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NEWS IN BRIEF

Film actor Sanjay Khan calls on LG

SRINAGAR, Sep 08: Renowned Bollywood Actor and Film-maker, Sanjay Khan today called on Lieutenant Governor Manoj Sinha here at Raj Bhawan. The veteran actor discussed with the Lt Governor about the promotion of film related activities in Jammu and Kashmir. The Lt Governor observed that the UT Government is taking effective measures to create a vibrant film ecosystem to bring back the golden era of filmmaking in J&K. Key endeavors like New Film Policy, developing better facilities are aimed at transforming J&K into the most preferred film shooting destination, he added.

Police registers FIR against suspended JKAS officer

JAMMU, Sep 8: The Northern Command Army Commander Lieutenant General Upendra Dwivedi on Thursday reviewed the security situation during his visit to Rajouri district of Jammu and Kashmir. The official Twitter handle of the Northern Command said, "Lt Gen Upendra Dwivedi, #Army Cdr Northern Command visited #Rajouri sector where he reviewed the operational preparedness and interacted with all ranks." He expressed confidence over the operational readiness & strong anti-infiltration grid adopted by troops, it read. Notably, Army troops last month in Naushera sector successfully foiled three infiltration bids in less than 48 hours and neutralized two militants. The troops also captured one Pakistani intruder alive who was injured in firing during infiltration and later died of cardiac arrest at Military Hospital Rajouri. His body was later handed over to the PoK authorities via Chakkanda-Bagh in Poonch.

Girl's body recovered from nallah Vishow in Kulgam

SRINAGAR, Sep 08: Body of a teenage girl was recovered from nallah Vishow in Damhal Hanjipora area of South Kashmir's Kulgam district on Thursday, officials said. Identifying deceased as Ruby Jan (14) daughter of Ghulam Hassan of Tangmarg, a police official said her body was spotted in nallah Vishow near her native village by locals. He said locals informed the police, following which a team reached to the spot. The body has been shifted to hospital for medico-legal formalities.

Low intensity earthquake jolts Katra

JAMMU, Sep 08: An earthquake of magnitude 3.5 hit the Reasi district of Jammu and Kashmir on Thursday, officials said. The low intensity quake struck Katra, which houses the holy cave shrine of Mata Vaishnodevi in Trikuta hills, at 7:52 am, officials said. However, no casualty or damage to property was reported, they said. Also Read - Shocking: Dancer Dies of Heart Attack After Collapsing Midway During Performance in Jammu | Caught on CameraThe epicenter was at latitude of 33.14 degrees north and longitude of 75.58 degrees east at a depth of 10 km. "An earthquake of magnitude 3.5 occurred 62 km ENE of Katra, Jammu and Kashmir, at around 7:52 am today. The depth of the earthquake was 10 km below the ground," NCSsaid in a tweet. Also Read - Bharat Jodo Yatra: 2 Weeks in Kerala, 48 Hours in UP. 10 Things to Know About Congress' 3500 Kms Foot JourneyLast month, 13 earthquakes of low-intensity had hit Doda, Reasi, Kishtwar and Udhampur districts of Jammu region. Also Read - Jammu And Kashmir: Associate Professor Commits Suicide In Department of Psychology At University Of Jammu

Revenue Data: Govt Forms TAC To Recommend Methodology

Srinagar, Sept 8: The Government on Thursday constituted Technical Appraisal Committee (TAC) for the project Selection of Service Provider for Scanning, Digitization and uploading of Legacy Data of the Revenue Department. With Saleem Khan, State Informatics Officer, NIC as Chairman, the members of the panel include Deepak Wasan, Executive Director, NIELIT, Muhammad Irfan, System Analyst, Central

CONTINUED ON » PAGE 10

Urs Syed Qamar-ud-Din (RA) Celebrated at Ganderbal After 33 Years LG flags off fleet of boats, shikaras from Zero Bridge to Sufi shrine



HT NEWS NETWORK

SRINAGAR, Sep 08: After a span of 33 years, the four-day annual Urs of Hazrat Qamar-ud-Din

Bukhari (RA) is being observed with much enthusiasm and religious fervor in Reshipora, Sallora are of Ganderbal. The Urs commenced on 7th of September and



today, day two witnessed participation of thousands of devotees.

To ensure successful observation of the Urs, the

CONTINUED ON » PAGE 10

NIA court grants bail to 17 accused in 2017 DySP lynching case

HT NEWS NETWORK

SRINAGAR, Sep 08: A special National Investigation Agency (NIA) court in Srinagar has granted bail to 17 persons accused of lynching a police officer in 2017 outside Jamia Masjid. Judge M.S. Manhas, while allowing the bail application on Wednesday, said there were no reasonable grounds to believe that the accused were guilty of lynching



deputy Superintendent of Police Mohammad Ayoub Pandit.

Pandit was lynched by a mob on June 22, 2017 outside Jamia Masjid in Nowhatta area of the city

CONTINUED ON » PAGE 10

NIA files charge-sheet against 8 accused in conspiracy case

SRINAGAR, Sep 08: National Investigation Agency (NIA) on Thursday filed charge-sheet in Special Court, Jammu in the case pertaining to the conspiracy hatched by militants to execute militant acts against forces in south Kashmir. NIA spokesman in

CONTINUED ON » PAGE 10

150 detainees shifted to outside jails from J&K: Reports

HT NEWS NETWORK

SRINAGAR, Sep 08: As many as 150 detainees have been shifted to outside jails from Jammu and Kashmir, a Jammu newspaper reported exclusively. The detainees are militants from Kashmir and Pakistan. They have been shifted to Uttar Pradesh, Haryana and New Delhi. The newspaper reported that this was aimed at "effectively" checking the "deradicalization of prisoners in Jammu and Kashmir jails, especially by the Pakistani militants". "Majority of the militants shifted from Jammu and Kashmir were lodged in high-security Kot Bhalwal jail under Unlawful Activities Prevention Act (UAPA)," the Daily Excelsior quoted sources saying. It added that the "shifting of Pakistani militants outside will help overcome radicalization of other detainees as well as carrying out militant activities from inside the prison through mobile telephones etc".

CONTINUED ON » PAGE 10

Racket operating in name of 'bonded' laborers in J&K: Supreme Court

HT NEWS NETWORK

NEW DELHI, Sep 08: A racket is operating in the name of bonded laborers in Jammu and Kashmir, said the Supreme Court as it disposed of a decade-old petition. People come from backward areas to work at brick kilns in Jammu and Kashmir, but they refuse to work after taking advance money from contractors, the apex court observed. They then seek to be rescued alleging they are being held as bonded laborers, it added.

"It is not necessary for us to consider the matter any further," said a bench of justices Hemant Gupta and Sudhanshu Dhulia, refusing to consider the matter, pending for the past decade, any further. "If necessary, the state will take remedial steps."

The petition was filed by late social activist Swami Agnivesh and an alleged victim of bonded labor Raj Kumari Sahoo in 2012, claiming that when the husband of the second petitioner (Sahoo) wished

CONTINUED ON » PAGE 10

COVID-19: J&K records 67 new cases, no fatality

HT NEWS NETWORK

SRINAGAR, Sep 08: Jammu and Kashmir reported 67 positive cases of COVID-19 which include 10 from Jammu and 57 from Kashmir divisions, pushing the overall positive caseload in the Union Territory to 478562. Moreover, 116 more COVID-19 patients have recovered and been discharged from various hospitals including 30from Jammu division and 86from Kashmir division. According to the daily Media Bulletin on novel Corona virus (Covid-19), out of 478562 positive cases,

CONTINUED ON » PAGE 10

India, China troops begin disengagement from Gogra-Hotsprings in Ladakh

HT NEWS NETWORK

NEW DELHI, Sep 08: Indian and Chinese troops have begun disengaging at Patrolling Pillar (15) in the Gogra-Hotspring region of Eastern Ladakh, the government said Thursday. Forces of the two countries have been locked in a confrontational position in the area since April 2020. "On 8th September 2022, according to the consensus reached in the 16th round

of India China Corps Commander Level Meeting, the Indian and Chinese troops in the area of Gogra-Hotsprings (PP-15) have begun to disengage in a coordinated and planned way, which is conducive to the peace and tranquility in the border areas," a 'Joint Statement' issued by the Ministry of Defense said. On 8th Sept 2022, according to the consensus reached in 16th round of India China Corps Commander Level

Meeting, the Indian and Chinese troops in the area of Gogra-Hotsprings (PP-15) have begun to disengage in a coordinated & planned way. The 16th Corps Commander Level talks were held on July 17 this year at the Chushul-Moldo border meeting point on the Indian side. With disengagement at PP 15, forces of the two countries have disengaged at

CONTINUED ON » PAGE 10

Sense of fear, apprehensions makes KPs reluctant to return valley: Karan Singh

HT NEWS NETWORK

NEW DELHI, Sep 08: Constant sense of fear and apprehension among Kashmiri Pandits is why very few of them are willing to return to their homeland in the Valley, veteran politician Karan Singh has said. Singh, who was speaking at the release of a book, "When the Heart Speaks", memoirs of well-known cardiologist Dr Upendra Kaul, said most of the Kashmiri Pandits who could afford to go out have gone and "settled for good" — be it abroad or different parts of the country.

However, Kashmir will always remain "incomplete" without Kashmiri Pandits, Singh said.

"Kashmir is beautiful and beguiling and the tragedy that has taken over the Valley since 1947 is heart-breaking," Singh, whose father Maharaja Hari Singh was the last Dogra ruler of Kashmir, said. He commended Dr Kaul and other Kashmiri Pandits like him who have returned and built their homes in the Valley but added that "such examples are very rare".

"Very few Kashmiri Pandits are doing that because there is always

CONTINUED ON » PAGE 10

AC approves amnesty scheme for domestic power consumers

Pending dues to be paid in 12 installments, defaulters to face legal action

HT NEWS NETWORK

SRINAGAR, Sep 08: The Administrative Council (AC) which met here under the chairmanship of the Lieutenant Governor, Manoj Sinha, approved the amnesty scheme for domestic power consumers in the UT. Rajeev Rai Bhatnagar, Advisor to the Lieutenant Governor, Dr. Arun Kumar Mehta, Chief Secretary, J&K and Nitishwar Kumar, Principal Secretary to the Lieutenant Governor attended the meeting. The decision is going to benefit more than 5.50 lakh domestic consumers by waiving off an amount of Rs. 937.34 crore, accumulated as surcharge or interest, on account of non-payment of timely dues. The Administrative Council has provided this last opportunity to the

consumers in view of not being able to avail the benefits of last scheme due to spread of Covid-19 pandemic during the scheme period. The new scheme envisages that the outstanding principal amount arrears accumulated upto 31.03.2022 after waving off 100% interest/surcharge shall be paid in a maximum of twelve monthly (12) installments. The scheme further entails that the failure of payment of any installment/installments within the prescribed twelve (12) months period shall invite penalty and legal action under Electricity Act, 2010, in addition to the accrual of compound interest on the outstanding dues. The consumers who fail to pay the current bill simultaneously with the payment of monthly outstanding installments shall forfeit the benefits.

Over 70 candidates selected at Mega Job Fair in Jammu

Jammu, Sep 8 (UNI) More than 70 candidates have been selected at Mega Job Fair organised on Thursday by the Labour and Employment Department here at Kala Kendra. The Fair was organised by the Commissioner Secretary, Sarita Chuhan. Chauhan urged the participating and potential recruiters to register on the online portal jakemp.nic.in and informed that the portal has also been integrated with NCS portal which has 1.92 lakh employers onboard. She highlighted that more than 50 thousand unemployed youth from J&K have already registered.

Shopian fruit trader's son secures all-India rank 10 in NEET UG exams LG, others congratulate Haziq Lone for feat

HT NEWS NETWORK

SRINAGAR, Sep 8: Festivities broke out in the family of a fruit merchant in Shopian district of Jammu and Kashmir after his son topped the NEET-UG-2022 examination in the union territory and secured the all-India rank 10. Jammu and Kashmir Lieutenant Governor Manoj Sinha and politicians congratulated Lone for the feat. Haziq Pervez Lone, resident of Trenz area of Shopian in south Kashmir, has secured the 10th rank in the all-India level NEET UG examination and topped J-K UT. Son of a fruit merchant, Pervez Ahmad, Lone secured 710 points out of 720. As the family celebrates the success, friends and relatives



dawned upon the house, hugging Lone and garlanding him. Lone is elated over his achievement and credits the success to his family, teachers and to the hard work.

"I am thankful to God Almighty for this success.

CONTINUED ON » PAGE 10

Hajin boy qualify NEET in 4th attempt

BANDIPORA, Sep 08: After fourth attempt, a young boy from Hajin locality of north Kashmir's Bandipora district qualified the NEET UG 2022 by securing 603 marks.

Mohammad Nadeem son of Abdul Rehman Dar of Hajin has qualified NEET UG 2022 by securing 603 marks.

Nadeem said that it was due to his hard work and support from the family, especially his parents and cousin brothers that he was able to crack the prestigious exam.

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Training on Special Summary Revision for Supervisors, BLOs held at Kulgam

Farooq Rather

KULGAM, SEPTEMBER 08: A day-



long training programme on Special Summary Revision for Supervisors and Booth Level Officers (BLOs) was held today at DIET Complex, here. This training programme was in-

augured by the District Election Officer (DEO) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat.



Present on the occasion were ACR, Mir Imtiyaz-ul-Aziz; Dy-DEO Bilal Ahmad Kamgar; Tehsildar Kulgam, Bilal Ahmad and other officers.

During the training programme, all the participants were briefed about various agenda points including registration of eligible voters, removal of entries of dead and permanently shifted electors, correction of errors in elector's details and other aspects of the special summary were briefed to the participants.

On the occasion, Master trainers also deliberated on the components of special summary revision schedule, new form 6, 6B, 7, 8, Aadhaar linkage with Epics, 100 percent photo coverage in Electoral Roll, uploading of AMF/ EMF etc.

Speaking at the vent, the DEO impressed upon all supervisors and BLOs to ensure correct uploading of the data of voters.

The BLOs were given the training on how to make deletions, corrections, uploading etc. They were asked to make door to door surveys to ensure that every eligible person is enrolled and data uploaded.

The Dy-DEO informed that all this process will commence from 15th of this month.

Teachers Training Program Under NIPUN Bharat Mission At Bhadarwah

SAmir Iqbal Khan

Bhadarwah, Sept 8:Following the directives of the Education Ministry Govt of India, District Institute Of Education And Trainings(DIET) Doda, teachers training program under "National Initiative For Proficiency In Reading with Understanding and Numeracy Bharat Mission"(NIPUN) that was started three months back has entered in its last phase.

In this connection, three days training for the final batch was started today in which 42 teachers from Bhadarwah Education Zone participated.

During the training program, special focus was on the National Education Policy(NEP) 2020 according to which the main target for addressing the issues concerning newly introduced Pre- Primary classes in the govt owned schools need to be given special attention for strengthening the base of the students from K.G to 3rd standard(Foundational stage)



and preparatory stage from 4th to 5th to make them able to read and write for which 2026 has been set as a goal to accomplish the task on national level.

The three days program was inaugurated by the DNO NEP Doda(DIET) Raj Mohammad in ZRG Center Govt High School Nagar Bhadarwah.

DNO NEP Doda interacted with the trainees during NIPUN Bharat Mission and while addressing them, he

explained all points concerning NEP 2020 and NIPUN Bharat Mission. "Every stakeholder is required to understand the documents of the NEP 2020 and implement the same on the grass roots level to bring a change in the system of understanding on part of the students," he emphasised. He also highlighted the comparisons and contrasts between the earlier education policies with that of New policy of 2020 for bringing satisfactory outcome in teaching pattern.

The resource persons who conducted the training session include Manjeet Billoria, Rohit Bhagat, Tanveer Ahmed, Rameez Raja, Saifullah Khalid, Suresh Kumar, Asma Parvaiz, Alka Sharma and Sanjay Parihar.

Later, a program on "International Literacy Day" was organised in Govt Girls HSS Bhadarwah in which DNO NEP Doda specifically highlighted the importance of the day and exhorted every stake holder to become an active part of this program.

Its ture I attend my office in Kupwara but my heart beats for Handwara:DC Kupwara

Jashn-e-Handwara programme celebrated in environment hall Handwara.

DR ABDUL QAYOOM

Handwara,Sep,08: The Municipal Committee Handwara organized a colourful programme under the banner 'Jashn-e-Handwara' at Environment Hall Handwara today. The District Development Commissioner (DDC) Kupwara, Doifode Sagar Dattatray was chief guest at the occasion. Additional Deputy Commissioner (ADC) Handwara, Nazir Ahmad Mir; ASP Handwara, CEO Kupwara, Municipal Committee President Handwara, Masroor Banday, Chairman MC Kupwara, Reyaz Mir, President MC Langate, Shahnawaz Abdullah, DDC Member, Mir Suliman, besides, school children, PRIs and a large number of people attended the programme.Addressing the function, the DDC said that the District Administration is committed for holistic and equitable development of all areas of the district including Handwara sub division. He said Government has already sanctioned Medical College at Handwara which will boost ancillary health facilities in the district when completed, besides, boosting livelihood opportunities.



Regarding drug menace, the DDC urged upon the PRIs and general public to extend their support for complete eradication of the drug abuse from the district. "With the active cooperation of general public, PRIs and dedicated efforts of officers and officials of administration, the district Kupwara will become soon the drug free district", the DDC said.On the occasion, the DDC also distributed Certificates of Appreciation among the best performing students. Earlier, the DDC inspected the stalls installed

by various departments and enquired about their schemes offered to the beneficiaries.Meanwhile various speakers also spoke on the occasion.

During the programme, children from different schools across the district performed colourful cultural programmes and received applause from the audience.During the last movement of event "Mr. Farhan" a little student of AIMS Handwara was awarded as best singer of the day by DDC Kupwara. "With the active cooperation of general public,

PRIs and dedicated efforts of officers and officials of administration, the district Kupwara will become soon the drug free district", the DDC said.On the occasion, the DDC also distributed Certificates of Appreciation among the best performing students. Earlier, the DDC inspected the stalls installed by various departments and enquired about their schemes offered to the beneficiaries.Meanwhile various speakers also spoke on the occasion.During the programme, children from different schools.

Budgam Police and ANTF J&K launches Bhung destruction drive

Continuing its efforts to eradicate menace of drugs from the society, Police in Budgam destroyed wild bhung in Khansahib area. Besides Anti Narcotics Task Force J&K also destroyed wild bhung spread on a vast area of forest land in Kupwara.

Police in Budgam headed by SHO PS Khansahib and officials from Revenue Deptt Khansahib launched a special drive to destroy wild bhung in Parnewa Khansahib and its adjacent areas. During the drive, the joint team destroyed bhung cultivation spread on the vast area of land. General public of the area have appreciated the action of Police and have urged to continue such drive in nearby areas also.

Meanwhile, Anti Narcotics Task Force J&K in collaboration with Divisional Forest officer Kamraj Forest Division Zangil Kupwara, Excise & taxation department of Kupwara/Baramulla, Revenue Department with the assistance of local Police carried a major bhung destruction drive at Trimukhan Top, Lolab and adjoining areas bordering Kupwara, Baramulla & Bandipora Districts. During the drive, wild bhung spread over approximately 05 hectares of forest land was destroyed.

Community members are requested to come forward with any information regarding cultivation of contrabands in their neighbourhood. Persons found indulging in drug peddling & cultivation of contraband substances shall be dealt as per law.

Langate Distribute Nutrition in all Centers of Langate BDC Chairman appeals to ICDS Supervisors

DR.AB QAYOOM

Langate,Sep,08:The Block Development Council Chairman of Langate urged the ICDS Supervisor on Thursday to work with integrity and distribute nutrition to all ICDS Centers in Langate.He said if these supervisors won't distribute the nutrition, the supply will expire, resulting in the poor children will suffer. He said the Administration should fulfill their demands at the earliest for the smooth functioning of the ICDS Department. While taking to HEADLINES TODAY Showkat Pandith BDC Langate said despite the strike, these supervisors have worked tirelessly and they deserve the fulfillment of their genuine demands.He affirmed that, from Election duty to Covid-19 vaccination, it were these ICDS supervisors and their subordinates who without caring for themselves and their families were working at the forefront."Pandit has urged them to work and also appealed to Lieutenant Governor Monoj Sinha to fulfill their demands." He has hoped that their long-pending demands will be fulfilled by the LG-led administration."I am also urging the authorities to release their salaries on a regular basis so that they won't suffer. "Most of the time, their salaries are kept withheld for months which is adding to their problems," Pandit added

BDC Chairman Langate congratulations NEET Toppers and other Qualifiers.

DR.AB QAYOOM

Langate,Sep,08:The well-known sociopolitical activist and BDC chairman Langate Showkat Hus-sain Pandith congratulated the successful National eligibility -cum-entrance test (NEET) qualifiers from Jammu and Kashmir. He congratulated Hazik Parvez of Shopian, Basit Ramzan of Kupwara and other successful NEET qualifiers as they represent our Kashmir and future. In a press statement hear, Pandith said Other students should take inspiration from Hazik Parvez of Shopian and bump up their efforts to achieve academic excellence as well as learn how to become role models for others to emulate. History created by Hazik Parvez, a student from Shopian, has scored 710/720, making him the highest scorer in the state with an AIR (All India Rank) of 10. With this rank, he secured a seat at AIMS Delhi. Another, Basit Ramzan from the far-flung border area of Kupwara, got 660/720 and dozens of other NEET qualifiers in the Kashmir " In Kashmir, qualifiers have proved the youth of Kashmir are second to none in academic excellence and chasing dreams for a better tomorrow. They represent our future, our Kashmir and such hard work and perseverance are going to inspire many to achieve their goals smoothly. Such achievements make positive changes in society and at the same time motivate our youth in choosing the bright and right track in one's life.



Government of Jammu & Kashmir OFFICE OF THE EXECUIVE ENGINEER PWD(R&B) DIVISION KUPWARA

NOTICE INVITING E-TENDER

NIT No.59-Kupwara/ 5760-68 of 2022-23 e-tendering DATED: 05-09-2022.

For & on behalf of Lieutenant Governor of J&K Union Territory, e-tenders (in single cover system) are hereby invited as per order of Deputy commissioner Kupwara's order No: DCK/N/Est/2022/626-29 dated. 24.08.2022 for running of canteen from the Registered reputed , and licensed Agencies/ contractor, who are having experience of minimum one year in running of canteen in reputed organization(viz. PSUs, Govt. units, Corporate Offices , hospitals, Hotel Industry cafeteria etc .

S. No	Item Description	Cost of T/Doc. (In rupees)	Earnest Money (In rupees)	Time & Date of Opening of Bid	Basic Minimum bid for three years (Amt in Lacs)
1	2	3	4	5	6
01	Outsourcing of Canteen in the premises of D.C Office Kupwara	1000/-	10000/-	13-09-2022	2.00 Lacs (Rupees Two lacs)

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

01.	Date of issue of Tender Notice	05-09-2022
02.	Period of downloading of bidding documents	From 06-09-2022 to 13-09-2022 (4.00P.M)
03.	Bid submission start date	06-09-2022 from (10.00A.M)
04.	Bid submission end date	13-09-2022 upto (04.00P.M)
05.	Date & time of opening Bids (on line)	13-09-2022 at (6:00PM) in the Office of the Executive Engineer RnB Division Kupwara

•The competent authority reserves the right to accept or reject the tender received or cancel the whole tendering process without assigning my reason thereof.

TERMS AND CONDITIONS

Eligibility criteria:

The bidder/Service Provider should have a work experience of at least one year in providing catering Service Satisfactorily to reputed organization namely central Govt Units/ State government Units/PSU's/ Autonomous bodies /corporate Offices/banks / Medical Institution. The firm offering tenders should furnishing suitable documentary evidence to be supported along with the part -I of tender application (scanned and Uploaded)

•Profile of the company/Agency: The company/agency should give their details as per the performa given in Part I.

(A)

•The service Provider should be registered should be registered with statutory authorities in J&K (as indicated below) documentary proof to be scanned and uploaded along with the tender document.

a.License for running of canteen issued by Food & safety Standard Authority of India under FSSAI Act, 2006

b.Valid license of existing business for labour Department.

c.Latest GST return Certificate.

d.Income Tax Return (for last 01 year).

e.Experience of running cafeteria/Canteen.

•PAN Card of the firm /Proprietor be attached.

•Turn over of the last three financial years.

•Affidavit duly signed by first class magistrate that no case regarding violation of labour rights is filled against the firm.

•Failure to enclose CDR amount shall make tenderer ineligible

•Format T1,T2 and T3

1.Scope of contractor

•The service provider id required to provide the service round the clock 24×7×365 days in premises of D.C Complex kupwara that include other offices in the premises.

The lowest bid value is set at Rs.200,000/- (Two Lakhs) and the bidders shall have to submit their bidds Rs.2.00 lacs onwards.

In case the bid is quoted at the rates lower that the lowest bid, such bid will not be considered.

•The successful bidder shall required to arrange executive meals at short notice for visiting VIPs/dignitaries. Certain dishes as required by VIPs may be arranged from outside sources with prior approval of competent authority. The caterer may claim the same subsequently through a regular bill.

•The successful bidder shall be arranged by himself the utensils, Fuel, Gas and all other ingredients for cooking purpose.

•Duration of Contractor: The contract if awarded shall be valid for a periods of three year's only from the date of contract. However, if the competent authority the term of the contract can be extended up to a maximum period of 03 years (initially for one year's only). The extension in contract if accord shall strictly be subject to the work ,conduct and performance of the service provider. The extended period of contract shall be on same terms and conditions as mentioned in the tender document. The approved rates shall be valid for the contract period. In case the extended period of contract shall be on same terms and conditions as mentioned in the tender document. The approved rates shall be valid for the contract period. In case the successful bidder is desirous of continuing the contract for next three years, he shall deposit the amount at the beginning of next three years with a compound escalation of 15% up to the end six years.

DIPK-9534/22
Dated :- 05-09-2022

Executive Engineer
R&B Division Kupwara

IASOWA JK donates free blankets at SDH Akhnoor

SRINAGAR, SEPTEMBER 8: IASOWA (IAS Officers Wives Association) J&K under the guidance of its President Dr. Amita Mehta, w/o Chief Secretary J&K, donated 25 blankets to the needy patients at Akhnoor sub- district hospital today.

The three member team of IASOWA J&K were represented by Smt. Shveta Kansal, Smt. Anuradha Jangid & Smt. Divya Yadav.

The visiting members handed over 25 blankets to BMO Akhnoor in presence of Sub Divisional Magistrate for the welfare of needy patients.

BMO Akhnoor briefed the members about infrastructure, staff position, daily patient footfall & other functions of the hospital.

Staff, attendants & patients present on occasion appreciated this goodwill gesture by the IAS Officers Wives Association.

Training regarding special summary revision imparted at Karnah



KARNAH, SEPTEMBER 8: In pursuance to the directions of Chief Electoral Officer J&K, a training programme regarding Special Summary Revision of Electoral Rolls 2022 of all Booth Level Officers (BLOs) and Supervisors was today held at Mini Secretariat Tangdar.

On the occasion, training was imparted to 55 BLOs of Karnah sub division (1 -Karnah) assembly constituency during which components of special summary revision schedule for new form 6, 6B, 7, 8, GARUDA App, Aadhaar linkage with Electoral Rolls, 100 percent photo coverage in Electoral Rolls, marking of PWDs, uploading of AMF/EMF were discussed. Meanwhile, SDM Karnah who is Electoral Registration Officer 1-Karnah, Dr Gulzar Ahmad Rather stressed upon the field staff to ensure cent per cent enrollment of electors and purification of Electoral Roll data.

BDO Tangdar, CDPO and other concerned were also present in the training.

PSAJK, PSACWA condole demise of father of Principal Secretary Education Department Mr Alok Kumar

Srinagar: Private Schools Association of Jammu and Kashmir (PSAJK) and Private Schools Association and Children Welfare Association (PSACWA) have expressed their profound condolence on the demise of father of Principal Secretary Education Department Alok Kumar.

The Associations jointly organised an online condolence meeting wherein the participants expressed their sympathies with the bereaved family. The participants remembered the departed person as a noble soul, who despite being a renowned lawyer in Patna was always ready to help needy persons. He was known in the legal fraternity for his principles and insight on various matters of public importance, they said. The meeting also expressed their sympathies with Justice Ashutosh Kumar, brother of Alok Kumar.

اطلاع عام

مظہری ڈرائیونگ لائسنس زیر نمبر JK-1320010016081 میں غلطی سے والد کا نام غلام محمد انصاری اندراج ہوا ہے، جبکہ اصل نام غلام مصطفیٰ انصاری ہے۔ اب اسکی ڈرائیونگ کرانی مطلوب ہے۔ اس سلسلے میں اگر کسی شخص یا اشخاص کو کوئی اعتراض ہو تو، ایک ہفتے کے اندر اندر آرٹو Pulwama، یا RTO کشمیر کے دفتر اپنا عذر پیش کر سکتے ہیں۔ بعد از معیا کوئی عذر قابل قبول نہیں ہوگا۔

جیل انصاری
ولد: غلام مصطفیٰ انصاری
سکنہ: ولدہ بارہمولہ کشمیر

LCMA conducts special demolition drive in Srinagar areas

SRINAGAR, SEPTEMBER 08: A special demolition drive was today conducted by the LCMA in the area of Rakh-i-Arth Housing Colony Bemina. On the occasion, several encroachments and a shed were demolished from plots illegally encroached upon by the locals. Moreover, Enforcement Wing of LCMA under the supervision of Enforcement Officers also under took a demolition drive in the areas of Saderbal / Kanitar, Saida Kadal and Nigeen where one 2nd storey, 02 shops, one plinth and one illegal encroachment of path were demolished/vacated. Moreover, illegally earth filling dumped in the areas of Saida Kadal / Nigeen Lashkari Mohalla, Handum Mohalla NFR were also removed on-spot. Further, legal action

against the violators was also initiated. A special demolition drive was today conducted by the LCMA in the area of Rakh-i-Arth Housing Colony Bemina. On the occasion, several encroachments and a shed were demolished from plots illegally encroached upon by the locals. Moreover, Enforcement Wing of LCMA under the supervision of Enforcement Officers also under took a demolition drive in the areas of Saderbal / Kanitar, Saida Kadal and Nigeen where one 2nd storey, 02 shops, one plinth and one illegal encroachment of path were demolished/vacated. Moreover, illegally earth filling dumped in the areas of Saida Kadal / Nigeen Lashkari Mohalla, Handum Mohalla NFR were also removed on-spot.

Dulloo reviews progress of CAPEX, CSS, NABARD for APD

SRINAGAR, SEPTEMBER 08: Additional Chief Secretary (ACS), Agriculture Production Department (APD), Atal Dulloo today chaired a meeting at Civil Secretariat here to review the progress of the UT CAPEX, Centrally Sponsored Schemes (CSS), NABARD and Deliverables under the implementation in Agriculture Production Department. The meeting was attended by Secretary in Agriculture Production Department, HoDs of concerned departments and other senior officers. Jammu based officers attended the meeting through Video Conference. During the meeting, detailed deliberations were held on physical and financial progress made by the Departments under Capex 2022-23 and CSSs, NABARD during the current financial year. While reviewing the progress on different parameters of various schemes by these departments,

Dulloo directed all HoDs to gear up the field staff so that substantial progress

them to submit progress reports regularly. He stressed upon all the HoD's

mon masses. He directed the officers for analysis of KCC data

concerned to expand the scope of opportunities for production of off-season



under UT capex can be achieved. He asked them to utilise the resources effectively so that maximum farmers are benefited from these schemes. The ACS reiterated that the Line Departments should focus on implementation of beneficiary oriented schemes and asked

to work in a coordinated manner to achieve the given deliverables within the assigned guidelines. Atal Dulloo further delved upon the HoD's to utilize the CSS funding effectively so that the objective of these schemes is achieved and the benefits are percolated to the com-

and check how many farmers are actually taking benefits out of the scheme. Regarding the seed distribution, he directed the officers to make sure that farmers are provided quality seeds timely, besides increasing the availability of fertilizers. He further directed the

vegetables for increasing crop intensity, besides directing them to take measures to increase the land area under oilseeds, fodder and other crops. While reviewing the progress made in Sericulture sector, ACS directed the officers to expand clusters and involve more people

through Self Help Groups like SRLM, NRLM so that people take this a supplementary source of income. Earlier the HoDs of the departments made a detailed presentation of CAPEX, CSS, NABARD of their respective departments and highlighted certain issues. Atal Dulloo further delved upon the HoD's to utilize the CSS funding effectively so that the objective of these schemes is achieved and the benefits are percolated to the common masses. He directed the officers for analysis of KCC data and check how many farmers are actually taking benefits out of the scheme. Regarding the seed distribution, he directed the officers to make sure that farmers are provided quality seeds timely, besides increasing the availability of fertilizers. He further directed the concerned to expand the scope of opportunities for production of off-season.

Disseminate Awareness among masses by utilising Public Outreach Programmes: Dr Sehrish tells Authorities

BARAMULLA, SEPTEMBER 08: The Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish Asgar today chaired a District Level Review Committee (DLRC) meeting to review the overall performance of banks and other financial institutions for the financial year 2022-23. On the occasion, the DC took a comprehensive review of various aspects wherein he stressed on the need for cent percent achievement of Annual Credit Plan targets. Dr Sehrish emphasized upon the heads of various financial institutions to disseminate awareness with regard to the welfare schemes sponsored by them among masses so that people can avail benefits for their overall socio-economic development. She directed the concerned authorities to utilise the platform of scheduled public outreach programs like Block Diwas so that awareness reaches at grassroots level. Dr Sehrish further directed the banks and other financial institutions to display hoardings and

Smart Screens at appropriate locations, displaying all the spon-

While enumerating the list of achievements recorded in the



sored schemes and programmes. She stressed upon the departments to expand the social security network by including more entrepreneurs into the social security programs viz. PMJDY, PMSBY, PMJJBY etc.

quarter, the Lead District Manager said that the achievements under ACP 2022-23 stood at Rs 719.72 crore against the target of Rs 4101.86 Crores as laid down in ACP. He further informed the meeting thoroughly about the

performances recorded in priority and non priority sectors. Among others, the meeting was attended by Joint Director Planning, M Yusuf Rather; Chief Education officer, GM Lone; Chief Horticulture officer, Zahoar Ahmad; Lead District Manager Baramulla, Javid Ahmad; DDM NABARD, Zubair Wasil; Accounts Officer, Showkat Ali Khan; cluster head J&K Bank, officers of various concerned departments, representatives of various banks and other financial institutions. While enumerating the list of achievements recorded in the quarter, the Lead District Manager said that the achievements under ACP 2022-23 stood at Rs 719.72 crore against the target of Rs 4101.86 Crores as laid down in ACP. He further informed the meeting thoroughly about the performances recorded in priority and non priority sectors. Among others, the meeting was attended by Joint Director Planning, M Yusuf Rather; Chief Education officer, GM Lone; Chief Horticulture officer,

SVEEP: DEO Shopian conducts Outreach Prog. On registration of new eligible voters in Ramnagri

SHOPIAN, SEPTEMBER 08: The District Election Office Shopian today held an outreach programme on Systematic Voter Education and Electoral Participation (SVEEP) at the tribal belt of Ramnagri village to sensitize and aware young and eligible voters. The programme was attended by elders of the area and the general masses from the adjacent villages of Mirzapora, Check masjid, Chech i Ramnagri, Reshnagri, Gadipora and Amshipora. The programme highlighted the ways and means for the registration of the new voters through submission of various designated forms and also through the online methods.

Election Naib Tehsildar, Bashir Ahmed addressed the gathering and spoke on the significance of SVEEP for the effective participation of new eligible voters by way of conducting mass awareness programmes across the district. He said that as per the schedule issued by the Chief Electoral Officer, J&K, the special summary revision which is happening after almost four years shall start from 15/09/2022. Filing objections and claims can be done up to 25/10/2022. The disposal of claims and objections shall take place by 10/11/2022 and the final draft of electoral rolls shall be published on 25/11/2022. Later, the public was informed about the de-

tails of the local BLO's and sample forms were distributed among the participants. It was also informed to the public that besides filling physical forms, registration can be done through Voter helpline app and through nvsp portal. Earlier, the district election office conducted wide screening and dissemination of a short film on the SVEEP which was shot locally highlighting the eagerness of youth in getting themselves registered as voters. The election office also created public awareness through a public address system on a mobile van. The election office also created public awareness through a public address system on a mobile van.

DC Kulgam visits Aharbal tourist destination

Farooq Rather



KULGAM, SEPTEMBER 08: To take first hand appraisal of the arrangements for Jashn-e- Aharbal event, the Deputy Commissioner (DC) Kulgam, Dr.Bilal Mohi-Ud-Din Bhat today visited Aharbal to take stock of arrangements put in place at the tourist destination to host the event on Sunday, 11th of September. The DC instructed all the officers and line departments to ensure fool proof arrangements to make the festival a great success and memorable for visitors. Later, he also took stock of developmental works and beautification processes going on in Aharbal. He was accompanied by ACD, Mohammad Imran Khan; SDM Noorabad, Bashir Ul Haq; ACR, Mir Imtiyaz-ul-Aziz; Tehsildar D. H. Pora, Rouf Ahmad; BDO Manggam, Rukhsar Ahmad and other officers.

Awareness programme on Drug Abuse held at GDC Khansahib

BUDGAM, SEPTEMBER 08: The Psychological Counseling Cell & NSS Unit of Govt. Degree College (GDC) Khansahib in collaboration with the Addiction Treatment Facility (ATF) - ASYM - District Hospital Budgam today organised an Awareness Programme on 'Drug Abuse', here. The event began with a welcome address presented by college Principal Dr. Nargis Bano. She thanked officials from the health department for volunteering to co-organise the programme with the college. In her address, she highlighted the role of educational institutions in coping-up with the menace of drug addiction. After her address, students took pledge as mandated under 'Nasha Mukht Bharat Abhiyan' which was administered by the NSS Officer Dr. Sajad Ahmad Padder. Dr. Insha Rouf, Consultant Psychiatry District Hospital Budgam detailed out the phases of drug-addiction and treatment measures. She laid emphasis on moral education in order to bring our youth on the right track. Similarly, Dr. Nashwa Rehmani, Medical Officer ATF highlighted the circumstances leading to potential.

Teachers Forum holds meeting of its Executive Council various issues pertaining to organization & teaching fraternity were discussed.

Srinagar 08 September 2022; JK Teachers forum on Thursday hold meeting of its cadre. The meeting was presided by Mr Mohd Amin Khan Chairman JKTF and was attended by State & provincial leadership besides District Presidents. All the leaders while speaking felicitated Mohd Amin Khan for presiding his maiden meeting as Chairman JKTF. On the occasion the leaders highlighted the glorious role of teachers forum in length & breadth. They reiterated that the activities of forum & positive approach, affection & role of its leadership in fighting various battles is praiseworthy. Teachers

have nourished this organisation with sweat & blood & their unflinched support made it possible that the organisation worked with more valor & zeal for the restoration of honor & dignity of employees as a whole. Showkat Ali Baigh Provincial President JKTF while expressing hope that teachers forum will touch new heights under the leadership of Mohd Amin Khan. He however stressed the cadre to strengthen the organization at grass root level. Mohd Amin Khan Chairman JKTF while addressing said that teachers have pinned their hopes and we have to come to their expectations. He said that Teachers Forum

is the custodian of rights to achieve the desired goals.



and honor of teachers and students and that our combined efforts are required

He also appealed the teachers to get United under the single banner of Jam-

mu Kashmir Teachers Forum so that all the issues and concern would get solved at an earliest. Meanwhile various issues confronted by teaching fraternity were highlighted and the Chairman assured that all these issues will be raised and discussed with concerned authorities in the upcoming meeting. Forum so that all the issues and concern would get solved at an earliest. Meanwhile various issues confronted by teaching fraternity were highlighted and the Chairman assured that all these issues will be raised and discussed with concerned authorities in the upcoming meeting.

DC Anantnag reviews functioning of Jal Shakti Department in the district

ANANTNAG SEPTEMBER 08: The Deputy Commissioner (DC) Anantnag, Dr Basharat Qayoom today reviewed the functioning of Jal Shakti Department in the district. At the outset, the DC outlined that the Jal Jeevan Mission is a flagship program of the Government. He said that while works have been tendered and allotted, the officials must ensure regular monitoring to ensure proper quality control in the constructions. He said that the department must strictly adhere to timelines to ensure that all projects are completed without delay. Dr. Basharat reviewed the projects being taken up by Jal Shakti, Irrigation as well as Flood Control under NABARD, District CAPEX, Area Development Fund and Languishing. He directed the concerned Executive Engineers to ensure that works related to irrigation are taken up in lean months to avoid inconvenience to farmers. Important projects were discussed including slow sand filtration plants

at Watalbagh and Arigam. The officers were directed to ensure that any ROW issues should be taken up with the revenue department immediately so they can be resolved at the earliest. SE Jal Shakti apprised the chair of status of works under execution at present. He said that while some works have already been completed, every effort is being made to complete the works by November. The DC stressed on interdepartmental coordination to prevent delays and directed the officials to impose penalties where contracting agencies fail to execute the project within time. ADDC, JD Planning, SE Jal Shakti, Executive Engineers from all divisions including Irrigation and Flood Control as well as subordinate staff from the department were present. ADDC, JD Planning, SE Jal Shakti, Executive Engineers from all divisions including Irrigation and Flood Control as well as subordinate staff from the department were present.

Clean Sweep in Matalhama khrewan illegal Mining, Six JCB'S seized

Farooq Rather.

Kulgam 08 September :On Directions of Deputy commissioner kulgam Dr Bilal Mohidin (IAS) , DMO kulgam Dr Khurshid Ahmad tactfully raided the untrodden densely populated Matalhama khrewan to counter the reported illegal mining wherein all the six JCB'S were seized after a tough chase for hours . Thanks to SHO kulgam who reached the spot and placed his role of essence to accomplish the operation. Pertinent to mention that one of the JCB fled the spot taking advantage of local area and collateral support wherein one employee Gul Mohd Dar was asked to leave the Machine who had no option other than to surrender but later on the offender was again caught and the machine seized. When contacted on phone DMO kulgam said the people have been continuously advised to shun the illegal and unauthorized mining but those who resist can't be spared . There are clear cut instructions from worthy Deputy commissioner kulgam and Director Geology and Mining Department and today's action is clear compliance to the Directions. Having full regard for those who obey law and keep away from illegal ethics, the officer said I will keep dealing like it and



have equal resistance for all . There's no disparity and no distinction as all the offenders are equally responsible and have to be responded equiptentially in the precinct of law and rules of Mining. The officer praised the valuable support of Deputy Commissioner kulgam and dedicated the successful operation to him. People of Khrewan, Chaddar , Naidpora , Matalhama, Thoukarpara , Sekloo, Lassipora applauded and hailed the Heroic action of DMO kulgam. The action is recorded as first of its kind in the history of kulgam District. The entire District Administration kulgam is proud of such a versatile officer and extend ready hand support to the DMO. Worthwhile to mention that the toll of JCB'S seized is 10 in last 78 hours.

DDC Kupwara chairs DLRC meeting

Directs officers to put special focus on financial inclusion, skill development

Dr Abdul Quyyoom

KUPWARA, SEPTEMBER 8: The District Development Commissioner (DDC) Kupwara, Doifode Sagar Dattatray today stressed upon bankers and line departments to put special focus on financial inclusion and skill development as it is a top most priority sector which is directly linked to the livelihood of the people.

The DDC was addressing a meeting of District Level Review Committee (DLRC) to review the overall performance of the Banks, line departments and other financial Institutions under Annual District Credit Plan (ADCP) for the 1st quarter of the current financial year 2022-23.

The DDC said that financial inclusion and skill development are major indicators under the Aspirational District Programme and stressed upon the concerned to aggregate their capacities and work towards boosting these indicators.

Regarding awareness of various centrally sponsored schemes, the DDC stressed upon the officers to ensure their participation in all joint awareness camps so that people shall know about the schemes. The DDC directed the Chief Agriculture Officer to ensure that all allied departments take part in these camps.

Earlier, Lead District Manager, Kupwara, Mehboob Ellahi Khan briefed the DDC about the progress of banks under different schemes and informed that Annual Credit Plan (ACP) for the current financial year stands at Rs.1740 crore against achievement of Rs.295 crore constituting 17% achievement up to ending June this year. He said the ACP includes Rs.1513.68 crore under priority sector and Rs.226.08 crore under non-priority sector.

The DDC was informed that the banks have disbursed loans to the tune of Rs.304.41 crore in favour of women beneficiaries which works

out to 8.51% of the total loans granted upto ending June this year against benchmark of 5% in the district.

The meeting also reviewed progress of action points of previous meeting, financial literacy efforts by rural branches of banks in the district, role of Rural Self Employment Training Institutes (RSETI) for providing skill and capacity building to manage business and role of Financial Literacy and Credit Counseling Centre.

The DDC directed all bankers and line departments to speed up the processing of the cases and avoid pendency. He directed Lead Bank Manager to issue directions to the branch heads to avoid any kind of unnecessary delays in disposal of the cases.

The DDC directed the bankers and line departments to work in tandem so that best results are yielded on ground level and more and more youth could be benefitted.



Director ULB inaugurates Solar Tree at Bandipora

BANDIPORA, SEPTEMBER 08: The Director Urban Local Bodies (ULB) Mathoor Masoom Thursday inaugurated the Solar tree at Nishat Park in Bandipora.

The solar tree is unique and first of its kind to add to the beautification of the park and town.

The inaugural ceremony was attended by President MC Bandipora, Basharat Hussain Najar, ADDC

Bandipora, Afsar Ali Khan; Joint Director Planning, Imtiyaz Ahmad; EO MC Bandipora, Wali Mohammad and other senior officers.

Speaking on the occasion, Director ULB said that MCB has taken up many works to meet the needs of the general public and beautify the town.

She said many works including Childrens Park, Marriage Hall and Car

parking besides the beautification works are in progress for the development of Bandipora.

She said, along with construction of new assets, efforts are on to beautify the already functional assets in order to maintain their functionality.

Complementing the beauty of Bandipora, JDP Imtiyaz Ahmad said that the District Administration is committed to maintain

and enhance the beauty of Bandipora. He said many innovative projects are near completion by joint collaboration of District Administration, ULB and MC Bandipora and solar tree was one among them.

President, MC Bandipora said that installation of solar tree was a dream which came true by the efforts of District Administration and MCB.

Distt Admin Bandipora seizes vehicles involved in illegal mining during Night Operations

Move aimed to crack whip on illegal mining in district: Dr. Owais

BANDIPORA, SEPTEMBER 08: The District Administration Bandipora in coordination with Police authorities, Bandipora launched night operations to curb the illegal mining in the district.

During the night operation at SK Bala with the active support of SHO Ajas, one L&T and one tipper involved in illegal mining was seized.

District Mineral Officer Bandipora informed that a continuous drive against illegal mining is in operation to stop the illegal mining in the district.

He informed that under the supervision of District Administration and

active support of reve-

a fine of Rs 57000 have



nue and police, the department snapped all the approach links leading to the quarry belt.

He informed that 04 vehicles indulged in illegal mining have been seized during this week and

been realised from the offenders. He said the department seized 06 machines (L&Ts, JCBs) and 08 vehicles found to be indulged in illegal mining during odd hours and an amount of Rs 2

lakh has been realised during last month.

The Deputy Commissioner Bandipora, Dr. Owais Ahmed said that District Administration is tough against illegal mining and the aim of launching night operations is to crack whip on illegal mining in the District.

He said the drive against illegal mining will continue and those involved shall be strictly dealt with as per relevant sections of law.

He appealed to the general public to stay away from illegal mining and not to get involved in any unlawful activity.

Police organises Thana Diwas at various Police establishments across Kashmir valley

As a part of public outreach programme and an initiative by Government of J&K, Police organized 'Thana Diwas' at various Police establishments across the Kashmir valley.

The Programmes were chaired by the District/Zonal heads in their respective jurisdictional areas. These meetings were attended by respectable citizens, civil society members, Numberdars, Chowkidars, representatives of Traders Federation, Transporters, Auaq Committees, Panchs and Sarpanches. Besides, police officers and officials were also present on these occasions.

In these events, the participants highlighted various issues of public importance and they were assured by the chairing officers that their genuine

grievances pertaining to

While speaking on these



police will be resolved on priority and that of civil administration will be taken up with the concerned departments for their early redressal. Besides, the grievances were heard patiently and were segregated on the basis of area of action and jurisdiction.

occasions, the chairing officers reiterated that the main aim of organising 'Thana Diwas, is to improve efficiency, transparency and accountability in policing at grass-root level and to develop confidence among the people. The participants were impressed

upon to co-operate with Police in maintaining Law & Order and crime free atmosphere in their respective areas.

The participants were also stressed upon to co-operate with Police in curbing the drug menace and in identifying anti-national and anti-social elements who always try to disrupt the peaceful environment.

The participants appreciated the role of police for conducting such interaction meetings and assured their full support & cooperation in curbing the menace of social evils of the society. The participants were also stressed upon to co-operate with Police in curbing the drug menace and in identifying anti-national and anti-social elements who always try to disrupt the peaceful environment.

DDC Kulgam reviews progress under District Capex Plan 2022-23

Farooq Rather

KULGAM, SEPTEMBER 08: The District Development Commissioner (DDC) Kulgam,

than 1937 works have been allotted. ACD briefed the chair that there are 1742 works in the RDD sector in District plan 2022-23 and Administrative approval has



Dr Bilal Mohi-Ud-Din Bhat today chaired a meeting of officers to review the progress of works under the District Development Plan/ District Capex budget for the year 2022-23 at conference Hall of the DC Office Complex, here.

During the meeting, the DDC took sector wise review and progress of works in Education, RDD and PDD, Irrigation, Y&S, Health and other sectors under District Capex.

Dr Bilal took a detailed review of allotment of works, works started on ground and works completed, tendering and other related issues. He directed officers to achieve the completion targets of the works and ensure expenditure of funds released. He asked officers to personally monitor the quality and progress of all allotted works and also stressed upon them to take all possible measures to accelerate the pace of ongoing works for their time-bound completion.

During the meeting, it was informed that 2535 works are approved under District Capex for financial year 2022-23 and more

been given to 1605 works and 1520 works stands tendered and nearly 250 works stand completed.

The DDC directed the concerned to immediately tender out works that have administrative approval and set deadlines for completion of all started works.

The meeting was attended by ADDC, JD-Planning, ACD, CMO Ex. Engineer PHE, PDD REW, and other officers.

The District Development commissioner also reviewed the progress made with regard to implementation of Aspirational Block Development Programme (ABDP) in D.K. Marg and Manzgam Blocks. He took review of sector wise activities being carried out by the Agriculture, Horticulture, Animal husbandry, RDD, Education and other Departments in these Blocks under ABDP based on various performance indicators covering various aspects including Poverty, Health & Nutrition Education and Basic Infrastructure development etc.

The DDC exhorted upon the officers of line and works departments to work.

Secretary NFCH reviews implementation of rehabilitation program for militancy affected children

SRINAGAR, SEPTEMBER 08: Secretary, National Foundation for Communal Harmony (NFCH), an autonomous organization under the Union Ministry of Home Affairs, Manoj Pant, today reviewed implementation of rehabilitation programme for militancy affected children being executed under project ASSIST in Pulwama and Shopian districts during exclusive meetings held in this regard.

The meetings, chaired by the Secretary in both the districts separately, were attended by respective Deputy Commissioners, Baseer Ul Haq Choudhary and Sachin Kumar Vaishya, DDO, NFCH, Ravi Shanker Tripathi, respective District Social Welfare Officers and other concerned officers



of social welfare department. During meeting at Pulwama, it was informed that about 451 children have been assisted in the district by NFCH with a financial assistance of Rs 11,43,250 released, so far, during the current financial year. At Shopian, Union Secretary was informed that 209 children have been assisted in the district

by NFCH with requisite monthly financial assistance. Presently, 77 children are getting monthly assistance under the scheme tailored for rehabilitation of militancy affected children. Secretary asked the officers of both the districts to identify the left out such children in their respective districts so that they shall be provided financial

assistance for their rehabilitation under the scheme. Pant said that NFCH has not received renewal or fresh cases of large number of eligible children from J&K, so far. He asked the concerned officers to expedite the process of tracing out eligible children for registration under the project. He informed that a victim child, qualifying the requisite criteria, once registered is eligible for assistance till 25 years of age. He said the focus is to help them to obtain education and achieve their goals.

Deputy Commissioners informed that these children are being provided opportunity to visit various cities of the country including Delhi, Bangalore, Ahmedabad, Mumbai for vast exposure.

03 Days Training programme of SHG members of NRLM as VRPs on Social Audit concludes at Kulgam

Farooq Rather

KULGAM, SEPTEMBER 08: The three days training programme of SHG members of NRLM as Village resource Persons VRPs on Social Audit concluded today.

The training was organised by Directorate of Social Audit and Department of Rural development and Panchayati Raj Kulgam. As many as 14 nominees participated in this training which is aimed at creating the pool of resources at the Gram Panchayat Lev-



el for enhancing the transparency and accountability

in the centrally sponsored schemes like MGNREGA,

PMAY-G and SBM-G etc. Training kits among the VRPs were also distributed on the occasion.

Assistant Commissioner Development Kulgam, Mohammad Imran Khan who was also present in the programme highlighted the role and importance of VRPs for Social Audit.

Sareer Ahmad and Javaid Ahmad, District Resource persons/trainers presented various contents and aspects of the social audit during the programme.

JAHNVI RANJAN

If you have been trying to lose weight for a long time, the metabolic condition is something you must try. Research suggests that around 250 million, roughly 7% of the adult population, is obese. Obesity appears to be on the rise in most parts of the world, even where it was formerly uncommon. However, there are some ways that could help you effectively burn calories and lose weight. One of these methods is metabolic conditioning.

Understanding Metabolic Conditioning

Simply put, metabolic conditioning involves work and rest intervals that efficiently train the body’s energy systems. Your body uses several strategies to provide energy to the working muscles, called energy metabolism. Metabolic conditioning works on the principle of energy metabolism. It is not just another regular workout routine. Instead, it is an exercise designed mainly to use intermediate and immediate energy pathways. In other words, this workout makes your body use carbohydrates and creatine phosphates as fuel to give you energy.

Many people confuse metabolic conditioning with High-Intensity Interval Training (HIIT). However, metabolic conditioning involves everything from circuit-style strength training to high-intensity interval training (or HIIT). It also includes endurance exercises like rowing, running, or biking for a while, with minimal rest. Metabolic conditioning boosts your metabolism through exercise. MetCon involves compound exercises that allow your body to exercise multiple joints and muscle groups. It also includes short intervals for recovery in between to give your body more time in action.

Research suggests that one must customise MetCon based on their developmental stage, age group and physique. It reinforces that weight loss looks different for everyone, and customisation should be an effective solution. This way, your journey to your fitness goals becomes sustainable.

MetCon activities help increase heart rate while also improving aerobic fitness. In addition, they generally tend to enhance other aspects of your fitness, gymnastic ability, muscular endurance and strength. It encompasses a broader range of workouts. In general, they’re high-intensity workouts done with ample rest in between.

Note

The common myth about metabolic conditioning is that it is similar to HIIT. However, not all metabolic conditioning exercises are HIIT. Instead, metabolic conditioning is a mix of high-intensity and moderate activities. It also involves enough rest between workouts to enhance your performance.

Metabolic Conditioning Workout: Advantages

The metabolic conditioning workouts are reasonably beneficial. Besides weight management, they help improve stamina, enhance flexibility, and overall health. Here are some of the most significant advantages of metabolic conditioning:

Improves Stamina

MetCon is, in general, a great exercise program meant for anyone wanting to improve their physical strength. It helps you build lean muscles and prevents the chances of injuries. Although it might not directly result in strength gain, it shall help you build your endurance to high-intensity burns. Endurance or stamina is nothing but your ability to continue putting in effort without giving up.

Weight Management

MetCon is pretty high in intensity, which



means that your body burns calories while exercising and continues to do so even after you finish your workout. Combining a couple of movements specifically for cardiovascular health would help regulate blood pressure and improve heart health, usually associated with body weight.

Flexible Practices

There is no fixed way to work out. You could use many types of equipment available, or you could just work with your body. It also does not need you to be present at a gym daily. Even the duration of your workout can be altered. What matters is the intensity of the workout.

Improves Metabolism

Another significant advantage of metabolic conditioning is that it burns more calories than fats. Thus, it helps tone your body and hence, can benefit your metabolism.

MetCon Workout: Limitations

Not for Strength Gain

Metcon workouts can assist you in achieving your fitness goals and managing weight, but their purpose is not to help you gain strength. If you want to increase strength, include sessions where you lift heavy weights for a few reps. However, metabolic conditioning can assist you with flexibility and weight management better than regular strength training.

Greater Difficulty Levels

The high magnitude of the workout has often proven ideal for people who are used to pushing their bodies to the ultimate next level. However, intense workouts can lead to fatigue, muscular discomfort, and injuries. The key is to continue the regular practice to perform your way up efficiently. In addition, you might want to train your strength and stamina to carry out the MetCon safely.

Metabolic conditioning exercises are generally safe. However, since these exercises are high-intensity, the risk of injuries also increases. Also, high-intensity exercises increase your heart rate. Hence, it’s advisable to consult your doctor before starting this new fitness program.

How Does MetCon Aid Weight Loss?

The simple mechanism behind any weight loss program is burning more calories than you

consume. As per research, a MetCon workout allows you to maintain or lose weight by burning more calories even after exercising. The process, an excellent advantage of the metabolic conditioning exercise, is called excess post-exercise oxygen consumption (EPOC). Furthermore, you burn more calories since your heart rates are high while doing such activities.

It is also vital for you to keep track of the diet you consume. If you opt for a fibre-rich, nutrient-dense diet paired with a MetCon, losing weight would be easier and healthier.

Note

Metcon workouts enhance your EPOC or excess post-exercise oxygen, which refers to an increase in your metabolism as your body gets to its resting condition after an intense workout.

Beginning with MetCon Workout

Most people who try to lose weight include various physical activities in their daily routines. However, even if you are used to exercising, MetCon is quite different. You might want to give your body some time to adjust to functioning in an anaerobic state. For this, you could begin by practising with a beginner program and then gradually move to more complex MetCon exercises. Read further to learn about types of MetCon workout movements:

Circuit Training

Circuit training consists of six or more exercises repeated with short rest periods for a pre-determined number of rounds or times. You complete one circuit when you complete all the exercises picked for once.

In a single training session, you can perform several circuits. The training is such that you can keep doing the exercises with good momentum while resting briefly. According to a meta-analysis, circuit training appears to efficiently reduce body weight and BMI in individuals who are overweight or obese.

The MetCon after-burn occurs due to an inadequate recovery time between activities. The goal is to train hard on every exercise and relax enough to keep the pressure up the next time. Some simple exercises you can include in your circuits are jump ropes, push-ups, chin-ups, lunges, crunches, squats, benches dip, calf raises and jumping jacks.

Interval Training (HIIT)

The active intervals in an interval-style

MetCon workout should be intense enough to leave you gasping for air. While you perform interval training, body temperature rises, your muscles get lactate built in them, and your body releases catecholamines responsible for dopamine release. The High-Intensity Interval Training or HIIT workout puts your body under metabolic stress to make it respond with a greater hormone release rate.

According to a study, high-intensity training has a better effect than continuous moderate-intensity exercise on fat loss and weight loss. Another study showed that six weeks of HIIT is an effective way for sedentary young women to lose weight and improve their physical health parameters.

Tabata

Tabata workouts are yet another interval training exercise that taps the body into an anaerobic energy state. It involves intense activity, each for 20 seconds with a 10-second recovery time. You should usually repeat them for 5-8 rounds. It mainly helps with a comparatively quick fat-burning session.

Boot Camp

A typical Bootcamp is a pretty harsh military training camp. The Bootcamp for a MetCon workout may be similar in ideology regarding rigours and intense training. Metabolic Bootcamps are programs that can help you lose weight and achieve your fitness goals.

Metabolic Bootcamp routines are so adaptable that you can do them anywhere. They are challenging enough for every fitness level, irrespective of the availability of a gym. In a group training situation, metabolic Bootcamp programs deliver all the advantages of private training and more.

Strength Training

Although a typical strength-training session does not qualify as metabolic conditioning, you can convert it into one. Choose compound exercises that target muscle groups. Work with light weights that you can use safely when working out at a fast pace.

Practise in sets with little breaks to optimise the metabolic effects of strength training. A metabolic strength-training exercise should raise your heart rate more than a regular workout and leave you feeling exhausted.

AMRAP (As Many Reps As Possible)

Since you are aware of the importance of beginner-friendly workout training, here is a MetCon strategy that you could include in the same:

One of the most common MetCon workouts is the AMRAP workout. It requires you to do as many reps of an exercise as feasible in a set amount of time. For example, you could pick four activities and perform as many repetitions of each within 30 seconds.

A sample set could include ten lunges, ten squats, ten full jumping jacks and ten pushups. Take 15-30 seconds of rest intervals in between 3 to 4 rounds. You can also set a 20-minute timer and observe your performance.

Tips to Efficiently Perform MetCon Workout

You should only do this workout a couple of times per week. It is so because the training is pretty taxing for your body. However, this does not mean you skip movement on other days. Instead, choose a moderate exercise for the rest of the day. It will keep your body in practice and not shock it when you do a MetCon after a couple of days.

Your workouts need to be only a few minutes long. Keeping them between 10 to 30 minutes is long enough to develop a high degree of intensity. It is advised to not exceed that limit and compromise your energy and physique.

You are required to finish each exercise in order and complete the circuit one or more times. Try to include non-competing movements. Maybe do squats, meant for the lower body while your upper body rests and vice versa in terms of rest and movement.

Your relaxation periods need to be brief. However, the interval may differ based on your fitness goals. Each body may require a specific break to perform the following exercise properly. Just make sure that it is enough for your body to revive itself.

Operate at a relatively high intensity for 10-12 minutes. Then engage your entire body in a tough workout. You would be required to work hard for the time you've set aside. Your working hours again would be determined by your fitness goals.

Discuss your MetCon workout with your trainer, exchange ideas, tell them the goals you have in mind and create a sustainable plan for you to practise.

Since your body requires to function at great intensity during a MetCon workout, make sure your diet supports it. A protein-rich diet, whether plant or animal-based, with an optimum amount of fibre, and healthy fats like nuts and oils, whole grains, pulses, and legumes, would make you feel satiated for longer and help manage your weight.

Plenty of liquids throughout the day will help your body stay hydrated so that it does not drain off during and after the workout. Liquids like plain water, water with lime or mint, coconut water and ORS solutions are great for your body.

Conclusion

A MetCon workout is challenging and taxing on your body. You must start with beginner-friendly MetCon training and gradually build on your stamina to be able to feel the burn of a proper MetCon workout. It would help you reap healthy and safe results.

These workouts help you get leaner, and the increased anabolic reaction also aids muscular growth. When trying to lose weight, metabolic conditioning activities can help you break through a still state. You can accelerate fat burning for hours after a workout with the metabolic-conditioning after-burn. In addition, this form of workout might assist you in improving your conditioning. So, give it a shot if you're searching for a new method to spice up your workout.

Diet sodas do you no good – may contribute to stroke risk

A new study has found a link between consumption of artificial sweetener, generally found in dietary beverages, and increased cardiovascular disease risk like stroke.

Artificial sweeteners like aspartame, acesulfame potassium, and sucralose emerged as an alternative to added sugar that enabled the sweet taste but reduced the calorie content.

"Aspartame intake was associated with increased risk of cerebrovascular events, and acesulfame potassium and sucralose were associated with increased coronary heart disease risk," said the researchers.

The findings were published in the journal BMJ. The study was based on



volunteers aged 18 and above from the NutriNet-Sante e-cohort, launched in France in May 2009.

The main objective was to investigate the relations between nutrition and health over the years. It studied early markers of cardiovascular health like

weight status, hypertension, inflammation, vascular dysfunction, or gut microbiota perturbation in association with consumption of artificial sweeteners or artificially sweetened beverages, the researchers revealed.

"The main vectors of artificial sweeteners are prod-

ucts that are generally consumed on a regular basis as part of daily dietary habits, including artificially sweetened beverages, table top sweeteners, and dairy products," said the researcher.

Previously, Several studies have linked the consumption of artificial sweeteners to potential adverse effects while others suggested it to be neutral or beneficial. Although the results were mixed, artificial sweeteners currently represent a \$7200m market globally, with a 5% annual growth projected to attain \$9700m by 2028.

Artificial sweeteners remain a controversial topic and are currently being re-evaluated by the European Food Safety Authority, the World Health Organisation, and other health agencies.

White vs pink salt. Which is better for your health and why?

No one likes to eat bland food. Apart from flavour, a good seasoning elevates the taste of food. And apart from the flavour, salt is very important for our body to sustain, it helps build electrolytes that balance minerals.

Both white, popularly known as table salt, and pink salts consist of sodium chloride, but the pink Himalayan variety has tremendous amounts of minerals and elements.

Some of the important minerals include potassium, calcium, strontium, iron, magnesium, and molybdenum.

What are the health benefits of pink salt?

Pink Himalayan salt is said to contain nourishing



compounds that help in the following:

- Improve respiration and strengthen the lungs
- Balance the pH levels in the body
- Reduce signs of ageing
- Help treat insomnia and sleeplessness
- Regulate blood pressure and cholesterol
- Keep blood sugar levels

in check

Increase libido

While pink salt is less refined and is extracted from the foothills of the Himalayas, it is also loaded with iron and hence the colour.

How nutritious is White salt? White or table salt on the other hand is iodized, which helps overcome the deficiency

of iodine that can cause goiter and thyroid.

Many health experts say that since table salt is processed, it does more harm than good for the body. Most of its nutrients get washed away in various processes of cleaning and processing after it is collected through seawater in salt pens.

Is pink salt better for weight loss than table salt?

Since it is more natural and fuller of nutrients, pink salt helps balance nourishment. However, both pink and white salts have the same amount of sodium, which if consumed in excess can cause a lot of bloating, water retention, and inflammation. Hence, when it comes to losing weight, you need to completely quit salt of any kind.

Passing on your old Barbie to toddlers may not be wise

Be it a Barbie doll or a Mickey Mouse bear, a beyblade, or a Batman figure, we have all loved and cherished some of the coolest plastic toys of our time and continue to keep them safe. Many times, they even are passed on to the new generation when toddlers take on the old plastic toys of their uncles, aunts, or parents. This perceptively normal habit was recently evaluated in a new study by experts from the University of Gothenburg. And the shocking findings have left us stunned – the study concluded that such hand-me-down plastic toys could be a health risk.

For the study, researchers anal-

ysed a bunch of old toys and dress-up items and discovered that 84 per cent of them contained toxins that could hamper growth and development in children. Published in the Journal of Hazardous Materials Advances, the study further stated that these toxins could be an obstacle in the way of reuse and recycling processes.

Hazardous chemicals like chlorinated paraffin and phthalates were discovered in these toys – and they constituted over 40 per cent of the weight of the toys.

How do chemicals in old plastic toys affect health?



In an interaction with Times Now Digital, Dr Vaidehi Dande, Child Specialist and Neonatologist, Symbiosis Hospital, spoke about the components in the toys that pose a threat to health and what precautions can be taken to minimise damage.

"Plastics are synthetic products and we humans have picked up the habit of indiscriminate use of plastics in every walk of life. It is a well-known fact that plastics are not environment friendly but most of us do not know that it is not health friendly too. Bisphenol A or BPA and phthalate in plastics are particularly harmful. Prolonged exposure results

in hormonal imbalance affecting different aspects of puberty and fertility. Plastics have been linked lot of health issues ranging from obesity to cancer. Worse is the fact that excessive plastic exposure during pregnancy can adversely affect the brain development of the yet unborn baby," she explained.

What precautions should be taken?

Dr Dande went on to list a few precautions that can be taken in order to minimise damage caused by old plastic toys:

Avoid the use of plastics whenever possible

Do not heat food in plastic containers or do not store hot and steaming food in plastic containers

Avoid canned or packed food as even the metal cans used for storage are lined with plastic from 1 side

Alternatively, the following can be tried:

Always try to consume freshly prepared locally available food

Use safer alternatives like ceramic, glass, paper, or metal whenever possible

Check the type of plastic when its use is unavoidable. Plastic numbers 2, 4, and 5 are considered to be safer though no plastic is absolutely safe

HEADLINES TODAY

EDITORIAL

Keep faith of people 'alive'

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

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JOBLESS GROWTH IS LEADING TO MORE HUNGER AND MASS POVERTY

KRISHNA JHA

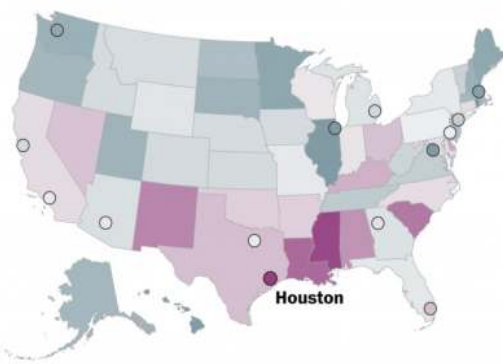
Our economy is in shambles as growth without jobs goes up to 8.3 per cent. Unemployment has been rated at 394.6 million, a fall in the employment availability by two million as the Centre for Monitoring Indian Economy (CMIE) reports have revealed. In July, the unemployment rate was 6.8 percent while employment was 397 millions, reported CMIE. The urban unemployment, which is usually higher, was at about 8 per cent than the rural employment rate which is usually around 7 percent. In August Urban unemployment went up to 9.6 percent while rural unemployment was at 7.7 percent.

Unemployment left entire families without food. At least two hundred million people have no food security. In the countries where this basic essential to keep alive is scarce, India has the honour to have the largest number of people going hungry for days or surviving in famine conditions. In the ranking of global hunger index, 2017, it covers position 100out of 119 ranked countries with 31.4 percent food security situations which had been really grave. The problem has many serious dimensions. Major among them is high prevalence of underweight children under five, a result of low

Percentage who sometimes or often didn't have enough to eat



For the two weeks ending Nov. 9



nutrition and poverty among families. Despite the fact that National Statistical Office pointed out in its data released recently that our economy grew at 13.5 percent in the first quarter of the current financial year, the growth was studied taking a comfortable base line where there was a sharp fall in the economic growth due to pandemic in the first quarter of the last financial year. The Reserve Bank of India had also taken the same base line and came out showing the growth at 16.2 percent, over estimating without taking the context of the base line.

This also shows that despite a double digit growth, gross value added (which strips away indirect

taxes and subsidies), has come out with a growth of mere 4.7 percent from first financial quarter of its pre-pandemic level, 2019-20. In agrarian sector, the value added in disaggregated data was 4.5 per cent in the first quarter of the financial year. The fall in GDP growth, falling number of opening in employment opportunities has brought the common masses to the brink. Among them are those that are either daily wagers or the self employed.

There is sharp rise among those who opt for ending life. Since 2014, the number of these daily wagers who slog to get an under paid job with long stretched working hours to keep the family

at least alive, losing a job itself is falling in an abyss. Life gets doomed and gloom swallows everything that could be spelt as bliss. They enter a world of eternal darkness, without any other option except to end one's life. Share of daily wagers among those who die by suicide in the country has crossed the quarter mark for the first time, according to the latest report of the National Crime Records Bureau (NCRB) — one in four of the recorded 1,64,033 suicide victims during 2021 was a daily wage earner.

In the report, "Accidental Deaths and Suicides in India", it has been recorded that the daily wage earners remained the largest profession-wise group among suicide victims in 2021, accounting for 42,004 suicides (25.6 per cent). There is a separate list for the daily wage earners, from those called Khet Majdoor, slogging in the fields, and have been grouped in a sub-category under the head "Persons engaged in farming sector".

In 2020, too, daily wage earners accounted for the highest share, with 37,666 (24.6 per cent) of the 1,53,052 recorded suicides in the country. In 2019, before the Covid outbreak, the share of daily wage earners was 23.4 per cent (32,563) of the recorded 1,39,123 suicides.

The latest report shows that not only did the share of daily

wage earners among suicide victims go up during 2021, the number increased faster than the national average.

In the suicide data the categories taken by the NCRB are under nine profession-wise groups: students, professional/salaried persons, daily wage earner, retired persons, unemployed persons, self-employed persons, house wife, persons engaged in farming sector and other persons. Among these groups, the highest increase of 16.73 per cent was recorded by "self-employed persons".

While the number of suicides committed by "farmer/cultivator" has dipped, 5,579 in 2020 from 5,957 in 2019, those by "agriculture labourers" have risen sharply in 2020 to 5,098 from 4,324 in 2019. The overall share of "Persons engaged in farming sector" among the total recorded suicides stood at 6.6 per cent during 2021.

The "House wife" category accounted for 14.1 per cent of the total suicides during 2021, their number too increased by 3.6 per cent from 22,374 in 2020 to 23,179 in 2021. The report shows that the number of student suicides stood at 13,089 in 2021, up from 12,526 in 2020. In 2021, the number of suicides by "retired persons" stood at 1,518 while 23,547 suicides were recorded in the "other persons" category.

IPA SERVICE

WOMEN CAN'T WAIT FOR ANOTHER 300 YEARS FOR GENDER EQUALITY

DR. GYAN PATHAK

A new UN report has warned that the world would take another 300 years to achieve gender equality if the countries perform to continue as usual. It is too long a time for which generations of girls and women must not be put to peril. Moreover, the pathetic situation under which they weep and wail, silently and unheard, is most likely to continue without urgent investment in them.

It is despite the fact that achieving full gender equality is one of the 17 Sustainable Development Goals (SDGs). The new report published by UN Women and the UN Department of Economic and Social Affairs (UN DESA) has also revealed how gender disparities are worsening in the face of "cascading" global crises – such as the COVID-19 pandemic, violent conflict, and climate change – coupled with the backlash against women's sexual and reproductive health and rights. As a result, countries will not meet SDG5, that in gender equality, by the 2030 deadline.

There are many dimensions to the gender equality which needs a comprehensive understanding for better strategic planning and implementation to achieve the goal in shortest possible time, preferably by the 2030

deadline. We are already too late and there are numerous issues at hand.

Let us take as an example the warning, the report has served. The report has warned that at the current rate of progress, it will take up to 286 years to close gaps in legal protection and remove discriminatory laws. It goes without saying that the legal framework needs immediate review to find out and remove injustices to girls and women which have been traditionally part of our socio-legal systems.

As for the equal opportunity to girls and women in the social, economic, and political activities, the situation is equally difficult for them to overcome in the near future. For example, the report has warned that it would take another 140 years for women to achieve equal representation in leadership positions in the workplace, and 40 years for the same to happen in national parliaments.

Meanwhile, to eradicate child marriage by 2030, progress will have to be 17 times faster than in the last decade, with girls from the poorest rural households and in conflict-affected areas expected to suffer the most.

The report also highlights a worrisome reversal on poverty reduction, with rising prices set to exacerbate the situation. By the end of the



year, roughly 383 million women and girls will live in extreme poverty, compared to 368 million men and boys. Many more will have insufficient income to meet basic needs such as food, clothing, and adequate shelter in most parts of the world.

If current trends continue, more women and girls in sub-Saharan Africa will live in extreme poverty by 2030 than today, the report has warned.

The invasion of Ukraine in February, and the ongoing war there, are further worsening food insecurity and hunger, especially among women and children. The war has led to limited supplies of wheat, fertilizer and fuel, while propelling inflation.

Many street food vendors lost their only source

of income when COVID-19 lockdowns shuttered towns and cities, the report has warned, in which girls and women were worst sufferers.

Other daunting facts from the report reveal that globally, women lost roughly \$800 billion in income due to the pandemic. Despite a rebound, women's participation in the job market is projected to decrease this year to 50.8 per cent, compared to 51.8 per cent in 2021.

When we compare this data with India, the situation is far worse here. Women's participation ratio in the job market had reduced to only 16 per cent during the pandemic year 2020 and is still below 20 per cent according to some estimates. India would obviously need to do much more than it has been doing now. Modi govern-

ment's performance in girl's and women's education, health, and social and legal protection etc are also dismal and frustrating which need to be urgently rectified.

India must take note of the report that has been released ahead of the Transforming Education Summit, which will be convened on the margins of the UN General Assembly later this month.

Although not enough by itself, achieving universal girls' education would help to boost gender equality, the report has said.

Each additional year of schooling can increase a girl's future earnings by up to 20 per cent, according to the report, with further impacts on poverty reduction, better maternal health, lower child mortality, greater HIV prevention

and reduced violence against women.

"This is a tipping point for women's rights and gender equality as we approach the half-way mark to 2030," said Sima Bahous, Executive Director at UN Women.

"It is critical that we rally now to invest in women and girls to reclaim and accelerate progress. The data show undeniable regressions in their lives made worse by the global crises – in incomes, safety, education and health. The longer we take to reverse this trend, the more it will cost us all."

The Gender Snapshot 2022 report also showcases how cooperation, partnerships and investments are essential to put the world back on track.

Without swift action, legal systems that do not ban violence against women, or protect their rights in marriage and family, may continue to exist for generations to come.

"Cascading global crises are putting the achievement of the SDGs in jeopardy, with the world's most vulnerable population groups disproportionately impacted, in particular women and girls. Gender equality is a foundation for achieving all SDGs and it should be at the heart of building back better," said Maria-Francesca Spatolisano, an Assistant Secretary-General at UN DESA.

IPA SERVICE

REMEMBERING NITYAPRIYA GHOSH - A MAVERICK LEFT WING LITERARY THEORIST

KUNAL BOSE

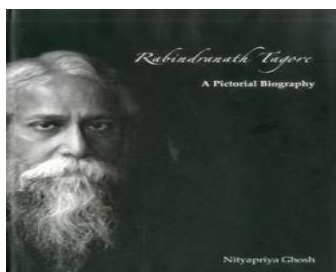
Born in Barisal, now in Bangladesh, Nityapriya Ghosh who passed away on September 7 in Kolkata, lived a highly productive 87 years and much of that in studying the life and works of Rabindranath Tagore. Expectedly so, since his teacher father Manindra Kumar Ghosh enjoyed the affection of the poet and his highly illustrious elder brother Sankha Ghosh did seminal work on Tagore. In fact, Nityapriya was conferred the prestigious Rabindra Puraskar by the West Bengal government in 2013 for a pictorial biography of the poet in English.

A brilliant student of English literature from Presidency College and Calcutta University, Nityapriya wrote extensively in both Bengali and English with equal felicity in a throwback to the tradition, unfortunately now virtually extinct, established by Tagore himself and further enriched by Buddhadev Bose, Sudhindranath Dutta and Humayun Kabir. Based on critical reading of

Tagore works and papers and documents available at Visva-Bharati and other places,

Nityapriya published a number of much acclaimed books on Asia's first Nobel laureate, to be found in three collected volumes. His compilation of Tagore's writings in English published by Sahitya Academy has proved to be a boon for the ones who don't read Bengali but nevertheless interested in the poet. While working on Tagore was an enduring passion with him, Nityapriya found time to cultivate other interests. An important book that he published was on partition of Bengal.

That he strongly believed in left philosophy found confirmation in his working closely with Samar Sen first in Now (where he worked as Assistant Editor after Utpal Dutt moved) and then in Frontier. No wonder he remained under police watch for a long time. He mostly wrote editorials for the two weeklies on national and West Bengal affairs and for the occasional long pieces he used a nom de plume to avoid harassment by the



state machinery.

Nityapriya was an acknowledged aficionado of cinema and theatre and he published stimulating pieces on the two subjects in English and Bengali newspapers and magazines. His writings on films came for appreciation by Satyajit Ray, Ritwik Ghatak and Mrinal Sen, the last one was a personal friend of Nityapriya. Through the 1980s when television was in its early days in India, Nityapriya was commissioned by Amalendu Dasgupta to do a weekly review of the programme in The Statesman and the highly popular column continued for 12 long years.

When I was working for the Economic Times, I would turn to Nityapriya now and again to write on a variety of subjects. And he would unfailingly do justice to every single assignment. The ET desk was admiring of his beautifully handwritten flawless copies. The best work that he did for ET was a long feature on Calcutta (Kolkata was renamed since) published as a booklet but given with the main paper. The management wanted the feature to be first class, the reason could be the owners hailed from the city. Without a second thought, I reached out to Nityapriya to do the work and what he produced came for great appreciation.

Nityapriya loved doing reviews of books of the honest kind. His approach was 'read the whole book, do some research if need be and then only write.' He used to tell people who would care to listen that every time you listen to a Tagore song, open the Gitabitan (the fat book compiling all Tagore songs) read the text more than once to understand the meaning and message. You will then love the

song more.

Nityapriya was never a full time journalist, for he had to work as a corporate communicator for a public sector bank to maintain himself and his family. What a waste of time for someone of Nityapriya's talent. Former The Statesman editor S Nihal Singh who read Nityapriya's reportage in Frontier on the extensive damages to properties wrought by devastating rains and floods in some North Bengal districts in the seventies and their destabilizing impact on society said "I wish we had a few writers like him working for newspapers." What would make Nityapriya immensely sad when some popular Bengali authors would on the basis of salacious gossip in the past but without substance write on Tagore and in the process denigrate the poet. He wrote against that kind of practice only to turn one-time friends into antagonists. (IPA Service)

The writer, a Kolkata based senior journalist, was Resident Editor of The Economic Times.

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INCIDENT AT TEMPLE IN UJJAIN IS A SIGN OF A DEEPER POLITICAL GAME

SUSHIL KUTTY

The only real-time missile that can possibly stand up to the filmic ‘Brahmastra’ is the Brahmos, an Indo-Russian collaboration. But Brahmos doesn’t face a boycott like #Brahmastra does though on the eve of its worldwide release, trade analysts are painting a rosy picture of its “first day, first shows” showing, quite unlike the fates of #Liger and #LaalSinghChadda which went under without creating any trace of a slipstream.

Actors Ranbir Kapoor and Aaliya Bhat’s ‘Brahmastra’ has the Hindu right on their back and it’s scary. This same batch of people had in recent days drowned not one, not two, but three and four Bollywood flicks. And Brahmastra releases September 9 with the Damocles Sword hanging low over its head. Much to their disgust, #BoycottBrahmastra and #BoycottBrahmastraMovie have been trending with a vengeance.

Which is what it’s all about. The

Hindu right accuses Bollywood of fudging Hindu culture and belittling Hindu gods. And Bollywood bigwigs including actors and directors laughed at the suggestion. They didn’t take the accusations seriously, till now.

For the makers of #Brahmastra, the past few weeks have been sleepless. They are looking for an elusive ‘Blockbuster’. #Brahmastra was a movie in the making for eight years. #Brahmastraismulticolour laser show, say those who wouldn’t mind if the film bombed at the Box Office.

#BoycottBrahmastra and #BoycottBrahmastraMovie are trending amid reports that producer Karan Johar has “bought” the attention of film critics to declare #Brahmastra a “super-duper” hit. KJo has deep pockets and the deep faith of a secular. For him money is not a problem. So much so, the Hindu right, which is at the back of #BoycottBrahmastraMovie, is feeling the pressure of the dollar speaking. A couple of pro-

Brahmastra hashtags are giving out mixed signals and KJo’s counteroffensive appeared to be working in the last two days.

Social media was suddenly not all against #Brahmastra. Some of the overzealous went to the extent of associating #Brahmastra with the #BharatJodoYatra. In their book, just like ‘Bharat Jodo Yatra’ would unify India, so would #Brahmastra, a secular initiative that will bring all of the peoples of India, both on-screen and off the screen together.

‘KJo’ had pumped in over Rs 500 crore in the making of Brahmastra, which needs to be recovered. A fate similar to Aamir Khan’s #LaalSinghChadda will bleed KJo, enough that he never repeated a similar bravado. If #Brahmastra flops, KJo would henceforth count his pennies before he risked his pounds.

The Hindu right’s economic boycott has hit Bollywood where it hurts. The Hindu right says ‘Bollywood’ is a D-Company blot with an ISI plot

to bring about long-term changes in India, paint it a deeper shade of the green that envelopes Pakistan; that “Dawood’s Money” finances Bollywood, and the “Islamisation of Bollywood” is well-past the danger mark. That ‘Salaam-wallekam beats ‘Ram-Ram’ in almost every Bollywood movie made.

Bollywood is a business. And box office hits make all the difference to the film fraternity. Yet a handful of fast operators control the industry and the system. For some reason, Bollywood chose to tag with Urdu poetry, and the Mughlai in both lifestyle as well in its messaging. Clips of Amitabh Bachchan singing praise of Mughal culture and Mughal conquests dot Social Media. And Bachchan Sr., is a crucial cog in #Brahmastra. If the film bombs, “Bila No.786” will be one of the reasons.

In the “new Bollywood”, producers will steer clear of some actors and among them Amitabh Bachchan. Now there is also Ranbir Kapoor,

whose love for beef didn’t digest well with Hindu vegetarianism. Ranbir Kapoor and his wife Aaliya Bhat could do with a happy repaste of their choice!

There’s also a lesson for political parties in the travails of Bollywood brought about by the right-induced #BoycottCulture. When these folks slap boycotts on people and films and products, it actually works. Post the boycott of Ajmer Sharif following the Kanhayalal beheading, most of the city’s commerce was brought to a standstill. It’s a test for the secular parties, a glimpse of which was seen in the Uttar Pradesh elections. Like it or not, if the BJP polarises and persuades the majority Hindus to vote BJP, it will be a kind of reverse voting osmosis. For a longtime, voting en bloc has been associated with Muslims voting for the Congress, and the Samajwadi Party. The #BoycottBollywood is proof that the tables can be turned.

IPA SERVICE

UKRAINE WAR IS FANNING FASCIST TENDENCIES IN MEMBERS OF EUROPEAN UNION

RAMZY BAROUD

As soon as I landed in Rome, I discovered that I was no longer able to access any Russian media whatsoever. Unfortunately, threats by European Commission President Ursula von der Leyen, that Europe should sever all links with “Russia’s propaganda machine” were taken seriously by the Italian government.

As a journalist, having access to only one side of the Russia-Ukraine war story was a major predicament. How is one to develop a rounded view of such a complex issue when only a one-sided narrative of the war is allowed to be propagated?

Of course, the problem is widespread and has afflicted much of ‘democratic’ Europe. The continent that has often justified its political and military interventions in the affairs of other parts of the world in the name of spreading democracy is failing to adhere to the most basic principle of democracy: freedom of speech.

The discovery made me recall recent comments by prominent American intellectual Noam Chomsky, who told me in an interview that “this is a level of hysteria I have never seen even during the Second World War”.

Italy’s position, however, is particularly unique. Fascism has first emerged here in 1921. A sinister alliance between Fascist and Nazi forces in 1936 forced Italy into an existential fight, leading to a most costly civil war. Alas, in some ways, Italy has not yet fully resolved its ideological dilemma despite the official defeat of the Fascists in 1945, and the subsequent execution of Benito Mussolini.

There is much evidence that suggests that old-school fascism in Italy was never fully eradicated: the inception of La Lega party in northern Italy in the 1980s and its quick rise to the centres of power in Rome, coupled with the return to corporatism, the ideological precursor to fascism, under Silvio Berlusconi’s government in 1994, and much more.

While hiking on a mountain in the Lazio region, I stumbled upon a village where large posters of young Mussolini were being sold to tourists. Shockingly, at least at first, I realized that in some parts of Italy, the legacy of fascism continues to register as an emotionally loaded subject. Indeed, for some, it was the golden era of modern Italy.

Therefore, witnessing the horrific censorship underway in Italy and other European countries is most alarming. Though mainstream Italian politicians refuse to recognize that the government in Rome is adopting many of the fascist traits that defined the country a century ago, evidence suggests otherwise.

Like any other ideology, fascism is constantly redefined and reinterpreted. But core elements of fascist tendencies – the growing influence of corporations and oligarchs, media censorship, cracking down on dissent, and the over-emphasis on militarism and nationalist symbols – remain unchanged.

Italy’s return to ‘corporatism’ is not entirely unique, considering the political structural changes underway in other ‘liberal’ western societies. The uniqueness of the Italian model, however, cannot be delinked from the country’s own historical conflicts and current political dynamics.

Considering the role of socialist forces in Italy in defeating fascism in the first half of the 20th Century, one is maybe surprised to learn that socialist political currents are least relevant in Italian politics, especially if we consider the degree of class inequality and poverty in much of the country. Italy’s sindacaticofederati (Trade Unions Confederation), which is, at least in theory, meant to wage a ‘class struggle’ for equal rights, has itself embraced the existing corporate model, thus becoming, in the words of former Italian politician Gianfranco Borghini, the “weak link of the economic system.”

Those who dare operate outside the space allocated to the sindacaticofederati, thus engaging in their own version of class struggle are exposed to the danger of government retaliation. On July 19, for example, national leaders of the SI COBAS union, Mohammed Arafat, Carlo Pallavicini, and Bruno Scagnelli were arrested and charged with “conspiracy to commit private violence, resistance to a public official, sabotage, and interruption of public service”.

Rome’s politicians do not hesitate to betray the spirit of Italy’s anti-fascist Constitution – one of the most progressive anywhere in the world – which plainly states that “Italy rejects war”. Hundreds of millions of dollars have been sent or pledged by Rome in support of Ukraine in its war with Russia.

Italian politicians, now ready for yet another general election scheduled for September 25, are heavily invested in the anti-Russian war rhetoric, thus keen on presenting themselves as the saviours of Italy. Desperate for votes, Italy’s current Foreign Minister Luigi Di Maio has recently denounced an alleged attempt from Moscow to interfere in Italian elections. He accused his rivals of ‘being silent’ on the supposed Russian meddling, a language that is reminiscent of years of haggling among U.S. politicians.

Italy is not the exception. Other European countries are following suit in terms of nationalist rhetoric and growing militarism, with Germany, in particular, set to have the largest European military.

All of this is feeding into pre-existing populist and racist phenomena, which, prior to the war, were dedicated largely to the targeting of refugees and immigrants.

While politicians are often ready to exploit any event to rise or remain in power, Europe must tread carefully by reflecting on its past, namely the fact that extreme nationalism and populism are likely to lead to something truly sinister and potentially destructive. In many ways, World War II was an outcome of a similar reality.

IPA SERVICE
COURTESY: PEOPLE’S WORLD

THE TEACHER SHOULD ALSO COMMUNICATE WITH THE QUESTIONS OF TIME



VIJAY GARG

Teachers’ Day was just celebrated, teachers were rewarded with scintillating sacred words as always – like reciting traditional mantras. As a teacher, I myself also like it when students show their respect by sending beautiful messages on this day. Yet two troubling questions always haunt me. First, as teachers, are we really committed to the spirit of our profession? Second, does most of society really care about the teacher fraternity?We need to respond to these questions by honestly looking at ourselves in the mirror and with social context. To begin with, there is a need to go beyond that definition of a teacher’s custom and pattern i.e. one who teaches prescribed courses, disciplines students, conducts examinations and on answer sheets in order to obtain officially certified degrees and certificates as a teacher. Gives points How many of us are really inclined to realize that this is a narrow and confining notion because the teacher So there must be a person who becomes a co-traveller of his students, makes them aware of science, poetry, history, literature, agricul-

ture and life-useful arts like carpentry etc. Above all, teaches the rhythm of life and death. Think of great educationists such as Rabin-dranath Tagore or Jiddu Krishnamurthy or John Dewey and Paulo Frere. He saw many options in the art of teaching. He realized that a teacher can reinforce a student’s desire to learn with empathy and dialogue, a teacher can instill love and affection in his disciple. The morality of caring can be planted, a teacher who instills in his students a sensitivity to nature. However, in this hyper-competitive era, where schools are judged by the success stories of the toppers, teaching-learning seems to have been left with nothing but root words written in books and the practice of conducting examinations. . No wonder, there was no distinction between the teachers and the strategist turned coaching centers who groom the students like mere ‘Pariksha-Veer’. That’s how we in that society who are not ready to celebrate the profession of teaching in the true sense. Because when rationalism and neo-liberalism began to shape the course of education, a teacher was asked to convert her ‘knowledge’ into a ‘technical skill’ package, education became mere ‘training’ and students The transformation took place as a ‘source’, which could be fitted into the game of marketism by making pieces. It is the death of great pedagogy, it is killing the soul of the teacher, and it is the result of



a carefully designed monitoring system.It is like tracking every move, its usefulness is judged by market factors and its ability to bring hiring companies to the teaching campus. Imagine, in a glittering university, Paulo Frere asks his students to question the common understanding of the people who dominated the times. Frere will be fired immediately and the cops may even come and get arrested! Beyond this, when extreme-nationalism with its ostentatious symbols becomes the norm and such topics are discussed in the classroom.If there is a competition to deliver lectures, then where is the scope of salvation education? An education that broadens the horizons of the student’s imagination, enables him to embrace the world with an

equal spirit, to question the justification of war, to question the politics of militarization and caste-religion-class violence - however Why should this exercise not be made according to the popular name of the nation. In fact, as we have already seen, extreme-nationalism players hate every teacher who tries to trick young minds into thinking that Encouraging why Rabin-dranath Tagore used to warn us about the violent consequences of militant nationalist-politics or whether Mohandas Karamchand Gandhi tried to fill our wounds with his gentle prayers, satyagrahas and inter-sectarian dialogue even after the injury of Partition. And of course, in this kind of society, where the aspirational class is not really willing to even think about the

teaching profession, because it is constantly being hypnotized by the glut of power and money, there is a revolution in teaching. The attention to the potential is only forgotten. A committed teacher, who opens the eyes of the child and the youth, or a university professor exploring new frontiers of knowledge while doing his work quietly – his life and description do not appeal to the said society much. It is no surprise then that as children grow up, they are rarely encouraged to become teachers. Because in modern India, he has become a businessman, contractor, technical expert, bureaucrat, cricketer and YouTube blogger with millions of viewers.They are motivated to get fame like a hero, so why should they bother to take teacher-teach-

ing? No wonder we don’t care about the overcrowded student numbers, noisy classrooms and deplorable teacher-student ratio, nor do we care that the already overburdened government schools have The teacher is also having to play the role of arranger of lunch group meal or even then, when we see large scale rigging in the recruitment of teachers or There is political nepotism in the appointments of Vice-Chancellors. Continuing and deliberate devaluation in the teaching profession has resulted in the common sight of teachers today who have lost their self-esteem. Amidst all this decline, we are getting to see a new species growing like a mushroom i.e. Physics ‘Sir’, Biology ‘Sir’, UPSC ‘Sir’, Prelim ‘Sir’ etc-etc... They are seen on the boards installed in the place. Also on youtube. are found in beautiful advertisements in newspapers. Yes, with their magical ‘success keys’, these ambitions attract the nurturing class. They are fast replacing the imagination of Rabin-dranath Tagore or Jiddu Krishnamurthy or Savitribai Phule and Gijubhai Bhadeka. No wonder that a society that loses its teachers is bound to decline. This erosion has taken many forms – the decline of democratic spirit in a complacent society, consumerist race, normalization of violence in everyday life. To value teachers as savior-teachers, we Will you wake up and when will you realize?

- Vijay Garg Educational Columnist Malout Punjab

It’s humans who teach humans to smile and it is the humans who work for the children to smile!



M S NAZKI

This line was special! And I had a story with references! ‘It was a caption with the picture from the Chinar Corps and an officer with children and I knew I had to zoom back to the days when I was young! Hey believe me I’m not that old as yet!’ My remembrance is as accurate as ever!

‘My wife is a teacher by heart and she grooms up students the way I give some or rather teach her and tomorrow is Teacher’s day’ I never knew what to show her and I showed her the photograph with the story! An officer with children!’

‘The response was a typical Army wife like, ‘Bhool Jao, 23 Saal Purani Baat Hai!’ My reply reply was ‘Mein 23 Saal Aage Soch Raha hoon Aur Jo Ho Sakta Hai Mein Karoonga!’

‘I know I may I may sound as a bit dramatic but this is practical as well as pragmatic!’

‘It’s humans who teach humans to smile and it is the humans who work for the children to smile!’

‘Indian Army has always done that! Most of us have gone an extra

length or a league to do that and trust me after being pushed out or retired we still do that!’

23 years later in life we are still doing that, my wife teaching and i on my writings to save money from my earnings such as ‘Teachers Day’”

‘Sharing tales of those we’ve lost is how we keep from really losing them. Yes life is a passing phase. We meet many people meet various people! We get related. Some lady teaches us and develops us and then we take the road to be taken! Some roads taken are not to be forgotten and this is one such tale!’

‘I love dead lines. I love the whooshing noise they make as they go by. That was what I thought when I was in camouflages but the concern was still the children!’

‘We had come to know then that seven sins did exist then, and they were wealth without work. Pleasure without conscience. Knowledge without character. Commerce without morality. Science without humanity. Worship without sacrifice. Politics without principle. These seven sins had put Jammu and Kashmir on a door mat!’

But what was the fault of the children? I could not understand then! Eradicating and stumping out terror was a job to be done but saving and educating the next generation was a must!

‘23 years later the same is hap-

pening now because the Indian Army believes in a family of humanity!’

‘To the children of tomorrow I will tell one thing. Some girls to become women choose to follow men, and some women choose to follow their dreams. If you’re wondering which way to go, remember that your career will never wake up and tell you that it doesn’t love you anymore.’ It is opposite for boys too!

‘I like work: it fascinates me. I can sit and look at it for hours and all the happiness depends on courage and work which I do for the kids trying to get on the ladder of future with a hope that they do well in life and I’m a hope a sustainer as well as a propeller....’(unknown Indian Army soldier)!

‘Peace begins with a smile..’ They are the reason to get our smiles back. And we will be the reason to make sure that someone feels loved and believes in the goodness in people....(A Kashmiri kid at that time Nishi and now a teacher). That cute little face has grown chubby but a wonderful teacher! If we can develop a child, in fact many, then why not start doing it now! Indian Army has bigger plans!

Work says that even if you cannot change all the people around you, you can change the people you choose to be around. Life is too short to waste your

time on people who don’t respect, appreciate, and value you. Spend your life with people who make you smile, laugh, and feel loved. That is what the Indian Army preaching! You have to make the best of the wonderful thing you have got and that is life!

So when a new day begins, dare to smile gratefully. When there is darkness, dare to be the first to shine a light. When there is injustice, dare to be the first to condemn it and speak about it. When something seems difficult, dare to do it anyway. That is what is life all about When life seems to beat you down, dare to fight back. You have to do it because in today’s life there are no second chances. When there seems to be no hope, dare to find some. Since one thing is there for which you can go with certainty and that is hope! Whether you find it or not is your determination! When you’re feeling tired, dare to keep going. I do not think there is better way out When times are tough, dare to be tougher. I think by seeing us (the men in camouflages) the strength automatically comes in!

The picture with the story sounds the same declaration, ‘We will keep working and you keep smiling!’ Oof! What better tribute to the teachers/trainers/masters in the game of education! The art of working/educating and and

making the children smile and moving them up matters! In the interiors where education was a missing link the same is happening big time!

I will end this piece with a few lines more, ‘when love hurts you, dare to love again. Indian Army does that and the people love them. When someone is hurting, dare to help them heal. They are doing this too. When another is lost, dare to help them find the way. Time and again they have done that. When a friend falls, dare to be the first to extend a hand. They do that always and every time! When you cross paths with another, dare to make them smile. I do not think that a leave a space here! An embrace matters the most! When you feel great, dare to help someone else feel great too. This is the basic essence of greatness! When the day has ended, dare to feel as you’ve done your best. And we just say, guys time to sleep! Tomorrow is another day! So dare to be the best you can – at all times, Dare to be!’ This is the essence and fragrance of education!

Education is the real secret of life – to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize, it is play perhaps that is what the Ray Ban clad officer in picture is telling the children around him in flushing meadows of Jammu and Kashmir!

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Trailer of Hrithik-Saif’s ‘Vikram Vedha’ out

Writer-Director Pushkar & Gayatri's much awaited film ‘Vikram Vedha’s trailer was formally launched by the cast on Thursday.

As a buildup to the formal launch, the makers of ‘Vikram Vedha’ had organised an exclusive preview for the fans of the cast Wednesday in an astounding 10 cities across the country and Dubai. This scale of initiative was undertaken for the very first time in the history of Indian cinema. This not only helped generate a massive hype a day before, but also delivered on the sky high expectations after the huge success of the teaser.

The trailer has been garnering incredible love and appreciation amongst the screaming and whistling fans from across cities and on social media.

‘Vikram Vedha’ stars Saif Ali Khan and Hrithik Roshan in the titular roles of Vikram & Vedha respectively.

While Saif is seen bringing to life the character of a straight shooting cop as Vikram, Hrithik strikes with shock and awe by playing a menac-

ing gangster, Vedha.

Hrithik and Saif have been receiving rave reviews for their respective performances as seen in the trailer.

The film also stars Rohit Saraf, Yogita Bihani, Sharib Hashmi and Satyadeep Mishra in promising roles.

‘Vikram Vedha’ is an action-thriller written and directed by Pushkar-Gayatri. The story of Vikram Vedha is full of twists and turns, as a tough cop Vikram (Saif) sets out to track and chase a dreaded gangster Vedha (Hrithik).

What unfolds is a cat-and-mouse chase, where Vedha - a master storyteller helps Vikram peel back layers through a series of stories leading to thought-provoking moral ambiguities.

Vikram Vedha is presented by Gulshan Kumar, T-Series and Reliance Entertainment in association with Friday Filmworks & Jio Studios and a YNOT Studios Production. The film is directed by Pushkar & Gayatri and produced by Bhushan Kumar, S Sashikanth and Reliance Entertainment. It will hit the big screens on September 30.



‘KING’ returns to ‘MTV Hustle 2’

Hip hop star KING has taken a complete 360-degree turn in his life, rising from a contestant on the rap reality series ‘MTV Hustle 2.0’ to squad boss.

Sharing about his experience, KING said in a statement, “It’s been an emotional journey for me with MTV Hustle. The lessons I’ve learned from this show have shaped me into the self-assured, prosperous artist I am today. It is a great pleasure for me to return to the show this time to mentor a group of incredibly talented contestants, and I am really looking forward to it.”

KING made his MTV debut on MTV Hustle in 2019 and finished at the top 5. Since then, KING has made a name for himself in the Indian pop music scene. His ability to relate to his fans, comprehend what they want, and know what kind of music they will like is one of his greatest advantages.

His debut album, ‘The Carnival’, has received over 120 million audio streams since the release of his first song,



“Boombass,” in 2015. The song “Tu Aake Dekhle” has amassed over 150 million streams across all audio digital music services and over 247 million streams on YouTube. It has become a huge national hit.

Now, that King has won over all of his loved ones with his undeniably outstanding performance in MTV Hustle, the audience is ready to see KING’s other side.

Sprinter Dutee Chand enters 'Jhalak Dikhhla Jaa 10'



Indian athlete Dutee Chand is all set to compete in an intense dance battle as she joins the stellar line-up of celebrity contestants in dance reality show ‘Jhalak Dikhhla Jaa 10’.

The competition in this season of ‘Jhalak Dikhhla Jaa’ is fierce and the dancing prowess of the contestants has been shining through in each episode. The challenge is hard but who better to ace it than an Olympic star?

Dutee, who last competed in Commonwealth Games in Birmingham in August 2022, is taking on this new challenge and is ready to shake a leg with her choreographer Ravina on this coveted platform.

Speaking about her participation in the show, Dutee expressed her gratitude and said, “ I’ve never imagined

myself performing different dance forms and competing against such stellar performers. Having said that, as a sportsperson, I love taking on new challenges that are thrown at me.”

“I am used to performing in front of live viewers, but this is going to be a new experience altogether. Learning any new art form is not easy but with the help of my choreographer, I am excited to take this up as a challenge and perform to the best of my capabilities. I am looking forward to meeting the judges and performing in front of them. I would like to thank COLORS for putting their trust in me and I hope that that my fans and the audience will support me in my exciting new endeavour,” she added. ‘Jhalak Dikhhla Jaa’ airs every Saturday and Sunday at 8pm on COLORS.

'Alibaba Dastaan': Alibaba-Mariam in trouble

Staying true to the title of being India's biggest family entertainer, Sony SAB'S 'Alibaba Dastaan-e-Kabul' has already made a mark on television for its gripping story and terrific cliffhangers.

As Alibaba tries to overcome one hurdle, another inevitably knocks on his doorstep. Caught in this tale of twists and fate, princess Mariam is also knee deep into trouble in the latest track.

The chase to track down Shehzaadi Mariam is becoming intense. Amidst a lot of hit and misses, Majood and his soldiers catch Mariam, but Dara enters in the nick of time and kills them. Saddam has been given an ultimatum by Simsim to hand over Mariam and she also transforms Chaalis Chor into human form and sends them to search for the talisman which

is with Mariam. Khurram, the slave trader is looking for Shehzaadi too and he wastes no time in trapping Mariam when she tries to sell her pendant.

Instigated by Ali's bhabhijaan Nazia, bhaijaan Qasim throws the orphans out leaving them homeless, in the care of Mamuli Gully Gang. On hearing the Shahi gong by Zarifa, Ali is instantly alerted that his kids are in trouble, and he rushes back to Parvaaz from the cave.

Will Mariam manage to escape before Khurram takes her into his possession? Is Ali going to find a way to help the yateem kids get their home back?

Tunisha Sharma who essays the role of Shehzaadi Mariam said, "I feel that trouble can smell Mariam from miles away! That's probably why you'll usu-

ally find her in dire straits when it comes to things as basic as her survival. Seeing Khurram's despair for gaining control over her, I'm not surprised that Mariam is fear stricken. Keep watching 'Alibaba Dastaan-e-Kabul' to find out if she lets this fear get the best out of her!"

Commenting on the upcoming episodes, Alibaba, Sheezan Khan stated, "There is no desire, no quest that comes before Ali's undying love for the yateem kids. That's just how tight knit they are - like one unit, always ready to have each other's back. Now whether Ali will succeed in providing the kids a decent lifestyle, or if he'll be left struggling when it comes to figuring out their living situation, only the upcoming episodes can tell!"

'Alibaba Dastaan-e-Kabul' airs Monday to Friday at 8 pm on Sony SAB.



'Nervous' to work with Katrina: Siddhant on 'Phone Bhoot'

Bollywood star Siddhant Chaturvedi is gearing up for the release of the highly anticipated ‘Phone Bhoot’ starring Katrina Kaif and Ishaan Khatter.

Recently, the actor along with the rest of the star cast marked their presence on the couch of ‘Koffee With Karan’ Season 7. While everything about the trio was a catch, Siddhant’s fun and interesting answers throughout the conversation has made the episode more exciting and fun filled. While talking about his experience of working with Katrina, Siddhant said, “I was very nervous to work with Katrina at first.”

On speaking about working with Deepika and Katrina back

to back, Siddhant shared, “They are two distinct superstars. For me every film is a first film, I have worked with Ranveer and Alia in my first and then Deepika, and Katrina”.

Later, Karan asked if the star ever got intimidated with Katrina’s presence. Siddhant mentioned about the time he first got nervous, he cheekily said, “I think it was the first time we did the scene together. I was very nervous, because Vicky was there”.

‘Phone Bhoot’ is all set to release on November 4.

Apart from this, the actor will also be seen in Kho Gaye Hum Kahan, opposite Ananya Panday. He also has the action flick of ‘Yudhra’ in the pipeline.

4 Bollywood films to watch on Tata Play

The Bollywood fever on Tata Play reaches a new high as it brings to viewers exciting new releases like Heropanti 2, Darlings and much more.

Here’s a look at the top new releases currently streaming on Tata Play Bollywood Premiere:

1) Darlings:

Darlings, a dark comedy drama starring Alia Bhatt as Badrunissa, a dreamy housewife, will premiere on Tata Play on September 9. It also features Shefali Shah as Shamsunissa, Badrunissa’s mother, and Vijay Veram as Hamza.

The protagonist of Darling’s tale is Badrunissa, also known as Badru, who is trapped in an abusive marriage with Hamza. She attributes his mistreatment to his alcoholism, but when he mistreats her while sober, she reconsiders. Then, Badru makes the decision to seek revenge.

2) Gangubai Kathiawadi:

Gangubai Kathiawadi, a biographical movie starring Alia, is sparsely based on the illustrious life of activist and politician, Ganga Jagjivandas Kathiawadi. The movie, directed by Sanjay Leela Bhansali, tells the story of the ascent of a common girl from Kathiawad who had no choice but to accept destiny’s ways and make it work in her favour when she moved.

3) Badhaai Do:

Suman Singh, played by Bhumi Pednekar, a school PT teacher, approaches Shardul, played by Rajkumar Rao, to file



a harassment complaint at the police station. Here, Shardul’s life takes a completely different turn. Badhaai Do is a rare LGBTQ Bollywood film that successfully strikes a balance between comedy and drama. As a result of their unusual boy-meets-girl encounter, both of them decide to enter a marriage of convenience in order to relieve the shared social and familial pressure to get married.

4) Radhe Shyam:

Prabhas and Pooja Hegde play the lead in this 2022 Indian

period romantic film, Radhe Shyam. Along with them, the film features a stellar cast of Bhagyashree, Sathyaraj, Krishnam Raju, Kunaal Roy Kapoor, Sachin Khedekar, Priyadarshi Pulikonda, and Murali Sharma in pivotal roles. The movie, based in Italy in the 1970s, tells the tale of Vikramaditya, a palmist who must choose between his destiny and his love for Prerana.

Tune into Tata Play Bollywood Premiere to stream the best of Bollywood films across genres like action, drama, romance and others.

Disney+ Hotstar launches teasers of 3 new shows

Raising a toast to unique stories, Disney+ Hotstar marks the global celebrations of Disney+ Day by giving viewers a glimpse into its upcoming Indian content.

The platform on Thursday unveiled the teasers of three new Indian shows— ‘Aar Ya Paar’, ‘Lootere’, and

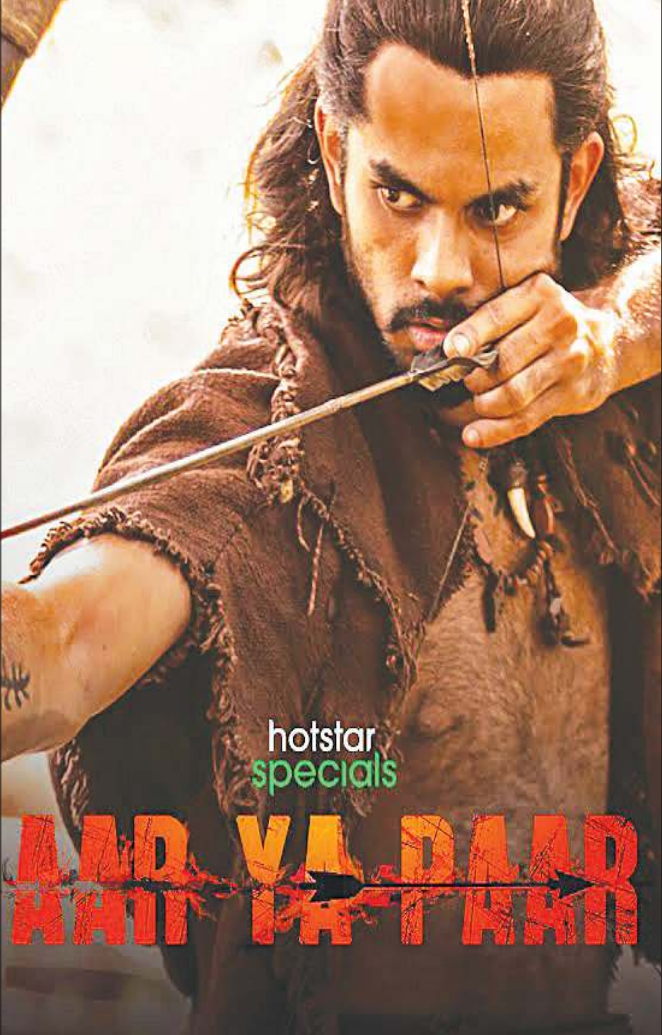
‘Taaza Khabar’, promising an exciting content lineup for the fans to enjoy.

‘Aar Ya Paar’ which marks celebrated director Siddharth Sengupta’s second venture with Disney+ Hotstar, brings a tribal man’s struggle against the modern world and its corrupt political and financial machinery. It features a talented cast comprising Aditya Rawal, Sumeet Vyas, Patralekhaa, Ashish Vidyarthi and Shilpa Shukla.

Bringing an all-new take on destiny and life, ‘Lootere’ carries on national award-winning director Hansal Mehta’s saga of telling stories based on real-life characters or incidents. The series revolves around the lives of The Jadhavs, who migrated from Bihar to Molo in Kenya but were caught in the fierce ethnic conflicts in the country.

The series is directed by Jai Mehta and stars versatile actors such as Vivek Gomber, Rajat Kapoor, Amruta Khanvilkar, Gaurav Sharma, Chandan Roy Sanyal, Preetika Chawla and others.

‘Taaza Khabar’, directed by Himank Gaur marks popular YouTuber Bhuvan Bam’s OTT debut, brings the story of a Mumbai-based sanitation worker’s life. The show, which



also stars Shriya Pilgaonkar, JD Chakravarty, Deven Bhojani, Prathamesh Parab and others, depicts class-based poverty and the human desire to lead a better life.

Siddharth Sengupta, showrunner of ‘Aar Ya Paar’ said, “Unique stories are finding their way to viewers, and I am excited for my first association with Disney+ Hotstar to bring

to the forefront Aar Ya Paar’s distinct tale. It takes me back to the familiar waters of the episodic format of narrating a story, which I enjoy the most. The fact that this series walks a fine line between action and drama makes it a captivating watch. Excited to see how viewers react to it.”

Expressing his excitement on his first project with Disney+ Hotstar, Hansal Mehta said, “This association with Disney+ Hotstar is a special one for two reasons: One, it is directed by my son Jai. Two, Disney+ Hotstar as a platform is known to bring to life some amazing and out-of-the-box stories. Lootere explores a story of survival and struggle of a crew of a merchant ship at a time when hope is blurring. We are excited to bring this thrilling story to the audience very soon.”

Actor and content creator Bhuvan Bam, who marks his OTT debut with ‘Taaza Khabar’, said, “I mark a new milestone in my career with Disney+ Hotstar with a story that is packed with action, emotion, and life’s comedy. My character, Vasya’s story, brings out the ironies of society in a manner that makes you wonder about the ways magic and miracles happen. Also, this new avatar is completely different from all the roles I have taken up.”

Disney+ Day is an annual celebration of the Disney+ global community that debuted in 2021 and features content premieres from the streaming service’s marquee brands, special experiences and offers for subscribers and fans, and more.

DC Kathua reviews implementation of Nasha Mukht Jammu Kashmir Abhiyan

KATHUA, SEPTEMBER 08: Deputy Commissioner Kathua Rahul Pandey today chaired a meeting of concerned officers to discuss modalities for smooth implementation of 'Nasha Mukht Jammu Kashmir Abhiyan' here at DC office complex.

During the meeting, detailed deliberations were held with regard to establishment of Drug De-addiction Centre (DDAC) in ANMT school building in GMC Kathua, strict implementation of NDPS Act, spreading of message of Nasha Mukht Abhiyan at School and College levels, Nasha Mukht awareness activities at popular Tourist destinations besides aggressive social media campaign to educate masses about ill effects of drug menace.

The DC called upon Prin-

cipal, GMC Kathua, Medical Superintendent, CMO

sured in hassle free manner.

based Nukkad Nataks to sensitise the public about



Kathua to work in tandem with Nodal Department Social Welfare for early functioning of the Drug De Addiction Centre and equip it with necessary infrastructure so that rehabilitation of identified drug addicts can be en-

Tourism department was directed by DC Kathua to organise programmes at prominent tourist destinations across the district so as to amplify the message of a drug free district. Cultural department was directed to organise theme

drug menace. Besides, the DC directed the information department to carry out an aggressive social media campaign to spread awareness regarding harmful effects of drug addiction on the society and importance of

healthy life.

ACP Kathua was directed to hold Special Gram Sabhas every month to ensure active participation of PRIs in fighting against the growing drug menace in the district.

The Executive officers of Municipalities were directed to undertake awareness drives through Swasth Rath in hotspot areas across the district under the ongoing Nasha Mukht Jammu Kashmir Abhiyan.

RTO Kathua was directed to affix stickers carrying messages regarding ill effects of drugs and substance abuse on both public and private transport.

The DC enjoined upon all the stakeholders to work in tandem for ensuring effective implementation of Drug- Free Kathua campaign.

Director Horticulture interacts with farmers of Udhampur District

UDHAMPUR, SEPTEMBER 08: The Department of Horticulture Jammu has been conducting a special series of awareness programs to educate the farming community about different schemes of the department and plantation of fruit crops.

In continuation to the special series, Director Horticulture Jammu Ram Savak on Thursday conducted an extensive tour of District Udhampur and chaired a series of Awareness cum Interaction Programmes at Jagano, Maand & Mansar Panchayats of Udhampur district.

Chief Horticulture Officer Udhampur Rajinder Kumar Lochan; MCC Udhampur, S K S Sodhi; DLSMS, Udhampur, Raivati Raman Sharma were also present. BDC Chairman, HDOs and other officers, besides a large number of farmers including women, Sarpanch, SHGs & PRI members of the area participated.

Addressing the gathering of farmers, fruit growers, the Director stressed the need to encourage Modified High Density Plantation in the area and adopt a cluster approach to establish new orchards. He impressed upon farmers to focus on post harvest management of fruit crops by establishing processing units for fruit processing/ fruit drying/ spices preparation etc with the assistance from the department under the PMFME scheme, a land-



mark initiative of Aatmannirbhar Bharat Abhiyan for the value addition of fruit products which will not only reduce post harvest losses but also provide employment opportunities for the rural youth and they also become self reliant and can play an important role in enhancing the family income. Women farmers should form their Farmers Club/ FPO's / Self Help Group's so that they can establish processing units on community level.

The Director said that the district has huge potential for horticulture crops which must be tapped with special focus on citrus plantation as this area is very suitable for this fruit crop, having a good life and is also fetching a good price.

Awareness program on Nasha Mukht Bharat Abhiyan, Child Rights held in Kishtwar

KISHTWAR, SEPTEMBER 08: District Child Protection Unit Kishtwar (DCPU) under Mission Vatsalya, in collaboration with Department of Social Welfare, hosted an awareness programme at Madrasa Madi-Na-Tul Uloom to sensitize the children and faculty members about the Nasha Mukht Bharat Abhiyan. The event was held on the directions of Deputy Commissioner, Dr. Devansh Yadav and under the supervision of District Social Welfare Officer (incharge of District Child Protection Officer), Zubair Ahmed.

The students were also imparted awareness about Children rights. They were informed about Children's right to survival, identity, food, nutrition and health, development, education and recreation, name and nationality, family and familiar environment,

protection from neglect, maltreatment, misuse, abuse, trafficking, bad and good touch etc.

Protection officer-NIC (Mission Vatsalya Kishtwar), Touseef Iqbal Butt explained the aim and objectives of Nasha Mukht Bharat Abhiyan launched by the government of India, including the eradication of Drugs. He said that it has become necessary to prevent the younger generation from falling prey to the menace of drugs. He said that the directionless youngsters take to drugs as a shortcut for success. He also emphasized that the government has set up a constitutional body like the National Commission for Protection of Child Rights in order to guard, encourage and protect the child in India. "Children should get good schooling, joy, happiness and learning", he said. Meanwhile, Superintendent, Social Wel-

fare, Shanawaz Ahmed said that the teachers and other members of the society should develop the habit of objecting. Protection officer-NIC (Mission Vatsalya Kishtwar), Touseef Iqbal Butt explained the aim and objectives of Nasha Mukht Bharat Abhiyan launched by the government of India, including the eradication of Drugs. He said that it has become necessary to prevent the younger generation from falling prey to the menace of drugs. He said that the directionless youngsters take to drugs as a shortcut for success. He also emphasized that the government has set up a constitutional body like the National Commission for Protection of Child Rights in order to guard, encourage and protect the child in India. "Children should get good schooling, joy, happiness and learning", he said. Meanwhile,

DLSA Reasi holds awareness program on International Literacy Day

REASI, SEPTEMBER 08: Secretary District Legal Services Authority, Reasi today organized an awareness program for the common masses of the District to mark the observance of "International Literacy Day" under the theme (2022) "Transforming Literacy Learning Spaces".

The event was held as per the Action Plan/Calendar for the month of September, 2022, issued by the J&K Legal Services Authority and also under the able guidance and supervision of Mr. R.N.Watal, Chairman, District Legal Services Authority, Reasi, here at Rameela Ground, Talwara, Reasi.

Panel Advocates, Shalinder Bhardwaj, Gulshan Singh and Ajeet Singh Nag were the resource persons in the program.

The objective of organiz-

ing this awareness camp was to raise awareness about literacy and to encourage the creation of a more literate & sustainable society and also to ensure high quality, equitable & inclusive education for all. Besides this, Tehsil Legal Services Authority, Katra also celebrated International Literacy Day at Government High School, Katra.

In addition to this, the PLVs of the District Legal Services Authority, Reasi also celebrated International Literacy Day at their respective places in District Reasi. The event was held as per the Action Plan/Calendar for the month of September, 2022, issued by the J&K Legal Services Authority and also under the able guidance and supervision of Mr. R.N.Watal, Chairman, District Legal Services Authority, Reasi.

DLSA Kathua observes International Literacy Day Hosts School level Painting, Debate competitions

KATHUA, SEPTEMBER 08: The International Literacy Day was observed by District Legal Services Authority Kathua (DLSA) at Government Middle School, Jakhbar, today.

The programme was organised to raise awareness and concern for literacy problems that exist within local communities as well as globally.

To mark the occasion, Painting and Debate competitions were organised in the School premises wherein students of different classes participated in the competitions.

While speaking on the occasion, Secretary District Legal Services Authority Kathua highlighted the importance of International Literacy Day and discussed various measures to create a more literate and sustainable society.

The Secretary District Legal Services Authority Kathua also gave away certificates and medals among the participating Students.



The programme was attended by the students and staff of Govt. Middle School Jakhbar Kathua, staff of District Legal Services Authority Kathua along with Para Legal Volunteers of DLSA Kathua.

Similar awareness programme was organised by Chairman TLSC Hiranagar, at Govt. Hr. Sec. School Marheen and Chairman TLSC Billawar, Ms. Shabnam Sheikh at Govt. Middle School Billawar. The programme was organised to raise awareness and concern for literacy problems that exist within local communities

as well as globally.

To mark the occasion, Painting and Debate competitions were organised in the School premises wherein students of different classes participated in the competitions.

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Refresher Training for PTEs of Sample Registration System held at Kathua

KATHUA, SEPTEMBER 08: A one-day Refresher Training was organized for Part Time Enumerators (PTEs) of Sample Registration System (SRS) appointed for district Kathua at Government Boys Higher Secondary School, Kathua.

Pertinently, the Training programme carried out by the Office of Registrar General & Census Commissioner, India, New Delhi was taken up with an objective of providing reliable annual estimates of birth rate, death rate, infant mortality rate and various other fertility and mortality indicators.

While throwing light on the initiative, DSEO Kathua Ranjeet Thakur informed that the SRS has been serving as the main source of information on fertility and mortality both at the State and National levels, from 1971 onwards. As many as 29 Sample Units have been selected in Kathua District under Sample Registration System, he added.

The training is imparted by Assistant Director Jatinder Kumar, and SIG-II of Directorate of Census Operations, J & K, Jammu Sanjay Kumar.

NC pays glowing tributes to Sher-e-Kashmir on 40th death anniversary

JAMMU SEPTEMBER 08- National Conference on Thursday paid glowing tributes to Sher-e-Kashmir Sheikh Mohammed Abdullah on his 40th death anniversary with senior leaders and prominent workers taking a pledge to work towards realizing the vision of the towering leader of the sub-continent in making Jammu and Kashmir a politically stable, peaceful and prosperous State and preserving its special identity.

Leading the cadre in paying floral homage to Baba-e-Quom at Sher-e-Kashmir Bhavan here this morning, Provincial President Jammu Province Mr Rattan Lal Gupta said the best tribute to the leader of masses will be to strengthen Hindu, Muslim, Sikh amity, which is central to glorious fabric of the J&K.

Echoing sentiments of the workers, Mr Gupta recalled how Sher-e-Kashmir stood like a rock to preserve the distinct secular character of the state besides its peculiar status when it was at peril during the most testing time

of the history. He said National Conference will con-

He urged the people to join this effort and help in restor-

du, Muslim, Sikh, Christian and Buddhist unity was the



tinue to strive for upholding the dignity of the people of Jammu, Kashmir and Ladakh regions.

In his tribute, senior leader and former minister Mr Ajay Kumar Sadhotra said National Conference has inherited the legacy of Sher-e-Kashmir and is committed to bequeath it to posterity by setting an example of fighting the divisive and disruptive elements tooth and nail.

ing Jammu and Kashmir its pristine glory

Mr Sadhotra threw light on various facets of Sher-e-Kashmir's life and recalled his sacrifice and contribution to ameliorate the lot of people, especially those belonging to weaker and down-trodden segments of society.

Mr Mubarak Gul former minister said that upholding the cherished slogan of Hin-

biggest and most befitting tribute to Sheikh Sahib, especially as there was grave threat from those who were trading religion for their political sustenance. He said that Jammu and Kashmir will always remain indebted to Sheikh Sahib for laying the deep foundations of democracy in the State. He said Sheikh Sahib's contribution has been immense in politico-economic empower-

ment of various segments of the society across the State.

Conducting the proceedings and giving an overview of the revolutionary measures taken by Sher-e-Kashmir, Provincial Secretary Sheikh Bashir Ahmed said that Jammu and Kashmir is the only State across the country where people have roof over their heads. He said Sher-e-Kashmir has laid such an edifice in all the sectors that Jammu and Kashmir can become a most prosperous and self-reliant state in times to come. He described Single Line Administration, introduced by Sheikh Sahib as one of the important measures to decentralise powers.

Paying tribute to Sheikh Sahib, former Minister and Zone President Chenab Valley Sajjad Ahmed Kichloo recalled the relentless efforts of the towering leader in forging bonds of amity between various segments of the society. He especially recalled the glorious role of Sher-e-Kashmir in spread of education and empowerment of marginalised seg-

ments of the society.

Paying tribute to Sheikh Sahib, Bimla Luthra former MLA said late Sher-e-Kashmir's overall development for women folk in the state during his tenure as CM were iconic. Those programmes were launched to empower womenfolk in the state. His life was for the welfare of the overall state which will be remembered for the years to come, she added.

Paying tribute to Sheikh Sahib, Deepender Kour former MLC, Bushan Lal Bhat Ex-MLC, Brij Mohan Sharma Vice President Jammu Province, Ajaz Jan P.P YNC, Vijay Lochan P.P SC Cell, Abdul Gani Teli P.P OBC Cell, Master Noor Hussain, Pardeep Bali, Vijay Laxmi Datta, Satwant Kour Dogra Provincial President Jammu Province Women Wing, Shamsad Shan DDC Chairman Ramban, Shahmim Begum DDC Damsal, Zeeshan Rana Addl Spokesperson, Th. Yashu Vardhan Singh, Rajni Devi BDC Bari Brahmana, Nar Singh, Raghvir Singh Manhas,

JKPCC observes "International Day of Clean Air for Blue Skies"

JAMMU, SEPTEMBER 08: To mark observance of "International Day of Clean Air for Blue Skies," Jammu and Kashmir Pollution Control Committee on Thursday organised an Interactive Webinar on the theme "The Air We Share."

The objective was to deliberate upon the status of air quality in J&K, need for collaborative accountability and action to ensure clean air for all and to have a common platform for discussion among the regulators and concerned stakeholders including various industrial units operating in J&K.

Principal Scientific Officer JKPCC, Neelu Sharma welcomed the participants and briefed about the objective of the Interactive webinar.

Sat Paul, Regional Director, JKPCC, Jammu talked in detail about the observance of International Day of Clean Air for Blue Skies since three years w.e.f. 2019 and stressed upon the need to contribute towards ensuring clean air by adopting different green

technologies.

Dr. Neelu Gera, Chairperson J&K Pollution Control



Committee gave a detailed overview of the causes and sources of air pollution and need to act in a strategic manner to combat air pollution by collaborative efforts for efficient implementation of mitigation policies and actions to ensure Jammu and Srinagar cities to be within the safer limits of air quality.

Dr. Yash Paul Scientist, Head Labs JKPCC, Jammu presented a detailed overview of the status of air quality in J&K, changing trends and actions taken by JKPCC including air quality monitoring being carried out by

JKPCC and installation of CAAQMS.

K. D Bhardwaj, Regional

Director, Environment & Energy, Group Head International Services, NPC, pointed out various source preventive measures like traffic management and closing of most polluting industries as preliminary mandatory steps to move towards carbon neutrality. Professor, K. R. Chari, President & CEO, SRC Systems and Reengineering Consultants, made a detailed presentation about the waste to energy options and the need to focus on circular economy, while planning about reducing carbon footprints. Dr. Arshid Jahangir, Sr. Assis-

tant Professor, Department of Environmental Sciences, University of Kashmir made a presentation regarding "Siting innovations for conducting Ambient Air Quality Monitoring" and shared details to be considered while making site selection for establishment of air monitoring stations. In the webinar, best available technological practices, viz., installation of Effluent Treatment Plants, Sewage treatment plants, Air pollution control devices like wet scrubbers and maintenance of green belts, adopted by various industrial units in J&K, have been shared by Chenab Textile Mills, Kathua, M/s Ganpati Cements, Kathua and President Industrial Association, Khonmoh, Srinagar with detailed operational techniques. Making closing remarks on the occasion, K. Ramesh Kumar, Member Secretary, JKPCC, stressed upon the need to replicate demo industrial models with green technological options to reduce carbon footprints.

DC Jammu reviews arrangements for Navratri, Dushehra festival

JAMMU, SEPTEMBER 08: Deputy Commissioner Jammu, Avny Lavasa, today convened a meeting of officers of different departments and representatives of religious organisations to review the arrangements for smooth celebration of Navratri and Dushehra festival in the district.

Commissioner JMC Rahul Yadav; ADC L&O, Minga Sherpa; ADC, Satish Sharma; ACR, Piyush Dhotra, besides senior officers from Police, Security, Tourism, Traffic, Jal Shakti, PDD, Health along with representatives from religious organization were present in the meeting.

At the outset, the religious organizations informed the Chair regarding certain issues. The representatives demanded adequate provision for sanitation, uninterrupted electricity, ensuring of regular and safe drinking water, security arrangements, traffic management, adequate stocks of ration, check on the rates and quality of food items, repair of street lights, parking, road connectivity, mobile toilets, medical facilities etc. Regarding cleanliness, the DC asked the Commissioner JMC to maintain cleanliness and also install dustbins and mobile toilets around the temples. The Police authorities were asked to make adequate security arrangements during the festival, while the PHE Department was asked to ensure uninterrupted water supply



and Power Department was asked to make proper lighting arrangements in addition to uninterrupted power supply throughout the festival. The Deputy Commissioner directed the Traffic authorities to ensure proper management of traffic during the event and place proper signboards for the convenience of the devotees. She asked the Food Civil Supplies and Consumer Affairs authorities to keep a check on the rates and quality of food items being sold during the festival.

The Health Department was directed to keep sufficient provision for medicare facilities and medical staff around temple premises. The Deputy Commissioner called for interdepartmental coordination and impressed upon functionaries.

District Election Cell organises Training for electoral staff at Basohli

KATHUA, SEPTEMBER 08: A day-long training programme on Special Summary Revision for Supervisors and Booth Level Officers (BLOs) of 65-Basohli Assembly constituency was held today in the premises of DIET Basohli today.

A total of 115 officials from 64-Basohli assembly constituency were imparted training on the procedure for Special Summary Revision-2022. The trainees were explained about the procedure to be adopted and other prerequisites to process applications viz new forms 6, 6B, 7, 8, besides ensuring Aadhaar linkage with EPIC, 100% photo coverage in Electoral Roll, PWDs marking, uploading of AMF/ EMF etc.

On the occasion, Deputy District Election Officer Kathua, Abhay Gupta advised the election staff to get acquainted with the laid down election related guidelines and follow.

FROM THE FRONT PAGE...

LG

District Administration has put all arrangements in place besides the areas en-route wears a festive look as administration has decorated them with lights and paintings.

As part of the Urs, Culture show, Fun Fair Mela besides installation of over 30 stalls by various departments was also put in place which saw participation of thousands of people from all walks of life at Qamaria Stadium.

Main attraction of the day two was culture show which was witnessed by DDC Chairperson, Nuzhat Ishfaq, Vice-Chairperson, Bilal Ahmad, Deputy Commissioner, Shyambir, President Municipal Council, Hilal Ahmad Tantray, ADDC, ADC and CPO besides DDC Members, BDC Chairpersons, Councilors of Municipal Council Ganderbal, other PRI members and locals.

The cultural Show-Mefil-e- Samaa was organized as part of ongoing Urs of Syed Qamar-Ud-Din Bukhari (RA) by District Administration Ganderbal in collaboration with J&K Department of Tourism and Cultural Academy at Qamaria Stadium.

On the occasion, renowned Singers of Valley which include versatile Kashmiri Folk Singer Abdul Rashid Hafiz, Gulam Ahmed Sofi, Gulzar Ahmed Ganie, Abdul Gaffar Kanhami and Mohammad Abdulla Shaksang sung mesmerizing Sufiyana songs which enthralled the audience.

Earlier, the DC went around the stalls put up in Qamaria Stadium and enquired about the services being offered. He interacted with the stall holders and appreciated the quality of products put on display.

On the occasion, the District administration also distributed around 2 crore assistance among the beneficiaries under various financial and social assistance schemes.

Tractors, loan sanction letters under PMEGP, Sports Kits, Pack Houses, power tillers, hearing aids, tricycles, KCC loans, Golden Cards and driving licenses were also distributed among the beneficiaries

Lieutenant Governor Manoj Sinha on the occasion flagged off a fleet of boats and shikaras carrying devotees and artists from Zero Bridge to Ganderbal to commemorate the Urs of Sufi saint Syed Qamar-ud-Din Bukhari (RA).

The Lt Governor expressed hope that the occasion would further strengthen the bonds of goodwill and brotherhood. Let us remind ourselves of the unity of mankind and resolve to strive for harmony and peace, he added.

Prominent citizens from all walks of life gathered at Zero Bridge to witness the occasion, which also marks the revival of water transport from Srinagar to Ganderbal.

Pertinently, the Urs of Syed Qamar-ud-Din Bukhari (RA) is being observed after three decades.

Junaid Azim Mattu, Mayor SMC; Nuzhat Ishfaq, DDC Chairperson, Ganderbal; Dr Darakhshan Andrabi, Chairperson J&K Waqf Board; Dr Hina Shafi Bhat, Vice Chairperson, J&K KVIB; former legislator, Ishfaq Jabbar; religious leaders and people in large numbers were present on the occasion.

Dr. Arun Kumar Mehta, Chief Secretary; Pandurang K Pole, Divisional Commissioner Kashmir; Sh. Mohd Aijaz, Deputy Commissioner Srinagar; Dr. Ghulam Nabi Itoo, Director Tourism, Kashmir; Nuzhat Gul, Secretary, J&K Sports Council and senior officials of the UT Administration were also present.

SMC

ministration & SMC, respectively.

Observing that Srinagar city is visited by people from across the country and abroad, the Lt Governor stressed upon the need for holistic development of the city and public amenities. He said the focus should not be limited to enhancing the aesthetics but making the infrastructure more user friendly and utilitarian.

The Lt Governor advised officials for making efforts to turn Srinagar Municipal Corporation into a sustainable entity and ensuring that the public service delivery processes are smooth and institutionalized across the city.

“There is a need to start a campaign for revenue generation to further expand and enhance the quality of public services being delivered by SMC”, he said.

Commissioner, SMC also appraised the chair about the status of progress achieved in the projects being executed under Srinagar Smart City Ltd.

Earlier, the Lt Governor e-inaugurated 18 development projects worth Rs 65.15 cr of District Srinagar and laid foundation stone of Animal Birth Control & Anti rabies Vaccination Centre, Chattarhama.

The Lt Governor also sought the details of disbursement of benefits to eligible beneficiaries under different public welfare and Social Security schemes by the concerned departments. He issued explicit directions to officials for saturating the coverage under welfare schemes. He further instructed the Deputy Commissioner, Srinagar for conducting extensive IEC activities for coverage of left out beneficiaries.

Reviewing the status of different schemes of the Agriculture sector, the Lt Governor instructed the concerned officials to ensure the benefits of all the UT and central government schemes reach the eligible beneficiaries.

The Lt Governor also took stock of the status of daily milk production and processing being done in Srinagar, besides the efforts made by the concerned department towards tackling the Lumpy Skin disease in cattle. It was informed that only 38 cases have been reported in 18 days and vaccination of the cattle is going on with alacrity.

The Lt Governor also reviewed the functioning of different departments in the district including, Jal Shakti, Power Development, School Education, Revenue, Industries & Commerce, KVIB, KVIC and sought the details of the progress achieved from the concerned officers.

During the review of various citizen centric services, it was informed that appropriate action will be taken against officials responsible for causing unwarranted delays in providing public services.

Directions were issued for integrating all citizen centric services with the Integrated Command and Control Centre.

Enquiring about the Jhelum Riverfront development, the Lt Governor was apprised that two components of the project would be completed this year. The Lt Governor called for developing water based local economy and beautification of water bodies and areas around them.

NIA

when he was on duty in civvies during the Shabe-Qadr that year.

“... In the present case after perusing the material available on record including the statement of the witnesses recorded during trial, there are no reasonable grounds believing that accused persons or applicants are guilty of an offence as alleged in the charge sheet,” the judge said in his 81-page order.

The court said there was neither direct nor indirect evidence on record to link the accused with the crime.

“There is neither any direct nor any substantial evidence on the record which could connect the accused or applicants with the alleged crime. So, in absence of ocular as well as substantial evidence on the record, the grounds taken by the learned counsel carry weight,” it said.

CASE

a statement said, the case was initially registered as FIR no. 50/2022 dated 11.03.2022 at Police Station Pulwama and re-registered by NIA on 08.04.2022.

He said the accused persons had provided safe shelter, transportation and other logistics support to JeM militants Aqaiab Mushtaq Bhat (local) and Kamaal Bhai (@ Jatt (Pakistani) militant of JeM who were planning to carry out acts against the security forces.

Subsequently, it said, forces had launched a search op-

eration in the area of Chewa Kalan, District Pulwama in which both of them were killed in an encounter with the forces.

The details of the accused chargesheeted today, NIA said are Naseer Ahmed Malik @ Moulvi S/o Ab Hameed Malik R/o Wasoor, District Pulwama, J&K, U/s 120 B & 121 A of IPC; Section 25 (1AA) of Arms Act 1959; Sections 18,19,20,38 & 39 of UA (P) Act 1967, Imtiyaz Ahmed Rather S/o Mohd Shaban Rather R/o Chewa Kalan, District Pulwama, J&K. U/s 120 B & 121 A of IPC; Sections 18,19,20,38 & 39 of UA (P) Act 1967, Rayees Ahmed Sheikh @ Jugpeer S/o Ghulam Nabi Sheikh R/o Khanpora, Nawa, District Pulwama, J&K U/s 120 B & 121 A of IPC; Sections 18,20,38 & 39 of UA (P) Act 1967., Yawer Rashid Ganale S/o Ab Rashid Ganale R/o Gudoora, District Pulwama, J & K, U/s 120 B & 121 A of IPC; Sections 18,20,38 & 39 of UA (P) Act 1967, Suhail Ahmed Khan @ Sahil S/o Feroz Ahmed Khan R/o Khanpora, Nawa, District Pulwama, J&K. U/s 120 B & 121 A of IPC; Sections 18,20,38 & 39 of UA (P) Act 1967, Shahid Ahmed Shergojri S/o Mohd Ramjan Shergojri R/o Ugergund, District Pulwama, J&K, U/s 120 B & 121 A of IPC; Sections 18,20,38 & 39 of UA (P) Act 1967, Anayat Gulzar Bhat S/o Gulzar Ahmed Bhat R/o Pinglena, District Pulwama, J&K. U/s 120 B & 121 A of IPC; Sections 18,20,38 & 39 of UA (P) Act 1967 and Jahangir Ahmed Dar S/o Nazir Ahmed Dar R/o Gudoora, District Pulwama, J&K. U/s 120 B & 121 A of IPC; Sections 18,20,38 & 39 of UA (P) Act 1967.

JAILS

The newspaper said that the jail authorities in Uttar Pradesh, New Delhi and Haryana have been asked to completely segregate the Pakistani and Kashmiri militants besides the PSA detenues to ensure that they are not able to meet each other.

The sources told the newspaper further: “Mainly those separatists and militants are being shifted to outside jails who the administration feels could radicalize ordinary criminals in the prisons or those who could instigate subversive activities from inside the jails using mobile telephones and social media.”

The move, the sources said, will break the “network of the militants being run from the prisons” and “act as deterrence for future.”

SC

to quit the alleged bondage, he was not allowed to do so by his employer. It was further alleged that the man was beaten up by the employer, but he managed to escape, following which the petition was filed.

“Do you know what bonded labor is? What is happening in the state, we are sorry to say, is a racket,” the bench told the petitioner’s lawyer Puja Sharma.

The lawyer informed the court that 49 people had been rescued from J&K but they were not provided any compensation.

“These persons come from backward areas to work in brick kilns and try to take benefits as bonded labor,” the bench replied. “They take lump sum payment as advance from their employers and resign.”

Disposing the matter, the bench noted that the first petitioner Swami Agnivesh died in 2020 and as for the second petitioner, who was associated with an organization Bandhua Mukti Morcha, the state submitted that there were differences between the petitioner and her husband. The court did not wish to go into this aspect any further.

The petition sought drafting and implementation of a new release and rehabilitation scheme for bonded laborers. It also sought payment of compensation to those who were rescued along with issuance of release certificates, and rehabilitation programs for those affected by bonded labor.

CHINA

all friction points in the region which included the North and South banks of the Pangong Tso, PP 14, PP 15 and PP 17A. However, other contentious issues related to the boundary still remain between the two countries and Chinese forces have still blocked access to traditional patrolling areas of Indian forces on the Line of Actual Control (LAC) in the Depsang Plains and Charding Nala regions.

The last disengagement between the forces of the two countries had been achieved at PP 17 A in August last year following the 12th Corp Commander Level meeting. Since then, no breakthrough could be achieved through the three corps commander level talks that happened before an agreement was reached during the 16th talks.

In April this year, around the time that Chinese Foreign Minister Wang Yi visited India, the eastern neighbour also sent a proposal to India about disengagement of troops from Patrolling Point 15 in the Hot Spring area of Galwan in eastern Ladakh. The proposal, however, was rejected by India after due consideration.

According to government sources, China had proposed that Indian troops, who are in an eyeball-to-eyeball confrontation with the Chinese troops at PP 15 for the past almost two years, move back to their Karam Singh post between PP 16 and PP 17. On its part, China had proposed it would withdraw its troops just behind the Line of Actual Control (LAC) as claimed by India in that region.

This was not acceptable to India as under this proposal, while Chinese troops would move back just behind PP 15, Indian troops would have to leave even PP 16 which is not even in contention.

“Multiple rounds of negotiations have taken place at various levels since then and a mutually agreeable formula of disengagement has been reached,” a government source said without revealing further details.

A ‘joint press release’ issued by the Ministry of External Affairs after the 16th Corps Commander level talks had said, “Building on the progress made at the last meeting on 11 March 2022, the two sides continued discussions for the resolution of the relevant issues along the LAC in the Western Sector in a constructive and forward looking manner. They had a frank and in-depth exchange of views in this regard, in keeping with the guidance provided by the State Leaders to work for the resolution of the remaining issues at the earliest. The two sides reaffirmed that the resolution of remaining issues would help in restoration of peace and tranquility along the LAC in the Western Sector and enable progress in bilateral relations.”

The statement had added that in the interim, the two sides had agreed to maintain the security and stability on the ground in the Western Sector and to maintain dialogue through military and diplomatic channels to work out a mutually-acceptable resolution of the remaining issues at the earliest.

Sources said China had till now not been suggesting workable proposals for disengagement at the remaining friction points in eastern Ladakh which included PP 15, Depsang plains and Charding nala.

At PP 17 A, Indian troops have now pulled back to their permanent post at PP 17, which happens to be right behind the Chinese claim line. The Chinese have pulled back two kilometers north east of PP 17 A with the condition there would be no patrolling in the demilitarised zone.

The 15th round of Corps Commander-level discussions between India and China on the standoff in eastern Ladakh were held on March 12. The meeting did not achieve any resolution to the stalemate.

The joint statement released after the meeting said the “two sides carried forward their discussions from the previous round”, held on January 12, “for the resolution of relevant issues along the LAC in the Western Sector”. It said both sides “agreed to maintain dialogue via military and diplomatic channels to reach a mutually acceptable resolution at the earliest”.

KARAN SINGH

a sense of fear and a sense of apprehension and that will take a long time to go because the trauma through which

they (Kashmiri Pandits) have been I think they are not just prepared to face that again,” he said.

“As it is, everybody who could get away has gone. Like the people who could settle in other parts of India have settled there. The people who could settle abroad have settled abroad...Now, I think special care needs to be taken of the migrants who are living peacefully in Jammu since they came, and also of Kashmir Pandits who want to go back,” he added.

Kashmir has witnessed a string of fatal attacks on members of the minority community this year, in which Rahul Bhat, a government employee recruited under the prime minister’s special package for Kashmir Pandits and teacher Rajini Bala, were killed.

Singh described the exodus of Kashmiri Pandits in the 1990s as one of the most “terrible and tragic” incidents that took place in Jammu and Kashmir.

He also heaped praises on the community, saying much of what he has learnt in life is through the education given to him by Kashmiri Pandits.

“It is such a brilliant community, all the vidya (education) that I got, whether it is BK Madan, Prof Parmanandna, Prof PN Chaku, Prof JN Bhan, Prof SN Pandit and others, I got from them. I must take this opportunity perhaps to place on record my deep and abiding gratitude to the Kashmiri Pandit community,” he noted.

Singh commended the author, who is a world-renowned cardiologist, for penning down his memoir and said Dr Kaul is not just a great professional but also a great human being and the love that he has for Kashmir and his patients is really moving.

In his concluding remarks, he warned that the nexus between doctors and pharma companies is resulting in patients being subjected to unnecessary surgeries, tests, and medicines.

The book launch at the India International Centre (IIC) was also attended by AIIMS Director Dr Randeep Guleria and noted Civil Rights lawyer Prashant Bhusan among others.

“When the Heart Speaks”, currently available offline and online, is the life story of Dr Kaul — beginning from his ancestral village in Kashmir to becoming one of the top cardiologists of the country.

Dr Kaul’s experiences are a lesson for everyone, Dr Guleria said and termed the book “very readable”. He also lauded the author for his “phenomenal” memory and ensuring that even the minutest details are not skipped.

He said, “The book teaches us the importance of living with our heart and the passion that the medical profession has, which is more towards service. We all need to remind ourselves of that.”

Dr Kaul said his book is primarily about Kashmir, his mother Gauri Kaul and his varied experiences over the last seven decades.

Recollecting his story, he said, “My acceptability and recognition by the people of Kashmir came in the 1990s when I was working with AIIMS. People of both communities were affected. The displaced persons pained me and I did whatever I could. That is how Dr Upendra Kaul became Dr U Kaul.

Speaking on Kashmir, he said, “Kashmir is my soul” and asked Kashmiri Pandits to look forward to returning to the Valley.

“Nobody can snatch your motherland from you,” he added.

COVID

642are Active Positive (183in Jammu Division and 459 in Kashmir Division), 473136have recovered and 4784 have died; 2351 in Jammu division and 2433 in Kashmir division.

The Bulletin also informs that 9,429 doses of COVID Vaccine have been administered in the last 24 hours across Jammu and Kashmir bringing the cumulative number of doses administered to 2,44,06,935 till date.

Providing district-wise breakup for positive cases for today, the Bulletin informs that in Kashmir division, Srinagar reported 21 cases, Baramulla reported 12 cases, Budgam 11 cases, Pulwama reported 05 cases, Kupwara reported 02 cases, Anantnag reported 02 cases, Bandipora reported 00 cases, Ganderbal reported 00 cases, Kulgam reported 04caseswhile as Shopian also reported no fresh cases for today.

Similarly in Jammu division, Jammu reported 06 cases, Udhampur 01, Rajouri 00, Doda 00, Kathua 02, Samba 01, Kishtwar 00, Poonch 00, Ramban 00 and Reasi also reported no fresh case for today.

The bulletin informs that in case of any help, the general public can call J&K UT Centralised Health Helpline- Toll Free No. 104.In case of emergency, people can avail free ambulance services 24×7 by calling toll free number 108 while as pregnant women and sick infants can avail free services by dialling toll free number 102, the bulletin reads.

NEET

This has been possible only because of Him. I am thankful to my parents and the coaching institute as well,” he said.

Lone said he expected his score to be around what he secured, but, the all-India rank of 10 was beyond his expectations. “I had no idea I will get this rank. I was surprised when the results came. My parents were also surprised, but are very happy,” he said.

Asked about his message to future aspirants, Lone said there is no substitute to hard work. “You should work hard as hard work brings results. You have to be consistent and you will achieve good things finally,” he said.

He said at least 7-9 hours of study was needed to crack the examination with flying colours. He said the major difficulty he faced was shift from offline to online in the wake of Covid pandemic.

“The problem with online learning was frequent internet shutdowns and restricted network speeds in Shopian. However, the coaching institute offered additional classes, video lectures etc which helped a lot,” he added.

Lone did his primary schooling from two private schools in Shopian, and then enrolled himself at the government higher secondary school in Turkwamgam village of the district for class 11 and 12. Meanwhile, Lieutenant Governor Sinha and politicians congratulated Lone for the feat.

“Congratulations to Haziq Parveez Lone from Shopian for securing the All India 10th Rank in NEET UG- 2022 Result. Proud of your achievements. My best wishes to all the candidates from Jammu & Kashmir, who have qualified in the NEET exam,” Sinha wrote on Twitter.

“Overjoyed to see Haziq Lone from Shopian secure tenth rank in the NEET exams. My best wishes to him for a bright future,” PDP president Mehbooba Mufti said in a tweet. Apni Party president Altaf Bukhari also felicitated Lone for the success.

HAJINBOY

Nadeem, who had done his coaching from KIE institute, also gave credit to his teachers and said that without their support it was not possible for him to crack the exam. “I am thankful to Allah almighty for bestowing me with the success as it was a dream which came true today. Before this I have made three attempts to crack the NEET, however, there wasn’t Allah’s will but I did not lose hope and made it possible in the fourth attempt,” he said.

Nadeem has done his schooling from government school in his locality up to 12th standard and then moved to Srinagar for coaching purpose to qualify the NEET, as he aim was to become a doctor since his childhood.

Today, by the grace of Allah and the support from his family and teachers, he said his dream has come true even though he faced a lot of difficulties on the way toward success—(KNO)

Mohammad Nadeem son of Abdul Rehman Dar of Hajin has qualified the coveted the NEET UG 2022 by securing 603 marks.

NEWS

HEADLINES TODAY

BARASINGHA BATTALION ORGANISED
A LECTURE ON “ INTERNATIONAL
LITERACY DAY” AT GOVT HIGH SCHOOL, TAIN

M S Nazki

Barasingha Battalion under the aegis of Krishna Ghati Brigade organised a lecture on “* International Literacy Day”* on 08 Sep 2022 as part of PM/IW activities at Govt High School, Tain.

A lecture was taken by Bty Cdr, Barasingha Battalion, with an aim to create awareness about importance of education in the rural areas and also highlight the vitality of literacy to individual, communities and societies for the overall development of any country. The underlining theme for the villagers was that, literacy is a fundamental tool to achieve success in life.

A large number of villagers including women folk attended the event. This opportunity was utilized to encourage parents to send their children to school regularly and to encourage women towards literacy, as there is no age bar on education. In addition, various government initiatives in the field of education was informed to all the attendees duringthe event. A total of 42 villagers and 48 children participated during the event.

There was an overwhelming response from the local population and everyone extended their heartfelt gratitude for the effort put in by the Army. The successful conduct of “*International Literacy Day”* in this remote area is yet another demonstration of the Army’s contribution for the betterment of society at large.

PDP Deputation Calls On DC,
Projects Public Demands

Amir Iqbal Khan



Party(PDP) led by Party’s District President Doda Shahab Ul Haque Butt called on the Deputy Commissioner (DC) Vishesh Pal Mahajan in his office chambers on thursday. The deputation welcomed the officer who has recently joined as a new Deputy Commissioner Doda. The deputation while expressing hope said that new deputy commissioner would vigorously work for the welfare of the people of district and give furtherance to the developmental processes.

The deputation also highlighted the grievances of the people and listed demands. The important issues which were put forth included the demand for the release of pending payments under MNREGA, making loan processes easy for the provision of financial assistance to unemployed youth particularly belonging to uninfluential and down-trodden sections of the society for the start of self employment ventures to give a vent to their brewing sense of deprivation and frustration.

The Deputy Commissioner, however, gave a patient hearing and issued on the spot instructions to the concerned departments for fulfillment of the burning demands so projected. He assured that remaining demands will be taken up in due course of time.

Prominent among those who were part of the deputation included Nighat Choudhary, Riaz Ahmed Khan, Zaffar Hussain Wani, Mohd Yousuf Rather, Sheikh Tariq, Nazir Ahmed Shah, Rehman Kashmiri, Saiful Malooq and Imtiaz Ahmed.

Students are cross the river risk their
lives on a temporary wooden bridge

People are worried about the lack of a bridge over Gabbar Gulheer Nala.

M S Nazki



RAJOURI: Budhal is a historical name of Rajouri district of Pirpanchal region under the administration of Jammu and Kashmir, but Budhal is not seen from the point of view of construction and development. Due to the lack of a bridge over the Gabbar Gulheer river in Budhal in Gabbar Panchayat people protested many times and voiced their problems to the administration. But the administration is ignoring the people. The people of Gulheer, a village with a population of around 1000, are suffering from severe hardship. From the canal between Gabbar and Gulheer, school students risk their lives to cross a temporary wooden bridge that any incident may happen to children on this canal. The students said while crossing this bridge we live in danger. During the rainy season, the river floods so fast that the route to our school is cut off by the overflowing river. The administration is playing with our past and future. While the government claims that Jammu and Kashmir is on the path of development, the disadvantaged people of the Pir Panchal region of Jammu and Kashmir are still facing problems. Students and common people of Gulheer village have demanded UT Jammu and Kashmir LG administration and district administration Rajouri to build a bridge over Gabbar and Gulheer river and not neglect the people.

President of ACA & SKLCWS Mr.Tariq Ahmad
Shera Visited Degree College Pattan

Jameel Ansari



Srinagar// President of ACA & SKLCWS Mr.Tariq Ahmad Shera visited the Degree College Pattan to congratulate the new Principal Prof.Tariq Ashai. Mr.Tariq Ahmad felicitated Principal with flower bouquet and drug addiction pamphlet and also wishes him best of luck for new journey. Mr.Tariq Ahmad Shera discussed alot of things and also got a satisfactory response to conduct an awareness program regarding drug de-addiction at Degree College Patan which will be in Collaboration with SHAHR E KHAAS LITERARY AND CULTURAL WELFARE SOCIETY soon in the end of this September.

Higher Education Department to sign MoUs with IIT, IIM Jammu: Kansal J&K has operationalised IIT, IIM, AIIMS in record time

JAMMU, SEPTEMBER 8: The Higher Education Department will shortly sign Memoranda of Understanding with the IIM and IIT at Jammu to collaborate and coordinate research, teaching and other curricular activities. This was stated by the Principal Secretary Higher Education, Rohit Kansal at the sidelines of the valedictory function of the three day orientation program, organized by Indian Institute of Management (IIM), for second batch of IPM. He was the chief guest at the valedictory ceremony of the event.

Speaking on the occasion, Kansal congratulated the batch for getting into IIM Jammu and wished them the best for their wonderful journey ahead. He highlighted that the importance of education was just not only to learn skills and get employment but to acquire virtues too and lead a good, moral and responsible life.

He exhorted upon the students to become good human beings during their course of professional journey and serve the society and leave indelible marks in their chosen fields and also become assets to the Nation. He also emphasized the significance of punctuality and discipline in student life as these two qualities only can ensure their overall personality development. Only well disciplined and civilized students can lead the society towards a flourishing and progressive world.

He added that 'we must adopt high ethos as an integral part of our daily lives apart from focussing on

family and urged upon them to take responsibility and contribute towards IIM Jammu family. Professor



studies. We must also contribute towards promotion and propagation of our incredible cultural legacy during our education period', he maintained.

Kansal also shared his own experiences during his management education with the participants

The valedictory session of the orientation program began with the program summary by Dr. Kapil Manohar Gumte, Chairperson IPM, IIM Jammu. It was followed by brief orientation remarks by Professor Jabir Ali, Dean Academics, IIM Jammu who welcomed the incoming batch to the IIM Jammu

B.S. Sahay, Director IIM Jammu, provided a detailed insight into the expectations of the students towards the course and the Institute through his speech. He advised the students to make the best out of the course, and the faculty being provided to them. He urged the students to enjoy their study and their sports while on the ground. He also provided an interesting overview of his life and quoted real-life experiences from his past. Further, he encouraged the batch to remain inquisitive and to enjoy their life and study by consistently working with a purpose in life.

The IPM is a five year Integrated Programme, selections to which are made by the IIM through a highly competitive national examination. The present orientation session was a three day programme to introduce the incoming students to various facets of the course, the programme, the institute and other details. A number of sessions were organized as part of the programme.

These included talks by various invitees including Avny Lavasa, DC Jammu and a conference by Rashmeet Kaur, District Youth Officer, Ministry of Youth Affairs & Sports, who is also an Alumnus of IIM Jammu. A number of inbound and outbound activities for students were facilitated by faculty members from the OB and HR area. The activities showcased the importance of teamwork and team coordination. The programme concluded with an exclusive session of yoga and meditation by Shri Gautam Verma conducted under the program 'Maximize happiness and Mindfulness'. A number of inbound and outbound activities for students were facilitated by faculty members from the OB and HR area. The activities showcased the importance of teamwork and team coordination. The programme concluded with an exclusive session of yoga and meditation by Shri Gautam Verma conducted under the program 'Maximize happiness.

Secy H&ME reviews functioning of Directorate of Ayush J&K

JAMMU, SEPTEMBER 08: Secretary, Health and Medical Education (H&ME) department, Bhupinder Kumar today chaired a meeting to review the functioning of Directorate of Ayush J&K as well as progress on implementation National Ayush Mission.

During the meeting, a detailed discussion on National Ayush Mission was held wherein all the components of National Ayush Mission were discussed besides Medicinal Plant Sector was also deliberated upon.

Speaking during the meeting, the Secretary impressed upon the officers that all the under construction projects be taken up on priority and completed well in stipulated time. He emphasized that screening of lifestyle disorders like Hypertension, Obesity and Diabetes Miletus shall be started in all Ayush Health and Wellness Centers.

The Secretary, also stressed that Bio-Metric attendance system be installed in all the field institutions and attendance be monitored twice a day.

During the meeting, Dr. Mohan Singh, Director Ayush J&K, gave a detailed presentation on Ayush and other achievements of the directorate. He also presented Physical and Financial Progress of NABARD Projects and Progress of UT Capex Projects being undertaken by the Directorate of Ayush.

The director also informed the meeting that Institute of High Altitude Medicinal Plants is coming up at Baderwah Doda and work on the project has already started. He added that three Medicinal Plant Nurseries are also being established at Samba, Baderwah and Gurez.

Meanwhile, Bhupinder Kumar, also chaired another meeting of senior

officers of Health and Medical Education Department to discuss the issues regarding organizing of Mega Blood Donation Camps across J&K from 17th September to 1st October 2022.

The meeting was attended by MD, NHM, Principals of GMCs, DG, Family Welfare, Additional Secretary, Health and Medical Education, Director Health Services Kashmir and other concerned officers.

Speaking during the meeting, the Secretary instructed Director Health Services, Kashmir and Jammu to ensure that voluntary blood donation camps are organized in all the districts of J&K.

Observing that blood donation camps increases stock of blood units in blood bank, the Secretary asserted upon the officers that blood donation camp should be held in neat and clean manner for safety of patient/recipients as well as blood donor. He laid particular emphasis on pre-camp awareness and publicity through IBC activities involving community and media.

The Secretary also directed CMO's of both the division to register camps on Rakt-kosh immediately and involve both NGO's and private hospitals for same.

Regarding blood component separation units (BCSU), the Secretary directed concerned districts who have not applied for licenses to apply for same by 15th of September, so that these facilities are operationalised in order to promote optimum utilization of all the blood components.

Later on, Bhupinder Kumar also convened a meeting of senior officers of Health and Medical Education Department to review the preparedness related to Dengue in the UT of Jammu and Kashmir.

Forest Department launches anti-narcotic Drive in Trimukhun Forests

BANDIPORA, SEPTEMBER 08: The Department of Forests on Thursday launched a drive to destroy the Bhang in Trimukhun forests as part of the Nasha Mukht Bharat Abhiyan.

The Bhang Destruction drive was carried out by JK Forest Department in collaboration with JK Forest Protection Force and Anti-Narcotics Task Force and is part of continuous effort put in by all agencies to eradicate this menace and prevent drug abuse.

The campaign supports the cause of Nasha Mukht Bharat Abhiyan of Government of India.

Personnel of Bandipora Forest Division, Kamraj Forest Division, Forest Protection Force, Anti-Narcotics Task Force and other agencies participated in the drive.

Teachers Day celebrations: Gandhi Memorial College, Srinagar organizes cultural programme

SRINAGAR, SEPTEMBER 08: The Debates and Cultural Committee, Gandhi Memorial College, Srinagar today organized a cultural programme as part of Teachers Day celebrations in the college auditorium, here.

The programme started with 'burning of Harmal', a traditional ritual.

The Principal of the college, Prof (Dr) Asmat presented the keynote address. In her speech, the principal highlighted the role played by teachers in the physical, spiritual and professional development of students.

She stressed on the effective interactions between students and teachers for enhancing the teaching-learning outcomes. Five students delivered speeches hailing the role of teachers in their academic journey so far.

On this occasion students presented a number of cultural programmes which include Kashmiri Rouf, Qawali, ghazals and Skit. The performance of the students mesmerized the audience.

The programme was attended by a large number of students besides the faculty members.

PSPS GCW Gandhinagar bids farewell to the outgoing Students

JAMMU, SEPTEMBER 08: To bid adieu to the outgoing 6th Semester, the Students Welfare Committee and Cultural Committee of Padma Shri Padma Sachdev Govt. PG College for Women Gandhinagar organised Farewell Party today in the College Auditorium with great zest and fervour. The Programme started with the bouquet presentation to Prof. Minu Mahajan, the Principal of the College and the Chief Guest of the day by Prof. Kamlesh Salathia , Dean Sciences and Prof. Mamta Sharma, Dean Commerce. The traditional lamp was lit by the Chief Guest, Deans and Convenors to invoke the Goddess to shower her blessings. Dr. Revika Arora, the Cultural Convener of the College presented her Welcome Address. The Journey to clinch the title of GCW Gandhinagar was di-

vided into three rounds - Introduce Yourself, Talented



You and Beauty with Brain. The first introductory round started with the Ramp walk and self-Introduction by the Contestants. Dr. Ramandeep Kour, Dr. Ashma Gupta and Prof. Mamta Kundal judged this round. The students of sem-4 flavoured the event with their wonderful cultural presentation in between. The 15 shortlisted Contestants exhibited their talent through dance and singing during the second round of the competition which

was judged by Dr. Revika Arora, Prof. Malti Rajput, Prof. Nidhi Suri and Prof. Neelam. Pooja Chagotra, Razia Bano, Sania, Tanya Sharma, Bharati Choudhary and Supriya Uttam were selected for the final round where they have to prove themselves a beauty with brain by answering the questions asked by the Judges Dr. Neelima G, Dr. Suraj Mohini and Dr. Pooja Charak. Razia Bano, the 2nd runner-up, Supriya Uttam, the 1st runner-up and Pooja Chagotra were conferred with the Prestigious title of GCW Gandhinagar.

Some special Titles and Gifts were also distributed among the deserving ones sponsored by Talla Jewellers. Prof. Minu Mahajan, the Principal of the College congratulated all the winners and wished success to them in all future endeavours.

DLSA Udhampur hosts Legal Awareness Programme on International Literacy Day

UDHAMPUR, SEPTEMBER 08: 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 Rajni Sharma, a Legal Awareness Programme on International Literacy Day at Bharm Rishi Bawra Shanti Vidya Peeth Higher Secondary School Udhampur was organized by District Legal Services Authority, Udhampur today i. e on 08/09/2022. The Resource persons of the Programme were Panel Lawyer Adv. Akhil Dubey and Adv. Mallikarjun Singh Slathia. The programme was attended by the Chairperson of the School Swami Chinmaya Jyoti, Principal Sh. Ashwani Kumar, and Vice-Principal Smt. Usha Gupta, teachers of the School namely Sh. Vinod, Samriti and Neeru. The Students and other School Staff were also present in the programme. The Resource persons highlighted the importance of In-



ternational Literacy Day and informed the gathering about this year's theme for International Literacy Day which is "Transforming Literacy Learning Spaces". The theme focuses on taking critical measures to make sure that every individual receives a high quality, equitable and inclusive education which is extremely important for the betterment of Society. Latter, the Secretary DLSA Rajni Sharma thanked the participants for participating in the Legal Awareness Programme and enlightened them that the primary goals of international Literacy day is to convey.

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The Principal of the college, Prof (Dr) Asmat presented the keynote address. In her speech, the principal highlighted the role played by teachers in the physical, spiritual and professional development of students.

She stressed on the effective interactions between students and teachers for enhancing the teaching-learning outcomes.

Five students delivered speeches hailing the role of teachers in their academic journey so far.



On this occasion students presented a number of cultural programmes which include Kashmiri Rouf, Qawali, ghazals and Skit. The performance of the students mesmerized the audience.

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Div Com reviews arrangements for Navratra Festival at Katra

KATRA, SEPTEMBER 08: Divisional Commissioner Jammu, Ramesh Kumar today reviewed the arrangements for smooth conduct of annual Navratra festival in Katra here at a meeting of concerned officers.

The meeting was informed that the nine day festival would commence on September 26, 2022 and culminate on October 4, 2022.

The inaugural function of the festival has been proposed to be held at Yog Ashram Ground Katra followed by Shobha Yatra and a grand event showcasing the culture and heritage of Jammu and Kashmir and India as a whole.

The Director Tourism presented a detailed report on the programmes scheduled and the activities to be held during the festival and preparations being put in place for the same. Threadbare discussions were held on each activity/event, while seeking suggestions from the stakeholders.

The Divisional Commissioner took a detailed review of the proposed beautification plan of the town, provisions for sanitation, essential services,

traffic management and emergency services. He issued instructions to the concerned officers for ensuring sanitation from Domel to Katra Town during Navratra days.

The Div Com also reviewed in detail the arrangements for congregational programmes like 'Prabhat Pheris', 'Mata ki Kahani' recitation, Devotional Song Competition, Dargah and other cultural items. It was informed that the tourism department has decided to introduce the Gharwa Night event to add diverse dimensions to the religious cum cultural event.

It was informed that the Mata Kahani show will be held twice a day. This year Ram Leela will also be presented daily at Government Higher Secondary School Katra from 6 PM to 8 PM.

Several other events have been proposed to be held during the festival days, including All India Devotional song performance, Bhagwat Katha, folk festival, Hasya Vyang, Wrestling Competition and variety cultural programmes.

The Div Com directed the concerned departments/ or-

ganisers to make elaborate arrangements for smooth conduct of the programmes during the annual festival for the convenience of the pilgrims.

The Div Com also stressed on enhancing the festive ambience of the event and directed the Tourism Department and Municipal Committee Katra to erect Gateways and ornamental illuminations at Katra to Domel, main road Katra, bus stand Katra, Raghunath Bazar and other prominent locations.

The Div Com directed the concerned officers to put in place all necessary arrangements and work in a well coordinated manner to make preparations well in advance.

The Municipal Committee was asked to ensure proper sanitation of Katra town with illumination for overall beautification of the town. He stressed on proper regulation of traffic, fool proof security, maintenance of roads, streets, beautification of shops/ market, sanitation of Katra town etc.

He also directed JPDCL to ensure regular power supply during Navratra days, while

Jal Shakti was directed to ensure regular water supply. The Traffic department was directed to make a proper traffic plan for traffic management during the Navratras. The Div Com also asked police authorities for foolproof security arrangements.

The Div Com said that the Navratra festival will revive the tourists footfall and also promote religious/ pilgrimage tourism in the region.

The CEO Shri Mata Vaishno Devi shrine Board was asked to hold a review meeting with all the stakeholders for finalizing the arrangements.

Among others, CEO SMVD Shrine Board, Anshul Garg; DIG Udhampur-Reasi Mohammad Suleman; Director Tourism Vivekanand Rai; DC Reasi, Babila Rakwal; Joint Director Information, Sapna Kotwal senior officers of police and civil administration, representatives of different religious organizations, besides elected members of Katra Municipal Committee, Presidents of Market associations and other eminent citizens among others were also present at the meeting.

Workshop on 'Science in Kashmiri Fiction' culminates at CUK



Ganderbal, Sept 8: The three-day National workshop on 'Science in Kashmiri Fiction' organized by the Central University of Kashmir (CUK) in collaboration with Vigyan Prasars, New Delhi, culminated at varsity's Tulmulla campus here on Thursday. Registrar, Prof. M Afzal Zargar, Director SCOPE and Dean School of Media studies, Prof. Shahid Rasool, former Dean and head, Department of Arts, University of Kashmir, Prof. M Zaman Azurdah, Producer, EMRC, University of Kashmir, Mr. Ajaz ul Haq, Coordinator SCOPE project and head Kashmir department, Dr. Irfan, Prof. Shad Ramzan, Prof Shafi Shouq, Prof Majroh

Rashid, Mr M Amin Bhat, Mr. Fayaz Dilbar, faculty members, and other senior functionaries of the university were present along with a galaxy of fiction writers, during the valediction. Speaking on the occasion, Registrar, Prof. M Afzal Zargar said the main aim and objective of the Science Communication, Popularization and Extension (SCOPE) project is to popularise Science through the regional languages and to inculcate scientific temper among them. "During the last few centuries, there has been huge advancement in science and technology and there is no aspect of human life where science hasn't made any impact.

Selection trials for Rolling Trophy commence across Ramban



RAMBAN, SEPTEMBER 08: Department of Youth Services and Sports District Ramban today commenced 3-day selection trials in cricket for the Lieutenant Governor's Rolling Trophy in all 06 Zones of the district. On the 1st day of trials, nearly 100 plus players participated in each Zone of District Ramban. The DDC Councillors, BDC Chairpersons and PRIs were the Chief Guest at the inaugural function in their respective Zones in presence of ZPEOs. On the occasion, the Chief Guests briefed players about this programme and instructed players to show their best capability during trials. These trials will continue for three days and a final selection list will be formulated after the trials will be over, they added. The selected teams at the Zone level will participate in upcoming Inter Zonal District level competitions. All the officials of the YSS department are putting their sincere effort to make this programme a grand success.

Yuvraj Singh Sandhu, Arjun Prasad claim joint lead on day one of J&K Open 2022

JAMMU, SEPTEMBER 7: Chandigarh's Yuvraj Singh Sandhu and Delhi's Arjun Prasad today claimed joint lead at the end of round one of J&K Open 2022 at the Jammu Tawi Golf Course.

On a high scoring day which produced only nine under-par scores, Yuvraj and Arjun who were playing in the same group in round one, struck scores of three under 69 to lead the 126 man field by a margin of one shot.

The five players tied in third place at two under 70 were Delhi's Shamim Khan, Chandigarh's Harendra Gupta, Bengaluru's Khalin Joshi, Lucknow's Sanjeev Kumar and Bangladesh's Jamal Hossain.

Among the prominent names, Rashid Khan (72) was tied 10th, Udayan Mane (73) was tied 19th, defending champion Honey Baisoya (74) was tied 26th and Manu Gandas (75) was tied 32nd.

Bhawani Singh Parmar (78) of Jammu was the best placed among the professionals from J&K as he occupied tied 55th position.

Yuvraj Singh Sandhu, currently second on the PGTI order of merit, began the week with a bogey on the 10th but fought back with five birdies thereafter including a chip-in on the 17th, two good chip-putts and a 12-foot conversion on the seventh. Yuvraj finally closed the round with a bogey on the ninth.

"I missed a few fairways today but I managed myself well in those situations. It's a tight course and the tee shots are demanding. There's a premium on hitting the maximum number of fairways", maintained Sandhu.

Arjun Prasad, who was Yuvraj's playing partner on Wednesday, had a birdie and bogey each on the back-nine. Arjun, who came up with some quality wedge shots through the day, closed the round with a flurry of birdies on the fifth, eighth and ninth. Prasad's birdie on the last was a result of his fabulous second shot from 185 yards that landed within three feet of the pin.

"After assessing the conditions early on, I knew that an under-par score would be a really good start here. So I'm quite pleased with my effort in my first outing at the Jammu Tawi Golf Course", asserted Arjun.

Nasha Mukh Bharat Abhiyan

YS&S Shopian organises Inter-Zonal District Level Athletic meet at Sports Stadium

SHOPIAN, SEPTEMBER 08: As part of 'Nasha Mukh Bharat Abhiyan', the Youth Services and Sports Department Shopian today conducted Inter-Zonal District Level Sports competition under all Age Groups at Sports Stadium, here.

Incharge Activity, DYSSO Shopian Riyaz Ahmad on the occasion raised awareness among the students regarding the ill effects of drugs. He asked students to start this campaign from their homes and make sure the campaign reaches their close ones.

DYSSO also detailed the benefits of physical exercises and how sports activities can get rid a person of drugs. He enjoined upon students to be champions



of the anti-drug campaign and aware people in their localities about the alarming rise of drugs around them and its hazardous implications on families and nations economic and social health.

After his speech, all staff along with students took a pledge against the use of any sort of drug.

Thereafter, competitions were held among students of all age groups. A large number of students took part in these events.

Youth Services and Sports Shopian also organized Tennikoit under NMBA Program today at Shopian. Later, the prizes were distributed among the winners and runners up.

Incharge activity thanked all the participants and the field staff for making it a successful event. Meanwhile, the YS&S Shopian has been conducting many sports activities in the district under this campaign.

Nasha Mukh J&K Abhiyan Day 08: Theme based sports events, pledges, rallies held across Kupwara

KUPWARA, SEPTEMBER 08: On the directions of Deputy Commissioner Kupwara, Doifode Sagar Datatray, various activities including theme based sports events, pledges, rallies were held in different places including educational institutions and medical blocks across the district to observe 8th Day of month long 'Nasha Mukh J&K Abhiyan'.

Youth Services & Sports department Kupwara today organized theme sports activities under the banner of 'Nasha Mukh J&K Abhiyan' at Galizoo stadium Kupwara. A friendly cricket match was also played between teaching faculty and non teaching staff at Government Degree College Handwara where banners put on display, highlighted the adverse effects of drug abuse.

In Education Zone Kralpora, students took to streets, holding placards and shouting anti drug abuse slogans 'Nasha Abhi Nehien - Kabhi Nehin' to sensitize the people about the need for eradication of drug menace from the society. A student rally under 'Nasha Mukh J&K' Abi-



yan was conducted by Government Middle School Gugloosa in which students were holding placards reading 'Use of Tobacco invites Cancer', 'Cancer ruin homes and future'. At Medical Block Vilgam, an awareness programme regarding ill effects of substance abuse was organized by the Health Department in which

functionaries from Health, ICDS and students participated. Similarly, an anti-drug abuse rally was also held at Awoora Kupwara. Meanwhile, Nasha Mukh pledges were also taken in various educational institutions including Colleges, Higher Secondary and Middle schools across the Kupwara district to uphold the promise.

"My Youth My Pride" 3-Days J&K UT Pencak Silat Cup-2022 takes off in Srinagar

Srinagar 8th September 2022: A 3-Days J&K UT Pencak Silat Cup 2022 began in Indoor Sports Hall Polo ground, Srinagar today. The event aimed at primarily focusing on honing the skills of district level performers shall be held over 3 days period beginning from today. Event is a part of special sports initiative "My Youth My Pride", and is being organised by J&K Sports Council in asso-

ciation with J&K Pencak Silat Association.

Secretary J&K Sports Council Nuzhat Gull presided over the function as chief guest while Nuzhat Farooq Divisional Sports Officer-Kashmir attended the function as Guest of Honour. Secretary Sports Council had a brief introduction with teams with all the participating teams drawn from the 15 districts of union territory of J&K. More than



900 athletes are participating in the event.

In her keynote address to the gathering Nuzhat Gull apprised the participants and the spectators about the role sports has played in the progress and well-being of the society and how it lays the strong foundation of the country. She also spoke about the J&K's first Sports Policy and its role in giving flip to the sports not only in terms of putting in

place modern sports infrastructure and facilities for players but also how it has made sports a career-oriented profession.

Nasir Ahmad Digoo, President, J&K Pencak Silat Association is the organising secretary of the event. He along with Mudasir Masoodi, District President Srinagar and district heads from other districts like Budgam, Ganderbal, Pulwama, Anantnag, Shopian.

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