

Dir Agri Jammu reviews action plan for production & distribution of Fortified Rice

JAMMU, AUGUST 26: A meeting of officers of different departments and Rice millers associated with Food Corporation of India (FCI) and FCS & PA was convened today by Director Agriculture Production & Farmers Welfare, Jammu, K.K. Shrama here at Krishi Bhawan, Talab Tillo, Jammu.

The purpose of the meeting was to review the preparedness regarding milling of Paddy procured on Minimum Support Price (MSP) from the farmers, fortification of Rice thereof and distribution through Public Distribution System (PDS) in UT

The meeting was attended by Joint Director (Inputs), A. S. Reen, Joint Director (Marketing), Mahesh Verma, AGM (QC) FCI Jammu, H. S. Sahu, DGM (R) FCI, P. Lokanadham, Undersecretary FCS & CA. Susheel Kumar Mattoo, besides Rice Millers of Jammu. Samba and Kath-

The Director underlined that in an ambitious attempt to combat the serious problem of anemia due malnutrition, Prime Minister Narendra Modi made an announcement to mandate rice fortification in all social safety net schemes by 2024. He said that Rice Fortification, a process of adding micronutrients like iron, folic acid and vitamin B12, is an effective, preventive and cost-efficient strategy to address the nutrition problem within a short

He further informed the participants that entire

Custom Milled Rice (CMR) to be procured during the ensuing Kharif Marketing Season (KMS) 2022-23 shall be fortified rice. "So there is urgent need to set up required infrastructure by rice millers of J&K engaged in milling of paddy procured by FCI to ensure supply of fortified rice by the process of blending 1% Fortified Rice kernels (FRK) with the regular rice in upcoming KMS-2022-23. Further the entire cost of rice fortification would be borne by the Government of India (GOI) as part of Food subsidy till its full implemen-

After deliberations, the meeting decided that it is mandatory for all millers to ensure the establishment of blending units

tation up to June, 2024" he

as soon as possible. The requirement of standard godowns can be fulfilled by utilizing benefits under the Agriculture Infrastructure Fund (AIF) scheme, said Director Agriculture. The decision was also taken to work regarding scaling up the ceiling of 3 quintals to 3.5 quintals per kanal of paddy in procurement portal

as par with Punjab. Pertinently, 9622 paddy growers have been already registered on "FEAST Procurement Portal" and getting benefit of direct procurement on MSP

Issues involved in the rice fortification process and improvement in functioning of Paddy Procurement Mandies were also discussed threadbare in the meeting.

Yasha Mudgal reviews progress on implementation of various important schemes, interventions of Cooperative Deptt with all DCs

JAMMU, AUGUST 26: Secretary Cooperative Department, Yasha Mudgal today chaired a meeting with all Deputy Commissioners to discuss progress on implementation of various important schemes and interventions of Cooperative Department across Jammu and Kashmir.

During the meeting, detailed discussions were held on various issues pertaining to different schemes implemented by the Cooperative department besides deliberations were also held on reviving the defunct cooperatives. While interacting with Deputy Commissioners, the Secretary emphasized on them that the support of district administratios is vital to implement schemes/ projects like Yuva Sahakar, Ayushman Sahakar, Computerization of PACS (a new Centrally Sponsored Project), Cooperative Super Bazaars, Revival of Defunct Cooperatives and enabling setting up of Food Processing units in these districts.

She asked the DCs to maintain coordination with department and get DPRs prepared under Yuva Sahakar, a NCDC Loan Scheme, wherein credit facility is available to the extent of 80% for

cooperatives of aspirational districts and 100% for could be established. She further asked them to en-



Cooperatives of SC, ST, women or persons with disability as members and for remaining cooperatives credit is available to the extent of 70%.

Secretary delved upon DCs of aspirational districts to submit atleast 24 DPRs and DCs of other districts were asked to submit 12 proposals. She asked them to identify land so that milk Processing units of 25,000 to 30,000 litres processing capacity

sure that Artisans of cooperative societies are provided with artisan credit card so that they can avail credit to setup their own

units. The Secretary stressed upon all Deputy Commissioners to complete all ongoing development works of Super Bazars and other works of Cooperative Department under their supervision so that proper benefit of all schemes of Cooperatives could reach to the farmers and people of Jammu and Kashmir as whole.

During the meeting, Yasha Mudhgal said that 138 defunct cooperatives were revived in 2021-22 and 800 defunct cooperatives are targeted for revival during 2022-23 against which 78 cooperatives have been revived so far. DDCs were requested to ensure convergence among departments for revival of the same.

The meeting was informed that under Ayushman Sahakar, which is a NCDC Loan Scheme, 70% credit facility can be availed by cooperatives under the scheme for setting up healthcare infrastructure like Medical College, Nursing Training college, Hospital, Nursing Home, Clinic, Physiotherapy centre, Yoga centre, Gym, Diagnostic Lab.

It was also informed in the meeting that there are 7 cooperative super Bazaars in J&K, Modernization work of the two super Bazaars (Kulgam & Anantnag) is completed and work on four Bazaars (Jammu, Srinagar, Baramulla and Budgam) is under way. Also, one cooperative super Bazaar is to be set up in remaining 13 Districts each and Cooperative societies

SKUAST Jammu Signs MoU with HFRI Shimla for collaborative research



JAMMU, AUGUST 26: Sher-e-Kashmir University of Agricultural Sciences & Technology of Jammu (SKUAST-J) today signed a Memorandum of Understanding (MoU) with Himalayan Forest Research Institute (HFRI) Shimla, H.P.The MoU was exchanged between Prof. J. P. Sharma, Vice-Chancellor, SKUAST Jammu and Dr. Sandeep Sharma Director, HFRI Shimla for the betterment of respective organizations. Himalayan Forest Research Institute (hereinafter to be referred as HFRI), Panthaghati, Shimla is one of the nine Regional Research Institutes of Indian Council of Forestry Research & Education (ICFRE), Dehradun, Uttrakhand, an Autonomous Body under the Ministry of Environment, Forest & Climate Change, Government of India. The purpose of this MoU between the two parties is to provide a framework for the proposed collaboration for pursuing quality research and building a new generation of highly skilled human resource, providing entirely new opportunities for employment and economic development, with main focus on environment, bio-resources, skill development, livelihood opportunities, science and technology, biotechnology, health and wellness lifestyle domain of Himachal Pradesh and Jammu & Kashmir. The exchange of experience and scientific knowledge between the two institutions will be of great interest for their mutual progress and also for service of the Society. The MoU will work on Collaboration in Forestry Research, Education & Extension Activities, Exchange of Information and Experience, Use of Infrastructure, Faculty and Student Exchange Programs and Cooperative Research Projects

I have lost my matriculation certificate under Roll No .328168 session 1991-92 Now I want to get the duplicate of the same. If anyone has any objection in this regard he /she may

file his /her objection in the office of the J&k State Board of School Education within 7 days from the date of publication

of this notice after that no objection shall be entertained

I have applied for registration of my residential house

located at village Dandmoh under Home Stay /paying Guest

House Scheme to facilitate Tourist Trade vide order no 89-Jk

(TSM)of 2022 of Department 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 publica-

tion of this notice after that no objection shall be entertained

Farooq Ahmad Mir

S/o Habibullah Mir

Abdul Rashid Reshi

Distt ...Baramulla

S/o Abdul Aziz Rashi

R/o Dandmoh Tehsil Kreeri

R/o Thindama kreeri Roll No 328168

DC Jammu reviews progress of works under District Capex **Budget, Developmental Deliverables**

JAMMU, AUGUST 26: Deputy Commissioner Avny Lavasa today reviewed the progress of works under District Capex Budget 2022-23 including UT, DDC, BDC, PRI components and status of developmental deliverables in the

At the outset, the Deputy Commissioner took a detailed department wise review of the works.

The concerned officers informed the Chair that against 4055 approved works (207 works are under UT component, 274 under BDC, 309 under DDC and 3223 are under PRI component), estimates of 3798 have been prepared and 3123 have been tendered.

It was further apprised that under UT component, out of 207 works, 196 have tendered and 159 have been allotted, while against 3223 PRI component works, estimates of 3049 have been prepared and tenders of 2545 works have already been floated.

Similarly, under the DDC component, out of 309 works, estimates of 289 have been prepared and 216 have been tendered. Under the BDC component, out of 274 works, estimates of 205 have been prepared and 196 have been tendered which shows more than 90% progress. After taking the work wise review, the DC stressed on

the concerned authorities to take all possible measures to accelerate the pace for their time-bound completion. The Deputy Commissioner asked the officers to ensure speedy allotment, execution and completion of each

Later, the Deputy Commissioner chaired a meeting of officers from various departments to review the progress and achievements under developmental deliverables. The officers and heads of departments informed the chair about the progress made and targets realized.

The DC directed the officers to prioritize implementation of developmental deliverables to achieve the targets on time with tangible results on the ground.

CPO Yoginder Katoch, besides the officers from different departments including Health, Education, Jal Shakti, Agriculture, Horticulture, Labour, Employment, Industries, Handloom etc were present in the meeting

DC Ramban discusses drug eradication action plan at district **Coordination Committee meet**

RAMBAN, AUGUST 26: Deputy Commissioner, Ramof the District-level NARCO Coordination Committee (NCORD) to discuss the action plan for curbing the drug abuse and narcotics trade in district Ramban.

Among others, Additional Deputy Commissioner, Harbans Sharma; Assistant Commissioner, Revenue, Giasul-Haq; Dy. DEO, Lal Chand, attended the meeting in person, while Additional SP, Rajni Sharma, Tehsildars and Station House Officers, besides other members of the Committee attended the meeting through virtual mode. It was informed that the NCORD Committees will work in unison at different levels to combat drug trafficking and ensure better coordination among the Civil and Police administration. During the meeting, the DC discussed threadbare various issues related to the incidents of drug addiction, areas of concern, age group of addicts. hot spots of drug use, and cultivation of illicit poppy, and cannabis in the district. Informing the meeting that the issue has already been taken up with concerned authorities for establishing drug de-addiction and rehabilitation centres in the districts, the DC directed Tehsildars and SHOs to adopt a coordinated approach for the destruction of illicit poppy and cannabis cultivations in their respective jurisdictions. He stressed upon all stakeholders to launch a massive awareness campaign across the district, involving people from all walks of life including school children, youth, PRIs and the targeted public. The ADC informed that the district-level Committee, comprising Civil and Police officers and the representatives from Excise, Forest Range Officers, Sub-Divisional Agriculture Officers and Concerned Education,

I have lost my number plate of my motor cycle under registration no Jk0IM 7741..Now I am applying for its duplicate .If anybody has any objection in this regard he/she may contact with ARTO Sopore within 7 days after the date of publication of this notice after that no objection shall be entertained

Public Notice

Faroog Ahmad lone S/o Fatha Mohammed lone R/o Kawcheck kreeri

Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER (R&B) **CONSTRUCTION DIVISION 2nd SRINAGAR**

NOTICE INVITING TENDERS NIT No.107/e-tendering /R&B/CD-II/2022-23/9803-13

For and on behalf of the President of India, e-tenders (in single cover system) are invited on from reputed Regd. Architectural /Structural Consultant firms for providing Architectural and structural Engineering Consultancy services in respect of following works:-

S.No	Name of Work	Cost of T/Doc. (In Rupees)	Earnest Money (in Rupees)	Time of Completion (calendar days)	Class of Contract	Ref of authorization letter
1.	Design, Consultancy and Preparation of DPR/BOQ along with all Architectural Plans/ Structural drawings for approval and Providing all working drawings i.e architectural, structural and service drawings, including vetting of Drawings from IIT/NIT/DIQC for					
	Construction of New Server Building at Data Centre Premises Bemina Srinagar/ Infrastructure for Data Centre at Srinagar.	1000/-	8700/-	20 days	Redg. Consultancy Firm	SE-II/ O&M/37 of 2022 dated 23.08.2022

Position of Funds:-Available. AA Cost- Rs.217.20 Lakhs Table1:

1.	Date of Issue of Tender Notice	24.08.2022	
2.	Period of downloading of bidding documents	25.08.2022 from 10.00 AM	
3.	Bid submission Start Date	25.08.2022 from 10.00 AM	
4.	Bid Submission End Date	30.08.2022 upto 4.00 PM	
5.	Date & time of opening of Bids (Online)	31.08.2022 at 11.00 AM	

The Bidding document Consisting of qualifying information, eligibility criteria, specifications, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from www.jktenders.gov.in as per schedule of dates given above. Note: The Bidders are advised to read all conditions laid down in the NIT carefully before uploading softcopies.

Any short fall found in the soft copies will lead to the rejection of BID. As per Circular issued by the Government of Jammu and Kashmir Civil Secretariat Finance department vide No.OM-

No.A/24(2017)-651 dtd.07-06-2018 reproduced as under:a)Furnishing of Hard Copies of bids immediately after submission of e-tenders is dispensed with.The same should be obtained only from the Bidder who's declared 1st Lowest (L-1) after opening of financial bids b) The Cost of tender document should be collected by introducing E-challan or simply uploading a copy of necessary

1.All Bidders have to deposit bid security in form of Earnest money equal to Rs.8700/- in the shape of DD/CDR/FDR pledged to Executive Engineer, R&B Construction Division 2nd, Srinagar.

2.Bidders registered as Micro and Small Enterprise are exempted from depositing Earnest Money/Bid Security and Tender Document Fee. Proof of valid MSE registration certificate must be enclosed for availing these benefits. The bidders availing this benefit shall upload a copy of Bid Security Declaration Form as per Annexure A.

3.The 1st lowest Bidder has to produce Performance Security Deposit @ 3% of contract value in the shape of CDR/FDR within 02 days after opening of Bids which shall be released after successful completion of work. 4.The date and time of opening of Bids shall be notified on www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same

Web Site in the Office of Executive Engineer R&B Division, Construction Division No. 2nd Srinagar (tender receiving 5.The bids for the work shall remain valid for a period of 120 days from the date of opening of bids.

1. Eligibility:
1.1The bidder should have extensive experience in preparation of DPR, Master plan/ site plan, architectural details and

drawings, structural design and drawings, services details and drawings, cost estimates and all other related services for different categories of buildings under Government/ Public Sector Undertaking/ other reputed organizations for at least 03 years. The consultant must have completed at least one of the following projects. i.At least one projects of similar nature costing not less than Rs. 1.75 cr.

ii.At least two projects of similar nature costing not less than Rs 1.10 lac. (Each).

iii.t least three projects of similar nature each costing not less than Rs. 85.00 lac. (Each). NOTE: The bidder is required to have an office at Kashmir Province with sufficient technical manpower in service.

(Details of office location, address in Kashmir must be furnished). 1.2. The bidder should be an established Architect registered with the Council of Architecture OR a Proprietorship

Firm/Partnership Firm/Company etc having extensive experience in the similar field. In case the applicant is Firm Company the architect associated or on Pay Roll must be registered with the council of Architecture 1.3. The bidder should have PAN and a valid GST registration with Income Tax return certificates of last three financial years and GST return Form for last quarter or latest month (Clause3b) which ever applicable.

1.4. To support and strengthen their credentials in respect of previous experience, Bidder shall submit performance certificates/completion certificates testifying successful completion of the projects undertaken by them during last 07 vears. The completion certificates should be issued by an officer of the rank of Executive Engineer or above.

1.5. The Bidder should also have a structural consultant (M-Tech Structural Engineering) on permanent pay roll basis or associated with at least three years of professional experience in structural consultancy.

1.6. The Bidder should have Minimum Average Annual Turnover of Rs 10.0 Lacs for LAST THREE FINANCIAL YEARS, as applicable.

2.1. Bidder are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.into acquaint with bid submission process. 2.2. To participate in e-tendering process, bidders have to get 'Digital Signature Certificate (DSC)' as per Information Technology Act-2000. Applicants can get digital certificate from any approved Vendor. 2.3. The bidders have to submit their bids online in electronic format with digital Signature. No bid will be accepted in

physical form.

2.4. All Bids will be opened online as per time schedule as mentioned in Table-1.

2.5. Bidders must ensure to upload scanned copy of all necessary documents with their bids by Authorized Signatory.

DIPK-8689/22

2. Instruction to Bidders:

Executive Engineer, R&B Construction Division No. 2nd

Public Notice I have applied for registration of my residential house

located at village Sheikhpora 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 7days from the date of publication of this notice after that no objection shall

Mohammed Shaban Ganaie. S/o Habib Ganaie R/o Sheikhpora Tehsil Kreeri

Public Notice

I have applied for registration of my residential house located at village Sheikhpora 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

Gh Nabi Sofi S/o Mohammed Ramzan Sofi R/o SheikhporaTehsil Kreeri Distt Baramulla

Public Notice

I have applied for registration of my residential house located at Village Dandmooha under Home Stay/Paying Guest House Scheme to facilitate tourist trade, vide order no 89-JK(TSM) of 2022 of Department of Tourism JK . if any body 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

Mohammad Assadullah Khanday S/o Mohammad Subhan khanday R/O Dandmoha Tehsil Kreeri Distt.Baramulla

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ROADLINES

NEWS IN BRIEF Important meeting of HT staff to be held on Sep 1

SRINAGAR, An important meeting of staff members including all correspondents, reporters and other subordinate staff has been convened by the Editor in Chief of the English daily, Headlines Today, Syed Jahangir Bukhari on September 1st at Dak Bunglow Baramulla at 11am. All the staff is hereby intimated to attend the meeting well

Safeena Baig elected Chairperson of the committee

SRINAGAR, Aug 26: Commissioner Secretary, Revenue, Vijay Kumar Bidhuri presided over the meeting of newly appointed members of J&K Hajj Committee at Hajj House Bemina here.

All the members recently appointed by the Government participated in the meeting.

During the meeting, the election to the post of Chairperson of Haj Committee was also conducted in terms of provision of rule 4 of J&K Hai Committee Rules 2013.

In the election, Safeena Baig was elected as Chairperson of the J&K UT Haj Committee, unopposed, after majority of the members sup-

Partly cloudy sky, light rain likely in J&K

SRINAGAR, Aug 26: Partly cloudy sky with light rain in isolated places is likely in Jammu and Kashmir during the next 24 hours, said the Meteorological (MeT) Department on Friday.

The UT had partly cloudy weather during the last 24 hours.

"Partly cloudy with light rain at isolated places is likely during the next 24 hours in J&K," an official of the MeT department said.

Srinagar had 18.7, Pahalgam 14.6 and Gulmarg 10 degrees Celsius as

the minimum temperature. Drass town in Ladakh had 11.4, Leh 14.4 and Kargil 15.4 as the minimum temperature.

Jammu had 25.8, Katra 23.8, Batote 18.7, Banihal 17 and Bhaderwah

Kashmiri apiarist dies of snake bite in Raiasthan

SRINAGAR, Aug 26: A young apiarist from Kashmir Valley died in the Western State of India due to a snake bite, family sources of the deceased said on Friday.

The victim Shakir Ahmed Wani son of Gul Muhammad Wani, a resident of Chewawular Tral Sub-Division of South Kashmir's Pulwama district was a beekeeper running a honey bee farm in Rajas-

One of the family members while confirming the death of 17-year-old youth said he was bitten by a deadlv snake at his farm on Thursday. 'The victim was undergoing treat ment in a hospital in Rajasthan where he died this morning," he

His body will be airlifted to his na-

Off-duty cop dies of cardiac arrest in Shopian

SHOPIAN, Aug 26: An off-duty policeman died of a cardiac arrestat Melhura area of south Kashmir's Shopian district this morning.

An official said that a police head constable identified as Manzoor Ahmad Mir of Melhura Shopian died of cardiac arrest this morning at his home.

He said that he was posted at Mattan area of Anantnag and yesterday he had reached his home after getting leave.

PDD lineman electrocuted to death in Ashmugam

SRINAGAR, Aug 26: A PDD lineman died after receiving an electric shock while repairing a live wire in Ashmugam area of South Kashmir's Anantnag on Friday.

An official said the lineman received an electric shock when he was repairing a live wire in Manzigam area of Ashmuqam.

He said the PDD employee was immediately shifted to a nearby hospital for treatment, where he was declared as brought dead on

The official identified the deceased

as Mohammad CONTINUED ON → PAGE 10

Nadimarg massacre: HC reopens case of Kashmir Pandits after a decade

SRINAGAR, Aug 26: The Jammu and Kashmir & Ladakh High Court has ordered the reopening of a case concerning Nadimarg massacre in which 24 Kashmiri Pandits were allegedly killed by militants in 2003.

An application was filed by the prosecution seeking recall of an earlier order whereby the criminal revision petition was dismissed. The massacre of 24 Kashmiri Pandits was carried out by militants at Nadimarg village in Sho pian district in 2003.

While hearing the case, Justice Sanjay Dhar noted that recall of the order dated 21 December, 2011 of this court by which the criminal revision petition against a sessions judge order was dismissed will stand as it is within its jurisdiction to recall orders that are a nullity in the eyes of law as the High

Court had passed an order sons, Law Beat reported.



HC directs Anantnag, Baramulla NIA courts to expedite cases

SRINAGAR, Aug 26: The High Court of Jammu and Kashmir and Ladakh on Friday directed NIA special courts in Anantnag and Baramulla to expedite and take up the cases on priority. It transferred all civil, sessions trial cases — except rape cases — and Narcotic Drugs and Psychotropic Substances (NDPS) Act cases from designated NIA courts to other courts in order expedite the trial of NIA cases. "In order to ease out the pressure from the NIA Courts, the Chief Justice has been pleased to transfer the Civil, Session trial cases (except CONTINUED ON → PAGE 10

mentioned in his order that "it seems that during the pendency of the trial, prosecution moved an application before the trial court seeking permission to examine material prosecution witnesses on to the prosecution, these witnesses had migrated out of Kashmir Valley and they were reluctant to depose before the trial court at Shopian in view of the threat perception", however, the application was dismissed by the sessions judge on 9 February, 2011. Earlier, an FIR was registered in Zainapora in connection with the massacre and investigations were taken up. Back then, challan was filed against seven accused persons, initially before the Court of Principal Sessions Judge, Pulwama, which was later transferred to the Court of Principal Sessions Judge CONTINUED ON → PAGE 10

commission, as according

Ghulam Nabi Azad eyes 'Mission Kashmir' as he quits Congress

SRINAGAR, Aug 26: In a fresh trouble for the tumbling Congress, senior leader Ghulam Nabi Azad resigned from all positions, including primary membership, of the party.

In a letter to Sonia Gandhi, Azad blamed "a coterie of inexperienced sycophants" for his exit from the party. Where will Azad go after leaving Congress? Indications are that he may float a regional outfit with eyes on Jammu and Kashmir state Assembly polls. For the past few months, in spite of bad health, he has been touring across the length and breadth of the state.

It was reliably learnt that during the many stormy and heady meetings of G23 since 2020, the idea of splitting the Grand Old Party was broached and all eves would turn to Azad. But the former Jammu and Kashmir Chief Minister would oppose the move. At one instance in



2022, he had turned a lawyer asking whether mobilising resources for a breakaway group was feasible. The lawver backed out. Azad then began focusing on J&K with greater vigour.

Azad's wise counsel was CONTINUED ON → PAGE 10

Several Congress leaders in J&K resign in support of Azad

SRINAGAR, Aug 26: Srinagar: In wake of senior Congress leader Ghulam Nabi Azad's resignation from the party on Friday, a number of senior party leaders, including former legislators, of the party in Jammu and Kashmir also

These included G.M. Saroori, Haji Abdul Rashid, Mu-

hammad Amin CONTINUED ON >> PAGE 10

Sad to see Congress implode: **Omar on Azad's resignation**

utes after senior Congress leader Ghulam Nabi Azad resigned from the party, National Conference vice

SRINAGAR, Aug 26: Min- body blow to the party Omar said it was "sad" and "scary" to see the grand old party "implode" "Long rumoured to be in

president Omar Abdullah

100-120 militants try to infiltrate into Indian side, claims Army Says 3 militants killied along LoC in Uri had undergone military training

HT NEWS NETWORK

SRINAGAR, Aug 26: Indian Army on Friday said that 100-120 militants opposite the area manned by the Baramulla-based 19th Infantry Division were trying to sneak into Jammu and Kashmir from Paki-

killed on Thursday close to the Line of Control in Baramulla while trying to sneak into the Kashmir Valley through the Uri sector.

Addressing a press conference, the General officer commanding of the 19th Infantry alone, we have close to 100-120 The 19th Infantry Division

Three armed infiltrators sus- Division, Major General Ajay pected to be Pakistanis were Chandpuri, said the presence of militants on launch pads and their continuous attempts to infiltrate was on despite a ceasefire along the LoC.

"Based on multiple inputs, it is our assessment that any point filtrate is on," he said in Barain time, opposite this sector

terrorists attempting to infiltrate... So, while the ceasefire understanding is largely holding good for the benefit of the people on the both sides, the presence of militants... and their continuous attempt to in-

guards over 100 kms of LoC from Gulmarg and Uri in Baramulla to Nowgam in Handwara. The Major General, however, said infiltration has come down significantly.

'The LoC is over 740 km (in J&K) which includes very difficult terrain and spells of in-

trate militants and war-like stores. Now, with each passing day, the level of technology, the level of alertness is only improving, so the infiltration has come down significantly, which is also indicated by the peace CONTINUED ON → PAGE 10

J&K logs 187 new **COVID-19** cases, 1 death

SYED TAJAMUL BUKHARI

SRINAGAR, Aug 26: Jammu and Kashmir reported 187 positive cases of COVID-19 including 39 from Jammu and 148 from Kashmir divisions, pushing the overall number of positive cases in the Union Territory to 477119 while 01 COVID death has been

also been reported from Jammu. Moreover, 35 2more COVID-19 patients have recovered and been discharged from various hospitals including 41 from Jammu division and 311 from

According to the daily Media Bulletin on novel Corona virus (Covid-19), out of 477119 positive cases, CONTINUED ON » PAGE 10

Center approves PMGSY-III for 1276 KMs costing Rs 1357 Cr for J&K LG expresses gratitude to PM, Union MoRD

HT NEWS NETWORK

NEW DELHI, Aug 26: The Union Ministry for Rural Development on Friday approved Pradhan Mantri Gram Sadak Yojana (PMGSY)-Phase-III for 1276 KMs costing Rs 1357 Crore for the Union Territory of

Lieutenant Governor Manoj Sinha has expressed gratitude to Prime Minister Narendra Modi and Union Minister for Rural Development, Giriraj Singh.



Terming the approval for PMGSY-III as yet another milestone in the rural connectivity of J&K, the Lt Governor said the modern rural infrastructure; enhanced connectivity will improve

rural economy and ease of living

It will provide all-weather road connectivity to unconnected Habitations for sustainable and inclusive growth, the Lt Governor further added.

Pertinently, under the Pradhan Mantri Gram Sadak Yojana (PMGSY), Jammu and Kashmir is among best performing States/UTs in the country. With the mission of ensuring Safety, Connectivity, and Mobility

CONTINUED ON → PAGE 10 T

Kashmir witnesses male baby boom in past 3 years

HT NEWS NETWORK

Srinagar, Aug 26 (KNO): In last three years, around thousand baby births have been reported at Lal Ded Hospital, Kashmir's lone tertiary care maternity hospital in Srinagar.

talking to news agency— Kashmir News Observer (KNO), said that around

34,500 male baby births were reported at LD hospital in last three years while as the number of female baby births in same period was around 31,500

They said that in year 2019-20 the number of male births at the hospital was around 12,000, however, in the number of female baby births were around

CONTINUED ON → PAGE 10

Dr Jitendra calls for linking StartUps with MSMEs

HT NEWS NETWORK



NEW DELHI, Aug 26: Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic

CONTINUED ON » PAGE 10

J&K hit by two earthquakes within 40 minutes, 11 in 4 days

HT NEWS NETWORK

SRINAGAR, Aug 26: Jammu and Kashmir on Friday was hit by two earthquakes of magnitudes 3.4 and 2.8 on the Richter scale.

other hit Doda district.

There were no reports of any loss of life or damage to property, officials said. The epicentre of the first quake, which occurred at 3.28 am, was 62 km north-east of Katra area in Jammu region, they said. The offi-The 3.4 magnitude quake hit Katra cials said the quake hit at a latitude belt in Reasi district, meanwhile the of 33.17 degrees north and longitude CONTINUED ON → PAGE 10

SIA files chargesheet against Srinagar resident in funding case

HT NEWS NETWORK

SRINAGAR, Aug 26: State Investigation Agency, Kashmir on Friday filed chargesheet against a Srinagar resident in a militant funding case. The chargesheet was produced against Hammad Farooq of Kagazgari Mohalla, Nowshera in the Court of Special Judge Designated under NIA Act (TADA/POTA), Srinagar for judicial CONTINUED ON → PAGE 10

Chestnut extraction on decline in Wular Lake:, say extractors as season begins

HT NEWS NETWORK

BANDIPORA, Aug 26: Although Asia's largest freshwater Wular Lake witnesses a festive look these days with a large number of boatmen extracting chestnuts from it, however, the extractors are also complaining that chestnut extraction is witnessing a huge decline for the past few years.

Several areas including Kulhama, Lankreshipora, Suderkoot, Kanibath, Keema, Zurimanz areas of Bandipora district are the main supplier of water chestnuts to the

As the chestnut extraction season



villagers take out the nuts from the lake and supply it to the vendors in Kashmir and outside. According to official figures, the

"As compared to the past, chestnut turnout in Wular has gone down considerably. A few years ago, I used to take out about 50 kg of chestnut from the lake every day but nothing like that is happening now," Mohammad Ramzan Pinchoo, who has been involved in the chestnut extraction for the past 50

person can get now. Similarly, Abdul Aziz, an elderly man from Lankreshipora said that CONTINUED ON → PAGE 10

lake used to produce around four metric tons of water chestnuts annually and 5,000 tons of fish of 11 different species each year.

He said that 20 kg is the maximum a

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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 in-novation 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-vourself 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 dis-played 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

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



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 stuto all schools and provide these creative minds a platform to perform and showcase their talent",

He said the aim is to encourage

young minds in the field, and challenge students to become producers of products them-selves 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 ac-

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. Recently AIM Team led by

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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",

DC Budgam holds interaction with media persons of district

ty 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

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

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 res-

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, Cultural Officer Kashmir on the demise of his grand aunt. He praved for eternal peace to the departed soul and courage to the bereaved family to bear this irreparable

Deputy Director (PR) Kashmir, Bilal Mukhtar; Assistant Director, Mommad Aslam Khan and officials of the department also offered condolence to the bereaved family and prayed for peace to the departed

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.

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



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

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 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

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.

DDC Baramulla reviews progress of Works under BADP, SSY

Sets Nov 30 deadline for completion of BADP, SSY works



BARAMULLA, AUGUST 26: The District on creation of community infrastructure to 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

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.

During the meeting, major thrust was laid

benefit the maximum population of the border

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

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 Yosuf Rather; Executive Engineers from Jal Shakti, JKPDCL, 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 heave 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 contructor accordingly.he said, I hope this road will be macadamise 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-Ud-Din 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

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 partic-

ipants 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 cybercrime 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 men-

A LINK BETWEEN METABOLIC HEALTH AND THE BRAIN

ZOOMI SINGH

ur 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 flow of glucose for the cells to work products include eggs, dairy, meat, ties. It restricts the growth of cancer-

Metabolic health signifies the balance in the rate of metabolism. It refers to a condition where during the metaband significantly impacts memory and olism, there is no unhealthy spike in cognitive abilities. The ageing of the blood sugar. Good metabolic health is brain results from a decline in energy 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 cose levels. In addition, insulin resismore about metabolic health through tance can lower cognitive processes. this research by NCBI.

The Connection Between Brain and connects intestinal function with cog-Metabolic Health

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

between metabolic rate and the brain natural process. in a way that has helped humans er, food availability, and living condi-

Healthy brain function and its 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 have a healthy functioning brain with The thermic effect of food specifies the diet might help you speed up the pro-

The human brain needs a constant ents in your meals. Protein-rich food capsaicin contains anti-cancer proper-



optimally. Though tiny, the brain requires 20% of the body's glucose. The brain controls glucose production

is an excellent measure of blood glu-

Interestingly, the gut is known as the second brain. The gut-brain axis nitive abilities. Therefore you must understand the connection between the right food habits and the brain. influences mood, sleep, stress levels, memory and overall cognition. The It establishes the connection brain shrinks as we age, and it is a

Foods rich in nutritional values and ach, etc. evolve. The brain adapts to the weath- regular exercise can improve brain plasticity. It enhances brain cells and creates new cells. Also, engaging in games like scrabble and crosswords, malfunction intricately correlate keeps one agile and arrests a decline in cognitive abilities.

Foods and Diets that Improve Your Metabolic Health

Proteins and Mineral-rich Foods

Alzheimer's disease. Therefore, it is rich food can help you boost your fore, if you want to shed some pounds weight. It contains bioactive substanc- in infants to 55% in the elderly and is imperative to be healthy and keep the metabolism. This is because protein- or improve your body metabolism, es which help increase metabolism. essential for cellular life. metabolic health in good condition to rich foods have a high thermic effect. including some chilli pepper in your number of calories your body needs to cess. Glucose acts as fuel for the brain. digest, absorb, and process the nutri-

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 under-A CGM like HealthifyPRO 2.0 BIOS stand 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 maintain-

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, spin-

These products are also high in iron metabolic health. 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 Green Tea Consuming protein and mineral- ing the metabolism of the body. There- metabolic health and also helps reduce water comprises 75% of body weight protein and mineral-rich, leafy green

causing components called free and Cinnamon inhibits their proliferation.

Milk and Yoghurt

and protein. It can help lose body fat very quickly. It is also very benand will help you reduce snacking on unhealthy food items.

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. bolic diseases. In that case, it is advis-Ginger increases the high-density lipoa ble to stick to a diet that boosts the protein (HDL) in the body, also called metabolism. good cholesterol. Also, this boosts the glucose level of the body and benefits

Adding ginger to your diet is always of ginger every day by incorporating it lism in your soups or your cooked veggies or salad dressing.

There are a few other benefits of con-Studies show that the component properties and benefits the heart and oral health.

Cinnamon, like ginger, helps increase body temperature. This rise in temperature results in the fat-burn-Dairy products are well known ing process. There are a large number for cutting fat in the body. Milk and of benefits of taking cinnamon. It can yoghurt are good sources of calcium help you clear your arteries and fight ageing In addition, consuming around 1/4th teaspoon of cinnamon powder eficial for digestion. Milk is filling per day will help you reduce your sweet cravings.

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 meta-

Lifestyle Habits to Improve Metabolic

Besides diet, our lifestyle also plays good, especially in cold weather. It will a significant part in our health. There prevent your body from catching a are a few things you need to consider cold. You can consume small amounts and improve upon for better metabo-

It is well-known that drinking a lot of water daily brings good health. metabolic health by eating the right known as capsaicin. According to the Green tea has been experimented This helps you increase your body's food and following a better lifestyle. research, capsaicin helps in improve with and proven to result in better metabolic rate. According to research, The food products recommended are

suming green tea. It has anti-inflambetter, both physically and mentally. It ing our diet, a few lifestyle changes matory, anti-cancer, and antioxidant also makes you more active, and stron- include drinking plenty of water, getger and helps fight the signs of ageing. ting adequate sleep, and exercising Drinking plenty of water also helps daily.

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

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.

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.

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 vegetables, chilli pepper, milk and other dairy products, green tea, cinna-Drinking water helps you perform mon, and ginger. Apart from improv-

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

ny food with anti-oxidants 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 plements over a long period, various organ functions like heart, liver, kidneys, etc.

nium, manganese, lycopene, are: and beta-carotene. These oxidation and promote plements can increase the undergoing cancer treat-



healthy cells in the body.

What happens when we

Antioxidants, when taken in high doses as sup-

prevent the formation and ies have revealed that high on the effects of taking antigrowth of free radicals and doses of beta-carotene sup-oxidant supplements when breathing.

risk of lung cancer in smokers and vitamin E overdose take too many antioxidants? can increase the risk of hemorrhagic strokes and prostate cancer.

Interferes with medican cause a lot of dangerous cation: Many vitamin E side effects in the body by supplements are known to Antioxidants include rampaging through healthy increase the risk of bleedthousands of different comcells and destroying cellular ing in people who are taking pounds like vitamins, sele- components. A few of those anti-coagulant drugs. Also, many times doctors say that Can cause cancer: Stud- there is conflicting evidence

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

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

osing 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 weight. It is very important does not mean that there to involve the whole body should be no control over to lose some weight. Resiscalories. You might just not be losing weight because of lifting can help maintain consuming more calories muscle mass which is often than your body needs. So, burned along with body fat. track the calories using a Similarly, if you are not calculator and counters doing enough cardio, fat in that can help you limit the the body will not be able to intake and increase nutricome down. ents accordingly.

tance training like weight

Consuming too much Your exercise is not bal-sugar: Sugary beverages not help you lose the desired 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 anced: Just doing cardio will can be a reason for not being of sleeping weight is bound to be stuck at one level.

HEADLINES TODAY

EDITORIAL

Havoc COVId-19 caused since inception

ccording to the information divulged by the government in Rajya Sabha, children having lost their parents to COVID-19 in fact been left vulnerable to such adverse consequences as poverty and abuse. It is a painful reminder that beyond the death counts, the weight of loss will be borne by a generation of vulnerable children for many years to come. The government has already announced the PM CARES for Children scheme to support children who have lost both parents or surviving parent or legal guardian or adoptive parents due to pandemic. The objective of the Scheme is to ensure comprehensive care and protection of Children in a sustained manner, and enable their well being through health insurance, empower them through education and equip them for self-sufficient existence with financial support till 23 years of age, the government said. A calculated amount, the government said, has been credited in the account of each identified child in such a manner that the corpus for each child becomes Rs.10 lakhs at the time of attaining 18 years of age. Children are entitled to receive a monthly stipend between the age of 18 and 23 years, by investing the corpus of Rs.10 lakhs into Monthly Income Scheme of Post Office. They will receive the amount of Rs.10 lakh on attaining the age of 23 years. Children staying with relatives are receiving Rs.4000 per month under Mission Vatsalya Scheme. Under the scheme, provision has been made for admission in the nearest Kendriya Vidyalaya Sangathan/Kasturba Gandhi Balika Vidyalaya or Private Schools. Further, scholarships of Rs. 20,000 are provided to all school going children of class 1-12. There are other schemes for them. Working with bereaved children is not merely about counting and recording cases or providing compensation. Stipends and financial packages are critical to ensure children's long-term security but the government needs to continuously invest in human resources and systems necessary to ensure that the children are not exploited with an eye on the incentives provided to Covid-orphans. Children often take their emotional cues from the key adults in their lives, so it's important that there is someone caring to listen to their concerns, speak kindly and be reassuring. There is also a need to ensure each child must also be continuously provided mental health support.

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CHIEF JUSTICE N V RAMANA'S TENURE IN SUPREME COURT SHOWS MIXED RESULTS

SHAILESHWAR YADAV

The President of India has appointed Justice U.U. Lalit as the next Chief Justice of India ('CJI'). The present CJI, Justice N.V. Ramana, retired on August 26 marking an end to his eventful 16 months' tenure.

Justice Ramana's tenure has been marked by several highs and lows. His elevation to the CJI office had led to a lot of aspirations and anticipations, some of which he has commendably fulfilled. He has made notable efforts towards filling vacancies in the higher judiciary, from the historic appointment of nine judges in the Supreme Court to continuous appointments in the high courts. He has also advanced the adoption of policies furthering the judicial infrastructure this includes advocating (ultimately, unsuccessfully, as it turned out) for the establishment of a National Judicial Infrastructure Authority of India, and his commitment to the e-courts mobile application to provide virtual access to the Supreme Court's proceedings for journalists. His work in the midst of the COVID pandemic has been commendable, and he deserves all the praise for the work done to strengthen the

The tenures of the previous CJIs Dipak Misra, Ranjan Gogoi, and S.A. Bobde were difficult for the judiciary. Justice Ramana was trusted to undo the damage to the people's faith in the judiciary and the Supreme Court envisaged by the drafters of the Constitution as the bulwark for protecting the fundamental

rights of citizens.

restoring the judiciary's lost tenure.

glory? Ordinarily, a judge is 'judged' by reading their judgments - but in the case of CJIs, who enjoy the enormous power of master of roster(s), it is essential to read the fine print.

What is the power master of the roster? A judge appointed as the CJI of the Supreme Court enjoys additional administrative powers – these powers tend to be extraordinary. It involves the power of deciding the listing of cases and their assignment among the Supreme Court's judges. One thing that has remained constant throughout the tenure of Chief Justices is the criticism of the master of roster power for its opacity and lack of objectivity. It is like a smoke screen that provides the powers of doing something indirectly which one would not prefer to do directly.

Justices Dipak Misra, Ranian Gogoi and S.A Bobde increasingly inclined towards the executive. There were expectations that Justice Ramana would correct this trend. However, in a previous report on The Leaflet prior to Justice Ramana taking over as CJI, a journalist had predicted "... [CJI Ramana's] term would be a quiet one. He will not take up cudgels on behalf of the judiciary against the executive.'

The tenures of Chief

At present, many important cases are pending before the court. On the oneyear anniversary of Justice Ramana's appointment as CJI, lawver and legal scholar Gautam Bhatia had pointed out that "[n]ot a single signif-

proceed in this quest for case has been decided" in his

Many cases of national importance are in cold storage - including the Constitutional challenges to the abrogation of Article 370 of the Constitution (last listed on March 2, 2020), the legality of electoral bonds (last listed on on March 26, 2021), and the Citizenship (Amendment) Act, 2019 (last listed on June 15, 2021).

In one staggering move, a bench headed by CJI Ramana had in October ordered a probe into the alleged infamous use of an Israeli spyware software called Pegasus by the Union Government for targeted surveillance of chiefly political opponents and critics. The bench had noted that the government could not get a "free pass" every time under the garb of national security and render the judiciary as a mute spectator. However, such interventions have proven to be exceptional, rather than the

The abrogation of civil rights through the executive's coercive actions needs immediate respite. Senior Advocate Arvind P. Datar has remarked that rolling back an executive decision becomes more and more difficult as the years go by, not just in the context of Article 370, but other sensitive issues as well.

The distinct discrimina tion by the Supreme Court's wheels of justice between different citizens' civil rights became apparent recently. For instance, the court granted over three months of interim bail to an accused in the Haridwar 'Dharma Sansad' hate speech case.

minority religious communities. On the other hand, the court's judgment in the Gujarat riots case in June had observations which led to the formation of a criminal case against, and arrest of. activist and journalist Teesta Setalvad, Now, not to delve into Setalvad's case, but is it appropriate for the Supreme Court to take it upon itself to decide who should be arrested and why, and if that is even the jurisdiction of the Supreme Court, except for

contempt of court cases?

Court, under CJI Ramana's watch, has delivered judgments that have unplumbed implications for civil liberties. In its Himanshu Kumar judgment last month, a Supreme Court division bench comprising Justices A.M Khanwilkar and J.B. Pardiwala rejected the petition, which sought an independent probe into the alleged extra-judicial killings of tribal persons by security forces in Chhattisgarh. In this case, some observations of the bench had a drastic impact on the image of the Supreme Court as a people's court – the bench hinted towards using Section 211 (false charge of offence made with intent to injure) of the Indian Penal Code against the petitioner while imposing a fine of five lakh rupees on him.

CJI Ramana, in various instances, has recalled the importance of healthy political discourse and the essence of opposition in India. Recently, while addressing 75 years of Parliamentary Democracy at the Rajasthan Legislative Assembly, he had noted, "Political opposition which included the allegatranslating into hostility...is journalists are languishing How far did CJI Ramana icant pending constitutional tions of genocide against not a sign of healthy democ- in jail – far from the rule of

racy...the opposition space is 'diminishing'....A representative democracy is about effective representation. It is where the minority is not overwhelmed by the major-

Indeed, the CJI's words are nothing less than prophetic. However, as Bhatia pointed on social media at the one-year anniversary of CJI Ramana's appointment, "Many seminars have been given on the rule of law... many bulldozers have run over that same rule of law.' Further, the Supreme Let us decipher the CJI's prophetic words through the actions of the courts.

When it comes to the shrinking space of the political opposition in the country, the Enforcement Directorate has been a handy tool for the ruling party at the executive level to curb opposition parties. Data revealed in the Supreme Court earlier this year showed that while raids and specific investigations under the Prevention of Money Laundering Act ('PMLA') had doubled and tripled every year into thousands since 2011, convictions had been secured in only nine cases. The court had upheld the challenges to PMLA - after its 2019 Amendment - which has made it much more draconian. The affirmation from the top court of this draconian act only sanctions State-controlled harassment and skipping of due process, ultimately harming the rule

of law Coming to the later part of his speech about minority protection. Let's recall the bail given in the Dharma Sansad case, while many civil rights activists and

law. Also, recall the pendency of the challenges to CAA - the law which was brought on the sole premise of majority appeasement, and was immediately perceived to be a threat to the Muslim minority in India.

Interestingly, the controversial rulings in the FCRA, PMLA and Gujarat riots cases were delivered by the same bench of three judges. This has nothing to do with the CJI Ramana in his capacity as a Supreme Court judge, but as the Master of the Roster, that is, the power to allocate cases. This power continues to cast aspersions on the legacies of several CJIs, and hints at flaws in the power of MOR. Senior Advocate Kapil Sibal reflected on the same phenomenon recently: "I am saying this after completing 50 years of practicing in the Supreme Court... sensitive cases are assigned to only select judges.'

Finally, as far as restoring the glory of the top court is concerned, we may have our doubts - remember the spate of home demolitions and "Bulldozer Raj", which the court has refused to substantially intervene in. What has transpired in the immediate past has drastically changed how people would look up to the highest constitutional

The verdict here is mixed, though the CJI has tried to reduce the excessiveness of the executive - the Pegasus and sedition orders are examples. However, one cannot conclude that he has actively taken a stand for preserving democratic standards by ensuring civil

> IPA SERVICE COURTESY: THE LEAFLET

INDIAN TEA INDUSTRY WOES MULTIPLY AS PRODUCTION FALLS DUE TO FLOODS

ASHIS BISWAS

here seems to be no end to the woes of the Indian tea industry .Following massive floods in Assam recently, industry circles expect overall production to drop by around 25% from last year's levels. In turn this could lead to a corresponding reduction in exports and higher domestic chemicals to ensure the surprices, but there are no definite estimates from Tea association sources yet as they

face another difficult year. dipped to 196 million kilos million in foreign exchange. The year before, in 2020, altogether 210 million kgs were 2021 because of the Covid 19

In North East Indian dry summers and reducing for such unexpected losses

rainfall, believed to be the by trying to dispatch larger India. On the other hand, in India, even as competition outcome of the global warming process, also posed a problem. Then followed a resurgence of the pandemic and the floods in Assam and North Bengal, And now, the outbreak of the war in Ukraine has made the supply of fertilizers uncertain and certain pesticides costlier.

The use of pesticides and

vival of plants and protest leaves from bugs etc, in the context of an already drop-India's tea exports had fresh problems for the tea exports. Several Asian counin 2021, but still earned \$680 tries have in recent times refused to buy certain varieties of Indian tea, objecting to the presence of higher than sold abroad. Routine cultiva- internationally permissible tion and work preparatory to limits of chemicals in the production had suffered in crop. Worse, even some bulk domestic consumers stopped buying a few varieties!

Larger companies and plantations the unusually producers tried to make up

tea consignments abroad, Sri Lanka to the international markets had sharply

Assam and North Bengal face a further challenge posed by the invasion of the Indian market by increasing sales in recent times of the cheaper, comparatively inferior varieties of Nepali tea. Industry circles estimate that Nepali producers are ping production, has brought currently pushing around 20 million kgs of tea into Assam and North Bengal markets annually. This has led to an all

round loss for smaller producers in both states, as flooding of the market by the cheaper varieties from Nepal tends to depress going prices. Significantly, Nepali tage in that their 'exports'

Nepal attracts a levy of 40%, which makes the existing competition between small growers in both countries Producers in parts of patently discriminating and unfair.

The Association of small tea growers have already written to the Union Commerce Ministry and the West Bengal Government, explaining their present dif- for producers. ficulties and urging upon authorities to announce concrete steps immediately. However acute as such

problems are, industry major problems faced by producers and exporters are mostly generic. According to open source information producers and the absence on the state of the industry, except for sporadic attempts, there has been no sustained producers enjoy an advan- quest for innovation or ments, few producers are in to India do not attract any attempted in cultivation, they can expect to command kind tax, levy or cess in research or in other sectors only a price level of Rs 16/17

any Indian tea exported to has increased among most countries for securing larger ea exports. With the cost of most

inputs rising steadily over the years and lack of adequate financial relief/ subsidies from the Union Commerce/Finance Ministries, despite tea being a significant foreign exchange earner, profits have declined

A recent study by analysts show that these days it costs a plantation owner around Rs 21 to produce one kilo of average quality tea., analysts also argue that the as input prices have risen over the years. Unfortunately, thanks to the invasion of the Indian market by Nepali of adequate support/facilities for the industry by concerned state/Central governsignificant improvement a position where on average

per kilo of tea they produce. A major evidence that

the crisis of the industry is systemic is the closure of several major houses over the years and the decision of some former plantation owners including a few big names, to shift their investments to other sectors of the economy

There is however, one silver lining where the survival of the industry in India is concerned ---the strong, abiding demand for tea the cup that cheers, among India's teeming millions! The domestic demand for tea has kept the wheels of the industry moving even as exports have declined in 'bad' years. The number of tea producing states in India, initially restricted to a few, is currently 15, which positively attests to the future of the industry at home.

Tejashwi bats for Nitish as opposition's PM candidate

POLITICAL DELICACIES

RAHIL NORA CHOPRA

fter the formation of RJD-JD(U) government in Bihar, Deputy CM Tejashwi Yadav made known his choice, that of Nitish Kumar, as the PM face if opposition parties agreed to consider Nitish's candidature against Narendra Modi for the 2024 Lok Sabha elections. Tejashwi expressed his appreciation and said that for the last 50 years, Nitish has been a social and political activist, having participated in both the JP and the Mandal movements, and that he had more than 37 years of vast parliamentary and administrative experience while enjoying immense popularity and goodwill on the ground as well as among his peers. JD(U) leader Upendra Kushwaha, while giving his consent, declared: "Nitish-ji, go ahead. The country is waiting for you." On the other hand, Lalan Singh, who is a close aide of the Bihar Chief Minister, said it was important to focus on opposition unity rather than squabble over who would be the prime ministerial candidate. Nitish Kumar's break-up with the BJP and return to the opposition fold have revived talk about him as a consensus candidate for the 2024 general election. However, it depends on the UPA and various regional parties

UDDHAV THACKERAY CHAIRS MVA STRAT-

to Nitish Kumar.

EGY MEET FOR BMC POLLS

The sincere efforts of NCP chief Sharad Pawar started bearing fruits as leaders from the three parties Shiv Sena, Nationalist Congress Party (NCP), and the Congress consented to contest the local body elections in alliance, wherever possible. Shiv Sena chief Uddhav Thackeray said the Maha Vikas Aghadi, his party's coalition with the Congress and NCP, continues despite being removed from power in Maharashtra. He chaired the MVA meeting at the Shiv Sena's office inside Assembly, where the leader of opposition Ajit Pawar, and others like Nana Patole, Javant Patil. Chagan Bhujbal, Prithviraj Chavhan, Ashok Chavan, Eknath Khadse and opposition party MLAs were present. On being asked whether the MVA would fight the BMC polls together, Uddhav replied, "We all are united, there are no differences within MVA. We met after a long time; we will sit together and discuss this further."

CAN OPPOSITION IN UTTAR PRADESH UNITE BEFORE NEXT LOK SABHA POLLS?

Nitish Kumar's announcement of quitting the BJP-led NDA and joining hands with the RJD to form the government in

Party chief, Akhilesh Yadav, However, SP has not expressed any intent to work with a similar realignment in Uttar Pradesh. Congress leader and former MP P L Punia. nevertheless, still has hope for something along the lines of Bihar in Uttar Pradesh Punia said that if the Opposition parties could unite against the BJP in Bihar, then why not in Uttar Pradesh? SP leader and former minister Narad Rai claimed that about 150 MLAs had expressed discontent within the BJP. The grapevine is that opposition parties in UP are trying to form a coalition before the next general elections.

CWC TO VITUALLY MEET ON AUG 28, PICK DATES FOR PRESIDENTIAL ELECTION

After the sudden resignation of Ghulam Nabi Azad from the party, the Congress is in a tizzy to image-correct at the earliest. It had announced a meeting of the Congress Working Committee (CWC) and the same would be held virtually on Sunday, August 28, to approve the exact schedule of dates for the election of the next Congress president. Sonia Gandhi who has gone abroad for her medical checkup along with Rahul and Priyanka Gandhi Vadra, will preside over the crucial meeting. With Rahul not keen to return and Sonia also expressing her desire not to continue in the post citing health reasons, Rajasthan

whether or not they would extend support Bihar has been welcomed by Samajwadi CM Ashok Gehlot is being seen as the frontrunner. However, Gehlot has reasserted that there was no question of anyone other than Rahul Gandhi leading the party. The other names are in discussion are of Sushil Kumar Shinde and Mallikarjun Kharge.

RAHUL GANDHI'S 'BHARAT JODO YATRA' TO **COMMENCE ON SEPTEMBER 7** Congress leader Rahul Gandhi had a

meeting with civil society members at a conclave where the plans for the party's upcoming Bharat Jodo Yatra, which will begin on September 7, and will span from Kanyakumari to Kashmir, were shared and formulated upon. Several prominent civil society members and political leaders, including Aruna Roy, Syeda Hameed, Yogendra Yadav, Jairam Ramesh and Digvijaya Singh, were present during the meeting held at the Constitution Club of India in Delhi. According to Congress sources, after paying homage and meditating on September 7 at the Sriperumbudur memorial, the site of assassination of his father Rajiv Gandhi in 1991, Congress leader Rahul Gandhi would launch the 'Bharat Jodo Yatra' in Kanyakumari, The padayatra (foot march) will cover 12 states and two Union territories. It will be about 3,500-km long and will be completed in

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

DR. GYAN PATHAK

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. The BJP leadership had already started the "Operation Jharkhand" in right earnest by that time by tightening noose on CM Hemant Soren's neck. Within two months, his reported disqualification as an MLA has triggered a political turmoil in Jharkhand.

Jharkhand Governor Ramesh Bias may take a call on Friday on the view of the Election Commission of India which recommended "disqualification" of Chief Minister he is disqualified. of Jharkhand Hemant Soren as a Member of Legislative Assembly (MLA) for violating electoral norms, the sources at Raj Bhavan in Jharkhand have said.

Jharkhand chief minister section deals with disqualification

Hemant Soren has alleged misuse for government contracts. of constitutional authorities and t was only last month in the first 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. Rajbhasha has not yet officially confirmed the recommendation, but the turmoil is evident in the heightened political activities in the capital city Ranchi in both the

> ruling and opposition camp. 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 untill 2024. They have even threatened to move to Supreme Court if

The BJP is the petitioner in the Soren's disqualification for violating Section 9(A) of the Representation of the People Act, 1951. The

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.

Apart from this office of profit case, the sword of Enforcement Directorate is hanging over him on account of mining license granted to him by his own officials, one of whom have already been raided and arrested with Rs 19 crore in cash. The ED is also probing a money laundering case related to irregularities in MGNREGA funds disbursement along with in alleged allocation of mining leases.

CM Hemant Soren is obviously in deep trouble though the allicase which has sought Hemant ance he heads may continue to rule the state because it has required number in the Jharkhand Vidhan

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).

A think tank within the BJP want to break the grand alliance to weaken the joint political clout of the opposition party before the 2024Lok Sabha election, and if possible, form its own government. They think it possible through defection.

JMM has 30 members in the 81 member Jharkhand Vidhan Sabha, while the BJP has 25. NDA has a strength of 30 while the grand alliance led by Soren has 51. INC has 18, RJD has one, NCP has one, and CPI(ML)L has one seat in the Jharkhand Vidhan Sabha. If the grand alliance is broken, Soren government cannot survive on its own. In that case the state could be put under president's rule and Sabha. The alliance was formed the BJP would indirectly exercise just before the Lok Sabha Election power in the state during the Lok

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. It is aimed to engineer defection or getting support to form its own government in the state. Some of the leaders in the ruling alliance have also become irked by the sense of being ignored by CM Soren.

Jharkhand sends 14 MPs in Lok Sabha, and BJP has presently 11 seats from the state. JMM, INC, and Ajsu Party have one seat each. In the present political scenario in the country, it is of utmost importance for the BJP to not only retain all its present seats but also get all 14 which seems possible if the grand

Though there is no immediate threat to survival of the JMM led UPA government in Jharkhand, the politics is most likely to enter

alliance led by JMM is broken. a turbulent phase. IPA SERVICE

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

PRABHAT PATNAIK

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 more surprising therefore to see has expressed its opposition ironically to what it calls "freebies", that is to handing over subsidies to other segments of the population. First, it was Narendra Modi who warned the youth against being influenced by a "revariculture"; then a BJP functionary who happens to be a lawyer moved a petition in the Supreme Court to prevent "freebies" from being given.

Why the Supreme Court was dragged into the issue remains a mystery. If some political parties are giving away "freebies" that thwart" development", then the matter should be left to the electorate; it would if so inclined, punish such errant political parties at the polls. And in case the electorate happens to overlook such transgression, then the BJP could make it a poll issue. The Supreme Court simply does not enter the picture. In fact, any supreme court interference in the matter amounts not only to an encroachment on the domain of the legislature, not only to an infringement of the powers of the states within the federal structure of the country but, above all, to an abridgement of the prerogative of the electorate. Whichever way we look at it, therefore, any the matter is fundamentally anti-

of State Policy enshrined in the Constitution; what is more, it has taken this position for along time, starting from the days ofits BALCO judgement. It was all the the Supreme Court jump into the fray. If the Modi government, keen not to be seen stopping subsidies to the working people, wanted the supreme court to carry the can on its behalf, then the latter's acquiescence with this plan seems quite inexplicable.

The logical contradiction that inheres in any distinction in principle (as opposed to mere arbitrary classification) between welfare spending and productive subsidies on the one hand, and "freebies" on the other, emerged even from the chief justice's remarks. He talked of "freebies" not being the same as welfare spending but did not give any inkling of how to distinguish between the two. At another point he talked of the need to do away with "irrational freebies"; but this is a tautology in the absence of any independent criterion on the basis of which "rational" and "irrational" "freebies" can be distinguished because in such a case only that would be defined as "irrational" which you wish to do away with. And, finally, he talked of setting up a committee to advise on what should be done about "freebies".

Any such committee that is set Supreme Court interference in up, must at the very least, also be asked to examine the massive on inputs to the peasants. "freebies" being doled out to the Indeed, the Supreme Court monopolists. In a country where

such privatisation patently vio- cessions goes against all canons of out of school. But this distinction lated the Directive Principles propriety; and the argument that no doubt will be forcibly drawn reveals with great clarity two such tax concessions stimulate investment is just a self-serving ants will be drastically curtailed assertion without an iota of either theoretical or empirical support. Hence to talk of "freebies" without talking about such tax concessions is an affront to reason.

> ists are not what the Supreme Court committee will be asked to look into. And there are, no doubt, enough superannuated economists and bureaucrats who would be willing to serve on such a committee and play the role of a "slot machine" (you insert your coin and get the report you want). Wasn't precisely such a committee setup during the kisan agitation against the three infamous farm laws? It's very composition was such that it was expected simply to endorse the position of the Modi government; the only hitch was that the kisans would have none

> In fact, what we are witnessing now is a re-run of the same picture. The Modi government will not have the temerity to suggest any cuts in subsidies on education or healthcare; hence its fulminations against "freebies" will be directed mainly against productive subsidies, in particular those given to the petty producers, especially the peasants. As the chief justice's remark indicates, a distinction will be drawn between welfare spending and "freebies", confining the latter mainly to subsidies

This distinction between "welfare expenditure" and "freebies" itself has been chary of such there is no wealth tax, and where is of course completely untenable. interference, even when there corporate taxes are the primary since the peasant's economy is dies to agriculture. Cutting such called "freebies", i.e., transfers to were persuasive arguments for its means of taxing the rich (they can an integrated one where expendoing so. Its refusal to encroach always evade personal income tax ditures on production and con-keeps international finance happy on the domain of the legislature by showing their consumption, sumption are closely linked: if the by sticking to fiscal targets, and it kisan movement has given a sterwas the avowed reason for its and hence implicitly their income, peasant for instance has to pay makes agriculture more prone to ling example.

and input subsidies to the peasin the name of eliminating "freebies": indeed, already there is a mention of electricity subsidy as a "freebie". The net effect of all this hullabaloo about "freebies" there-But tax concessions to capital- fore will be a further squeeze on agriculture, making it more unviable and hence more vulnerable to corporate encroachment. It is the same agenda as that of the three farm laws but now presented in a different guise.

This has always been the agenda of neo-liberalism, to facilitate the corporate takeover of petty production, especially of peasant agriculture, i.e., to carry out a process of primitive accumulation of capital and to make Indian agriculture entirely subservient to the demands of the metropolitan economies, which means undermining food security in the country. The implications of such a course had come to the fore recently in the case of Africa when the stoppage of imports from Russia and Ukraine had created fears of catastrophic famines; but who in the government cares?

This pre-occupation with "freebies" is the Modi government's latest obeisance to neo-liberalism. Since the fiscal deficit target has to be met while giving away tax concessions to the big capitalists. and since a further increase in indirect taxation is not feasible in this inflationary environment. the only way out for this government is to cut expenditure. And it dictates of international finance reckons that the first place where expenditure can be cut is subsisubsidies serves a dual purpose: it

In fact, this entire episode 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 country adopts policies demanded by international finance capital, even when these policies hurt the interests of the people; and it does so by going behind the backs of the people. The entire current rigmarole of approaching the Supreme Court over "freebies" is nothing else but going behind the backs of the people; it amounts to presenting them with a fait accompli in the form of a Supreme Court order, instead of asking for their consent. The government knows that it would not obtain the consent of the people for its proposal of doing away with whatever crumbs come their way, in the name of curtailing "freebies"

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.

Narendra Modi is presented by his acolytes as a bold leader: behind his façade of bravado, however, is an abject kowtowing to the capital. But every move in the direction of eliminating the sothe working people, will only bring forth their resistance, of which the

> IPA SERVICE COURTESY: PEOPLE'S DEMOCRACY

not stopping the privatisation of as costs of the enterprises they more for electricity, then he may encroachment by big capital and public sector units, even though own), giving corporate tax conmake ends meet by pulling his son agribusiness.

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



M S NAZKI

'ust 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!

44 years back I read this novel 'The Veiled Lady' and I read these lines, 'Lady Millicent is soon to be married but an old lover is blackmailing her, threatening to send her future husband an old love letter she wrote. Lady Millicent implores Poirot to find the letter, but will he have to turn to crime to do so? Blackmail and manipulation in this classic case for the detective Poirot, who was relieved to be asked, having been bored with his work of late. So bored, in fact, that he tells Hastings it must be because the criminals are frightened by his reputation (Hastings politely disagrees). This was first published as a book in the US version of the collection Poirot Investigates (1925), and wouldn't appear in a UK collection until Poirot's Early Cases (1974).' Agreed the lady who died

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!

'District Magistrate Poonch has written a communication to SSP Poonch, directing proper investigation into the alleged murder of a woman in Surankote area of this mountainous district last week "!

'Nothing is known about the post mortem? Who did it and it results in a consequence that the doctor who conducted it needs to be hauled un!

registered the case? If they have then the post mortem report has to be as per their dictation!

'The next one that follows is who paid whom? Again the nexus, criminal Police and doctor!"

or not? The communication from DC followed a representation by one Asif Khan, son of the woman, who alleged 'hush up and sought postmortem and initiation of legal action against the accused persons?

Why does the Police think that people in Poonch are those old innocent1 who can be taken for a ride! They are not! Solving this case would be a better illustration and SSP Poonch has a job to do!

'Faster he does the better it is going to be!'

'This is a murder for personal here? Why was she killed?' enemity!' For what, why, how the

'Obviously the Police must have 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 represen-'But was the post mortem done tation 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 hv the District Magistrate Poonch. When her dead body was found in the evening she was buried without any effective legal action to hush up the things.

> ous and hence the body has to be exumed and the necessary inquiry done. Fault lines are dead straight

the individual! He cannot be far away from the family!

Three angles, one he is from the family. the second, water cannot be an issue and the third jealousy! 'We're going to meet a lot of

lonely people in the next week and the next month and the next year. And when they ask us what we're doing, you can say, We're remembering. That's where we'll win out in the long run. And someday we'll remember so much that we'll build the biggest goddamn steamshovel in history and dig the biggest grave of all time and shove war in it and cover it up'!

'I'm going to keep going until 'The charge by the son is seri- I succeed — or die. Don't think I don't know how this might end. I've known about it for years.' That is what Masooma was all about. Masooma took life that way and Simple lady who died or was killed. had to die! She died! 'By whom we will try to get to The representation contains a

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.

Subsequently the District Magistrate said: 'As such you are requested to examine the issue and take appropriate necessary. It is forbidden to kill; therefore all murderers are punished unless they kill in large numbers and to the sound of trumpets. The three of you have one solution to every problem. Murder. No key fits every lock.' In this case no key fits in!

Questions to which the answers are needed and Asif needs them! (a) Why was Masooma killed? (b) For what reason was she

(c) How was she killed? (d) Was her killing a necessity?

done before burial!"?

(f) Who killed her? (g) What motive initiated the murder? (h) The motive was there but

(e) Why was her postmortem not

what? (J) That is what the answers that

Asif is seeking!"!

The more you love, the more love vou have to give. It's the only feeling we have which is infinite...

SPEECH IS THE HALLMARK OF PERSONALITY



VIJAY GARG ut 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. Man also influences others by his nature. In fact, no human being is born good or bad, rather, his behavior towards others makes him so. Man with others The way of speaking, the way of sitting/standing, dress, temperament and all special importance in the development of a person's overall personality. A person's manner of speaking is the essence of his personality and his real identity, as the common saying goes and arrows from the bow never return. This phrase may have come into existence as a psychological indicator of the rightness or wrongness of one's speech, i.e., the standard of speech, from which we learn that we have the right to think. You should speak quickly, so that you don't regret it later. It is a recognized truth that one who speaks ill of others cannot influence the society, on the contrary a simple person with a sweet and deaf nature can not only influence others but, apart from being hardsociety. One also deserves to be praised for one's dignity and socially. So one should never speak evil so as not to hurt anyone with evil words, as is commonly said in Puniabi dialect .-"You don't get the blow of speech, but you get the blow of a sting." So, even if you forget, you should never tongue, which sounds like is his speech, is of We all person gentle and kind. The hidden meaning in these price of our own." Keeping the importance of selfreliance as the main priorspeech and argument. Who does not know That we all are living in the era of greed like a donkey has the same are becoming true/evident

mental losses. After which nothing happens to anyone except rubbing hands. By the way, not only is this a common responsibility of all of us, but we all have a constitutional, social and moral duty to be peace-loving and ideal citizens in the society at all times.... Well! If someone is applying undue pressure or otherwise such situation/condition Living in a calm, easy-going nature, we should listen to the voice of our conscience and oppose such a situation

with restraint and wisdom. Because being silent or talking too much on such critical occasions can worsen and confuse the situation. So, to get out of such a painful situation, if we have to take the help of the law, then we must take that too. In such a case, the mobile phone in our hand can also prove to be a useful helper. There is also a saying that - "The moon should not be a neighborhood, it should such other qualities have a not be lit".Ra wala."- So we should keep it not only with our neighborhood, relatives and other friends, but with everyone. The nearest or our own neighborhood is the one that can come first in times of trouble. Wheththat words from the tongue er it's about getting started or becoming someone, we should take all the decisions by ourselves after thinking and thinking and not on someone's advice without thinking about any benefit or loss, even without ever forgetting. No decision should be taken. So khahm-khah means to slander and gossip The habit of planting lutes should also be avoided. Because leases never come to the house of gossips and gossips. Gossip people not only destroy homes but sometimes even commit murder. Their meaning is that the work hearted and dear, in the of bad elements in terms of such a nature is like burning a box on the wall. They are compelled by their bad habits. So, while keeping ourselves in a happy mood. we should always avoid the habit of gossiping about small things or the habit of harsh/unpleasant criticism.. Absurdity is only in avoiding the habit of doing say such a word from your evil. Otherwise we all have to suffer. One more a bad blow from someone's thing, we should not go to sting. In this era of fast someone who is sick or dispace, although everyone tressed, i.e. people who are wants to improve their per- in trouble, and do not talk sonality and to fulfill this in vain or foolishly, so that purpose, many kinds of the concerned person will high efforts are also made. suffer more or suffer more while the most important because of our speech. Even role in the development at work places like factories of a person's personality etc. one should not speak unnecessarily/unnecessarshould behave with mutual ilv. so that there is no fear of love and sincerity while accidents by doing so. vehitalking to others is Love cle Even while traveling in is such a magic or an effec- a bus or anywhere else, we tive weapon, which can should speak according to make even a hard-hearted our own need/convenience ie comfort and convenience. power of loving words can One should always avoid be easily estimated from talking unnecessarily, so the understanding of the that we or anyone else does not face any problem. We poetic words - "If you want should strictly restrain to buy, buy, fight, fight, ourselves from unnecesjust two words, love is the sary speech or arguments even with unknown and strangers, observing the esteem, courage and self- time, place and situation well. This does not necesity, one should always try to sarily mean that strangers be honest and complete in are bad. We all belong to one country We are like the family members of the entire world, the truth is and selfishness, sayings that we all are citizens of a civilized society as citizens value as a horse and a grain of India. We should treat of flour has the same price everyone with mutual support / cooperation / symand coming in front of us pathy and pure spirit. The feeling of mutual love In today's age of education, sciand are full of arguments ence and technology, we are connected with people from all countries of the world So we should treat all human beings with mutual love and affection, as our know this. So it destroys the Indian civilization teaches human body, society and us all. Whereas we Punjabis thinking too. In the state are the ones who consider of intoxication, anyone can everyone as a member of our family, because treatof intoxication In this, ing anyone with any evil or duality is equivalent to for speaking the wrong haram for us, because our nature is to pray for the ing at a loss/trading and good of all. Vijay Garg Retired

Principal Malot Punjab

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every day... But the people

who speak their tongues

are respected everywhere,

but such people also become

a source of inspiration for

other people in the society.

"Drug destroys." - We all

say anything wrong. state

there is often more scope

language/slandering, trad-

suffering embarrassment.

After which one has to bear

BRIEFLY NEWS

Nagarjuna plays a protective, doting brother in 'The Ghost'

he unit of director Praveen Sattaru's muchawaited action entertainer, 'The Ghost', featuring Telugu superstar Nagarjuna in the lead, has now released the theatrical trailer

The trailer shows Nagarjuna playing a tough character called Vikram in the film. Vikram is summoned back by his dad to Ooty after almost 20 years. The dad, whose health appears to be failing, tells Vikram that the responsibility of taking care of his sister Anu and her daughter

Both Anu and Aditi have been marked for elimination by a unified team of gangsters. How Vikram turns bodyguard of his sister and her daughter is what 'The Ghost' is all about.

Telugu actor Mahesh Babu released the theatrical trailer of the film. He tweeted: "Glad to launch the intense and gripping trailer of 'The Ghost!'. Wishing

Nagarjuna and the entire team all the very best!'

The film, which has cinematography by Mukesh G., has music by Mark K. Robin and editing by Dharmendra Kakarala.

Govinda, Satish Kaushik take fans down memory lane on 'Superstar Singer 2'

ollywood actors Govinda and Satish Kaushik who have worked together in entertainers such as 'Saajan Chale Sasural', 'Bade Miyan Chote Miyan','Haseena Maan Jayegi' and 'Rajaji' to name a few, will be seen reliving the old days on the sets of 'Superstar Singer 2

Govinda and Satish had a whale of a time interacting with each other after a long time on the sets of the popular singing reality show.

Celebrating the versatile actors and their prolific journey in a special episode, the contestants will be seen performing on some of their famous songs. While Satish and Govinda will be seen enjoying the performances by kids, they will also share interesting and fun anecdotes from their glorious journey in Bollywood.

Satish said: "We (Govinda and himself) have worked together in films which not only became immensely popular but our characters became memorable and chemistry was hugely appreciated by the audience.

"I thoroughly enjoyed being a part of the show and listen to some great performances by the talented kids.

One of the major highlights of the evening was the moment when the contestants and show's judges including Himesh Reshammiya and Alka Yagnik crooned popular songs of the movie 'Tere Naam' directed by Satish. While Himesh had composed for the musical blockbuster, Alka Yagnik crooned songs from the movie.

Kartik-Kiara's musical love story 'Satyaprem Ki Katha' to release next year in June

'artik Aaryan and Kiara Advani-starrer 'Satyaprem Ki Katha', a musical lovestory, is all set to hit the screens on June 29, 2023. Directed by Sameer Vidwans, 'Satyaprem Ki Katha' brings Kartik and Kiara together for the second time after the blockbuster 'Bhool Bhulaiyaa 2'

Details related to 'Satya Prem Ki Katha', which also marks a collaboration between NGE and Namah Pictures, are still kept under wraps.

Kartik also has 'Shehzada', 'Freddy', 'Captain India' and an untitled project by Kabir Khan in

Kiara, whose latest release is 'JugJugg Jeeyo', will be seen sharing screen space with Vicky Kaushal in 'Govinda Naam Mera'.

Nani reinvents himself for 'Dasara', film to hit screens early next year

elugu star Nani's first pan Indian film, Dasara', will hits screens worldwide on March 30, 2023, its makers announced on

The film, directed by Srikanth Odela, features Keerthy Suresh as the female lead. The rustic mass action entertainer is being produced on a large scale by Sudhakar Cherukuri for the banner of Sri Lakshmi Venkateswara Cinemas.

Coming out of his comfort zone. Nani plays a rustic character in this movie. The actor underwent a rugged makeover to play this character. In particular, his Telangana dialect in the film's announcement video took people by surprise.

The film, which is being released for Ram Navami, will look to capitalise on a four-day long weekend. Sources say that the unit is hoping to also capitalise on the summer holidays.

The unit also released a new poster on the occasion. Nani sports a rugged appearance in the poster and has a liquor bottle in his hand. In the background, a portrait of yesteryear actress, Silk Smitha, can be seen.

Sources say the film's shooting resumed on Thursday in Hyderabad. The entire lead cast is taking part in the shoot

The film's story is set in a village situated in Singareni Coal Mines in Godavarikhani (Telangana) in Peddapalli district. It's a first-of-its-kind story and Nani will be seen in a never before seen character

Samuthirakani, Sai Kumar and Zarina Wahab will also be seen in pivotal roles in the film that will have music by Santhosh Narayanan with Sathyan Sooryan handling its cinematography.

Navin Nooli is the editor and Avinash Kolla is the production designer of the film, while Vijay Chaganti is the Executive Producer.

The film Dasara will be released in Telugu, Tamil, Kannada, Malayalam and Hindi languag-

Salman changes title of 'Kabhi Eid...' to 'Kisi Ka Bhai ...Kisi Ki Jaan'

years in Indian cinema, Bollywood's 'bhaijaan' Salman Khan announced on Friday that the title of his movie 'Kabhi Eid Kabhi Diwali' has been re-christened to 'Kisi Ka Bhai.. Kisi Ki Jaan'.

Salman made his acting debut on August 26, 1988 with 'Biwi Ho Toh Aisi'. While it was a brief role for Salman, he hooged the limelight with the 1989 superhit 'Maine Pyaar Kiya'.

In the last over three decades, the superstar has played many iconic characters such as Prem, Sameer, Radhe and Chulbul Pandey, to name a few.

'Kabhi Eid Kabhi Diwali', which is now titled 'Kisi Ka Bhai.. Kisi Ki Jaan', stars Venkatesh Daggubati, Jagapathi Babu and Pooja Hegde. The film is a remake of the 2014 Tamil movie, 'Veeram'.

The fans of Salman celebrated by trending #34YearsOfSalmanKhanEra on Friday, as the superstar acknowledged the gesture by putting out a special post on all his social media plat-

ctress

Preet

sharing screen space

with Akshay Kumar

in the upcoming film

'Cuttputlli', has been

a fan of the Bollywood

star's work. She says

that she had only heard

of his discipline but got

to witness it on the sets

I had only heard of his

discipline but now I wit-

"I think he is amazing

when it comes to loving

his work, respecting his

work, and being dili-

gently involved in every

process of it. Also what

nessed it.'

Speaking about her

Singh,

who will be seen

Rakul Preet: Akshay's

everyone together

energy on set is to bring

Rakul I love about Akshay sir

experience.'

experience working the shadows of terror,

with Akshay, Rakul leaving behind no trace

said: "I have always been of evidence, except

a huge fan of Akshay sir, a body. Produced by

is that his energy on

set is to bring everyone

together and that's some-

thing I learned, so, all in

all, it was an amazing

Sethi, a dutiful sub-

inspector who vowed

to keep the people of

Kasauli safe. However,

fate has other plans as

the killer strikes from

Vashu Bhagnani and

Jackky Bhagnani, Deep-

shikha Deshmukh and

Pooja Entertainment,

Directed by Ranjit M

Tewari 'Cuttputlli' will

be released exclusively

on Disney+ Hotstar on

September 2.

Akshay plays Arjan



"34 years ago was now and 34 years later is also now... My Life's journey began from nowhere made up of 2 words, now and here. Thank u for being with me then which was now and thank you for being with me now. Really appreciate it, read a post by Salman, with a new video attached about his upcoming film.

Salman disclosed the film's title towards the end of the video in his own unique style, stating "Kisi Ka Bhai.. Kisi Ki Jaan'."

The video uploaded by the superstar begins with a text filled with gratitude, where he is thankful to his fans for the constant love and support he gets from them.

Once the text fades away, and the actor unveils a very new and unique look of himself, and finally comes the announcement of the title.

We can see Salman flaunting his new shoulder cut long hair. As his look fades out, the title of Salman Khan's upcoming film is revealed: 'Kisi Ka Bhai.. Kisi Ki Jaan'

Dulquer Salman-starrer 'Sita Ramam' to release in Hindi on Sep

Actors Dulquer Salman and Mrunal Thakur's film 'Sita Ramam', a classic love story, is all set to release in Hindi on September 2.

Helmed by Hanu Raghavapudi, 'Sita Ramam', which also stars Rashmika Mandana, showcases the fact that humanity matters more than war, boundaries and reli-

Set in 1964, the film tells the story of Lt. Ram, an orphan army officer serving at Kashmir border who gets anonymous love letters from Sita Mahalakshmi.

Uorfi Javed gives 'Middle Class Love' actresses a makeover for Rs 10

who makes headlines for her bizarre fashion sense, gave a style spin to actresses Eisha Singh and Kavya Thapar for their upcoming film 'Middle Class Love' just for Rs 10.

Uorfi turned around their outfits with basic things that are available in a middle class home like safety pins and a sack. This blends in seamlessly with the

theme of the film. Uorfi says: "Fashion is not defined by expensive clothes. It is defined by how innovative you are and what you can make of simple and basic fabrics. I am a true middle class by heart and that is why I really

with the films trailer."

"I was excited to meet these fresh faces of Bollywood and style them up under Rs. 10 with things that exist in middle class homes.

She added: "This is something that I am personally invested in and I had a great time

brewing this middle class makeover. Kavya and Eisha too pulled off their outfits with utmost flair.

Eisha said it was "cool experience" meeting Uorfi. "She's an amazing human being. I had never thought safety pins could make for a dress, but here I am wearing it, middle class at the very core. This was a one of a kind experience for me and I can say being middle class has its own perks, proud to be one!" the actress added. Kavya called Uorfi is an "absolute wizard" when it comes to fashion.

"As a person she's so warm and real. We met professionally but definitely built a strong friendship coming out of this. She can create fashion out of anything, who could have thought I would be wearing a gunny sack for a dress. Making fashion at just Rs 10 in such a cool and stylish way is a tact only a true middle class can pull off. I had a wonderful time shooting for this.'

'Middle Class Love' also stars Prit Kamani and is directed by Ratnaa Sinha.

The film is jointly produced by Anubhav Sinha's Benaras Media Works and Zee Studios. Middle Class Love is all set to release on September 16, 2022.

Kangana: Most gratifying job in the world is to make movies

ctress Kangana Ranaut shared a string of photographs from the sets of her upcoming movie 'Emergency' and said that the most gratifying job in the world is to make movies.

Kangana posted the images on her Instagram story. The first picture has Kangana explaining a scene to a person. It also features an ambas-"Most gratifying job

the world is to make cinema this morning on #emergency shoot," she wrote. She then shared a pic-

ture of her standing and looking at a scene. "And ofcourse my favourite directing

pose," she wrote. Kangana added: "Filmmaking my first

'Emergency', as the title suggests, is all about the state of national emergency declared by Indira Gandhi on June 25, 1975. It lasted till March 21, 1977, when Janata Party was voted to power in a historic election.

The film also stars Anupam Kher, Shreyas Chaudhry and Milind

Manikarnika films resents 'Emergency which is written and directed by Kangana Ranaut. The film is produced by Renu Pitti and Kangana Ranaut.

The film dialogues are by Ritesh Shah, who was previously associated with celebrated films such as 'Kahaani', 'Pink', 'Raid' and 'Airlift'.

Bollywood at inflection point with low ratings, lack of single theatres, rise of OTT

he Hindi film industry aka Bollywood, after decades of storytelling, seems to be at an inflection point unlike any other disruption it has faced

The average rating of 43 Hindi movies since January 2021 was just 5.9, way below the 7.3 rating of 18 Hindi dubbed movies. A simple regression exercise indicates that an extra one point IMDB rating leads to Rs 17 crore more collections, according to a report by State Bank of India's Economic Research Department.

There has been a decline in single screen theatres and films are now released in multiplex audiences. At a multiplex, the ticket cost is three to four times more than single screen theatres. The costly ticket prices are also due to the high entertainment tax for Hindi

Interestingly, 62 per cent of the single screen theatres are in South India, with North India having a share of only 16 per cent followed by West with 10 per cent of all single screen cinema



movies (in local area) are generating more revenues

reason why South Indian recently, the report said The demographic profile across states may be impact-

platforms come up with different genres like action, horror, drama, thriller, and halls. This could also be the than Bollywood movies ing moviegoers. Online comedy. Millennials use have higher share of elderly

more of these platforms to watch genres they prefer the most. South Indian states

people compared to North Indian States who would still prefer watching movies on big screen in theatres than on OTT platforms.

The rise in OTT is expected to eat into cinemas viewers and profits, as more than 50 per cent of the people use OTTs more than 5 hours in a month, according to a report by the State Bank of India's Economic Research Depart-

Also options like Smart TV, Chromecast coming into the picture have impacted the traditional mode of entertainment the most. These developments have helped to bring movie theatre experience at home. with seemingly unlimited choices spoiling the viewers. the report said.

A major disruption in Indian entertainment industry is the emergence of OTT (over-the-top), which shares around 7-9 per cent of the entertainment industry, and is constantly growing with over 40 odd players and offering original media content in all languages. As per reports, there are 45 crore OTT subscribers in India and it is expected to reach 50 crore by end-2023.

Doda Administration intensify anti- Drug abuse measures

Joint Action teams to tighten noose around perpetrators

trict 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 dis-



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

debate competitions and nukkad nataks on such social issues in every school on weekly basis.

dents' 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 wild cannabis and poppy fail.Moreover, the DC di-

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 institu-

tion of the district was also emphasised. The Chief Agriculture Officer, ETO and Police Department were asked to start intensive drive for destroying

64 PWD sector Languishing projects completed in Rajouri

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 com-

pletion 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 meet-

developmental works, the DDC stressed on working in close coordination so ing, the DDC directed the officers to work that the execution don't get delayed on with proper dedication to achieve devel-



opment goals to cater the needs of the district with focus on creating tangible

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

Discussing issues impeding execution of

PSPS 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 nonteaching staff of 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 in creased dependence on IT post-pandemic enumerated 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 one-self 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-teach-

ing 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 Duksar 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. Chairperson informed that various developmental projects 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 2022scheduled from 26-28 August at India Expo Centre & Mart, Noida, a flagship B2B event organized Export Promotion Council for Handicrafts (EPCH). 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 authenticate business enquiries and tie-ups for further business growth nationally & Internationally. He mentioned, J&K ha 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 Buynative 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 Bourney) 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

26: Aday long training enforcement squads cum District level Coordination 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 Powpresentation. The CMO informed the role and responsibilities of designated committee Control.

Jammu, Shiveta Raina also spoke on the occasion. She informed the participants about 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-

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 afaround the educational

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 Secretary, Skill Principal Development Department (SDD), Dr Asgar Hassan Samoon today virtually in augurated 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 doorsteps so that their future is se-cured.Director, Skill Development, J&K in his address briefed about the Skill Development Department and the initiatives taken by the

sised that the industry institute relationship will help in



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 emphabridging 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 func-tioning/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 'Avush 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 Avush 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 coopera-

tion in establishing the unit in the med-

ical 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.

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.

HC

, Shopian, upon the creation of the said court, according

"This Court does have jurisdiction to recall an order which is a nullity in the eyes of law... As already noted, the criminal revision petition against the impugned order passed by the learned Sessions Judge, Shopian, has been dismissed by this Court without hearing the petitioner and without giving reasons for its dismissal," Justice Sanjay Dhar stated.

COURT

Rape Cases) and NDPS cases pending in the Court of Additional District and Sessions Judge, (NIA Special Court), Anantnag to the Court of Principal District and Sessions Judge, Anantnag for disposal in accordance with law," an order issued by Registrar General of the High Court of J-K and Ladakh Sanjeev Gupta said.

"Similarly, Session trial cases, NDPS and Civil Cases are transferred from the Court of Additional District and Sessions Judge (NIA Special Court), Baramulla to the Court of Principal District and Sessions Judge, Baramulla for disposal in accordance with law, the order reads.

The order said the NIA special courts in Anantnag and Baramulla are directed to expedite and take up the cases on priority.

AZAD

not sought in any matters of Kashmir policy after Jammu and Kashmir state was reduced to a Union Territory, and the state was bifurcated. Azad, a former state chief minister, is known to have certain views on Article 370 and almost all the outstanding issues being faced in Jammu and Kashmir.

Azad was the only former J&K chief minister who was not detained or house arrested after the abrogation of Article 370.

Azad was considered a staunch palace guard, having served from Sanjay Gandhi to Sonia Gandhi. When Congress was out of power in 1977, there was an acute shortage of funds too. Azad, who was a youth Congress leader then, led a somewhat miserable life. He used to have bread and bananas as meals. The hunger pangs were so severe that they reportedly damaged Azad's stomach lining, leading to a periodic bout of illness in his later days of life.

Contrary to the popular perception, Azad has been fiercely loyal to the Congress. His entry into politics dates back to the Sanjay Gandhi era. Sanjay Gandhi had stayed in Srinagar for three days, attending every ceremony when Azad got married to famous Kashmiri singer Shamim, considered to be Lata Mangeshkar of Jammu and Kashmir.

There has been no looking back for him as he went on to become Union minister, chief minister, and AICC functionary. In 24, Akbar Road main building, there is not a single room that has not been occupied by Azad from the 1980s till date.

Azad has had 28 years in the Rajya Sabha, a distinction many in the Congress do not hold. Had Article 370 and bifurcation not taken place, the Congress and the National Conference may have sent Azad back to the Upper House for another six years.

As I had mentioned in a recent article, on 27 March 2002, Congress president Sonia Gandhi had given him a "punishing assignment as chief of the Jammu and Kashmir Congress" — a unit that was virtually defunct in the violence-ridden state. Azad had earned the dubious distinction of being a 'rootless wonder' because he had no support base in his home state.

At that point of time, Azad was an AICC general secretary. His abrupt exit had surprised many in the party. Barely five years later, he was the chief minister of his home state. The rise and emergence of Rahul Gandhi in Congress politics posed many "adjustment" problems in the party. A powerful old guard struggled to strike a rapport with Raul Gandhi, who remained somewhat reverential towards those who had worked with Indira Gandhi, Rajiv Gandhi and Sonia Gandhi. The enormity of the defeat of the 2014 and 2019 Lok Sabha polls further created a wedge as both sides privately blamed one another.

Rahul Gandhi felt that the old guard did not work hard, and remained largely dependent upon Sonia Gandhi, him and Priyanka Gandhi Vadra as vote catchers. The Congress old guard sensed that Rahul Gandhi was neither attentive nor cared about their style of functioning or reasoning.

LEADERS

Bhat, Gulzar Ahmad Wani, and Choudhary Muhammad

"The new president of JKPCC is now alone. We are all with Azad Sahib. He gave new medical colleges and districts to J&K during his tenure as the Chief Minister.

"He sat on Dharna for restoration of August 4, 2019 position in J&K. He has rendered great service to the people of J&K and we are all with him," Saroori told reporters while announcing his resignation.

Another senior Congress leader, Salman Nizami said: "Azad Sahib has made reasons for his resignation clear in his 5-page resignation letter.

"I have been a ground level worker of the Congress for the last 15 years. We have all resigned from Congress in support of Azad Sahib." Former J&K minister R.S. Chib has also resigned from the

party.

In the days to come more Congress leaders from J&K are

likely to resign after which Azad is expected to launch a new party that would be headed by him and would participate in the Assembly elections.

OMAR

to the Congress none the less. Perhaps the senior most leader to quit the party in recent times, his resignation letter makes for very painful reading," he tweeted.

Azad as he put in his resignation in a five-page scathing letter to Sonia Gandhi in which he said: "inexperienced sycophants running affairs" in the Congress.

"The Indian National Congress has lost both the will and the ability under the tutelage of the coterie that runs the AICC to fight for what is right for India," said Azad in the letter.

MILITANT

on the hinterland," the officer said.

"So, we feel they are getting more and more desperate to push these people from any way possible."

He said the elimination of militants in the Uri sector on Thursday within minutes sends a clear signal of the level of preparedness of the troops on the LoC.

He said an unusual discovery was a Chinese-made M-16 9mm caliber weapon.

"It would be too premature to speculate on the larger context of it. We will have to really examine and go into the

details," he said.

Col Raghavendra, whose unit carried out the counter infiltration operation at Kamalkote in Uri said three infiltrators who were killed in Baramulla district in north Kashmir were well prepared for infiltration and their built showed they had undergone military training. He said the

search operation was still on.
"Right now mine clearing measures are being undertaken to ensure proper search," he told the media in Baramulla. Giving details, he said the operation was carried out in extremely challenging terrain and the weather was extremely foggy with heavy rain. "Besides the entire area is

mined

He said the movement of the militants was ascertained by using the latest aerial and ground based sensors and surveillance equipment.

"At around 8:45 am (on Thursday), the terrorists came into the killing ground... In the brief exchange of 15 minutes, three Pakistani militants were neutralized," Col Raghavendra said.

He said two AK series weapons and one Chinese M-16 weapon and ammunition and other stores were recovered. "These terrorists were well treated and prepared for infiltration and also their built indicates they had undergone formal military training," he said, adding all the latest and the new generation surveillance equipment and weapons were put to optimal use during the operation.

The General officer Commanding of Baramulla based 19 Infantry Division, Major General Ajay Chandpuri, said the slain terrorists were not in possession of any documents. "It is our assessment that before pushing these militants for infiltration, their IDs were taken away from them. So, we are not aware of the exact identities of these people," he said

COVID

Positive (329 in Jammu Division and 1506 in Kashmir Division), 470502 have recovered and 4782 have died; 2350 in Jammu division and 2432 in Kashmir division.

The Bulletin also informs that 16,855 doses of COVID Vaccine have been administered in the last 24 hours across Jammu and Kashmir bringing the cumulative number of doses administered to 2,42,17,107 till date.

The Bulletin further said that out of 26414736 test results available, 477119 samples have tested positive and 25937617 samples have been tested as negative till date. Besides, 10,375 COVID tests have been conducted in last 24 hours. Till date 6699085 persons have been enlisted for observation which included 152 persons in home quarantine including facilities operated by government, 1835 in isolation and 373in home surveillance. Besides, 6691943 persons have completed their surveillance period.

Providing district-wise breakup for positive cases for today, the Bulletin informs that in Kashmir division, Srinagar reported 48 cases, Baramulla reported 19 cases, Budgam 34 cases, Pulwama reported 07 cases, Kupwara reported 07 cases, Anantnag reported 13 cases, Bandipora reported 03 cases, Ganderbal reported 10cases, Kulgam reported 04 cases while as Shopian reported 03 fresh cases for today.

Similarly in Jammu division, Jammu reported 25 cases, Udhampur 03, Rajouri 00, Doda 01, Kathua 00, Samba 10, Kishtwar 01, Poonch 00, Ramban 07 and Reasi also reported no fresh case for today.

PMGSY

to every village, 2353 PMGSY projects covering 17,336 km connecting 2071 habitations have already been completed. In 2021-22, 3284 Kms PMGSY roads were constructed, besides 7301 Kms were blacktopped. Further, 125 bridges are to be constructed under Pradhan Mantri Gram Sadak Yojana (PMGSY) to provide connectivity to far-flung areas.

BABY

11,000. "In year 2020-21 the number of male births at the hospital was around 11,000, however, in same period the number of female baby births were around 10,000," the officials said. "In year 2020-21 the number of male births at the hospital was around 11,500, however, in same period the number of female baby births were around 10,500. Notably , the data from the fifth round of the National Family Health Survey (NHFS-5), released by the Union health ministry has revealed that sex ratio at birth for children born in the last five years (females per 1,000 males) has increased from 923 in 2015-2016 to 976 in 2019-2020. It also revealed that more than half of the population consider two or fewer children to be the ideal size of the family in J&K and there is a strong preference for sons in J&K and just seven percent of couples prefer more daughters than sons. There is a strong preference for sons as 23 percent of women and 25 percent of men want more sons than daughters, but only 7 percent of women and men want more daughters than sons. "However, over fourfifths of women (84-87%) and men (87-89%) would like to have at least one son and at least one daughter," it added. 'Women's desire for more children is strongly affected by their current number of sons. For example, among women with two children, about 65 percent with 1 son want no more children, compared with 38 percent with two daughters who want no more children," it said. The proportion of currently married women and men with two children who want no more children irrespective of their number of sons has been decreased to 60 percent in NFHS -5 from 69 percent in NFHS-4, and for men, it has decreased to 51 percent in NFHS-5 from 65 percent in NFHS-4, it added—(KNO)

WULAR LAKE

earlier a person could collect a boatful of chestnuts, about 50-60 kgs in a half day, but now, one can only dream of such a good harvest. The reasons for the lake's decline in chestnut harvest, Aziz believes, are encroachment, siltation, and unabated pollution.

"The villagers who live on the banks of the Wular Lake depend on it either directly or indirectly. For the past several years, we have been experiencing a huge decline in fishing and water chestnut harvest," Ghulam Nabi, another fisherman said

erman said. He said that chestnuts are the main source of income for the majority of people living here and because of the decrease in it; many families will be directly affected.

According to a survey conducted from 2017 to 2018, the unabated pollution has resulted in the decline not only of native fish species but also of exotic production from the

DR JITENDRA

Energy and Space, Dr Jitendra Singh today called for linking StartUps with Micro, Small and Medium Enterprises (MSME) sector and said that the Government headed by Prime Minister Narendra Modi is taking all measures including necessary policy changes to strengthen the MSME. Addressing the "8th India International MSME & Start-Up Summit and Expo", as chief guest, Dr Jitendra Singh said, this sector has played an important role in shaping the Atma Nirbhar Bharat and added that the government has substantially increased the budget in the last eight years to strengthen the MSME sector. The Minister also informed that the government is encouraging unique local products to reach the global markets and, in the process, strengthening the Indian economy.

Dr Jitendra Singh reminded the audience about the commitment of the Modi government for making MSMEs globally competitive and quoted Prime Minister's Independence Day Address delivered on 15th of this month as saying, "I also call upon the private sector to come forward. We have to dominate the world. One of the dreams of a self-reliant India is to ensure that India does not lag behind in fulfilling the needs of the world. Even if it is the MSMEs we have to take our products to the world with 'Zero Defect – Zero Effect'. We have to be proud of Swadeshi".

– Zero Effect. We have to be proud of Swadeshi.". Referring to the introductory remarks of Rajnish Goenka, Chairman, MSME-DF, wherein he said that the MSMEs account for almost one-third of India's economy and over 11 crore people are connected with the sector, Dr Jitendra Singh said, even the Union Budget 2022-23 has presented a comprehensive package of policy announcements aimed at supporting the recovery of MSME, hit hard by COVID

pandemic.

Dwelling on the theme of India@100, Amrit Kaal-Opportunities for Youth, Dr Jitendra Singh said, today Indian youth is impatient to turn their dreams into ideas and ideas into reality and the launch of Startup India in 2015 by Prime Minister Modi had opened floodgates of opportunities for them. The Minister also gave the example of the Purple Revolution in Jammu and Kashmir, which transformed the lives of farming communities beyond imagination by adopting highly remunerative lavender cultivation.

Dr Jitendra Singh was pleasantly surprised to find huge number of Agri MSME stalls and pointed out that a new wave of Agritech start-ups has emerged in the country in the last few years and these start-ups are solving problems related to supply chain management, improper infrastructure and inability of farmers to access a wider range of markets.

J&K

of 75.57 degrees east at a depth of 5 km.

The epicentre of the quake in Doda district, which occurred at 4.07 am, was $10~\rm km$ north of Doda in Jammu region, they said. This quake hit at a latitude of 33.23 degrees north and a lon-

This quake hit at a latitude of 33.23 degrees north and a longitude of 75.56 degrees east at a depth of 10 km, they added. Eleven earthquakes have jolted Katra, Doda, Udhampur and Kishtwar districts of the Union territory in the past four days.

SIA

determination.

As per SIA, a case under relevant sections of law was lodged at Police Station CIK (SIA) Kashmir last year following some credible inputs about Hawala money being pumped in from Gulf countries.

The SIA investigations found that the accused received money from Saudi Arabia and Oman.

"The investigation conducted has revealed that accused had developed links with militants through social media and in pursuance to a criminal conspiracy hatched with the militants, he received funds through Hawala using Bank channels maintained by him at ICICI Bank, Branch Macleodganj, Himachal Pradesh from Saudia Arabia and Oman. It also surfaced that after receiving funds through Hawala, he distributed the same amongst active militants and families / kiths and kins of the killed ultras," the SIA statement said.

"The militants from across the border by using the Cyber space are motivating youth of Kashmir to receive and raise funds through their accounts to support terrorists and other subversive activities," it added.

LINEMAN

Maqbool Khadim son of Assad Khadim of Ashmuqam.

Qazigund to Dalwatch road in shambles, commuters suffer

Anantnag, Aug 26 (KNO): Inhabitants of Qazigund and adjacent areas here have demanded immediate renovation of road stretch from Qazigund to Dalwatch in Anantnag district, stating that the commuters have been facing tremendous hardships as the road is in shambles since long. Insha Jan, a student at Degree College Doru told the news agency—Kashmir News Observer (KNO) that the worst condition of the road increases the travel time in reaching the College. "It is very inconvenient to travel due to the bad condition of the road from Qazigund to Dalwatch," she said.

Army organises Motivational Lecture

M S Nazki



PoonchIn line to guide and channelise local youths, Indian Army conducted a lecture cum awareness campaign on 'How to Join Indian Armed Forces" for Govt High School Dharati in Krishna Ghati Sector of Poonch district

The campaign highlighted various entries for commissioned officer and enrollment in Armed forces including Agnipath scheme. During the lecture mandatory qualification requirements and unparalleled pay and perks were explained. Large number of local Youths participated in the lecture. The lecture was organised after persistent dema-nds from the students which quenched the inquisitiveness in their mind.

Atal Dulloo visits Mushroom, Floriculture sections of Directorate of Agriculture Kashmir



SRINAGAR, AUGUST 26: Additional Chief Secretary, Agriculture Production Department (APD), Atal Dulloo today visited Mushroom Section and Floriculture Section of Directorate of Agriculture Lalmandi here. Speaking on the occasion, Dulloo said that for the overall development of agriculture sector strengthening of allied wings like mushroom, floriculture, apiculture etc is inevitable. He said mushroom is emerging as a lucrative option to boost farmers income. He said Mushroom production is becoming popular among the farmers while asking the concerned officers to increase awareness among the farmers regarding the agriculture allied activities like mushroom cultivation. He further said keeping in view the agro climatic conditions of our region Floriculture has also a great scope. He impressed upon the concerned officers to formulate strategies so that the educated young farmers could be attracted towards the floriculture sector. Earlier, Director Agriculture Kashmir, Chowdhary Mohammad Iqbal gave a detailed presentation of various schemes and interventions by the department for the production and promotion of agriculture allied wings like mushroom and

Hashmi Congratulations Dr Syed Karar, a Child Psychiatrist, on being selected as a Donald J Cohen Fellow by IACAPAP.



he Socio-Political activist Syed Karar Hashmi studying at Qom Seminary extends Congratulations to Dr Syed Karar Madni and his entire family at this special juncture. added It is with great pride that we extend our congratulations to Dr. Syed Karar, a child psychiatrist from Kashmir, has been selected as a Donald J Cohen fellow by the International Association for Child and Adolescent Psychiatry and Allied Professionals (IACAPAP). Your success is well-deserved and serves as an inspiration to all of us.

In a message, Karar Hashmi said that the path of success is always tough and those who are always ready to take challenges and have courage to win over them, only they are awarded for these achievements. Such success is the result of hard work,efforts and a fearless spirit.Dr. Syed Karar has been selected among the top 20 candidates by an independent group of judges from various continents. You have achieved a great milestone.

"Being at the top of the merit list for the fellowship, including a programme for international scholars and it will take place in Dubai from December 5-9 this year. I wish you great success and prosperity in life. "Syed Karar Hashmi

Food Safety Department Organises Online Registration, Licences Generation And Awareness At Khallani

Amir Iqbal Khan



Bhadarwah, Aug 26: With a mission to get all the Food Bussiness Operators registered online under FSSA governed by FSSAI particularly for setting up online monitoring, evaluation and inspections, the Department of Food safety DFCO Doda organised a Mela at Trauma Hospital Khelleni Doda today. During the workshop, 12 Registrations & 01 license was on the spot generated & provided to the Food Business Operators. The primary objective of monitoring & evaluation activities was to ascertain whether Compliance is being made & accessibility is effective for creating Food Safety Ecosystem. Giving information of future program, Assistant Director Food Safety Department Doda Taraq Ahmad Butt said that these types of Melas shall be organized on rotation basis every month throughout the District across the length and breadth with a motto to achieve the target at the earliest for data updating.

"In terms of the awareness of Food Fortification, the Deptt of Food Safety DFCO Doda ventured along with the Deptts of Health ,ICDS ,Education (Mid Day Meals), at Khalleni Doda for implementing effective and sustainable Food Fortification which forms the key elements," he said and added that for sound footing it was explored that an understanding of the regulatory Environment for Food Fortification is essential to prevent malnutrition in the children & successfully to make widespread the objectives of Anemia Mukt Bharat Abhiyan under the Aegis of Azadi ka Amrit Mahotsav, more importantly, under "Eat Right India".

The impact of such events should be result oriented and in today's program, there were more than 100 participants including Anganwadi workers, Cooks, Supervisors, Asha workers, teachers incharge of Mid day Meals and Food Business Operators.

The speakers on this occasion were Assistant Commissioner Food Safety DFCO Doda & Food Safety Officer Asser who highlighted the importance of micronutrients and laid stress on the strict implementation of the Food Fortification in ICDS centers/Anganwari outlets & in MDM. It was emphasised in the program that to date, the avail-

ability of the fortified products in the markets & availability through PDS Department is important to ensure supply to the Concerned departments which obviously will combat with challenges of malnutrition, underweight, undergrowth & anemic children. "It will correct the problem of inadequate micronutrients intakes through effective implementation of Food Fortification. The Department is determined to strive for best outcomes and achieve the rigorous nutritional status & needs of the target population", Assistant Commissioner clarified.

Govt failed to take prompt action to address Lumpy Skin Disease, need 100% vaccination of cattle: Rattan Lal Gupta

JAMMU, AUG 26: Rattan Lal Gupta, Provincial President National Conference Jammu, while raising serious concern over spreading of Lumpy Skin disease across the Jammu region, has accused the J&K Administration of having failed to take prompt and adequate steps to tackle this disease that is proving to be fatal for cattle.

In a statement issued to media here today, Rattan Lal said that the slackness and callous attitude of the authorities can be well judged from the fact that there is acute shortage of vaccine in major districts of Jammu region. He said that the task forces constituted by the Govt to tackle this disease today should have been constituted much earlier so that the alarming situation would have been addressed at the earliest. He accused the Administration of lying in deep slumber and coming out of it only after public outcry from various parts of the J&K.

The senior National Conference leader said now that the Task Forces have been constituted the government should not delay the functioning of the constituted Task Forces. He said that there is a dire need for further constitution of teams of experts from Veterinary field especially the Doctors not only at the district level but even at every Tehsil level across Jammu province. These teams should be immediately dispatched to the respective destination to address the Lumpy Skin disease situation, he said adding that the fight against the disease has to be carried on a war footing at least to stop the spreading of this disease any further.

Asserting that there is a dire need to ensure 100 per cent vaccination of cattle at least within a week, Rattan Lal Gupta demanded complete banning of the movement of cattle till the challenge of this viral disease is overcome. Moreover, those cattle already infected with the disease need to be immediately segregated from the healthy cattle. He appealed to the Lt Governor Manoj Sinha to issue strict instructions to the concerned authorities in this regard to ensure adequate availability of vaccines so that all the cattle are vaccinated within a stipulated time period and the situation does not go from bad to worse.

Russian attack kills 25 civilians on **Ukraine's Independence Day**

civilians when missiles struck a railway station and a residential area in eastern Ukraine, officials in the capital Kyiv said, as the nation marked its Independence Day under heavy shelling.

The European Union condemned Russia's deadly bombardment and warned those "responsible for Russian rocket terror will be held accountable". "The EU strongly condemns another heinous attack by Russia on civilians," EU foreign policy chief Josep Borrell tweeted.

The death toll from the Russian attack rose from an initially reported 22 after three more bodies were retrieved from the rubble in the town of Chaplyne as rescue operations there ended, Ukrainian presidential aide Kyrylo Tymoshenko said on Thursday.

The Vyshgorod region, directly north of Kyiv, also came under rocket attack, but there were no casualties reported, regional official Olexiy Kuleba said on the Telegram channel.

EU warns those 'responsible for rocket terror will be held accountable'; Biden calls Zelensky, asks Russia to agree on demilitarised zone around N-plant

The missile strikes and artillery shelling of frontline towns, such as Kharkiv, Mykolaiv, Nikopol and Dnipro, followed President Volodymyr Zelensky's warnings of the risk of "repugnant Russian day's 31st anniversary of indepen-

up in Chaplyne, residents of this small town, located some 145km



Soviet rule. Aug 24 also marked six months since Russian forces invaded Ukraine, starting Europe's most devastating conflict since World War Two.Commenting on the attack, US Secretary of State Antony Blinken said on Twitter: "Russia's missile strike on a train station full of civilians in Ukraine fits a pattern of atrocities. We will continue, together with partners from around the world, to stand with Ukraine and seek accountability for Russian officials.'

west of Russian-occupied Donetsk, grieved for their loved ones amid the rubble of their wrecked homes. The Russian defence ministry had no immediate comment on the attack. Speaking in Uzbekistan, Defence Minister Sergei Shoigu repeated Moscow's line it had deliberately slowed what it calls a "special military operation" in Ukraine to avoid civilian casualties.Demilitarised zone

Russia should agree to a demilitarised zone around the Zaporsoutheastern Ukraine and allow international officials to assess its safety, White House press secretary Karine Jean-Pierre said on

The plant, Europe's largest, was seized by Russia in March and remains close to the frontline. It has come under repeated fire in recent weeks, raising fears of a nuclear disaster, with both Russia and Ukraine accusing each other of shelling it.

"Russia should agree to the demilitarised zone around the plant and agree to allow an International Atomic Energy Agency visit as soon as possible to check on the safety and security of the system," Jean-Pierre said.

She said the plant had come up in a call on Thursday between U.S. President Joe Biden and Ukrainian President Volodymyr Zelensky.

Both Ukrainian and Russian officials have said the UN nuclear watchdog IAEA could visit the plant soon.

In the call, Biden reinforced US support for Ukraine, which was invaded by Russia six months ago in what Ukraine and the West described as an unprovoked war of

Moscow says it is carrying out a "special military operation" to "demilitarise" and "denazify" its smaller neighbour.

Pendancy Of Cases "Huge Challenge Before Us": Chief Justice NV Ramana

New Delhi: Terming pendency of cases a "huge challenge", Chief Justice of India N V Ramana on Friday expressed regret for not being able to pay much attention to issues of listing and posting of matters for hearing in the Supreme Court.

The $\bar{\text{CJI}}$, who is to demit office on Friday, said there is a need to deploy modern technology tools and artificial intelligence to find a solution.

"Even though we tried developing some modules, because of the compatibility and security issues, we could not make much progress," Justice Ramana, who was heading the ceremonial bench, said.

He said during the COVID-19 pandemic, the priority was running the courts and unlike commercial establishments, "we cannot secure the technological tools from the market directly". "We have to admit the fact that the pendency is a huge challenge before us. I must admit that issues of listing and posting of matters is one of the areas on which I could not pay much attention. I am sorry for that, the CJI said, adding, "We are busy in fire-fighting on all days"

Recently, senior advocate and former president of the Supreme Court Bar Association (SCBA) Dushyant Dave said that the CJI should not have the power to assign and list cases, and a fully automated system for allocation be put in place in the top court.

He had referred to the problems faced by young lawyers in getting their matters listed in the top court. In his first farewell speech for the day, Justice Ramana said the needs of the judiciary were different from those of the rest. He said unless the bar was willing to extend its whole-hearted cooperation, it would be difficult to

bring in necessary changes."The ju-

niors who entered the profession look



up to the seniors as their role models. I request all the seniors to guide them to be on the right path," he said.

The CJI said the Indian judiciary has grown with time and it cannot be defined or judged by one single order or judgement.

He said unless the credibility of the institution is protected, being the officers of this court, one could not command respect from the people and the "Let all of us march forward with the

discussion and dialogue in the process of giving speedy and affordable justice to the common man," he said. The CJI said he was neither the first one nor he would be the last one to contribute towards the development of the institution.

"People may come and go but the institution remains forever," he said. "I thank all my colleagues and all the members of the bar for their active support and cooperation. I will certainly miss you all. Thank you," Justice Ramana, who became the 48th CJI on April 24 last year, said.

Attorney General K K Venugopal said 224 vacancies in the high court were filed up and over 100 members in the tribunals were appointed during the tenure of Justice Ramana as the

Arvind Kejriwal Calls BJP "Serial Killer Of Governments", Wants **Trust Vote**



New Delhi: Arvind Kejriwal today called the BJP a "serial killer of governments" and said he wanted to face a trust vote just to prove that the party had failed to lure a single Aam Aadmi Party (AAP) MLA.

The AAP government will bring a confidence motion in the Delhi Assembly on Monday, sources say."I want to bring a confidence motion to show that the BJP has not been able to break away a single ," Arvind Kejriwal said, addressing a special session of the Delhi assembly.

AAP has called the session to discuss what it alleges is the BJP's "Operation Lotus" in Delhi to topple the Arvind Keiriwal government and the investigations targeting its leaders like Deputy Chief Minister Manish Sisodia, who has been charged over allegations of corruption in the Delhi liquor

Drought spreads across half of China, Tibet included

CHONGQING: A crippling drought exacerbated by a record heatwave has spread across half of China and reached the normally frigid Tibetan Plateau, according to official data released ahead of more searing temperatures on Thurs-

The world's second-largest economy has experienced over 70 days of heatwaves, flash floods and droughts — phenomena that scientists say are becoming more frequent and intense due to

Southern China has recorded its longest continuous period of high temperatures since records began more than 60 years ago, the agriculture ministry said this week

Experts have said the intensity, scope and duration of the heatwave could make it one of the worst recorded in global history.

A chart from the National Climate Centre showed that swathes of southern China — including the Tibetan Plateau were experiencing "severe" to "ex-



traordinary" drought conditions The worst-affected area — the Yangtze river basin, stretching from coastal Shanghai to Sichuan province in China's southwest — is home to over 370 million people and contains several manufacturing hubs including the megacity of Chongqing.

tion predicted continued high temperatures of up to 40 degrees Celsius (104 degrees Fahrenheit) in Chongqing and the provinces of Sichuan and Zhejiang on Thursday.

The China Meteorological Administra-

Man Acquitted 10 Years After He Was Given Life Sentence For Rape, Murder

Indore: The Madhya Pradesh High Court has acquitted a man 10 years after he was sentenced to life imprisonment for raping and killing a woman, while observing that the investigating officer in the case had slept over the forensics report.
The Indore bench of Jus-

tices Subodh Abhvankar and Satyendra Kumar Singh on Wednesday acquitted the man from Dhar district, while hearing an appeal against his conviction by a fast track court in 2012

"It is inconceivable that after recovering the hair of an accused from the deceased's hands, and despite the specific observation by the scientific



officer that DNA is necessarv for the confirmation of the matching the hair seized and that of the appellant, no efforts were made by the investigating officer to get the DNA profiling done," the court said.

This has led to sheer injustice, not only to the appellant, but also to the deceased whose culprit

was never caught or has walked free today by the order of the court, the bench observed. "It appears that after arresting the appellant

and completing the formalities of collecting the evidence, the investigating officer has literally slept over the forensic reports," the court said. According to the prosecution, the man was charged for allegedly raping and killing a woman in a field in Dhar in 2011. The applicant's counsel contended that his client had been falsely implicated and arrested, and the prosecution has failed to piece together the circumstantial evidence in

Disqualify Hemant Soren As MLA, **Recommends Election Commission: Sources**

New Delhi: After high drama over a sealed envelope in Jharkhand, sources have said the Election Commission, while holding Chief Minister Hemant Soren guilty in the illegal mining case, has recommended only "disqualification".

Here's your 10-point guide to this big story:This means that after the Governor notifies the disqualification order on a gazette, Mr Soren will have to resign. His council of ministers will also resign with him. However, he can get re-elected in a by-election held by the Election Commission within six

months.Saryu Roy, a senior leader in Jharkhand, has also said that his "very reliable sources" have informed him that the EC has declared Mr Soren not fit for the post of an MLA. "According to highly reliable sources, the Election Commission has disqualified @ HemantSorenJMM from the post of MLA. As soon as the notification of disqualification leaves the Raj Bhavan, he will have to resign or get a stay order on this notification from the Honorable Court,' he tweeted in Hindi.The EC has opined Mr Soren attracts disqual-

ification for awarding a government contract to himself, sources said. A complaint was lodged against Mr Soren for awarding a mining lease to himself.Governor Ramesh Bais is examining EC opinion on Mr Soren's disqualification and will notify it soon, the sources said, adding that Mr Soren is not barred from contesting elections. Mr Soren is reportedly in consultation with constitutional experts on the future course of action. The Jharkhand Chief Minister has called a meeting of the UPA today at his residence in Ranchi.

the case.

Pakistan declares emergency amid catastrophic floods

Govt appeals to citizens' 'national spirit' to come forward and help in providing relief to affected people

tating floods as "a national emergency", the government on Thursday appealed to the "national spirit" of the people to come forward and extend their helping hand for the relief of the marooned people, as more aid flew in from friendly countries.

The enormity of the monstrous floods was increasing with each passing day, with the death toll and the number of marooned people escalating at a rapid pace. The National Disaster Management Authority (NDMA) put the nationwide death toll from the rains and floods at 937.

According to the latest data, the floods have wreaked havoc in 116 of the country's 160 districts, which roughly translates into three-fourths of the country. Overall, the NDMA said 4,254,740 people were affected by the floods, including 215,997 people living in relief

"This is a national emergency

and we will have to treat it as such," Climate Change Minis-ter Sherry Rehman told a press conference in Islamabad, echoing an earlier statement of Information Minister Marriyum Aurangzeb, who also declared the flood situation as a national emergency.

Both Rehman and Aurangzeb stressed that the government was doing its best to provide relief to people but a lack of resources was a major problem. "The federal government is making great efforts together with the provinces and resources are being mobilised," Aurangzeb said.

"Due to the large-scale disaster, a huge amount of money will be required," Aurangzeb said, adding that the entire nation, especially the overseas Pakistanis, were urged to send donations. "The people in distress are waiting for our help. Let's all support each other."

The information minister said that local and overseas Pakistanis could deposit donations

Fund with Account # G-12164. The overseas Pakistanis could

in the Prime Minister Relief out shelter. "This is a very big figure," she said, adding that devastating monsoon season



also send donations through wire transfer, money service bureaus, money transfer operators and exchange houses, she added.

Providing some figures of the damages, so far, Rehman said 20 million people were rendered homeless or with-

was "very rare" and unexpected. This is a "climate-induced humanitarian disaster of epic proportions", she said.

Aurangzeb said that Prime Minister Shehbaz Sharif chaired an international partners meeting for cooperation in flood rescue, relief, rehabilitation after reaching Islamabad from his Qatar visit. She added that Shehbaz would visit Sukkur on Friday (today) to review rescue and relief activ-

The monsoon season runs from July through September in Pakistan. This year monsoon and pre-monsoon rains broke 30-year record in Pakistan and the NDMA data shows that 30-year average rain was 131 millimetres but the rainfall in 2022 season was 375.4 mm – 187% more.

Infrastructure damaged in Balochistan

According to the NDMA data, floods from June 14-24, partially and fully damaged 670,328 houses, 3,082 kilometres of roads, 145 bridges and killed 793,995 livestock animals across Pakistan, besides washing away businesses and other infrastructure. The worst af-

Balochistan. Read Floods wreak untold havoc as death toll tops 900

fected provinces are Sindh and

In Balochistan, the continued heavy rainfall paralysed life in 26 districts of the province for second consecutive day on Thursday. Since most parts of Balochistan were already flooded, the recent rainfall further aggravated the situation. Quetta, Killa Abdullah, Pishin, Lasbela, Naseerabad, Mastung, Barkhan and other parts of Balochistan received heavy rainfall for more than 24 hours. The rains and floods had severed Balochistan's railway link to the rest of the country as well as other communi-

cation links. Heavy rainfall severely affected pedestrian movement at the Pakistan-Afghan border crossing in Chaman. Videos shared on social media showed people passing the border after it was completely flooded.

The floods also damaged the Sui Southern Gas Company pipeline in Bolan area, suspending gas supply to various parts of Quetta, Pishin, Kalat, Mastung and Ziarat.

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

Present on the occasion were ADC, JD-Planning, ACR, DYSSO. Tehsildar and other officers.

5th Rehman T20 Cup **Andergam 2022**

Agib 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 Saglain

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 Saglain Mushtag 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 Saglain. The two teams, who don't play bilateral cricket against each other because of tense diplomatic relations between the neighbouring countries,

Youth Services & Sports Organize Inter School Zonal Level Athletic Meet

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



A good number of students vate schools of Zone Kisht- in the mega event. from Government and pri- war & Nagseni participated The sports meet was held

/c ZPEO Nagseni & I/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

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 balls 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



a little cameo of 17 runs. Musharaf was awarded the player of the match award for his brilliant 40 runs and one wicket.In the 2nd semiplayed 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 Safroon and Zeeshan contributed 34 and 33 runs respectively to the team total. Junaid was the

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

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 Delhi3-2 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 Kamalesh Gangopadhyay 3-1 to win the

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.

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CASHMIR GIRLS

GDC Samba shines at National KickBoxing Championship

SAMBA AUGUST 26: The ter-Collegiate University of students of Government College Degree 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 colprestigious event -Dheeraj Thappa won bronze med-

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 Ayodhaya UP. Principal of GDC Samba Prof (Dr.) Surinder Kumar lege were selected for the congratulated the students. The credit for their excep-Partap Singh and Deepak tional performance goes to the dedication and commitals. These students have ment of Sanieev Jamwal. also won Gold medals in Physical Director of the

talent and brought GDC Singh was also highly ap-Samba on the sports map of preciated by the Principal.



the country, he said. The role of convenor sports committee Dr. Yash Paul ba brought laurels to the

The students of Govern-

ment Degree College Sam-

KickBoxing Championship in Chennai from Aug 18, 2022 to Aug 23, 2022. Two students of the college were selected for the prestigious event -Dheeraj ter-Collegiate University of Jammu event.

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(2) bronze medals in the re-

cently held Senior National

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 Ayodhaya UP. Principal of GDC Samba Prof (Dr.) Surinder Kumar congratulated the students. The credit for their excep-Partap Singh and Deepak tional performance goes to Thappa won bronze med- the dedication and commitals. These students have ment of Sanjeev Jamwal, also won Gold medals in Physical Director of the the recently concluded In- college, who identified the talent and brought GDC Samba on the sports map of the country, he said.





