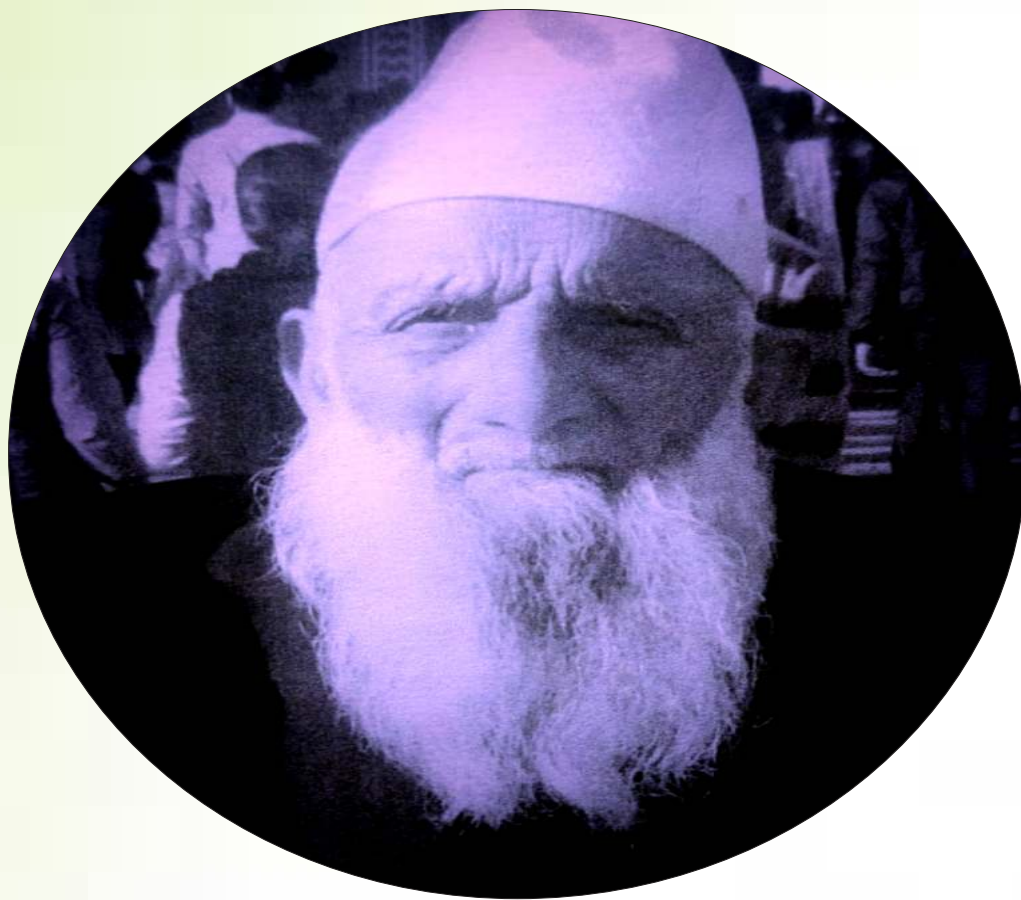


آے گئے، رُزْھروو یا راور وجود
تھاؤ پتھ گن یادگارا پیہ نہ کینہہ



میائیس طاٹھس

الحاج سید حمید اللہ بخاری

ہینز ژورمہ و ہروا کس مقعس پٹھ
خراج عقیدت

ہینگی سیدس راونس پٹھ ازتہ مے وچھ کوران چھ۔
رَبُّ العزت کرمس مغفرت تہ دی نَس جنت الفردس منز جاے۔ (آمین)

سید جہانگیر بخاری مدیر اعلیٰ روزنامہ ہیڈلائنز ڈوے

Progressing J&K NITI Ayog to establish 500 ATLs across J&K ATLs to nurture innovative mind-set among students

SRINAGAR, AUGUST 26: To nurture the innovative mindset among high school students across the length and breadth of J&K, Atal Innovation Mission and NITI Ayog is establishing more than 500 Atal Tinkering Labs (ATLs) here under Atal Innovation Mission (AIM).
ATL is the flagship initiative of AIM launched by Government of India, to nurture an innovative mindset amongst high school students across the length and breadth of India. Government of India is working on a five-year vision document for AIM to create and promote a culture of innovation and entrepreneurship across the length and breadth of the country.
ATL is a workspace where young minds can give shape to their ideas through hands-on do-it-yourself mode and learn innovation skills. The objectives

of the AIM are to create and promote an ecosystem of innovation and entrepreneurship across the country via interventions at school, university, research institutions, MSME and industry levels.
The programmes of AIM cover 34 states and Union Territories with the goal of leveraging India's demographic dividend by inspiring greater participation in the innovation ecosystem.
Recently AIM Team led by Mission Director, Dr Chintan Vaishnav inspected the Atal Tinkering Labs in J&K during which creative students displayed their innovative models and briefed about challenges they faced while working on these innovations.
On the occasion, the MD said that Atal team has created over 10k Tinkering Labs all over India and hundreds of these have

been also established in J&K schools.



He said the AIM is establishing more than 500 labs in J&K schools in the next few years to promote innovative and creative mind-set among J&K stu-

dents. "We want to take this creative and innovative movement

to all schools and provide these creative minds a platform to perform and showcase their talent", He added.
He said the aim is to encourage

young minds in the field, and challenge students to become producers of products themselves instead of consumers.
Government has directed School Education Department to promote scientific temper among the students in areas such as machine learning and artificial intelligence by proactively engaging them in various experiments and scientific activities.
They have also been asked to fix timelines for setting up the laboratories and to emphasise on nomination of trainers or champions to run the labs against suitable incentives. The programmes of AIM cover 34 states and Union Territories with the goal of leveraging India's demographic dividend by inspiring greater participation in the innovation ecosystem.
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DC Budgam holds interaction with media persons of district

BUDGAM, AUGUST 26: The Deputy Commissioner (DC) Budgam, S F Hamid today said that zero tolerance towards corruption, perform or perish and pro-people Governance shall remain guiding principles/ agendas for District Administration Budgam to perform in the district.
The DC said this while chairing an interactive session with media persons working from District Budgam at Conference Hall, here.
As many as 25 media persons representing various reputed national and local media organizations including News 18 Network, Rising Kashmir, Doordarshan News, Gulistan News, KNS and other media outlets attended the meeting. At the outset, DC said

that the media is the important and fourth pillar of Democracy, helping District Administration to perform more accurately and efficiently.
He said the media works as an interface between government and public. He said that good journalism can lead the national or local government to formulate social policies to effect positive transformation in the lives of people.
He said that District Administration is committed to work on important agendas which include zero tolerance towards corruption, perform or perish, and deliver pro-people Governance across Budgam.
The DC urged the media fraternity to assist District Administration to

perform under these top agendas.
He assured media persons full support from District Administration in highlighting the genuine public issues for their prompt redressal.
He urged media persons to follow journalism ethics in letter and spirit while performing in the field and ensure quality journalism is displayed by each one of them.
On the occasion, media persons raised a number of issues pertaining to the media fraternity including operation of unregistered news portals, accommodation and other issues.
The DC assured them that all their genuine issues shall be taken up with the relevant quarters for prompt resolution.

Info Deptt extends condolences with Cul. Off. Kmr, Burhan Hussain

SRINAGAR, AUGUST 26: The Joint Director Information, Kashmir Division, Inam Ul Haq Siddiqui today condoled the demise of the grand aunt of Burhan Hussain, Cultural Officer Kashmir, who passed away on 25th August, 2022.
In this regard, a condolence meeting was held in the office chamber of Joint Director Information Kashmir at Drabu House, Rambagh.
Expressing solidarity, the Joint Director extended his deepest condolences to Burhan Hussain, Cul-

tural Officer Kashmir on the demise of his grand aunt. He prayed for eternal peace to the departed soul and courage to the bereaved family to bear this irreparable loss.
Deputy Director (PR) Kashmir, Bilal Mukhtar; Assistant Director, Mammad Aslam Khan and officials of the department also offered condolence to the bereaved family and prayed for peace to the departed soul.
A condolence meeting was also

held at Cultural Unit, Kashmir in which the employees expressed deep grief and sorrow over the demise of grand aunt of Burhan Hussain, Cultural Officer Kashmir.
The employees prayed for eternal peace to the departed soul. They also expressed their solidarity with the Cultural Officer and the bereaved family for the loss.
Meanwhile, Rasm-e-Chaharum of the deceased will be observed on Sunday, 28th August 2022 at Dar Manzil Rambagh Srinagar.

Bhupinder Kumar inspects various city hospital, reviews progress on ongoing works

SRINAGAR, AUGUST 26: Secretary, Health and Medical Education (H&ME) department, Bhupinder Kumar today conducted an extensive tour around Srinagar city and inspected various hospitals and health institutions here.
During the tour, the Secretary visited Bone and Joint Hospital, Barzulla; LD hospital extension building; 500 new bedded Children hospital Bemina, among others and took on spot assessment of ongoing works at these health institutions. Interacting with the officers at these hospitals, the Secretary impressed upon them to expedite the ongoing works on these projects so that they can be completed and dedicated to public for use. He highlighted that once these projects are completed, the health sector will make a tectonic shift here and state of art medical facilities will be provided to the



public. Meanwhile, the Secretary also visited Directorates of health and ISM here and reviewed their functioning. During the visit to these offices, the Secretary interacted with the employees and

asked them to execute their duties with full commitment and dedication as health sector is very critical for development of any place across the globe. Interacting with the officers at these hospitals, the Secretary impressed upon them to expedite the ongoing works on these projects so that they can be completed and dedicated to public for use. He highlighted that once these projects are completed, the health sector will make a tectonic shift here and state of art medical facilities will be provided to the public. Meanwhile, the Secretary also visited Directorates of health and ISM here and reviewed their functioning. During the visit to these offices, the Secretary interacted with the employees and asked them to execute their duties with full commitment and dedication as health sector is very critical for development of any place.

NRLM Kulgam distributes AEPS devices to DigiPay Sakhis

Farooq Rather

KULGAM, AUGUST 26: To promote Financial Inclusion at grassroots level, the NRLM Kulgam in collaboration with CSC e-governance distributed 25 Aadhaar Enabled Payment System (AEPS) devices among the selected DigiPay Sakhis of the district. All these digipay Sakhis will facilitate the rural population with financial activities and the move will help in increasing the digital services at the grass roots level in



rural areas. In addition it will also help in financial literacy among the rural population. This initiative has been introduced to

promote door-to-door digital banking and financial services in remote areas of the Union Territory. It was informed that a total

of 106 Digi Sakhis have been positioned so far and among these 25 positioned Digi Sakhis have been provided AEPS devices and remaining will be provided in phased manner. The function was attended by District Manager CSC e-Governance Kulgam, DPM FI, DPM IBCB, DPM Livelihood and Block Programme Managers. All these digipay Sakhis will facilitate the rural population with financial activities and the move will help in increasing the digital services.

DDC Baramulla reviews progress of Works under BADP, SSY Sets Nov 30 deadline for completion of BADP, SSY works



BARAMULLA, AUGUST 26: The District Development Commissioner (DDC) Baramulla, Dr Syed Sehrish Asgar today directed concerned officers to ensure completion of all on-going works under Border Area Development Plan (BADP) by November 30, 2022 and reiterated that no laxity shall be accepted in this regard.
The meeting also discussed formulation of Smridh Seema Yojana Action Plan 2022-23. The DDC Baramulla gave this direction today while addressing a meeting of concerned officers, at the DC office meeting hall here convened to review the progress of developmental works under BADP in the district.
It was given out that 74 different development works are under execution at an estimated cost of Rs. 2626.39 lakh under Border Area Development Plan and 20 works under Smridh Seema Yojana at an estimated cost of Rs. 871.65 lakh.
During the meeting, major thrust was laid

on creation of community infrastructure to benefit the maximum population of the border areas.
The DDC directed the concerned officers to complete the tendering processes within a few days and ensure completion of all developmental works as the area has remained with limited working season.
She also asked the concerned officers of Education and Health to submit the proposals for the augmentation of the health and educational infrastructure in the border belts.
While reviewing the progress under SSY, the DDC asked the concerned officers to formulate the plan in consultation with the PRIs and in consonance with the aspirations and needs of the border areas.
Among others Sub Divisional Magistrate Uri, Harvinder Singh, Joint Director Planning, M Yusuf Rather, Executive Engineers from Jal Shakti, JKPDC, R&B and Executive officers from Municipal Councils.

BATKOTE HANDWARA RESIDENTS DEMAND MACADAMISATION OF THEIR LINK ROAD.

DR. AB QAYOOM

Handwara, Aug. 26: The residents of Dar Mollah Batkote area, of sub district Handwara have demanded macadamisation of their inner link road which according to them hasn't been macadamised ever. The residents of area said that around 2 kilometre road area has been never macadamised due to which locals are suffering. Mohd Shafi a local resident said that we are witnessing that minor link roads are being macadamised in upper area of Rajwar but due to unknown reasons, our road which is connecting us with rest of the sub-district is being neglected. Zahoor Ahmad another local said that old around years before some work was done on this road but since then it has been left out. He said that since last three four years we have been moving from pillar to post but nothing is being done in this regard. Locals said that they have brought this issue in notice of higher ups dozens of times who always assure that road will be macadamised but these assurances



prove hoax on ground. They said that if this road will be macadamised, it will prove beneficial for people of several villages. They requested concerned authorities to look into the matter at an earliest and macadamise the road so that locals can have a sigh of relief. While taking to HEADLINES TODAY Exn. R&B division Handwara said, due to some technical error in E-tendering system of department, we can't communicate concern contractor accordingly. He said, I hope this road will be macadamised in ist week of september, he added.

Multi departmental DLTF meet held at Kulgam

Farooq Rather



KULGAM, AUGUST 26: A meeting of multi departmental District Level Task Force was convened here under the chairmanship of Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Uddin Bhat wherein the strategy for abetting the illegal mining in the district was discussed threadbare. The committee also discussed the use of available DMFT funds in mining affected areas and Member Secretary DMO Kulgam, Khurshid Ahmad was instructed to come up with suitable plans to be submitted to the planning wing for judicial utilization of the funds. During the meeting non involvement in illegal mining and NOCs for Minor Mineral Blocks 22, 18 and 15 were also discussed. Stake holding departments.

Udhampur Police educate students about cybercrime, hazards of drug addiction

UDHAMPUR, AUGUST 26: With a motive to generate awareness about Cyber Crime and to make society aware about ill effects of drugs, Udhampur Police on Friday organised an awareness programme in Montessori Middle School Udhampur. The event was organized on the directions of SSP Udhampur Dr. Vinod Kumar, which was attended by SI Suresh Mittal along with Atif Sohail Tak (Pharmacist Drug De Addiction Centre DPL

Udhampur) and Azra Khan (Social Worker on women Rights Project at Special Cell for Women Police Station).
While interacting with the students, the SI discussed cyber crime and said fraudsters were now switching over to new modus operandi for duping people through online mode and cases were increasing everyday due to lack of awareness among the public. He advised the participants to stay alert and don't be complacent. "Fraudsters

can target your weakness and rob you. Do not get into friendship with strangers or suspicious persons on social media platforms," he said, adding that the Udhampur Police are holding such programmes every week across all the Education Institutions of District Udhampur to create awareness about cyber-crime and related matters.
Azra Khan also delivered a detailed lecture on prevention, prohibition, redressal against sexual harassment

of women. The school staff, students and the parents were sensitized regarding the rules and regulations to be followed for the empowerment of women in case of sexual harassment.
Atif Sohail Tak briefed about the scourge of drug addiction among the youths. He said that a collective effort from Parents, teachers, Social organisations, NGOs, specially youth and society at large is required to tackle this menace.

A LINK BETWEEN METABOLIC HEALTH AND THE BRAIN

ZOOMI SINGH

Our body continuously undergoes several chemical reactions. These chemical reactions responsible for the breakdown of food and providing energy to the body are together called metabolism. This process of metabolism changes the food we eat into energy. Energy gets consumed when we perform different activities in our daily life.

Specific proteins in the body are responsible for the chemical reactions that lead to metabolism and metabolic health. In our body, thousands of metabolic reactions happen at a particular time. Also, this is automatically regulated to keep our cells healthy and in optimum working conditions.

According to a study, metabolic rate depends on various factors such as sex, race, exercise levels, diet, age, and diseases. Therefore, the metabolic rate is different for different people. For example, some have a high metabolic rate, requiring food more frequently than others.

There are two types of metabolism:

Catabolism is a type of metabolism that breaks organic matter. This includes the breakdown of molecules to produce energy in the body.

Anabolism: This type of metabolism occurs when the synthesis of compounds requirement happens by the cells. This energy forms other vital components like protein or nucleic acids.

Metabolic health signifies the balance in the rate of metabolism. It refers to a condition where during the metabolism, there is no unhealthy spike in blood sugar. Good metabolic health is visible in the absence of diseases like high blood pressure, high blood fat, high cholesterol, high blood sugar, or a large waistline. We can understand more about metabolic health through this research by NCBI.

The Connection Between Brain and Metabolic Health

Metabolic health has a direct relation with the brain. The bidirectional relationship between metabolic health and the brain has been well stated in the study by NCBI.

It establishes the connection between metabolic rate and the brain in a way that has helped humans evolve. The brain adapts to the weather, food availability, and living conditions.

Healthy brain function and its malfunction intricately correlate with energy metabolism. According to the current evidence, as stated in the research paper, impaired energy metabolism is a modifier or cause of brain ageing.

Furthermore, an impaired metabolism leads to the pathogenesis of neurodegenerative diseases, such as Alzheimer's disease. Therefore, it is imperative to be healthy and keep the metabolic health in good condition to have a healthy functioning brain with no complications.

Glucose acts as fuel for the brain. The human brain needs a constant



flow of glucose for the cells to work optimally. Though tiny, the brain requires 20% of the body's glucose. The brain controls glucose production and significantly impacts memory and cognitive abilities. The ageing of the brain results from a decline in energy metabolism.

A CGM like HealthifyPRO 2.0 BIOS is an excellent measure of blood glucose levels. In addition, insulin resistance can lower cognitive processes.

Interestingly, the gut is known as the second brain. The gut-brain axis connects intestinal function with cognitive abilities. Therefore you must understand the connection between the right food habits and the brain. There is evidence that gut health influences mood, sleep, stress levels, memory and overall cognition. The brain shrinks as we age, and it is a natural process.

Foods rich in nutritional values and regular exercise can improve brain plasticity. It enhances brain cells and creates new cells. Also, engaging in games like scrabble and crosswords, keeps one agile and arrests a decline in cognitive abilities.

Foods and Diets that Improve Your Metabolic Health

Proteins and Mineral-rich Foods

Consuming protein and mineral-rich food can help you boost your metabolism. This is because protein-rich foods have a high thermic effect. The thermic effect of food specifies the number of calories your body needs to digest, absorb, and process the nutrients in your meals. Protein-rich food

products include eggs, dairy, meat, fish, legumes/lentils, nuts, and seeds.

Protein-based diets produce a better increase in metabolic rate than the carb or fat diet. Also, it helps balance the metabolic rate. It happens by increasing the muscle mass in the body instead of the fat. We can understand more about the benefits of a protein-rich diet in the study.

Similarly, a mineral-rich diet is also beneficial in maintaining the metabolism balance. Minerals like iron and selenium are very crucial for the proper functioning of the body. Therefore, instrumental in maintaining metabolism.

Leafy Green Vegetables

One can not emphasise enough how important it is to incorporate green leafy vegetables into your diet. These vegetables include broccoli, kale, spinach, etc.

These products are also high in iron and magnesium. Therefore, there is a high chance of balancing the metabolic rate if you include this in your daily diet. Furthermore, leafy greens are the best mineral source you can get if you are vegan.

Chilli Pepper

Chilli pepper contains a component known as capsaicin. According to the research, capsaicin helps in improving the metabolism of the body. Therefore, if you want to shed some pounds or improve your body metabolism, including some chilli pepper in your diet might help you speed up the process.

Studies show that the component capsaicin contains anti-cancer proper-

ties. It restricts the growth of cancer-causing components called free and inhibits their proliferation.

Milk and Yoghurt

Dairy products are well known for cutting fat in the body. Milk and yoghurt are good sources of calcium and protein. It can help lose body fat very quickly. It is also very beneficial for digestion. Milk is filling and will help you reduce snacking on unhealthy food items.

Ginger

Ginger has anti-inflammatory properties. It helps in increasing the body temperature thus speeding up the metabolic rate. It is one of the food items that help you control your appetite. Ginger increases the high-density lipoprotein (HDL) in the body, also called good cholesterol. Also, this boosts the glucose level of the body and benefits metabolic health.

Adding ginger to your diet is always good, especially in cold weather. It will prevent your body from catching a cold. You can consume small amounts of ginger every day by incorporating it in your soups or your cooked veggies or salad dressing.

Green Tea

Green tea has been experimented with and proven to result in better metabolic health and also helps reduce weight. It contains bioactive substances which help increase metabolism. There are a few other benefits of consuming green tea. It has anti-inflammatory, anti-cancer, and antioxidant properties and benefits the heart and oral health.

Cinnamon

Cinnamon, like ginger, helps increase body temperature. This rise in temperature results in the fat-burning process. There are a large number of benefits of taking cinnamon. It can help you clear your arteries and fight ageing. In addition, consuming around 1/4th teaspoon of cinnamon powder per day will help you reduce your sweet cravings.

Note

Diet plays a vital role in metabolic health. Therefore, it is crucial to have healthy eating habits to maintain metabolism. Suppose you have been or are a person suffering from metabolic diseases. In that case, it is advisable to stick to a diet that boosts the metabolism.

Lifestyle Habits to Improve Metabolic Health

Besides diet, our lifestyle also plays a significant part in our health. There are a few things you need to consider and improve upon for better metabolism.

Hydration

It is well-known that drinking a lot of water daily brings good health. This helps you increase your body's metabolic rate. According to research, water comprises 75% of body weight in infants to 55% in the elderly and is essential for cellular life.

Drinking water helps you perform better, both physically and mentally. It also makes you more active, and stronger and helps fight the signs of ageing. Drinking plenty of water also helps

you control binge eating or frequent hunger pangs. It is advisable to drink 5-6 litres of water every day.

Adequate Rest

Some people tend to take this very lightly. Putting up with little sleep is very harmful to the body. It makes your body weak and prone to diseases. It is vital to take uninterrupted sleep of 7 to 8 hours. Your bodily functions like digestion happen at their best when you are sleeping. The breakdown process needs energy which is why it is so important to get proper sleep.

Sleep also strengthens and gives your brain some rest. Also, this makes it better for you to work efficiently. Without good sleep, you become lethargic, and your mind becomes dull. Therefore, for your brain to be creative and active, it is essential to give it enough rest.

Regular Exercises

We need to exercise to keep our bodies fit and active. It will help you burn fat and will be very beneficial for weight loss and metabolism balance.

If we do not exercise, then we are making our bodies weak and stiff. We can also learn more about the importance of physical activities in the research by WHO. Exercising also works as a mind booster.

Note

You can improve and manage your metabolic health by following the fundamental principles of healthy living. Your body's health is a result of what you eat. Hence, it is essential to follow a healthy eating plan, exercise regularly and rest adequately.

Conclusion

Metabolism is a type of chemical reaction responsible for the breakdown of food and provides energy to the body. This process changes the food we eat into energy.

There are two types of metabolism. First is catabolism. It occurs to break down organic matter. This includes the breakdown of molecules to produce energy in the body. Anabolism is a type of metabolism that occurs when the synthesis of compounds gets required by the cells. This energy forms other essential components like protein or nucleic acids.

Our metabolic health gets directly linked to brain functionality. Therefore, the better our metabolic balance, the better our brain functionality in our body would be. Conversely, an impaired metabolism might lead to the pathogenesis of neurodegenerative diseases, such as Alzheimer's disease.

We can improve and maintain our metabolic health by eating the right food and following a better lifestyle. The food products recommended are protein and mineral-rich, leafy green vegetables, chilli pepper, milk and other dairy products, green tea, cinnamon, and ginger. Apart from improving our diet, a few lifestyle changes include drinking plenty of water, getting adequate sleep, and exercising daily.

Having too many antioxidants? Brace yourself for these dangerous side-effects

Any food with antioxidants is always recommended by doctors and nutritionists as it helps strengthen the body and protects against any ailment or disease.

The powerful compound, however, has a dark side to it as well. Consuming too many antioxidants can lead to the risk of death with many fatal conditions.

Doctors say that the antioxidants that we get from food are always a part of a healthy and balanced diet. However, if taken in the form of supplements, they can harm health.

What are antioxidants?

Antioxidants are compounds found in various foods like berries, tea, ginger, garlic, cloves, pineapples, spinach, etc. that help to keep the immune system strong and healthy and protect us from various diseases while regulating various organ functions like heart, liver, kidneys, etc.

Antioxidants include thousands of different compounds like vitamins, selenium, manganese, lycopene, and beta-carotene. These prevent the formation and growth of free radicals and oxidation and promote



healthy cells in the body.

What happens when we take too many antioxidants?

Antioxidants, when taken in high doses as supplements over a long period, can cause a lot of dangerous side effects in the body by rampaging through healthy cells and destroying cellular components. A few of those are:

Can cause cancer: Studies have revealed that high doses of beta-carotene supplements can increase the

risk of lung cancer in smokers and vitamin E overdose can increase the risk of hemorrhagic strokes and prostate cancer.

Interferes with medication: Many vitamin E supplements are known to increase the risk of bleeding in people who are taking anti-coagulant drugs. Also, many times doctors say that there is conflicting evidence on the effects of taking antioxidant supplements when undergoing cancer treat-

ment, which many have proved to be harmful.

Cause digestive issues: Consuming too many antioxidants can also cause digestive issues, including constipation, diarrhoea, and an upset stomach.

Cause allergic reactions: Many antioxidant supplements can also cause severe allergic reactions like rashes, itching, swelling, dizziness, and even trouble breathing.

Not able to lose weight despite exercising regularly? This could be the reason

Losing weight requires a lot of dedication, time, and patience. There are times when despite your best efforts, you are not able to achieve your desired targets.

According to health practitioners, certain imbalances between exercise and diet can be the main reason why weight loss is not happening. However, the plateau can also be explained by certain lifestyle fluctuations that can easily be fixed.

A few reasons why weight loss is not happening are:

Not tracking the food properly: It is very important to be aware of what you are eating, the portion size, and the intake so that it helps with the desired weight loss. Nutritionists advise using food diaries to record what you eat to count the number of calories.

Lack of protein: Protein is among the most important nutrients if you want to lose weight consistently. Nutritionists recommend eating protein at 25-30 per cent of calories to boost metabolism. Enough protein in the diet also drastically reduces food cravings and the desire for snacking at odd times.

Eating too many calories:



Exercising and working out does not mean that there should be no control over calories. You might just not be losing weight because of consuming more calories than your body needs. So, track the calories using a calculator and counters that can help you limit the intake and increase nutrients accordingly.

Your exercise is not balanced: Just doing cardio will not help you lose the desired

weight. It is very important to involve the whole body to lose some weight. Resistance training like weight lifting can help maintain muscle mass which is often burned along with body fat. Similarly, if you are not doing enough cardio, fat in the body will not be able to come down.

Consuming too much sugar: Sugary beverages can be a reason for not being able to lose any weight. Your

brain doesn't compensate for the calories in them by just making you eat less of other foods. Any food or drink loaded with sugar will be problematic.

Sleeplessness: A good night's sleep is required for the overall well-being of the body. You cannot lose weight till your physical and mental health are aligned. If you do not complete your 8-9 hours of sleeping weight is bound to be stuck at one level.

BJP'S GAMEPLAN IS TO DESTABILIZE HIS GOVERNMENT SOONER THAN EXPECTED

DR. GYAN PATHAK

It was only last month in the first week of July, the leader of the opposition BJP in neighbouring West Bengal Suvendu Adhikari revealed his party's gameplan after the successful Maharashtra experience to form government in Jharkhand.

Hemant Soren has alleged misuse of constitutional authorities and public agencies after reports claimed that the Election Commission has recommended his disqualification while the letter of the Election Commission is lying with the Governor in sealed envelop.

The Jharkhand Mukti Morcha (JMM) led UPA alliance has expressed confidence in the Chief Minister and asserted that he will remain in the post for full term until 2024.

The Election Commission of India has sent its opinion in a sealed cover to Governor on 25 August on the plea seeking that Chief Minister should be disqualified as an MLA for violating electoral norms by extending a mining lease to himself.

2019, which included Jharkhand Mukti Morcha (JMM), Indian National Congress (INC), Rashtriya Janata Dal (RJD), Nationalist Congress Party (NCP), and Communist Party of India (Marxist - Leninist) Liberation (CPI(ML) Liberation).

Sabha election, if it would not be possible for BJP to form government with splinter groups from the parties in the grand alliance. BJP is reportedly putting pressure on MLAs to fall in line or else face the consequences.

SPEECH IS THE HALLMARK OF PERSONALITY



VIJAY GARG

Of the entire world of creatures in this creation, only man is a sensitive creature due to the priceless gift of intelligence bestowed by nature. Due to his intelligence and sensitive nature, he has a sense of right and wrong. Thanks to this, man also has his own voluntary and independent ability to make many judgments.

NARENDRA MODI GOVERNMENT IS ACTING BIZARRE ON THE ISSUE OF GIVING 'FREEBIES'

PRABHAT PATNAIK

A bizarre drama is unfolding in front of our eyes. The Modi government which has been giving away hundreds of thousands of crores of rupees as tax concessions to the monopolists has expressed its opposition ironically to what it calls 'freebies', that is to handing over subsidies to other segments of the population.

such privatisation patently violated the Directive Principles of State Policy enshrined in the Constitution; what is more, it has taken this position for a long time, starting from the days of BALCO judgement. It was all the more surprising therefore to see the Supreme Court jump into the fray.

out of school. But this distinction no doubt will be forcibly drawn and input subsidies to the peasants will be drastically curtailed in the name of eliminating 'freebies'; indeed, already there is a mention of electricity subsidy as a 'freebie'.

In fact, this entire episode reveals with great clarity two essential features of neo-liberalism. One is its anti-democratic thrust. Neoliberalism replaces the sovereignty of the people with the sovereignty of international finance capital.

The second feature is its brazen class character. The choice as neoliberalism sees it is between giving 'freebies' to the people, i.e., making transfers to the working people, and 'development', which in its view is synonymous with giving 'freebies' to the big capitalists, i.e., making transfers to the big capitalists; neoliberalism pushes for the latter and towards this end, it mobilizes every institution of the State.

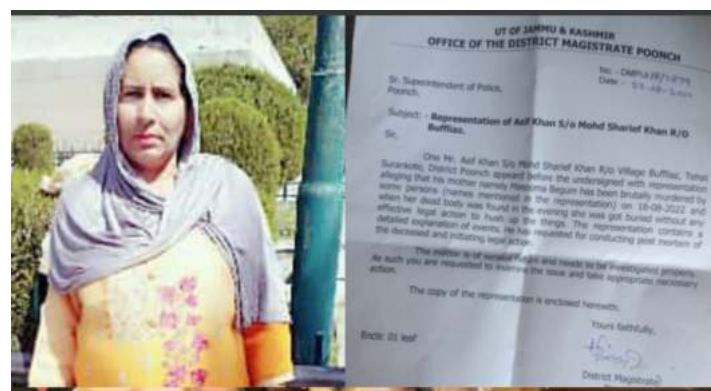
Crime series: Murder or a deliberate killing! Masooma death?



M S NAZKI

Just for water, sounds absurd but could be true also! DC Poonch Inderjeet orders an inquiry and the pace has to be furious! Who killed her!

last week in Surankote was simple but the cause of her death has to be unearthed! How the Police will unearth this one depends on them, I mean Surankote police!



Police has to find it! 'Reason her son stands for her!' 'One Mr. Asif Khan son of Mohammad Sharief Khan of Village Buffliaz, Tehsil Surankote, District Poonch appeared before the undersigned with representation alleging that his mother namely Masooma Begum has been brutally murdered by some persons (names mentioned in the representation) on 18-08-2022, reads the communication sent to the SSP by the District Magistrate Poonch.

detailed explanation of events. He has requested for conducting post mortem of the deceased and initiating legal action, the communication, a copy of which lies with HT reads further, adding, the matter is of serious nature and needs to be investigated properly.

Doda Administration intensify anti-Drug abuse measures

Joint Action teams to tighten noose around perpetrators

DODA, AUGUST 26: District Administration, under the supervision of Deputy Commissioner Doda, Vishesh Paul Mahajan has geared up to eradicate the use of toxic substances and drug trafficking from every corner of the district. In this regard, the DC Doda today chaired a meeting of stakeholder departments here in the mini meeting hall of DC office Complex to devise the Action plan and its execution. Underlining the gravity of the issue, the DC directed the enforcement departments to take this task as a personal responsibility and launch sustainable awareness campaign in every corner of the district by roping in PRIs, essay writing, painting,



field functionaries, NGOs and other stakeholders to free the district from drug menace. The DC directed the CEO Doda to organize

a nodal teacher and a students' group to keep check on each the student and promote the message on the hazards of drug abuse. The DSWO was directed to give wide publicity to the campaign in coordination with PO ICDS and engage field functionaries, youth clubs and prominent young public spirited personalities in this cause. The DSWO was also directed to coordinate with the District sports officer for organising sports event at district level. Further all the concerned officers were directed to organize activities on 1st of September across the district on drug abuse without any fail. Moreover, the DC directed the CMO to frame a list of behavioural changes which are usually seen in drug addict for early detection. He was further asked to conduct mass health profiling of eligible population of the district in coordination with Police department within next one month so that the district shall have a baseline health report of the population. The holding of health check up camps in every educational institution of the district was also emphasised. The Chief Agriculture Officer, ETO and Police Department were asked to start intensive drive for destroying wild cannabis and poppy crop.

64 PWD sector Languishing projects completed in Rajouri

RAJOURI, AUGUST 26: District Development Commissioner Rajouri, Vikas Kundal today chaired a meeting of the concerned officers to review the physical and financial progress of the languishing projects of the PWD(R&B) sector.



Taking stock of the progress in Rajouri subdivision, the ExEn informed that out of 60 projects, the work on 41 projects is complete in all respects, while the work on 19 is under execution. Similarly, while reviewing the progress in Nowshera Subdivision, it was apprised that the work on 23 projects out of 34 projects is complete and the 11 projects are at different phases of execution. The DDC set 2 month deadline for completion of remaining 17 projects including 06 in Rajouri and 11 in Nowshera subdivision. He also directed the officers to expedite the progress and ensure that all the Languishing projects are completed well before the end of this financial year. Detailed discussion on the physical and financial progress on CRF projects was also held in the meeting. The meeting also reviewed the status of work on Health buildings and college campuses. Addressing the officers during the meeting, the DDC directed the officers to work with proper dedication to achieve development goals to cater the needs of the district with focus on creating tangible assets. He also exhorted for mobilizing men and machinery for completing the works in stipulated time frame. He urged to ensure productive and fruitful utilisation of the available resources. Discussing issues impeding execution of developmental works, the DDC stressed on working in close coordination so that the execution don't get delayed on ground.

PPSPS PG College for Women Gandhi Nagar hosts seminar on "Cyber Hygiene" for non-teaching staff

JAMMU, AUGUST 26: She stressed upon the



Department of Computer Applications Padma Shri Padma Sachdev Govt. P.G College for Women Gandhi Nagar, in collaboration with IQAC & Department of Commerce, on Friday organized a seminar on "Cyber Hygiene" for the non-teaching staff of the College. The programme was held under the patronage of the College Principal, Prof. Minu Mahajan and attended by non-teaching employees of the college.

non-teaching staff to participate actively in such activities which will make them aware and safe from cybercrimes. Prof. Mamta Gupta, HoD Commerce welcomed the Resource Person and said that cyber hygiene is needed to be practice regularly. The Resource Person on the occasion was Prof. Rohit Gupta, who stressed on the need for cybercrime awareness with the increased dependence on IT post-pandemic enumerat-

ed the steps that should be taken to secure personal information. Prof. Rohit Gupta presented a Power point presentation on CYBER HYGIENE which was about training oneself to form good habits around cyber security so that one can stay ahead of cyber threats and online security issues. Cyber hygiene aims to maintain hardware and software's basic health and security, ensuring they are protected from threats such as Malware. It will also help us to keep up to date with software and operating systems. He further discussed some of the problems which cyber hygiene is designed to address like Data loss, Out of date software, older antivirus besides Security breaches, Password Changes, Software Updates, Hardware Updates, Managing New Installs, Employing a Cyber Security Framework etc. A total of 45 non-teaching staff attended.

DDC Chairperson Ramban kick-starts blacktopping, earth work of roads in Gool area

RAMBAN, AUGUST 26: Chairperson District Development Council, Ramban, Dr. Shamshad Shan today kick-started the blacktopping work on Gool -Daheeda road being executed by the PWD (R&B) Division Ramban. BDC Chairperson Gool, Shakeela Begum, PRIs, and engineers from PWD besides locals were present on the occasion. Speaking on the occasion, the Chairperson informed that this 900 meters blacktopping work will be completed with an expenditure of Rs. 37 Lakh under Pot Holes programme of the PWD sector. She also started the earthwork on the 150 mts long link road Kantha Morh to Daksar at an estimated cost of Rs 1.59 lakh under the DDC Area Development Fund, 2022-23. The DDC Chairperson said that with the completion of the road project a long pending demand of the areas has been fulfilled which will provide

smooth transport connectivity to the area besides benefiting a huge number of people. The Chairperson informed that various developmental projects have been sanctioned under Area Development Fund, Jal Javeen Mission, PWD, and other sectors for strengthening the basic infrastructure in Gool area. She also urged the PRIs to monitor the ongoing developmental works being executed in their respective areas to ensure their quality and timely completion. While interacting with the people, the Chairperson asked the people to take benefit from financial and social assistance schemes launched by the different departments, especially for the welfare of the women, Children, and weaker sections of society. The Chairperson also urged the youth to avail the advantages of various job-oriented schemes like PMEGP, MUMKIN,

JKTPO participates India Geographical Indications Fair 2022

JAMMU, AUGUST 26, 2022: Jammu and Kashmir Trade Promotion Organization (JKTPO) has participated in India Geographical Indications (GI) Fair 2022 scheduled from 26-28 August at India Expo Centre & Mart, Noida, a flagship B2B event organized by Export Promotion Council for Handicrafts (EPC). MD, JKTPO, Dr Devansh Yadav mentioned that the participation in India GI Fair 2022 have given exposure to the GI Tag product users of agro and food processing & Handloom & handicraft-based members from J&K to showcase their qualities & strengths & uniqueness, this would help the members to generate more authentic business enquiries and tie-ups for further business growth nationally & Internationally. He mentioned, J&K has 9 GI tagged Products (Kani



Shawl, Kashmir Pashmina, Kashmir Sozani Craft, Kashmir Saffron, Kashmir Paper Mache, Kashmir Walnut Wood Carving, Khatamband, Basmati, Kashmiri Hand Knotted Carpet) and many more are in pipeline to get GI tag. Basohli Painting from Kathua is likely to get GI Tag very soon. The collective intellectual heritage and ethos of GI Tagged products of India is constituted in this show with International Buyers. India GI Fair aims to

connect these invaluable native products, to connoisseurs and clientele of the global market. He stated that the prime objective of JKTPO is to promote, organize, manage and participate in the trade fairs and exhibitions in India and abroad on regular basis to promote J&K Industries and enhance its global competitiveness. JKTPO also build, support, maintain, increase and promote trade related activities and infrastructure in the UT of Jammu.

DLSA Udhampur hosts awareness prog on Sexual Exploitation, trafficking in NMGHSS

UDHAMPUR, AUGUST 26: District Legal Services Authority, Udhampur, under the able guidance of Chairman, District Legal Services Authority, Udhampur, (Y.P Bourne) and overall supervision of Secretary, District Legal Services Authority Udhampur Rajni Sharma, today organized an awareness programme at Nehru Memorial Higher Secondary School Udhampur. The aim of the Programme was to raise Awareness about the issues related to commercial Sexual Exploitation and trafficking. The Resource Person of the Programme was Panel Lawyer Adv. Sanjeet Kumar. The resource person, while raising awareness about the sensitive subject, informed the participants about the different initiatives taken by the Government of India for the welfare of Victims of Trafficking and Commercial Sexual Exploitation. The participants were enlightened about different provisions of NALSA (Victims of Trafficking and Commercial Sexual Exploitation) Scheme, 2015.

National Tobacco Control Programme Training programme cum review meeting held at Udhampur

UDHAMPUR, AUGUST 26: Aday long training for enforcement squads cum District level Co-ordination Committee meeting was held today to review the implementation of National Tobacco Control Programme (NTCP). Additional Deputy Commissioner, Mohammad Syed Khan chaired the meeting held at Conference Hall DC Office Complex and attended by all stakeholder departments. At the outset, Dr Vijay Basnotra, Chief Medical Officer gave a brief overview of the training & objective of the DLCC meeting through a PowerPoint presentation. The CMO informed the role and responsibilities of designated committee

members on Tobacco Control. Divisional Coordinator Jammu, Shiveta Raina also spoke on the occasion. She informed the participants about the burden of tobacco use in India including J&K. She also briefed the participants about NTCP and COTPA 2003 ACT. She added that the main objective of organizing this training programme is to engage the key stakeholders such as senior government officials, national experts to build the capacity of the stakeholders and to get a better understanding regarding enforcement of the provisions of the COTPA -2003 and to implement the National Tobacco control



the training programme, the ADC laid thrust on the enforcement of the COTPA 2003 in letter and spirit and also ensured the formulation of enforcement squads with-

period of time. Necessary instructions were issued for better implementation of the programme in the district, with inter sectoral convergence so as to make the pro-

gramme a big success in Udhampur district. SDMs and Tehsildars were asked to inspect all the educational institutions in the light of COTPA-2003 and submit a compliance report af-

ter drawing a yellow line around the educational institutions. The ADC directed the officers for declaration of tobacco free govt buildings, offices, educational institutions and public places. District officers were further directed to install no smoking signage in their respective govt offices and declare tobacco free offices. District Officers were asked for formulation of enforcement squads at district as well as block level. The CMO was asked to give challan books to all the officers authorized for challaning under COTPA-2003, so that defaulters can be dealt strictly and challaning will act as deterrent for violation of COTPA-2003.

Pr. Secy SDD inaugurates T-TEP at Government ITI R.S.Pura

JAMMU, AUGUST 26: Principal Secretary, Skill Development Department (SDD), Dr. Asgar Hassan Samoon today virtually inaugurated TOYOTA TATA TECHNICAL EDUCATION PROGRAM (T-TEP) at Government Industrial Training Institute R.S.Pura here. After inaugurating the program, Dr. Samoon in his address appreciated the Superintendent ITI R.S.Pura as well as the youth of R.S.Pura for having such type of Advance Automotive Trainings Centre in the area which will enhance their skills and increase employment avenues for them. He highlighted that the focus of government focus to provide all the facilities to the youth in their doorstep so that their future is secured. Director, Skill Development, J&K in his address briefed about the Skill De-

velopment Department and the initiatives taken by the department for enhancing the skills of youth. He added that tie ups with the Automobile Companies like TATA Technologies, Maruti Suzuki, Hyundai, Ashok Leyland, Toyota Kirloskar Motors and others is aimed to generate maximum job opportunities for youth here. He emphasized that the industry institute relationship will help in bridging the gaps between the skill sets obtained by the trainees in ITIs and the requirement of the Industry. Superintendent ITI R.S.Pura in his welcome address highlighted about the functioning/achievements of the Institute. Country Head and Executive Vice President,

TMK Pvt.Ltd. briefed the audience about the activities to be done in the related T-TEP and also elaborated about the hybrid technology in which the trainees are to be trained. Director, Skill Development, J&K on the occasion also distributed Certificates of appreciation to the trainees who participated in Azadi Ka Amrut Mahotsav Program which took place w.e.f 10-08-2022 to 15-08-2022 in the ITI R.S.Pura. Country Head and Executive Vice President, TMK Pvt.Ltd. briefed the audience about the activities to be done in the related T-TEP and also elaborated about the hybrid technology in which the trainees are to be trained. Director, Skill Development, J&K on the occasion also distributed Certificates of appreciation to the trainees who participated in Azadi Ka Amrut Mahotsav Program.



DDC Chairman Inaugurates "Ayush Unit" At GMC Doda

Amir Iqbal Khan Bhadarwah, Aug 26: Chairman District Development Council Doda Dhanantar Singh Kotwal inaugurated 'Ayush Unit' today at Government Medical College Doda along with Chief Medical Officer, Doda Dr Yaqoob Mir, Medical Superintendent GMC Doda Dr Yudheer Singh Kotwal, District Ayush Officer Doda Dr Sanjay Raina and officers from GMC and Ayush. In this connection, a program was organised under the guidance of Director Ayush Dr.Mohan Singh. Speaking on the occasion, DDC Chairperson said the facility of Ayush Unit is a part of the Government of India's initiative to promote and bring all the healthcare facilities under One roof like Ayurved, Yoga, Unani, Shiddha, Homeopathy etc. "It provides good opportunity for people of Doda that now services of Ayush like OPD, Ayush Medicines, Panchkarma, Yoga etc. are available here under one roof on daily basis and now patients have choice to avail any health care ser-



vice Allopathic/Ayurved/yoga /unani etc." said Kotwal. In his address, District Ayush Officer Doda Dr Sanjay Raina thanked DDC chairperson Doda and Director Ayush J&K for their efforts to start this medicare facility under one umbrella in GMC for the convenience of general public. He also thanked CMO and MS GMC Doda for their over all cooperation in establishing the unit in the medical college hospital.

840 Vaccinated, 965 samples collected in Ramban

RAMBAN, AUGUST 26: As per District Immunization Officer Ramban, Dr. Suresh, the Health Department today administered covid vaccination precaution doses to 840 persons in the district. Continuing the enforcement drive to implement Covid protocol, the Enforcement officers urged the people to wear face masks and maintain physical distance besides taking Covid vaccination doses at their nearest CVC. As per daily bulletin issued by the Chief Medical Officer, Ramban, the Health Department has collected 965 samples including 170 RT-PCR and 795 RAT samples besides administering Covid vaccine to 840 persons at various dedicated Vaccination Centres in the district. As per daily bulletin issued by the Chief Medical Officer, Ramban, the Health Department has collected 965 samples including 170 RT-PCR and 795 RAT samples besides administering Covid vaccine to 840 persons at various dedicated Vaccination Centres.

DC Kulgam felicitates Team Kulgam Knights for praise worthy performance in KPL

Farooq Rather



KULGAM, AUGUST 26: Players of Kulgam Knights team who emerged victorious yesterday in a thrilling match of Kashmir Premier League (KPL 2022), at Sher-e-Kashmir Stadium were today felicitated by Deputy Commissioner Kulgam, Dr. Bilal Mohi-Ud-Din Bhat. On the occasion, the DC congratulated players and added that district administration feels proud of their achievement. He also handed over cricket uniforms among these players. Present on the occasion were ADC, JD-Planning, ACR, DYSSO, Tehsildar and other officers.

5th Rehman T20 Cup Andergam 2022

Aqib Peer Guides Victoria Baramulla To Win Over Coaching Centre Kupwara By 6 Wickets

Lone Musaib



Pattan 26th Aug.- In the ongoing 5th Rehman T20 Cup Andergam 2022, Victoria Baramulla defeated Coaching Centre Kupwara by 6 Wickets. Batting Coaching Centre Kupwara was bundled-out for a paltry score of 127 runs in 17.4 overs. Shafqat took 3 wickets while Aqib Peer Scalped 2 wickets for Victoria Baramulla. In response Victoria Baramulla Chased the target in last over with 2 balls spare. Aqib Peer Scored a Valuable 32 runs for Victoria Baramulla and was declared player of the match for his all-round Performance While Shafqat was awarded with a game Changer award for his splendid bowling figures.

Indo-Pak matches help 'spread love and kindness', says coach Saqlain

DUBAI: Matches between India and Pakistan tend to be high-voltage contests, where emotions come out in their purest form, but for Pakistan head coach Saqlain Mushtaq games between the arch-rivals are about spreading the message of love and kindness. The images that came out of the ICC Academy in Dubai on Wednesday — one of which showed Pakistan skipper Babar Azam and Indian batting superstar Virat Kohli shake hands with broad smiles on their faces — heartened Saqlain. The two teams, who don't play bilateral cricket against each other because of tense diplomatic relations between the neighbouring countries, meet for the first time in more than ten months on Sunday.

Youth Services & Sports Organize Inter School Zonal Level Athletic Meet

Kishtwar Aug 26: An Inter School Zonal Level Athletic meet was organized by the Department of Youth Services & Sports (YSS) under the patronage of the Director of the Department on Friday at Chowgan Ground here. Boys and Girl athletes of U-14 & U-17 age group categories participated in the field and track events of the meet. The students of Zone Kishtwar & Nagseni participated in the event.

A good number of students from Government and pri-



private schools of Zone Kishtwar & Nagseni participated in the mega event. The sports meet was held

under the supervision of /c ZPEO Nagseni & /c ZPEO Kishtwar. The District Youth Services & Sports Officer (DYSSO) Kishtwar after formally declaring the event open with lighting of the ceremonial lamp interacted with the participating athletes and encouraged them for participating in sports activities. The budding athletes are being guided by a panel of experts drawn from the field staff of the Department of Youth Services and Sports.

My Youth My Pride: Flood lights add life to the stadiums, attract thousands to the venue

SRINAGAR, AUGUST 26: With the focus on sports and sports-related activities, J&K Sports Councils' inclusive sports program, "My Youth My Pride" is garnering more support and appreciation each day. The Football match played under the banner of My Youth My Pride program yesterday evening drew more than 15000 spectators to the Khushal Stadium, Sopore in North Kashmir to witness one of the best matches of the ongoing Industrial Cup slated between star-studded Real Kashmir FC and Ali Jana FC. The match lived up to every single penny as the winner was decided in a tie-breaker and Real Kashmir trounced Ali Jana FC by 5-4 goals in the net.

In South Kashmir's Anantnag, competitions in the disciplines of Cricket were held in Seer Hamdan and Mattan Play Fields. In the first semi-final of the day played between Anantnag Royals and Anantnag Arsenals, the former opted to bowl after winning the toss. Anantnag Arsenals were bundled out for a paltry 98 runs, with Mehraan being the top contributor scoring 35 runs and Irfan chipping in with 19 runs. In reply, Anantnag Royals chased the target easily with Mushraf



scoring 40 runs for the team and Adeel contributing with a little cameo of 17 runs. Mushraf was awarded the player of the match award for his brilliant 40 runs and one wicket. In the 2nd semi-final played between Anantnag Titans and Anantnag Spartans, the latter won the toss and elected to bat piling up 135 runs on the board. Sahil Bashir scored 35 runs while Saffron and Zeeshan contributed 34 and 33 runs respectively to the team total. Junaid was the pick of the bowlers for Titans, he claimed 3 scalps. Though Titans at one time looked well poised for the victory yet the team fell short of the target by 10 runs and lost the match by 9 runs. Wasif for his economical bowling spell of 4 overs giving away only 20 runs and claiming 2 wickets was adjudged player of the match. Similarly in Sports Stadium Anantnag Hockey, Football, and Netball matches were held where scores of spectators were present to support their teams and players. In the Indoor Hall of Nilandrusu, Anantnag

competitions in the Wrestling, Boxing, and Badminton disciplines were held in front of a mammoth gathering. In North Kashmir, the Baramulla district hosted several competitions in the disciplines of cricket for the visually impaired and chess. Yesterday evening, paddlers from the Indian Accounts and Audit Department decimated West Bengal 3-0 in the Men's 40+ final while their 50+ squad put up a grand show to win gold against Maharashtra A in a tough final by 3-2. In the men's 60+ and 70 team finals, Maharashtra A teams lifted the trophies, beating Delhi 3-2 and 3-1, respectively. Like on many occasions, the crucial third rubber went the way of Maharashtra as Atul Deshmukh beat Anil Goel, while the others from both sides won a tie each. In the men's team final of 75+ and 80+, Madhya Pradesh made it a one-sided affair against Gujarat to clinch the gold with a 3-0 verdict. Earlier, Gujarat accounted for Tamil Nadu 3-2 in a tough semi-final, while MP blanked out Karnataka B. In the only men's singles final of the day yesterday, in the 80+ category, Gopalan Swaminathan of Karnataka defeated West Bengal's Kamallesh Gangopadhyay 3-1 to win the gold.

Serena to face Kovinic in US Open start as retirement looms



NEW YORK: Serena Williams will face Danka Kovinic of Montenegro in her first round match at the US Open following the draw for the tournament made on Thursday. Serena, the 23-time Grand Slam title winner who has hinted she will make the event her farewell tournament, is in the same quarter of the draw as second seed Anett Kontaveit of Estonia. The 40-year-old American superstar, whose first Grand Slam title came at the 1999 US Open, would meet Kontaveit in the second round if both win their opening matches at the year's final Grand Slam event, which begins on Monday. Serena, who is one title shy of the all-time record 24 Slam crowns won by Margaret Court, could have quite a path to the final were she to make a shock run on the Flushing Meadows hardcourts. She could face Canada's 14th-seeded Leylah Fernandez, a 19-year-old who was last year's US Open runner-up, in the fourth round and Tunisia's Ons Jabeur, this year's Wimbledon runner-up, in the quarter-finals. The winner from Kontaveit's quarter of the draw could meet Greek third seed Maria Sakkari or Romania's seventh-seeded Simona Halep in the semi-finals. The other half of the bracket features top seed Iga Swiatek of Poland, this year's French Open champion, and Spanish fourth seed Paula Badosa. Swiatek could meet US eighth seed Jessica Pegula in a quarter-final while Badosa could face sixth seed Aryna Sabalenka. Japan's Naomi Osaka, a four-time Grand Slam champion, is also in Badosa's quarter of the draw. She would meet defending champion Emma Raducanu, the 11th seed from Britain, in a third-round showdown and Sabalenka in the round of 16. The men's draw opened slightly with Wimbledon champion Novak Djokovic, a 21-time Slam singles winner, pulling out just before the draw because he cannot enter the United States while unvaccinated for Covid-19. Top-ranked defending champion Daniil Medvedev will face American Stefan Kozlov in his first match next week while second seed Rafael Nadal starts against Australian Rinky Hijikata. Nadal, a men's record 22-time Grand Slam champion seeking his fifth US Open title, could face Britain's Cameron Norrie in the quarter-finals and countryman Carlos Alcaraz, the third seed, in the semi-finals. Defending champion Medvedev could meet Greek fourth seed Stefanos Tsitsipas in the semi-finals and Canadian sixth seed Felix Auger-Aliassime in the quarter-finals. Alcaraz has Polish eighth seed Hubert Hurkacz in his quarter of the draw while Norway's fifth-seeded Casper Ruud is in Tsitsipas's quarter.

GDC Samba shines at National KickBoxing Championship

SAMBA AUGUST 26: The students of Government Degree College Samba brought laurels to the institution by winning two (2) bronze medals in the recently held Senior National KickBoxing Championship in Chennai from Aug 18, 2022 to Aug 23, 2022. Two students of the college were selected for the prestigious event -Dheeraj Partap Singh and Deepak Thappa won bronze medals. These students have also won Gold medals in the recently concluded Inter-Collegiate University of Jammu event.

Dheeraj Partap Singh has the distinction of winning Silver medal in the All India Kick Boxing Inter-Varsity Championship held at Dr. Ram Manohar Lohia University Aoydhaya UP. Principal of GDC Samba Prof. (Dr.) Surinder Kumar congratulated the students. The credit for their exceptional performance goes to the dedication and commitment of Sanjeev Jamwal, Physical Director of the college, who identified the

talent and brought GDC Samba on the sports map of the country, he said. The role of convenor sports committee Dr. Yash Paul Singh was also highly appreciated by the Principal.



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