the ordinances of Manu. was held responsible for the caste system in India by none other than Dr B R Ambedkar. To protest against the ignominy of caste, Dr Ambedkar publicly burnt copies of Manusmriti on December 25,1927. Dr Ambedkar fought hard and established political equality, along with safeguards for the historically deprived sections through

our Constitution. for the Brana ti remained a source of week after the ratification of our Constitution, the RSS mouthpiece Organiser lamented on November 30, 1949: "To this day his (Manu's) laws as enunciated in the Manusmriti excite the admiration of the world and elicit spontaneous obedience

means nothing.

Dr Ambedkar roared in the Constituent Assembly that "the castes are antinational. In the first place because they bring about separation in social life. They are antinational also because they generate jealousy and antipathy between caste and caste." By upholding the casteist and discriminatory Manusmriti, the RSS again proved true to its antinational character.

As we celebrate 75 years of independence, we should recollect what freedom from British rule meant for generations of freedom fighters. To what end they made supreme sacrifices and what they wanted for a free India. It should be underlined repeatedly that from Gandhi, Subhas Bose to Bhagat Singh and Chandrasekhar Azad. none sacrificed their lives for a theocratic Hindu Rashtra. They all lived and died for a secular, democratic, egalitarian and inclusive India. We should identify the values independent India represented, who sacrificed for them and who is threatening them to know the true gravity of freedom. Democracy, secularism and equality underpins our freedom and whoever threatens them is anti-national in the

Ironically, British stooges are now trying to redefine distributing certificates of us to recognize what constitutes our freedom and fight to protect it. As a society, we should revisit the great hardships our forefathers endured to get us freedom and we need to isolate the elements which threatens that freedom.(IPA Service)

The writer is the general secretary of the CPI

# **Enforced Disappearances**

### **ABHIJEET NAMBIAR**

November 12, 2021, a Baloch identified as Abdul Wahab was allegedly abducted at the hands of the security Forces (SFs), during a raid on his house in Dera Bugti District. On November 13, 2021, two broth-

ers, identified as Muhammad Essa and Abdul Haq, were forcibly removed by SFbacked death squad members during a raid on their house in the Mashkay area of Awaran District.

On the same day, the SFs whisked away two individuals from Panigur District. They were identified as Rashid Hussain and SajjadBaloch.

The condition and whereabouts of these people remain unknown.

A large number of political activists, intellectuals, and students have gone missing in the Balochistan province of Pakistan in the past few decades. The families allege Pakistan's spy agencies behind enforced disappearances, tortures, and killings of those missing persons. There are even reports of protesting family members being harassed by the spy agencies and security forces. The state's level of seriousness in addressing this issue can be gauged by the fact that the list of missing persons on the website of the Commission of Inquiry on Enforced Disappearances remains a blank page.

Fareeha (not her real name) recounts ings of Balochs and Pashtuns disappearthe ordeal of the forced abduction of her fiancee in 2019. He was abducted on his way back from the Liaquat Memorial Library in Karachi on charges of suspi-

Most of the relatives of abductees are poor with little to no education. However, they could too understand that it's the state's responsibility to ensure due process of law. Due to unemployment and lack of literacy, loved ones of the abducted people have sole bread earned in custody, however, they could too understand that it's the state's responsibility to ensure due process of law. Many missing aren't counted because their National Identity Card (NIC) details do not exist or their families lack the resources to register their cases. The abductees and their families are subjected to a perversion of justice that turns the presumption of innocence ('innocent until proven guilty) on its head. Moreover, the collective lack of public interest, empathy, and urgency to resolve this issue leave humans stag-

gered. The sparse coverage of the enforced disappearances in Pakistan's Baluchistan is a matter of concern. the problem lies in the lesser humans' characterizations of Baluchs and Pashtuns, who are described as gun-wielding tribal people in Pakistani culture. Therefore, the sufferances are accorded a lower value than that of a family from mainstream urban Pakistan. According to HRCB data, since 2016.

at least 3.738 people have been forcibly disappeared by the SFs. These include 522 in 2016: 1, 225 in 2017: 642 in 2018. 568 in 2019, 480 in 2020, and 301 in 2021 (data till November 10). of these 3,738, just 453 have been released. But SFs have extra-judicially killed at least 1,553 people since 2016 (data till October 31,

At least 27 persons were disappeared in the month of October 2021. Since January 1, 2021 at least 339 people have been disappeared by the SFs from across Baluchistan. Moreover, at least 298 people have been confirmed to have been extra judicially killed in 2021, thus far. Many of those killed were registered as victims of enforced disappearance and had already been in the custody of the forces. The Voice for Baloch Missing Persons (VBMP), meanwhile, claims that more than 45000 people have been forcibly disappeared by the Pakistan Army, and more than 5000 missing persons have been 'killed and dumped' over the last decade. It is widely believed that these are principally victims of the security agencies' 'kill and dump' operations. particularly within the Southern region,

targeting local Baloch dissidents.

Disappearance data till November 10, 2021; Killed data tillOctober 31, 2021Source: Human Rights Council of Balochistan

Indeed, the systematic campaign of extermination of ethnic Baloch people through enforced disappearances and extrajudicial killings within the South of the Province remains unabated.

On June 7, 2021, the govt introduced the 'Criminal Law (Amendment) Bill 2021' in the National Assembly, criminalizing enforced disappearance and imposing a punishment of 10-year imprisonment for anyone found quilty of the offence. The Bill against enforced disappearance appears to be no more than eyewash to contain the rising protests. Indeed, it was only after five months of deliberate delay and continuous campaigning by international and national human rights organizations that the National Assembly passed the Bill on November 8. However. the Bill is vet to become law, and will now

be sent to the Senate for its passage. The menace is a reality that Pakistan's Supreme Court has clearly recognized time and again. most recently, on September 30, 2021, the Supreme Court declared the report submitted by the Balochistan Police on five missing persons "unsatisfactory." Gulzar Ahmed, the judge of Pakistan, remarked that people

had gone missing and the families had to run after the Police to register cases: "You (police) do not know how to investigate cases. A case of disappearance should have been registered by the police which could not be done." A three-member bench, comprising judge Ahmed, Justice liazulAhsan, and Justice Faisal Arab, was hearing the case at the Supreme Court's Quetta Registry. The Court had taken suomoto notice of the disappearances.

On November 21, 2021, former Senator Farhatullah Babar stated that the enforced disappearances and extrajudicial killings had been going on for decades, but they were institutionalized during the regime of General Pervez Musharraf who acknowledged this in his book, In the road of Fire: A Memoir.

But Islamabad's and Rawalpindi's heavy-handed approach to Baloch dissent and separatism, further as the relative weakness of judicial institutions in the country, make any reversal of the current and pervasive 'disappearances' and 'kill and dump' strategy unlikely. Further, the widening footprint of China-Pakistan Economic Corridor (CPEC) projects within the province, the denial of any significant benefits to locals, and therefore the demographic transformation that is being engineered can only compound the alienation and anger provoked by rising atrocities by SFs and their proxies.

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# AFGHANISTAN AFTER ONE YEAR OF TALIBAN RULE WITNESSING EXTREME POVERTY

**SANKAR RAY** 

uring the one year under the Taliban rule in Afghanistan, girls are more isolated, hungry and sad- often go to bed without food, 46 percent of whom say they're not attending school compared with 20 percent of boys, according to a study, 'Breaking Point: Life for Children One Year Since the Taliban Takeover', by an NGO, Save the Children International. The Taliban had captured power in Kabul on 15 August 2021. The research study finds that 97 percent of families have been struggling to provide enough food for their children while girls are eating less than boys. Almost 80 per cent of children go to bed hungry in the past 30 days (study period), 'Chill penury' and economic distress are emblematic in the troubled Afghanistan.

The SCI report is a confirmation of what the United Nations World Food Program revealed in end-February this year .Out of every ten income-generating families, the income of eight families plummeted substantially in January, with the most affected families in Kabul, it stated .Many people went through the winter without any income and were forced to face challenges in the cold, according to their data In a tweet it warned

95 percent of the people going hungry. The economic crunch has fuelled a hunger crisis in the country of some 40 million people.

The SCI carried out a survey conducted in June 2022 and a child consultation in May 2022. The assessment and consultations were conducted in Balkh, Faryab, Sar-e-Pul, Jawzjan, Kabul, Nangarhar and Kandahar provinces. 240 boys and girls aged 9 to 17 vears old participated in the consultation. and 1.450 children and 1.450 caregivers participated in the assessment. The NGO, headquartered in London, has been functioning in Afghanistan since 1976, including during periods of conflict, regime change, and natural disasters

"Life is dire for children in Afghanistan. one year since the Taliban took control. Children are going to bed hungry night after night. They're exhausted and wasting away, unable to play and study like they used to. They're spending their days toiling in brick factories, collecting rubbish and cleaning homes instead of going to school," said SCI county director in Afghanistan Christopher Nyamandi.

Girls, bearing the brunt of the deteriorating situation, are missing more meals, 'suffering

a humanitarian crisis, but also a child rights catastrophe', guipped Nyamandi.

The study by the NGO has exposed the misogynist character of Taliban regime explicitly. Every nine out of 10 girls said their meals had reduced in the past year and that they worry because they're losing weight and have no energy to study, play and work, according to the NGO study found. A lack of food causes devastating consequences on children's health and threatening their future. The crisis which in many ways is unprecedented in the land-locked country has been taking a dangerous toll on girls' mental and psychosocial wellbeing. Interviews with their caregivers reveal that 26 percent of girls are showing signs of depression compared with 16 percent of boys while 27 percent of girls reflect signs of anxiety compared with 18 percent of boys. The girls of whom 45 percent have not been allowed to attend school compared with 20 percent of boys – are feared to approach towards Psychotic dis-

The UN Security Council President Linda tions, HRW stated. Thomas-Greenfield in a statement in May 2022 expressed deep concern on the increas-

that hunger in Afghanistan is on the rise, with from isolation and emotional distress and are ing erosion of respect for the human rights staying home while boys go to school. This is and fundamental freedoms of women and girls in Afghanistan by the Taliban. Imposition of restrictions limits "access to education, employment, freedom of movement, and women's full, equal and meaningful participation in public life, and emphasised that these restrictions contradict the expectations of the international community and the commitments made by the Taliban to the Afghan

> The Human Rights Watch monitoring group has alleged that the internationally unrecognised Taliban Emirate imposed severe restrictions on human and civil rights. "The Afghan people are living a human rights nightmare, victims of both Taliban cruelty and international apathy. Afghanistan's future will remain bleak unless foreign governments engage more actively with Taliban authorities while pressuring them vigorously on their rights record", laments HRW Afghanistan researcher Fereshta Abbasi. Taliban diktat imposes restrictions on the rights of women and girls, suppression of the media, arbitrary detentions and torture, and summary execu-

> Afghanistan is in a nutshell in a humanitarian crisis, a disastrous economy with escalat

ing hunger. According to a World Bank report Towards Economic Stabilisation and Recovery, released in early April this year, per capita incomes might have fallen by around onethird over the last months of 2021, erasing economic progress achieved since 2007, and leading to significantly increased household hardship. The economic collapse is aggravated due to sharp declines in international grants, loss of access to the overseas assets of the central bank, disruption to international banking relationships, and a loss of investment confidence.

After the seizure of power by the Taliban billions of dollars in international aid were withdrawn, Afghanistan's foreign currency reserves were frozen and the banking system collapsed. The subsequent economic crisis and the country's worst drought in three decades unnerved the Taliban honchos. The Taliban had appealed to the international community (meaning the USA that had frozen Afghanistan's international bank accounts after the severe earthquake a few months back killing more than 1,000 people and rendered thousands homeless. But aid groups cautioned that, in the past, Taliban authorities tried to divert aid to areas and people that

# The Wise Elders: Let us follow their path

**MAHMAD** 

taying young, wild and free is a blessing that doesn't last forever. Growing and aging is a natural process that every individual experiences. As we grow, we encounter various negative and positive experiences that change our perception of life. Older members of a family bring wisdom, calm, dependability and unconditional love that frame the views of the broader family and shape the future of younger generations. The children of today will be the elders of tomorrow and thus their attitudes toward older people lay the ground for their future self-esteem and psychological well-being.

Our elders, parents and grandparents, sympathetic uncles and other close relatives have undoubtedly made sacrifices to ensure that we are in good hands from the moment we are born until we grow up. They show the rightful path which will lead to our success as they have much more experience of life than us. They have loved us unconditionally despite our faults and blunders. We owe it to them to ensure that they are in good hands and we reciprocate our love by caring for them or providing them with the same care they have given us.

Elderly people have always been the treasure of our families. They are the ones who preserve the traditional and cultural values present in any ethnic group or community. Elders are like the roots of the tree and hold the family firmly at all times and make them strong. They are the ideal mentors. From all the experiences they have accumulated over the years, they can judge a situation and give constructive advice to their children. They also play an important role in solving disputes among the family members and in the lives of their grandchildren. They spend time with them, play with them, and teach them important rules and values of life in the form of stories. The stories that they tell have a positive impact on the young minds of children. They also provide a safe and loving environment for children to grow in. They are a form of blessing for all of us and are the greatest treasure of the family, society, and nation. They have an immense ocean of knowledge, experience, and wisdom which serves as a guidepost for the younger generation.

Considered as the custodians of wisdom, elders in many societies enjoy considerable degree of social reverence. If a person of power exercises sound judgment, he or she relies upon the wisdom of elders to reinforce important social values or to maintain a sense of social justice. In this way, elders have long been an elemental source of social wellbeing. We should follow the footsteps of our wise elders, as they are a treasure of knowledge and wisdom, tested and tried since long. It not only helps in creating a better human being within themselves but also makes us more inclined towards giving back to society.

We all have much to learn from listening to our elders. When they speak, stop what you're doing, clear your mind, listen deeply and remember what they say. In time, we will remember some of their wise words, which are likely to steer us to fruitful and healthful destinations. In times of distress, such wisdom can enhance our individual and collective

Wise elders encourage the young to not surrender their life will as they know everyone's path is unique and everyone has a gift to uncover, develop, and share with the community, They encourage us towards love instead of fear, openness instead of bracing against change. They encourage us to work through our fears. They provide an embrace of support to the young and also a push to not be afraid to self-actualise. They are wise because they have been able to connect the dots in their lives and learn from all their life experiences. They are self-aware and able to self-correct. They also have spent some quality time considering their mortality. They silently worry about their future and often worry about their

children and other loved ones. Our elders have come so far and they've learned so much, we have a responsibility to learn from that wisdom. Our elders have either acquired, created or have been brought up with a set of morals, values and/or principles in their life. They may not apply to our own but the least we can do is see how those values impacted their lives. We can learn a thing or two from adopting those values. Learn the right and wrong. Have the insight into a set of rules that we can outline for ourselves to follow and live by. Our elders would want the best for us and they would be more than willing to tell us what set of rules and guidelines have made them successful and hopefully, peaceful.

"Listen to your elder's advice. Not because they are always right but because they have more experiences of being wrong." - Melchor Lim

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# INDIA LACKED POLICY FOCUS FOR GROWTH WITH EQUITY, GRASS ROOT DEVELOPMENT

**NANTOO BANERJEE** 

ome may disagree but India has failed to cash in on its spirited struggle for freedom from overa-100-year-old British Raj to convert the country into an abode of peace and prosperity for its citizens in the last 75 years. Official claims apart, India continues to be a poor country with almost 280 million people or 20 percent of its population living in poverty. The country's demographic failure far overtakes its economic success in select areas.

The total population of India was only about 340 million at the time of its independence. In March 2022, the population figure reached 1.417 million. Next year, it is expected to surpass China's. The massive population growth negated almost all its accomplishments. Every year, more mouths are needed to be fed and more hands are required to be provided with jobs. On a per capita basis, every achievement looked small and inadequate. The country's two biggest accomplishments over the last seven decades have been its commitment to democracy despite many frictions and its self-

sufficiency in food grains production. Actually, achieving "self-sufficiency" in food grains has been India's biggest achievement. From receiving international food aid in the 1950s and 1960s, India has become a net exporter of grains. The country's total food production stood at only 54.92 million tonnes in 1950. As per the government's press information bureau (PIB), the total food grains production

in the country was estimated to reach

last year. "The production during 2021-22 is higher by 23.80 million tonnes than the previous five years' (2016-17 to 2020-21) average production of food grains. Record production was estimated of rice, maize, pulses, oilseeds, gram, rapeseed and mustard and sugarcane," PIB stated. This is certainly a major achievement.

In most of the other areas, the country's achievements in the global context is either neutral or even negative though India did reasonably well in pushing up electricity generation and distribution, urbanisation, housing and rural development. According to the union power ministry, only 3,061 villages had access to electricity in 1950. In 2018, the government announced that all of the country's villages - 5,97,464 in total - had been electrified. However, given the criteria to declare a village electrified – 10 percent of households in a village having access to electricity, there are millions who still live without electricity. Low voltage and frequent tripping pose a big headache to rural householders. Until the country's independence, negative economic growth was more frequent than after 1947. Growth was negative in 27 of 50 years leading to 1947, compared to 11 in the subsequent half century

Since India and modern China were liberated around the same time, the comparison of the two country's economic progress is natural. India is the second most populated country after China with a sixth of the world's population. The UN has projected China's population in 2022 at 1,426 million,

a record level of 314.52 million tonnes, showing a zero percent increase from the 2021 level, whereas India's population would grow by 0.68 percent this year over the 2021 figure. The population growth, rising unemployment, increasing imports and trade deficits, slow growth of manufacturing, domestic inflation, high rates of indirect taxation and Indian Rupee's dwindling exchange rate value are among the most challenging areas of the country's development. On the contrary, China, the world's largest exporter and energy guzzler, has managed such challenges well to emerge as the world's second largest economy in US\$ terms and the second largest military force, as well.

In 1949. China with a much higher population (541.7 million) than India's (340 million) produced less steel and coal than this country. Today, China is the world's largest producer of steel (1,337 million tonnes) and coal (4.07 billion tonnes). Last year, India produced only 120 million tonnes of steel and 778.19 million tonnes of coal. The comparison should provide a reasonably good picture of India's extremely slow industrial progress and economic development. Both countries had long been neck and neck in GDP per capita terms. As per both the 'nominal' and 'purchasing power parity (PPP)' methods. India was richer than China till the end of 1980s. In 2019, China was almost 4.61 times richer than India in nominal method and 2.30 times richer under PPP terms. Per capita rank of China and India was 72th and 145th. respectively, under the nominal method. Since 2020 was the Pandemic

year, the figures of 2019 would be more normal and acceptable.

Nominal GDP per capita in India is expected to reach \$1.850 in 2022 as against China's \$9,020, according to Trading Economics global macro models and analysts expectations. Quizzically, the number of rich Indians migrating abroad is going up almost every year while Indians working outside combine as the single biggest source of the country's net annual foreign exchange income. In 2021, India was the top recipient of foreign remittances at US\$89 billion. India has been the largest recipient of remittances since 2008.

It is important to note that in 1947. a US\$ was equal to only Rs.3.30. Till 1980, one US\$ was equal to Rs.7.86. In August 2021, US\$1 was equal to Rs.74. Earlier this month, INR's exchange value fell to Rs.80 for one US\$. India's economy went through a very tough time in the early 1990s. Interest payment accounted for almost 40 percent of the national government's revenue. Fiscal deficit was 7.8 percent of GDP. And India was on the verge of being declared an international market defaulter. The crisis led to an IMF-World Bank prescribed economic reform and official devaluation of the Indian currency. Since the middle of last year, INR got hammered by the systematic withdrawal of foreign portfolio investors from the market, rising oil prices and inflation. Factors such as these with several others may cause further depreciation of INR in the future. Clearly, the government has failed to manage the economy well,

especially since the 1980s.

Despite its rising foreign trade. India ranks lowly in the 16th position in terms of merchant fleet size with only 456 vessels plying on overseas routes out of its 1,463-ship merchant fleet combining a gross tonnage of around 13 million GRT. India is the world's eighth largest importer, importing merchandise worth nearly \$480 billion. Imports are made largely on a f.o.b. (free on board) basis, making the country lose heavily on insurance and freight charges. Compare this with China's merchant fleet size and strength. In 2019, China became the world's second largest ship-owning nation, controlling a fleet of more than 5.600 vessels totalling a capacity of 270 million dwt. There are several examples of how the government and India's business community neglected the key areas of the economy over the years despite their

huge growth potentials. Honestly, there is little to cheer about 'Amrut Mahotsav,' a nationwide initiative by the government to commemorate India's 75th year of independence. Instead of boasting about India's position as the world's sixth largest economy — now ready to topple the fifth largest United Kingdom this year — the world's most populous country must try to do some soul searching to find out where it had gone wrong to meet the expectation of its people and try to rectify them fast. That will be the best way to celebrate 'Amrut Mahotsav'. There's still a long way to go for India.

IPA SERVICE

# The Sultan of Swing: Yep! Right up I'm talking about Dr. Shahid Iqbal Chaudhary, the most decorated civil servant J&K administrative soldier!

**M S NAZKI** 

'WASTE no more time arguing about what a good man should be. Be one. - Marcus Aurelius'! I know that Shahid would have read it because a man in power and doing superbly well for the

people is loved by all!' 'I will tell you another thing about this gentleman. He believes in action and I wonder how many of us would have read Ross Perot. One line of his would sum up the situation I have at hand, 'action is greater than writing. A good man is a nobler object of contemplation than a great author. There are but two things worth living for, to do what is worthy of being written, and to write what is worthy of being read. I hope I'm....Rest depends on my readers as I write this biopic episode about Dr. Shahid Iqbal Chaudhary! Friend but remember a dinner is due....this is from a soldier to a soldier but do not take it to the heart!

'Shahid Iqbal Choudhary, received the award for creating the best ITbased system to fight the Covid-19 in the country as Divisional Commission, Kashmir, is one of the most awarded civil servants of Jammu and Kashmir.' What better soldier ahead front fighting the enemy not from a trench but straightforwardly as the Crimson Contagion from Wuhan was wreaking havoc and no one knew what to do'! It was Friday that year when during the 24th National Conference on e-governance at Hyderabad on his 'Covid Call Centre and Management System' project was selected for the 'gold' award for using information and communication technology in Covid management.'! Great job done Shahid! You deserve my salute though a small man...a former army officer and now a small little average writer'

'Shahid is a 2009 batch IAS officer

who hails from Rehan village in Rajouri district of Jammu. He happens to be the first Muslim and also the first from his community of Gurjars to become the civil servant. He is currently holding the position of Secretary, tribal affairs department, and chief executive officer of the JK Mission-Youth and mission director for the Skill Development Mission. It was during his tenure that tribal communities in Jammu and Kashmir were conferred their rights under the Forest land rights Act. He is a trained veterinarian and has done his masters in forest management from National Forest Institute, Dehradun. He holds key projects close to the Prime Minister's heart and his scheme of things in J&K. 'I will sum him up William Butler

Yeats' lines, I have believed the best of every man. And find that to believe is enough to make a bad man show him at his best, or even a good man swings his lantern higher. So everyone is the same but it is the exposure man. In other words there is no good or bad man! Everyone is the same. The tribe is only one and that is humanity! Shahid thinks and executes that it should be that way!' I think it should be!'

'I don't have a desire for material things. As long as I'm happy, I'm good, man. It is part of a good man to do great and noble deeds, though he risks.....! Every young man trying to risk something for humanity has to put himself at risk! Shahid loves doing that and that is the reason I called him an administrative soldier! And indeed he is'!

Some facts about the Doc Shahid: He is Secretary, Tribal Affairs, J&K Government, CEO Mission Youth J&K,

MD Skill Development, Livelihood. He has been Deputy Commissioner of Srinagar Government of Jammu and

Shahid Iqbal Choudhary is a 2009 batch Indian Administrative Service



officer from Jammu and Kashmir cadre. He secured an All India Rank 51 in the UPSC's Civil Services Examination for the year 2008. Shahid was the first Muslim from Jammu region and first Guriar from J&K to get into Indian Administrative Service as a direct recruit from IAS

Shahid Iqbal Choudhary was born ment | Livelihood initiatives, Jammu in Rehan village of Rajouri. He did his early schooling from his native village. Shahid did his graduation in B.V.Sc &

A.H from Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu and post graduation in MSc Natural Resource Management from FRI University, Dehradun.

Soon after completing post gradu-

ning & Development, Special Officer Relief & Reconstruction Leh and SDM Nowshera. What else to expect from a man who was destined to be great! I think nothing else! He is also the most decorated civil

administrative soldier. The reasons National Award for Best Electoral

conduct from Election Commission National Awards for e-Governance

presented by the Ministry of Personnel, Government of India. Prime Minister's Awards for Excellence in Public Administration.

National Award on women empowerment from Prime Minister Narendra Modi in the category "Enabling Girl Child Education" on International

Women Day 2018. National Award for exceptional contribution in the Education sector - 2019. Shahid's project was selected for the gold' award in which the government had received 231 the highest from several organisations and districts of the country. The project, which was conceptualised by Choudhary along with his team member District Informatics Officer Mujtaba Ahmad Banday, saw 98.4 per cent of the over 12 lakh population of Srinagar district getting

directly benefiting. This is what we should call a soldier as little and now grown up Maira tells her toddlers, Roshni and Chandini, he's my hero, now I'm feeling like a fool, all I ever wanted, all I ever needed, He drove me bloody crazy! He told me you will have a better environment and a better place to live! Dr. Shahid Igbal Chaudhary has given a lot and Maira should be happy! But she also said, he's my hero, tears I cry will let me know that I'm happy! Everyone is for the tribals! The good man is the friend of all living things. Shahid Iqbal Chaudhary

# Living in the moment

**FAIZAAN BASHIR** 

I were to foregather people suffering psychologically, and given a chance to provide them with a way out, I would make them aware of what the present moment has to offer. Sufferings that have made our life a hell have little to with the present moment and more to do with the past or the future. The former a lot many of us dwell on, the latter many of us are worried about. In any case, they are something that don't exist at the moment. A person capable of taking the trouble to think about the complications of time would agree that both the past and the future are illusions.

Here are examples to show why living in the now is so

The other day one of my friends seemed to have some bouts of depressive tendencies for being subjected to people's brickbats thrown at him way long back. The scenario my pal was caught up in had to do with the cutting remarks that he became victim of. Speaking sensibly, there's no way to physically go back in time and take revenge of the wrong that had been done to him. Therefore, screwing ourselves up badly over our past is absolute nonsense. Anyhow, now the situation demands something to get rid of the psychological pain. Here the present acts as the best psychiatrist. What it offers is the best medicine.

You turn towards it it gives you hope. You immerse yourself in it, it provides you with much-needed relief. The brickbats no longer exist. The present moment guides

you all through the way. Stressed out over what the future has in store for him. this young boy always paid long visits into the future. He would get things done in the future, get things undone in the future, speak to intellectuals, become a millionaire. Having high hopes of all the stuff he's enjoying in the made-up future, he began to have some intense brain fogs as "things" unfolded before him and scared him to death. The seriousness of his fastforwarding into the future had him take no action. And in such a state he wasted a good number of years.

Such future-fuelled stress could be eliminated by being in the now. By doing things with all your heart and mind. No fantasies involved. One shouldn't keep high hopes of the future. When the you're honest with the present, not wandering in psychological time, the future by itself turns beautiful.

Besides the typical examples I stated above, the present moment can be used to withstand anything that seems to be eating away at our psyche. Let's give it a try on an individual level.

- The writer is a post-graduate student of History at Kashmir University, peerfaizanbashir@gmail.com

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Service in 2005 and served as forest

for UPSC and qualified with a rank

of 51.Presently serving as Secretary,

Tribal Affairs, J&K Government | CEO

Mission Youth J&K | MD Skill Develop-

and Kashmir. He served as District

Development Commissioner/District

Magistrate (DM), Srinagar, Additional

Secretary in Chief Minister Office I&K/

Director Information &PR and Manag-

ing Director J&K Tourism Development

Corporation, DM Rajouri, DM Bandipo-

ra, DM Leh, DM Udhampur, DM Kathua,

DM Reasi, Additional Secretary Plan-

In the year of 2008 he appeared

officer in Kashmir valley.

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is a good man!

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### **BRIEFLY NEWS**

# Aadhi shares BTS video of wedding with Nikki Galrani

ctor Aadhi, who married actress Nikki Galrani in a grand ceremony in May this year, on Friday released a cute behind the scenes video of their wedding ceremony.

Taking to Twitter, Aadhi wrote: "Almost three months as Mr and Mrs already. Feels like yesterday. Here is a small glimpse of what our magical day looked like. A day we will cherish, forever! Much love to our families & friends who were a part of our big day and made it special. Lots more wedding madness coming your way."

The one-minute-and-36-second long video clip showcased some of the happy moments both the bride, the groom, their respective families and friends had before and during the wedding cer-

The video has a song, sung by singers BRK and Kamalaja Rajagopal and set to tune of music director Achu Rajamani, as its background score.

### Madonna says her son 'looks better' in her clothes

op icon Madonna gushed over her son David Banda's "sense of style" during an appearance on a late-night talk show.

The 63-year-old said that her 16-year-old son, who has been wowing fans with his fashionable fits, "looks better in her clothes" than she does, reports mirror.co.uk.

During her appearance on The Tonight Show with Jimmy Fallon, she said: "He can put on any outfit and look swag as you know what. It's really irritating. He wears my clothes and looks better in them. He can even wear a dress and look butch.'

Madonna also gushed over her teenage son's talent and told Jimmy that David will be a guest on the show one day.

David is known for thinking outside the box when it comes to fashion choices.

He rocked a cheerleader outfit during an art event in February by completing the look with

### It's a wrap for sound mixing of Pa Ranjith's musical 'Natchathiram Nagargiradhu'

ost production work of director Pa Ranjith's eagerly-awaited romantic musical, 'Natchathiram Nagargiradhu', is progressing

A source close to the unit told IANS, "Sound mixing for the film has just been completed. The film is to release on August 31. The clearance from the Censor Board is expected to arrive by Tuesday.

The film, which has Kalidas Jayaram, Kalaiyarasan and Dushara Vijayan in the lead, is believed to deal with different facets of love.

"Director Ranjith deals with different kinds of love and how some kinds are politicised. The point he tries to make is that love can happen to anybody and it must not be politicised," the

Kishore Kumar, who shot the critically acclaimed 'Irandam Ulagaporin Kadisi Gundu', is the cinematographer of this film while editing

The film, which has music by Tenma, has evoked a lot of interest among both film buffs and fans alike.

### **Maniesh Paul savs** hosting 'Jhalak Dikhhla Jaa 10' is like a homecoming

V presenter, comedian and actor Maniesh Paul is returning to the dance reality show 'Jhalak Dikhhla Jaa 10' after hosting it for

It is indeed a great feeling for him to be on the show which established his name in the enter-

tainment industry. While Maniesh will be seen as a host, Madhuri Dixit, Karan Johar and Nora Fatehi will be seen among the panel of judges

He says: "It gives me immense joy to be on the show which is a milestone in my career and which holds a very special place in my heart. Now that the show is making a grand comeback and I have been bestowed with the opportunity to reunite with my on screen family Madhuri Dixit ma'am and Karan Johar sir, I am nothing

"Coming back to 'Jhalak' is like a homecoming for me, bringing back some very special memories at the same time providing a chance to create new ones, with the addition of Nora Fatehi to the panel. Continuing the tradition of talent, entertainment and fun. I am looking forward to joining the sets and witnessing the stellar line-up of contestants," adds Paul,

'Jhalak Dikhhla Jaa' is all set to start from September 3 on Colors

### Sara's fans light up Times Square billboard, do flashmob on her birthday

ollywood actress Sara Ali Khan, who turned 27 on Friday, was given a surprise by her fans, who lit up billboards in Times Square, New York, and did a flash mob where they danced to all her songs.

Sara is currently stationed in New York for her work commitments and will be celebrating her birthday in the city itself.

While her fans went out of their way to wish for Sara, the actress couldn't control herself and got emotional by this grand gesture. The fans lit up the LED screen with Sara's pic-

tures which also included pictures of her family and friends along with the birthday girl herself.

While on the film front, the actress was spotted shooting for 'Gaslight' with Vikrant Massey and has recently finished shooting for an untitled

project next to Vicky Kaushal. Sara has wrapped up major portions of two films and is all set to start with the third film, which is yet to be announced.

# Sunny Singh, Saiee Manjrekar in B Praak's music video 'Duniya'

Praak, who is known for crooning 'Teri Mitti' from the Akshay Kumar-starrer 'Kesari' is back with vet another track. The new track by the singer is titled 'Duniya' and features actor Sunny Singh of 'Sonu Ke Titu Ki Sweety' fame and Saiee Manjrekar -- the daughter of veteran actordirector Mahesh Manjrekar, who was most recently seen in the tri-lingual film 'Major',

Commenting on the occasion of the song release, Sunny Singh said: "This happens to be my most cherished music video. Working alongside such great actors



has totally been a wonderful experience. I feel great about

the song and team behind it." The song is a tale of betrayal. Based on the prom-unbearable pain and a

and with such a great time inent play "The Macbeth", it has been narrated and sung by B Praak with Jaani penning the lyrics of the track.

The song represents intense love, deceit and fatal unconditional love and

Reacting to the release of the song, Saiee said: "It's a great song, backed by a great team... the entire experience of shooting this song has been remarkable. I'm hopeful that people will like it. Duniya is one of my favourite tracks.'

The music video of the song also features B Praak driving through a desert in a stylish Cadillac Eldorado as he croons the melody in his signature style.

'Duniya' has been released under the label of YRF Digital and Saga Music and is available to stream across streaming platforms.

# 'She-Hulk' Tatiana Maslany wishes Indian fans on Rakhi

Tatiana Maslany gears up for the release of her upcoming streaming series 'She-Hulk: Attorney at Law', she recently reached out to her Indian fans over the festival of Raksha Bandhan.

Ahead of the release. Tatiana Maslany wished her Indian fans a very Happy Raksha Bandhan in a special social media

Starting off with signature Indian pleasantry 'Namaste', she said in the video, "I hope you guys had a very happy Rakhi."

In line with the sentiment of the festival surrounding the theme of brother and sister bond, she spoke about her char-

s Canadian actress acter's relationship with her famous cousin, The Hulk. She said, "Being She-Hulk isn't easy, but I have great support from family, friends and coworkers, including The Hulk. As annoying as he can be, being She-Hulk wasn't quite possible without him.

Exploring the legacy of The Incredible Hulk in detail for the first time since 2008, the series will introduce one of the most iconic actors Tatiana Maslany as She-Hulk. With her specialisation in superhuman-oriented legal cases, Tatiana Maslany will navigate her new smashing green persona and her role as a lawyer in

# **Gurugram hip-hop artiste belts out** 'Veham' in Anurag Kashyap's 'Dobaaraa'

'VEHAM', a new song from the Taapsee Pannu-starrer, 'Dobaaraa' was released on Friday. The song has been composed by Gaurav Chatterji with lyrics by Hussain

Gurugram-based Hip Hop artiste Fotty Seven has sung the song which is a catchy solid rap number that takes the listeners to the thrilling world of 'Dobaaraa'. The lyrical theme of the song talks about the illusion juxtaposed with footage from the film thereby leaving the listeners asking for more.

Dobaara's last song 'Waqt Ke Jungle' has garnered India's attention with its suspenseful tune.

Meanwhile, 'Dobaaraa' opened the prestigious Indian Film Festival of Melbourne on Friday. In addition, it has also travelled to fests such as London Film Festival & Fantasia Film Festival 2022



duced by Shobha Kapoor The film, which also stars & Ektaa R Kapoor's Cult

Pavail Gulati and Sukant Movies and Sunir Kheterpal Goel, has been directed by & Gaurav Bose of Athena. Anurag Kashyap and pro- The film is set to release theatrically on August 19, 2022.

# LA-based musical twins do a Srivalli cover, Rashmika reacts

ashmika Mandanna has become a manager crush after essaying has become a national the role of Srivalli in 'Pushpa

Apart from bringing audiences back to cinemas after the pandemic, the Allu Arjun-starrer has spawned a massive fan following for lead actor Rashmika, who has been going places ever since. And now, she's getting noticed in Los Angeles.

The actress recently took to her social media to give a shout-out to LA's Bala Brothes, who had posted a cover of the superhit track 'Srivalli' from 'Pushpa - The Rise' on their social media handle.

The twins from Singapore, who are trained in Carnatic music and have graduated from the prestigious Berklee College in Boston, were seen singing the song against the backdrop of the Los Angeles sky.



to respond. Tagging the artistes, the actress wrote: 'Love it @thebalahovs!!'

Rashmika's 'Srivalli' character has created a whole new fan base for her. After the release of the song, in fact, the actress became better-known across the country as 'Srivalli'.

On the work front, apart into 2023.

Rashmika was quick from 'Goodbye', also featuring Amitabh Bachchan and Neena Gupa, the crime drama 'Animal' with Ranbir Kapoor, the 'Pushpa' sequel, apart from 'Mission Majnu'. opposite Sidharth Malhotra, and 'Varisu' with Vijay Thalapatty

 $A \ busy \ line up \ that \ should$ keep her in the news well

# Amit Sadh's short film 'Ghuspaith - Beyond Borders' honours photo-journalists

'Ghuspaith' - Beyond Borders' honours photo journalists of the world.

Amit Sadh says, "When struggle to answer. Mihir came with the story, I found that we are making the short film to honour the photo journalists of the

from before, and I think it is thing nice." very courageous and brave from all the directions," he

Mihir K. Lath, 'Ghuspaith...' between India and Bangla- of refugee crisis.

upcoming short film militancy and an urgent, devastating refugee crisis; the worth of human life becomes a question many

Amit said: "As an actor, it is a great opportunity and honour to explore and make this short film, as Mihir world, like Danish Hussain looked well prepared and who was killed by the Tali- full of enthusiasm. The way banis in Afghanistan while he had done his prep and planned things, it looked like "I knew about Danish we are going to make some-

"Honestly, I am very fulof all people who report war filled and happy that I made and crime. It takes lot of guts 'Ghuspaith' with Mihir and to be in that kind of a scenar- now that it is coming out, we io where bombs are blasting are going to Sundance Film and bullets are being fired Festival and show it to audiences," Amit adds.

Mihir was attracted to tell Written and directed by this story in a quest to bring a humane understanding of is a film set at the border a complicated, global issue



film salutes the spirit of renowned brave photojournalists like Danish Siddique, who put their life on the line to serve the people who went

Mihir knew he had found his Manav when Amit Sadh agreed to take on the role.

He said: "Amit (Sadh) and I were aligned from our very first meet when I explained my vision to him, the kind of themes my movie was

dealing with and the way I wanted to invigorate the viewer into this high tension human drama. Even before reading the script, he said yes to me. It is that decision of his that has allowed 'Ghu-

spaith' to be made." The principal photograplace in Maharashtra over four days with Amit Sadh, Dibyendu Bhattacharya and Pamela Bhutoria forming the ensemble.

The disturbing but potent revelations of 'Ghuspaith'. found an early support in Sadh, who considered the story a necessary one to tell and filmmaker Shakun Batra, who is presenting 'Ghuspaith' under his banner Jouska Films.

He says "Ghuspaith is a brave attempt to understand the pain and horror that must have filled the last moments of Danish Siddique. I think it takes immense courage to bear witness and Ghuspaith is an effort for all of us to understand the strength it takes to cross borders in pursuit of humanity. That is our intention with the film".

# Aditya Narayan to Galwan martyr's wife: As a child, I wanted to be in the Indian Army

Singer Aditya Narayan shared his childhood dream of joining the army with Namrata Kumari Ojha, wife of Galwan martyr Kundan Ojha, on "Superstar Singer 2".

Indian soldiers who lost their lives during a clash with the Chinese forces in Galwan Valley in Ladakh. The singer says that he

will sponsor the education of their daughter.

Aditya, who is also the host of the show, said: "As a child, I was very passionate about the Indian Army and I wanted to be a part of it. But being the only son of my parents, it could not be possible. But whenever my country will need me, I will be the first one to be ready."

Appreciating Namrata for

the way she is taking care of her daughter, Aditya said: "I feel immensely happy to see Namrata ji that you are so strong and have not lost hope and are working along with really like it if you and taking care of your beautiful daughter. I too have a daughter, she is nearly as young as Diksha. Your daughter is be really privileged to meet



really sweet and so as a small token of love, I would like to Diksha. sponsor Diksha's education.

bright, I want her to study well and be whatever she dreams of being. I would Diksha could come home to meet my parents, my wife and my daughter. They will

you and your daughter." On the eve of Independence Day, the singing reality show "Superstar Singer 2" will have a special episode featuring personalities from the Indian defence forces and their families, who will share some touching and interesting anecdotes. Singer and judge Alka

Yagnik, expressing her gratitude towards Indian soldiers, said: "We can't even imagine the level of sacrifice Namrata ji has made for the safeguard of our country. The country has lost one soldier, but she lost her whole world. Just the thought of such selfless sacrifice moves me deeply. Even though Kundan ji could not see his daughter's face, I am sure his blessings are always on

"The great sacrifice he "I want her future to be made for his country will return as a blessing to her and she will have a beautiful future. Salute to Namrata ji and her family," she con-

> cludes "Superstar Singer 2" airs on Sony Entertainment Tele-

# 'Game of Thrones' sequel 'House of the Dragon' a 'complex Shakespearean family drama'

s the upcoming series "House of the Dragon" approaches its release date, its showrunners Ryan J. Condal and Miguel Sapochnik reveal that it is a "complex Shakespearean family drama."

The series is a gripping saga that takes the audience deep into the extraordinary world of Westeros and explores the Targaryen family - the all-powerful dragon riders who are the seemingly invincible rulers of the seven kingdoms.

Even though the series is a prequel to "Game of Thrones", "House of the Dragon" has an entirely new story with new characters played by an impressive

Chalking out the line of shows, Ryan said in a statement that "Game of Thrones" was about multiple families going to war over justice and

There was murder and betrayal, and all of those things exist here, but this is really about the dissolution of one family. That family happens to be the most pow-



erful in the history of Westeros. The show will present bitter rivalries, jealousy, lust, the quest for power, and betrayal that will tear the Targaryens apart and threaten to destroy a dynasty that has ruled unchallenged for a century.

Sapochnik, Condal's co-showrunner who also directs several episodes of the series, said: "Our story begins with the Targaryens in a secure place because difference between the two they have the dragons - they have the weapons of mass destruction - and as long as they do, it's hard to imagine how anybody can step up to them. They know this, but that hubris could be their

downfall. Based on George R.R. Martin's book "Fire and Blood", the 10-episode series is set 200 years before the events

that captivated global audiences in "Game of Thrones". In the series, Paddy Considine, Matt Smith, Olivia Cooke, Emma D'Arcy, Steve Toussaint, Eve Best, Sonoya Mizuno, Fabien Frankel, and Rhys Ifans breathed life to several characters from Martin's book.

The series will be available to stream on Disnev+ Hotstar from August 22 with new episodes dropping every Monday.

Clare Kilner, Geeta Vasant Patel and Greg Yaitanes, George R. R. Martin. Ryan Condal, and Miguel Sapochnik are also the executive producers, along with Sara Hess, Jocelyn Diaz, Vince Gerardis and Ron Schmidt. Composer Ramin Djawadi, of "Game of Thrones" fame, has scored

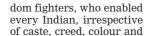
# Tiranga our pride, our lifeline, says Rana

#### Renewing his appeal of hoisting the tricolour on every rooftop as part of Har Ghar Tiranga campaign, Senior BJP leader Mr Devender Singh Rana today said the drive across the country will reinvigorate the spirit of patri-

who are celebrating the Azadi Ka Amrit Mahot-"Tiranga is our pride, our lifeline", Mr Devender Rana said while joining the enthusiastic rally, bubbling with the fervor of patriotism, in the Dansal area of Nagrota Assembly

otism among the people,

Constituency. Mr Rana said, duty has cast upon every Indian to contribute towards the nation in terms of strengthening unity and amity, working for environmental protection and social welfare, supporting its holistic development and supplementing the efforts of making the nation the been cast to make India as the Vishwaguru due



lar to make the Har Ghar Tiranga campaign a suc-



Minister Narendra Modi, he said, hoping that the people will be the willing partners in scripting this growth story

The senior BJP leader lauded the fervor and enthusiasm among the people across Jammu and Kashmir in taking Tiranga to every home, saying this will indeed be a great tribute to innumerable free-

environs by breaking the shackles from the Britishers. He said the indebted nation is grateful to those who gave their all, including lives for the freedom of India, and the posterity must know much about such supreme sacrifices. Mr Devender Rana appealed to the people of the

Nagrota Assembly Con-

stituency in general and

the country. All of us have to move forward with the 'Nation First' mantra and this calls for selfless service for the welfare of fellow Indians in whatever way we can, he said, hoping that the campaign will be celebrated as a national festival.

He congratulated the people, especially the youth, in coming forward in a big campaign and making it a grand success. He noted with a sense of pride that Har Ghar Tiranga has become a mass movement.

Prominent among those who participated in the included District President Jammu Rural Rajinder Singh Chib, Mandal President Shamsher Singh, Sarpanches Anil Sharma, Kuldeep Kumar, Mansa Ram, Capt. Pyare Lal, Ajay Barsala, besides Tarsem Singh, Ashok Singh, Sucha Singh, Master Ranjit Singh, Ajeet Thappa, Pritam Singh, Kishori Lal, Mohal Lal Verma, Angrez Singh, Balram Singh, Mohd Sadiq, Abdul Hussain, Kuldeep Kumar Sukha, Bashir Ahmed,Sunil Thappa, Ra-jinder Kumar , Darshan Lal, Yog Raj, Ashwani Kumar, Deepak Kumar, Munshi Ram, Mohd Mushtaq, Liaqat Ali, Soni Sharma and others.

# DC flags off mega Tiranga rally at Udhampur

awareness among the common masses about the "Har Ghar Tiranga campaign' under the aegis of Azadi Ka Amrit Mahotsav," District Administration Udhampur on Friday organized a Mega Tiranga rally comprising students, staff members of different Government educational institutions and civil society members.

Deputy Commissioner, Krittika Jyotsna flagged off the rally from the District Headquarter Office. Hundreds of school children, staff, officers and officials and locals carrying the National Flags marched through Slathia Chowk, Ramnagar Chowk, Gole Market, Bus stand and gathered at Government Boys Higher Secondary School

Speaking on the occasion, the DC said that the main objective of organizing this awareness rally was to sensitise the common masses about the Har Ghar Tiranga campaign launched by the Union Territory Government.

Highlighting the aim of the Har Ghar Tiranga campaign, the DC impressed upon the people of the district to hoist the National Flag on the rooftop of their houses to be its part. The DC informed that a series of activities like Rallies, Debates,



Quiz and painting competitions are being organized in the Schools, Colleges and other institutions in the District to encourage the youth to establish a connection with the National Flag.

Earlier, The Deputy Commissioner flagged off the Har Ghar Tiranga rally or-ganized by 187 Battalion Central Reserve Police Force (CRPF).

Hundreds of CRPF jawans and students participated in the rally. The Rally was taken out from Government Higher Secondary School Udhampur which passed through Gole market, Ramnagar Chowk, Dhar road, Domail Chowk, MH and culmi-

# Rajouri: 42122 students across all Educational institutions vow to stay away from Drugs

RAJOURI, AUGUST 12: The Department of Social Welfare today organised a Pledge ceremony as part of the Nasha Mukt Bharat Abhiyan of the Ministry of Social Justice and Empowerment. Government of India.

The aim of the event was to strengthen action and cooperation in achieving the goal of a sustainable world free of substance abuse.

As per the department, 27122 students and 2376 teachers across the educational institutions of Raiouri pledged to stay away from drugs and to make efforts to make India a drug free country.

The students of 1654 schools, 13 Government Degree Colleges, besides Baba Ghulam Shah Badshah University and Government Medical College Rajouri participated in the pledge ceremony, said District Social Welfare Officer Rajouri, Wakeel



Ahmed Bhat. "Drug addiction is an issue of grave concern, especially among the younger generation, and has detrimental impact not only on the individual concerned but on the society as a whole" he

He said that on the directions and guidance of Dep uty Commissioner Rajouri

the department is determined to eliminate this menace from the society.

"It is a collective fight and cooperation of all the citizens is required to eliminate the drug menace from society," he added.

# **GDC Pouni holds series** of events to celebrate Int'l Youth day

ernment Degree College Pouni under the Aegis of Azadi ka Amrut Mahotsav on Friday celebrated International Youth Day 2022 under the guidance of the College Principal, Prof. Raini Bhagat.

The main objective of the event was to spread the message that action is required across all generations to attain the Sustainable Development Goals (SDG).

Programme was organised by Tanpreet Singh, Prof. Jaspal Singh and Prof. U S Liza, who encouraged youth to organize activities to spread awareness about the issues of youth in the country. A series of events were organised to mark the International Youth including Poster-making, Extempore speeches and Short-Story telling Competition.

overwhelming participation from all the semes-

Gurleen Kour and Balvinder Singh very well narrated the short story on the topic "Ageism". They very beautifully put forth the main points by telling the short tale.

Principal maintained that it was not enough to listen to young people but they need to be integrated into decision-making mechanisms at the local, national and international levels. She stressed on joining hands across generations to break down barriers and work as one to achieve a more equitable, just and inclusive world for all people.

Event was held smoothly by the collective efforts of Dr. Varsha Kapoor, Prof. Balbir Kumar and Dr.

National Flag unfurls in border Tehsil Nowshera under 'Har Ghar Tiranga Campaign'

CBC Rajouri hosts 'Mini ICOP' in Government Degree College

# Nasha Mukt Bharat Abhiyaan

# Pledge ceremonies, cultural events held across Ramban district

RAMBAN, AUGUST 12: Intensifying the Nasha Mukt Bharat Abhiyaan under 'Azadi Ka Amrit Mahotsav', the District Administration Ramban on Friday organised a pledge ceremony to enstudents. courage the youth, and general masses to join the fight against the

Deputy Commissioner, Ramban, Mussarat Islam administered the pledge to the participants in the premises of the District Administrative Complex, Maitra Ramban. ACR, Ramban, Gias -Ul

-Haq, CPO, Dr. Kasturi Lal, ACD, Ashok Katoch, CEO, Dev Anand, CMO, Dr. Kamal Zadoo, Tehsildar, Rafiq Ahmed, Nodal Officer, AYUSH, Dr. Sanjay Chadha and various senior officers also participated.

The DC said that the ad-



towards a drug-free societv and sought the cooperation of every individual to meet this goal. In his message, the DC advised the students to concentrate only on their overall development and strive to reach a high position in their lives. The DC also asked the public to inform the police about the perpetrators of drug abuse to eradicate this evil from

students took the pledge against drug abuse in their respective Schools, Colleges, and other in-The Heads of institutions asked the students to obey their parents, elders, teachers and stay away from the drugs. programmes Similar were held at Subdivision, Tehsil, block level offices and institutions.

### **SWD** organises anti-drug Pledge ceremonies in educational institutions of Doda

DODA, AUGUST 12: Social Welfare Department Doda, under the aegis of Azadi Ka Amrit Mahotsav & Nasna Muknt Bharat campaigh on Friday organised a series of anti-drug pledge ceremonies in educational institutions across the district.During the pledge ceremony the students were also briefed about the ill effects of intoxicant Drug substances. They were advised to stay away from drugs and advise their peers not to fall prev to any type of addiction. "The students need to become the brand ambassadors of Drug Free India and spread the message in every corner of the district" the speakers advised them. They were asked to pledge on the 75th Independence Day of the country to completely root out the drug abuse from their area by being part of the drug eradication campaign. It is pertinent to mention here that the campaign is being carried out under the supervision of DC Doda Vikas Sharma and managed by DSWO Doda Tariq

# Vikas Kundal a number of steps have been taken to the ill effects of Drugs and

NOWSHERA, AUGUST Under the aegis of 'Azadi Ka Amrit Mahotsav', the Central Bureau of Communication (CBC), Ministry of Information and Broadcasting, Government of India, Field Office Rajouri today organized a Mini Integrated Communication and Outreach Programme (ICOP) on 'Har Ghar Tiranga'

The Outreach Programme was organised at Government Degree College Nowshera with the aim to generate mass awareness regarding the ongoing campaign of Har Ghar Tiranga.

In his address, Joint Director, Central Bureau of Communication, J&K and Ladakh region, Ghulam Abbas said that Har Ghar Tiranga campaign is an opportunity to celebrate achievements and identify the unaccomplished dreams. He further added that every person can

serve the nation at his own level by performing his duties with honesty and dedication. He further said that the real patriotism in the message of Har Ghar Tiranga Campaign is to re alize our responsibilities for the development of society at large. Field Publicity Offi-

cer, Field Office, Udhampur, Khursheed Yousuf, presented an overview, structure and working of the CBC, J&K during the event. He said that CBC is engaged in generating awareness in rural, far flung and Media Shadow zones regarding the Welfare Schemes of Government of India.

Speaking on the Occasion, Additional Deputy Commissioner, Nowshera, Kartar Singh said that every citizen of the country must feel proud to be part of celebrations of 75 Years of Independence and Har Ghar Tiranga campaign. He fur-

ther added that the campaign is an opportunity to pay tributes to the heroes of our freedom struggle. Others present during

the event were Rajesh Jasrotia, Station House Officer, Nowshera, Gurnaam Singh, In charge CBC Field Office, Rajouri, Faculty Members of GDC, Noswshera, representa-tives from Health department and police.

A Poetry session for the students and Seminar for faculty members on Azadi Ka Amrit Mahotsav and Har Ghar Tiranga was also organised to generate awareness and to motivate masses to become part of these campaigns.

CBC, Field Office, installed informative standees on Har Ghar Tiranga for the awareness of the Cultural Propeople. grammes showcasing the importance of Azadi Ka Amrit Mahotsav celebrations and Har Ghar Tringa

Campaign enthralled the audience.

Sharma, Prin-Dr. K. K. cipal GDC, Nowshera thanked the CBC, Field Office Rajouri for organising tne outreach programme in the college premises and appreciated the role of CBC, Rajouri in generating the mass awareness regarding various Welfare Schemes and Campaigns of Govt. of India in district Rajouri.

Har Ghar Tiranga- Bike Rally was another attraction of the day-long programme.

The Bike Rally which was flagged off jointly by ADC, Nowshera, Joint Director, CBC, Jammu and Principal of the host Institute from GDC, Nowshera passed through main bazaar, bus stand and adjoining areas of the market culminated at GDC, Nowshera. The Bikers chanting slogans like Bharat Mata Ki Jai, Vande Matram, Har Ghar Tiranga created an atmosphere of Nationalism. A van fitted with loud speaker which was escorting the Bike Rally playing patriotic songs also enhanced the attractions of masses who witnessed the bike rally Field Publicity Officer, Field Office, Udhampur, Khursheed Yousuf,

presented an overview, structure and working of the CBC, J&K during the event. He said that CBC is engaged in generating awareness in rural, far flung and Media Shadow zones regarding the Welfare Schemes of Government of India.

Speaking on the Occasion, Additional Deputy Commissioner, Nowshera, Kartar Singh said that every citizen of the country must feel proud to be part of celebrations of 75 Years of Independence and Har Ghar Tiranga campaign. He further added that the campaign is an opportunity to pay tributes to the heroes of our freedom struggle. Others present during

the event were Rajesh Jasrotia, Station House Officer, Nowshera, Gurnaam Singn, in charge CBC Field Office, Rajouri, Faculty Members of GDC, Noswshera, representa-tives from Health department and police.

A Poetry session for the students and Seminar for faculty members on Azadi Ka Amrit Mahotsav and Har Ghar Tiranga was also organised to generate awareness and to motivate masses to become part of these campaigns.

CBC, Field Office, installed informative standees on Har Ghar Tiranga for the awareness of the people. Cultural Programmes showcasing the importance of Azadi Ka Amrit Mahotsav celebrations and Har Ghar Tringa Campaign enthralled the audience.

# Police organise Vishal Tiranga Rallies across District Reasi

REASI, AUGUST 12: To commemorate 75th Independence year and to carry forward the agenda of Har Ghar Tiranga Campaign, District Police Reasi today organised Tiranga Rallies across the District. Tiranga Rallies were or-

ganized with an aim to raise awareness about the Har Ghar Tiranga Campaign, use of the National flag and its display with respect. In Reasi Town. A Vishal

Tiranga Rally was organised from Sports Stadium which was led by SSP Amit Gupta along with other officers and officials of the district Police.

Besides around 850 stufrom different schools of Reasi town participated and graced the

After taking a round of Reasi Town, the Rally culminated at historic Bhim Garh Fort where refresh-



distributed was among the children.

In Katra. Tiranga Rally event was organized from Fountain Chowk to the Railway station with participation of around 500 students, locals, Officers and officials of District Police, CRPF and CISF. The aim was to spread the message regarding hoisting of national flag on each and every house through the Har Ghar Tiranga Cam-

In Arnas, Tiranga Rally was organized from JK Bank to the Police Station Besides Police officers and officials, around 300 students and prominent citizens participated and sent a message across the area regarding the Har Ghar Tiranga Campaign. Similarly, in the far flung area of Mahore, besides Police Officers and officials, 250 students and locals of Mahore partici-

pated in Tiranga Rally or-

ganized from SDPO Office to SDM Office

Speaking on the occasion, Senior Superintendent of Police, Amit Gupta conveyed that Reasi Police have dedicated one full week from 11th to 17th of August to celebrate Azadi ka Amrit Mahatsov and host a series of events in every nook and corner of the district to promote the Har Ghar Tiranga Campaign.
"Reasi Police is going to

organize Tiranga Rallies, Symposiums, Competi-Symposiums, Competitions in schools, distribute national flags and stickers, organise lectures in morning assemblies of the schools and provide wrestling mats for the girl wrestlers in coming days. The people of Reasi should come forward and join hands to make this campaign successful across district Reasi and the Nation" he added.

# **Floriculture Department Gardeners** take out Tringa Rally in Jammu

JAMMU, AUGUST 12: To sensitise people about the Har Ghar Tiranga Campaign, the Department of Floriculture, Parks & Gardens Jammu today organized a Tiranga rally in Green Belt

More than 100 Gardeners participated in the rally along with officials and officers of the Department.

The rally was organised under the supervision of Director, Floriculture, Parks & Gardens S. Jatinder Singh. Deputy Director, Sunil Singh, Floriculture Officer, Vikrant Sharma, Floriculture Officer HQ, Ishtiaq Ahmad Malik, Assistant Floriculture Officers, Atul Sharma & Purnima Bajala were also present in the Tiranga Rally.

Speaking on the occasion, S. Jatinder Singh said the Har Ghar Tiranga campaign is being organised under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tricolour home and hoist it to mark the 75th year of our Independence. He urged all the participants to follow Flag Code of India and hoist the National Flag in accordance with dignity and honour. The



participants chanted Bharat Mata Ki Jai &Vande Mataram in one voice. Meanwhile, in continuation to series of plantation drives, a series of plantation/cleanness drives were conducted in Government Higher Secondary School, Bazar Qasaban, HSS Akhnoor, and HSS Gharote in presence of Satinder Kaur Principal, GHSS Bazar Qasaban, Aneeta Koul, HSS Akhnoor an Deepak Kapoor, HSS Gharote, officers of the Department and students of the schools.

# **DIPR organises cultural** programme in Bhartiya . Vidya Mandir School

JAMMU, AUGUST 12: Cultural Wing of Department of Information and Public Relations today organized a cultural program on Azadi ka Amrit Mahotsav here at Bhartiya Vidya Mandir School, Amphalla. Principal of the School, Reena

Rajput was the chief guest on the occasion. Artists of Cultural Wing Jammu and students of the school presented a scintillating cultural programme featuring Dogri, Hindi and Punjabi songs. Cultural Wing of Department of Information and Public Relations today organized a cultural program on Azadi ka Amrit Mahotsav here at Bhartiya Vidya Mandir School, Amphalla.Principal of the School, Reena Rajput was the chief guest on the occasion. Artists of Cultural Wing Jammu and students of the school presented a scintillating cultural programme featuring.

### FROM THE FRONT PAGE...

# LG

I also express gratitude to the Central government and the media persons for their support in the successful conduct of the Yatra, added the Lt Governor.

The Lt Governor enlisted various new initiatives taken for Shri Amarnathji Yatra which was resumed after two years due to Covid pandemic.

The carrying capacity of yatris was increased by 80 % as compared to previous years. Special arrangements were made across J&K to accommodate 1,25,000 Yatris in comparison to 70,000 Yatris earlier. A new Yatri Niwas at Chanderkote with 3600 capacity was opened for Yatris this year which proved to be a key facility in accommodating more yatris, even during inclement weather.

For the first time, RFID tracking of yatris was introduced which proved very helpful in tracking of the yatris, especially during the time of disaster on 8th July, many yatris could be traced using RFID technology.

240 % increase in the number of Toilets and unprecedented Sanitation arrangements ensured litter free and Open Defecation free yatra. Moreover, 190% increase in number of Beds in Hospitals, additional 100 bedded medical facility developed at each of the Base Camps and 50 beds installed additionally on each axis, 85 % increase in number of Oxygen Booths, besides two DRDO hospitals one each at Baltal and Chandanwari had aptly catered to the health needs of the yatris as well as locals and other stakeholders and saved many precious lives.

This year, Helicopter service was availed by the yatris from 4 sectors instead of 2 sectors. Two new heli sectors from Srinagar to Neelgrath and Srinagar to Pahalgam opened for Yatris. Free of cost Battery car service to yatris between Baltal and Domel; 200  $\,\%$  increase in number RO water purifier in each camp and on the tracks; underground cabling on Baltal axis provided 3-phase 24x7 Power supply, back up Gen sets helped in providing enhanced facilities to the yatris.

PTZ cameras installed on yatra tracks for surveillance resolved many issues and helped in minute-to-minute monitoring of yatra. Prepaid system introduced for hiring of Pony, Pithhos and Palkis also prevented overcharging of yatris. Three times the number of Camp Officers deployed to effectively manage the Yatra. Daily Coordination meetings by CEO SASB with Divisional Commissioners, DCs, Camp Officers and other stakeholders yielded better re-

Integrated Command & Control Center (IIIC) for quick monitoring and immediate response established at Srinagar with Nodal officers from all concerned Departments. Volunteer students from Indian Institute of Technology-IIT Jammu rendered their service in yatra in Technological assistance. One Senior IAS officer deployed as Nodal officer for each Axis of the yatra.

To facilitate the yatris, the yatra registration was started on 11th April through both Online and Offline modes by 566 Bank Branches of SBI, PNB, J&K bank and Yes Bank throughout the country, said the Lt Governor.

Replying to a question of inclement weather conditions resulting in lessening the expected number of yatris, the Lt Governor said that no target numbers were fixed for the yatra. Arrangements were made in view of the anticipated increase of yatris since Yatra couldn't take place in 2020 and 2021 due to Covid.

As far as the question of presence of any lake over the cave, the Lt Governor said that experts were consulted in this regard and no water body was found there.

Pertinently, the 44-day Yatra started on 30th June (Ashad Shukla Pratipada) from both Pahalgam & Baltal Routes and culminated on 12th August (Shravan Poornima). The Pratham Pooja was performed by CEO SASB at Holy Cave Shrine on 14th June on the auspicious day of Jyestha Poornima

The Lieutenant Governor flagged off the First Convoy from Bhagwati Nagar, Jammu on 29th June and performed the Pooja on 30th June to mark the commencement of Ya-

# HASSLE-FREE

contribution of freedom fighters and unsung

# **LABOUR**

Amrez, r/o Madhepura, Besarh, Bihar at Soadnara Sumbal, Bandipora. He was shifted to hospital for treatment where he succumbed," tweeted Kashmir Zone police. Around 12.20 am my brother woke me up & said that

ing has started. He (deceased) wasn't around; we thought he went to toilet. We went to check, saw him lying in a pool of blood & contacted security personnel. He was brought to Hajin & later referred but he died: His brother pic.twitter. com/3vFYSspvCa

The brother of the deceased said, "Around 12.20 am my brother woke me up & said that a firing has started. He (deceased) wasn't around: we thought he went to toilet. We went to check, saw him lying in a pool of blood & contacted security personnel. He was brought to Hajin & later referred but he died."

This comes a day after four soldiers were killed in action and one was injured in an attack on an army camp in Jammu and Kashmir's Rajouri.

# COP

to the hospital

Police said the attack took place near the Dara Shikoh Garden at Bijbhera town close to the Srinagar Jammu high-

"Militants fired upon joint naka party of police/CRPF in Bijbehara area of Anantnag. In this incident, one police personnel got injured who was immediately evacuated to hospital for treatment. Area cordoned off. Search in progress," the Kashmir Police said in a tweet soon after the

The attack comes just a day after two suspected militants of the Jaish-e-Mohammed group tried to storm an army camp 200km away in Jammu and Kashmir's Rajouri district. The attack was repelled and the duo on a suicide mission was killed. Four soldiers including a junior commissioned officer (JCO) laid down their lives in the operation. The attacks come at a time when the security establishment is on high alert in view of the celebrations in the run-up to the 75th anniversary of Indian independence on

# COVID

have recovered and been discharged from various hospitals including 122 from Jammu division and 623 from Kashmir division.

According to the daily Media Bulletin on novel Corona virus (Covid-19), out of 472597 positive cases, 4734 are Active Positive (847 in Jammu Division and 3887 in Kashmir Division), 463086 have recovered and 4777 have died; 2346 in Jammu division and 2431 in Kashmir division.

The Bulletin further said that out of 26278092 test results available, 472597 samples have tested positive and 25805495 samples have been tested as negative till date. Besides, 11.500 COVID tests have been conducted in last 24 hours. Till date 6699784 persons have been enlisted for observation which included 142persons in home quarantine including facilities operated by government, 4734in isolation and 321in home surveillance. Besides, 6689810 persons have completed their surveillance period.

Providing district-wise breakup for positive cases for today, the Bulletin informs that in Kashmir division, Srinagar reported 185 cases, Baramulla reported 133 cases, Budgam 83 cases, Pulwama reported 05 cases, Kupwara reported 40 cases, Anantnag reported 42 cases, Bandipora reported 09 cases, Ganderbal reported 13 cases, Kulgam reported 24 cases while as Shopian reported 05 fresh cases

Similarly in Jammu division, Jammu reported 27 cases, Udhampur 00, Rajouri 03, Doda 03, Kathua 02, Samba 00, Kishtwar 05, Poonch 02, Ramban 04 while as Reasi reported 01 fresh case for today.

# **PORN**

"Good job done by cyber police keep it up. and also investigate other accounts related to this. posting adult contents," said another

The content was live streamed at a time when crimes against women have reached an alarming level. Women Helpline has received over 1.2 lakh distress calls in the last eight years. Domestic violence, eve teasing, dowry, and cruelty by husbands top the list.

Jammu and Kashmir witnessed a 10 percent surge in crime against women in the last year. Last year, 3873 crimes against women were reported. In 2020. the number was 3517. A total of 326 rape cases were registered last year. Police registered 963 abduction cases in 2021.

Similarly, 1849 molestation cases were registered in 2021. In the last year, there has been an increase of more than 44 percent in dowry-related deaths. At least 16 married women lost their lives after dowry demands in 2021. In 2020, nine such cases had been reported. Cruelty by husbands increased by more than 30 percent last year.

# **KUPWARA**

Chandigam-B in Sogam tehsil and Mandalpora in Lalpora

Sarpanch Chandigam-B Fayaz Ahmad told Global News Service the flash flood has caused massive destruction in agricultural fields.

"At several places the paddy has been washed down as if we hadn't planted it", he said adding there has been dam-

age to roads at several places as well.

The PRI member in the meantime requested the authorities to assess the loss caused and compensate the affected households.

Locals at Mandalpora have urged district administration to construct protection walls along the rivulets to prevent frequent losses caused to the agricultural fields. SDM Lolab Aijaz Ahmad said his office has deputed teams

to the affected areas to assess the losses caused. "The teams will assess the loss and it will be accordingly

taken up with the higher-ups", he said.

# **PEOPLE**

Commissioner Kashmir; Sh Mohammad Aijaz, Deputy Commissioner Srinagar and other senior officers were

# **LG REVIEWS**

contribution of freedom fighters and unsung heroes of the freedom struggle. It is turning out to be the biggest Jan Mahotsay on the earth. The journey of our future will now be defined by self-reliance and self-respect," Lt Governor

Observing that 'Har Ghar Tiranga' campaign in J&K is receiving overwhelming response from all quarters, the Lt Governor exhorted officials to encourage the PRI members, prominent citizens, political parties, Youth clubs, government officials and common people to come forward and imbibe the true spirit of Azadi Ka Amrut Mahotsav. Amrit Kal Khand is a golden opportunity for retrospection and preparation for a leap into the glorious future, the Lt Governor added.

The Lt Governor asked the Administrative Secretaries DCs, SSPs, HoDs to lead the campaign and directed for organizing programs of 'Har Ghar Tiranga' campaign at prominent and iconic places, tourist spots, border villages, besides illuminating the most conspicuous buildings and spots all over the UT in tricolor.

He also instructed for identifying houses and families of freedom fighters, and conducting Prabhat Pheris involving students, NCC cadets and NSS volunteers, besides integrating Covid precautionary dose with the campaign. The Administrative Secretaries, Divisional Commission-

ers, Deputy Commissioners and SSPs shared the programmes being conducted in their respective departments and districts.

Dr Arun Kumar Mehta, Chief Secretary: R K Goval, Additional Chief Secretary, Home Department; Dilbag Singh, DGP; Vijay Kumar, ADGP Kashmir; Administrative Secretaries; Principal Secretary to Lt Governor; Divisional Commissioners; Deputy Commissioners; SSPs, besides other senior officers attended the meeting, in person and through video conferencing.

out against the listing of the dreaded terrorist and decided to hold the proposal saying it required more time to study. It will now have six months to make a decision.

The proposal was moved by India, co-sponsored by the US, to list Abdul Rauf Asghar in the UN Security Council 1267 Sanctions Committee.

India and the United States wanted Asghar to be designated as an international terrorist and be subjected to a global travel ban and freezing of his assets. But such a proposal would require to be agreed by all members of the 15 member UNSC body. Abdul Rauf Asghar, younger brother of Masood Azhar. has

been involved in the planning and execution of numerous terror attacks, including the hijacking of Indian Airlines aircraft IC814 (1999), the attack on the Indian Parliament (2001) and the attack on the Indian Air Force base in

This is not the first time that China has obstructed the listing of terrorists in the 1267 Sanctions Committee. In June 2022, China placed on hold a joint proposal by India and the US to list the Deputy Chief of the Lashkar e Toiba (LeT), Abdul Rehman Makki, in the sanctions list.

Makki has been involved in raising funds, recruiting and radicalising youths to resort to violence and planning attacks in India, including the Mumbai terror attacks of

There is incontrovertible evidence for both these listing proposals. Both individuals have also been sanctioned by the US under its domestic legislation.

China decision is likely to further strain ties between New Delhi and Beijing. The two countries have been in a military standoff at the Line of Actual Control in Eastern Ladakh since April 2020.

na grows increasingly assertive in claiming virtually the entire South China Sea and holds exercises threatening self-ruled Taiwan.

The destabilizing actions by the People's Republic of China as it applied to the threatening activities and actions against Taiwan is exactly what we are trying to avoid, he said at a joint news conference with Indonesian military chief General Andika Perkasa in Baturaja, a coastal town in South Sumatra province.

We'll continue to help deliver a free and open Indo-Pacific and be ready when we need to respond to any contingency, Aquilino said.

Indonesia and China enjoy generally positive ties, but Jakarta has expressed concern about what it sees as Chinese encroachment in its exclusive economic zone in the South Despite its official position as a non-claimant state in the contested South China Sea, Indonesia has been dragged along in the territorial dispute since 2010 after China claimed part of Indonesia's exclusive economic zone in the northern region of the Natuna Islands, said Connie Rahakundini Bakrie, a security analyst at the University of Indonesia

The edge of the exclusive economic zone overlaps with Beijing's unilaterally declared nine-dash line demarking its claims in the South China Sea.

Increased activities by Chinese coast guard vessels and fishing boats in the area have unnerved Jakarta, prompting Indonesia's navy to conduct a large drill in July 2020 in waters around Natuna at the southern portion of the South

Indonesia sees the current exercises with the US as a deterrent in defence of the Natuna Islands, while for Washington, the drills are part of efforts to forge a united front against China's military buildup in the South China Sea, Bakrie said.

"Indonesia wants to send the message that it is fully prepared for any high-intensity conflict in the South China

# **DOCTORS**

services."It has been observed that certain Doctors borne on the establishment of Health and Medical Education Department are indulging into private practices during official hours as well as while they are on duty rosters in the Government Health Institutions. This is in violation of Civil Services Conduct Rules as well as various guidelines issued from time to time and also goes against the ethics of public service for which the doctors have been appointed by the Government," reads the order

It reads that it has also come to notice that certain doctors are recommending medical intervention in their private clinics instead of attending the same in the Government health institutions where they are posted. "This results into loss of public exchequer under Ayushman Bharat/ SEHAT scheme and hence tantamounts to offence under the provisions of Prevention of Corruption Act, 1988.

This is also to be construed a misconduct and violation of Civil Services Conduct Rules," it adde. It reads that it has further come to the notice of the Government that many doctors are indulging into private practice in other cities and towns which implies that they are not available at their places of posting in case any emergency arises."The doctors who are skipping their duties and indulging into private practices in other places is also being viewed very seriously."The order added that it is, accordingly,

impressed upon all HoDs and DDOS not to allow any doctor borne on the establishment of Health and Medical Education Department to indulge into these malpractices resulting into loss of Government exchequer. services."It has been observed that certain Doctors borne on the establishment of Health and Medical Education Department are indulging into private practices during official hours as well as while they are on duty rosters in the Government Health Institutions. This is in violation of Civil

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# DLSA Reasi holds awareness event for students to mark Int'l Youth Day

REASI, AUGUST 12: As per the Action Plan/Calendar for the month of August, 2022, issued by the J&K Legal Services Authority and also under the guidance and supervision of Chairman DLSA R.N.Watal, the District Legal Services Authority Reasi today organized an awareness program for the students of Government High School, Gran More to mark the observance of "International Youth Day" under the theme (2022) "Intergenerational Solidarity: Creating a World for All Ages'

Panel Advocates Shalinder Bhardawaj and Ankush Sharma were the resource persons in the program.

The program was attended by the Faculty members and students of Government High School Gran Mohre, Reasi. The objective of organizing this event was to create aware ness about the youth and also to draw the attention to the issues being faced by the youth all across the world.

In addition to this, Tehsil Legal services Committee, Katra also observed International Youth Day at Government High School, Panthal Katra wherein Advocates Rashi Baru and Bhumika Rajput were the resource persons who also threw light upon the importance of this day.

# Doda Admin hosts mega event to promote 'Har Ghar Tiranga' campaign

DODA, AUGUST 12: As a part of the series of events being organised under the aegis of Azadi ka Amrit Mahotsay, the district administration Doda in coordination with education department organised a mega event to promote Har Ghar Tringa campaign, here at Sports Stadium Doda. Hundreds of students drawn from different educational in-

stitutions attended the event and expressed their respect for the Nation through different creative activities. Among others present during the program were ADDC, BDC Chairpersons, ADC Doda, SP Operation, DIO DIPR Doda, CEO Doda, CMO Doda, DEPO Doda and galaxy of other officers and officials of District Administration.

# **Doda: Women SHG members present** handmade Tiranga to DC, SSP

DODA, AUGUST 12: Women Self Help Group (SHG) Members of Jammu and Kashmir Rural Livelihood Mission (JKRLM) Doda today presented handmade Tricolour Flags to Deputy Commissioner Doda Vikas Sharma, SSP Doda Abdul Qayoom and ACP Doda Ashfaq Khanji. DNO (JKRLM) along with BPMs (JKRLM) were also pres-

The DC appreciated the SHG Members for their contribution in promoting Har Ghar Tiranga campaign. He urged them to motivate others also to participate in the Har Ghar Taranga Campaign with fervour and enthusiasm.

ent on the occasion.



Last Super Moon of the Year. "Sturgeon Moon". Aug 12,2022 H.T.Photo SOURAV DUTTA.

# INDIAN ARMY CELEBRATES AZADI KA AMRIT MAHOTSAV BLENDED WITH NARI SHAKTI

M S Nazki

MENDHÀR :To mark 75 years of Independence, women of the border village Tain in Mendhar Tehsil close to Line of Control, participated whole heartedly by volunteering to stitch Indian National Flags in support of Prime Minister Narendra Modi's call for \*'Har Ghar Tiranga'\* campaign. Barasingha Battalion under the aegis of Krishna Ghati Brigade had trained these women in Stitching and Embroidery Classes in recently concluded Operation Sadbhava Project under Women Empowerment initiative. Thus to capitlize the opportunity on the occasion of 75th Azadi Ka Amrit Mahotsav, Indian Army provided raw material and assistance to these women for stitching 400 flags which were distributed to the villagers in the area as well as to the battalion in KG Sector. Indian Army was instrumental in driving this idea, where-

in national flags sewn by these women are set to flutter on the roofs of every house of these villages close to the Line of Control. This initiative by women from border village supported by Indian Army not only reflects their patriotism and pride for national flag but also gave them opportunity to display their stitching skills. Thus, it is one more step closer to empowering these women and boost confidence in them.

\*"It is indeed a matter of great honour and pride that the Tiranga stitched by us in our small remote village will be unfurled at Indian Army posts and at the houses in nearby

village"\* said Nagina Begam who hails from Tain Village. The entire event has received lot of accolades and appreciation from the villagers and locals who take pride in supporting Indian Army in all previous conflicts against Pakistan and assured us that they will be always ready to make supreme sacrifice if need arises. This reflects the highest tradition and patriotism of these villagers along LC in Mendhar Tehsil and their love for the nation

# **Painting Competition organised for** the Children of Border Villages



M S Nazki

Poonch. Painting Competition on the occasion of Azadi Ka Amrit Mahotsav was org at Govt Girls High School, Degwar Terwan for the children of Bdr Vills.

Themeof the Painting Competition was Azadi Ka Amrit Mahotsav, National Integration and National Flag\* in which a Total of 22 School Children Participated from Class V to X.

Painting competition was attended by 11 School Teachers & Maulavi Abdul Rehman of Malti Mosque. \*Judging Panel of the competition incl Maulavi Abdul Rehman along with two teachers of School\*. The event was organised on the occasion of Azadi Ka

Amrit Mahotsav for the Bdr Vills to promote Creativitiy among the youth and National Integration

The event concluded with Distr of Prizes to winners and Felicitation of Participants.

### JKAP 6th Bn. organized series of programmes while celebrating "Har Ghar Tiranga" programme during Independence week

MS Nazki

Mendhàr JKAP 6th Bn. organized a Special Tiranga March and a Nukkad Natak was also presented to commemorate "Azadi Ka Amrit Mahotsav" & "Har Ghar Jhanda" programmes at Mendhar Town.

The Special Tiranga March had an overwhelming participation of over 200 participants including students of St. Francis kids world school Mendhar, students of other local school & officers/officials of JKAP 6th Bn. During the event, a Nukkad Natak on the theme "Aan Baan Shan of Tiranga/Har Ghar Tiranga was also presented by the students of Govt. Degree College Mendhar. During the event a stall was also established to distribute free of cost National Flags and pamphlets amongst the general public. In the said events awareness was also generated in the general public regarding Flag code of India and other legal provi-

The aim of these programmes was to bring awareness among the general public about the importance of National Flag as well as to inculcate the feelings of Patriotism amongst the general masses and respect for National Flag. During the event Dy.SP Sh. Sheezan Bhat, SDPO Mendhar, Tehsildar Mendhar Sh. Gourav Sharma, Professors Govt. Degree College Mendhar Sh. Akram Choudhary, Sh. Ajaz Chowdhary, Civil Society members Mendhar Sh. Satish Bhargav, Sarpanch Gohlad Smt. Sneh Lata, Sumo Union President, Mendhar Sh. Kafeel Khan, President Bus Stand Mendhar Sh. Bharat Bhushan & other prominent citizens

were also present. On the conclusive moments of programme, Dy.SP Sh. Mohd Farooq Khan-Adjutant, JKAP 6th Bn. conveyed vote of thanks with the brief deliberations. In the said event trophies and certificates were distributed among the participating students of different institutes. At last, CO JKAP 6th Bn. Sh. Suram Singh, JKPS/SSP gave press briefing regarding the Har Ghar Jhanda event organized to commemorate "Azadi Ka Amrit Mahotsav". Said series of events were appreciated by the general public of Mendhar and public was seen quite enthusiastic



As part of \*Azadi ka Amrit Mahotsav\* celebrations Ace of Spades Gunners at Poonch distributed Nation al Flags and conducted lecture on National Unity. The event culminated into screening of a patriotic movie Students of Higher Secondary School, Shahpur which is a remote settlement in Poonch District wholeheart edly participated.

Photo By M S Nazki

al 6.71 per cent in July, the lowest since March, but above the upper limit of the Reserve Bank of India's target range for seven straight

In June, inflation held above 7 per cent for the third month in a row, at 7.01 per cent from a year ago.

Last month, easing food prices which account for nearly half of the consumer price index basket - and fuel costs helped lower the pace of rise in price pressures.

Indeed, according to the data, food inflation in July 2022 moderated to 6.75 per cent, compared to 7.75 per cent in June. "ĈPI headline inflation for July has moderated in line with our expectations, led largely by food inflation, while the core inflation remains elevated and sticky," said Upasna Bhardwaj, Chief Economist at Kotak Mahin-

"The coming few readings are expected to be a tad above 7 per cent, with inflation likely to hover above RBI's upper threshold limit of 6 per cent until January 2023. We expect repo rate at 6 per cent by the end of 2022, followed by a pause and a shift to neutral policy stance," she added. The bulk of the slowdown comes from recession fears, which have lowered global commodity prices, with the international oil benchmark. Brent crude, down about 9 per cent for the month, hitting pre-Ukraine crisis lows and below \$100 a barrel.

That slowdown is also because of the lagged reflection of the fuel tax cut. Government interventions to tions on wheat exports helped too. Still, consumer price rises are expected to persist at a strong pace in points (bps) in an off-cycle meeting in May, a follow-up 50 basis points increase in June, and another larger-than-predicted 50 basis points



the months ahead, with the RBI's projections pointing to inflation remaining above its upper end of the 2-6 per cent target range.

The near-term inflation outlook is still quite uncertain because the government's efforts to rein in consumer price increases may be less effective due to the unevenness of this year's rainfall and a weak The government has mandated the central bank to keep retail inflation at 4 per cent, with a tolerance level of plus or minus 2 per cent of that rate, which is 2-6 per cent.

With the inflation outlook elevated, the RBI was forced to hike its key repo rate for the first time in four years, lifting it by 40 basis

this month, taking the repo rate to

The repo rate is the rate at which RBI lends money to commercial banks, and the latest inflation data suggests interest rates are set to keep rising.

5.40 per cent

Earlier this month, the central bank kept its inflation projection for the current financial year unchanged at 6.7 per cent and said retail inflation would remain above the upper tolerance level of 6 per cent through the first three quarters of 2022-23

The government hopes to control price-rise now that key factors are favourable again, sources said on Thursday, adding that India is "set

economy this year and the next".

A further breakdown of the latest data shows a big decline in inflation in rural India to 6.80 per cent in July compared to 7.09 per cent in the month before. In Urban areas, the CPI Inflation rate nudged lower to 6.49 per cent last month from 6.86 per cent in June. Another data set by the National Statistical Office (NSO) on Friday showed industrial production rose 12.3 per cent in June 2022 from a year ago, compared with a 19.6 per cent increase

Industrial production was hit due to the coronavirus pandemic in March 2020, when it had contracted 18.7 per cent and shrank 57.3 per cent in April 2020 due to a decline in economic activities in the wake of the lockdown imposed to curb the spread of coronavirus infections. The repo rate is the rate at which RBI lends money to commercial banks, and the latest inflation data suggests interest rates are set to

Earlier this month, the central bank kept its inflation projection for the current financial year unchanged at 6.7 per cent and said retail inflation would remain above the upper tolerance level of 6 per cent through the first three quarters of 2022-23

The government hopes to control price-rise now that key factors are favourable again, sources said on Thursday, adding that India is "set to be the world's fastest-growing economy this year and the next".

# **UN proposes demilitarised** zone near Ukraine N-plant

each other of new shelling near the Zaporizhzhia nuclear power plant on Thursday ahead of a UN Security Council meeting to address concerns over the facility's security.

Both Moscow and Kyiv said there were five rocket strikes near a radioactive material storage area at the plant. Europe's biggest nuclear facility which has been a focus of renewed fighting in recent days.

Ukraine's nuclear agency Energoatom said later there had been fresh Russian shelling near one of the plant's six reactors that had caused "extensive smoke" and "several radiation sensors are damaged".

Vladimir Rogov, a member of the Moscow-installed regional administration, said Ukrainian forces "once again struck" the plant on messaging app Telegram.

The Ukrainian plant is under the control of Russian troops and Ukraine has accused Moscow of basing hundreds of soldiers and storing arms Ukrainian President Volodymyr Zel-

ensky has warned Russia could cause an incident "even more catastrophic than Chernobyl" — a reference to the nuclear disaster in then Soviet Ukraine in 1986. United Nations chief Antonio Gu-

terres also said in a statement that continued hostilities around the facility could "lead to disaster". He urged both sides "to cease imme-

diately" all military activity near the power plant.

The US State Department later on Thursday said the United States supported calls by the UN and others to establish a demilitarised zone around

"We continue to call on Russia to



cease all military operations at or near Ukrainian nuclear facilities and return full control to Ukraine, and support Ukrainian calls for a demilitarized zone around the nuclear power plant," said a State Department spokesperson. The Security Council is expected to meet at 1900 GMT. The Soviet-era plant in southern Ukraine was captured by Russian troops at the beginning of March — shortly after Moscow launched its invasion and has remained on the frontline since

"Russia has turned the nuclear station into a battlefield," Zelensky said, addressing a Ukraine donors conference in Copenhagen by video link. He called for stronger sanctions against Russia saying it was a "terrorist state" — on the same day that Latvian MPs adopted a resolution calling Russia a "state sponsor of terrorism".

The statement said Russia's actions in Ukraine constituted "targeted genocide against the Ukrainian people" and said the use of violence against civilians should be considered "terrorism". Ukrainian Foreign Minister Dmytro Kuleba hailed it as a "timely move" and urged other countries to follow suit, while Russian foreign ministry spokeswoman Maria Zakharova called it "xenophobia".

# "Slap To BJP": Tejashwi **Yadav Says Nitish Kumar's** "Return To Family" In Bihar A **Template For India**



New Delhi: Tejashwi Yadav, Bihar's new deputy chief minister, today described Nitish Kumar's return to the "socialist family" as a "slap in the face of the BJP". He said the BJP's attempt to "intimidate or buy out" regional parties is aimed at "finishing off the politics of backward classes and Dalits", because most such parties represent such sections of society. He cited family and ideological ties with Nitish Kumar, who revived the JDU-RJD-Congress 'Mahagathbandhan' after dumping the BJP earlier this week."In Bihar, all parties against the BJP are now on the same side. Nitish-ji made the right decision at the right time. This will happen across India now," Mr Yadav said.On questions about his promise of jobs, he said it's good that — away from "communal politics of Hindu-Muslim divide" - the BJP is "finally talking about real issues". "We have forced them into addressing these issues. We will keep our promise. Just wait a little bit." "Bihar has shown a new direction to the country...

# Taiwan issue: India calls for restraint, de-escalation of tension

New Delhi, Aug 12 (UNI) Expressing concern over the Taiwan strait crisis, India on Friday called for restraint and avoidance of unilateral actions to change the status quo.

"Like many other countries India too is concerned at recent developments, we urge the exercise of restraint, avoidance of unilateral actions to change the status quo, de-escalation of tensions and efforts to maintain peace and stability in the region," MEA spokesperson Arindam Bagchi said addressing a weekly media briefing.India's relevant policies are well known and consistent, they do not require reiteration, he said answering a query on India's position on one China principle.After US House Speaker Nancy Policy visited Taiwan despite serious objections raised by China, Beijing started holding large scale military exercises while threatening to take over the island. China claims Taiwan as its territory and has always spoken against foreign dignitaries visiting the island. Taiwan, however, rejects China's claim.



On another query on tensions at the border with China, the spokesperson said, "We have consistently maintained the necessity of mutual respect, mutual sensitivity and mutual interests as the basis of development of ties.

Answering a query on status of India's oil purchases with Russia, Bagchi said that India's decisions on purchase of oil will be guided by its energy security requirement. We will continue to follow that. Foreign secretary has said there is no question of any pressure on such issues, he added.

#### Chennai: The newly-designed Vande Bharat trains being produced at the Integral Coach Factory (ICF) in Chennai are world-class and contain several innovative features, Railways Minister Ashwini Vaishnaw said on Friday.Speaking after inspecting the new prototype Vande Bharat express train rolled out at ICF and also witnessing

"We are better prepared than ever before for periods of dry weather, but we will continue to closely monitor the situation, including impacts on farmers and the environment, and take further

the commissioning activ-

ities at the furnishing di-

visions of ICF, he said last

year Prime Minister Nar-

endra Modi set a target to

his ministry to manufac-

ture 75 trains on the 75th

anniversary of India's in-

dependence. Accordingly,

75 Vande Bharat express

trains would be manu-

The meeting followed what was the driest July in England since 1935. Only 35 per cent of the average rainfall for the month fell, and parts of England and Wales are now in the middle of a four-

The last drought in England was 2018. When the dry weather breaks early next week, rain and thunderstorms mean there is a small chance of flooding in some parts of the country, the Met Office national forecaster said on Friday, issuing a warning for Monday

throughout the country before August 15 next year."They will cover the entire country. They will join the nation. I am very happy that Vande Bharat train has been manufactured by ICF within a short time and in good quality," the minister

**Newly-Designed Vande Bharat Trains** 

Are "World Class": Railways Minister

factured and deployed

told reporters here. "This is a world-class train. And some really innovative things have been incorporated in this train like automatic opening of doors, comfortable space in the driver's cabin for the loco pilots to operate," he said. "From the users' point of view, this train has reclining chairs for passengers besides differently abled-friend-

ly toilets," Mr Vaishnaw added."I am very proud that this train has been manufactured from the beautiful factory in Tamil Nadu. I am proud of the Tamil culture and language," he said.On the testing process, the Union minister said the Vande Bharat train will be tested at a speed of 180 kmph and will traverse 50,000 km and the testing includes dynamic, static, load test and oscillation trials which will be carried out on different kind of situations.After the trials, ICF will manufacture more such trains. As many as 475 such trains will be made in four years to cover all the states, he said after going.

# **UK declares** drought in parts of **England amid** heatwave

Britain officially declared a drought in parts of England on Friday as households faced new water usage restrictions during a period of prolonged hot and dry weather that infrastructure.Parts of southern, central and eastern England are now in drought status, meaning that water companies will step up efforts to manage the impact of dry weather on farmers and the environment, the Environment Agency said in a statement.

"All water companies have reassured us that essential supplies are still safe, and we have made it clear it is their duty to maintain those supplies," Water Minister Steve Double said, following a meeting of the National Drought Group.

day "extreme heat" alert.

Much of Europe has faced weeks of baking temperatures that have triggered large wildfires, drained water levels of the Rhine River in Germany and seen up further downstream than in previous

Earlier on Friday, Yorkshire water announced a hosepipe ban would begin on August 26, forbidding customers from using hoses to water gardens, wash cars or fill up paddling pools.

"The hot, dry, weather means that Yorkshire's rivers are running low and our reservoirs are around 20% lower than we would expect for this time of year," Yorkshire Water's director of water. Neil Dewis, said.

# Taliban torn over reforms one year after seizing power

KANDAHAR: One year on from the Taliban's return to power in Afghanistan, some cracks are opening within their ranks over the crucial question of just how much reform their leaders can tolerate.

Infamous during their first reign for their brutal crackdowns on rights and freedoms, the Islamists vowed to rule differently this time. On a superficial level at least, they appear to have changed in some respects.

Officials in Kabul have embraced technology, while cricket matches are cheered in full stadiums. Televisions were banned under the Taliban government's first incarnation, while Afghans now have access to the internet and social me-

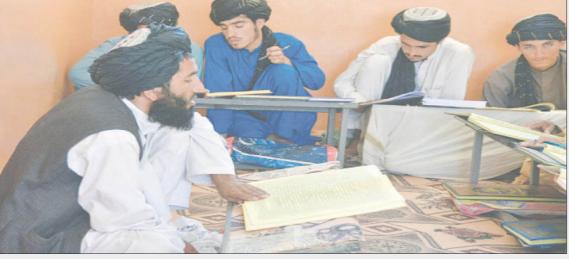
Girls are allowed to attend primary school and women journalists are interviewing government officials — unthinkable during the Taliban's first stint in power in the 1990s.

The group's hardline core, composed of battle-hardened veteran fighters, is against any significant ideological change that could be viewed as a sign

in the West.

of capitulation to their enemies try out of the global banking system and billions in frozen

lysts are wary that recent policy changes amount to little



"You have one (Taliban) camp, which is pushing ahead with what they're seeing as reforms, and another camp that seems to think even these meagre reforms are too much," said Ibraheem Bahiss, an Afghanistan analyst with International Crisis Group.The United States and its allies — which had bankrolled Afghanistan for 20 years — have locked the counassets abroad, as they hold out for reforms from the Taliban.

Without significant progress, it is the Afghan people who suffer as the country reels under a massive economic crisis that has seen some families choose between selling their organs or their infant daughters.

'Retrograde dogmatic views' On whether the Taliban are even capable of reform, anamore than "tokenism".

"There are some cases where we could point to an evolution in policy, but let's be very clear... We're still looking at an organisation that has refused to move beyond very retro-grade, dogmatic views," said Michael Kugelman, an Afghanistan specialist with the Washington-based Wilson Center think tank.

## Senior Taliban cleric Rahimullah Haqqani, brother killed in Kabul suicide blast

KABUL: A senior Taliban cleric known for his fiery speeches against the militant Islamic State (IS) group and support for female education, was killed in a suicide blast at his madressah in the Afghan

capital on Thursday.
Rahimullah Haqqani, who had recently spoken publicly in favour of girls being allowed to attend school, had survived at least two previous assassination attempts — including one in Pakistan in October 2020.

"The madrassa of Sheikh Rahimullah was targeted today and as a result he and one of his brothers were martyred," Kabul police spokesman Khalid Zadran told AFP, adding that three others were wound-

ed in the blast. Government spokesman Bilal Karimi confirmed Haqqani's death "in an attack carried out by a cowardly enemy", but did not offer further details.

Haqqani backed girls' right to attend school; IS claims responsibility for attack



Despite sharing the same name, the cleric was not related to Afghanistan's Haqqani militant group network.

Hours later, IS claimed the attack on its telegram channels, saying the bomber had detonated his explosive vest inside the cleric's office.

However, Reuters claimed the attacker detonated explosives "hidden in a plastic artificial leg", quoting officials and Taliban sources.

Four Taliban sources told Reuters the attacker was someone who had previously lost his leg and had hidden the explosives in a plastic artificial

### Kashmir University, Project EduAccess to hold a capacity-building workshop on higher education abroad

Srinagar, August 13: Project EduAccess, a non-profit education initiative, is organising a free 3-day capacity-building workshop in collaboration with Kashmir University's Centre for Career Planning and Counselling (CCPC) on 29th, 30th and 31st August. The workshop is open to Kashmiri students (current and graduate) and professionals interested in pursuing a postgraduate course, including PhDs at various universities in the UK. It will cater to individuals from different streams and will, over three days, give interested candidates a detailed view of the application process. The workshop will include sessions on drafting CVs, personal statements/ statements of purpose, application essays and research proposals, and applying for scholarships and funding. The workshop has been divided stream-wise: day 1 will focus on social sciences, day 2 on sciences and day 3 on humanities. Registered individuals will also be provided individual feedback on their resumes. This workshop is being organised through a generous grant from the Margaret Thatcher Scholarship Trust, Somerville College, University of Oxford. You can register to attend the workshop through the CCPC and Project EduAccess websites. Launched in 2021, Project EduAccess is a modest effort by South Asian graduate students in the UK to improve access to higher education for students from marginalised communities in South Asia. In 2022-23, the group, with the help of 360 volunteer mentors, is offering free one-on-one mentorship for UK university applications to 400+ mentees from marginalised backgrounds. Project EduAccess has a vertical dedicated to Kashmiri students and has been organising such capacity-building sessions for Kashmiri students - both online and in person - since 2021. The last in-person workshop organised by the group in May with the help of CCPC saw a huge turnout. "We are positive that our efforts will bear fruits as we have already started seeing some positive results", said Suhail Bhat, the vertical's lead.

### Azadi Ka Amrit Mahotsav **CUK continues to organise** commemoration events



Ganderbal, August 12: Under the aegis of Azadi Ka Amrit Mahotsav, commemoration of the 75th year of Independence, departments of the Central University of Kashmir (CUK) organised several functions here on Friday.

The Department of Tourism Studies (DTS), organized a one-day seminar on "Tourism Policy Making Perspectives: Pre and Post Independence.

Speaking on the occasion, Vice Chancellor, Prof. Farooq Ahmad Shah, gave valuable inputs as to how the different initiatives by Department of Tourism are helping the tourism entrepreneurs and motivating tourism students to move towards the implementation of tourism policies Registrar, Prof. M Afzal Zargar, deliberated upon the need of effective tourism policies for betterment and development of tourism in the J&K. He stressed on the role of technology and its proper utilization in the preparation and implementation of Tourism policy in J&K. He asked the tourism students and scholars to contribute fully towards the implementation of Tourism Policy.

Additional Deputy Commissioner, Bandipora, Mr. Waseem Raja in his keynote speech enlightened the students and faculty members through deliberations on tourism policies in J&K. His comments on tourism policies and perspectives gave proper insight to the participants about the road map ahead.

General Manager, Four points by Sheraton, Mr. Shahid Khan, interacted with the students and made them aware of hotel policies, eco-friendly hotel operations and need of training and development. Asst Prof. Dr. Ashaq Hussain Najar, highlighted the role of tourism in the development of country's economy and the importance of the tourism policy in the overall development of the sector. Asst Prof. Dr. Asma proposed the vote of thanks. Meanwhile, DTS organized a one-day Rafting expedition at Wusan Ganderbal in which students of MTTM and B.voc TH&HM participated.

As many as 40 students actively participated in the raft-

# **DHSK distributes promotion** orders to 81 class IV employees, **Safaiwalas**



Srinagar, Aug 12: Director Health Services Kashmir, Dr Mushtaq Ahmad Rather today distributed 81 time-bound promotions orders to Safaiwalas and class IV employees. The director gave promotions to the class IV and Safaiwalas as they had been waiting for the same for a long

Dr MA Rather while interacting with Safaiwalas and class IV employees said that he had recently promised them to fulfil their demands, and since then DHSK was working for it.

The director distributed the promotion orders to the employees in presence of senior officers and officials of the health department.

He also hailed the contribution of Safaiwalas and class IV employees saying that they are always at the forefront in any kind of situation.

The move has given motivation to Safaiwalas and class IV employees. They appreciated the decision of the director and hailed his visionary leadership besides all the officers of the DHSK.

They had been moving from pillar to post for their genuine demands for many years which have now been ful-

While thanking the director, they vowed to work with more zeal, dedication and hard work to bring laurels to the department.

# Har Ghar Tiranga campaign gains momentum in Bandipora Various activities held at Anganwadi Centres across district

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 Administration Rajouri today organised a Mega cultural program here at Sports stadium Kheora. 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 officers. 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 stu-



dents 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 Admin-

istration 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 Mahot-

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

National Flag" Later, the DC along with the team of officers and stusports stadium holding the

the citizens of India and the

dents took a round of the national flag in hands. The whole atmosphere of the venue was filled with patri-

# Azadi Ka Amrit Mahotsav Sports activities under 'Har ghar Tiranga' held at Kulgam

and U/17 Kho-Kho Boys



Department of Youth Services and Sports (DYS&S) Kulgam today organised Kabaddi and Kho-Kho competitions at Sports Stadium Kulgam under "Har Ghar Tiranga"

Additional Deputy Commissioner (ADC) Kulgam, Showket Ahmad Rather inaugurated the U/19 function. District level Kabaddi boys

ticipated by 11 Higher Secondary Schools of District Kulgam and Kho- Kho U/17 was participated by all the six Zones of the district. DYSSO Kulgam, Ghulam

Hassan, ZPEOs and officials from youth sports Department and local public were present at the inaugural

# Health Block Katra celebrates AZADI KA **AMRUT MAHOTSAV with GMS Manoon**

REASI, AUGUST 12: In continuation to the celebrations related to the Independence Day, Block Medical Officer Katra organized a plantation drive at HWC Manoon in collaboration with Government Middle School Manoon. The function started with the unfurling of the National flag at GMS Manoon followed by the singing of the National Anthem by the patriotic Students of MS Manoon in presence of Sandokh Ram, Head Master, Bansi Lal, Banarsi Lal, Pinky Devi & Ruhi

After the cultural performance at MS Manoon, a Tiranga rally was taken from MS Manoon to HWC Manoon where a plantation drive was carried

Speaking on the occasion Dr. Gopal Dutt, Block Medical Officer Katra explained in detail the importance of trees to keep the environment clean and sustainable.

He also delivered a brief lecture regarding maintenance of hygienic conditions in and around their personal hygiene at most priority etc



neighbourhood. He called upon the for their overall personality developstudents to adopt ancient practices of Bharat varsh i.e Yoga in daily life, Healthy Dietary Habits keeping the

ment. The function concluded with light refreshment to the students and participating officials

# **DC Bandipora releases District** Statistical Handbook 2020-21

BANDIPORA, AUGUST 12: sented a real picture of The Deputy Commissioner Bandipora district on de-(DC) Bandipora, Dr Owais velopmental map that will Ahmad on Friday released District Statistical Handbook 2020-21 of District on developmental front. Bandipora compiled by District Statistics and Evaluation office Bandipora under the supervision of Joint Director Planning Imtivaz Ahmad.

The book has captured the development scenario of interventions. He said the the district in all sectors and contains information future will be carved out on various sectors for past three consecutive years. The information is dis- can improve on developtributed in 156 parameters mental front. The book has in 152 tables besides additional information in 66 parameters. Speaking on the occasion, the DC praised the efforts of DSEO staff headed by Joint Director Employment, Industries Planning for bringing out Agriculture, Horticulture such a useful publication. He said the book has pre-

saheb Group presents

Much Awaited

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He said the department has well researched all the parameters in every sector that will help us to understand the strengths and weaknesses so that we can have specific focussed developmental plans in according to the information provided so that we captured the data regard ing Public Infrastructure and Utilities, Education, Health, Finance, Tourism, Climate, Social Welfare, and allied sectors besides other general information.

