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HEADLINES TODAY

NEWS IN BRIEF

AIR News Srinagar invites applications for various casual positions

Srinagar, September 14, 2022 Applications in prescribed format are invited from interested candidates aged between 21 years and 50 years, residing in J&K Union Territory for the empanelment of Casual Newsreader-cum-Translators (Kashmiri, Urdu, Gojri & Pahari) and News Editors purely on Casual Assignment basis (as an when required) in Regional News Unit, All India Radio Srinagar. The minimum qualification for Casual News Readers cum Translators must be graduation from a UGC-recognised university. Proficiency in reading, writing and translating English/Urdu into Kashmiri, Urdu, Gojri and Pahari language respectively and a voice of good quality suited to broadcasting is desired for News Readers. For Editors, the minimum qualification must be Degree in Journalism or Graduation with Diploma in Journalism from a UGC-recognised University or Graduation with experience of editing in Print or Electronic media. Proficiency in Urdu language is compulsory for the empanelment of casual news editors.

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Youth allegedly hangs self to death in Sopore

Sopore, Sept 14: A 25-year-old youth has allegedly committed suicide by hanging himself to death in Sopore town of North Kashmir's Baramulla district on Wednesday afternoon. An official told the news agency that the youth hanged himself to death at his home in Model Town. He said that the deceased was pursuing MBA from Pune college and had come to his home just two days ago. Meanwhile, police have taken cognisance of the matter and started further investigation—

Grenade attack on CRPF in Tral, No injury: Police

Srinagar, September 14: Suspected militants on Wednesday hurled a grenade on a CRPF Bunker in Tral area of South Kashmir's Pulwama district.

A top police officer told GNS that militants lobbed grenade on a Bunker of a CRPF camp. However the grenade missed the intended target and exploded far away. In this incident no loss of life or injury has been reported. Meanwhile whole area has been cordoned off to nab the attackers, the officer added. (GNS)

ECI launches BLO e-Patrika

Jammu, Sept 14 Election Commissioner of India, Rajiv Kumar on Wednesday launched BLO e-Patrika. All Booth Level Officers and other election officers participated online in the event. At Jammu, the programme was attended by the Chief Electoral Officer along with Nodal Officer SVEEP and BLOs from Jammu and Samba districts. The objective of launching e-Patrika is to highlight the achievements and innovative practices of BLOs country wide. Chief Election Commissioner of India interacted with the BLOs and shared his experiences while taking stock of their expertise in the field. He appreciated their efforts for roping in the masses in electioneering process at grass root level thus strengthening the democracy. Chief Electoral Officer, J&K, Hirdesh Kumar, also interacted with the BLOs and emphasized upon them to work with dedication to accomplishing the job of updating the electoral roll commencing from September 15, 2022. He further asked the BLOs to create a whatsapp group of households for speedy dissemination of information and redressal of issues. Among other senior officers and officials of the Election department were present in the meeting.

Decomposed Body Found in Pahalgam Anantnag

Srinagar, Sep 14: Decomposed body of a person, presumed to be in his 20s, was found at Pahalgam of Srigufwara Bijbehara of South Kashmir's Anantnag district, officials said on Wednesday evening. They told that some passersby spotted the body at Mandlan village and informed the police about it. Soon after, a police team arrived at the site and shifted the body to a nearby health facility for required medico-legal formalities, they said. Confirming it, a police official told GNS that the body has been kept in a mortuary till identification is made. "We have sought help from experts to extract the DNA sample of the body for proper identification", the official said adding the process may take a day or two.

11 killed, 28 injured in Poonch road accident PM Modi, President Murmu Pained Over loss of Lives



M S NAZKI HT CORRESPONDENT

Poonch, Sept 14 : Eleven people including mother-son duo were killed while 28 others were injured when a minibus they were travelling in skidded off the road and fell into a gorge in Poonch on Wednesday. Official sources told HT that the accident occurred near Barari Ballah Sawjian when the driver of a minibus bus (JK12-1419) apparently lost control over

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LG expresses grief, visits Poonch hospital, announces Rs 5 lakh ex-gratia for NoKs

J&K's Lieutenant Governor Manoj Sinha expressed his pain over the loss of lives in the accident and also visited the Poonch district hospital and met injured and their attendants. "Saddened by loss of lives due to road accident at Saujiyan Poonch," Sinha tweeted and expressed condolences to bereaved families. He further tweeted: "May the injured recover soon. Rs 5 lakh will be given to the next of the kin (NoKs) of deceased." Prez distressed over loss of lives President of India, Draupadi Murmu expressed her pain over the loss of lives in Poonch Saujiyan bus mishap".

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LG Manoj Sinha Visits Forward Areas in Poonch, Reviews Prevailing Security Situation Along Border

Says India will give a befitting reply to anyone who tries to disturb peace, unity and integrity of the country

M S NAZKI HT CORRESPONDENT

Poonch, Sep 14 Lieutenant Governor Manoj Sinha visited the forward areas of Poonch on Wednesday and took stock of the security situation along the border. The Lt Governor, who is on a two-day visit to Poonch, undertook a first-hand assessment of the situation at the Line of Control (LoC) and forward areas at the border village Degwar Tarwan in Poonch.

He was accompanied by Chief Secretary Dr. Arun Kumar Mehta; Brigadier Rajesh Bishit; ADGP Jammu, Mukesh Singh; DIG, Dr. Haseeb Mughal; Divisional Commissioner, Ramesh Kumar and other senior officials of civil administration and the army. The Lt Governor was briefed on the overall security situation prevalent on Line of Control, development works in the border villages by the army, counter infiltration grid and operational preparedness. While interacting with the officers and personnel of the Armed Forces, the Lt Governor, commended them for their selfless service in challenging situations. He appreciated the excellent synergy between civil administration, J&K Police, army and other security agencies.

"I salute the exemplary bravery of our Armed Forces. J&K UT is witnessing a new dawn of peace, progress and pros-



perity. Our armed forces, police, CAPFs are handling the challenges with full strength, valour & dedication. India will give a befitting reply to anyone who tries to disturb peace, unity & integrity of the country," Lt Governor said. Later, the Lt Governor addressed the border population at Govt. Girls High School Degwar Terwan. The Lt Governor observed that BAPD has accentuated the development process of the villages along the border. The UT Government has rolled out several new schemes for the comprehensive development of the Border Villages, said the Lt Governor. The Lt Governor took feedback on the benefits being extended under PM Aawas Yojna and other schemes and facilities like LPG.

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LG Manoj Sinha visits Kishtwar, reviews developmental projects

Chairs meeting with HEP authorities, reviews progress of Hydroelectric Power Projects

HT News Network

Kishtwar, Sep 14: Lieutenant Governor Manoj Sinha chaired District Development review meeting in Kishtwar on Wednesday. He also inaugurated and laid foundation stone of projects worth Rs.56.03 Crores at

Conference Hall, DC Office complex, Kishtwar.

The Lt Governor said, the rate of completion of infrastructure projects, especially road, health, education, agriculture, power, telecom facilities, has been speeded up.

Our focus is on the economic connectivity of Kishtwar and reducing the rural and urban divide. Best of health, education facilities & equitable distribution and access to infrastructure will lead to sustained development and greater employment opportunities, observed the Lt Governor.

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After 33 years Indian Navy revives Naval training area at Manasbal Lake

HT News Network

Ganderbal, Sep 14: After 33 years, the Indian Navy has revived naval training area at Manasbal Lake in Central Kashmir's Ganderbal district for providing training to NCC cadets.

Addressing a press conference, Group Commander NCC Group Srinagar, Brigadier K S Kalsi, as per the news agency—Kashmir News Observer (KNO) said that around 100 NCC cadets including girls from various colleges of Jammu and Kashmir are going to participate in the camp.

Notably, the training in the area was suspended during the inception of militancy in the 1990s.

Brig Kalsi said that the participants expressed excitement for being provide training from this area and also expressed satisfaction over the arrangements made for their lodging and boarding.

He said that this is a historic day as after a gap of 33 years NCC training activities of naval wing are being revived at the Manasbal Lake.

"NCC training is major organ of national building. We also

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2 militants killed in Srinagar gunfight

SURKHAB ZEHLA HT REPORTER

Srinagar, Sep 14 Security forces shot dead two unidentified militants during a gun battle which erupted Wednesday evening on Srinagar outskirts, police said. They said the gunfight broke out at Nowgam area on a specific input generated by police about militants' presence. "On a specific input generated by Police, an encounter started in Nowgam area of Srinagar," a police spokesman said. Police said two militants were killed in the encounter.

The identity and affiliation of slain could not be established immediately.

RISE delivers again as 13 students qualify for IITs this year

HT News Network

Srinagar, Sep 14: At least 13 students from RISE have qualified the coveted JEE Advanced 2022, a statement issued to the news agency—said on Wednesday. Given the difficulty of this examination and lesser awareness of IITs in Kashmir such a result is truly remarkable. JEE Advanced is regarded as one of the most difficult examinations in the country and is a gateway to the Indian

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As Covid vanishes, Govt plans to utilise DRDO hospitals for 'other purpose'

HT News Network

Srinagar, Sep 14: As Covid-19 is on a decline and very less percentage of Covid-19 patients in need of hospitalization, the two DRDO hospitals in Jammu and Kashmir continue to remain defunct while government is seriously planning to utilise these hospitals for 'other purpose'.

Top health officials while talking to news agency—, that these hospitals are equipped with Intensive Care Units (ICUs) with hundreds of ventilators, including those meant for children and infants; there is facility of high-flow oxygen on ev-

ery bed; huge bed capacity but government must take steps so that it won't get waste.

They said that in third wave and after that hardly any patient was admitted in these hospitals, then for what these hospitals are and what is fun of equipping these facilities with expensive machinery.

"There should have been general advisory that all Covid-19 patients requiring hospitalization should be admitted in DRDO hospitals only so that rest of the hospitals can function normally and won't have to make separate arrangements for Covid patients but that is not happening," they added.

A senior doctor told KNO that given the location and infrastructure of DRDO hospitals in Srinagar, they can be converted for treatment of 'infectious diseases'. He said that there are many infectious diseases such as Tuberculosis, Hepatitis, Influenza, Diarrhoea of various kinds, Dengue, Malaria and all such patients can be treated under one umbrella at DRDO hospital and can help in prevention of spread of infectious diseases and less load on other hospitals.

Pertinently, these hospitals were set-up within a few weeks in

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COVID:19 J&K reports 35 fresh cases, no death

Srinagar, Sep 14: Jammu and Kashmir Wednesday reported 35 fresh cases of Covid-19, taking the number of active cases to 297 while no more death was reported in the UT in the last 24 hours and the death toll stands at 4,784. An official told the news agency—Kashmir News

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16 Tehsildars, NTs, Patwaris fall in ACB net in 2022 'Majority among them trapped while accepting bribe'

HT News Network

Srinagar, Sep 14: At least 16 top Revenue department officials including Tehsildars, Naib Tehsildars and Patwaris have fall under Anti Corruption Bureau's (ACB) net so far in 2022 while most of them have been trapped while accepting bribe at different parts of Jammu and Kashmir.

According to the data available with the news agency—the sleuths of Jammu & Kashmir's premier anti-graft body have registered 16 cases this year so far against Tehsildars, Naib Tehsildars and Patwaris in corruption cases. Of total 16 cases, 14 officials have been trapped while accepting bribe, the data reveals. On January 24, 2022, Abdul Aziz Dar, Patwari, Halqa Mugalpora,

Tehsil and District Kupwara, was trapped while demanding and



accepting bribe of Rs 15,000 from the complainant and a case under number 02/2022 stands registered at ACB Baramulla. On January 31, 2022, Mohammad Abbas, Patwari Halqa Kewa, Qazigund, was trapped while demanding and accepting bribe of Rs 3,500 from the complainant and a case

02/2022 stands registered at ACB Anantnag.

A case under number 08/2022 is registered at ACB Srinagar against Asif Farooq Wani, Patwari, Halqa Brein Nishat, Srinagar and Chowkidar Nazir Ahmad Dar after he was trapped on March 10, 2022, while accepting bribe of Rs 10,000 from the complainant.

Similarly, in a trap case, Habibullah Mir, Naib Tehsildar, Chuker, Tehsil Kunzer, District Baramulla was found demanding and accepting bribe of Rs 5,000 on February 15, 2022 while a case under FIR number 07/2022 stands registered at ACB Baramulla. On March 04, 2022, Abdul Majid Bhat, Patwari, Halqa Goom, Ahmaddpora, Tehsil Pattan,

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State Health Agency sets target to cover around 97 lakh souls under AB-PM-JAY-SEHAT scheme across J&K

Progressing J&K

SHA launches 'Gaon Gaon Ayushman' to reach out to last mile villages

HT News Network

SRINAGAR, SEPTEMBER 14: The State Health Agency has started the Jammu and Kashmir Gold Card campaign to target registering of 97 lakh souls under the 'Ayushman Bharat SEHAT Scheme' launched by the Government of India which has revolutionized the

health sector across Jammu and Kashmir.

With this scheme, lakhs of poor people who can't afford treatment at hospitals can now receive advanced treatment for their health conditions at all the empanelled hospitals across the country.

Under this scheme, more than 7652064 persons (78.74%) have been registered making them eligible for free and quality treatment in empanelled hospitals of the country.

According to official figures, among the 2505626 targeted families, 2251116 (89.84%) families with at least one family member are verified.

Notably, Shopian, Kulgam and Ganderbal districts have achieved 100 percent saturation under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY) SEHAT scheme. These districts achieved the milestone due to continuous efforts by

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R.P. School GIRLS WING (LAWAYPORA) NURSERY 15th Sept 9906222622 BOYS WING (HMT) NURSERY To IST REGISTRATION OPEN

DEO Anantnag chairs meeting with representatives of various Political Parties on SSRERs

ANANTNAG, SEPTEMBER 14: In view of the ongoing special summary revision of electoral rolls (SSRERs), the District Election Officer (DEO), Anantnag (Deputy Commissioner), Dr. Basharat Qayoom who is also the today chaired a meeting with representatives from various political parties as well as EROs and AEROs.

During the meeting, the Deputy District Election Officer informed the chair that two new polling booths have been added with a total of 801 polling booths in the district.

She said that the calendar for special summary revisions has been widely publicized and the publication of draft electoral rolls will be taken up on the 15th of September. She said the process of inviting claims and objections will start there-

after.

The DEO asked the political parties to nominate a single representative from each party for coordination with the administration. He said that the parties will have to submit the list of Booth Level Agents.

He said that special campaigns and door to door visits by BLOs will be held on 24, 25 September and 1, 2, 15 and 16 October. He said that in order to reach out to specially abled persons, special directions have been issued to conduct house to house surveys on Saturdays.

The meeting was attended by Dy. DEO, EROs, AEROs, and representatives from various political parties among others.

Later a meeting to discuss various issues was held with the EROs and AEROs.

DC Bandipora conducts extensive tour of Ketson & adjoining areas Holds public outreach programme; lays foundation stone of important schemes

BANDIPORA, SEPTEMBER 14: The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed on Wednesday conducted an extensive tour of Ketson and adjoining areas under Block Diwas initiative of LG's Administration.

The DC was accompanied by DDC Member Aloosa Constituency, Mewa Jan, Joint Director Planning Imtiyaz Ahmed, BDC Aloosa, District Officers of various departments and other concerned.

The programme witnessed overwhelming participation of the public and PRIs who highlighted their issues regarding water supply, power, road connectivity, education and health.

Social Activist and tourism promoter, Shabnum Bashir also raised various issues related to tourism and education of tribal people.

Representatives of tribal

affairs also raised various issues regarding roads, availability of forest produce to locals, Chuntiwari road, Sheikhmuqam road, availability of solar lights and other issues.

PRIs also raised various issues regarding public welfare including Aalosa-Lolab road.

After listening to the issues of the locals, the DC redressed many grievances on the spot and issued directions to the concerned officers for early redressal of the remaining ones. He assured the public that all their genuine grievances shall be redressed in a time bound manner. Dr. Owais laid emphasis on the role of PRIs, Administration and common people to get desired results on the development front.

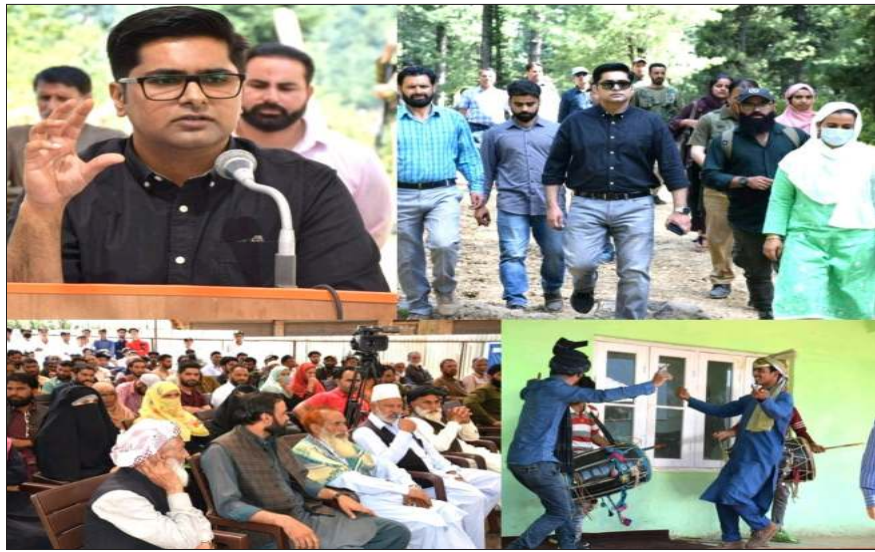
BDO Aloosa apprised that for 2022-24, 98 works under PRI grants, 16 under BDC grants and 08 works under

DDC grants have been approved. He also informed that under PMAY-G 27

in Benlipora-B.

Speaking on the occasion, the DC stressed the role of

ture in the district besides DPR of 4.8 crore has been submitted to develop link



cases have received 1st installment and added that under PMAY-G 27 new cases have been sanctioned in Benlipora-A and 37 cases

local youth for uplifting of the area. He said under NABARD DPR of 4.5 crore has been approved to develop the road infrastruc-

roads.

He said under JJM Rs. 35 crore are meant for Aloosa block to develop the pipe network and augment the

water supply schemes.

Dr. Owais on the occasion urged local youth to come forward for the development of the area and tourism promotion. He urged them to register for homestays and provide tented accommodation to the tourists visiting the area. He said the administration is going to organise a festival in recently declared tourist destination "Ketson" for tourism promotion and to raise awareness among locals regarding various tourism related activities.

Later, the DC also took field visits to the tourist spots of the Ketson to take on spot inspection of various facilities available and various modalities of the tourism sector.

During the field visit, the DC also laid the foundation of the Water Supply scheme Benlipora-B constructed at an estimated cost of Rs.149.69 lacs.

VC JK-KVIB presides over interactive session with PRI Members at Budgam

BUDGAM, SEPTEMBER 14: Dr. Hina Shafi Bhat, Vice Chairperson (VC) JK-KVIB today presided over Interactive Session with DDC/BDC members and representatives from PRIs at Budgam.

Besides DDC/BDC members and PRI representatives, the session was also attended by senior officers from Board, District Administration, senior officers from banks and a large number of aspirant entrepreneurs and educated unemployed youth of Budgam.

During the interactive session, Dr. Hina gave a brief about the employment generation programmes being implemented by the Board.

Calling the Panchayat Raj Institutions as drivers of rural economy, she enjoined upon the line departments and banks to utilize their services in identification of genuine and deserving candidates under employment generation programmes. She further underlined the need for close coordination and synchronisation among the line departments and

bankers to ensure that the benefits of these schemes are percolat-



ed among the target population.

Dr. Hina asked LDM Budgam and Cluster Head JK Bank that in consonance with guidelines of RBI, circular instructions must be issued to bank branches not to seek collateral security from cases involving project cost of upto Rs. 10.00 lacs under PMEGP and

JKREGP.

Referring to pendency at banks,

both at Implementing Agency as well as bank level.

Dr. Hina informed that from 2019-20 to 2022-23 as on date, margin money of Rs. 59.29 crores with bank loan of Rs. 165 crores has been provided for establishment of 2732 units thereby creating employment opportunities for 21590 people under JKREGP and PMEGP in District Budgam through J&K KVIB.

Earlier, officers from the Board and bankers gave a detailed presentation about the modalities involved in implementation of JKREGP and PMEGP. The stakeholders were informed that these schemes are online and aspirant entrepreneurs can apply online for availing financial assistance under these schemes. Earlier, officers from the Board and bankers gave a detailed presentation about the modalities involved in implementation of JKREGP and PMEGP. The stakeholders were informed that these schemes are online and aspirant entrepreneurs can apply online.

DC Budgam chairs Mega Block Diwas at Chill Brass in Block Sukhnag

BUDGAM, SEPTEMBER 14: The Deputy Commissioner (DC) Budgam, S F Hamid today chaired a mega Block Diwas at remote Panchayat Halqa Chill Brass in Block Sukhnag. Among others, SDM Khanshab, Syed Ahmad Kataria; CMO Budgam, CEO, Engineers from various engineering wings, CHO, CAHO, DSHO, Tehsildar and other district officers and officials attended the programme. On the occasion, PRIs and respected locals from villages Chill, Brass, Khehpore, Lassipora, Sitharan, Batapora and other adjacent villages apprised the DC about their needs. After giving patient hearing to the public, the DC called for holistic development of the area. On the demands of road connectivity, the general public was informed that a number of road projects worth Rs 14 crores have been approved for the devel-

opment of Chill- Sitharan- Batapora and other links in the area. The DC stressed that work on the same be started soon to provide better road connectivity to the local population. Similarly, it was informed that above Rs 1 crore projects consisting construction of filtration plan and a couple of WSS have also been approved to provide adequate potable water supply to villagers. On the occasion, DC urged PRIs to keep watch on the works and ensure full coordination to the officers for timely execution and completion of the same. He also assured that demands including a bridge over Sukhnag Nallah between Chill- Qumur villages and development of Chill Brass as tourism villages shall be taken up with the relevant quarters for early redressal.

The public were briefed about the new one time Amnesty scheme of PDD department about the one-

time relaxation in power fee and urged consumers to avail benefits under it. Meanwhile, DC also visited Govt High School Zugoo and interacted with students and staff. He emphasized on providing quality education and effective adoption of a pair system and rotational seating arrangements for the improvement of weaker students. DC also inspected other villages and inspected development of road connectivity between Sitharan - Zugoo- Ringzabal and other links in the area. The DC stressed on coordination between departments and availability of field functionaries on the ground for the general public. Asserting on cleanliness and sanitation, the DC urged the PRIs and locals to ensure complete ban on single use plastic items and proper garbage disposal. Besides, construction of compost and soakage pits.

SDA launches e-service for allottees of SDA properties to pay monthly dues online

SRINAGAR, SEPTEMBER 14: Srinagar Development Authority (SDA) today launched an e-service through which the allottees of SDA properties can pay their monthly dues online. The service was inaugurated by the Vice Chairman SDA, Haris Ahmad Handoo in presence of other officers of SDA, ICICI Regional Head, Manager and few other employees. ICICI Bank has enabled this service for the Land Management Wing of SDA.

The service called "SDA Tenant Rent Collection Portal" was launched on trial basis for one commercial property of SDA and when successfully tested shall be used for rent collection of approximately 3500 shops and 45 commercial complexes developed by SDA in Srinagar.

The Vice Chairman, SDA informed that this service includes SMS and e-billing services for rent realization from the SDA shopkeepers which shall enable the shopkeepers for making payment through various online payment modes like Net banking, debit card, credit card etc. He said this shall bring greater transparency, accuracy and accountability in the system which is the goal of e-governance and digitalization of government services.

Block Diwas held Dawer

BANDIPORA, SEPTEMBER 14: Under the Block Diwas initiative of LG's administration, a public grievance redressal camp was today organized at Dawer, Gurez. The programme was presided over by Sub Divisional Magistrate (SDM) Gurez, Dr. Mudasar. Tehsildar Gurez, Rouf Iqbal; BDO Gurez Reyaz Ahmad and other sub divisional officers were also present on the occasion. The programme was attended by a large gathering of Public and PRIs. Local and PRIs raised various issues regarding water supply, road connectivity and other basic amenities. The SDM after patiently listening to the public issues passed on spot directions for redressal of the same. He asked officers to resolve public issues on priority. The SDM also assured the public that all the genuine issues will be redressed in a time bound manner.

Jt Dir Horticulture inspects departmental works in Poonch district

POONCH, SEPTEMBER 14: Joint Director Horticulture Jammu, Chaman Lal Sharma today concluded the 3-Day tour of border district Poonch.

District horticulture team headed by the Chief Horticulture Officer Poonch, Sanjeev Kumar accompanied the visiting officer to different Ultra High Density orchard locations, Fruit plant Nurseries, Fruit Processing centers. The Joint Director Horticulture also distributed certificates for successful trainees of a one month course at Fruit Processing Centre Poonch. During the visit, the Joint Director also elaborated on the efforts of the department in popularizing the Ultra High Density concept among the farmers.

Director Agriculture Kashmir visits SMF Tapper, Kreeri Departmental farms undergoing transformation, becoming centres of excellence: Chowdhury Iqbal

BARAMULLA, SEPTEMBER 14: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited Seed Multiplication Farm (SMF) Tapper, Kreeri and inspected different agriculture activities in the farm.

Speaking on the occasion, the Director said that for the last two years the department is working on a roadmap to transform departmental farms into the centres of excellence for the cultivation of different agricultural crops.

He said latest global agriculture interventions are being adopted and implemented in these departmental farms and therefore the desired results are there for

all to see.

Iqbal said that he was pleased to see departmental farms performing well. He said the farms are moving towards the right direction in the journey of transformation and that they are optimistic that in the coming day these departmental assets will become the centres of excellence for different agriculture activities.

Director highlighted the importance of quality seed and said that due to the diversity of land and climate across the region we are able to grow a wide range of crops. He said the farms are tasked with the dual responsibility of providing qual-

ity seed to the farming community and to attract more and more educated youth towards the agriculture sector.

Director agriculture appreciated the staff of the farm for their work and asked them to work with the same commitment for the welfare of the farming community.

Earlier, Manager SMF Tapper Charan Gurdave Singh briefed the director agriculture about various latest interventions adopted and implemented at the farm. He also gave the details of different agriculture crops, seed production techniques and other agriculture activities to the visiting officer.



DDC Chairperson, Deputy Commissioner jointly chair Block Diwas at Shallabugh, Ganderbal

GANDERBAL, SEPTEMBER 14: The District Development Council (DDC) Chairperson Ganderbal, Nuzhat Ishfaq and Deputy Commissioner (DC) Ganderbal, Shyamir today jointly chaired weekly Block Diwas at Govt. Girls High School Shallabugh, here. The Block Diwas was attended by Vice chairperson DDC Ganderbal, Bilal Ahmad; ADDC Ganderbal, Mushtaq Ahmad Simnani; ADC, Farooq Ahmad Baba; ACD, Executive Engineer R&B and other district and sectoral officers. BDC chairperson Sherpathri, PRIs and locals of Block Sherpathri were also present on the occasion. During the proceedings of Block Diwas, PRIs and locals raised a number of grievances related to better drainage and macadamization of roads, augmentation of water and power supply, availability of timber and other issues of public importance were also highlighted. The DC gave patient hearing to the issues raised on the occasion and necessary directions were issued to con-

cerned officers for redressal of all possible issues on immediate basis under their competence.

Speaking on the occasion, the DC said that District Administration is committed to provide all possible facilities at the doorsteps of the people especially living in far-off areas adding that various development works are in full swing in Shallabugh and other blocks of the district as per the demands of the people and transparency is ensured at all levels. While replying the issue of augmentation of water supply, the DC said that Jal Shakti department is directed to lay down the pipe line as per the requirement on war footing basis. On the occasion the DC suggested the PRIs to chalk out the list of works as per the demands of the locals so that same could be put up in upcoming fourth phase of Back to Village program. The DC also urged the locals to participate actively in ongoing Nasha Mukt Bharat Abhiyan and urged them to destroy the wild Bung wherever it is cultivated.

Several Govt. schools renamed after martyrs at Ganderbal



GANDERBAL, SEPTEMBER 14: The District Administration Ganderbal in collaboration with Chief Education Officer (CEO) Ganderbal and District Social Welfare Officer Ganderbal today held tribute paying function in view of renaming Govt. Schools after martyrs in the district.

During tribute paying function, Govt. Boys Primary School Kachan was renamed after Martyr Gh. Mohammad and Govt. Boys Primary School Bamloora was renamed after Martyr Gulshan Ara.

The Schools have been renamed in pursuance to the directions of the Government which has taken a unique initiative of paying tributes to the Martyrs by renaming the Government Schools, Colleges, Roads etc. in their names.

The programme was presided over by the DDC Chairperson Ganderbal, Nuzhat Ish-

faq; DDC Vice Chairperson, Bilal Ahmad; ADDC, Mushtaq Ahmad Simnani; ADC, Farooq Ahmad Baba; BDC Chairperson, Sherpathri, Dy CEO besides family members of the Martyrs.

On the occasion all the dignitaries paid floral tributes to both the martyrs who sacrificed in service of the nation and honored their family members.

Nuzhat Ishfaq while paying rich tribute to the martyrs complemented the school administration for conducting such tribute paying function and expressed her gratitude to the family members of martyrs. DDC Vice Chairperson and BDC Chairperson also threw light on the life of Gh. Mohammad and described him as a true gentleman who was always ready to sacrifice his life for the dignity and integrity of the nation. Meanwhile all participants took pledge against drug abuse which was administered by ADC Ganderbal. On the occasion all the dignitaries paid floral tributes to both the martyrs who sacrificed in service of the nation and honored their family members. Nuzhat Ishfaq while paying rich tribute to the martyrs complemented the school administration for conducting such tribute paying function and expressed her gratitude to the family members of martyrs.

DC Kupwara reviews preparations for disaster management

Directs for comprehensive documentation of Disaster Management Plan

Dr Abdul Qayoom

KUPWARA, SEPTEMBER 14: Deputy Commissioner Kupwara, Doifode Sagar Dattatray who is also Chairman District Disaster Management Authority today convened a meeting of all concerned officers to review the preparations for disaster management in the district.

ADDC Kupwara, Altaf Ahmad Khan; ADC Handwara, ASP Handwara, OC 109 RCC, ACR, SDM Karnah, ACP, CMO, CEO, and other concerned officers were present in the meeting.

Addressing the meeting, the Deputy Commissioner said that the disaster management is a sensitive issue which needs special focus of all the departments to tackle exigencies during difficult times. He directed the officers for comprehensive documentation of Disaster Management Plan and asked all the departments to utilize their core expertise for preparation towards the disaster management. He directed the con-

cerned officers for mapping of disaster prone spots in the district so that a database will be created for rapid response towards these areas.

The Deputy Commissioner received a detailed feedback and suggestions from all the officers regarding effective management of the disasters in the district.

Regarding hilly Tehsils, the Deputy Commissioner directed the concerned officers to put them under special focus as these areas are more prone to mudslides, landslides and avalanches during winters.

To monitor and control the disaster management at district level, the Deputy Commissioner nominated the ADDC Kupwara as Nodal Officer who will monitor the overall Disaster Management in the district. Besides, every department was directed to appoint a Nodal Officer for disaster management who shall be the first responders during the times of disaster incidents.

The Deputy Commissioner also passed on directions for establish-



ment of a Joint Emergency Operation Centre at District Headquarter to strengthen the disaster response system at district level. He directed the DSP Headquarter to take special interest for smooth establishment of the centre.

To ensure preparedness at grassroot level, the Deputy Commissioner directed the ACP Kupwara to create Disaster Voluntary Committee in every panchayat consisting of at least 10 persons headed by a member of the panchayat. He also directed for giving them proper training to tackle with different disaster events.

The Deputy Commissioner also reviewed other issues relating to disaster management. The Deputy Commissioner received a detailed feedback and suggestions from all the officers regarding effective management of the disasters in the district.

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Dulloo bats for full utilization of Rs 900 cr available for interest subvention under AIF

SRINAGAR, SEPTEMBER 14: Additional Chief

Secretary (ACS), Agriculture Production Department (APD), Atal Dulloo today emphasised upon the officers of the departments to work for full utilization of Rs 900 crores available for interest subvention under the Centrally Sponsored Agriculture Infrastructure Fund (AIF) and Animal Husbandry Infrastructure Development Fund (AHIDF) schemes.



The meeting was attended by Directors of Agriculture, Directors of Horticulture, Directors of Animal Husbandry, Directors of Sheep Husbandry from both the divisions of Jammu and Kashmir besides the Director Fisheries and several other concerned officers. The Jammu based officers participated in the meeting through video conferencing.

The ACS impressed upon the officers that people should be assisted to take benefit under these schemes. He gave out that Agriculture based industry is the future of the UT as our economy is majorly dependent on it. He favoured for creating awareness among the youth to establish their entrepreneurial units under the said schemes. He asked them to increase the number of applicants substantially in coming days.

Dulloo further impressed upon the officers to renew their efforts for reaping the maximum benefits and bearing tangible results on ground. He directed the Nodal Officer of the schemes to devise a com-

mon format for reflecting the weekly performance of each head of the department under these development programmes.

The ACS also directed the heads of each department to analyze each rejected application by the Committee so that the necessary rectifications are carried out and the same are not repeated in the new applications.

The meeting was informed that at the end of the previous month Director Agriculture Jammu had uploaded 85 cases, Director Agriculture Kashmir 19 cases, Director Horticulture Jammu 12 cases and Director Horticulture Kashmir 8 cases under this scheme.

Similarly it was told that the projects aim at creating modern infrastructure

for Agriculture development in the UT. These projects include creation of Cold Storage facilities, Dairy development, Walnut and other agriculture products processing. It was given out that applications from remote districts like Shopian, Kupwara and Kishtwar had also been received under these schemes.

The meeting was also apprised that all the loans under this financing facility will have interest subvention of 3% per annum up to a limit of Rs. 2 crore. This subvention will be available for a maximum period of 7 years. In case of loans beyond 2 crore, then interest subvention will be limited up to Rs. 2 crore. The extent and percentage of funding to private entrepreneurs out of the total financing facility may be fixed by the National Monitoring Committee, as was revealed in the meeting. The meeting was also apprised that all the loans under this financing facility will have interest subvention of 3% per annum up to a limit of Rs. 2 crore. This subvention will be available for a maximum period of 7 years. In case of loans beyond 2 crore, then interest subvention will be limited up to Rs. 2 crore. The extent and percentage of funding to private entrepreneurs out of the total financing facility.

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40 Corporators Meet SMC Commissioner to Streamline Corporation

Srinagar, Sep 14: 40 Corporators on Wednesday met Commissioner Srinagar Municipal Corporation (SMC) Athar Amir and presented various demands to streamline working of the corporation.

In a statement to Kashmir Dot Com, Srinagar Corporators Front said "40 Corporators today called upon Commissioner SMC, Athar Aamir Khan and presented a charter of demands to streamline working of Srinagar Municipal Corporation. Commissioner

SMC assured that all issues brought into his notice will be resolved in a time bound manner.

President of the front Danish Bhat said that all the 40 Corporators under the banner of Srinagar Corporators Front (SCF) after holding various meetings today met the Commissioner. SCF will take every possible step towards empowerment

of all the elected representatives of the corporation, he said.

SCF today held a detailed meeting with the SMC Commissioner and various issues concerning the functioning of SMC were also discussed. SMC will see a new dawn of proper functioning which will take the city towards development and progress, he said adding that our fight is to streamline working of SMC and end the misery of people of Srinagar by ensuring development at grassroots level. (KDC)



SCERT observes Hindi Diwas; Speakers emphasizes learning of multiple languages

SRINAGAR, SEPTEMBER 14: Speakers at the Hindi Divas celebratory function, organized by the State Council of Education Research and Training (SCERT), Wednesday, emphasized the importance of learning more languages in order to communicate with a wider audience. Pertinently, Hindi Divas is observed on September 14 every year to celebrate its popularity and mark its adoption in the Devanagari script as one of the official languages of India. "Languages provide the strongest connection to other cultures and fos-

ter love for their customs, cause it will help them

beliefs, arts and history," Dr Shabnam, Academic Officer, who heads the "Education in Languages" wing of the SCERT said. "Learning multiple languages, especially those of the country, is something that people should do be-

communicate with people from other States and travel more easily." Associate Professor, Fayaz Ahmad Fayaz, echoed Dr. Shabnam's sentiments when he stated that learning the local language will make life easier. He cited an instance in which he got lost on a Delhi road because he couldn't understand the bus's signboard to illustrate the vastly increased reach that comes with learning new languages. "We should learn Hindi with a more honest and open mindset because we live in India, where the bulk of population speaks Hindi," Fayaz said. "Students should be encouraged to study Hindi because it is the country of India's national language." Later, some members of the SCERT faculty arranged a panel discussion and talked about.



Block Diwas held at Pahalgam, Dachnipora & Bijbehara of Anantnag

ANANTNAG, SEPTEMBER 14: The weekly Block Diwas was today held at



three community development blocks of the district viz. Pahalgam, Dachnipora and Bijbehara.

The Deputy Commissioner (DC) Anantnag, Dr Basharat Qayoom presided over the event at Pahalgam and listened to the people for redressal of their issues and grievances.

Chairman DDC MY Gors, various BDCs, CMO, ACD, Executive Engineers and representatives of various line departments besides locals in large numbers attended the public outreach programme. Visiting public delegations, PRI members put forth several demands including ensuring stocking of necessary rations near far flung areas prior to the start of winter season, construction of interior roads, review of construction guidelines in Pahalgam, implementation of works programme as per Gram Sabha development plans, staff availability in health centres, rationalization of teaching staff in government schools, etc.

The DC after giving patient hearing to the public assured of resolving all genuine

grievances and issues. Speaking on the occasion, the DC said that the block diwas is a novel platform for people to put forth their grievances and receive prompt responses. He emphasized that such mechanisms impart transparency in governance and promote responsive functioning of public entities. He said that directions have been passed to all line departments to ensure that their representatives regularly participate in Block Diwas and ensure redressal of genuine grievances. He said that the Government is fully committed to last mile delivery of public services. The DDC stressed on coordination among PRIs and officials to ensure welfare of the public, besides, directed the officers to be present in Gram Sabhas so that genuine demands can be addressed immediately. He said that the short term demands will be addressed soon and for the bigger ones the plan has to be framed.

The Additional District Development Commissioner (ADDC), Bashir Ahmed Wani listened to the public at Dachnipora and said that the District Administration has taken up various developmental works for welfare of the people and is committed to complete them within given timelines.

He stressed that regular Gram Sabhas must be held to discuss public demands and works must be taken up as per priorities defined by the Gram Sabha. He directed officials from various line departments to ensure time bound redressal of grievances and to maintain record of grievances received and disposed-off.

The Additional Deputy Commissioner (ADC), Gulzar Ahmad convened the event at Mini Secretariat Bijbehara and listened to the grievances of people. He assured the public of time bound redressal of grievances.

Weekly Block Diwas DC Kulgam convenes Public Outreach programme at far-off Waltengoo Nad, Kund

Farooq Rather

KULGAM, SEPTEMBER 14: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat on Wednesday convened a public outreach programme under weekly Block Diwas at far-off and hilly area Waltengoo Nad Kund, here. The programme witnessed overwhelming response of people from Oriel, Kanchloo, Panchgammad, Waltengoo nad, Nigeenpora, Waripora, Razloo and other villages who apprised the DC about their issue and grievances for early redressal. Auqaf Committee members and PRI members also participated in this grievance redressal camp and put forth issues and demands of the area. The visiting delegations of public and the

PRIs demanded shifting of PHC



to new building at Waltengoo, Children park in Waltengoo, Macadamization of link roads in Waltengoo, further extension and development of playfield,

development of park near ziarat

shareef, development of Kachloo Satranang road, construction of marriage hall at Kund, Bank branch at Nigeenpora, construction of new school building at Oriel and augmentation of water supply scenario besides other demands and issues were flagged-off during the grievances redressal camp. Officers on the spot responded to the queries and demands of people pertaining to their departments. The DC after giving patient hearing to the public addressed some of the immediate nature of grievances on the spot. He also directed officers to ensure prompt and speedy redressal of issues and demands of people. The DC also impressed upon the concerned to conduct awareness programmes in the areas to sensitize youth about various self-employment and other beneficiary oriented schemes.

Block Diwas: DDC Shopian chairs Public Outreach event at Zainapora

SHOPIAN, SEPTEMBER 14: The District Development Commissioner (DDC) Shopian, Sachin Kumar Vaishya today chaired a weekly Public Outreach programme under the Block Diwas initiative of the government at Zainapora, here.

The locals of the area raised various issues like macadamization of roads, better healthcare facilities, and other issues of public importance. The DDC heard their issues

patiently and directed the concerned officers to take appropriate action in fulfilling the developmental requirements of the public on priority.

Speaking on the occasion, Vaishya appealed to people for their active cooperation with the District Administration in charting the new developmental history of the district.

He also exhorted them to guide their children towards the right path of moral, ca-

reer development and to take measures at their individual and community levels against the menace of drug consumption.

The DDC also appreciated Haziq Parvez Lone, 10th Rank NEET qualifier from Shopian district who brought laurels not only to his family but also to the District and UT.

He said that the District Administration is always on forefront to facilitate the people of the district in improving their economic avenues

and opportunities, while adding that it becomes the responsibility of people also to provide a helping hand to the District Administration especially in eradication of the menace of drugs so that the future of the newer generations is saved from degradation and ruin.

Later, the DDC inspected developmental and macadamization works in the area and directed the concerned to complete ongoing works in a stipulated time frame.

DEHYDRATION AND METABOLIC HEALTH: A RELATION

ZOOMI SINGH

Over half of our body weight accounts for water. About 50-60 percent of body weight accounts for water in women while for men it's 60-65 percent. Dehydration occurs when the body doesn't have as much water as it requires. Without enough water, the body can not function properly, which causes problems in our daily activities. Depending on how much fluid is in deficit in your body, you can suffer from mild, moderate, or severe dehydration.

Dehydration can occur in anyone's body, but it is particularly hazardous for children and older adults. The most common causes of dehydration in young children are diarrhoea and vomiting. Older adults naturally have a low volume of water in their bodies. In addition, they may have conditions due to medications that can increase the risk of dehydration. Thus, even minor illnesses such as lung or bladder infections can cause dehydration.

Metabolism refers to the chemical process by which the body converts the food you eat and drink into energy by breaking down the food into small particles. During this complex process, calories in food and beverages are combined with oxygen to be released as energy for the proper functioning of your body, from moving to thinking to growing.

Thus, we can say that drinking less water can spike one's blood glucose levels. HealthifyPRO 2.0 helps you track your hydration levels. Also, the wearable device BIOS sends the user's real-time blood glucose levels to the coach. Body hydration levels play an essential role in keeping one's weight in control. However, it is usual to get confused between hunger and thirst cues. Therefore, whenever the blood glucose levels are higher than normal, it is an excellent practice to hydrate yourself with water, coconut water, or herbal teas and limit your food intake.

Note

Hydrating yourself is vital for a healthy metabolism. It prevents several diseases and keeps you fit. Therefore, eating foods with high water content is always beneficial. You can also improve your metabolism by having a balanced diet, having protein-rich foods, and replacing carbs with lean and low-fat dairy products. Some protein-rich foods are fish, white meat, chicken, tofu, nuts, beans, egg, etc.

Symptoms of Dehydration

The symptoms of dehydration depend on your age:

- Infant or young child
- Dry mouth and tongue
- No tears when crying
- No wet diapers for three hours or more
- Sunken eyes and cheeks
- Sunken soft spot on the skull
- Restlessness or irritability
- Adults
- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Fatigue
- Dizziness
- Confusion
- Some Common Signs of Low Metabolism



Ongoing fatigue: If you have a slow metabolism, your body will burn energy slowly, and you may feel tired all the time, even after a good sleep.

Continuous headache: A slow metabolism can cause regular headaches or severe migraines as the thyroid glands are not active enough.

Weight gain: Hypothyroidism leads to a slow metabolism. You can experience weight gain even if you exercise regularly and stick to a healthy diet.

Constipation: Due to a slow metabolic rate, our body requires time to process food. As a result, this results in constipation.

Depression: As slow metabolism affects your gut, poor gut health impacts your mind and mood. Therefore, it can lead to depression.

Thin hair, brittle nails, and dry skin: People with a slow metabolism also have low thyroid hormone levels. Low thyroid levels cause issues related to skin, hair, and nail.

Benefits of Being Hydrated

Improved brain performance

Even mild dehydration affects memory, mood, concentration, and reaction time. Adding just a few glasses of water to your daily intake can stabilise your emotions and even combat feelings of anxiety.

Digestive harmony

Your body needs water, which helps break down the fibre and keep your digestive tract proper. Without enough water, you may experience irregular bowel movements, gas, bloating, heartburn, and other discomforts that can impact your daily activities.

More energy

Dehydration slows down circulation and affects the flow of oxygen to the brain. In addition, due to a lack of fluids, the heart has to work harder to pump oxygen throughout its body. Also, this makes you feel tired, sluggish, and less focused.

Weight loss/management

Drinking a lot of water boosts your metabolism, which helps in weight loss. In addition, water helps break down fibre, facilitating digestive functions and improving bowel movement. For example, suppose you drink glasses of water before

each meal. In that case, it will substantially reduce body weight, body mass index, and body composition. That is because water will reduce your appetite, enhance the calorie-burning process, suppress your appetite, boost your metabolism, and make exercise easier and more efficient, contributing to results on the scale.

Decreased joint pain

The cartilages in our joints are 80% water. Thus staying hydrated helps the joints remain well-lubricated, which helps reduce friction. This results in smooth movement of joints and fewer aches and pains.

Kidney stone prevention

Water dilutes the concentration of minerals in your urinary tract and even helps flush out harmful bacteria from your bladder, thus preventing the accumulation of kidney stones.

Healthier heart

Dehydration can cause an imbalance of vital minerals like potassium and sodium, which are crucial to your heart health. In addition, due to dehydration, electrolyte level is also decreased, negatively affecting your heart health.

Improved detoxification

Proper intake of water supports your body's natural detoxification systems. Therefore, removing waste and harmful substances through urination, breathing, perspiration, and bowel movements.

Fewer headaches

Dehydration causes the brain to contract away from the skull, which leads to headaches and migraines in some individuals. However, being well-hydrated may help in keeping head pain away.

5 Water-Rich Foods That Help You Stay Hydrated

Watermelon

As per USDA, per 100 grams of serving, watermelon contains:

- Water: 91.4 g
- Calories: 30 kcal
- Protein: 0.61 g
- Carbohydrate: 7.55 g
- Fibre: 0.4 g
- Magnesium: 10 mg
- Vitamin C: 8.1 mg
- Vitamin A: 28 ug

Due to high water content, watermelons have a very low-calorie density. Studies say that foods with low-calorie density are helpful for weight loss by promoting fullness and reducing appetite. Furthermore, watermelon is a rich source of antioxidants, such as lycopene. This compound helps reduce oxidative damage to cells, which is the root cause of ailments such as heart disease and diabetes.

Strawberries

As per USDA, per 100 grams of serving contains:

- Water: 91 g
- Calories: 32 kcal
- Protein: 0.67 g
- Carbohydrate: 7.68 g
- Fibre: 2 g
- Magnesium: 13 mg
- Calcium: 16 mg
- Manganese: 0.368 mg
- Vitamin C: 58.8 mg
- Folate: 27 ug

Strawberries provide lots of fibre and are a rich source of disease-fighting antioxidants, vitamins and minerals, including vitamin C, folate and manganese.

According to studies, including strawberries in your daily diet has been shown to reduce inflammation and help in protecting against heart disease, diabetes, Alzheimer's and various types of cancer.

You can include strawberries in your diet by blending them into smoothies or adding them into salads.

Cucumber

As per USDA, per 100 grams of serving contains:

- Water: 95.2 g
- Calories: 15 kcal
- Protein: 0.65 g
- Carbohydrate: 3.63 g
- Fibre: 0.5 g
- Magnesium: 13 mg
- Calcium: 16 mg
- Manganese: 0.368 mg
- Potassium: 147 mg
- Folate: 7 ug
- Vitamin C: 2.8 mg

Cucumbers are the lowest in calories compared to other water-rich vegetables, and the high water content makes them refreshing.

According to a study, you can have a large portion of cucumbers without adding a significant number of calories to your diet, which is also helpful in maintaining weight. You can add cucumbers to your diet by adding them to salads

and sandwiches.

Celery

As per USDA, per 100 grams of serving contains:

- Water: 95.4 g
- Calories: 14 kcal
- Protein: 0.69 g
- Carbohydrate: 2.97 g
- Fibre: 1.6 g
- Magnesium: 11 mg
- Calcium: 40 mg
- Potassium: 260 mg
- Manganese: 0.103 mg
- Vitamin C: 3.1 mg
- Vitamin A: 22 ug
- Vitamin K: 29.3 ug
- Folate: 36 ug

Celery may be a beneficial weight-loss food because of its high water content and low calories. In addition, celery contains fibre and many essential nutrients like calcium, magnesium, vitamin K and potassium, which are beneficial for our health.

According to studies, vitamin K and potassium protect against heart disease, cancer, and bone-related diseases like osteoporosis.

It's pretty simple to add celery into your diet, as you can eat it in any form, either raw or cooked. Also, you can add it to soups and salads or eat celery sticks with healthy dips such as hummus or Greek yoghurt.

Tomatoes

As per USDA, per 100 grams of serving contains:

- Water: 94.5 g
- Calories: 18 kcal
- Protein: 0.88 g
- Carbohydrate: 3.89 g
- Fibre: 1.2 g
- Magnesium: 11 mg
- Calcium: 10 mg
- Potassium: 260 mg
- Vitamin C: 13.7 mg
- Vitamin A: 42 ug
- Vitamin K: 7.9 ug
- Folate: 15 ug

The high amount of water in tomatoes contributes to their low-calorie content. Tomatoes have a rich nutritional profile and provide many health benefits such as maintaining a good heart and boosting immunity. They are also high in fibre and contain disease-fighting antioxidants, such as lycopene.

According to a study, lycopene helps lower the risk of heart disease and prevent prostate cancer development. You can include tomatoes in your diet by making soups, sauces, salad, salsa and several other dishes.

Conclusion

Dehydration can be the primary cause of various diseases that you struggle with. It impairs the body's ability to create and burn energy. Furthermore, it also affects glucose transportation across cell membranes and reduces insulin sensitivity. Adequate water consumption also benefits your kidneys as it helps remove toxins from your body. In addition, it also aids weight loss by reducing hunger and improving the breakdown of fats and other lipids to generate energy. Hence, cellular hydration is vital for the body's optimal functioning. So, hydrate yourself with fruits and vegetables that contain enough water. You should also drink ample water, coconut water, and other hydrating beverages.

COURTESY: HEALTHIFYME

BRIEFLY HEALTH NEWS

Whole30 Diet: What you need to know about the challenging weight loss routine

Holistic healthcare experts no longer propagate restrictive eating for weight loss – however, according to a new plan, resetting eating patterns could be key to improving overall health. The Whole30 diet created by Melissa and Dallas Hartwig is one such routine that can help regulate the foods that one eats to support weight loss.

What is the Whole30 diet plan?

The Whole30 diet is a 30-minute elimination regimen that offers several psychological and physical health benefits. In 2009, it was created by sports nutritionists and aims at resetting metabolism. This diet advocates abstinence from the following foods: Soy, Added sugars and sweeteners, Grains, Legumes, Dairy, Alcohol

This diet is centred on the notion that the above foods can have a negative on health and fitness. In the long run, abstaining from it can improve overall health.

How does the Whole30 plan work?

The Whole30 diet is based on the premise that one should eliminate unhealthy foods from the diet and gradually reintroduce them after noticing the effect on the body. The diet plan has tight guidelines and cheating is not permitted during the elimination phase. If one cheats, it is advised to start again from the top.

Abstinence from the start can help the body reset without being exposed to foods that cause gut disruptions, hormonal imbalance, and inflammation. It does not require portion control or measuring calories.

What are the health benefits of Whole30 diet?

After 30 days, one can expect the following health benefits:

- Improved sleep, Better athletic performance, High energy levels, Appetite control
- Diminished desire for unhealthy food
- On the downside, this diet can be difficult to adhere to and may not support sustainable weight loss as well. One could also be at a heightened risk of nutritional deficiencies because of abstinence from legumes, grains, and dairy.

Do your periods end in just a day or two? Something could be seriously wrong

The menstrual cycle is one of the most interesting and essential parts of a woman's life – from body weight to pregnancy to mood swings and toxin management, this monthly cycle controls it all. They start when a girl hits puberty, usually around 9 to 14 years of age, and last for four to eight days depending on several factors. But periods become a cause of concern when too short or too long.

On the one hand, many women may end up celebrating for a short period, and little do they realise that it could be a consequence of either an underlying health problem or poor lifestyle choices. But the good news is that these conditions could be rectified easily, without the need for medication.

Some of the most common causes of a short menstrual cycle are:

- Aggressive workouts that hamper hormone release during ovulation
- Hormonal imbalance, Polycystic ovary syndrome (PCOS), Thyroid disorders, Tuberculosis of the uterus, Poor ovulation, Effect of medication like blood thinners, blood control pills, or steroids, Stress,

What to do if periods last for only one or two days?

Periods become shorter when the body stops making ample levels of estrogen – a hormone that builds the lining of the uterus known as the endometrium. When estrogen levels go low, the endometrium is not thick enough and blood flow becomes less. This means that the periods would not be as long as they would normally be. This can also happen when one just hits puberty or is nearing menopause.

How long do normal periods last?

The duration and consistency of every woman's menstrual cycle can vary depending on her body weight and comorbidities if any. Normally, periods last between four to eight days. But if they are shorter than usual or light, do not panic and check with a gynaecologist.

Understanding the Protein Weight Loss Mechanism

PARUL DUBE

without compromising on other factors.

Protein isn't a new word in our health vocabulary. We have learnt its importance as the building block of our body during school biology lessons. Now it is a buzzword among fitness professionals and enthusiasts. But, of course, protein can be controversial too, as in how much you should consume, who should not be consuming any, whether it can be helpful, and more. But we are here to tell you everything you need to know about protein and its association with weight loss.

The big question is – does protein help you lose weight? First, let's dial it back to the basics for a bit. Starting with, what exactly is protein? Protein is essentially something that gives your body the energy it needs, along with the help it needs to build muscle mass. Proteins contain amino acids, which can be essential or non-essential. Our body produces the non-essential ones, but the essential amino acids are what we need to consume since they do not get produced naturally.

Types of Protein

It is vital to understand where you can get your protein intake. There are many different protein sources, which can get confusing, especially if you have any dietary restrictions or allergies. The main idea is to know where you can get the optimum amount of protein

Protein is of two types:

Animal-Based Protein

These come from animal products, mainly dairy-based products such as milk and yoghurt, and animal meat such as chicken, mutton, pork, etc. These get considered complete proteins primarily because they contain all nine of the essential amino acids that one needs to function.

Plant-Based Protein

These proteins get derived from plants, from peas and soy to chickpeas and brown rice. Unfortunately, these are incomplete proteins because they typically lack at least one critical amino acid your body requires.

Ways to Use Protein

You should ideally consume 0.8 grams of protein per kilogram of your body weight. So, weighing around 60 kg, a minimum of 60 grams of protein should be ideal. However, this also depends on other factors like your activity levels, body size, age, etc. For example, older people, more active people, and those who are pregnant or breastfeeding require more protein.

To complement your weight loss journey, increase your protein intake to around 1.6-2.2 grams per kilogram of body weight. You can also calculate



it by keeping protein around 25-30% of your daily caloric intake. It will help you balance the amount of protein you consume while ensuring your intake is not too high. Protein is also best when you consume it in tandem with exercise.

It would help if you had protein daily; it helps repair and grow your cells. Protein deficiency is very rare but can happen to you if you are perhaps on a plant-based diet. Also, suppose you are not consuming nearly enough protein per day. In that case, it can be dangerous to your health, so supplement your diet with added protein. However, a diet that is extremely high in protein can also strain your liver and kidneys and cause osteoporosis because it causes your body to lose calcium. So, yes, protein can aid in weight loss.

Protein's Weight Loss Advantages

Keeps You Satiated: According to studies, protein is a satiating macronutrient. It helps you stay full for longer and in the process and also reduces your portion sizes.

Preserves Lean Mass: Protein is beneficial if you go into a caloric deficit diet. However, it only happens if you exercise alongside your low-calorie diet. Still, if you are consuming protein often, it helps preserve your body's lean mass during these periods.

Increases Food's Thermic Effect: Your body needs time and energy to digest your meal, break it down, and transform it into energy. Therefore, the expense of breaking down food, essentially the thermic effect of food, is relatively high in protein.

Protein Does Not Get Stored as Fat: Protein makes it hard for your body to

store that excess energy as fat, which is helpful for those trying to lose weight. However, something noteworthy is that protein comes in a package. So when you're eating something high in protein, you're also eating all the other things, be it saturated fats, fibre, or sodium. For example, a good-sized steak will offer you a good amount of protein, approximately 30 grams, in one serving. However, it will also deliver a good amount of saturated fats alongside. On the other hand, a serving of lentils will provide you with an ideal amount of protein and fibre without having any sodium or saturated fats. It is why it is of utmost importance to choose carefully what you put inside your body.

The HealthifyMe Note

Protein has many benefits for those who want to lose weight. Not only does it help you stay full for longer, but it also means that you consume less throughout the day. In addition, it preserves your lean body mass and increases the thermic effect of the food you are eating. Finally, protein consumption also helps make it more difficult for your body to store the excess food as fat.

Foods to Try

You can incorporate several foods into your daily routine to ensure that you have the correct amount of protein in your diet. Here are a few foods you can introduce to help your weight loss journey:

Poultry and seafood
Dairy foods, but in moderation (around 1-2 servings a day)

Legumes like beans, lentils, soybeans, and their products (tofu, tempeh, etc.)

Nuts and seeds
Whole grains like quinoa, brown rice, etc.

Vegetables like corn, broccoli, asparagus

Limit your consumption of red meat, and stay away from processed food and cold cuts entirely. These usually come with a package of saturated fats and excess sodium content.

Note

Protein has excellent benefits for those who are looking to lose weight. However, it is vital to remember that you shouldn't just eat protein but consider a balanced meal. To get to a healthier you, ensure eating more protein-rich meals and regular daily exercise.

Summary

Keep one thing in mind as you navigate your weight loss journey. Up the protein, but keep it moderate. As is the case with everything, don't go insane. The best approach is to keep things in moderation and get frequent exercise. Always remember to be flexible, pay attention to experts' advice, and most importantly, your body.

COURTESY: HEALTHIFYME

HEADLINES TODAY

VOICE TO THE VOICELESS

EDITORIAL

Story of Journalists Working in Contemporary Scenario: An Eye opener

Journalists facing trials are quite often set free by the Honorable Courts. However at the cost of their mental state being degraded to an irreparable level.

Finally, the Supreme Court granted bail to Kerala journalist Siddique Kappan after nearly two years. He would continue to stay in Delhi for six more weeks and thereafter he could go to his home in Kerala. Kappan's fault — just wanted to go to the site of the rape and murder of a Dalit teenager in Hathras to report in his publication. A story he didn't get a chance to write. Siddique Kappan, 42, was arrested by UP police while on his way to Hathras on October 5, 2020. Kappan's bail once again brings the Hathras Gang rape case that happened two years back and stirred the conscience of the nation. A young teenage girl was gang raped and assaulted by the perpetrators of a high caste influential community in western Uttar Pradesh. On September 14, 2020, four men allegedly from high caste Thakur community, raped the victim and brutally assaulted her. She succumbed to the injuries two weeks later. In the wake of nationwide outrage, the police began its operation cover-up to save the State Government from embarrassment.

They secretly cremated the woman's body in the dead of the night on September 30 without the consent of her family. This led to more protests as it was all over the media. More reporters rushed to the spot to report for their publications, and Kappan went to cover the crime for the Malayalam news website Azhimukham. He never reached Hathras and was arrested on the way. Police first accused Kappan of intending to start a caste-based riot and creating communal disharmony but later booked him under the Unlawful Activities Prevention Act (UAPA), and for raising funds for terrorism. It will take many years before Kappan's case is finally over, but his life has changed forever already. He lost his mother while in jail. This is not the first time the UP Government has given harsh treatment to journalists and used draconian laws to silence their voices. It seems to be working on the maxim of 'process is punishment.' Kappan's case is a living example. Since there are no punitive obligations on the government or police for using harsh sections they use them at leisure while the person suffers immensely. The 'criminalising journalism' thus becomes an easy tool to suppress news that is uncomfortable to the powers that be. It is not surprising that in the World Press Freedom Index, released by 'Reporters without Borders' in May this year, India's ranking went down to 150 from 142 among 180 nations. At least nine other journalists continue to languish in Indian jails.

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India to create widest gap between rich and poor by 2030

DR. GYAN PATHAK

India may become the third biggest economic power in the world by 2030. It has recently become the 5th biggest by replacing the United Kingdom, and is on the track to push Germany and Japan behind to become the 3rd only after the United States and China. However, such an economic growth model is helping the rich grow and keeping the people down by denying even jobs resulting in rate of joblessness to climb to 8.3 per cent. Thus, India is actually heading towards earning the double distinction for the country by 2030 as the third biggest economy with the widest economic gap between the rich and the poor.

India has presently about \$3.2 trillion economy far behind the target of \$5 trillion economy by 2024-25 set by PM Narendra Modi in 2019 at a time when unemployment rate was 45 years high. According to the IMF, in 2019, India had already become the world's fifth-largest economy with a nominal GDP of \$2.94 trillion overtaking France (\$2.71 trillion) and the UK (\$2.83 trillion). If we take this into account, India's growth after three years to only about \$3.2 trillion is a very slow economic progress, and at this rate, Modi government is not going to achieve the target of making India a \$5 trillion economy within next two years. Even if India becomes the third biggest economy by 2030, it will have little meaning



for the common people.

Where the wealth is actually being created and accumulated, and whose cost? This is a most pertinent question that should be answered first to get the clear idea about the Modi government policy implications on favourite persons, the general rich, and the common people. The national account may show all the wealth that may even increase the per capita income but in reality will conceal the declining income of the common people.

"India is quietly laying claim to economic superpower status" reads the title of an article published in the Guardian, with the subtitle "India recently overtook UK as the world's fifth biggest economy — and it could be third by 2030. The nation of 1.4 billion people is on track to move into third place behind the

US and China by 2030, according to economists, the article read.

This article gives an idea about where the wealth of the nation is being created and accumulated. "The staggering wealth accumulated in recent years by Indian billionaires Gautam Adani and Mukesh Ambani has been less well publicized," the article reads. Adani, in particular has come to represent India's growing economic strength, who had become Asia's richest person in February, and now ranked third in the world with a fortune of \$143 billion.

Both Ambani and Adani are Gujarati, as our Prime Minister Narendra Modi. These widespread industrial interests are representing the India's economic growth story. Both are said to be Modi's friends, and Modi's market

reforms, including cutting corporate tax from 35 per cent to 25 per cent helped them most. "Adani is close to Modi who has been known to use the tycoon's private jet for campaign trips," the article published in the Guardian read.

It is therefore clear that the kind of economic growth India is pursuing has little to do with common people because it is jobless growth. It means the economic growth are being pursued at the cost of common people who are going jobless, and poverty and destitution is spreading fast due to lack of social security coverage and restricted access to essential financial and health facilities to the public in general.

That is why the figures of growth recently released by the Modi government is received well by the people who are concerned only with the wealth creation and accumulation, while criticized by those who emphasize that such a growth has no meaning without human development and well-being of common people.

The part of the government propaganda is that India's economy showed signs of stabilizing last month with strong demand for services helping weather headwinds form high inflation. The economic indicators showed sentiment in the services sector — which accounts over 50 per cent of the \$3.2 trillion economy — was upbeat in August, tax revenue were robust and demand for loans high. However,

everyone agrees that the rising rate of joblessness was the main drag on the economic as well as human development in the country. MIE data shows the jobless rate climbing to 8.3 per cent which was highest in a year. It means the current pace and mode of economic development and expansion is not enough to create new jobs for about one million new workforce joining every month in the labour market.

A recent ILO report has given another data about rising working poverty in India, which has reached to 73 per cent in the country. These are poor quality jobs that are keeping the working population in extreme poverty, moderate poverty, or near poverty conditions. Modi government is further pursuing a policy to promote more informal, gig, or platform jobs that have no social security coverage right now.

Then there is a new trend of changing work of world in which gender and digital gap is too wide at present and will keep more people out of jobs and thereby social security coverage. Modi government must change its policy for life with dignity for common people, rather than the present policies of wealth creation and accumulation in the hands of a few. Wider the gap between the rich and the poor, greater will be the miseries of the people. Selling dream of becoming economic superpower to the common people is deceitful.

IPA SERVICE

LEADERSHIP WORRIED AT PEOPLE'S ANGER FOR DISRUPTING LIFE BEFORE PUJA FESTIVAL

ARUN SRIVASTAVA

The manner in which the BJP created boisterous situation and its cadres indulged in violence near Nabanna the Bengal Government secretariat on September 13 certainly does not underscore BJP's effort to stage a comeback, instead it makes explicit that the BJP had contrived a well-designed plan to engineer to wide chaos and violence in the state.

A closer look at the nature of the protest rally against corruption, would make it clear that it was a part of the BJP's chain to push the country in violence and communal riots. While the party has been wafting Hindu-Muslim issue in other states; Gyanvapi issue in Uttar Pradesh, Nipur Sharma issue in Rajasthan, Peshwa and Maratha issue in Maharashtra, it resorted to igniting violence in Bengal on the pretext of fighting corruption since the party had no Hindi-Muslim issue at the moment.

The Modi-Shah combine has turned sceptical of the future electoral prospect in the wake of Rahul Gandhi's Bharat Jodo Yatra. The peoples' response the rally was receiving on its way has further shaken their confidence. Obviously they had become proactive to neutralise Rally's gains. In their pursuit they can go to any extent. Every action is fair in political war. One need not be astonished if the country witnesses fresh bouts of communal strife in the coming months before Lok Sabha polls.

Strategist Amit Shah and other top leaders are aware of the crude reality that it was an arduous task to foment communal riot in Bengal for unseating Mamata and her party from power. Obviously in this back drop the only way before them is to drown the state in reckless violence and implement their long cherished scheme of putting the state under President's rule. While Jagdeep Dhanekar, the vice President of India, was the Governor of Bengal a resolute effort was made by some Central ministers and top BJP leaders. But they could not accomplish their mission. They had to drop the move.

With 2024 Lok Sabha election, which is very crucial for the political survival of Narendra Modi, knocking at the door, the think tank and strategists have become restive. Though the BJP leaders tried to give the impression that their Nabanna rally was a massive affair, the fact remained that it fell short of their own expectations and the preparation they had done. They had claimed that nearly 2 lakh people would participate but the real number of participant was not more than 50,000.

Nevertheless they succeeded in implementing their plan to kindle violence. The determination of the party leaders to plunge Calcutta and Howrah in violence was clearly evident on



the streets of Calcutta, far away from Nabanna, with the BJP cadres resorting to ruthless violence. They mercilessly beat the police officers of the rank of Assistant Commissioner and burnt their vehicles. They resorted to this nature of violence on the plea that the police has not allowed them to march towards Nabanna.

A political party enjoys the right to speak against the incumbent government and draw the public attention towards its administrative failures. But what happened on Tuesday in Howrah, is really deplorable. The BJP leadership behind the façade of "Nabanna Abhiyan", one of its biggest campaigns in recent times, was simply giving a shape to its plan to push the state into chaos.

It was really a pleasant experience to notice how the BJP used the media, government machinery and even judiciary to further its mission. An apolitical common person will testify that the protesters resorted to reckless violence, but the BJP

The bench directed the

state authorities to ensure that no unnecessary arrest is made and no person is unnecessarily detained in connection with the rally. The petitioner in his PIL claimed that BJP workers were forcibly prevented from attending rally and party leaders were attacked. In Calcutta the police was attacked by the BJP goons. It is pointed out that the place near Vidyasagar College, where the idol of Ishwar Chandra Vidyasagar was vandalised by the BJP cadres during the year old visit of Amit Shah, witnessed worst nature of violence.

The pictures of the vandals putting a police vehicle on fire and thrashing the police officers is viral. The petition was moved even while the protesters were having scuffle with the police. Obviously it implied that the petitioner was ready with his appeal long before the protesters formally launched their march. Around 20 police officers were injured by stones pelted by BJP workers.

The BJP leaders would not have complained if the Mamata government had allowed them to put the lives of the people to ransom and vandalise the state secretariat. In a situation when the protesters were burning the cars of some common people and attacking the innocent people, how could the police not use force to disperse them? The BJP will undoubtedly refute the contention that its cadres and

supporters had gone berserk and indulged in violence. It would have been better in the interest of the state and its people if it has asked the state government to furnish the details of the behaviour of the protesters and their actions while marching towards Nabanna.

BJP insiders nevertheless concede of rally being a poor show. The party had spent around Rs 10 crore on this event. A senior leader said "I wish our leaders had coordinated among themselves and drawn up a proper plan". It is said that a section of the state leaders are not happy with the agitational plans are being prepared by the central leaders. They did not care to look at the cultural ethos of the Bengalis. In their whim to rule over Bengal they come out with many unreasonable plans.

It is also pointed out this is the reason that the senior leaders from state are taking the directives of the central leaders seriously. They are also aggrieved at central leadership giving more credence to the turncoats who have migrated from TMC and indulging in dirty games only to settle their personal score which are completely non-political in nature and character. There are worries in BJP leadership that the September 13 violence might have isolated the party further from people and it will have adverse impact on the panchayat polls next year.

IPA SERVICE

CONGRESS CAN NOT DENY THAT BHARAT JODO YATRA IS AIMED AT 2024 POLLS

SUSHIL KUTTY

Once Congress leader Rahul Gandhi's 'Bharat Jodo Yatra' makes its way out of Kerala, there should be peace between the Congress and the CPM. In Kerala, other than their committed cadres, the two do not differentiate between voters. The Kerala voter shifts loyalty from one to the other religiously every five years. It appears, however, that Rahul's yatra would like this covenant broken come 2024, and the left parties have sensed this threat.

The Congress can deny as much as it wants to, but for the grand old party, 'Bharat Jodo Yatra' has to do with general elections 2024. The Congress had won 19 of the 20 Kerala Lok Sabha seats in 2019. For the Congress no other state fetched as many seats and it wants 2024 to be no different. The yatra has already spent more than a week in Kerala with a total of 18 days reserved for the state.

The Bharat Jodo Yatra route has been charted such that it'll

pass through states which fetched the Congress LS seats in 2019. The quest is to retain those seats, at least. Why would the Congress set out to traverse 3,600 km unless it wasn't to gain political power at the Centre? The Bharat Jodo Yatra makes no sense if it was to win one or two states. The route is proof the Congress wants to consolidate its strengths.

In Kerala, for instance, and in states such as Rajasthan and Chhattisgarh. The Bharat Jodo Yatra will pass through 12 states where the Congress is perceived to be stronger or as strong as the BJP. Not surprisingly, Bharat Jodo Yatra will only be two days in BJP-ruled Uttar Pradesh, and skip altogether Gujarat which is also BJP-ruled and where assembly elections are due even as the Bharat Jodo Yatra passes by, and where the AAP is making a determined bid to grab power.

After Kerala, the Bharat Jodo Yatra and Rahul Gandhi will traverse through Karnataka. In fact, a total of 21 days in Karnataka and



Rajasthan. Both states go to polls in 2023. The Congress has high hopes of wresting Karnataka from the BJP, and believes it will retain Rajasthan despite some unsavoury details that marred its rule at its fag-end.

The CPI(M) grouse is the Congress is not displaying any real intent to fight the BJP. The Bharat

Jodo Yatra spending only two days in BJP-stronghold Uttar Pradesh is a joke. Similarly, steering clear from Bihar is also mystifying. Now, post the criticism from the Left, Congress stalwarts Jairam Ramesh and Digvijay Singh have announced they'll visit several other states as part of the yatra.

The CPI(M) considers this a "strange way to fight BJP-RSS", adding that it looked more like "Seat Jodo" yatra. The more serious question: Doesn't the route chart and the time spent by Rahul in different states indicate that the Congress is not serious about fighting the BJP?

Looks like the Congress doesn't want the humiliation of another defeat; another series of defeats, in the assembly elections, and in the parliamentary elections. More electoral defeats will severely dent Rahul Gandhi's standing within the party, a party which can ill-afford such an outcome.

From all indications, it looks like the Congress would rather abdicate to parties such as AAP,

and regional parties such as the TMC, TRS, RJD and the JD(U), parties which have in them the ability and confidence to defeat the BJP. Gujarat, for instance, appears to have been wholly-solely left to an AAP-BJP contest. In fact, going by rhetoric alone, Gujarat is already "Congress-mukt".

The Congress is disappearing from wide swathes of India. All that the Bharat Jodo Yatra can show as it passes through Kerala is a slowly burning khaki-knicker even as other opposition parties question the Congress for "running away from taking on the Sangh Parivar challenge."

Talk is that the Bharat Jodo Yatra may yet decide to spend more time in Uttar Pradesh. The standing plan, however, is that the yatra will spend 13 days in Telangana, 16 days in Maharashtra, 16 in Madhya Pradesh, two in Delhi, 12 in Haryana and 11 in Punjab. The last politician who did a similar yatra was Jagan Mohan Reddy and he won a state!

IPA SERVICE

Congress leaders should emphasise on total unity against BJP

P. SREEKUMARAN

Is Rahul Gandhi's 'Bharat Jodo' Yatra losing focus during its Kerala leg? The answer to that question, unfortunately, has to be in the affirmative.

The Congress had started the yatra with the express objective of countering the BJP-led Union Government's 'divisive and anti-federal agenda'. A laudable aim indeed. But, unfortunately, the yatra, during its 19-day long Kerala leg, has been more critical of the CPI(M)-led Left Democratic Front (LDF) Government's policies. This, the LDF leaders feel, is totally unwarranted and defeated the very purpose of the yatra, which has, undoubtedly, energized lakhs of Congress activists not only in Kerala but also in other parts of the country. The raising of regional issues, instead of concentrating on larger issues like communal polarization, the politics of hatred and soaring unemployment, can only help the BJP-RSS combine. The aim, the LDF leaders feel, should be to isolate and defeat the forces

of communalism and the majoritarian politics menacing the country's cohesion and unity.

The LDF leaders are particularly peeved over the attack by a few Congress leaders, particularly senior party leader Jairam Ramesh's outburst against Kerala Chief Minister Pinarayi Vijayan. This was nothing but an insult of the Kerala CM, they pointed out. Also, the Congress leaders should bear in mind that in the battle against the BJP at the national level, the party's effort should be to ensure total opposition unity. The CPI(M) is an important ally in this battle and any attempt to keep it out can only be beneficial to the BJP. CPI(M) leaders are particularly unhappy over Rahul's meeting in Thiruvananthapuram with the Latin Catholic Archdiocese to highlight the coastal community's agitation against the Vizhinjam port at the national level. Similarly, Rahul's interaction with anti-SilverLine protesters has also not gone down well with the LDF.

It is gratifying, however, to note the measured response of CPI(M)



state secretary M V Govindan to the attacks of Congress leaders. He said the CPI(M), which is not against the yatra, would not go out of the way to criticize it. But it reserved its right to criticize it if and when the occasion demanded such a response. The CPI(M)'s only grouse, Govindan said, is that Rahul's emphasis on local issues had relegated more serious national problems to the background.

Congress leaders, however, feel that the CPI(M) should also restrain its leaders from launching broadsides against the party and Rahul Gandhi. They cited, in defence of

their argument, the CPI(M) tweet with Rahul's caricature. Congress leaders said they thought that this is not being done without the knowledge of CPI(M) general secretary Sitaram Yechury. In fact, Rahul Gandhi shares a good rapport with Yechury, they opined. This being the ground reality, CPI(M) leaders should avoid personal attacks against Rahul. That was the burden of their song.

In fairness, it must be said that the CPI(M) has rightly justified its stand that the Congress should be more aggressive in its criticism of the Centre's divisive policies. They are also aghast that the yatra is spending 19 days in a state where a Left Government is in power while it will spend only two days in Uttar Pradesh, the backbone of the BJP-RSS duo. There are reports that in response to the CPI(M)'s criticism, the Congress has decided to extend its Uttar Pradesh leg of the yatra by three more days. Even this is not enough. The yatra should spend at least 10 days in that State if it is really serious about making a strong and national anti-

BJP impact. Such a stance would have deflected criticism that the Congress is not serious in its objective to counter the BJP. All is not lost. There is still time to apply the correctives. This is of paramount importance as the yatra has badly rattled the BJP. That is clear from the knee-jerk and nervous reaction of the BJP leaders, including Home Minister Amit Shah.

Last but not the least, the Congress should build on the momentum created by the yatra. The enthusiasm witnessed during Rahul's yatra should be channelized into a people's movement aimed at capturing power at the Centre. An essential pre-requisite in this Herculean task is a strong organisation which can measure up to the challenges posed by the mighty BJP juggernaut. It's a golden opportunity for the Congress to revitalize the party and its organization. The party should bend all its energies to the task of getting the party into top shape and battle-ready to take on the BJP in the 2024 Lok Sabha elections.

IPA SERVICE

KNOWLEDGE

(Written by Sir Syed in Urdu 'Tarqi Uloom')

ABBAS ALI

The progression of knowledge among Muslims has taken an unusual path. After the battle of Yamama, during Hazrat Abu Bakr's (RA) Khilafat, the first fundamental knowledge growth happened. He (RA) tasked Zaid Bin Sabit (RA) with compiling the Quran from beginning to conclusion and publishing it as a book. As a result, he (RA) wrote in the form it now exists.

When people committed to gathering Hadees, Muslims' knowledge gained a developmental boost for the second time. Although many first believed it was terrible (and their perspective may have been proper), by the second century, everyone had acknowledged its importance and focused on gathering Hadees and authoring Hadees-containing texts.

There is some debate on who was the first to start it. According to some, Imam Abdul Malik bin Abdul Aziz Abni Jireh Basri, who died in 155H, was the first to write a book. Others believe that Abu Nasr Saeed Abni Aroba, who died in 156H, authored the book for the first time. Others claim that the first book was written by Rabi Abni Sabeeh, who died in 160H. Sufyaan bin Aniyah and Malik bin Ans' writings in Madina, Abdullah bin Wahab's writings in Egypt, and Moammam and Abdur Razaq's writings in Yemen all date from about the same time. The books of Sufiyaan Sowri and Mohammed Ibra Fazeel Ibra Gazwaan were written in Kufa. Hamad Ibra Salma and Urwa Ibra Abada were written in Basra. Hasheem Wasit and Abdullah Ibra Mubarak published their books in Khorasan.

For the third time, Muslim knowledge received another progressive push when people expressed their disagreement over religious beliefs, and the difference between novelty (Bidah) and wishes (Ahwa) became common. Scholars started writing books on theology, and then the same theological writing progressed. Moreover, rejection of issues of Greek philosophy which were in contradiction with Islamic beliefs, were also included in those books. Haris Mahasabi, a contemporary of Hazrat Imam Ahmad Ibra Hanbal (RA), was the first to write a book on this kind of knowledge. Initially, scholars and pious people considered this knowledge a heretic and disbelief. Then gradually, people felt its need so intensely that it attained the obligatory status of the kind that at least one from a large group must acquire it, lest all the group is considered to be sinners.

For the fourth time, the Muslim knowledge developed during the reign of Abbasid Kalifs. It so happened that Greek knowledge was translated from the Greek language into Arabic and got popularized among Muslims. Initially, religious orders of disbelief and apostasy were pronounced against the learners of these branches of knowledge. However, shortly, these branches of knowledge were considered the standard of superiority and perfection.

For the fifth time, the Muslim knowledge progressed when Muslim scholars considered it a sufficient and necessary condition to differentiate between the rationality of beliefs and imported beliefs to check the perfection of one's belief.

Imam Gazali (RA) acquired the highest perfection in this art so much, so his book "Ahyayi Aloom" is the fountainhead of this art. Although, initially, religious orders were pronounced against Imam Gazali (RA) and people disseminated advertisements to burn his book, ultimately, he attained the title of Hujatul Islam- the Argument of Islam, and his book was accepted by all over the world.

After this, very few books were written on this art; however, at his fag end, Moulana Shah Waliullah Sahab (RA) diverted his attention towards it and wrote a book - "Hujatulullah Al Balagah." Following those times, the book was excellent, containing a strange nicety.

However, all these times whose stories I have narrated have passed away, and currently, it is pertinent that two kinds of knowledge must experience development among Muslims.

First, as Muslims had obtained the ancient Greek Philosophy and wisdom, modern philosophy and wisdom must be obtained and developed further because the mistakes of Greek knowledge have publicly been revealed. Modern knowledge has been established on a very excellent and robust foundation.

Second, as the former scholars had tried to find compatibility between Greek rationality and the Islamic importability, in the same way, we should try to find the application of Modern Rationality and Ancient Islamic Importability. So that the conclusions we had drawn earlier shall also be obtained in present times.

Many simpletons will undoubtedly consider it wrong and might even use sarcastic language, but we should not give them any damn because those earlier people who had done this, they too, faced the same thing. However, ultimately everyone shall value it.

Anwar Sidiqi's Intikhab Mazameen Sir Syed (pg. 94-96)

THE PROGRESS OF ISLAMIC KNOWLEDGE

Written by Sir Syed in Urdu as 'Tarqi Uloom'

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(From Anwar Sidiqi's Intikhab Mazameen by Sir Syed Ahmad (pg 94-96))

IS IT A PLAN TO SPLATTER APART THE CONGRESS VOTE BANK? DEFINITELY IT IS!



M S NAZKI

To which team of BJP does Ghulam Nabi Azaad belong to? Team A, Team-B or Team-C!

'Or is Azad the former Chief Minister running out of money?'

'Well at this ripe old age he should or would be having a comfortable life in New Delhi and suddenly Ghulam Nabi gas got energized!'

'Is it a plan to splatter apart the Congress vote bank? Definitely it is!'

'Power matters and Azad always went for power but one thing he forgot, the party Indian National Congress gave him the stature which he probably forgot or was it that he was scared from the lengthening claws of the enforcement directorate! Again he probably was!'

'What did Azad say: Article 370 Can't Be Restored; Cong May Go From 50 to 25 LS Seats: Ghulam Nabi Azad at J&K Rally! Sounds a great statement but that is not going to happen! A man who was with the oldest party in India is speaking a language of a party whom he opposed tooth nail sounds a bit incredible! But the fact remains that he is in one of the teams of BJP! Could be Team-C! Such a man deserves the status of Charlie! Sorry I did not add Chaplin!' Azad is nowhere near the great actor in any case!'

'After serving the Congress for over five decades, 73-year-old Azad resigned from the party on August 26. The former chief minister targeted regional party leaders, saying they should not lie to people about Article 370. Azad told the gathering that he will fight for restoration of statehood and protection of jobs and land for residents of J&K!'

'The history of Article 370 is far bigger than Azad's own political



career?'

'Article 370 of the Indian constitution gave special status to Jammu and Kashmir, a region located in the northern part of the Indian subcontinent and part of the larger region of Kashmir which has been the subject of a dispute between India, Pakistan and China since 1947.'

'Jammu and Kashmir was administered by India as a state from 1952 to 31 October 2019, and Article 370 conferred on it the power to have a separate constitution, a state flag, and autonomy of internal administration!'

'Article 370 was drafted in Part XXI of the Indian constitution titled "Temporary, Transitional and Special Provisions"'

'It stated that the Constituent Assembly of Jammu and Kashmir would be empowered to recommend the extent to which the Indian constitution would apply to the state. The state assembly could also abrogate Article 370 altogether, in which case all of the Indian Constitution would have applied to the state.'

'After the state constituent assembly was convened, it recommended the provisions of the Indian constitution that should apply to the state, based on which the 1954 Presidential Order was issued. Since the state constituent assembly dissolved itself without recommending the abrogation of Article 370, the article was deemed to have

become a permanent feature of the Indian Constitution.'

'On 5 August 2019, the Government of India issued a Presidential Order superseding the 1954 order, and making all the provisions of the Indian constitution applicable to Jammu and Kashmir. The order was based on the resolution passed in both houses of India's parliament with two-thirds majority.'

'A further order on 6 August made all the clauses of Article 370 except clause 1 to be inoperative.'

'In addition, the Jammu and Kashmir Reorganisation Act, 2019 was passed by the parliament, enacting the division of the state of Jammu and Kashmir into two union territories to be called Union Territory of Jammu and Kashmir and Union Territory of Ladakh. The re-organisation took place on 31 October 2019.'

'A total of 23 petitions were presented to the Supreme Court of India, challenging the central government's decision to abrogate Article 370 of the Constitution, which has constituted a five judge bench for the same.'

'At his first rally in Baramulla after his exit from the Congress, Ghulam Nabi Azad was candid saying Article 370 is done and dusted and it was almost impossible for any political party to bring it back.'

'I will not mislead anyone. Neither for votes, nor for politics will

I exploit you. Please don't rake up issues which can't be achieved. Article 370 can't be restored. It needs a majority in parliament,' Azad told the gathering, clearly hitting out at Kashmir-based mainstream parties.'

'Obviously it seems that he is the Chief Minister candidate of the state which belongs to the people!'

'Parties such as the National Conference and People's Democratic Party have come together to form the People's Alliance for Gupkar Declaration to fight for restoration of the special status of Jammu and Kashmir, stripped in 2019.'

'But is Ghulam Nabi right in making such declarations and masking himself? He is absolutely wrong!' He is in for a highland surprise!'

'The former J&K chief minister said the Congress was going down with every election and there is no party in India which can get a majority in parliament and restore article 370. Neither the Congress nor any other regional party or leaders ... Mamata, DMK, Sharad Pawar or anyone can get back 370,' he said. Yes they cannot but you Azaad Sahib were the most vociferous about the same! You are calculating seats but will you win yours! Honestly speaking I have doubts!'

'Azad added that for anyone to do so, a party has to get 350 plus seats in the Lok Sabha and also two-thirds majority in Rajya Sabha. He said in the last election, the Congress won 50-odd seats and that might further come down to 25, but "I pray the Congress does well." Perhaps the tally would be more! Self assumptions can be deliciously dangerous!'

'J&K has been going through a difficult phase since 1947 and more than one lakh people have lost lives and leaders have banked on falsehoods to deceive the masses. The politics of exploitation has led to the killing of one lakh people in Kashmir. It has orphaned five lakh children and caused massive distraction,' he said.'

'He said that he has come to J&K to fight against falsehoods even if it hurts his political pros-

pects. Azad is the biggest false face in political landscape of J&K as many others were and he knows who exactly they were!'

'Azad was the Chief Minister when the same things were happening? What great things did he do?'

Known for his ability to negotiate the challenging twists and turns of body politic, Azad was often sent by the leadership to fight any situation - be it a crisis in a faction-ridden state unit like Haryana or cobble up a new alliance and government in Karnataka with the JDS. He did it but it was power that bothered him more perhaps! But things were never the same between Azad and Gandhi after the summer of 2020 when he headed the 'group of 23', seeking a leadership and organisational change. Observers say the relationship broke irretrievably after the Congress chief denied Azad, the sitting leader of opposition in Rajya Sabha, a renomination to the upper house last year. This is what politics is all about and he found that Congress was a depleted lot! Right or wrong, the decision he took at the age of seventy could not have been right in any way! Anyway the choice was his!'

Many eyebrows were raised when Prime Minister Narendra Modi profusely praised Azad while delivering an emotional speech during the Congress leader's farewell in Rajya Sabha in 2021. In return, Azad was also effusive in his praise for Modi. Again the Congress did not take it easily when the Modi government conferred the Padma Bhushan on Azad. Senior leaders called it a political decision and not one on merit. And very recently, Azad resigned from the post of head of the Jammu and Kashmir Congress campaign committee hours after he was appointed. The writing was on the wall since then. But the people know as to what the game plan was! Anyway let us see how Azad plays the final few overs of his political innings! By the way, the prospects do not look bright at all, sadly speaking!..

BRIEFLY NEWS

Vicky Kaushal sends best wishes to 'Siya'

Manish Mundra's directorial venture 'Siya' is hitting the big screens on September 16.

Ahead of its release, actor Vicky Kaushal has sent his good wishes to Mundra who also had produced Vicky's claim to fame movie 'Masaan'.

Vicky took to his Instagram story and wrote: "My best wishes to Manish Mundra for his first directorial. Releasing in cinemas on 16th September, hearing some great reviews... Looking forward to watch it, #Siya."

'Siya' is a film that tells a tale of a teenage girl and her struggle to justice against rape and the toll the heinous crime takes on her mentally, physically and on her family.

The film has been produced by Drishyam Films and stars Vineet Kumar Singh and debutant Pooja Pandey in pivotal roles.

Hush Hush: Fans bowled over by riveting trailer

Prime Video had recently unveiled the trailer of its highly-anticipated crime drama, 'Hush Hush', and within moments, the riveting trailer caught viewers' attention.

From calling it 'gripping and intense' to a 'chilling murder mystery', the trailer received rave reviews and reactions from viewers. While many eagerly wait to unearth the dark secrets, some can't wait to see the refreshing women-led cast together onscreen.

'Hush Hush' follows the life of four friends - a powerful lobbyist Ishi Sanghamitra (Juhi Chawla), an ex-investigative journalist Saiba Tyagi (Soha Ali Khan Pataudi), a trapped-in-society housewife Dolly Dalal (Kritika Kamra) and a self-made fashion designer Zaira Shaikh (Shahana Goswami). Their seemingly picture-perfect lives turn upside down after they get entangled in something sinister one fateful night. Embroiled in lies, secrets, and deceit, the four friends try to escape the danger.

The show boasts an ensemble cast of Juhi Chawla, Soha Ali Khan, Shahana Goswami, Kritika Kamra, Ayesha Jhulka, and Karishma Tanna.

Directed by Tanuja Chandra and produced by Vikram Malhotra, the seven-episode character-driven series will release on September 22, on Prime Video.

COLORS to air 'Big Boss 16' soon

COLORS is all set to bring back the brand-new season of reality show 'BIGG BOSS' with megastar Salman Khan as the host.

The actor also recently shot the promo for the show.

For the past 15 years, Bigg Boss has witnessed everyone's game, but now it's his time to play it.

Having kept the viewers entertained season after season, the anticipation for this year's theme and contestants had magnified. Putting an end to all the speculations, the host Salman unveils or rather warns that BIGG BOSS will no longer be a spectator of the game.

This season Bigg Boss is not just watching you, but he is ready to play the game with you. Be prepared for the show in a brand-new avatar with 10-fold the drama, excitement, and entertainment.

Jjust Music's 'Ishq Da Dariyaa' out

Ever since the teaser of Jjust Music's upcoming release 'Ishq Da Dariyaa' sung by Stebin Ben has been released, the audience were waiting for the release of this soulful romantic number.

Jjust Music finally launched the song and it's absolute bliss to our ears.

The song tells the story of actors Zaheer Iqbal and Sarah Anjali as departing couples. It encapsulates all the feeling that brings them back together.

It's bound to give major relationship goals.

Jjust Music took to social media to tell fans: "Take a walk of love with #IshqDaDariyaa Full song out now. Link in bio!"

Sarah shared, "It was a really great experience shooting this music video and I loved working with the whole team. It is my second song with Jjust Music. Had done 'Aa Jaana' with Jackky Bhagnani and even that was a fun experience. Ishq Da Dariyaa song is beautiful and Stebin Ben has an amazing voice so I'm so happy to be a part of this song."

The song is from Jackky Bhagnani's label, has been composed by Prem and Hardeep, directed and choreographed by Mudassar Khan.

Jacqueline at EOW office over money laundering case

Bollywood actor Jacqueline Fernandez on Wednesday appeared before the Economic Offences Wing of Delhi Police.

She was at Delhi office to record her statement in connection with an ongoing alleged money laundering case involving conman Sukesh Chandrasekhar, sources said.

Earlier, she was summoned to appear before EOW on September 12 but she did not turn up.

It was the third time that a summons was sent to Fernandez by the police.

The probe involves alleged money laundering of Rs 200 crore related to Chandrasekhar.

Last year, she was summoned and asked to appear before the Enforcement Directorate office in Delhi to record her statement in the same case conman's case.

Prime Video to air Madhuri's 'Maja Ma'

Prime Video on Wednesday announced the global premiere of its first Indian Amazon Original Movie 'Maja Ma', starring Madhuri Dixit, on October 6.

Produced by Leo Media Collective and Amritpal Singh Bindra, directed by Anand Tiwari and written by Sumit Batheja, 'Maja Ma' is a family entertainer, set against the celebratory backdrop of a traditional festival and a quintessential, colorful Indian wedding.

Warm and funny, this light-hearted yet thought-provoking drama with unexpected twists and turns, features Madhuri in the lead, in a never-seen-before role.

It boasts of an ensemble cast including Gajraj Rao, Ritwik Bhowmik, Barkha Singh, Srishti Shrivastava, Rajit Kapur, Sheeba Chaudha, Simone Singh, Malhar Thakar and Ninad Kamat.

'Maja Ma' is the first of many from Prime Video India's Original movies production slate, bringing compelling, authentic, and rooted stories that not just connect with audiences in India but resonate with viewers across the world.

"We are extremely thrilled to bring our first Indian Amazon Original Movie for our diverse cus-

tomers. Foraying into our own Original movie production here in India was a natural progression as we believe it opens up another avenue for us to super serve our customers with immersive entertainment that delights and engages them," said Aparna Purohit, head of India Originals, Prime Video.

"Maja Ma is the first of many Original Movies, that will launch directly on our service. This movie is also special for us as it showcases a female protagonist and her strength of conviction, beautifully portrayed on screen by the Bollywood icon, Madhuri Dixit," said Aparna.

"Along with a powerful storyline, the movie features beautifully composed music which is intricately woven into the story. It has been a pleasure collaborating with Anand Tiwari and Amritpal Singh Bindra once again and we are sure Maja Ma will resonate with our viewers across the globe," she added.

"I truly believe that the audience today is looking for content that is fresh, varied, and modernistic in its approach, yet keeps the humble storytelling at heart. Audiences are open to new genres and new experiences and Maja Ma does all that and more," said Anand

Tiwari, Director, 'Maja Ma'. "Pulling at the viewers' heartstrings while also making them laugh at the same time this beautiful story features a highly versatile cast who breathe life into their characters flawlessly and beautifully. I am delighted to have Maja Ma premiere on Prime Video. It is truly fulfilling to witness Indian content reach worldwide audiences," added Tiwari.

"This is my second project with Prime Video after the success of Bandish Bandits and I am thrilled to premiere Maja Ma on the service", shared Amritpal Singh Bindra, Producer, 'Maja Ma'. "The movie is a labour of love for all of us, from the wonderfully talented cast to the hardworking crew, each of whom have put in their best to bring this amazing movie to the audience. The result is a story with intricate storytelling, interspersed with human emotions and several life lessons that continue to be with the audiences long after they have finished watching the movie. I cannot wait to see the reactions to this beautifully crafted story from viewers within as well outside the country," he added.

It will stream from October 6 on Prime Video.



Audible launches 'Little Things'

Audible has launched a brand-new season of the slice-of-life fan-favourite hit show 'Little Things'.

The audio show titled "Little Things: Jab Dhruv Met Kavya" is produced by Dice Media.

Over the years, Dhruv and Mithila's characters have captivated the hearts of many with their relatable banter and tender moments. But the most beautiful love stories are defined by their beginnings, the little moments of serendipity that make two strangers suddenly feel they were made for each other.

Dhruv and Kavya are #couplegoals. But how did they find each other? How did they fall in love? From their first accidental movie date, to planning bhaji outings, to planning their life together; experience the sweet little things that made an awkward, sensitive guy and a girl-next-door fall in love.

The new season will see them reprising their roles as the adorable jodi of 'Momo' and 'Biryani Monster' and take fans through their heart-warming journey of meeting, falling in love, their ups and downs and everything in between in this 20-episode audio series.

Speaking about the launch of this new show, Shailesh Sawlani, VP and Country GM, Audible India, said, "Dice Media's Little Things is a cult show and we



are so excited about giving their fans a "new home" to visit their favourite couple, here on Audible.

This season is a 20 episode "So how did you two meet?" origin story about this beloved duo and we know fans are really going to enjoy listening to it!"

Commenting on the launch, Viduth Bhandary, Studio Head, Dice Media said, "'Little Things' has been an audience favourite since its very first season on Dice Media's YouTube channel, leading to its OTT release for all upcoming seasons."

"Whereas, Dhruv & Kavya have grown to be adored for their chemistry and #couplegoals, building a strong affinity amongst audiences. The relatable nature of the series and recognition for its characters, makes the

show adaptable for newer formats and platforms, that audiences would yearn to indulge in."

"I am so excited that we can bring back the magic of Dhruv and Kavya for the fans, with this incredibly special origin story; In equal parts sweet, nostalgic and so much fun, they'll find themselves listening to it with a goofy smile on their face," shared Dhruv Sehgal.

Echoing her sentiments about the new show, actress Mithila Palkar added, "I am excited about the launch of this show because I finally have an answer for the millions of fans who keep asking me when do they get to meet Dhruv and Kavya again! This is a really sweet special story about how Dhruv and Kavya met, and I know fans are going to enjoy listening to it."

'Dhoka': Romantic track 'Tu Banke Hawa' out

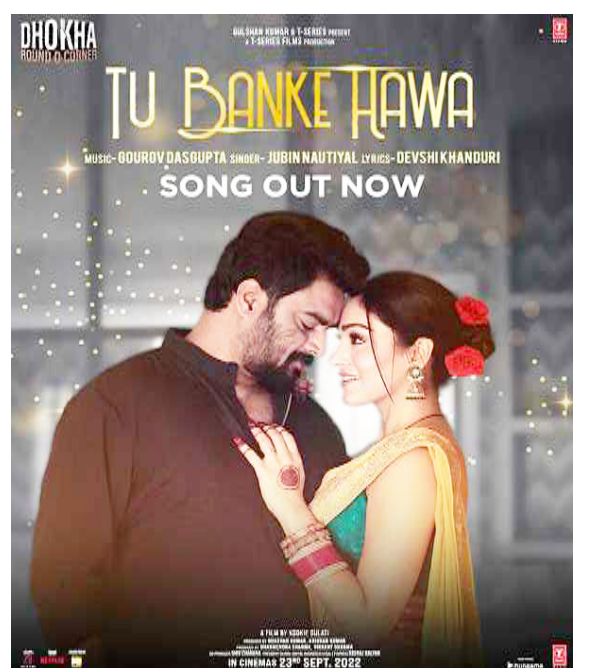
Igniting the magic of first love 'Tu Banke Hawa' from 'Dhoka Round D Corner' is sure to sway you away with the thrilling chemistry between R Madhavan and Khushalii Kumar.

With vocals by Jubin Nautiyal, music by Gourov Dasgupta and penned by Devshi Khanduri, the fast paced romantic track captures the innocent and candid moments with sizzling chemistry brewing between the dreamy couple. Showcasing a variety of emotions and elements via the film's music, the first song 'Mera Dil Gaaye Ja' brought nostalgia with its retro and disco vibes and now 'Tu Banke Hawa' promises to stir up the romance!

Director Kookie Gulati said, "The track 'Tu Banke Hawa' takes the narrative of the film ahead. It gives viewers a glimpse into this couple's life, the candid moments they share and the love between them."

Madhavan shared, "The song 'Tu Banke Hawa' depicts everything you'd expect from a couple starting a new chapter in their lives. It's told in a very interesting and fresh style and it's about the romantic narrative between this couple in love."

Khushalii said, "I remember filming this song



and it has a lot of lovely moments where a regular routine is treated in a special manner. Everything is beautiful when you look at it from a lens of love and that's exactly what you will see in 'Tu Banke Hawa'."

Jubin commented, "'Tu Banke Hawa' is a very beautiful and feel-good romantic track. I had a great experience recording this one where I've tried to incorporate both soul and power in the vocals."

When a delusional house wife with a personality

disorder is taken hostage by a terrorist on the loose and a husband accused of cheating on his wife have their own versions of reality, how do we know who's saying the truth? 'Dhoka Round D Corner' is a tale of lies and harsh truths.

Produced by Bhusan Kumar's T-Series, 'Dhoka Round D Corner' starring Khushalii Kumar, R Madhavan, Darshan Kumar and Aparshakti Khurana and directed by Kookie Gulati releases in theatres September 23.

Sightsavers India complete 5 yrs of 'Raahi'

Sightsavers India has commemorated the successful five year completion of 'RAAHI', the National Truckers Eye Health Programme.

RAAHI seeks to ensure that truckers with refractive errors receive glasses in the most convenient way possible, that they wear them consistently, and they seek regular eye examinations.

The programme operates on a hub-and-spoke model, with static vision centres ('RAAHI Drishti Kendras') and outreach camps. These services include vision screening, refraction, blood pressure checks, body weight measurement, cataract check-ups, and eye-health counselling and referrals.

The celebration began with the screening of a short film presented by Sightsavers India and Cholamandalam, which was followed by the unveiling of "Eyes on the highway" a five year journey report, which highlighted the recorded data, progress, and insights of the National Truckers Eye Health Programme till date, as well as another report on the impact and effectiveness of ready-to-clip spectacles among truck drivers over the course of five years.

Ready 2 Clip TM (R2C)



spectacles were introduced into RAAHI programme in order to reduce the programme waste caused by the non-collection of custom-made spectacles.

Sightsavers' Brand Ambassador, Kabir Bedi, Amit Ghosh, Additional Secretary, Ministry of Road Transport and Highways; Dr Caroline Harper, Global CEO, Sightsavers; R N Mohanty, CEO at Sightsavers India; and Dr SY Quraishi, Chairman of the Board of Trustees, Sightsavers India graced the event.

"RAAHI is a flagship programme of Sightsavers. I am very happy to present the RAAHI film which marks 5

years journey of Sightsavers and Cholamandalam partnership in serving truckers across the country. Over the years, Sightsavers and Cholamandalam have together contributed greatly towards providing eye care services to the trucking community in India. The RAAHI Programme has made a significant impact in the lives of the truck drivers and has played a critical role in addressing problems like eye health and road safety," said Dr Quraishi.

"There are about nine million truck drivers on Indian roads bringing us everything we need, to our homes. We were shocked

to discover, of the 9 million truck drivers, 50% had vision problems. In 2017, Sightsavers started the RAAHI initiative to bring eye care to the truckers," said Kabir Bedi.

"In our Bombay Urban Eye Health Programme, we saw many truck drivers are coming and getting their eyes checked. We segregated this data, of around 5,000 to 6,000 drivers and did a small analysis, and we figured out that close to 47% of truck drivers have eye problems. That was from where the idea of RAAHI came to create a national programme for truckers in India," added Mohanty.

Kartik's Rooh Baba gets comic avtar

Young superstar Kartik Aaryan whose lucky star is shining extra bright this year, will soon be seen in an adorable avtar.

Kartik's Rooh Baba from blockbuster Bhoor Bhulaiyaa 2 will soon get his own comic book version, the star recently announced at a conclave.

Kartik revealed how Rooh Baba got into the world of comic books as he said, "If I talk about the recent success of Bhoor Bhulaiyaa 2, especially about the kids factor, I was the happiest when the team got a call from Diamond Comics that they wanted to create a comic character out of Rooh Baba and Bhoor Bhulaiyaa 2 itself, taking all characters which is a big thing."

"So I mean, its all avenues, where this film and these characters are and people have liked them and viewed them multiple times, besides just me also (chuckles), so I am so happy about it."

While the host revealed



that the only other superstar of our times to be immortalised in a comic book was Amitabh Bachchan, Kartik added: "That's actually amazing, 'That's quite cool! I mean he has had an adventurous journey and which is quite inspiring for all of us. I think comically, I would like to buy that comic (laughs)."

Kartik took the nation by storm with another recent announcement of his upcoming film 'Aashiqui 3'.

He will also be seen in 'Freddy', 'Satyaprem Ki Katha', 'Shehzada', 'Captain India' and Kabir Khan's untitled next.

Block Diwas: Public Outreach programme held at Dinga Amb Block

KATHUA, SEPTEMBER 14: Deputy Commissioner Kathua Rahul Pandey alongwith Vice Chairman DDC Raghunandan Singh today presided over block diwas proceedings at Block Dinga Amb today. BDC Chairperson Sudesh Sharma, DDC Member Dinga Amb, Rimi Charak, Sarpanchs, Panchs and a large number of people attended the outreach programme. The programme witnessed scores of individuals and deputations including PRI members projecting demands and apprising DC Kathua about the problems faced by the inhabitants of their respective areas. The people of Dinga Amb and peripheral areas put forth issues concerning their areas ranging from the provision of better



road connectivity, drinking water supply, issue of upgradation of high school Dinga Amb-A, high or low for time bound resolution of all the issues. While speaking on the occasion, DC said that Block Diwas initiative was aimed at reaching out to the people and listening to their grievances and redressing them in an efficient and coordinated manner. He enjoined upon the concerned officers to prioritise the grievances and redress them in a time bound manner. The DC informed that a comprehensive plan under Jal Jeevan Mission has been prepared to cover the water deficient kandi areas which will improve the drinking water availability scenario. CEO Kathua was directed by DC Kathua to take up the plantation drives in schools and adopt measures for cleanliness and sanitation to ensure their

upkeep. The DC also impressed upon officers of different departments to disseminate information regarding different schemes of their department. Vice Chairperson DDC appealed to PRIs to work in close coordination with district administration so that the development targets under different schemes can be achieved within set timelines. The DC informed that a comprehensive plan under Jal Jeevan Mission has been prepared to cover the water deficient kandi areas which will improve the drinking water availability scenario. CEO Kathua was directed by DC Kathua to take up the plantation drives in schools and adopt measures for cleanliness and sanitation to ensure their

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Vice- Chairperson DDC Udhampur leads massive anti drugs rally at Khoon

UDHAMPUR, SEPTEMBER 14: Juhi Manhas Pathania, Vice Chairperson, DDC Udhampur has called for a vigorous civilian initiative and rather a movement to counter drug menace. She was addressing the participants, while flagging off a massive anti drugs rally organized by ICDS Project Majalta attended by Anganwari workers, helpers, PRIs, students and locals. "The women as a mother, as a wife and as a sister are most affected whenever somebody in the family falls prey to the drug menace. We need to collectively and synergistically act as 'agents of change' and ensure that people especially young people do not fall prey to such menace" she said and added that Youth are national wealth, and this national wealth should be carefully nurtured and ward away from vices. Hageeqat Singh, CDPO Majalta, Ramesh Gupta Sarpanch Khoon, Manoj Verma Sarpanch Bilaspur, Namrata Bali, Bikram Singh, Ved Sharma and scores of PRIs also sensitised the people on issues like this. Later, the DDC Vice Chairperson chaired Block Diwas meeting at Community Hall Dhema to have a grassroots level overview of day to day issues of the area. She listened to issues and demands of several PRIs as well as visiting delegations at



Block Development Office Khoon. Officers of different departments and PRIs also participated in the Block Diwas. Amongst projected issues were provision of adequate staff in educational and health institutions, meeting paucity of drinking water supply in different Panchayats, infrastructure amenities including construction of Khoon to Neldi road, damaged road from Deot to Upper Bilaspur, drainage problem alongside Thial to Dhemma, early clearing of pending liabilities under MGNREGA, start of works under/FC demand for electric poles, water supply installation of transformers to resolve the problem of Low voltage, improvement of Mobile connectivity, speedy execution of proposed PMGSY and PWD roads, repair of hand pumps, etc.

DDC Udhampur convenes public outreach cum grievances redressal camp at Latti

UDHAMPUR, SEPTEMBER 14: To provide governance at the door steps and to ensure timely redress of public grievances, District Development Commissioner, Udhampur Kritika Jyotsna today conducted public outreach cum grievances redressal camp under Block Diwas program here at Dak Bunglow Latti of District Udhampur. BDC Chairman, Darshan Kumar; DDC Councillor, Pinky Devi; Additional District Development Commissioner, Anu

Behl; ACD, Ranjit Kotwal; SDM, Kulraj Singh besides other sector and Tehsil level officers of various departments, Sarpanchs, Panchs, prominent citizens and people in large number attended the camp. During the camp, PRIs and general public of adjoining panchayats projected scores of issues and demands which include establishment of Degree College and KV School at Latti, Blacktopping of road from Mantalai to Bupp, Opening of Ration

PSPS GCW Gandhi Nagar organises Awareness Lecture on Civil Defence

JAMMU, SEPTEMBER 14: NSS Units of Padma Shri Padma Sachdev Government PG College for Women Gandhinagar, on Wednesday organised a one day "Awareness Programme on Civil Defence" on the College campus. As many as 65 NSS Volunteers participated in this event. Prof. Mala Bhasin, NSS, PO formally welcomed the College Principal, Prof. Minu Mahajan, Anita Pawar, Deputy Controller, Civil Defence Jammu and other team members. Anita Pawar highlighted the main objective of civil defence and made NSS Volunteers understand the climate change which is resulting in many natural disasters with increasing frequency. She said that the changed socio-economic and political scenario has resulted into new emerging challenges to internal security threats. She gave tips to the volunteers about how to protect themselves by either

evacuating the area or prefer to take shelter at the same place in case of a disaster. She also made them understand how to avoid hazards and what emergency services can be used during this period. The College Principal, Prof. Minu Mahajan, congratulated NSS P.O Prof. Mala Bhasin and Dr. Monika Hans for organising the event and also motivated the students to never miss to participate in such events. As many as 65 NSS Volunteers participated in this event. Prof. Mala Bhasin, NSS, PO formally welcomed the College Principal, Prof. Minu Mahajan, Anita Pawar, Deputy Controller, Civil Defence Jammu and other team members. Anita Pawar highlighted the main objective of civil defence and made NSS Volunteers understand the climate change which is resulting in many natural disasters with increasing frequency. She said.

Block Diwas DDC Rajouri listens to people's issues at Treru in Moughla block

RAJOURI, SEPTEMBER 14: As part of weekly Block Diwas, District Development Commissioner Rajouri, Vikas Kundal today presided over a public grievance redressal camp here at Treru area of Moughla block. During the event, the public and their representatives apprised the DDC about several issues and demands of their areas. They demanded macadamisation of roads, augmentation of health facilities, up-gradation of schools, meeting paucity of staff in government institutions etc. Specific issues projected during the event included up-gradation of HS Tran, forest clearance, other hindrances in developmental works, control treatment of lumpy Skin disease among dairy animals, meeting shortage of staff at Health Sub-Centre Treru, making PHC Moughla functional and resolving the problem of

scarcity of water etc. Other issues included extension of Amalgala road, regular funding for the execution of developmental works with special emphasis on use of quality material, renovation of internal roads, ambulance facility for Treru, building for PS Kulwana etc. Public also demanded construction of link road from Government High School Treru to main road, construction of Paltha bridge, bringing the area on tourism map, construction of Community Hall for Treru, enhancement of salary of Lamberdar and chowkidars, expediting completion of NTPC Treru, repair of Metka to Kanchol road, PMGSY roads for unconnected areas, Degree college for Moughla etc. The Officers of different departments imparted awareness to the people about self-employment; Agri-entrepreneur and allied sector schemes

launched by the government to boost rural economy. The Departments motivated the public to avail the benefits of the Scheme and also responded to the queries raised by the public. The SE PDD threw light on the Amnesty scheme launched by the Government for domestic consumers. "The Amnesty scheme has provided this last opportunity to the consumers in view of not being able to avail the benefits of the last scheme due to spread of Covid-19 pandemic during the scheme period. The scheme envisages payment of outstanding principal amount of arrears in 12 installments accumulated upto 31.03.2022 after waving off 100% interest/surcharge" he added. Responding to the issue of paucity of staff in health institutions, the CMO assured that the sanctioned staff strength would be provided in the Health.

DLSA Udhampur organizes Legal Awareness Programme on POC SO Act

UDHAMPUR, SEPTEMBER 14: Following the Common Minimum Programme provided by J&K Legal Services Authority, and under the Chairmanship of Chairman District Legal Services Authority Udhampur Sh. Y.P. Bournay and overall Supervision of Secretary, District Legal Services Authority, Udhampur Ms. Rajni Sharma, a Legal Awareness Programme on POC SO Act was organized by District Legal Services Authority, Udhampur at Indra Memorial Higher Secondary School Battal Ballian today i.e on 14/09/2022. The Resource person of the Programme were Panel Lawyer Adv. Mallikarjun Singh Slathia and Adv. Nikhleshwar Singh and the programme was assisted by PLV Sham Lal. The programme was attended by the Principal, teachers and Students of the School. The resource person threw light on the subject and enlightened the gathering about the various provisions of the Protection of Children from Sexual Offences Act, 2012. The resource persons also asked the victims of sexual offences especially children to come forward and always report any sort of sexual

Reality contrary to Govt's claims over wiping out corruption: Rattan Lal Gupta

JAMMU SEP 14TH: Coming down heavily against the government for not doing enough to control corruption, Rattan Lal Gupta JKNC Provincial President Jammu asserted that the claims made by those sitting at helm about wiping out corruption are contrary to the ground reality as rampant corruption has marred governance in J&K with recent instances of wrong doings in recruitment of SIs and FAA. The senior NC leader was while interacting with party functionaries of Block Damsal of Nagrota Constituency at Sher-e-Kashmir Bhawan Jammu. He said that LG's administration has accomplished nothing on ground to end corruption although it is trumpeting day and night over false claim about end of corruption. The visiting party workers apprised the senior NC leader about the hardships being faced by the people of Block Damsal in absence of basic amenities. There is acute shortage of power and water supply in the area. Rattan Lal Gupta accused the present government of Jammu and Kashmir for its failure to ensure delivery of basic amenities like availability of frequent supply of power and water to general public. He said that people were being subjected to immense suffering for want of basic amenities in absence of popular government in Jammu and Kashmir. He said that due to lack of vision, anti policies of people of the government, people of J&K are facing a crisis like situation with each segment of society feeling abject neglect.

"Today the youth of Jammu and Kashmir were the worst victim of discriminatory policies of the government. They were feeling let down and betrayed. Despite promise of 2 crore jobs every year, the Central Government has failed to fulfil its promise after coming to power. Ironically the graph of unemployment going high due to lack of job avenues is an open secret that reflects BJP's utter failure on this very significant front too," he lamented. Giving patient hearing to the party work-



ers, the Provincial President assured them for taking up their issues related to basic amenities with the authorities concerned for early redressal of their issues. Rattan Lal Gupta assured that the National Conference will continue to fight for the rights of the people of J&K with prime focus on safeguarding the land and jobs rights, which the incumbent government in J&K is trying to snatch away through various clever tactics. He asked people of Nagrota Constituency to strengthen the hands of Dr Farooq Abdullah and Omar Abdullah as the National Conference alone can steer Jammu and Kashmir to peace, progress and political stability. Among others who were present in the meeting include: Sheikh Bashir Ahmed Provincial Secretary Jammu, Brij Mohan Sharma Vice President Jammu Province, Shamim Begum DDC Damsal, Dilshad Malik Zone Vice President, Rakesh Singh Raka Zonal Vice President, Noor Jahan, Mohinder Kumar Rana, Omkar Singh District Secretary Jammu Rural A, Junat Ali, Amzad Beigh, Saraj Din Block President Dhansal, Shakeel Beigh, Mohd Farid, Fiyaz Mohd and others. Rattan Lal Gupta assured that the National Conference will continue to fight for the rights of the people of J&K with prime focus on safeguarding the land and jobs rights, which the incumbent government in J&K is trying to snatch away through various clever tactics. He asked people of Nagrota Constituency to strengthen the hands of Dr

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Week Long "Shikshak Parv" Concludes at PG College Bhadarwah

Amir Iqbal Khan Bhadarwah, Sept 14: A week long "Shikshak Parv" that was organized in PG College Bhadarwah in which different events and activities were conducted came to conclusion on Tuesday. As per press release, on Day One the college celebrated the teachers Day on 5th September 2022. In this regard a function was organized in the MP Hall of the college which started by the welcome address by Prof Pinky Kotwal. Many students expressed their views in honour of their teachers. The faculty members of the college including Prof NK Manhas, Prof Davinder Kumar, Prof SS Parihar, Prof Mushtaq Ahmed, Dr Sandeep Kotwal, Prof Naz Zargar, Prof Sanjay Kumar (PS), Dr. Irshad Ahmed Wani and Dr Nazar-Ul-Islam, while expressing their views highlighted the role of teachers in shaping and moulding their students to face the challenges of life.



In his opening remarks, Dr Kuldeep Kumar Sharma, Principal of the college stressed to have regards and respects for teachers. The formal vote of thanks was delivered by Prof Prithvi Raj. The entire proceedings were compared by Anjali Parihar and Anjali Kotwal students of UG Sem 4th. In the meantime, on Day 2, as a part of the celebrations of "Shikshak Parv" a movie on the Patriotism and selfless service for the Nation was displayed in the Conference Hall of the college by 4RR Army. The movie showed the combat life of Major General of Artillery Regiment who sacrificed his life while fighting for the Nation. Mr Kush Budhwar from Army's 4RR delivered an impressive, motivational and inspiring lecture to the students and stressed upon them to lead a disciplined life, release said adding the proceedings of the programme was conducted by Prof Pinky Kotwal. Likewise, on Day 3, the faculty members and students paid a visit to college library. The purpose of the visit was to stress for switching over back from online

reading to the book reading which is the traditional mode of learning. "The traditional mode of book reading is more health friendly as compared to the modern online mode of reading," they observed. During the event all the participating staff and students took part in book reading there by conveyed related message and usage of library. Dr K K Sharma Principal of the College also stressed for continuation of book reading in the library. The Programme was organized and hosted by Library committee. The programme was compared by Dr Sandeep Kotwal Co-convenor Library Committee. Similarly, on Day 4, to disseminate the detailed knowledge of recently introduced National Education Policy 2020 in the country an impressive and informative lecture was delivered by Prof Surinder Singh Parihar, HOD Economics & Convener IQAC. The programme was compared by Prof Pinky Kotwal while Vote of Thanks was proposed by Dr Sandeep.

Sanjeev Verma inspects afforestation, development works in Chowki Choura, Jammu Forest division

JAMMU, SEPTEMBER 13: Commissioner Forest, Ecology and Environment, Sanjeev Verma, today inspected afforestation and other development works in Chowki Choura belt of Jammu Forest division. He was accompanied by Director Social Forestry, Director Soil and Water Conservation, Chief Conservator Forests, Jammu, Conservator Forests East Circle, Divisional Forest Officers, Jammu and Social Forestry Jammu, Chairman, Block Development Council, Chowki Choura and other PRI members besides SDM and Tehsildar Chowki Choura. While interacting with Chairperson, Village Panchayat Plantation Committee, Chowki Choura and PRI members, Commissioner Secretary asked them to identify available common, community, Shamlat areas and their private land for raising plantation of short rotation hybrid species of Poplar and Eucalyptus which would yield good economic returns as many Plywood Industries are coming up in Jammu in coming days. He issued directions to the Depart-

ment of Social Forestry to raise and distribute good quality hybrid clones of Poplar and Eucalyptus among the interested farmers of the area. He asked the Soil and Water Conservation Department to prepare estimates for construction of Ponds in nearby Forest and Village common land. He also asked for construction of more Check dams in the suitable locations as projected by various Sarpanchs of the area. While inspecting the afforestation work of Jammu Forest Division in village Shaura, Commissioner Secretary asked the concerned to cover more and more degraded area by planting local species as per prescription of working plan. Later, he planted saplings of Peepal and Bargad in CAMPA closure in Compartment number 11/K at Shaura. At Compartment number 38/K, Commissioner Secretary inspected felling of trees on forest land being diverted to Border Roads Organization for construction of Road from Akhnoor to Poonch.

DIPR organises Debate Competition at GGHS Rangpur Moulanian

JAMMU, SEPTEMBER 14: Department of Information & Public Relations Cultural Wing today organized a debate competition on the topic Drug Addiction at Government Girls High School Rangpur Moulanian. In all 13 students participated in the debate competition. Seema Sharma, Headmaster of the school was the chief guest on the occasion. Addressing the students, the chief guest hailed the information department for organizing the event in the school and urged the department to hold more such programme in future also. She also distributed trophies and certificates among winner and participants. The proceedings of the programme were conducted by Balbir Singh, Sr. Cultural Assistant. The proceedings of the programme were conducted by Balbir Singh, Sr. Cultural Assistant.

FROM THE FRONT PAGE...

AIR

The applications should reach the office of Head of News, Regional News Unit, All India Radio Srinagar by or before September 26 (upto 5:00 PM). The detailed advertisement along with prescribed application format can be downloaded from <https://prasarbharati.gov.in/pbvacancies/>. The requisite documents along with the processing fee (non-refundable) through a Bank Demand Draft payable in favour of "DDO, All India Radio, Srinagar" should be submitted within the stipulated time. The fee for General category is Rs.354 (including 18% GST) and for SC/ST/OBC, the fee is Rs.266 (including 18% GST). More details can be sought on telephone no: 0194-2452019, 2476753.

GOLDEN CARD

District Administration and special registration drives organized by the State Health Agency (SHA) aimed to cover all families under AB-PMJAY SEHAT scheme.

The AB-PMJAY SEHAT scheme is the world's largest health insurance scheme fully financed by the government and provides a cover of Rs five lakh per family per year for secondary and tertiary care hospitalization. AB-PMJAY SEHAT Scheme in Jammu and Kashmir provides health insurance cover of Rs 5 lakh per family per year to all the residents at empanelled hospitals. The scheme covers up to three days of pre-hospitalization and fifteen days of post-hospitalization expenses including diagnostics and medicines.

SHA recently launched a citizen friendly facility for citizens to avail Golden cards in their comfort of their homes. The citizens can visit the website setu.pnjay.gov.in and register themselves and their families with details of ration card issued by the Food and Supply Department, J&K, and download their Golden cards.

Earlier, SHA rolled out ambitious door-to-door exercise to achieve 100 percent saturation under the Ayushman Bharat PMJAY SEHAT scheme. AB-PMJAY SEHAT Scheme has become a ray of hope for poor families who couldn't afford health treatment at prestigious and well known medical institutes of the country.

Recently, a special initiative was launched for women and their families associated with JKRLM to provide them free treatment.

Under the initiative of 'Gaon Gaon Ayushman, State Health Agency (SHA) has also started ' to reach out to last mile villages which remain cut off from the rest of the world due to adverse weather conditions so as to percolate the benefits of the scheme down to every beneficiary.

ACCIDENT

this morning and it rolled several hundred meters into the gorge. Soon after the accident, locals, police and army rushed to the spot and launched a massive rescue operation. Nine people died on the spot or on the way to hospital, a police official told HT. Later two among those critically injured died at the hospital. Among the 28 other injured people, six seriously wounded were airlifted to GMC Jammu for advanced treatment, the official said. also three injured persons were shifted to Srinagar and four others to GMC Rajouri while remaining aer under treatment at district hospital Poonch.

Among the deceased include Maroof Ahmad (14), Bashir Ahmad (40), Rozi Akhtar (18), Zarina Begum (40), Mohammad Hussain (65), Naseema Akhtar (20), Abdul Karim (70), Abdul Qayoom (40), Abdul Majeed (70), Shaida Akhtar (30) and her son Imran Ahmad (6), all locals being residents of Gagriyan, Attoli and Saral. In the accident a 13-month-old baby boy escaped miraculously while his mother Shaida Akhtar and brother Imran Ahmad passed away, official sources said. Police said that a case has been registered and further investigations as regards the main cause of the accident have been initiated. operation was started soon after the incident by army, police and locals," they said.

The officials said that all the injured were evacuated from the site of accident and taken to sub district hospital Mandi from where most of the injured were referred to district hospital Poonch.

"Eleven passengers lost their lives in the accident. Eight died on the spot and two others succumbed at sub-district hospital Mandi while another succumbed in district hospital Poonch," the officials said.

Officials identified the deceased as Maroof Ahmed (14) son of Manzoor Ahmed resident of Gagriyan, Bashir Ahmed (40) son of Mohammada Lone resident of Gagriyan, Razia Akhtar (28) daughter of Mushtaq Ahmed resident of Gagriyan, Zarina Begum (40) resident of Gagriyan, Mohammad Hussain (65) son of Mangha Khan resident of Gagriyan, Nazma Akhtar (20) daughter of Bashir Ahmed resident of Gagriyan, Imran Ahmed (5) son of Mohammad Altaf resident of Gagriyan, Abdul Karim (70) son of Subhana Dar resident of Bedar, Abdul Qayoom (40) son of Akbar Din resident of Saral, Shaheeda Akhtar (32) wife of Altaf Hussain resident of Gagriyan, and Abdul Majid (65) son of Ahmeda.

Officials said that 27 people got injured in the accident with five among them were airlifted and referred to GMC Jammu while others are under treatment in district hospital Poonch and sub district hospital Mandi.

"Injured include Ghulam Mustafa, Sameer Ahmed, Iram Koser, Mohammad Azad, Hanifa Begum, Liaqit Ali, Nazia Akhtar, Mohd Akber, Mohd Iqbal, Tariq Ahmed, Jameel Akhtar, Sonya Akhtar, Abdul Akad, Mukhtar Ahmed, Mohd Ismail, Abdul Majid, Nazia Akhtar, Mohd Alam, Nazima Akhtar, Jasvinder Singh, Sanaullah, Ghulam Mohammad, Adil Ahmed, Kamran Ahmed, Farhan Ahmed, Mumtaz Ahmed and Saleema Akhtar," the officials said.

Police said that a case under relevant sections of law have been registered in police station Mandi under relevant sections of law and investigation has been started.

LG

"The loss of lives in tragic road accident in Saujiyan Poonch is distressing," the President of India tweeted. "My thoughts and prayers are with bereaved families."

LOC

Scholarships etc from the people present in the gathering.

The Lt Government asked the people present on the occasion to ensure enrolment of those who might have been left out under the SEHAT Scheme. They must register themselves to get a Golden Card, which is providing health coverage to every family of the UT.

The Lt Governor further said that various unprecedented initiatives and interventions by the UT administration have led to a corruption-free, fear-free and transparent governance system in Jammu Kashmir.

The Lt Governor said that Hon'ble Prime Minister Narendra Modi has given special focus on the development and prosperity of Border people especially the Youth. The young generation should come forward and avail the benefits of various schemes launched under Mission youth to become self-reliant and successful entrepreneurs.

The Lt Governor asked the people to avail maximum benefits from a transparent and responsible governance system put in place in the UT. He further asked them to give feedback on the various e-services launched to uproot corruption from J&K.

The Lt Governor observed that after the complete implementation of 73rd & 74th constitutional amendment and establishment of a three tier system in J&K, the funds re-

ceived by the panchayats have increased considerably.

The goal of the UT administration is to bring the development process in terms of Health services, road connectivity, education and other services in Villages especially the Border Villages at par with that of Towns and the cities, said the Lt Governor.

On the occasion, the Lt Governor directed the District Administration to identify land for developing local industries in the District. The Government has kept the provision to provide greater incentives for remote and Border areas under the Industrial Development Scheme. Earlier, Ch. Abdul Ghani, Member DDC Poonch submitted a memorandum of demands to which the Lt Governor assured for appropriate redressal of all the genuine issues on merit.

Tazeem Akhter, DDC Chairperson Poonch; Dr Arun Kumar Mehta, Chief Secretary; Mukesh Singh, ADGP Jammu; Ramesh Kumar, Divisional Commissioner Jammu, besides senior officials of District Administration, Army and concerned departments, PRI representatives and local people were present on the occasion.

COVID HOS

May 2021, during second wave of Covid-19 when almost every patient was requiring hospitalization and bilateral pneumonia was common.

Both hospitals are equipped with a 125 bedded ICU and the remaining 375 beds have high-flow oxygen connectivity.

These hospitals have strong oxygen generation plants having capacity of 56000 liter capacity of Liquid Medical Oxygen each.

Meanwhile, Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar told KNO that the government is examining the matter and they are yet to take any decision about it.

"Matter is being examined how to utilise these health facilities in a better way," he said—(KNO)

COVID

Observer (KNO) that among 35 new cases, 22 belong to Kashmir division while 13 to Jammu division. He said that the total number of positive cases in Kashmir have reached to 304,990 including 302,333 recoveries and 2,433 deaths, while total number of positive cases in Jammu division have reached to 173,891 including 171,427 recoveries and 2,351 deaths.

He further said that the total number of active cases in Jammu and Kashmir are 297 including 184 from Kashmir division and 113 from Jammu division.

With 57 more recoveries, the tally of total recoveries in J&K has reached to 473,760 which is 98.95 percent of the total cases.

"Among the fresh 35 cases today, 09 are from Srinagar, 00 from Baramulla, 09 from Budgam, 00 from Pulwama, 01 from Kupwara, 02 from Anantnag, 00 from Bandipora, 00 from Ganderbal, 01 from Kulgam and 00 from Shopian in Kashmir division while 13 are from Jammu division that include 09 from Jammu district, 01 from Udhampur, 00 from Rajouri, 00 from Doda, 00 from Kuthua, 00 from Samba, 02 from Kishtwar, 01 from Poonch, 00 from Ramban and 00 from Reasi," said the official.

As per the daily information bulletin 6,793,295 persons in J&K are under observation while 520 persons have been kept under home quarantine besides 297 persons are in isolation.

According to the bulletin, 6,787,129 persons have completed the surveillance period and 565 persons are under home surveillance besides so far results of 26,567,224 samples are available.

"Out of 26,567,224 the number of samples tested negative stands at 26,088,883 while 478,841 have tested positive, among them 297 cases are active, 473,760 have recovered and 4,784 persons have died," it added

INDIAN NAVY

train them to join armed forces but the basic aim is to make them disciplined and grow as responsible citizens," he said.

He added that the training was suspended during the inception of militancy and now since after the activities of government, administration and armed forces the security situation has been improved to an extent that we are able to resume and revive the training area," he said.

Brig Kalsi said that the training was imparted at Nagrota and Mansar lake during suspension at Manasbal which caused inconvenience to the cadets from Kashmir due to bad condition of the national highway

IIT

Institute of Technology (IITs), the statement reads Teachers at RISE say that "we are really proud of our students for delivering such results. Given how uncertain last two years were due to Covid waves and the extreme difficulty of this year's JEE Advanced question paper - we are very happy with the results."

One the qualified students said, "Past 2 years have been very difficult, I often felt demotivated. However, making notes and regular revision helped. Our teachers taught us not only what to study but also how to study. My advice to JEE aspirants is to be consistent and never lose self-confidence." "I am just very happy right now, it feels awesome," he added.

Salman Shahid, a grad of IIT Kharagpur and co-founder of RISE, said, "This is a remarkable result in the context that - when RISE was started in 2012, every 2-3 years 1-2 students from Kashmir would make it to IITs. RISE was started with an aim of improving representation of Kashmiri students in top universities of the World. Year after year we strive to improve these results. Over the years our students have made it to IVY leagues, IITs, BITS, AIIMS, etc."

ACB

District Baramulla was trapped while accepting bribe of Rs 20,000 from the complainant and case under number 09/2022 is registered at ACB Baramulla.

A case under number 15/2022 is registered at ACB Srinagar against Jameel Hussain Khan, Patwari Halqa Baghati-E-Shoor, Eidgah, Srinagar and Shafat-Ur-Rehman, retired Patwari after they were trapped on March 11, 2022 while accepting bribe of Rs 9,000 from the complainant.

Arish Parvaiz, Patwari, Halqa, Digiana, Jammu and his associate Jatinder Kumar alias Jatin as trapped on May 05, 2022 while accepting bribe of Rs 15,000 from the complainant and a case 05/2022 stands registered at ACB Central.

On May 20, a case under 9/2022 was registered at ACB Jammu with regard to fabrication and manipulation of the revenue record by Revenue officials by abusing their official position for pecuniary gains as well as confer undue benefits upon the beneficiaries and corresponding loss to the state exchequer. The case has been registered against Bharat Bhushan the then posted as Naib Tehsildar Niabat Sohal Tehsil Akhnour, Balwant Raj the then posted as Girdawar Naibat Sohal Tehsil Akhnour, Roshan Lal S/o Sewa Ram R/o Dhok Jagir, Vikram Kumar S/o Phattu Ram R/o Budgal Khurd, Ah-sok Kumar S/o Ambu Barwala R/o Dhok Jagir, Amrik Singh S/o Ghulab Singh R/o Dhok Jagir, Bittu S/o Yoginder Lal R/o Dhok Jagir, Madan Lal, Som Raj, Raghu Kumar S/o Prem Chand R/o Dhok Jagir, Ashwani Kumar S/o Ramesh Kumar R/o Dhok Jagir Tehsil Akhnour and others.

On May 21, a case under 19/2022 was registered at ACB Srinagar against Bashir Ahmad Dar s/o Gh Mohd Dar R/o Saidpora, Berwa, District Budgam, then posted as Patwari, Halqa, Wahabpora, Budgam, who was trapped while demanding and accepting bribe of Rs 1,65,000 from the complainant.

Similarly on May 29, Ashok Sharma, Naib Tehsildar, Ravinder Bhagat, Patwari and Raman Gupta (Tou) was trapped while accepting bribe of Rs 1.5 lakh from the complainant and a case under number 06/2022 stands registered at ACB Central.

On similar date, ACB registered case for misuse of official position under case number 25/2022 at ACB Srinagar against Abdul Hamid Zargar, the Naib Tehsildar Beerwah, Syed Shabir, then NT, Gh. MohiUdDin, then Patwari and beneficiaries.

A case under 26/2022 was registered at ACB Srinagar against Gulzar Ahmad Makloo, Patwari, Halqa Zakoorra, Srinagar on July 04 for accepting Rs 15000 as bribe from the complainant.

KISHTWAR

The three mega projects worth Rs 20.48 cr inaugurated by the Lt Governor today included two PMDP projects - Rs 12 cr worth 25 Bedded Sub-District Hospital at Atholi Padder and a New receiving station 33/11KV at Hatta costing Rs 4.31 cr, besides 70R Double lane steel truss Bridge over river Chenab at Bhandarkote under CSS build at the cost of Rs 4.17 cr.

The Lt Governor laid foundation stone for projects costing Rs 35.55 cr including two education sector projects-construction of Additional Accommodations at GHSS Palmar and GHS Drubeel at a cost of Rs 2.53 cr and Rs 1.20 cr respectively; 15 Water Supply Schemes (WSS) under Jal Jeevan Mission worth Rs 31.33 cr and Sports Stadium Palmar stage-1 costing Rs 50 lakh.

While examining the progress of mega development projects and saturation of UT and Centrally Sponsored Schemes (CSS), the Lt Governor directed the executing agencies to ensure timely completion of the projects and urgent resolution of the bottlenecks, if any.

The Lt Governor stressed upon officials for developing robust mechanisms for prompt redressal of public grievances and saturation of schemes for welfare of women, artisans, farmers and youth.

The Lt Governor appraised the progress made under various sectors including District Capex, Education, Health, Rural Development, Road, Tourism Jal Jeevan Mission, NABARD, SBM, PMAY-G, Awaas plus, Agriculture, Horticulture & allied sectors.

Emphasizing on creating self-employment opportunities for the local youth, the Lt Governor directed the District Employment officer to connect the unemployed eligible Youths with various self Employment and Entrepreneurship schemes rolled out by the Union and UT Governments.

The Lt Governor called for tapping the huge growth po-

JDU leaders expresses grief over Poonch Road accident



SRINAGAR: Party President G M Shaheen has expressed deep shock and grief over the loss of lives in a tragic road accident that took place in Sawjian area in Poonch district today. Expressing serious concern over an alarming increase in road accidents especially in mountainous regions of the State, Shaheen urged the authorities to go tough against the traffic violators to contain such heart wrenching mishaps. Referring to a research conducted by the Union Ministry of Road Transport and Highways for increasing road accidents in Jammu and Kashmir, Shaheen observed that the lack of education, enforcement, engineering and emergency services have been found main reasons for the growing accidents in the state. Vivek Bali State General Secretary said that "Despite the set standard rules and instructions for vehicle drivers about how to drive safe in mountainous regions, it has been found that the vehicle drivers are unfortunately not following the standard rules for road safeties," he remarked. He urged the governor led administration to constitute more special checking squads especially in mountainous regions of the State to stop the increasing road accidents that lead to loss of precious lives off and on. The State General Secretary Vivek Bali extended heartfelt condolences to the families of those who died in the tragic accident and others who sustained injuries in this mishap. "I pray for the eternal peace to the departed souls and speedy recovery to those who sustained injuries in this tragic road accident. May Almighty God give courage to the bereaved families to face this huge tragedy," Shaheen & Bali said in his condolence message.

Police organises Cyber crime awareness programmes in Budgam

September 14: In order to make the general public aware about Cyber Crime and to reach out to the public, Police in Budgam organised three separate Cybercrime awareness programmes at Town Hall Khansahib, Police Station Chadoora and Police Station Charar-i-Sharif.

The first event was held at Townhall Khansahib which was chaired by ASP Budgam Shri Gowhar Ahmad-JKPS, besides SDPO Khansahib, SHO P/S Khansahib, IC PP Watrehail and other police officers were present on the occasion. The programme was attended by respectable citizens, religious heads of the Khansahib area, teachers & students of various schools.

On the occasion, ASP Budgam & Junaid-ul-Rahman Chairman of (The Chinar Valley Group-NGO) and Cyber security awareness expert briefed about various types of cyber threats/activities viz identity theft, credit card fraud, data stealing, cyber stalking, pornography etc. Similarly, at PS Chadoora and PS Charar-i-Sharif the awareness programmes were chaired by concerned SHOs. Speaking on the occasions, the chairing officers advised the participants to be aware while surfing the internet and not to fall prey to cyber criminals. They also appealed the participants to spread the awareness among others as well regarding the risks associated with digital transactions and social media applications in use. They also advised the participants not to open/click links without knowing the source of origin and mode of transmission through different internet applications.

The main motive behind conducting such programmes is to spread awareness of cybercrime among the general Public. The participants including students and religious heads appreciated the efforts of Police for facilitating such awareness programmes to save general public from falling prey at the hands of cyber criminals. The participants assured their full cooperation to police in tackling all types of crimes including Cybercrime. The main motive behind conducting such programmes is to spread awareness of cybercrime among the general Public. The participants including students and religious heads appreciated the efforts of Police for facilitating such awareness programmes to save general public from falling prey at the hands of cyber criminals.

Health Minister, Punjab to inaugurate Aryans 1st Health Care Job Fest on 21st Sep



Srinagar Sep 14th Health & Family Welfare Minister, Punjab, Sardar Chetan Singh Jouramajra would inaugurate the Aryans 1st Health Care Job Fest on 21st Sep September. The fest would be held at Aryans Group of College, Rajpura, Near Chandigarh. A poster of the Job Fest has also been launched today by Health Minister. Dr. Anshu Kataria, Chairman, Aryans Group informed that more than 20 leading companies would offer around 500 jobs in different healthcare streams including Pharmacy, Nursing, Paramedical Law & Management.

While releasing Job Fest poster Jouramajra said that the Mann Govt. is fully committed to empower youth with jobs & to eradicate the drug menace from entire Punjab. He appreciated the efforts of Aryans Group for organizing 1st ever job fest for health sector. He also expressed his satisfaction on the participation of leading Pharma companies & leading hospitals in this fest.

The aspiring students to avail the job opportunities can get themselves registered by applying online on www.aryans.edu.in. The fest is not only for Aryans Students but the students from other colleges can also apply. Job openings are available in different fields like Pharmacist, Nursing Care, Marketing, Manufacturing, Drug Safety, Quality Assurance, Quality Control, Health Worker, Paramedical Staff, Legal Manager etc.

The companies like Fortis, Alembic, Macleods, Cadila, Alkem, Meyer, Mankind, Himalaya, PlanetAyurveda, YuktiHerbs, Dabur, Ments, Kepler, Varsoy HealthCare, Azencia etc. would be visiting in the job fest.

Ayush Department Organises "Second Iconic Live Yoga Session" In Collaboration With District Jail At Bhadarwah

Amir Iqbal Khan



Bhadarwah, Sep 14 :Directorate of Ayush Jammu and Kashmir in collaboration with district Jail Bhadarwah organised "Second Iconic live Yoga Session" here on wednesday. In order to contribute to the Nationwide "Fit India" campaign Directorate of Ayush in collaboration with district Jail Bhadarwah organised a yoga session in the premises of the district Jail Bhadarwah in which a large number of inmate participants including jail authorities took part. Leading a 60 minutes long "Yoga practice Session" Dr Nidhi Padha (Yoga therapist) from Directorate of Ayush J&K demonstrated different Yoga asanas and congregational steps for collective performance of the participants. The Yoga therapist Dr. Nidhi briefed about the essence of Yogic exercises and their importance. "The mission of the Yoga is to bring about behavioural changes and move towards a more physically active lifestyle thereby making the life disease free and happier," she observed. All the participants showed keen interest in the event. Anuj Shoor Incharge Superintendent district Jail Bhadarwah along with other employees who took part in the yoga session appreciated the efforts of Ayush Department. On this occasion, Refreshment was also served to all the participants. More than 50 participants in all became the part of the deliberations.

Hakeem Yaseen grieved over loss of precious lives in Poonch road accident.

Srinagar/September 14:- Chairman JK People's Democratic Front (JKPDF) and former Minister Hakeem Muhammad Yaseen has expressed profound shock and grief over the death of about 9 passengers and injuries to 27 others in a tragic road accident in Poonch district on Thursday.

In a statement issued on Thursday Hakeem Yaseen while expressing grief and shock over the loss of precious human lives in a road accident in Poonch, has expressed heartfelt sympathies with the bereaved families. He had also demanded fair compensation to the next of the kind of deceased and free medical treatment to the injured passengers. PDF Chairman has also prayed for eternal peace to the departed souls.

First of its Kind Skill Development Initiative by National Institute of Fashion Technology (Delhi) in Machhal Sector

M S Nazki



Srinagar A little heard of bowl, in the remote Machhal Valley, Chuntiwari is again in news. A Unique and first of its kind "Resource Mapping and Skill Development" initiative was undertaken in the bowl by two driven ladies from the *National Institute of Fashion Technology*, New Delhi with assistance from the Local Army Unit.

Working as freelancers in the field of Resource Management and Skill Development, Mrs Asha Rawat and Mrs Shresha are both pioneers of their trade and have deep association with NIPT, Delhi.

A unique interactive Workshop session was organised at the Auditorium of Army Goodwill School, Raghvan, Chuntiwari over a period of four days which finally culminated today with an Exhibition of products made during the Workshop sessions.

A total of 47 women and girls from the age group 17-40 years were benefitted by the workshop. The main aim of the initiative was to identify and select products which can be manufactured here based on the availability of local resources with the final aim of upliftment of local women from the Area by providing them jobs and skills.

US to move \$3.5bn in Afghan central bank assets to Swiss-based trust

The United States on Wednesday announced that it would transfer \$3.5 billion in Afghan central bank assets into a new Swiss-based trust fund that will be shielded from the Taliban and used to help stabilise Afghanistan's collapsed economy.

The Afghan Fund, managed by a board of trustees, could pay for critical imports like electricity, cover debt payments to international financial institutions, protecting Afghanistan's eligibility for development aid, and fund the printing of new currency.

"The Afghan Fund will protect, preserve and make targeted disbursements of that \$3.5bn to help provide greater stability to the Afghan economy," the US Treasury said in a statement.

US officials said no money would go to the Afghan central bank, known as DAB, until it is "free of political interference" — diplomatic parlance for replacing the bank's top Taliban officials, two of whom are under US and UN sanctions, with banking professionals — and anti-money laundering safeguards are instituted.

"Until these conditions are met, sending assets to DAB would place them at unacceptable risk and jeopardize them as a source of support for the Afghan people," US Deputy Treasury Secretary Wally Ade-meyo said in a letter to the central bank's Supreme Council seen by Reuters.

The new fund is based in Geneva and has an account with the Basel-based Bank for International

Settlements (BIS), which provides financial services to central banks. "The BIS is establishing a customer relationship with the Fund for



the Afghan People. The BIS role is limited to providing banking services to and executing the instructions of the Board of Trustees of the Fund without involvement in the Fund's governance or decision making," the BIS said, adding it would comply with all applicable sanctions and regulations.

The fund will not resolve serious problems driving dire economic and humanitarian crises threatening to worsen as winter approaches. Nearly half of Afghanistan's 40m people face "acute hunger," according to the United Nations.

The Taliban's biggest fiscal challenge is developing new revenues to compensate for financial aid that provided up to 75 per cent of

banking system. The creation of the new trust fund comes after months of talks between US President Joe Biden's administration, Switzerland, other parties and the Taliban, who demanded the return of \$7bn in Afghan central bank assets held in the United States. The talks continued despite US anger at the Taliban's harboring of late al Qaeda chief Ayman al-Zawahiri — killed on July 31 in a CIA drone strike on his Kabul safe house — and international outrage at the militants' human rights crackdown, including barring girls from state-run secondary schools. Biden in February sequestered "for the benefit of the Afghan people" the \$3.5bn in DAB assets to be transferred into the new trust fund.

The other \$3.5bn is being contested in lawsuits against the Taliban stemming from Sept. 11, 2001, attacks on the United States. Courts could decide to release that money, which could be deposited in the new trust fund. Another approximately \$2bn in Afghan central bank assets held in European and Emirati banks also could end up in the fund. The fund, US officials said, will be overseen by a board comprising a US government representative, a Swiss government representative, Anwar Ahady, a former Afghan central bank chief and former finance minister, and Shah Mehrabi, a US academic who remains on the DAB Supreme Council.

Congress Collapses In Goa: 8 Of 11 MLAs Join BJP

Panaji: Barely two months after the Congress seemed to have staved off a defection bid, eight of its 11 MLAs led by top leaders Digambar Kamat and Michael Lobo joined the ruling BJP, reducing the opposition party to just three members in a House of 40. The mass defection — a 2019 redux for Goa Congress — is hugely embarrassing for the party in the middle of Rahul Gandhi's 'Bharat Jodo Yatra' (Unite India March), at which the BJP has been taking jibes: "Jodo (Unite) your party first."



With eight MLAs breaking away as a group — that is two thirds of the party strength — they can't be disqualified under the anti-defection law. These include Michael Lobo's wife Deiliah Lobo, Rajesh Phaladesai, Kedar Naik, Sankalp Amonkar, Aleixo Sequeira and Rudolf Fernandes.

"It is Congress chhoro (quit Congress, BJP ko jodo)," quipped Michael Lobo as the MLAs announced their switch in what's being called yet another 'Operation Lotus', named after the BJP's poll symbol.

"It's 'Operation Kichad (Mud)," reacted Congress spokesperson Pawan Khera. "The BJP used all kinds of tactics — central probe agencies, threats by goons, lure of money — to do this, because it is rattled by the Bharat Jodo Yatra." Congress ally Goa Forward Party reacted with scorn too, saying the defecting MLAs are "symbols of pure evil".

Digambar Kamat and Michael Lobo were at the centre of the switchover speculation in July too, and the Congress had even asked the speaker to disqualify them under the anti-defection law. The party removed Mi-

chael Lobo as Leader of Opposition, but no replacement was named.

This morning, the MLAs' meeting with the Speaker set off the speculation as the assembly is not in session. State BJP chief Sadanand Shet Tanavade then told news agency PTI that they are joining the party.

In July, Mr Kamat, a former chief minister, had said he was "shocked and stunned" at the allegations of leading a division. Even Michael Lobo, who was in the BJP before joining the Congress ahead of elections earlier this year, had claimed there was "no talk of any division". Today Mr Kamat said, "We are unhappy with Congress. We saw what happened with Ghulam Nabi Azad," referring to the senior leader who recently quit the party while questioning Rahul Gandhi's political acumen. "We will work with PM Narendra Modi and Goa CM Pramod Sawant for betterment of the state."

Goa Congress splintered in a similar fashion in 2019, when two thirds of its assembly strength — 10 of 15 MLAs — defected to the BJP, which is why the party this year made its candidates take a loyalty vow in the presence of Rahul Gandhi.

'Agnipath Row': Bhagwant Mann's Assurance After Army Says Lack Of Support

Chandigarh: Punjab Chief Minister Bhagwant Mann has asked district authorities to provide full support for 'Agnipath' recruitment rallies after the Army flagged "vacillating" support from local administration.

Here are top 10 facts from this big story: Chief Minister Mann directed all deputy commissioners to provide complete support to Army Authorities for holding the rallies to recruit soldiers. "Any laxity shall be viewed seriously. Every effort will be made to recruit maximum number of candidates in to army from the state," he added.

This came after Major General Sharad Bikram Singh, the Army's zonal recruitment officer in Jalandhar, wrote to Punjab Chief Secretary VK Janjua and Kumar Rahul, Principal Secretary, Employment Generation, Skill Development and Training, on the issue.

In the letter dated September 8, Major General Singh has said they are not receiving adequate support from the local administration in organising the rallies. "They are usually citing their inadequacies due to lack of directions from state government at Chandigarh or lack of funds," he has said. Listing the requirements for conducting such rallies, the officer has said that police assistance, medical support and arrangements for food, water and toilets need to be in place.

The letter also pointed out that the administrative and financial support provided by other states is "praise worthy". The officer said he was also sending some pictures of the arrangements in other states. The officer further wrote that unless they receive "clear cut commitment" from the government's side, "we would be taking up case with Army headquarters to hold in abeyance all future recruitment rallies and procedures in the State of Punjab, alternately conduct rallies in neighbouring states".

36th Tri-Services Commanders' Conference - South held in Port Blair



New Delhi, September 14, 2022: 36th Tri-Services Commanders' Conference (TSCC) - South was held at Port Blair on 12th & 13th September 2022 under the aegis of Andaman and Nicobar Command. The two-day conference was hosted by Commander-in-Chief, Andaman Nicobar Command Lt Gen Aja Singh. GOC-in-C, Southern Command Lt Gen JS Nain; FOC-in-C, Western Naval Command V Adm Ajendra Bahadur Singh; FOC-in-C, Southern Naval Command V Adm MA Hamphill; AOC-in-C, Southern Air Command Air Mshl J Chalapati and Chief of Staff, Eastern Naval Command V Adm Sanjay Vatsayan were among those who attended the

conference. The senior leadership deliberated upon aspects various pertaining to the geostrategic situation and infrastructure development in the Indian Ocean Region, coordinating the actions of Regional Command of the three services as well as avenues of augmenting tri-services training and readiness of all components.

The conference was aimed at synergising collective strengths and capabilities of India's littoral service and Integrated-Service commands. It focused on addressing contemporary security paradigms while seeking ways to enhance combat capability and make operations more effective and efficient. The senior leadership deliberated upon aspects various pertaining to the geostrategic situation and infrastructure development in the Indian Ocean Region, coordinating the actions of Regional Command of the three services as well as avenues of augmenting tri-services training and readiness of all components. The conference was aimed at synergising collective strengths and capabilities of India's littoral service and Integrated-Service commands. It focused on addressing contemporary security paradigms while seeking ways to enhance combat capability and make operations more effective and efficient.

US says it expects Pakistan to take 'sustained action' against all terrorist groups

US State Department spokesperson Ned Price said on Wednesday that Washington expected Islamabad to take "sustained action" against all terrorist groups and that a recently proposed \$450 million military sale package for the maintenance of Pakistan's F-16 fleet would help serve this purpose.

"Pakistan's F-16 programme, it's an important part of the broader US-Pakistan bilateral relationship, and this proposed sale will sustain Pakistan's capability to meet current and future counterterrorism threats by maintaining the F-16 fleet," Price said during a press briefing on Tuesday.

"This is a fleet that allows Pakistan to support counterterrorism operations, and we expect Pakistan will take sustained action against all terrorist groups," he added.

Price made these remarks when asked to share some details about the proposed package, about which the US government has already notified Congress. Reiterating that the Congress had been

notified of the proposed sale, Price said: "Pakistan is an important partner in a number of regards, an important counterterrorism partner."

"And as part of our longstanding policy, we provide life cycle maintenance and sustainment packages for US-origin platforms."

On Wednesday last week, an official statement by the US Defence Security Cooperation Agency delivered the required certification of this possible sale to Congress.

The agency clarified that "the proposed sale does not include any new capabilities, weapons, or munitions".

The follow-on support for Pakistan's F-16 fleet would include participation in F-16 Aircraft Structural Integrity Programme, Electronic Combat International Security Assistance Programme, International Engine Management Programme, Engine Component Improvement Programme, and other technical coordination groups.

Union Minister of Labour and Employment, Shri. Bhupender Yadav, attends the G20 Labour and Employment Ministers' meet at Bali

New Delhi, September 14, 2022: Union Minister of Labour and Employment, Shri. Bhupender Yadav, attended the G20 Labour and Employment Ministers' meeting at Bali, Indonesia on 13-14 September 2022.

Speaking at the Ministerial session, Union Minister spoke about the importance of countries to come together for promotion of responsive and robust policies relating to employment generation, social protection, skilling and formalization, in the post pandemic period for ensuring a more resilient, equitable and sustainable recovery. The Union Minister also commended Indonesia for selecting the priority areas which are critical

in the ever changing world of work. These are, Labour Market Integration of Persons with Disabilities, Sustainable Growth and Productivity in Human Capacity Development through Strengthening Community Based Vocational Training, Promoting Entrepreneurship and Supporting Small and Medium Enterprises (SME) as a Job Creation Instrument and Adapting Labour Protection for More Effective Protection and Increased Resilience for All Workers.

Union Minister also drew the attention towards the exemplary achievements of India in all these areas. He highlighted the provisions made in the social security code for providing social

security to the gig and platform workers. He further emphasized that the skill development is being aligned to the need of future of work. He said that the experiences gained from this year's G20 Employment Working Group meetings would aid India in its upcoming presidency and would contribute to our pursuit of securing labour welfare, in light of the dynamic nature of the 21st Century world of work.

Union Minister also held several bilateral meetings with Countries including Germany, Singapore, UAE, Kingdom of Saudi Arabia, Netherlands, and Türkiye. In all these meetings, Minister briefed on our upcoming Presidency and broad priorities



and sought the support of these Countries and Organizations for our goals. Need for signing of Migration and Mobility Agreement and Social Security Agreement at the earliest was highlighted for facilitating ease of mobility and for ensuring social security to the international workers.

Russia hits back after setbacks in Ukraine's east

KRAMATORSK: Russia said on Tuesday it was carrying out "massive strikes" across the Ukrainian front line and accused Ukrainian soldiers of abusing civilians in territories recaptured in a dramatic counter-offensive.

Moscow's retaliation came after it was forced to pull back its troops from swathes of the northeast, particularly in the Kharkiv region, following Kyiv's lightning assault to wrest back terrain.

The territorial shifts marked one of Russia's biggest setbacks since its troops were repelled from Kyiv in the earliest days of the nearly seven-month war, yet Moscow signalled it was no closer to agreeing to a negotiated peace.

"Air, rocket and artillery forces are carrying out massive strikes on units of the Ukrainian armed forces in all operational directions," the Russian defence ministry said in its daily briefing on the conflict.

"High-precision" strikes have also been launched on Ukrainian positions around Sloviansk and Kostantinovka in the eastern Donetsk region, it added. The Kremlin accused Kyiv's army of abusing civilians in territory it had recaptured.

Zelensky claims to have retaken 6,000 sq km from Russia. President Vladimir Putin's spokesman said that in the Kharkiv region, reports were

emerging of "outrageous" treatment of civilians. "There are a lot of punitive mea-



sures... people are being tortured, people are being mistreated and so on," Dmitry Peskov told journalists.

Russia's allegations came after Ukrainian authorities claimed to have found four bodies of civilians with "signs of torture" in the recaptured eastern village of Zaliznyche.

"Too early to tell" Residents reported that Russian

troops had killed villagers, the regional prosecutor's office said, announcing a war crime probe.

Ukrainian forces launched their counter-offensive in early September, seemingly catching Russia's military off guard. Images posted by the Ukrainian military showed crates of munitions and military hardware scattered across territories abandoned by Russian forces.

Around the north-eastern town of Balakliya, AFP journalists saw evidence of fierce battles, with buildings destroyed or damaged

and streets mostly deserted.

By Monday, President Volodymyr Zelensky said that Ukraine's forces have retaken a total of 6,000 square kilometres (2,320 square miles) from Russian control. In the northeast, dozens of areas including the cities of Izyum, Kupiansk and Balakliya, have been retaken, Ukraine said.

Iranian-made drone shot down Ukraine's defence ministry said on Tuesday it had shot down an Iranian-made Shahed-136 drone used by Russia's armed forces in the northeastern region of Kharkiv, the first time Kyiv claimed to have eliminated one of the devices.

Ukraine and the United States have accused Iran of supplying drones to Russia, something Tehran has denied. The defence ministry posted images of what appeared to be parts of a destroyed drone with "Geran-2" written on the side in Russian. The wingtip appeared to match that of a Shahed-136.

It said the drone, or unmanned aerial vehicle (UAV), had been "eliminated" near Kupiansk, a town in the Kharkiv region recently recaptured by Ukraine.

Military experts have said Iranian drones would be useful to Russia for both reconnaissance and as loitering munitions that can bide their time in locating and engaging suitable targets.

Sanctions On Russia To Stay, Says European Union Chief

Strasbourg: EU commission president Ursula von der Leyen on Wednesday said the successive waves of EU sanctions against Russia for its invasion of Ukraine were here to stay and that Europeans must keep their resolve against Moscow.

"I want to make it very clear, the sanctions are here to stay. This is the time for us to show resolve, not appeasement," von der Leyen said in European Parliament during her annual State of the Union speech.

Ukraine's first lady Olena Zelenska attended the gathering in Strasbourg, receiving a standing ovation from lawmakers.

Von der Leyen told MEPs that she would travel to Kyiv to meet Ukrainian President Volodymyr Zelensky. "I will travel to Kiev today to meet President Zelensky" to discuss "in detail" the continuation of European aid, she said in her major annual political address.



"For the first time in its history, this Parliament is debating the state of our Union while war is raging on European soil," said von der Leyen, dressed in Ukrainian colours. "Dear Olena, it took immense courage to stand up to Putin's cruelty. You found that courage," she said. Ukraine's first lady Olena Zelenska attended the gathering in Strasbourg, receiving a standing ovation from lawmakers.

Sourav Ganguly, Jay Shah Can Have BCCI Term 2 After Supreme Court Order

The Supreme Court of India on Wednesday accepted the proposed changes in the Board of Control for Cricket in India's constitution, which will allow current president Sourav Ganguly and secretary Jay Shah to get an extension to their term. Both Ganguly and Shah's first terms came to an end earlier this month due to the 'cooling off period' clause in the BCCI constitution.

Cyclist Adil Teli breaks WR between Leh-Manali



Srinagar, Sep 14 (UNI) Guinness record holder cyclist Adil Teli has set yet another one by traveling 475 km from Leh to Manali in 29.18 hours and 21 seconds beating the earlier record of 35.32 hours.

Adil started from Leh at 5.41 am Sunday and after crossing five high passes on the way reached Manali on Monday at 11.59 am beating the world record of Bharat Pannu of Indian Army by approximately 6.16 hours.

"I did not sleep during all these 29 hours and the road was rougher than expected," Adil told UNI.

He said the most difficult part of the journey was to cross the five high altitude Himalayan passes, of which the Tanglangla pass which is at a height of 5,300 meter above sea level was the most challenging.

The other high passes on the road were Nakeela pass, Lachung La pass, Baralacha La pass were all above 4,000 meters from above sea level while Rohtang La pass is 3,800 meter above sea level which were also challenging to cross during the night times and amid cold conditions due to accumulation of snow on the high Himalayan peaks making the breeze pierce like knife.

Adil hails from Narbal in central Kashmir's Budgam district and has already pedaled from Kashmir to Kanyakumari, covering a distance of 3,600 kilometers in just eight days in 2021 and recorded his name in the Guinness book of world records.

About Leh to Manali, he said "it was very cold at places and my hands and feet were freezing at times. But I kept riding and continued with a solid mindset that I have to create a new Guinness record and beat the old one with a good margin". Adil said: "I did not sleep before achieving my goal - success and happiness on Monday".

He talked about the help he has received from his physiotherapist Murthy from Bangalore to be able to attain his feats. "I used to undergo three to four sessions of physio to keep myself fit during the night as the temperature was dipping on the way due to snow on the high peaks and cold breezes were freezing my hands and feet," Adil said.

Adil had to take his light meals during these little breaks and keep his body hydrated on the way while riding on cycle taking a lot of fluid and juice. "It was a very tough journey but I did it with the blessings of my people of Jammu and Kashmir and my parents, who enabled me to beat the world record by a good margin".

Elated after creating his second Guinness world record, Adil said: "I have plans to break more records in near future". He said it was not easy to break the record by traveling from Leh to Manali through such high and rough peaks amid low oxygen level at places.

He said at places there were muddy and stone filled roads and at some places gushing water was flowing on the road which were challenging as he moved forward.

"I thank the Almighty that I made it successfully and made my parents and native people proud," he added.

Adil is likely to participate in the national cycling events and the Dubai Open Championship.

He also thanked his sponsors Jammu and Kashmir Tourism Department and co-sponsors Adidas, Sanja, Sintex cement and versatile who helped him break the record.

My Youth My Pride Night Cricket Tournament culminates in Downtown, Srinagar

SRINAGAR, SEPTEMBER 14: The much fan fared Night Cricket tournament being played in Gani Memorial Stadium, Rajouri Kadal Srinagar culminated with the grand final today. The tournament was organized by Gani Memorial Cricket Association in collaboration with J&K Sports Council.

The final match of the tournament was played between Makhdoomi-XI and Kashmir-XI. Makhdoomi-XI after winning the toss elected to bowl, a decision which somewhat seemed to go well in their favour initially but it was the heroics of Abid Nabi who scored 68 runs to spoil their party. J&K's former opener and flamboyant batter Adil Reshi also contributed 27 runs to the team total. Kashmir-XI piled up a huge task for their opponents scoring 191 with the loss of 6 wickets in their allotted

quota of 20 overs. For Makhdoomi-XI, Sameer Bell and Momin's 62 runs and Sa-



Rafiq Baba scalped 3 and 2 wickets respectively while other bowlers looked out of sorts. In response Makhdoomi-XI fell like a pack of cards and none of their batters except Momin Sami and Sajad Ganai could offer any challenge to the tight line

bowled by the opponents. The former ace cricketer of J&K Abid Nabi was awarded player of the match. He was also declared player of the series as well as best bowler of the tournament. Winning team received a cash prize of rupees fifty thousand while as runner up were awarded rupees twenty five thousand. Divisional Sports officer Nuzhat Farooq presided over the function as chief guest while as Maqsood Ahmad Deputy Manager, Gani Memorial Stadium was guest of honour on the occasion. The Chief Guest distributed the prizes among the participants in the end and assured them of all the support from J&K Sports Council in future. Many cricket buffs praised the J&K Sports Council's special initiative 'My Youth My Pride' which they felt offers equal opportunity to all players to showcase their skills.

Eleven Stars Tarzova Defeats SW&Z, Qualify For Grand Final Of Super Smash T20 Cup Tarzova



Sopore :- Eleven Stars Tarzova is the first team to qualify for grand final of Super Smash T20 Cup Tarzova by defeating SW&Z at Shiekh-Ul-Alam Ground Tarzova here on wednesday. Batting first SW&Z put a target of 133 runs on board in the allotted 20 overs. Bariz Ayoub scored 45 runs while Sadam added 40 runs for SW&Z. Suhail Rashid bowled a splendid spell and took 5-Wickets while Javid Ahmad took 2 Wickets for Eleven Stars Tarzova. In response Eleven Stars Tarzova Chased the target in last over of the match and qualify for grand final. Aqib Lefty scored 35 valuable runs while Firdous Wani added handy 20 runs for Eleven Stars Tarzova. Nasir Ganie took 3 Wickets for SW&Z. Suhail Rashid was adjudged player of the match for his splendid bowling display. The tournament is sponsored by SKIE Classes Rajbagh/ Parreypora Srinagar.

Warner ready to talk leadership with Cricket Australia

SYDNEY: David Warner says he still considers leadership roles a privilege and is ready to talk to Cricket Australia about ending the ban imposed on him for his part in the Newlands ball-tampering incident. The 35-year-old was banned from the elite game for a year and from leadership positions for life by CA after he was adjudged to have played the leading role in the 2018 scandal. Australia have a vacancy as One-day International captain after Aaron Finch decided to step down on the back of a poor run of form and there is no guarantee he will continue as Twenty20 skipper after the upcoming World Cup. "Any opportunity you get asked to captain or whatnot, it's a privilege," Warner told Fox Sports on Tuesday. "For my circumstances, that's in Cricket Australia's hands and I can only concentrate on what I have to do, and that's using the bat and trying to get as many runs as I can. "My phone's here. At the end of the day, what's done in the past is done. There's a new board and I'm always happy to sit down and have a chat about anything." Test captain Pat Cummins, who is the favourite to take over the ODI side, and several former Australia players have been lobbying in the media for Warner's ban to be rescinded.

Nasha Mukht J&K Abhiyan-Day 14 Handball competitions, Pledges, student rallies held in different places of Kupwara district

KUPWARA, SEPTEMBER 14: As part of month-long awareness campaign under 'Nasha Mukht Bharat Abiyan', various activities were carried out by educational institutions and ICDS Projects across the district to mark the 14th day of Nasha Mukht J&K Abhiyan.

The Youth Services & Sports department organized a Handball Competition under the banner of 'Nasha Mukht Abhiyan J&K' at Galizoo Stadium Kupwara. Similar competition was held at Boys High School Nutnussa. Both the matches saw participation of enthusiastic



youth. In Education Zone Langate the school children took pledges and held rallies to spread mass awareness regarding the ill effects of narcotic drugs and the need for living a

healthy and drug free life. At ICDS Project Sogam pledges were taken and posters were displayed by Anganwadi and ASHA workers to uphold the need for a drug free and healthy life. Slogans like, 'Drugs are Like Knife Which Kills Your Entire Life', 'Aao Sare Mil Kar Apne Desh Ko Nashe Se Mukti Dilaye' were displayed on the posters held by the workers. Meanwhile, pledges, rallies and other IEC activities were carried out in various educational institutions across the district to observe the 'Nasha Mukht J&K Abiyan'.

Action plan for Promotion of sports activities discussed at Ganderbal

GANDERBAL, SEPTEMBER 14: The Deputy Commissioner (DC) Ganderbal, Shyambir today chaired a meeting of all stakeholders associated with the sports activities to discuss the action plan for promotion of various sports activities in the district.

At the outset, all the stakeholders briefed the DC about the sports activities being organized including outdoor, indoor activities and water sports activities besides availability of manpower and sports equipments.

The DC sought suggestions from all stakeholders regarding proper promotion of sports activities among the youth besides mass participation and identification of talent.

After a brief discussion on the suggestions put forth, the DC stressed upon the stake holders to work as a team and directed them to chalk out plan regarding the activities and events to be held and asked them to share the same list to District Youth Services and Sports Officer so that a proper plan is devised for mass participation in such sports events.

To ensure proper training to the youth and identification of talent, it was decided that the trainers from J&K Sports Council shall provide necessary training to the Physical Teachers posted in various schools in the district and in this regard the DC directed the concerned to frame a proposal.



For promotion of Indoor games among the youth, the DC directed the Education department and College authorities to identify dedicated spaces within the institutions and make necessary arrangements required for indoor games and availability of sports equipments. In the meeting it was also decided that sports festival will be organized at identified locations in the district and DYSSO was directed to draft a plan accordingly. While interacting with the of-

ficers and other stake holders, the DC said that besides physical and mental development, sports is also a remedy to keep young generation away from drug abuse. He reiterated that District Administration is focused on the infrastructure development and promotion of sports in the district and urged all stakeholders associated with the sports activities to conduct sports events in all disciplines to promote sports culture among the youth. The meeting was attended by Additional District Development Commissioner, Mushtaq Ahmad Simnani; Principals of Govt. Physical College of Education Gadoora, Govt. Degree College Kangan, Govt. College for Engineering and Technology.

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B.Com (3 Years)

NURSING
B.Sc (3 Years)
M.Sc (2 Years)

PHARMACY
B.Pharm (5 Years)
D.Pharm (3 Years)

MANAGEMENT
BBA (3 Years)
B.Com (3 Years)

PARAMEDICAL
B.Sc (3 Years)
B.Sc (3 Years)
B.Sc (3 Years)

Approvals & Affiliations

Scholarship for SC | ST | Minority | Kashmiri Migrants | RBA | EWS | Orphans

Campus : VIII, Nepra, Chandigarh-Patalia Highway, Rajpura, Near Chandigarh

JK Off. Address: Kashmir Career Avenues & Educational Services, Habib Colony, Near Lighted Minds, Parreypora, Srinagar